



National Masters Newsletter



28th Issue

December 1980

\$1.00

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

☆ Highlights ☆

•Results of:

- National 10K
- Brooks 15K
- National 10K XC
- New York Marathon
- Masters Sports X-C
- Diet-Pepsi Nationals
- Eastern X-C
- Throw-a-thon
- Pentathlons

•New Marks set by:

Higdon, O'Neil, Chisholm, Sippelle, Dick, d'Elia, Bowers, McKenzie

•Penn Mutual, Nike to hold Series of Masters Races

- National 10K X-C

Bowers Breaks Marathon Mark

from Marty Post

WEOTT, Calif., Oct. 12. Jim Bowers, 42, an airline pilot from Santa Rosa, California recorded the fastest American masters marathon time ever today in the Humboldt Redwoods Marathon.

continued on page 14...



Roger Robinson, 41, of New Zealand, one of the top masters distance runners in the world, ran a dazzling series of races in 1980. He won the World Veterans 10k championship in Glasgow, Scotland; then won the Brooks 20k run in Indiana in 1:04:10; then defeated America's finest masters in the Brooks 15k in Washington in 47:23; then was 1st 40+ finisher in the New York Marathon in 2:22:12. Each of his performances would be a U.S. 40+ record were he a U.S. citizen. Robinson now heads back to New Zealand to defend his world veterans 10k crown.

photo by Mark Luedi

Kelley Steals Show

Robinson, Rapp, Win Second Brooks Master Run

WASHINGTON, D.C., October 19. The top American master runners probably will be happy to see Roger Robinson (visiting the United States on a six-week lecture tour) return to New Zealand. They will not need to face him again for at least several months and then only if they travel to his country for the World Veteran Games.

Robinson, an English professor who lectures about Shakespeare, among other subjects, had taken the measure of the best masters the Midwest had to offer two weeks earlier in Chesterton, Indiana in the first Brooks Master Run. On this Sunday he dispatched the East Coast's best in the second such affair, running 47:23 for 15 kilometers over a scenic but bumpy course along the C&O Canal towpath in Washington, D.C.

But Robinson was not the only star performer in the second Brooks Master Run held under mostly overcast skies and with temperatures around 60 degrees. Main speaker at the Saturday night banquet at the Rosslyn Westpark Hotel was John A. Kelley of East Dennis, Massachusetts, two-time winner of the Boston Marathon in 1935 and 1945. He's sometimes known as "Old John" to differentiate him from John J. Kelley, "Young John," who won Boston

continued on page 5...

Muhrcke, Schonfeld Win National 10K

from Bob Fine

BROOKLYN, N.Y., October 18. One way to celebrate your 40th birthday is by winning a national masters running championship.

Gary Muhrcke today did just that, presenting himself with the national masters Athletics Congress 10-kilometer road racing championship with a hard-fought, one-second victory over national 10,000 track champ Bob Fischer.

Muhrcke's time was 32:06.7; Fischer ran 32:07.6. Although the number of participants was small (63 finished) the quality was good.

continued on page 7...

Nike/Penn Mutual To Hold Masters Races

Nike Sportshoes (Beaverton, Oregon) and Penn Mutual Life Insurance Co. (Philadelphia) will jointly sponsor eight regional masters-only distance races between January and April, 1981.

Collectively known as the Nike/Penn Mutual Masters Grand Prix, the 10km (or 15km) road races are scheduled for Seattle, San Diego, Salt Lake City, Houston, St. Louis, New York, and sites to be names in the Southeast and New England.

Open to all men and women age 35 and over registered with the Athletics

continued on page 7...

Hambly, Fox Win National 10K Cross-Country

from Tom Sturak

SEATTLE, WASH., November 9. David Hambly and Judy Fox were the overall men's and women's winners in the National Athletics Congress masters 10-kilometer cross-country championships today in 40-degree weather and intermittent rain over a true "English-style course" in Luther Burbank Park on Merced Island.

After a series of runner-up finishes this year, Hambly finally shed his bridesmaid status to win his first

continued on page 7...

BULK RATE
U.S. POSTAGE
PAID
Fresno, CA 93706
Permit No. 629

National Masters Newsletter
P.O. Box 2372
Van Nuys, CA 91404

National Masters Officers

ATHLETICS CONGRESS

REPRESENTATIVE:

Bob Fine
77 Prospect Place
Brooklyn, NY 11217
(212) 789-6622

TRACK & FIELD CHAIRMAN:

Wendell Miller
351 Birkdale Ave.
Lake Bluff, IL 60044
(312) 234-5936

LONG DISTANCE CHAIRMAN:

Ken Bernard
5915 Mission Gorge Road
San Diego, CA 92120
(714) 488-3737

TREASURER:

George Vernosky
5004 Glen Cove Parkway
Washington, DC 20016

RECORDING SECRETARY:

Vince Chiapetta

CORRESPONDING SECRETARY:

George Braceland
141 E. Hunting Park Ave.
Philadelphia, PA 19124

T&F VICE-CHAIRMAN:

Tom Sturak
P.O. Box 1602
Santa Monica, CA 90406
(213) 394-0034

LDR VICE-CHAIRMAN:

Ruth Anderson
1901 Gaspar Drive
Oakland, CA 94611
(415) 339-0563

RECORDS CHAIRMAN:

Pete Mundle
4017 Via Marina #C-301
Venice, CA 90291
(213) 823-8804

RANKINGS:

Geza Feld
33 Center Drive
Syosset, L.I., NY 11791

ROAD RECORDS:

Bob Martin
National Running Data Center
P.O. Box 42888
Tucson, AZ 85733
(602) 323-2223

WORLD ASSO. VETERAN ATHLETES

PRESIDENT:

Don Farquharson
269 Ridgewood Road
West Hill, Ontario M1C 2X3
Canada

NORTH AMERICAN REP.:

Bob Fine
77 Prospect Place
Brooklyn, NY 11217

U.S. DELEGATES:

Ron Kulik, Pete Mundle, Wend
Miller, Ruth Anderson, Bob Boal

U.S. ALTERNATES:

Lori Maynard, Irene Obera,
Tom Sturak

PENN MUTUAL

NATIONAL MASTERS DIRECTOR:

Bill Toomey
P.O. Box 795
Dana Point, CA 92629
(714) 661-6062

A.A.U.

Jon Buzzard
c/o A.A.U.
3400 W. 86th St.
Indianapolis, IN 46268
(317) 297-2900

REGIONAL CONTACTS

EAST:

Bob Fine, above
Haig Bohigian
225 Hunter Ave.
North Tarrytown, NY 10591

Bert Lancaster
c/o Middle Atlantic Ath. Congress
738 Land Title Bldg.
Philadelphia, PA 19102

SOUTHEAST:

Ken Kirk
3800 Stonewall Terrace
Atlanta, GA 30339

MIDWEST:

Dave Jacobson
2140 Lincoln Park West, Apt. 309
Chicago, IL 60614

Ron Fox
3272 Western Ave.
Highland Park, IL 60035

MID-AMERICA:

Jim Weed
11672 E. 2nd Ave.
Aurora, CO 80010
(303) 341-2980

SOUTHWEST:

Don Slocumb
29 Waugh Drive
Houston, TX 77007
(713) 869-5605

WEST:

Dave Jackson
19109 S. Andmark Ave.
Carson, CA 90746
(213) 638-7125

Ed Oleata
2870 Glenbrook Way
LaJolla, CA 92037
John Brennand
4476 Meadowlark Lane
Santa Barbara, CA 93105
(805) 964-2491

Bruce Springbett
P.O. Box 1328
Los Gatos, CA 95030
(408) 354-2005

Hilliard Sumner
22713 Ventura Blvd.
Woodland Hills, CA 91367
(213) 884-1349

Stan Thompson
1549 Ipukula St.
Honolulu, HI 96821

NORTHWEST:

Carole Langenbach
4261 S. 184th St.
Seattle, WA 98188
(206) 433-8868
Jim Puckett
Mt. Hood College
26000 Stark Ave.
Gresham, OR 97030
(503) 667-7354

NEWSLETTER

EDITOR:

Al Sheahan
6200 Hazeltine Ave.
Van Nuys, CA 91401
(213) 785-1895

PRODUCTION:

Bill Cockerham
P.O. Box 6103
Fresno, CA 93703

SUBSCRIPTION RATES:

\$12 for 1 year (12 issues);
Canada \$15; Foreign \$20.



Write On!



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

SOUTH AFRICA

I think it's very wrong to exclude the South African Athletes from the World Championships in New Zealand.

I remember when this came up in the first World Games in Canada. Most of the American team threatened to pull out of the meet. And you know what? The Canadians ignored the government, and the meet went on as planned.

Politics has no place in the masters program. No one, no government, no association pays our expenses here in the U.S.A. We pay our own way. We are the few true amateur athletes in this world. Therefore, we owe nothing to anyone but ourselves. So who has the right to tell us who we can compete with? No one!

Al Guidet
California City, Calif.

Loathe as I am to get involved with politics, I must refer to some errors contained in Danie Burger's letter to Clem Green, that was published in the November Newsletter.

First of all, the 'Gleneagles Agreement' does not date back to 1973. It was produced by the Commonwealth heads of government after a meeting in

Gleneagles, Scotland, in June 1977. In effect it stated that all commonwealth governments would condemn sporting links with South Africa. Now, since then, a British rugby team has played in S.A. and, more recently, the N.Z. rugby union has invited a South African team to tour N.Z. So Danie states, "...it does not look as if both, the country (Britain) which hosted the agreement of New Zealand are paying much attention to this document..."

The point is, that both governments condemned the rugby tours, so were in fact honoring the agreement. When individual groups of sportsmen choose to compete with South Africans they are exercising their freedom to do so, a freedom, so I understand peculiar to Western Democracies. The governments are simply refusing to sanction these sporting links. This is not to make a political point but merely to set the record straight.

Let's hope a way can be found to allow the South African Masters to join us in Christchurch. The New Zealand organizers and the WAVA Executive Committee have an agonizing problem.

Wilfred Morgan
Birmingham, England

SCHEDULING

I can understand Ken Kirk's disappointment that West Coast runners don't come to his TFA/USA National Masters Championships, but one of the problems is we have too many national championships, Pan-American Championships and North American championships. One wonders where to go. Philly was more the national championships this year. But obviously Hilliard Sumner's Los Angeles Pan-Am Games provided the focus for a lot of fine runners. I wish now I had attended.

Meet directors are often guilty of stupid scheduling. Distance runners not only do not like running in the middle of the day, but it is probably dangerous. I don't mind running the 1500 at 4 p.m., or event the steeplechase, but certainly not 5000 and definitely not 10,000. One of the nice things about running in Oregon is that we ran the distances at night.

Hal Hidgon
Michigan City, Indiana

Track & Field should be a summer sport as in Europe, especially for the Masters programs, with the national championships held each year in Mid-August. The northern part of the country does not receive consistent warm sunny weather until late May or early June, leaving little time to prepare properly for early July championships.

continued on page 4...

EAST

December 27 (Saturday): 10 and 20 mile DC RRC race, Greenbelt, Md. 10 a.m., Greenbelt Youth Center. Sign up race day. Age-group awards for 20-mile. SASE to Larry Noel, 105 Northway Rd., Greenbelt, Md. 20790.

February 15 (Sunday): 20th Annual DC RRC Washington's Birthday Marathon. 3-loops, paved roads, certified course. Age-group awards. SASE to Larry Noel, above.

SOUTHEAST

December 7-10 (Sunday-Wednesday): Athletics Congress Convention, Atlanta, Ga.

December 27 (Saturday): Holiday Weight Pentathlon, Delray Beach, Fla., 10 a.m. Contact Randy Cooper, Community Evening School, Atlantic High School, Delray Beach, Fla.

MIDWEST

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

January 10 (Saturday): 5th Annual Sub-Masters and Masters Invitational Track & Field Meet, Lincoln, Nebraska. Contact: Forrest Doling, 5030 South 65th St., Lincoln, NE 68516. (402) 483-4842.

SOUTHWEST

December 4-7 (Thursday-Sunday): 2nd Annual Las Vegas Sun Marathon Championships, 6-mile, 13.2 mile and marathon. 5-year groups. Contact: (800) 634-6713 (East coast), (800) 634-6611 (West coast).

WEST

Every Sunday through 1980. Masters Track Meets, 8 a.m. Kaiser High School, Honolulu, Hawaii.

December 6 & 7 (Saturday & Sunday): TFA and Senior Olympics Decathlon Championships, Glendale, Calif. Contact: John Tansley, Glendale College, 1500 N. Verdugo, Glendale, Calif. 91208.

December 7 (Sunday): Honolulu Marathon.

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

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.

December 14 (Sunday): National 50 Mile Track Championships, Santa Monica, Calif. Tom Sturak (213) 394-0034.

December 28 (Sunday): Hawaii Senior Olympics, 8 a.m. 5-year groups. Contact: Stan Thompson, 1549 Ipuksula St., Honolulu HI 96825.

December 31 (Wednesday): Hawaii Seniors Olympics Section 2.

January 1 (Thursday): 1st National 50+ Running Event. 3k and 10k. Stanford University, Palo Alto, Calif. 12 noon. Contact: 50+ Runners Association, P.O. Box 7063, Menlo Park, CA 94025.

January 18, 25; February 1 (Sundays): Masters Track Meets, 8 a.m. Kaiser High School, Honolulu, HI.

FOREIGN

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+).

Please send any additions or omissions to Al Sheahan, Editor, National Masters Newsletter, P.O. Box 2372, Van Nuys, CA 91404.

On Tap For December

December is a relatively quiet month for masters athletics. Yet there are important activities on the agenda.

The annual Athletics Congress convention will be held in Atlanta from the 4th to the 7th, as will the Las Vegas marathon series the same dates.

The Senior Olympics Decathlon Championships are set for Glendale, California the 6th and 7th. The popular Honolulu marathon will go on the 7th on the 39th anniversary of Pearl Harbor.

The national 50-mile track championships in Santa Monica the 14th wind up the championship races for 1980.

Right after Christmas, the Holiday Weight Pentathlon will be held in Delray Beach, Florida, as will the Hawaii Senior Olympics in Honolulu, perfectly timed for those on their way to New Zealand for the 4th World Veterans Championships in January.

Athletics Congress Convention

The Second Annual National Convention of the Athletics Congress/USA will be held in Atlanta, Georgia December 4-8 at the Sheraton Inn-Atlanta Airport Hotel.

Masters Athletics meetings will be held Friday, the 5th and Saturday, the 6th.

Registrations can be made through TAC/USA National Convention, 3400 W. 86th St., Indianapolis, IN 46268.

Time To Renew



Don't take a chance on missing any issues of the newsletter. Check your mailing label on page 1. Look at the date in the right hand upper corner of the label. That's the date of the last issue you'll receive on your present subscription. For example, if it says "12/80," then you must renew now to receive January's issue.

If there isn't any date on your label, then you are yet another victim of that dread, 20th century evil: computer foul-up. No worry. You'll get a special notice.

Like everyone else, NMN is unfortunately a victim of inflation. Our typesetting costs are up 40%. Other costs are rising. So to keep the paper solvent, we must raise the subscription price from \$10 to \$12 a year. For 12 issues. If you'd like it mailed 1st class air mail, it's \$17. If you want to beat inflation, you can subscribe for 2 years for \$23. If you'd like the 1981 Masters Age Record Book (available early in 1981), add another \$3. If you're a member of the Masters Sports Association, you'll get a special notice in the mail.

Use the subscription form on this page. Please check your label and renew now if your time has come.

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 January issue of NMN is December 10. Send to *National Masters Newsletter*, P.O. Box 2372, Van Nuys, CA 91404.

Subscribe Now!

The National Masters Newsletter is the bible of the Masters (Veterans) movement, the fastest growing segment of the running community. It's a bargain at 12 issues a year for only \$12. Get aboard the publication that's covering the Masters scene more thoroughly than ever. Subscribe now.

Enclosed is:

- | | | |
|---|--|----------------------------------|
| <input type="checkbox"/> \$12 for 1 year/12 issues | <input type="checkbox"/> \$17 for Canada | <input type="checkbox"/> New |
| <input type="checkbox"/> \$23 for 2 years (beat inflation!) | <input type="checkbox"/> \$20 for overseas | <input type="checkbox"/> Renewal |
| <input type="checkbox"/> \$17 for 1 year 1st-class air-mail | | |

- ☐ Add \$3 for 1981 Age Record Book
☐ \$4 for Age Record Book only

Send to: National Masters Newsletter
P.O. Box 2372
Van Nuys, Calif. 91404

Name _____
Address _____
City _____ State _____ Zip _____

Write On, continued from page 2:

Another point: most masters athletes must work for a living, which means that evening practice in the longer daylight hours of summer make preparation much more practical and possible for a mid to late August Championship.

Also, more and more masters meets should be conducted at night under the lights in summer meets. Why? 1) Temperatures are usually ideal on a normal summer evening, 2) Relative humidity is lowest in the early evenings after a warm summer day, 3) Wind velocity is at its lowest level usually in the evening after the sun has gone down. All these factors make for one main point -- the athlete has his best opportunity to get the most from his preparation--and that is really what the whole program is for.

Paul Dungan
Portland, Oregon

HURDLES HEIGHTS

I am still in a daze as to the hurdle spacing for the World Meet in New Zealand. The Sept. NMN says it's 28-2 1/2 between hurdles. The Oct. 1979 issue says it was 29' at Hannover. Which is it?

Burl Gist
San Marcos, Calif.

It's 28-2 1/2.

--Ed.

NO ACTION

I am a new subscriber to the newsletter and enjoy it immensely. I'm 37 and my girl friend is 36. We both want to compete more often, but there is no masters program here in Phoenix. The weather is nice for track most of the year, but nothing has developed so far.

Dan McPeck
Phoenix, Arizona

You're doing an excellent job. Our problem in Michigan is finding competition in track & field events. Obtaining publicity on what we do is hard to come by. I have only two areas close enough to compete: Chicago (275 miles) and Toronto (300 miles).

Mel Buschman
Michigan

Masters track & field is non-existent in this area. Road racing is big and growing. I just can't get excited about track when there are no meets. Unless you devote more space to road running, I probably won't re-subscribe. You're doing a great job at what you do, but the typical Ohio road runner just doesn't get that much out of it. I know it's our fault. If we contributed more, maybe we could expect more.

J. Gerard
Centerville, Ohio

Hang in there. The 1981 Masters Midwest Regional T&F Championships will be held in Dayton June 13-14.

--Ed.

SURVEY COMMENTS

The National Masters Newsletter is a great publication for the master athlete. No other publication, including Track-Master, can even compare. I am very thankful to the volunteers who contrib-

ute to the paper. I enjoy the comparisons between Women's National Championships and the Masters Championships, and would like to see further comparisons such as times and performances that an individual athlete had during his own younger years and what he is doing now. An example would be Dean Smith who was running faster 800's at age 53 than he did in high school. Keep up the good work as I watch the mail for each issue.

Richard Richardson
Decatur, Illinois

Go with highly technical stuff, like the article on hurdle heights and distances. Stuff about food, medicine and clothes I can get from RW, but where else can I find technical stuff, except in NMN?

Tom Sheahan
Derwood, Maryland

The NMN is the finest and most complete periodical on Masters Track & Field available. Keep up the fine work! Your present format and contents are adequate for the price involved; possibly expansion may be indicated in the future. I have noticed that publicity of the involvement of Penn Mutual in the Masters movement is rather skimpy at the national level, and practically non-existent at the local level--at least in Tucson the local office has no information on the program.

Henry Carter
Tucson, Arizona

List the yearly and all-time top 5 or 10 in every event and every age group, U.S. and world. It would give masters athletes something to shoot for. Also, cover the doings of any 30+ world class athletes.

Bill Forsyth
Pecos, New Mexico

I would rate NMN very high on the scale in terms of doing the job. It gets the information out. It does not try to be too slick. There may be a time in the future when you want to improve the quality, but you're right on target now.

You might improve the circulation potential if you covered masters long distance running more, or at least in a more organized way. Coverage is scattered. There's no focus. For 1981 you need to identify the major master races and feature them. What you really need is someone to become LDR editor and take over responsibility for a section every issue.

Hal Higdon
Michigan City, Indiana

You're doing a great job. Keep up the good work because if it wasn't for the newsletter we would know very little of masters. Could you somehow find the solution to help meet directors schedule events that don't conflict? I've seen two or 3 meets in one region on the same day, and then 3 weeks that are barren.

Leon Trout
Trenton, New Jersey

More survey comments next month.
Results of survey on page 13

Sponsored by Pratt Institute &
Bee Pollen from England

Notice of 3000m Indoor Races

by Bob Fine

There will be 5 development meets and a semifinal and championship race. These races will be for Open (under 40 years of age) women and masters.

The races will be held at Pratt Institute's Indoor 200 meter track.

The Pre-entry fee is \$1.50 per meet, with a post entry fee of \$2.00.

Prizes to the 1st place in each group for each race and the first six in the Championship meet. Prizes are donated by BEE POLLEN FROM ENGLAND.

To make up seedings please send the entry immediately. The deadline for each race is the last Friday before the race.

The 24 best results shown by the runners during development meets will be selected for three semi-finals (in each group). The first four from each semi-final will advance to the final championship of twelve. The next four from each semi-final heat will advance to the consolation final.

For MASTERS and WOMEN the 12 best results during the development meets will be selected for the final.

Only flat racing shoes and proper attire will be allowed on the track. NO SPIKES. Warm-up area inside of the

track. Nobody permitted to jog in the running lanes. Bring your own towel and lock.

Directions:

Pratt Institute Gym is at DeKalb Ave. and Classon Ave. near downtown Brooklyn. Take the "A" or "F" IND line and change for the "G". Get off at the "Classon-Washington" Station.

By car take the Brooklyn Queens Expressway. From Queens use exit 31. From Brooklyn use exit 30.

Remi Korchemy (Track Coach at Pratt) is the Meet Director. 212-636-3771 or 3774. After 9:00 P.M. 212-332-4008.

DATES:

#1 Tuesday Dec. 16th 7:00 P.M.
#2 Tuesday Dec. 23rd 7:00 P.M.
#3 Tuesday Jan. 6th 7:00 P.M.
#4 Tuesday Jan. 13th 7:00 P.M.
#5 Tuesday Jan. 20th 7:00 P.M.
SEMIFINAL Tuesday Feb. 10 7:00 P.M.
FINAL Tuesday Feb. 17th 7:00 P.M.

MAKE CHECK PAYABLE TO "PRATT TRACK" Mail to Remi Korchemy, Athletic Department, Pratt Institute, Rayerson, 200 Willoughby Ave., Brooklyn, NY 11205.

Pratt Institute has one of the best indoor facilities in the Metropolitan area. For many years the Masters have been trying to obtain use of the facility. It is quite important that a large number of Masters turn out for these races. Even if 3000 meters in not your basic distance, please compete. If we don't have a large showing then we may not be able to have events for Masters at Pratt in the future.

MASTERS SPORTS ASSOCIATION INDOOR DEVELOPMENT SCHEDULE

6 PM	Fri Nov 21	102d Reg Arm, 168th St, NYC	all events
6 PM	Fri Dec 5	102d Reg Arm	all events
6 PM	Fri Dec 12	102d Reg Arm	all events
6 PM	Fri Jan 9	102d Reg Arm	all events*
6 PM	Fri Jan 16	102d Reg Arm	all events*
9 AM	Sat Jan 17	369th Arm, NYC	60yds 300yds# 2-miles##
6 PM	Wed Jan 21	102d Reg Arm	all events*
9 AM	Sat Jan 24	369th Arm	60yds 600yds 1-mile#
9 AM	Sat Feb 7	369th Arm	60yds 220yds@ 1-mile
9 AM	Mon Feb 16	Queens College	50yds 880yds# 1000yds
6 PM	Fri Feb 20	102d Reg Arm	all events
9 AM	Sat Feb 28	Queens College	50yds 880yds@ 1-mile

At 102d Reg Arm, masters and sub-masters will be eligible for all events on the program. Competitors may enter events of their choice and Masters Sports Association will be responsible for awarding medals based on placings within the Masters and Sub-Masters groups. All scratch. Ten-year age groups. Three medals per group.

*Events may be restricted at these meets as these are MAC Championship meets for Open competitors.

#predict your time events
##handicap event
@age graded events

In addition, there will be a 3000-meters event, indoors at Pratt Institute in Brooklyn, at 7 PM on the following dates: (all Tuesdays):

Dec 16, 23, Jan 6, 13, 20, Feb 10, 17

Entry fee will be \$1.50 pre-entry, \$2.00 post-entry. the twelve best masters will advance to a final.

Robinson, continued from page 1:

in 1957. Old John, now age 73, will be running in his 50th Boston Marathon this April and warmed up for it with a time of 1:07:55, good for 108th overall out of 227 finishers. "I always shoot for the top 50 per cent," said Kelley afterwards.

Alas, as impressive as that performance seems (it was well under the single-age record for 73 of 1:23:13 by Willard Benton), it only earned Kelley second place in his age category. Edward Benham, also 73, finished several hundred yards in front with a time of 1:07:13, 103rd overall. Benham, a retired jockey who weighs only 109 pounds, reportedly has been running now for a mere two years. "He's remarkable," conceded Kelley. About Kelley, Benham said: "It was an honor merely to be running in the same race with him."



Don Macgregor, John Robinson (1236), Derek Fernee (1018) battle for lead in World Veterans Marathon Championship in Glasgow, Scotland August 24. Macgregor won in 2:19:23, with Robinson 2nd in 2:19:38 and Fernee 3rd in 2:19:41. photo by David Hamby

Fastest woman master in a strong female field was Trudy Rapp (43) in 58:31 with Linda Sipprelle (45) a close second winning her age category in 59:31. Linda also established one of three five-year age group records, bettering Ruth Anderson's 1:01:14 for 45-49 females. Tosh d'Elia, sixth overall among the women with 1:02:30, improved the 1:05:38 by Anne Johnson for 50-54 females. The third record-breaker was Herb Chisholm (54) whose 53:13 in 16th place overall improved the 53:55 time of Don Dixon for 50-54 males.

Third finisher among the women and winner of the 35-39 age class was Bobi Rothman with 1:01:27. At the risk of being accused of making a sexist remark, race director Dave Theall confided afterwards to one reporter: "Did you notice that the first three women finishers were blondes?"

In addition to the three age-class records, eight other single-age records were set (subject to confirmation of the course's certification by the NRDC) for a total of 11 records, thus the Washington run was equally as productive as the Chesterton run two weeks earlier, where 19 records were established, but at two different distances.

And this despite what was not an overly fast course. This second Brooks Master Run was as much cross-country as road race. Theall designed an

interesting but difficult course that began on a baseball field on the Georgetown University campus, dropped off a bluff into a slightly lower field, darted broken-field through a gym parking lot, dived down a steep drive, and crossed a busy parkway (with a high divider strip overgrown with weeds) before reaching a dirt tow path along the C&O Canal, whose preservation as a historical site once was a major interest of Supreme Court Justice William Douglas.

At the first Brooks Master Run in Chesterton, Roger Robinson had played a sitting game, content to go with the pace of others for nearly the first two-thirds of the distance. In Washington, however, mindful of the presence of Herb Lorenz, who had won the TAC 20 kilometer championship in the same city three weeks earlier with a time of 1:04:43 (Roger did 1:04:10 in Chesterton), he jumped into the lead immediately. "I wanted to apply the pressure right away," said Robinson afterwards.

Applying the pressure meant a first mile in 4:46, which even considering the downhill start was moving fast. Running even with Robinson at that point was Bob McCarthy of Connecticut, recently turned 40, who had won Otto Essig's Berkshire Run in record time the month before. Then within a space of 15 yards came Lorenz plus Dan Conway of Wisconsin and Hal Higdon of Indiana (third and fourth at Chesterton) followed by Baltimore's Mike Sabino. Dick Hipp of Columbia, Maryland and Ken Mueller of Boston already had begun to lose contact.

With McCarthy now pushing the pace, the half dozen front runners went through two miles in 9:56 and 5000 meters in 15:42. They ran with the canal on their right, shaded by trees on their left through which could be seen the placid (but polluted) waters of the Potomac River below, the canal having been constructed on a rise above the river, but parallel to it. At that pace, however, they had little energy for contemplating scenery. "We were flying," said Higdon afterwards. "It wasn't fun like Chesterton, where I was able to relax, contemplate strategy, and meditate on the joy of competition. Here, I was hanging on by my fingertips."

After five kilometers, Robinson began drawing away, not with a spectacular burst as he had at Chesterton, but steadily. Sabino, meanwhile, began suffering stomach cramps and started losing ground on the pack trailing Robinson. "When I get involved in intense competition, my nerves sometimes get the best of me," he admitted later.

Robinson had perhaps a 150-yard lead when he made the 180-degree turn at the far end of the out-and-back course, with McCarthy, Conway, Lorenz, and Higdon still together. Conway and McCarthy soon began pulling away from Lorenz and Higdon in the battle for second, or first American. They hit 10 kilometers in 32:02 with the other pair 32:16. Higdon pulled ahead of Lorenz at this point, but a quarter mile later, going across the top of a concrete spillway, Lorenz came by and, now running fourth, began to close on those

before him. "I lost my concentration around then," said Higdon. "One moment Herb had 15 yards on me and before I realized it, he was 50 yards up and gone."

Robinson, who planned to run his first career marathon in New York the following weekend, was now so far in front that he began playing games with his pace. "I'd run at 5:00 pace for a half mile, slow to 5:15 for the next half, then take it down to 5:00 again to keep from getting bored," he said. With a mile to go Lorenz had passed a fading Bob McCarthy and began closing on Conway. Higdon, struggling in fifth, glanced over his shoulder and was relieved to see no one near except a few joggers and cyclists sharing the path with the racers. He failed to spot a near Mike Sabino, however, whose stomach cramps had diminished. "I saw Hal look around and thought, he's tired, I've got him," said Sabino, "but then he seemed to surge."

Roger Robinson crossed in 47:23, the time advantage gained from the downhill start probably balanced by the disadvantage of running 90 per cent of the race over a rough path. A quarter mile out from the finish near the Key Bridge, Lorenz moved sharply past Conway, who, having just run across the white marking for one mile, thought

they had that far to go. He failed to respond immediately. By the time Conway remembered they were finishing on the towpath rather than back on campus and had much less than a mile to go, it was too late to catch Lorenz. Lorenz finished with 48:22 to Conway's 48:23 and, their both being 41, claimed the single-age record for 15 kilometers. Bob McCarthy, 40, fourth in 48:49, also grabbed a single-age record. Higdon, fifth in 49:24, bettered his own 49 year old mark and won the 45-49 age title. Sabino was the other sub-50 finisher in 49:35 with Hipp and Mueller 50:15 and 50:45.

One other single-age record setter (in addition to Chisholm, Benham, Sipprelle, and d'Elia already mentioned) was Rudy Nimmons, whose 58:23 erased the 60-year-old record of 1:01:09 held by George Sheehan.

Chisholm was winner in the age 50-54 class. In accepting his gold medal (the Brooks Master Runs serve as TFA championships) he commented that he was 54 and Higdon 49: "I hope I turn 55 before he turns 50." George Vernosky placed second in that class with 54:04 despite recent injuries. Harold Knapp won the 55-59 title with 59:03, Nimmons won the 60-64, and James Cobb the 65-69.

Results on page 17.



High jumpers at the Nationals at Franklin Field in Philadelphia are from left: John Brown, who set a new WR of 5-9 in the 50-54 group, Spotty Hall, winner 55-59 at 5-4, and Burl Gist, who set a new WR in 60-64 division with a 5-2½ straddle. photo by Jay Wallace

**Most Complete Inventory
of Track & Field
Equipment in the
Country!**

Write for
**FREE
Catalog!**

**Same day
Service!**



**UNCLE MARTY'S
SNEAKER BARN** **CALL THE UNCLE MARTY
HOTLINE (215) 345-8856**
15 West Oakland Avenue
Doylestown, Pa. 18901

MASTERS SCENE

•**Errol Dennett**, 43, the Auckland, New Zealander who runs marathons with a plastic hip, improved his New York Marathon time by 16 minutes this year with a 3:29 effort. "I felt ready for a 3:15," Dennett said. Four years ago, Dennett was crippled with arthritis of the hip and now runs races with an artificial ball and socket joint in his right leg.

•**Dennett** reports that **Otto Essig**, 74, traveled to New Zealand this year for the same operation. He says Essig, the Popular director of the annual Berkshire 10k, "is up to 20 miles a week."

•**Ed Schuler** of St. Petersburg, Florida is recuperating from hemorrhoid surgery. He tied the age 53 record for 100 meters in 11.8 in the Pan-Am meet in Puerto Rico.

•**Sandra Knott**, 43, of Cleveland, Ohio was first woman master in the 1st Bonnie Bell 10-kilometer women's national championship race in Bay Village, Ohio October 18, with a time of 37:01. 1976 Olympian **Jan Merrill** won the event in 32:59 over 800 competitors.

•**Karen Scannell**, 42, of the Impala Racing Team of San Francisco, clocked 1:21:41 in the certified Hayward, Calif. Half-Marathon, October 26, breaking the listed U.S. 40-44 women's mark of 1:25:02 set by **Linda Sipprelle** in 1978. Scannell ran a 38:08 at the Pioneers 10k Oct. 19 to be 2nd woman, 1st master.

•Impala teammate **Kay Atkinson**, 63, had an active October. 67:05 in the Pamakid 8.5-mile Oct. 5; 52:32 in the Sri Chinmoy 7-mile on the 12th; 22:40 in the Pioneers 5k the 19th; and 1:45:45 in the Hayward Half-marathon the 26th, breaking the listed U.S. mark of 2:03:28 by **Alice Werbel**.

•Another Impalan, **Sandy Vernon**, 42, was 1st woman master in the Pioneers 5k in 21:30, and was 4th woman, 2nd masters in the Sri Chinmoy 7-mile run in 48:54.

•National Running Data Center announces that resident foreigners will be included in its 1980 rankings. "This will permit such fine runners as **Fritz Mueller** and **Jim Ewing** to have their marks reported along with those of U.S. citizens," **Bob Martin** said. Such marks will be noted and will be shown in addition to U.S.-citizen marks, thus not displacing any U.S. citizens from the annual rankings. With this addition, race results must distinguish between resident and non-resident foreign runners to get proper credit.

•**Bill Olrich**, 45, of Louisville, Ky. was 1st master in the 1980 Dayton River Corridor Classic October 12 in 72:54 in the Ohio race won by **Nick Rose** in 63:07. **Roland Anspach**, 54, topped the 50+ men in 79:13.

•**Englander Joyce Smith**, 42, clocked the 3rd fastest women's marathon ever (at the time) in 2:33:32. After a bout with chicken pox, she then still managed a 2:41:22 in London's Avon marathon championships.

•NRDC has compiled breakdowns of race finishers by state and distance, number of races, largest races, finishers by age, sex, home state, and more in a 5-year (1974-1979) statistical study. Available for \$4.75 from NRDC, Box 42888, Tucson, AZ 85733.

•The results of the Santa Barbara Masters Track Meet October 4 are still

being prepared by the city Recreation Department. We should have them for next month's issue.

•M35-39 U.S. mile record-holder **Ramsey Thomas** (4:12.4 in 1979) logged a 4:18.0 Feb. 2 1980 in San Jose for an age 36 mark. He sped a 1:55.9 on March 15 in Berkeley for an 800 mark. He's now head track coach at Wake Forest University in North Carolina.

•**Tom Sturak**, formerly masters athletics representative for the Nike Shoe Co., will become Director of Running Sports for the company. He'll relocate from Los Angeles to Nike's home office in Portland, Oregon. Sturak will handle Nike's involvement in men's and women's track & field, road running, masters athletics and Nike's Athletics West club. He replaces **Nelson Farris**, who will open Nike international offices in Europe.



Top 60+ Southern California road racer **Ed Lewin** won 6 10k's in 9 weeks from 38:34 to 41:02. photo by Richard Slotkin

•**Pete Mundie** is feeling better, eating better and running better. While still not 100% and often bothered by stomach troubles, the multi-record-holder has given up, temporarily at least, his vegetarian diet and is into steaks and fish. His old friend and sports columnist, **Bud Goode**, is an accomplished cook and occasionally drops by to give Pete his latest creation. This week's fare is matzo balls. Pete thanks everyone who inquired about his condition. He's doing light-to-moderate workouts and hopes to back in top shape soon.

•Last month, we wrongly listed **Oscar Moore's** winning time in the Philadelphia Distance classic at 1:13:04 for the half-marathon. It should have read 1:11:05.

•The 1981 National Masters Indoor Track & Field Championships will be held in Ann Arbor, Michigan February 28-March 1.

•**Bob Elwood** topped all masters in the Lincoln, Nebraska Buffalo Run in 28:08, followed by **Jeff Cheuvront** in 28:41. **Jean Brennfoerder** was 1st female master in 41:27.

•**Ray Gil** was 1st 55-59 in 37:04 in Long Beach, Calif., Oct. 11. In the Newbury Park, Calif. 5-mile Oct. 5, **Jesse Cook** was 1st 40-49 in 31:37; **Dick**

Durand 1st 50-59 in 32:37; **Joe Wells** 1st 35-39 in 31:46; **Filip Rasmussen** 1st 60+ in 42:38.

•**G. Bernal** led all masters in the Hollywood YMCA 10k October 5 in 33:11. **Tracey Brown** was 1st 50-59 in 36:41. **Ed Lewin** clocked 38:34 to take 60+ honors. **Judy Kewley** led women 30-39 runners in 41:06. **L. Williams** ran a good 41:38 to take 50-59 laurels. **Jane Dods** was 1st 40-49 in 45:10.

•**Bill Balille**, the Olympian and world-class runner of several years ago, showed up Sept. 20 to win the 40-49 division of a Los Angeles 10k in 33:50. **Tracey Brown** was 1st 50-59 in 36:55. **Judy Kewley** topped 30-39 women in 41:29.

•**Jim O'Neil** won't quit; he ran a 34:20 in the 1st Run for Health 10k in San Diego, Oct. 5. One day earlier, he set a new U.S. 55-59 10k mark of 34:15 in winning the Diet-Pepsi 50+ National Championship in Purchase, N.Y. Anyone for jet lag?

•South African Masters President and world hurdle champ **Dr. Danie Burger** re-broke his arm while attempting to lift a patient. An operation to insert a steel plate was performed Oct. 20.

•"The Runner" magazine has been sold by MCA to Ziff-Davis Co., publishers of "Psychology Today."

•**Ed Lewin** topped the 60+ class in 6 Southern California races: 40:26 in the Hollywood Park 10k August 9; 40:02 in the Baldwin Hills 10k August 17; 38:24 in the KNBC 10k Sept. 14 (600 yards short); 39:14 in the Santa Monica 10k Sept. 28; 31:34 in the Hollywood 10k Oct. 5, and 38:54 in the Long Beach 10k Oct. 11.

•**Richard Elizarras** took 1st in the 50-59 class in 3 races in Los Angeles: 10k in 37:42; 11 mile in 70:44; 10 miles in 64:50.

•In the Chaminade 15k Reservoir Run in Canoga Park, Calif. October 12, **Jim Knerr** was 1st 40-49 in 53:03. **Dave Parker** was 1st 50-59 in 58:40.

•**Derek Fernese** notched 32:36 to take 1st master in an Oakville, Ontario 10k Sept. 21. **Carl Hall** captured 40-49 laurels in a Toronto 25k Sept. 14 in 1:30:02.

•**Bob Daniell** edged **Bob Bowman**, 33:17.0 to 33:17.9 to win the Ontario Masters Cross-Country Championships Sept. 20.

•**Ferne** set a course record 29:12 in the Springbank "6" in London, Ontario Sept. 28, topping **Larry Heath**, **David Peelle**, **Brian Harris** and **Bob Daniell** by over a minute. **Dick Kendall** of Buffalo, N.Y. won the 50+ title in 32:49.

•The 5th Annual Sub-Masters and Masters Indoor Track & Field Meet will be held in Lincoln, Nebraska January 10. Five-year age groups for men from 30 to 60+. One category for women 30+. "It's our biggest indoor track meet of the season," said **Jacques Lebel**. In 1980 the meet was the official TFA/USA national masters indoor championship. The host Lincoln Track club promises continued "national championship" quality in both competition and meet administration. Contact: **Forrest Doling**, 5030 South 65th St., Lincoln, NE 68516.

•**Tom Sheehan**, 39, clocked a PR 2:41 in the Marine Corps Marathon November 2 in Washington, D.C. But the 8000 entrants learned later that the course was 576 meters short. "A marine sentry routed people through a parking lot instead of around it at the end of Hains Point," Sheehan said. Times were officially revised upwards by 1.2675%, or about 2 minutes. Boston Marathon director **Will Cloney** said he'd accept the revised times to qualify for Boston. But those masters who thought they had safely qualified for Boston with 3:08's and 3:09's are out of luck with their revised 3:10's and 3:11's.

•The West Valley Track Club is hosting an all-day preventive sports medicine seminar Sat. December 20 in San Francisco, featuring **Dr. George Sheehan**. A banquet dinner, Olympic films and a benefit concert by Country Joe McDonald will follow. \$30 for the seminar, plus \$20 for the banquet & concert. Contact: **Carol Jenna**, P.O. Box 724, San Leandro, Ca 94577. (415) 489-5662.

•**Sandra** and **Fred Kiddy** became the first known married couple to ever win both the men's and women's divisions of a marathon. On November 2, **Fred** won the Orange Grove Marathon in Loma Linda, Calif. in 2:44:21. **Sandra** won the women's division in 3:12:07. Both Kiddys are over 40, thus also making them the first ever masters married couple to win the open, women's and both masters divisions in one marathon!

Short Decathlon Offered

by Dave Thoreson

I have decided to offer a program to promote the Master's decathlon nationally.

The decathlon requires a tremendous amount of time in training to handle 10 events over 2 days. Training time would be markedly reduced by cutting events in number and distance.

Our program, the "Short Decathlon," takes the training time out of the decathlon, yet offers all the events in either actual or shorter version.

Many people pass over the decathlon as an event because of one or two

technical events. This program will give the participant the opportunity to choose events to his liking. In time he could be running the whole decathlon.

I remember the last years of my decathlon competition. Consistency in training was difficult because of injury and other interests. The events required more work than I wanted to give.

The "Short Decathlon" can open the door for multi-event Master competition for many new and older decathlete enthusiasts. It is designed with a point chart and handicap system enabling men and women, according to age and sex, to compete on an equal basis.

For more information, please contact: **Dave Thoreson**, 744 D Cieneguillas, Santa Barbara, Ca 93110 (805) 964-4516.

Hambly, continued from page 1:

national masters championship.

Fox just turned 40. As predicted off her smashing runs this year as a 39-year-old, she devoured some of the top women masters in the country, finishing over 2 minutes ahead of her nearest rival while just "cruising," according to one observer.

The race attracted 171 entrants, including 40 women. Half came from California. The well-organized race was sponsored by the Penn Mutual Life Insurance Co. and the Nike Shoe Co. Local Penn agent John Berger helped out with details.

"There was real mud in places," said Tom Sturak, "and several runners slipped and went down. But most of the runners seemed to appreciate the challenge. It was like a true European course."

Sister Marion Irvine, world 50+ distance record-holder who won the W50 division, said: "I've never run on anything like that before."

Hambly's winning time was 35:04. Since Hambly generally runs around 31:32 on the flat, most entrants could mentally subtract 3 or 4 minutes from their time to get a 10k fix.

Following Hambly was Earl Ellis in 35:23, Jerry Schmidt in 35:31 and Dan Conway, who beat Hambly in March

in the national 15k, 4th in 35:34.

Derek Mahaffey finished 5th overall and took the M45 title in 35:54. San Diego's Bill Stock won the M50 in 38:11. Jim O'Neil copped M55 honors in 40:04. John Lafferty, Jerry Satterlee and Norm Bright won their respective M60, 65 and 70 divisions.

Vicki Bigelow was 2nd woman across the line, taking the W45 title in 42:19, giving Dorothy Stock (42:48) one of her infrequent defeats.

Joan Ulyot was 4th woman -- 2nd W40-in 43:12, with Judy Groombridge 3rd W40 in 43:20.

Irvine ran 43:56 to top Anne Johnson (44:19) and Ruth Anderson (45:49) in the very competitive women's 50-54 division. Mary Storey notched 48:06 to win the W55 crown by 14 minutes. Josephine Hess was the W60 victor.

In team competition, the Snohomish Track Club of Seattle won the M40-49 title. The San Diego Track Club took M50-59 and M60+ honors. The women's 40+ crown went to the West Valley Track Club of Northern California.

A couple of snags: the Athletics Congress medals and patches didn't arrive, and the unofficial results, after the 37-minute mark, may be about 12 seconds slow. More details next month.

Results on page 17.

Nike/Penn, continued from page 1:

Congress (AAU), the Grand Prix races will spotlight club competition.

In addition to individual awards in 5-year age categories, the winning 40-and-over men's and 35-and-over women's 3-person teams will receive travel expenses from Penn Mutual to the prestigious Nike/U.S. Club Road Racing Championships, which will be contested by open and masters club teams at 15k in Philadelphia April 11, 1981.

In Philadelphia, Nike will award both winning men's and women's masters

teams a "grand prize" of travel expenses to the famed masters 25-kilometer competition in Brugge, Belgium in July, 1981.

The purpose of the Nike/Penn Mutual Grand Prix is two fold: to provide masters athletes greater opportunity to participate among themselves in quality races; and to stimulate the organization of more masters clubs and team competition.

For further information, write to: Tom Sturak, BRS, Inc., 3900 S.W. Murray Blvd., Beaverton, OR 97005.



SECOND PLACE---Yvonne Rojano of Mexico came in second with this javelin throw of 66-4 at the 4th Annual Home Savings Pan American Masters Track & Field Championships at USC's Cromwell Field. Rojano competes in the 40-44 age division. She won the discus with a new Meet record of 94-9, beating her own 1979 Meet record of 94-2. A personal best of 26-9 in the shot put garnered her a second place. The 2-day disticor Championship Meet sponsored by Home Savings established 92 Meet records, 13 World records, and 13 American records.

photo by Liz Daguon

National Jogging Day Lures Million

WASHINGTON, D.C., October 11. More than 1500 entrants took part in the Brooks/NJA 10-miler over a flat, fast and scenic course along the Potomac River today as an estimated one million celebrated National Jogging Day nationwide.

The National Jogging Association reported that NJDay activities took place in virtually every state, "emphasizing participation and offering people

the opportunity to discover first-hand the rewards of fitness and running."

First master in the 10-mile run was Otis Williamson with a time of 56:42. Herb Chisholm led the 50-59 division in 58:06. Walter Kreimann topped the 60+ class in 72:24.

Ines Kerch was 1st female master in 71:06. Olga Barnett led the 50+ women in 95:55.

National Jogging Day, sponsored each year by the National Jogging Association, was held in cooperation with the President's Council on Physical Fitness and Sports and the American Podiatry Association.

Muhrcke, continued from page 1:

It was a real battle for first place in the 40-44 year old group. Dave Hambly from the Snohomish Club in Seattle, Washington, who was the first American to finish in the World 10K Championships this year in Scotland (Dave took 7th) took over the lead after two miles. Muhrcke went under 5:00 for the first mile and under 10:05 for the two mile. After the two-mile, it became a real fight between Hambly, Muhrcke and Fischer. In the last mile everyone started their sprint with Gary winning by .9 seconds over Bob, with Dave 15 seconds back in third. Fritz Mueller, recovering from the London-to Brighton 52-miler, was fifth behind Roland Cormier of North Medford.

In the 45-49 year old group Barrie Almond, from the Hartford Track Club, winner of the National Indoor and Outdoor mile and 1500 meters, used his speed to hold off Chet Fortier of North Medford in 34:28.4 to 34:39.5. The quality was so high that Ed Demarrais, defending 15K-XC National Champion and Jim Aneshansly, 1980 Outdoor 5K Track Champion could manage only 4th and 5th.

Joe Burns easily won the 50-54

division by over two minutes in 37:09.8. Steve Richardson of the New York Masters, 3rd place finisher in the World Masters Marathon Championship (60-64) in 2:53, had an even easier time in winning by over 5 minutes in 38:13.1. Wal Brown of the Prospect Park Track Club, had a close race in the 55-59 group in winning by 11 seconds over Tim Taylor of Hartford in 39:22.5.

In the Women's Divisions, Pat Bessel, Grand Island Track Club, suffered a rare defeat by Polly Schonfeld of the Millrose, with Polly doing 39:42.2 to Pat's 40:34.7.

The Millrose won the Men's 40-49 team title with five men under 35:00. The New York Masters Sports Club won the 50+ title for men and the Women's Championship.

The sky was overcast with temperatures in the low seventies and high humidity. The race was run on the inner roadway of Prospect Park, which has two hilly sections totalling ¼ of a mile. Penn Mutual and Nike were most generous in supplying T-shirts; shoes to the winners; travel bags and running pants (awarded by raffle).

Results on page 16.



WINNING FORM---Former Olympian Lee Evans shows his winning form as he breaks the tape in 1st place in the 200 meter with a time of 22.28 at the 4th Annual Home Savings Pan American Masters Track & Field Championships at USC's Cromwell Field. Evans, who competes in the 30-34 age division, established a new Meet record in the 400 meters with an outstanding 46.5.

photo by Liz Daguon



THE Gun Lap

by MIKE TYMN

Karen Scannell Knows The Value Of A Good Time

by Mike Tymn

How much is a good time worth? For most people, a few hours of entertainment and enjoyment can be had for anywhere from \$10 to \$50. But for Karen Scannell, a good time is worth at least \$70,000, perhaps as much as \$700,000.

Actually, Scannell, a 42-year-old San Francisco librarian, has already had her good time. It was a two hour, 52 minute, 48 second performance in the Sri Chinmoy Marathon last June. It elevated her to third place on the list of all-time U.S. Masters women.

The value of Scannell's good time was arrived at by introducing a suppositional devil to her. This evil creature is not after her soul, but you could say that he wants her "spirit." He offers to buy her 2:52:48 marathon. He opens with an offer of \$100 for every minute under three hours, therefore \$700 for seven minutes.

"No way!" Scannell replies. "There's nothing I could do with \$700 that would even approach the enjoyment I got from that race."

The devil sweetens the pot by raising the offer to \$1,000 for every minute, or \$70,000.

"I'd still take the time," Scannell responds with just a slight hesitancy. "It's hard to translate a PR (personal record) into money, but it's a lot more meaningful to be working for something than to just go out and buy it."

The devil is not to be denied and ups the ante to \$10,000 a minute, or \$700,000.

"Hmmm, I've gotta give that a little thought," Scannell says as her eyes widen. "Can I keep the 12 seconds left over?"

The devil tells her that she cannot. She must also relinquish her other two sub-3 hour marathons, a 2:57 in Oakland and a 2:59 in Sacramento, but turned in during 1979. However, she can keep anything over three hours, including her 3:03 in Boston. And she must agree to never again run under three hours.

"I don't think so," she answers after pondering the proposition for a few moments. "The striving, the experience, the satisfaction—you just can't put a price tag on those things."

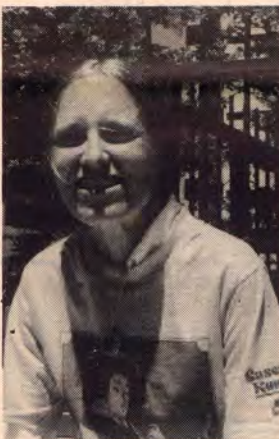
The devil makes his final offer,

\$100,000 a minute, or \$700,000.

"Now wait a minute! This is going too far," Scannell exclaims. "I think I'd better discuss that with my husband."

A native of Berkeley, California and a graduate of the University of California, Scannell began running in 1972 after reading about the Bay to Breakers classic.

"I had always been kind of a tomboy while growing up," she explained, "but I never really participated in sports much because there just weren't that many things women could get into. I had always wanted to do something, and so when I read about the Bay to Breakers race, I put on some tennis shoes and cut-off Levis and started out training with three times around my block, which was one mile."



Karen Scannell

After finishing the 1973 Bay to Breakers race, Scannell joined in on short weekend runs with the Dolphin South End Runners. Her improvement was gradual.

"The Dolphin runs really helped me psychologically. It seemed that every little success bred more success," she said.

The 1976 Sonoma State Marathon in which she recorded a 3:57 was the first of 18 marathons she has now competed in. She says that she began to really get serious about running when she was 39 because she anticipated moving into the masters division where she would be more competitive.

Her training regimen during the past two years has called for 80 miles a week

when training for a marathon and 60 when not. She frequently works out twice a day and tries to do speedwork two evenings a week. Her long training run for a marathon is usually 22 miles.

In addition to her outstanding performances in the marathon, she has turned in exceptional times in shorter races, including a 38:23 10k, 58:21 for 15k, 1:18:22 at 20k, and a 2:06:44 for 80 kilometers. All of her PR's have come since she turned 40.

Last January, Scannell and her husband, Jim, whom she met while studying for her Master's in library science at the University of Michigan, organized the Impala Racing Team, which now numbers 23 members.

"Our ultimate aim is to become one of the best women's running clubs in the U.S.," Scannell remarked. "Jim is our coach and we train together two or three times a week. We're all serious about our running and racing and offer encouragement and support to each other."

Scannell says that running has helped her a great deal on her job. She is in charge of all San Francisco's branch libraries.

"At certain times, my job requires a lot of what I call emotional energy, such as at budget time, dealing with neighborhoods who demand continued service when there's not enough money, appearing before the Board of Supervisors to defend the library's position, and other conflict situations," she explained. "Running helps me a lot in being able to handle these stresses, but conversely I'm not able to run as well during these periods."

"One thing I really get a kick out of is the pride my non-running friends at work take in my accomplishments. My boss, the City Librarian, often introduces me as the Chief of Branches and the possessor of the finest cardiovascular system around."

Scannell feels that she is capable of running a 2:45 marathon, although to do it she thinks she will have to increase her mileage or take a leave of absence from her job.

"If and when I do a 2:45, the devil can have my 2:52:48 for next to nothing," she concluded.

Robinson 1st Master In New York Marathon

from Andy Boyajian

NEW YORK, N.Y., October 26. Roger Robinson, a 41-year-old Wellington, New Zealand professor lecturing in the United States, climaxed one of the most impressive months of masters long distance running ever witnessed in this nation.

He was the first over-40 finisher in the New York marathon with a time of 2:22:12, placing him 47th overall behind Alberto Salazar's winning 2:09:40.

Second master was new national masters 10k champion Gary Muhreke in 2:24:58. Bill Hall was 3rd in 2:28:37, followed by Fritz Mueller (2:29:27) and Dick Hipp (2:25:13).

World 50+ marathon record holder Piet Van Alphen (2:22:49) led his nearest over-50 challenger by 16 minutes in 2:29:03. J. Disley clocked 2:45:58 for 2nd with Don Dixon 3rd in 2:49:29.

England's Carol Gould, 36, topped the women's 30+ contingent in 2:35:04. Ann Thornhill was first over-40 female in 3:03:55, ahead of Nina Kuscsik, 41, in 3:09:20.

H. Scharmann, 67, led the 60+ group in 3:08:31.

Robinson began the month with a victory in Indiana over some of the finest U.S. masters runners in the Brooks 20k Master Run in 1:04:10. On October 19, he took on national champ Herb Lorenz in the Brooks 15k in Washington and emerged with a convincing 59-second win in 47:23. All three of Robinson's October performances would be American masters records were he a U.S. citizen. He's

now headed back to New Zealand to defend his world 10k masters title in the 14th World Veterans Distance Championship January 3. Then on to Christchurch where he's favored to win the world 10,000 meter track crown January 8.

There were 12,548 finishers reported in the nationally-televised race, with 7:25:43 bringing up the rear.

Results on page 19.

Masters Age Records 1980 Special Close Out!

It sounds like a white-sale at Sears, but the fact is we've got more age record books than we know what to do with. So we've "slashed" (just like Sears) the price from a whopping \$3.00 to a dirt cheap \$1.50. Cost! Toss in another quarter for the postage, and we'll dedicate our next race to you. Might make an ideal gift for Christmas, um-m? (Whoops, there we go again with rank commercialism.) But it's true.

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 to National Masters Newsletter, P.O. Box 2372, Van Nuys, Ca 91404. Hurry.



Start of Second Annual Women Masters 5K Road, Sunnybrook Park, Toronto, Canada, Sept. 27, 1980. Speedo - **Leith Drury-Piper** winner 35-39 in 18:43. To left of Drury-Piper - **Pat Bessel** winner 40-44 18:56, 2nd overall. Behind Drury-Piper - **Audrey McCabe** 2nd 40-44, 3rd overall. To right of Drury-Piper - tank top, **Christine Walker** - race director, 4th overall, 3rd 40-44.

105 Compete In 5K Women Masters Run

by Christine Walker

TORONTO, Sept. 27. The Canadian Masters International Track Team held its 2nd Annual Road Race for Women Masters today in Sunnybrook Park.

This 5k race interested 105 master women from as far away as St. John's Newfoundland, to Grand Island, N.Y. 83 started the race with as many finishing. Ages ranged from 35 to 60 years and over.

Leith Drury-Piper from The Central Y.M.C.A. Toronto led the field right from the start, with Pat Bessel from New York in hot pursuit. Leith held the

lead throughout the race, clocking 18:43 at the finish, a P.B. (personal best). Pat finished a close second in a time of 18:56, with Audrey McCabe from Acton third, with a time of 19:33, also a P.B.

Refreshments were served after the event, during which time medals were presented to the first three finishers in each age group. (35-39, 40-44, 45-49, 50 & Over). Certificates were also presented to all finishers with their finishing times notes. The Rim & Eyeglass Company, our sponsor, gave each participant a T Shirt and \$15.00 Gift Voucher, as well as presenting a Dinner/Show Ticket to the three finishers.

All who participated agreed that it was a most enjoyable event. C.M.I.T.T. are looking forward to 1981, when even greater numbers are expected to compete.

Results on page 16.

McKenzie Sets 3 World Marks

Anne McKenzie of Cape Town, South Africa turned 55 on July 28 and has set 3 new world records for women aged 55-59. On October 8 in Cape Town, she ran a 400 in 74.1 to break the mark of 78.54 set by country-woman Nell DuPlessis in July, 1979.

On Oct. 27, she sped an 800 in 2:45.1, lowering the standard of 2:57.9 established by Elizabeth Haule of West Germany in July, 1979. She then clocked 5:43.6 in a 1500, to better the 5:57.7 time of Hilda Joeckle, a West German who set the mark in Sept. 1978.

McKenzie, who didn't compete in the Home Savings & Loan Pan-American Games this year because she felt she "wasn't quite ready," was pointing for the 4th World Games in Christchurch, New Zealand in January, 1981. However, her entry form was just returned

by World Games President John Macdonald as unacceptable because she is a citizen of South Africa.

Walmroth, Parsons, Partridge Set Pentathlon Marks

by Chuck Klehm

CHICAGO, ILL., September 14. Bill Walmroth (M55), Harold Parsons (M60), and Phil Partridge (M65) set new national age group records in the National Masters Weight Pentathlon today.

Over 20 took part in the competition which also saw outstanding performances by Edwin Hill (M35) and Len Olsen (M45).

Results on page 15.

Payne, Knott, Johnson Win

O'Neil Sets 10K Mark In Diet-Pepsi Champs

from Tom Sturak

PURCHASE, N.Y., October 4. Jim O'Neil keeps rolling along. He again broke the men's 55-59 U.S. 10k record today with a time of 34:15, breaking the mark of 34:35 he set on Sept. 6.

The race was the Diet-Pepsi National 10k Championships. Local and regional winners from throughout the nation were flown here to compete for national titles.

Pepsi divides masters categories into two divisions, 36-49 and 50+. Jeff Payne, 42, of the Mid-Atlantic Athletic Club won the men's 36-49 division in a good 31:59. Californian Jim Bowers took 2nd in 32:16, followed by Lee Courkamp of Colorado in 32:21. (Courkamp is known for his triumphs on the pack-burro race circuit, winning over \$1000 with his burro, Bambi, in the Rocky Mountain area this summer.)

O'Neil, 55, of San Diego, was followed in the 50+ men's competition by tough Ed Stabler, 51, of Syracuse, the national masters 50-54 30km champ. In a tight battle, O'Neil prevailed by 7 seconds to Stabler's 34:22. Tom Bailey of Colorado was close behind in 34:27. National masters 10k champ Joe Burns of the Millrose AC was 4th in 36:08.

Sandra Knott, 43, of Cleveland, Ohio, one of the top women 40+ runners in America, took the female 36-49 crown in 38:27. Anna Thornhill, 40, of the Millrose AC was 2nd in 39:34. American 45-49 800 and 1500 record-holder Mary Czarpata of Wisconsin was 4th in 40:05.

Anne Johnson, 51, of San Diego, holder of several masters records, easily won the women's 50+ division in 41:17. Four minutes behind came Pauline Vigil, 52, of Colorado in 45:24 and Beryl Skelton 51 of Fairport, N.Y. in 45:46.

Results on page 16.

Sorles Wins MSA Cross-Country Championships

by Bob Fine

NEW YORK, N.Y., October 12. On a magnificent New York Fall day, with clear skies and temperatures in the sixties, Dave Sorles, led from start to finish to win first place overall in the Ninth Annual Masters Sports Association's Cross-Country Championships. The course at Van Cortlandt Park was in the best shape it has been in in decades.

John Hubbard, 61, from New Haven, broke the 60-64 year old meet record in 47:23.2. All four of the women finishers

broke the records in their respective age groups.

Three to four minutes can be deducted from the times to obtain an estimate of what would be comparable times to a flat 10k.

The closest race was for 2B honors (55-59) in which Rudy Valentine just nipped Maurice Post by .4 of a second. The largest number of entries were in division 1B (45-49). That division had the closest competition overall with the first seven finishers coming in ninth to eighteenth overall. Lou Stern and Eric Seiff battled the whole course, with each being timed at 19:35 for the 5K mark. Lou pulled away coming into the flats, about a half mile before the finish to win by ten seconds.

In another near photo finish, Norberto Blanco finished .6 of a second ahead of Charles Rodriguez. Norberto had to make up 37 seconds in the last 5K.

Results on page 16.

Midwest Report

by Ron Fox

On October 12th 1980 the 12th Annual Freedom Marathon was held at Monticello, Illinois. The temperatures were 37-degrees at the start and 55-degrees at the finish. There was a wind but since the course is almost completely surrounded by trees it was not a factor.

348 started, of which 68 were Masters. 303 finished, of which 59 were Masters. Dave Hoover (24) was the overall winner in 2:22:58 and Becky Baum (33) was the woman's winner in 2:54:47. Both were course records. Ernie Billups won the Master's Division again and also set a Master's course record. Some of the results were:

Men 40-49: 1. Ernie Billups 2:33:21 CR; 2. Paul Nielsen 2:37:34; 3. Joe Marks 2:44:12. Women 40-49: 1. Rosalind Neuman 3:27:16; 2. Betsy Comfort 3:46:53; 3. Martha Reese 3:57:20. Men over 50: 1. Bob Bruce 3:09:37.

It should also be noted that Bob Bruce, 58, not only did well at Monticello but the week before ran the National AMJA 50 miler in 7:31:41 and the week before that ran the America's Marathon/Chicago in 3:05. The Freedom Marathon was the third week in a row Bob won his age division in 102 miles of racing.

Also notable were: Ben Uchitelle (46), the current race director of the St. Louis Marathon, in 2:58:30; Wendy Miller (48) 2:59:40 and Ron Fox (49) 2:59:45. (It must have been a perfect day if turkeys can run under 3:00).

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.



1 Month To Go

Countdown To New Zealand

by Al Sheahan

As we go to press, there is no new word on the South African ban. Veterans from South Africa are prohibited from competing in the 4th World Games in Christchurch, New Zealand January 8-14, 1981.

Bob Fine, North American representative to the World Association of Veteran Athletes (WAVA) said: "The ban violates the WAVA constitution which says 'no competitor shall be barred from competition due to race, religion, ethnic background or national origin.'"

Fine said he sent letters of protest to WAVA President Don Farquharson, to each member of the executive committee, and to World Games chairman John Macdonald.

"I've had no response from anyone except Hideo Okada of Japan, who agrees that the South Africans should be included."

"I'm most upset," Fine went on, "that the New Zealand sponsors didn't keep their promise to advise us if major problems developed. If the executive committee had been informed, we could have tried to work something out."

(Ed. note. Macdonald wrote in November's NMN that he notified Farquharson when the problem first arose, but Fine and other committee members apparently didn't learn of the situation until later.)

Fine said he is also troubled over two actions taken without the required approval of the executive committee:

1) The \$5 fee which each athlete paid to WAVA in Hannover was used by a few members of the WAVA committee to visit New Zealand in January 1980 to check out the facilities. "That seems a worthwhile expense for people who are donating their time to help the veterans movement," Fine said, "but I object to that money being spent without the consent of the executive committee."

2) An independent Los Angeles television packager was given or sold an option to purchase the rights to televise the 4th World Games. "Who gave it to him?" Fine asked. "I wasn't informed. The entire committee is supposed to make major decisions, not one or two people."

Among U.S. masters planning on going to New Zealand are: Tony Castro, Paul Carmichael, Bob Fischer, Herm Wyatt, Bert Lancaster, Shirley Kinsey, Al Lawrence, Irene Obera, David Hambly, Jerry Morrison, Kelsey Brown, Boo Morcom, Fred Mannis, Hilliard Sumner, Norm Bright, Gary and Chris Miller, Doug Smith, George Vernosky, Paul Spangler, Harold Chapson, Bud Deacon, J.C. Brown, Hal Higdon, Tom Sturak, Spotswood Hall, Sandra Knott, Ruth Rothfarb, Marilla Salisbury, Ross Smith, Ed Stotsenberg, Gordon English, Harold Daughters, Don Johnson, Bob Mimm, George Puterbaugh, Joan Ulyot, Nick Newton (yes, Nick is going after 2 major operations. Can you believe it?), Bob Fine, Bob Boal, Ozzie Dawkins, Jim O'Neil, Sing Lum, Percy Knox, Dick Stolpe, Herb Anderson, Joe Livesay, Vern Wolfe, Gary Bane, Dorothy and Bill Stock, Jim Vernon, Dave Stevenson, Homer Van Gelder, Pat White, Fred Bierlein, George Cohen, Nolan Fowler, Burl Gist, Walt Frederick, Bob Hunt, John Kelley, Connie Wilson, Birgit Hansen, Matt Brown, Ray Mahannah, Win McFadden, John Satti, Carlos Vera and Chesley Unruh.

Set to bid on the 5th World Games in 1983 are Los Angeles, Philadelphia, San Juan and Japan. Japan, however, wants to exclude several weight events from the program. In their unsuccessful 1981 bid, they also favored limiting the number of competitors. Both proposals are not likely to find favor among the participants in New Zealand.

The 14th World Veterans Distance Running Championships are set for Palmerston North, New Zealand January 3-4 with 10k and 25k runs.

Report From Canada

from Norm Baum

QUEBEC, CANADA, August 30-31. 22 Canadian Native Records and 12 Canadian Open Records were broken in the Canadian Masters Track & Field Championships over a hillside track.

The Aticou track had a marked incline to the finish line. The back straight sloped down to a deeply dipping bottom bend. It was not conducive to good times, especially in the sprints.

Yet some fine times were established. Among them: George Horton's 11.6 and 23.4 in the M45 100 and 200.

Percy Duncan's 13.9 and 28.4 in the M65 100 and 200.

Diane Palmason's 18:37.1 and 39:15.2 in the W40 5000 and 10,000. She also won the 200 (30.8), 800 (2:29.8) and 1500 (4:56.4).

Valdis Teteris' 7-11 in the M55 pole vault.

Art Obokata's 19.8 and 71.5 in the M60 110 and 400 hurdles.

Sverre Hietanen, 60, was named outstanding athlete of the meet, winning the 800 in 2:30.0, the 1500 in 4:55.9, the 5000 in 17:54.9, and the 10,000 in 37:17.4.

Clare Williams won the M40 800 in 2:04.2 and 1500 in 4:17.9.

G. Hare notched the same M45 double in 2:07.2 and 4:24.1, whipping World 1500 gold medalist Ed Whitlock in both events (2:12.5 and 4:29.3).

World Vets President Don Farquharson won the M55 800 in 2:36 and Steeplechase in 13:11.8.

Alex Pappas, formerly of Southern California and now living outside Wichita in Kansas, made the 3,150 mile drive alone to the meet to win the M50 100 in 12.7 and 200 in 26.0. "All those miles, all that gas, six days of driving, and all for competition time of less than 40 seconds," Pappas recalled.

Was it worth it? "Yes," he said. The twin triumphs culminated a season for Pappas that started with his tying the American 60-yard indoor mark for age 50 (6.9). he traveled all over the country, winning 21 gold medals out of 21 sprints entered. The middle of the season was interrupted by a hamstring pull, perfectly timed to miss the nationals.

Higdon Second Vet In Greece

ATHENS, GREECE, October 11. Hal Higdon, running what he claimed was only a training run, placed 17th overall and 2nd veteran out of a field of 1076 in the Athens Open International Marathon. The race traces the path once supposedly taken from Marathon to Athens by the Greek warrior messenger Pheidippides in 490 B.C.

Higdon's time was only 2:50:33, but the course was hilly, the weather was warm (77 degrees), runners ran into a headwind, and Higdon suspected the course also might be long, up to 44 kilometers instead of 41.195. Greece offers, along with its antiquities, classi-

cal excuses for slow performances. Regardless, the overall winner, Jean Paul Didim of France, who has run the marathon in 2:18, could go only 2:34:32. Winner in the over 40 category was Tauno Valasti of Finland with 2:44:31.

Higdon sandwiched his marathon between appearances at the first two Brooks Master Runs (see other story) while escorting a tour group to Greece. "I hadn't planned to run hard because of Washington the following weekend," he explained later. "I floated along the first half of the race, enjoying myself, and mostly held position while drafting others into the wind on the uphill portions between 22 and 32 kilometers. When I got to the top of the last hill, I was feeling good so I pushed the downhill stretches and was able to really blow past people."

Whatever your travel needs....

- vacations
- business
- competition

....overseas or in the USA

Be sure to watch for the announcements about OUT-OF-THIS-WORLD tours for '81 and '82.



THE MASTERS ORIGINAL
TRAVEL AGENT

**SPORTS
TRAVEL
INTERNATIONAL**

4869 "B" SANTA MONICA AVE
SAN DIEGO, CA 92107
(714) 225-9555

Throw-a-Thon Produces Fun--And Records

by Nolan Fowler

On October 18-19 what is believed to be the first field meet of its kind, certainly at the masters level, was held in Raleigh, N.C. In regular meets, an athlete throws the implement(s) suited to his age. In the shot, for example, athletes up to age fifty toss the 16, from fifty to sixty the 12, and above sixty the 8. But in this meet the athletes, regardless of age, threw all the implements, creating in effect, fourteen different events.

Quite a bit of bewilderment, as well as a great deal of fun, resulted as the younger men tried, for instance, to toss the 8# shot or the 1.0 kilo discus. It looked easy, but oftentimes they found themselves badly off balance and their timing all messed up. At the other end of the age spectrum the sixty- and seventy-year olds did plenty of groaning as they tried the brutal 56# weight or the devilishly heavy 16# shot. All agreed that it was an enlightening, if not always an enjoyable, experience.

Eleven world and/or U.S. records resulted from this throwing extravaganza. Leader in the record assault was Arnolds Ticmanis, a native of Latvia but now a resident of Canada, who established five global bests or best-on-record for a 74-year old. In the 12# shot he had 8.89 (29-2); he did 21.13 (69-4) in the 1.6 discus; he threw the 800 gram javelin 18.06 (59-3); he tossed the 35# weight 6.67 (21-10 1/2); and he heaved the 56# weight 4.52 (14-10). Phil Partridge of Michigan, long known for his feats in the weight pentathlon, got the 56 out 4.07 (13-4 1/4) for a U.S. mark at age 69, while Gilberto Gonzales-Julia of Puerto Rico threw "the brute" one centimeter less (13-3 3/4) in establishing a new standard for age 67. Nolan Fowler from Tennessee set U.S. bests for age 66 in the 35 with 11.00 (36-1); the 56, 6.64 (21-9 1/2); the 12# hammer, 37.00 (121-5); and the 16# hammer, 29.28 (96-0).

The winner of the overall competition using an age factor scoring system, was Edward M. Hill of Georgia, with Len T. Olson of Vermont second, and J. Carlos Fraundorfer of Florida third.

Results on page 16.

NEED BACK ISSUES?

Most back issues of the *National Masters Newsletter* are available for \$1.00 each, plus 50 cents postage & handling for each order.

Send to:
National Masters Newsletter
P.O. Box 2372
Van Nuys, CA 91404

234 In Philadelphia 6-Miler

by Pete Taylor

PHILADELPHIA, PA., October 26. The Philadelphia Masters Track and Field Association held its 6-mile Fall Race today with 234 participants. Tom Gallagher, 40, of Westmont, N.J. took male honors with a 32:55 on a cold (40's) blustery day. The race was held on the East River Drive along the Schuylkill River.

Carlotta Ward, 48, of Philadelphia headed the women in 40:04. Other good performances: George Studzinski (47) 36:12; Jack Maloney (50) 38:53; Abe Bell (60) 43:42; Harold Sanderson (56) 41:28.



Jim Waste



Bill Burke

Sippelle Stars In Eastern X-C

by Bob Fine

NEW YORK, N.Y., November 2. Linda Sippelle, 45, of the Potomac Valley Senior Track Club, turned in the most outstanding performance today in the 9th Annual Eastern Regional Athletics Congress Masters 10 kilometer Cross-Country Championships in Van Cortlandt Park, the Bronx.

She broke the division 1B record by over 12 minutes in 42:01.9, to finish 8th overall. She would have placed 2nd in the men's 1B division!

Another lady, Audry Jacobson, 52, of the New York Masters, broke her own record in division 2A by over two minutes.

The last record was set by the oldest competitor in the race, Aaron Flakow, 69, unattached, in winning division 3B. The weather conditions were clear with temperatures in the upper 40's.

Results on page 19.

"I believe success is peace of mind, which can be attained only through self satisfaction. Knowing that you've made the effort to do the best of which you're capable. We have no control over an opponent, but we should have control of ourselves. All we can do is live up to our potential."

-- John Wooden

WINNERS OF 1980 NATIONAL MASTERS ATHLETICS CONGRESS LONG DISTANCE RUNNING CHAMPIONSHIPS

Div.	50KM X-C San Diego, Ca. November 29	100KM New York, NY October 18	100KM X-C Seattle, Wash. November 9	150KM Seattle, Wash. March 29	150KM X-C New York, NY November 23	200KM Washington, DC September 28	25KM Ventura, Cal. March 2	Div.
M40		Gary Muhrcke	Dave Hamby	Dan Conway		Herb Lorenz	John Brennan	M40
M45		Barrie Almond	Derek Mahaffey	Derek Mahaffey		Tom Kurihara	Jim Keerr	M45
M50		Joe Burns	Bill Stock	Howard Miller		Herb Chisholm	Tracy Brown	M50
M55		Walt Brown	Jim O'Neil	Anders Jacobsen		Francis Kelley	Keith Albright	M55
M60		Steve Richardson	John Lafferty	Frank Grey		Rudy Nimmons	Demetrio Miller	M60
M65		Walt Hesterholm	Jerry Satterlee	Jerry Satterlee		Norman Locksley	John Thomson	M65
M70			Norm Bright	Norm Bright		Ed Benham	Jim Bole	M70
M75								M75
M80								M80
W40		Polly Schonfeld	Judy Fox	Sandra Kiddy		Trudy Rapp	Sandra Kiddy	W40
W45		Pat Twente	Vicki Bigelow	Martha Maricle		Linda Sippelle	Belva Norins	W45
W50		Chris Dickinson	Marion Irvine	Ruth Anderson		Olga Barnett	Margaret Miller	W50
W55		Helen Seasonweis	Mary Storey	Mary Storey		Margery Cochran	Mary Storey	W55
W60		Adrienne Salmini	Josephine Hess					W60

Div.	30KM Albany, NY March 23	Marathon Cupertino, Ca January 27	50KM Brattleboro, Vt September 21	50-Mile Track Santa Monica, Ca December 14	Div.	50KM Chesterton, In October 4	150KM Washington, DC October 19	25KM San Francisco November 30
M40	Fritz Mueller	Herb Lorenz	Bernd Heinrich		M40	Roger Robinson	Roger Robinson	
M45	B. Brock	Jim Keerr	Gabit Yeter		M45	Hal Higdon	Hal Higdon	
M50	Ed Stabler	Bob Malain	Fred Robbins		M50	Al Lawrence	Herb Chisholm	
M55	D. McWilliams	Arthur Schneider	Don McWilliams		M55	Alex Ratelle	Harold Knapp	
M60	Ruben Shatzberg	Paul Reese	Bob Mason		M60	Wendell Parson	Rudy Nimmons	
M65	Bob Boal	Al Schlesinger			M65	John Archer	James Cobb	
M70		Alfred Guth			M70		Edward Benham	
M75	Lou Gregory				M75	Everett Amos		
M80					M80			
W40	Mary Cullen	Sandra Kiddy	Polly Schonfeld		W40	Mary Cullen	Trudy Rapp	
W45	P. Heaton	Elizabeth Ross	Sue Medaglia		W45		Linda Sippelle	
W50	Toshiko d'Elia	Ruth Anderson			W50	Bette Mihalek	Toshiko d'Elia	
W55		Helen Dick			W55		Margery Cochran	
W60					W60			

Chase Ends: Higdon Collects 10K Record

Hal Higdon has been chasing the American 45-49 road running 10,000 meter record for nearly a year and a half and finally may have collected it by placing second overall in the Sri Chinmoy Race in Chicago on November 3. Higdon ran 33:10, faster than the 33:57 listed for Bob Collins of California. Higdon's time also betters Collins'

courses the race directors claimed were "certified." He ran 32:48 in Kokomo, Indiana, and 32:16 in Dowagiac, Michigan in 1979. This year he had run 33:19 in Bluffton, Indiana and 33:18 in Bloomington, Indiana. Technicalities caused certification to be denied at least temporarily in the first three instances, and race directors failed to follow up. In the case of Bloomington, the director moved the race from a previously certified course to another location without bothering to warn runners in advance. "I also ran 33:40 at Peachtree,

K. Ames, 26, third in 34:15 and K. Koch, 25, fourth in 34:46. Approximately 450 runners competed and, afterwards, several of them were standing around the result board saying, "Who's that 49 year old man who got second?" Now they know.

Although Higdon added the 10K record to his list of age class records (he also established marks for 20K, 25K, 20 miles, and the marathon this year), he may have lost a half-marathon record of 1:11:40 set at the Philadelphia Distance Classic in September. The 1979 course

was listed in our story on that event as having certification "pending." The National Running Data Center recently identified that course as certified, however without making mention of certification for the 10 mile times en route. Records at that second distance thus still remain "pending.")



Brooks Masters 20k in Indiana Oct. 4. At 7-mile mark: From Left: Jim Ewing, Brian Harris, Dan Conway, Hal Higdon in positions 3 thru 6 behind Roger Robinson and Derek Fernee. photo by Mark Luedi

single-age record of 34:39 for 49 year olds.

"I've been running consistently under the record time, even on the way to longer distances, but I could never receive credit for it," Higdon said. "Ten thousand meters is probably the most popular road distance raced in this country, but probably fewer than 2 per cent of the 10K courses are certified, a necessity for record purposes."

On four occasions in the last year and a half, Higdon ran record times over

which is certified, but for some reason race results listed me a minute slower," Higdon claims.

Higdon specifically went to the Sri Chinmoy event knowing its course in Chicago Lincoln Park had recently been approved. "It's not a fast course since nearly half of it is on a cinder/bridle path. There are a lot of sharp turns, plus we had a stiff wind going out. But this time finally should be accepted." The overall race was won by Dave Schroeder, 24, of Chicago in 32:59 with

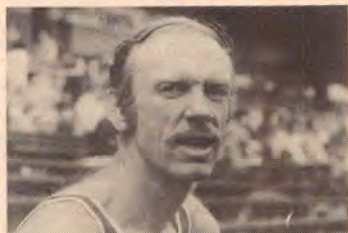
where Herb Lorenz established a 40-44 record was certified, but his year officials shifted the finish line without bothering to apply for recertification. "It gets frustrating at times," Higdon admits, "to run a good race and not get credit for it, but we do need standards. I try to only pick races where the officials have gone to the trouble to certify their courses, but as you can see, even that is not always enough."

(Post Script: The 20 kilometer course used in the first Brooks Master Run

CORRECTION

Unfortunately previous announcements regarding the races may have given people the impression that all runners listed would appear at all races when such was not the case. In addition, due to an oversight, Ruth Anderson was not contacted regarding these races and, therefore, never committed to run at any of the races. We apologize to Ruth and to those who may have been misled by our oversights.





On Approaching Every Problem With An Open Mouth

by Wendell Miller

Requests keep pouring in from all over the land--and in spite of them, I'm going to write another column for the newsletter. About the same time Winston Churchill, at 84, was expounding on his deathbed that had he known he was going to live so long he would have taken better care of himself, someone was asking Woody Allen if sex was dirty. "Only," intoned Allen, "if you're doing it right." Which brings me to the point I was going to make and now have forgotten, so let me take this opportunity to say: Higdon is a windbag. I mean, give me a break! Can you imagine a shot putter droning on for two and a half pages or whatever, about who caught whom looking out the corner of their eye as they stood around the shot put circle jerking and twitching with nervous anticipation of things that may or may not come to pass, in this life or another or at some time beyond infinity?

And I don't buy for one minute this business about racing being the justification for all those hours he spends practicing alone. Baloney! Aside from the lousy company, I happen to know why he spends all those hours alone on the roads around scenic Michigan City--

it's thinking up answers for those stupid questions people ask him in that dumb question and answer section of "Runner Magazine." I mean:

For Hal Higdon: I run everyday with a lucky safety pin in my pants. I've gotten used to leaving the safety pin open and the sharp tip is tearing a hole in my abdominal wall. My husband thinks I should write *Dear Abby*, the fellow I run with thinks I should call *60 Minutes*. What do you think, Hal?

Hal Higdon: Well, gee, I hope you won't till Herb Lorenz and Fritz Mueller about it because if they find out they'll probably start doing it too and beat me.

Of course now that I think about it, better Hig than George Sheehan. Can you imagine how George would answer. He'd start off by reminding us that any high school graduate, even those on the West Coast, can quote Shakespeare. It takes a philo-cardio Easterner to come up with an insignificant Spanish poet named Ortega to lord over us. Anyway, George would answer the safety pin dilemma by talking about being at one with the universe, about the importance of play and making it a part of your routine (I mean if play becomes any-

more part of my routine I won't have enough time left for lunch, let alone work.) I do not deny, however, the importance of playing around--look what it's done for Jim O'Neil. Running, playing, doing whatever you do enroute to some glorious existential shipwreck in the arms of Soren Kierkegaard or maybe even Martin Heidegger, should certainly be done with pathos and a quiet kind of dignity. Now that I see it in print, George doesn't sound so bad.

What if one of running's best loved characters, Bob Anderson, was asked the safety pin question?

Bob A.: I get letters from all over the world from people I've never met. They all say what a wonderful guy I am but the shoe ratings suck.

I wonder how Wendell Miller, private school graduate who married for money, would answer?

Mr. Miller: If I had had any idea the trouble to be caused, I would never have invented running.

I'm reminded of a question that came from the floor at a recent running clinic (ugh!). Mr. Sturak, if you had it to do all over again, who would you do it all over?

Cureton Wins In Arizona

by Bob Martin

TUCSON, AZ, Nov. 2. Al Cureton, 43, of Williams, AZ, became the first master's runner to win a Southern Arizona Road Runner's trail race, leading the field in the grueling ascent of Mt. Lemmon. Cureton set a new record in the 18.9 mile, 6,900 foot elevation gain event, covering the course in two hours, 59 minutes, and 15 seconds to break Don Corum's record of 3:00:26. Ross Zimmerman took the lead at the start and held it for about 13 miles. Cureton came charging by just before reaching Romero Pass and grabbed a big lead in the next mile section, which has an elevation gain of about 1,200 feet.

Results on page 19.

Dick Sets 4 Marks

Helen Dick, 56, has established four new distance records for women aged 55-59:

1. 40:26.2 in a 10k April 27, breaking her own listed mark of 43:27.

2. 2:18:58 in the Avon 30k May 10, bettering the listed 2:49:06 of Mary Rodriguez.

3. 1:30:00 in the Santa Monica Half-marathon August 24, taking 25 minutes off Rodriguez' listed record of 1:55:59.

4. 3:09:47 in Chicago's American Marathon Sept. 28, topping her own mark of 3:18:27 set in January, 1980 when she won the U.S. National Masters 55-59 women's marathon crown.

Results Of Survey

by Al Sheahan, Editor

The results of the survey in September's NMN are in. Out of 1500 subscribers, we received 64 replies--a bit over 4 percent.

So in analyzing the results, we'll have to make a judgement call on what the other 96% want. Hopefully, it's about the same as the 64 who did reply, to whom I extend my thanks for your time and trouble. Some of your comments are printed in the letters section. We'll publish others next month. There were a lot of good suggestions.

In the adjacent box are the final tabulations. Not surprisingly, results are the most popular feature of the paper. Next come schedules, entry forms, race stories, Masters Scene and age-records.

Only 19 want to receive the paper 1st class. We'll offer that option for 1981, but we'll have to charge an extra \$5 since they won't fit into the computer we're presently using.

Most respondents were track & field competitors rather than distance run-

SURVEY RESULTS

1. Mail NMN 1st class?
Yes - 19 No - 35

2. Age Records?
Not enough - 5
Too many - 4
Just right - 47

3. Results covered?
Not enough - 7
Too many - 4
Just right - 43

Not deep enough - 7
Too deep - 0
Just right - 47

4. Rank favorite feature:

- 1 Results
- 2 Schedule
- 3 Entry forms
- 4 Stories on meets & races
- 5 Masters Scene
- 6 Age records
- 7 Regional reports
- 8 Rankings
- 9 Masters meetings, inside info, etc.
- 10 Letters to Editor
- 11 Profiles
- 12 World Games Info
- 13 Photos
- 14 International info
- 15 Masters contacts

5. Format:

- Newspaper - 47
Magazine - 5
Color mag - 3

6. Style of type:
Okay - 51
Too small - 1
Too big - 1

7. Photos:
Less - 5
More - 8
Just right - 39

8. Coverage:
more less just
T & F 30 1 25
Long dist. 12 15 25
Walking 4 21 16
Age records 11 1 42
Profiles 16 4 27
Health tips 16 7 25
Training tips 28 6 19
World events 11 9 28
National = 20 1 27
Regional = 19 2 27
Local = 13 5 27
Schedules 24 1 25
Rankings 2
Nutrition 2

9. Date of National T&F:

- Mid-July - 16
Late July - 11
Mid August - 6
Late August - 15

10. Involvement in sport:

- T&F competitor - 44
LDR Road racer - 19
Race walker - 2
Fan - 11
Official - 10
Fitness jogger - 5

ners. So most replies wanted more T&F coverage and less LDR coverage. Our judgement call on this one is to offer more long distance coverage, not less. The numbers are obviously there. We've stepped up our LDR coverage, and will continue to do so. I think it's our job to cover both T&F and LDR. We won't slack off on T&F coverage, however, and will keep trying to improve it as well.

By a vote of 5-1, you asked for less race-walk news. We don't give it all that much as is. We don't want to cut it out, but will heed your request and keep it brief.

We got requests for more training tips and schedule info. Surprisingly, our coverage of world events did not rate high on the interest scale.

It was a close vote between mid-July and late-August for the 1981 National T&F Championships. Meet director Hilliar Sumner has been so advised.

Nearly all said the format and style of the paper were fine. A 2-1 majority said old results were okay. Almost all said our coverage of age records and results was just right.

Again, I thank you for your response, your comments and your support.

Sumner, Toomey Hailed For Youth Work

Hilliard Sumner and Bill Toomey, were praised in a lengthy article August 29 in the *Los Angeles Times* for their "outstanding work with disadvantaged youth."

Sumner, national age 30-34 400-meter champion and director of the Home Savings & Loan Pan-American Masters Championships, spent the summer working with youths in Los Angeles' inner city.

He was appointed to the post by Toomey, 1968 Olympic Decathlon champion, national masters sports director for the Penn Mutual Life Insurance Co., and founder of Sports Directions, an athletic development organization.

Toomey obtained a \$670,000 grant from the government to utilize the skills and personal experiences of former Olympic athletes and other top sports figures, to provide a motivational program for disadvantaged youth.

"We hoped to capture these kids' imagination more than a sterile approach by some sociologist," Toomey



Hilliard Sumner
photo by Wilbur Buchanan

said. In a sports-and-fitness crazed culture, he figured, champion athletes could provide "role models for getting the body and the mind in shape."

He targeted five cities with particularly gritty inner cities: Los Angeles, Indianapolis, Newark, Richmond (Va.), and Miami where, said Toomey, "we arrived just in time for the summer riots."

For Sumner, a successful accountant, taking the summer position as L.A. site director meant a 50% salary cut. Still, he jumped at the chance.

He brought in former Olympians, successful businessmen, and other role models to talk to the students.

"I noticed," Sumner told one group of 33 students after a series of speeches, "that when the speakers were speaking, a lot of you were slouched at your desks. A lot of you had frowns on your faces."

"Now you'll find out when you get out in the real world," Sumner continued, "that everything isn't peaches and cream. If you got your lips poked out and you're mad all the time, you won't get nothing." He paused, glared around the room, and repeated: "Nothing."

Negativity, he recalled, was something the students could relate to, all too well. "To a kid in the ghetto," said Sumner, a product of the gangs and ghettos of Philadelphia, "all that 'power of positive thinking' stuff don't mean a

damned thing." As for the books and seminars on self-improvement, Sumner laughed: "Try to imagine giving a book to a kid who can't read."

Dealing with a kid in the ghetto, Sumner said, "you have to have been there to know where he's coming from."

Sumner, the "hoodlum who came in from the cold," fought his way to a night degree at Temple University, and later to an MA at the University of Pennsylvania's Wharton School of Finance.

"Attitude is what this thing's all about," he said. "To help stimulate an improved attitude, I congratulate them when they're doing good. And I get on their case when they do bad."

Bowers, continued from page 1:

A one-time 4:06 miler, Bowers won the race outright in 2:22:23 to break the existing U.S. masters record of 2:24:41, set by 2-time U.S. marathon champion Herb Lorenz on April 16, 1979.

The Humboldt out-and-back course is officially certified by the NRDC. The mark comes as no surprise since Bowers recently held the U.S. masters 10k road mark of 31:44. On October 4, he placed 2nd in the Diet-Pepsi 10k national championships in New York in 32:16.

50+ Group Formed

"The second half of life can be the better half," intones a California Savings & Loan commercial.

Ibrohim Clark of Menlo Park, California is out to prove it's not just a slogan. He has formed the "Fifty-Plus Runners Association." It's open to any runner in the U.S. over age 50.

"We want to demonstrate," Clark says, "with large numbers of people over 50 that old age doesn't necessarily mean less body flexibility with higher health costs."

Clark wants to collect statistics on over-50 runners to help prove the benefits of running. Such data could lower insurance costs, health-plan costs, employment acceptance, etc.

Membership donations of \$5 will mean:

- 1) A regular bulletin with events and articles on 50+ runners.
- 2) Participation in national and/or regional 50+ events.
- 3) Communication with other 50+ runners.

5) National Centers for running training and studies.

If you're interested in actively participating, contact Clark at: 50+, P.O. Box 7063, Menlo Park, Ca 94025.

The first national 50+ running event will be held in conjunction with Runners' World's National Running Week. On New Year's Day, 1981, a 3K and 10K 50+ Run will be held at Stanford University at noon. An entry form is on page 15.



Bob Packard winning 40-44 10000 in 33:31.9 at Western Regionals.



Ray Mahannah

Race Walking

from Alan Wood and Harry Siitonen

You can be a better runner if you will include racewalking in your training schedule.

That's the message of the book *"Race Walk to Fitness"* by Howard Jacobson, published by Simon & Schuster this year.

It's probably the most thorough treatment of the subject ever published in the United States.

"Racewalkers are virtually injury-free," says Jacobson. "Racewalkers have well-developed musculature of the fronts as well as the backs of the legs. Racewalkers have better hip flexibility and more endurance in their upper body and arms."

Price is \$11.95. Contact Harry Siitonen at 106 Sanchez St. #17, San Francisco, Ca 94114, or your local library.



NINTH ANNUAL MASTERS SPORTS ASSOCIATION'S CROSS-COUNTRY CHAMPIONSHIPS. 10 kilometer. NEW YORK, N.Y., October 12.

30-34	Norberto Blanco	30 38.49.0 (5-19.03)
	Charles Rodriguez	33 38.49.6 (6-18.26)
	Randell Lorne	31 39.38.5 (7-19.26)
	James Barber	33 44.36.5 (24-21.25)
	Joseph McCord	34 52.21.9 (37-24.21)

50-54	Billy Molten	43 61.06.5 (41-25.37)
50-54	Audrey Jacobson	52 65.58.3 (43-29.43)
60-64	Adrienne Salmini	64 69.04.9 (44-30.31)

35-39	Jesus Andrade	36 37.59.2 (2-18.11)
	Robert Rosenzweig	37 39.53.2 (8-19.23)
	Peter Hausbacher	39 41.26.7 (13-20.10)
	Ken Fine	39 41.27.2 (14-20.03)
	Ed Krales	38 44.40.2 (25-21.43)
	Lawrence Killer	38 45.38.0 (27-21.56)

40-44	Dave Sorles	40 36.47.2 (1-17.50)
	Jim Pillis	3 38.07.5 (3-18.30)
	Brian Clery	40 38.44.9 (4-18.42)
	Jack Sexton	41 42.18.2 (16-20.19)
	Ed Small	42 43.15.1 (19-20.09)
	Victor Carr	41 43.20.7 (20-20.44)
	George Shilling	42 47.07.6 (29-22.29)

45-49	Lou Stern	46 39.56.7 (9-19.35)
	Eric Seiff	47 40.06.4 (10-19.35)
	Kibbe Fitzpatrick	45 41.05.4 (11-20.15)
	Gera Feld	46 41.23.3 (12-20.11)
	Bob Fine	49 41.49.8 (15-20.19)
	Bruce Lockebie	45 42.42.2 (17-20.25)
	Walt McCarthy	48 42.52.4 (18-20.45)
	Gunter Daurth	45 45.25.9 (26-21.35)
	Tom Talbot	48 46.50.1 (28-21.47)
	Vince Cofre	46 49.56.3 (34-24.00)
	Fred Clarence	47 65.08.3 (42-26.26)

SANTA BARBARA HALF-MARATHON, Oct. 19. 459 finishers.

MEN 35-39	COURSE RECORD 1:10:14 IN				
1	553	JOHN BOTKE	37	SANTA	
2	738	CHARL DEXER	35	SANTA	
3	791	BILL KING	38	SANTA	
4	839	JERRY WRIGHT	36	LOMPOC	
5	1014	LEE FREEMAN	37	MARICOPA	

MEN 40-44		COURSE RECORD 1:12:17 IN			
1	1022 GARY DIMETIS	41	CAJON	CA	1:12:17
2	704 BENJAMIN SAWYER	43	SANTA BARBARA	CA	1:12:17
3	1174 BOB KENDRICK	41	MCDONALD	CA	1:12:17
4	1189 BOB HOLLAND	42	CAJON HEIGHTS	CA	1:12:17
5	1207 JERRY WILL	40	MCDONALD	CA	1:12:17

MEN 45-49		COURSE RECORD 1:15:15 IN			
1	911 JOHN BRENNAN	45	SANTA		
2	714 GEORGE REIS	46	VENTURA		
3	782 FRANK MONTGOMERY	46	VENTURA		
4	887 GERALD JACOBS	46	SANTA		
5	1107 JERRY WELSH	45	MCDONALD		

MEN 50-59		COURSE RECORD 1:17:15 IN			
1	624	JOHN PERKINS	52	LOMPOC	CA
2	552	WILL KENDRICK	50	THOUSAND OAKS	CA
3	1196	BERT SCHMITZER	51	LA JOLLA	CA
4	583	EDWIN BISHOP	50	SANTA BARBARA	CA
5	1202	JOHN MCNEIL	50	TEJERINA	CA

MEN 55/OVER		COURSE RECORD 1:20:15 IN			
1	1185	ROBERT LITTLEJOHN	55	LOMPOC	CA
2	843	FRANK COOPER	55	LOMPOC	CA
3	1107	PAUL SILBERT	56	SANTA BARBARA	CA

1	711 SHERLEY CAUDRON	39F	SANTA
2	1011 NANCY KNOXSON	39F	LOS OS
3	878 LYNN CRUICKSHANK	32F	MOUNTAIN
4	787 TEREZA CAMPBELL	31F	HARMON
5	530 STEPHANIE WELCH	33F	SANTA

1	1001 SHARON WOLCOTT	43F	PASADENA
2	851 ALMA PAIGE	43F	VENTURA
3	777 NEVE HONE	43F	WEST MOUNTAIN PARK
4	1177 BEVERLY HUFMAN	43F	FISCHER
5	784 RUTH ADAMS	43F	LOMPOC

1	1003 PHYLIS REGIS	47	VENTURA
2	1008 DIANE FETZ	47	PAJERO
3	1011 SHERLEY TOBIN	47	LAUSAL

WOMEN 50/59		COURSE RECORD 1:43:15 IN	
1	1000 GRACE SCHWILTZER	47	SANTA

CALIF., Sept. 20.					
-------------------	--	--	--	--	--

SANTA BARBARA MARATHON, October 19. SPA Championships. 228 finishers.

MEN 35-39		COURSE RECORD 2:19:11 IN 1980 BY BILL SCOBEE			
1	286 BILL SCOBEE	35	VENTURA	CA	2:19:12
2	183 TOM MORROW	39	SANTA MONICA	CA	2:17:42
3	12 BOYD HARTLEY	35	GLENDALE	CA	2:19:46
4	157 DENNIS PARRISH	39	LA JOLLA	CA	2:15:17
5	202 BOBBY ROBERTS	36	LOMPOC	CA	2:19:11

MEN 40-44		COURSE RECORD 2:16:17 IN 1979 BY FRANCISCO SAIZ				
1	229 WILLIAM PECK	40	MARCO	CA	2:16:17	
2	92 JESSE COOK	40	THOUSAND OAKS	CA	2:16:17	
3	163 WAYNE HOFFMAN	42	SANTA BARBARA	CA	2:16:17	

5	122 SKIP SHAFFER	42	FULLERTON	CA	CCAC 2:15:10
MEN 45-49					
COURSE RECORD 2:14:10 IN 1979 BY RICHARD BARTEK					
1	175 JOHN RICHARDS	48	VENTURA	CA	TIT 2:15:15
2	119 FRED VEGA	45	SANTA BARBARA	CA	SBAA 3:05:17

4	72	DAN MATULICH	49	ROLLING HILLS	CA	3:09:33
5	135	OWEN PATNOR	49	SANTA BARBARA	CA	3:12:46
MEN 50-54						
1	46	TRACY BROWN	51	LOS ALAMITOS	CA	2:57:32

3	140	DAN SHEERAN	53	ORANGE	CA	STC	3:02:57
4	156	EDWARD BERMAN	58	LOS ANGELES	CA	3:21:02	
5	6	BYRON POTTS	58	WESTCHESTER	CA	SCS	3:22:24

MEN 55-59

COURSE RECORD 2:10:19 IN 1979 BY FRED NAGELSMIDT

1	9	ALBERT PUGLIESE	57	NORTHIDGE	CA	5:01 2:15:11
2	28	BILLY MCINTOSH	58	SANTA BARBARA	CA	5:01 2:15:20
3	21	TOM HAMPTON	58	LOS OSOS	CA	5:01 2:15:11
4	219	HOWARD LINARD	58	DAVIS	CA	5:01 2:15:18

MEN 60/OVER		COURSE RECORD 3:19:26 IN 1977 BY MORTY MONTGOMERY				
1	189	JOHN HOLDSBIE	64	LONGMD	CA	LV32 3:14:10
2	184	KENNETH KUECKER	61	TORRANCE	CA	4:13:27
3	88	JIM BOLE	73	LONG BEACH	CA	4:21:29
WOMEN 35-39		COURSE RECORD 2:16:17 IN 1977 BY SUE PETERSEN				

2	38 PENNY LITTLE	37F	VENICE	CA	3:14:01.0
3	211 KITTY SILSBJRY	36F	SANTA BARBARA	CA	3:14:31.9
4	117 MARIAN SKINNER	32F	SANTA BARBARA	CA	3:15:31.28
5	166 SALLY ADAMS	30F	SANTA BARBARA	CA	3:15:41.23

NATIONAL MASTERS WEIGHT PEN-TATHLON CHAMPIONSHIPS, CHICAGO, ILLINOIS. September 14, 1980.

W30-39	Margaret Ekiss	38:04
	Linda Finley	38:17
	Leith Drury-Piper	38:40
W40-49	Pat Bessell	37:59
	Diane Palmason	38:55
	Yvonne Horwitz	40:16
W50+	Eve Menich	46:33
	Liese Low Wyde	47:00
	Vivian Sims	48:19

FIRST NATIONAL 50+ RUNNING EVENTS 3 and 10K ENTRY FORM

LOCATION: STANFORD UNIVERSITY - near south end of football stadium. From Highway 101, take Embarcadero off ramp; follow Embarcadero to El Camino. Cross El Camino and take first left after passing the stadium.

DATE: JANUARY 1, 1981.

TIME: 12 noon

COURSE: 10K is relatively flat; some small hills in mid-course. 3K is flat.

DIVISIONS: 5-year age groups from 50 to 69; 70+; men and women.

AWARDS: Awards will be presented in each category.

REGISTRATION: \$5.00, payable with registration; no deadline. Send to: 50+ Runners Association, P.O. Box 7053, Menlo Park, CA 94025

NAME: (print) _____
 ADDRESS: _____
 city state zip

Circle Age	Category	Women	Men
50-54	A	F	
55-59	B	G	
60-64	C	H	
65-69	D	I	
70+	E	J	

In consideration of your accepting my entry, I, intending to be legally bound for myself, my heirs, executors and administrators, do hereby release and discharge any and all sponsors of the 50+ 3 and 10K Runs from any and all liability arising out of any injury of any kind which may be sustained by my participation in or by reason of the exercising of any of the rights granted to the undersigned as a result of my voluntary participation in or traveling to and from the 50+ 3 and 10K Runs on January 1, 1981. I further attest that I am physically fit and have sufficiently trained for this event.

Signature _____

NOTE: A MEETING OF 50+ MEMBERS WILL BE SCHEDULED IN THE STANFORD AREA DURING THE PERIOD OF NATIONAL RUNNERS WEEK. YOUR COMMENTS ARE SOLICITED ON THE MEETING FORMAT.

NOTE: A PRELIMINARY STATISTICAL STUDY OF OUR PRESENT MEMBERSHIP WILL APPEAR IN THE NEXT BULLETIN.

SACRAMENTO, CALIF., Sept. 20. Sac Five Pentathlon Results

<u>10-39</u>		200	500	1500	
Mac McCormick	5.67	46.94	24.84	44.66	4:51.1
2923	530	591	569	775	458
Michael Ackley	5.8	46.16	25.05	31.83	4:47.2
2687	560	580	551	515	481
James Cochran	5.06	51.72	27.7	33.18	5:25.3
2217	585	656	351	544	281
Steve Runyon	4.83	28.60	26.3	21.54	4:32.49
1924	329	305	452	265	573
Mike Ucovich	5.57	29.42	25.4	23.68	*****
1671	507	320	523	321	
<u>40-49</u>					
Gary Miller	5.33	42.30	23.9	27.16	5:10.0
2679	498	446	850	306	580
John Forayth	4.99	37.3	27.2	30.44	5:17.5
2140	396	346	520	403	475
Jack Sanchez	5.06	30.12	27.6	22.27	6:19.6
1479	417	202	480	158	222
Donald Gray	4.51	36.36	29.15	25.22	6:18
1323	252	327	325	247	172
Phil Conley	5.3	58.54	****	****	***
1260	489	771			
<u>50-59</u>					
Bob Roemer	5.11	38.08	26.2	24.86	5:26.6
2949	644	632	780	226	667
Richard Nordquist	4.33	30.62	27.0	28.74	5:57.3
2297	332	409	690	352	514
Roy Wiggin ton	*****	32.72	27.0	31.19	5:55.65
2120		472	700	426	522
<u>60-69</u>					
Mark Henderson	3.55	23.24	30.50	33.95	6:52.2
2225	275	330	550	631	439

Results, Throw-a-Thon

Method Field, Raleigh, North Carolina
October 18-19, 1980

			Shot		Discus		Javelin		Hammer		Weight	
			of	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
Richard E. Bergenback	55	TH	12.65	10.83	8.28	54.48	87.83	87.59	44.04	39.28	44.38	40.81
Robert S. Boal	66	NO	7.24	5.88	5.21	81.60	16.05	14.34	18.00	18.00	10.30	13.88
Fred W. Busch	40	OH	15.41	12.45	11.29	87.56	80.54	19.15	36.02	35.47	23.80	19.03
Pav Carstensen	48	NY	14.88	11.89	10.18	31.08	88.55	87.11	36.70	36.38	48.15	36.00
Nolan Fowler	66	TH									41.46	37.00
J. Carlos Fraundorfer	48	FL	16.39	14.33	12.55	50.15	43.99	39.09	29.48	36.09	49.72	44.17
Fred A. Gelter	61	NO	12.95	10.90	9.17	37.39	30.56	26.50	30.75	37.46	30.38	26.55
Gilberto Gonzalez-Julis	67	PH	11.25	9.35	8.04	58.41	26.92	21.81	25.31	24.30	28.99	23.81
Edward M. Hill	38	GA	19.05	15.93	14.66	56.06	49.94	44.36	40.97	50.33	51.70	46.83
Carl H. Klehn	41	IL	15.99	13.53	11.61	44.80	36.23	31.29	31.41	30.97	55.67	43.05
Philip Mulkey	40	AL				46.14	50.09	35.39	30.94	39.88		11.01
Gordon E. Nordgren	61	LA	9.60	7.68	6.71	86.95	80.80	19.58	35.46	30.63	29.77	24.44
Ian T. Olson	49	VT	17.34	14.63	13.17	46.03	43.54	37.54	43.36	43.68	40.77	44.82
Philip H. Partridge	69	MI	9.65	8.84	7.09	35.80	26.08	21.42	25.52	29.53	31.05	26.03
Sue Skerke	35	IL	6.29	5.36	4.80	16.78	14.75	12.82	17.05	18.29	16.13	12.80
Arnold Thomas	74	CH	9.07	8.09	7.29	25.21	21.13	17.09	10.12	18.06	20.92	21.58
Michael H. Valle	40	NO	16.12	12.77	11.16	45.31	35.97	34.20	36.59	31.76	30.64	29.82
James L. Warren	65	NO				15.56	13.49	14.80	18.43	19.34		7.34

RESULTS - 1980 ATHLETIC CONGRESS 10 K ROAD RACING CHAMPIONSHIP FOR MASTERS.
PROSPECT PARK, BROOKLYN, N.Y.

OCT. 18, 1980

40-44	GARY MURKKE	32.06.7	SS	40	55-59	WALT BROWN	39.22.5	PP	55
	BOE FISHER	32.07.6	ML	40		TIM TAYLOR	39.13.8	HT	57
	DAVE HANLEY	32.23.2	SO	41		MORT KAIL	42.39.6	UN	56
	ROLAND COMIER	33.29.7	NM	40	60-64	STEPHEN RICHARDSON	38.13.1	NY	60
	FRITZ MUELLER	33.33.0	CP	44		HAROLD GREENBERG	43.44.1	SH	61
	ART GUERRA	33.41.2	ML	41		JOHN POPOWICH	46.46.9	NY	62
	LEN DUEY	33.51.9	CP	41	65-69	WALT WESTERHOLM	48.26.7	ML	66
	JAMES MCQUINNNESS	34.26.9	NY	41					
	CENE TOONEY	34.33.1	ML	41					
	MARTIN BREKELLER	34.48.6	ML	43					
	SID HOWARD	34.57.6	CP	40					
	JOE CORDERO	35.18.3	NY	42					
	ART DUTLE	35.47.8	NM	41					
	DAN CAFFEY	35.59.2	ML	43					
	CHARLES KENNEDY	36.14.4	NY	42					
	BOB PATES	36.20.5	UN	44					
	SETH RAMINSKY	36.59.5	UN	40					
	EDWIN HARRIS	37.03.6	NM	42					
	NORM GOLUSKY	37.52.0	CP	42					
	JACK SLATER	44.26.9	PP	41					
	LARRY LEMAHAN	44.33.3	UN	41					
	ABDUL EL AMIN	44.35.3	PC	40					

WOMEN

40-44	POLLY SCHONFELD	39.42.2	ML	41	55-59	FAT BESSEL	40.34.7	CI	41
	MARGARET NALLY	77.47.4	NY	41					
45-49	FAT TWENTE	49.47.0	NY	45					
50-54	CHRIS DICKINSON	54.05.0	ML	51					
	PAT KELLY	59.47.0	NY	51					

55-59	HELEN SEASONWEISS	63.51.7	PP	57	60-64	ADREINIE SALMINI	60.51.4	VC	64
60-64	JIM ANESHANBLEY	35.33.7	PP	45					
	CHARLES DYSON	35.56.8	HT	46					
	LOU STERN	36.38.7	PP	46					
	CEZA FELD	38.05.4	NY	47					
	CASE CURTIS	38.14.6	BA	47					
	BOB FINE	38.40.2	NY	49					
	ARNIE NIEMAND	39.37.6	ML	46					
	JOHN SOUTHER	39.58.7	ML	45					
	QUINCY DAUTH	43.20.3	NY	45					
	RONALD VALIENTE	44.46.6	UN	49					
	VINCE COIRO	47.47.0	NY	46					

50-54	JOE BURNS	37.09.8	ML	51	55-59	TOM CAMERON	39.21.9	ML	50
	TOM CAMERON	39.41.3	UN	54		JIM STOLTZBUS	40.16.0	NY	50
	PARKER JONES	40.40.2	UN	51		WILLIAM WALPIN	42.01.5	WS	53
	TOM BASSICK	42.01.5	WS	53		ALAN COHEN	44.18.8	NY	51
	DESMOND MARGETSON	46.16.5	UN	54		ART BRADLEY	51.00.9	NY	54

TEAM SCORES (CUMULATIVE TIMES)

50+ MEN									
NEW YORK MASTERS SPORTS CLUB									
Richardson	38.13.1								
Jones	40.16.0								
Cohen	44.18.8	TOTAL	122 min.	47.9 sec.					
MILLROSE A.A.									
Burns	37.09.8								
Cameron	39.21.9								
Westerholm	48.26.7	TOTAL	124 min.	57.6 sec.					

WOMEN 40+

NEW YORK MASTERS SPORTS CLUB									
Twente	49.47.0								
Kelly	59.47.0								
Nally	77.47.4	TOTAL	187 min.	21.4 sec.					

TEAM CODING

BA = BOSTON ATHLETIC CLUB	NY = NEW YORK MASTERS SPORTS CLUB
CP = CENTRAL PARK TRACK CLUB	NM = NORTH MEDFORD CLUB
HT = HARTFORD TRACK CLUB	PP = PROSPECT PARK TRACK CLUB
CI = GRAND ISLAND TRACK CLUB	SH = SHORE ATHLETIC CLUB
ML = MILLROSE ATHLETIC CLUB	ST = SNO HONISH TRACK CLUB
NP = NEW YORK PIONEER CLUB	VC = VAN CORTLANDT TRACK CLUB
SS = SUPER SHOE	WS = WARREN STREET SOCIAL & ATHLETIC CLUB

GETTYSBURG, PA. MARATHON

Sept. 13, 1980.									
5 Ben Hyser	45	2:47:31							
8 Andy Kotulski	40	2:49:54							
9 Mel Williams	42	2:51:11							
Margit Brosnan	41	3:49:25							
Alma Kunes	47	4:21:18							
Frances Curran	60	4:26:46							

CALIFORNIA STATE 10K,
September 14, 1980.

M40 Marv Rowley	33:38
M50 Dick Durand	36:39
M60 Victor Adams	47:45
M40 Jeanne Wells	44:56
M50 Nancy Fraychneaud	60:07

NEW YORK CITY MARATHON TUNE
UP, 15K, October 5, 1980.

M40-49									
Tony Baylis	43	51:02							
Martin Brekeller	43	53:21							
George Stillman	47	54:56							
M50+									
Joe Burns	51	54:34							
Evan Kane	55	57:01							
Joe Simonte	52	58:29							

2ND ANNUAL WOMEN MASTERS 5K
ROAD RACE, SUNNYBROOK PARK,
TORONTO. Sept. 27, 1980.

M35-39									
Leith Drury-Piper	18:43								
Marie Huxter	20:07								
Jill Mingay	20:38								
M40-44									
Pat Bessel	18:56								
Audrey McCabe	19:33								
Christine Walker	20:06								
M45-49									
Joanne Castle	21:29								
Reta Willoughby	21:24								
Tina Brunott	22:36								
M50+									
Leise Lowe-Wylde	22:42								
Eve Menich	22:58								
Judith Kazdan	23:07								

17-MILE BEAR CANYON-SABINO
CANYON, ARIZONA, Oct. 19,

M40 Bob Williams	2:15:29
M45 Jim Shea	2:40:15
M50 George Coggin	2:30:45
M55 Bob Martin	2:57:51
M40 Stella Tatar	3:01:08

DIET PEPSI NATIONAL 10K
CHAMPIONSHIPS; PURCHASE,
N.Y., October 4, 1980.

M36-49									
Jeff Payne	42	41	31:59						
Jim Bowers	41	CA	32:16						
Lee Courkamp	37	CO	32:21						
Jan Frisby	36	CO	32:56						
Ted Bitter	36	NY	33:17						
M50+									
Jim O'Neill (AR)	55	CA	34:15						
Ed Stabler	51	NY	34:22						
Tom Bailey	51	CO	34:27						
Joe Burns	51	NY	36:08						
Tony Sapientza	51	MA	36:26						
M36-49									
Sandra Knott	43	OH	38:27						
Anna Thornhill	40	NY	39:34						
Bette Poppers	37	CO	39:45						
Mary Czarapata	45	WI	40:05						
Marilyn Davis	40	CA	42:47						

M50+

Anne Johnson	51	CA	41:17
Pauline Vigil	52	CO	45:24
Beryl Skelton	51	NY	45:45
Anne Trigg	56	FL	45:55
Joan Dodge	51	MO	48:37

2nd Annual Las Vegas SUN Marathon Championships
Thursday—Sunday, Dec. 4-7, 1980

Presented by
Las Vegas Classics Sports Inc.

Three championship events: 6-mile, 13-mile and marathon.
All three events sanctioned and certified by the AAU.

Nine age divisions (18-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and up) for both men and women, plus open division for world class competitors in all three events. Awards will be made to top three in each age group.

In 1979 top U.S. and foreign runners competed and broke three American records with the aid of 40-55-degree weather and low humidity on the flat, paved course on the famed Las Vegas Strip.

For details information write to: Marathon Headquarters, Las Vegas Classics, Hacienda Resort Hotel, 2800 Las Vegas Blvd. So., Las Vegas, Nevada, 89119. Or Call Toll Free West Coast 800-454-0811, East Coast 800-454-0711.



NIKE LAS VEGAS CLASSICS INC. NIKE

HACIENDA RESORT HOTEL, SUITE 800
2800 LAS VEGAS BLVD. SOUTH
LAS VEGAS, NEVADA 89119
MONDAY—TUESDAY 9AM—5PM
WEDNESDAY—FRIDAY 9AM—5PM
SATURDAY 9AM—5PM
SUNDAY 10AM—5PM

2ND BROOKS MASTER RUN, WASHINGTON, D.C., October 19. 15KM.

M40-44

1 Roger Robinson	41	47:23
2 Herb Lorenz	41	48:22
3 Dan Conway	41	48:23
4 Bob McCarthy	40	48:49
5 Mike Sabino	41	49:35
6 Dick Hipp	41	50:15
7 Ken Mueller	44	50:45
8 Richard Jamborsky	44	51:20
9 Sean O'Connor	41	51:34
10 Fay Bradley	42	51:58
11 Warren Orlrich	41	52:50
12 Chan Robbins	43	52:59
13 Steve Six	42	53:12
14 Otis Williamson	44	53:19
15 John Butterfield	43	53:23
16 Jake Myers	41	54:56
17 George Marienthal	41	55:16
18 Rick Fuller	40	55:25
19 Dave Watkins	44	55:41
20 Cliff Mansfield	44	55:48

M45-49

1 Hal Higdon	49	49:24
2 Dick Gottshall	45	52:06
3 Jim Sutton	49	53:31
4 Ben Hyser	45	53:56
5 John Forrest	47	54:25
6 Tom Kurihara	45	54:50
7 Pete Monahan	46	56:22
8 Al Marcy	45	56:32
9 Jerry Hagen	47	56:47
10 Carl Hess	48	57:50
11 Joel Rabdaw	45	57:57
12 Gerry Kramer	48	58:29
13 John Jarrett	45	58:57
14 Don Romero	45	59:01
15 Ernest Bendall	47	59:22
16 Walt Ringerink	48	59:33
17 William Harper	45	60:04
18 Dudley Sippelle	45	60:07
19 Robert Mason	45	60:23
20 Floyd Sandlin	48	61:44

M50-54

1 Herb Chisholm (AR)	54	53:13
2 George Vernsky	50	54:04
3 James Jensen	54	59:32
4 Clyde Swigart	51	60:00

5 David Shenkenberg	51	61:15
6 Tom Brown	50	62:12
7 Dick Good	50	62:21
8 Warren Bourn	53	63:29
9 H.L. Van Trees	50	63:35
10 Jack Barnett	52	64:47
11 Robert Sprague	54	65:46
12 Lowell Owsley	54	68:07

M55-59

1 Harold Knapp	56	59:03
2 Bill Osburn	57	63:25
3 Dixon Hemphill	55	66:36
4 Frank Harding	57	67:08
5 Larry Schwartz	56	68:47
6 Richard Giebel	55	69:20
7 Donald Smith	58	73:20
8 Gene Dix	58	79:23

M60-64

1 Rudy Nimmons	60	58:23
2 A. Cokey Daman	61	64:37
3 John Cochran	61	65:52
4 Walt Kreftmann	60	70:48
5 Bill Hagan	61	71:39
6 Albert Booth	60	71:50
7 Herschel McCord	61	72:33
8 Richard Lukes	61	73:04

M65-69

1 James Cobb	69	79:28
2 Joseph Siebert	65	80:36

M70+

1 Edward Benham	73	67:13
2 John Kelley	73	67:56
3 John Newdorp	70	84:42

M40-44

1 Trudy Rapp	43	58:31
2 Carol Thompson	41	65:42
3 Dianne Headen	42	66:23
4 Sherry Kendall	44	69:10
5 Priscilla Butterfield	41	69:16

M35-39

1 Bobbi Rothman	35	60:27
2 Carolyn Bravakis	36	60:56
3 Hideko Pirie	35	62:24
4 Elizabeth Imhof	38	64:48
5 Suzanne Rust	36	67:26

M45-49

1 Linda Sippelle (AR)	45	59:13
2 Natalie Buzzell	48	65:24
3 Joanne Mallet	46	68:52
4 Bev Swigart	45	70:12
5 Frances Adams	47	73:11

M50-54

1 Toshiko d'Elia (AR)	50	62:30
2 Rachel Bourn	51	69:12
3 Olga Barnett	51	91:18

M55-59

1 Margaret Cochran	57	78:37
--------------------	----	-------

AR = American 5-year record

MEN'S TEAM SCORES:

1 Gnats	53
2 Potomac Valley Seniors A	80
3 Reading (Pa) Athletic Attic	120
4 Potomac Valley Seniors B	219
5 Tidewater Striders	273

WOMEN'S TEAM SCORES:

1 Potomac Valley Seniors B	11
2 Washington Run Hers	35
4 Tidewater Striders B	62
5 Potomac Valley Seniors A	64

AGE-GROUP FINISHERS:

	Men	Women
35-39	17	17
40-44	93	13
45-49	42	10
50-54	20	4
55-59	9	1
60-64	10	
65-69	2	
70+	3	
Unk.	3	
Total	182	45

(237 starters. 277 entered.)

Next year's race: Oct. 18, 1981.
Contact: Dave Theall, 6443 Old
Chesterbrook Rd., McLean, Va.
22101.

U.S. 15K RECORDS SET IN BROOKS MASTER RUN, OCT. 19.

(The following list is preliminary, based on only a partial examination of the results. Certification of the course also is pending before Ted Corbitt of the National Running Data Center.)

AGE-CLASS RECORDS:

50-54M Herb Chisholm	53:13	Don Dixon	53:55
45-49M Linda Sippelle	59:13	Ruth Anderson	1:01:14
50-54W Toshiko d'Elia	1:02:30	Anne Johnson	1:05:38

SINGLE-AGE RECORDS:

41M Herb Lorenz	48:22	Geoff Pietsch	51:12
40M Bob McCarthy	48:49	Fred Best	49:34
49M Hal Higdon	49:24	Hal Higdon	51:16
54M Herb Chisholm	53:13	Tom Kempf	57:25
60M Rudy Nimmons	58:23	George Sheehan	1:01:09
73M Edward Benham	1:07:08	Willard Benton	1:23:12
45F Linda Sippelle	59:13	Elsa Evans	1:10:10
50F Toshiko d'Elia	1:02:30	Marcia Spaeth	1:15:07a

ST. GEORGE, UTAH MARATHON
October 4, 1980.

	M35-39	M50+
Steve Naylor	37 2:26:48	Manuel Rivas 60 3:02:57
Don Schultz	36 2:33:34	Stuart Jardine 63 3:25:41
Michel Call	37 2:37:13	Grant Thomas 66 3:39:33
	M40-44	M55-59
Nancy Clemens	41 2:34:23	Nancy Gregory 39 3:18:11
Merl Glauser	44 2:39:10	Danna Mayne 36 3:25:23
Richard Carling	42 2:40:41	Mary Jane Cannon 35 3:29:12
	M45-49	M50-54
Kaye F. Nelson	48 2:44:15	Sandy Brauer 42 3:03:47
Richard Truman	46 2:51:16	Kaye Dogaard 42 3:23:09
Blaine Adamson	45 2:54:59	Maire Rosol 41 3:32:50
	M50-54	M55-59
Ervin Smith	52 2:47:52	Erica Emmons 48 3:28:39
Paul Nance	50 2:54:46	Carol Simmons 46 3:29:11
Tommy Hodges	53 3:04:57	Julia Barrett 46 3:48:21
	M55-59	M60+
Dick Walsh	57 3:09:58	Dolly Baker 51 3:59:49
Gerald Horton	57 3:11:41	Eileen Movitz 50 4:50:49
Willard Stratton	56 3:37:53	

NATIONAL MASTERS 10K CROSS-
COUNTRY CHAMPIONSHIPS
SEATTLE, WASH., November 9.

UNOFFICIAL RESULTS:

M40-44		
Dave Hamby	WA	35:04
Earl Ellis	WA	35:23
Jerry Schmidt	WA	35:31
Dan Conway	WI	35:34
Michael Heffernan	OR	35:52
Bill Meinhardt	CA	35:56

M45-49		
Derek Mahaffey	WA	35:54
Ulrich Kaempf	CA	37:03
Keith Baker	WA	38:34
Joseph Wilson	CA	38:47
Al Schwenkendorf	WA	39:04
Bryan Holmes	CA	39:21

M50-54		
Bill Stock	CA	38:11
Bill Phillips	CA	39:15
Bill McChesney	OR	39:37

M55-59		
Jim O'Neil	CA	40:07
Eric Hughes	WA	43:41
Anders Jacobsen	OR	44:34

M60-64		
John Lafferty	CA	45:09
Donald Dillworth	CA	45:25
Harold Copeland	WA	46:58

M65-69		
Jerry Satterlee	WA	54:02
Gene Hess	WA	63:12

M70+		
Norm Bright	WA	62:57

M40-44		
Judy Fox	CA	39:42
Joan Uilyot	CA	43:12
Judy Groombridge	WA	43:20

M45-49		
Vicki Bigelow	CA	42:19
Dorothy Stock	CA	42:48
Nicki Hobson	CA	44:55

M50-54		
Marion Irvine	CA	43:56
Anne Johnson	CA	44:19
Ruth Anderson	CA	45:49

M55-59		
Mary Storey	CA	48:06
Phyllis Pearson	WA	62:37
Joan Wood	WA	64:54

M60+		
Josephine Hess	WA	55:36
Dorothy Tanning	WA	64:15

TEAM SCORING:

TEAM SCORING:	
M40-49	
1 Snohomish TC "A"	2:59:39
Dave Hamby	
Earl Ellis	
Derek Mahaffey	
Maurice Pratt	
Phil Walkden	

2 West Valley TC	3:03:03
Ulrich Kaempf	
Bob Welick	
Charles Harris	
Tim Rosteg	
Roger Bryan	

3 Snohomish TC "B"	3:08:55
Bob Langenbach	
Bob Hughes	
Val Schultz	
Al Huff	
Keith Baker	

M50-59	
T. San Diego TC	3:18:53
Bill Stock	
Bill Phillips	
Jim O'Neil	
Marsh Haraden	
Rod Johnson	

2. Snohomish TC	3:43:17
Howard Miller	
Bob Phelps	
Herb Welsh	
Norm Clark	
Leon Holman	

W40-49		
1. West Valley TC	3:38:18	
Judy Fox		
Joan Uillyot		
Marilynn Harbin		
Sue Stricklin		
Betsy White		

2. San Diego TC	3:42:18
Dorothy Stock	
Anne Johnson	
JoAnne Witchery	
Nicki Hobson	
Patty Pastore	

3. Seattle TC	3:52:03
Judy Groombridge	M60+
Pat Thomas	San I
Nola Bruhn	Jol
Mary Alice Bartell	Dor
Curtis	Ma

SIXTH HAWAII INTERNATIONAL MASTERS TRACK & FIELD HO'OKUKU (TRACK MEET)
April 17, 18, 19, 1981, Kaiser High School, Honolulu, Hawaii
(University of Hawaii, Alternates)

Sponsored by Hawaii Masters Track Club

SCHEDULE OF EVENTS
(Men & Women)

Friday - April 17, 1981		Saturday - April 18, 1981
0900 100 Meters	Integrated Decathlon	0900 110 High Hurdles
1000 Long Jump		1000 Discus
1100 Shot Put		1100 Pole Vault
1200 High Jump		1200 Javelin (off campus)
1300 400 Meters		1300 1500 Meters
Lunch		Lunch
1400 Triple Jump		1400 200 Meters
1500 800 Meters		1500 Hammer, Steeplechase (UE)
1600 1500 Meter Walk		1600 400 Hurdles
1630 4 x 100 Meter Relay		1630 4 x 400 Meter Relay
1700 10,000 Meters		1700 5,000 Meters

Sunday, April 19, 1981

0700 Fourth Annual Norman Tamanaha Memorial Heihei Kukini (15K). (Separate entry)

-----Detach & Mail with Check-----

ENTRY FORM

Name _____ Phone: Home _____ Bus. _____
 Address _____ Zip _____
 Date of Birth _____ Age _____ Sex _____
 Club or Affiliation _____
 Please enter me in the following circled events and age group.
 100, 110H, 200, 400, 400H, 800, 1500, 5000, 10,000
 PV, HJ, LJ, TJ, SP, D, J, HT
 Decathlon, Relays (at Meet), (15K - See separate entry form)
 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79
 First Individual Event \$5
 Each Additional Event 3 Total No. of Events _____
 Decathlon 10 Payment enclosed \$ _____
 Party (Apr. 16) 5
 Awards Party, 8 p.m., Apr. 18, 1981. Pupus and Punch: \$5.00

Entry deadline is April 12, 1981. Entries received later than April 12 must pay double the above amounts. Post entries may be accepted at the option of the meet chairman.

Medals for first three places. Trophies for first three places in decathlon. WAVA scoring table will be used for contestants over 40.

I hereby waive any claim I or my heirs may have against the Hawaii Masters Track Club, Kaiser High School, the City and County of Honolulu, and the State of Hawaii for any claims or injuries sustained during my competition in the Sixth Hawaii International Masters Track and Field Ho'okuku.

Make check payable to:
 Hawaii Masters Track Club, and
 send to: Harold Chapson
 1350 Ala Moana Blvd.
 Honolulu, HI 96813

Signature _____
 For information contact:
 Stan Thompson, Meet Chairman
 1549 Ipuhula Street
 Honolulu, HI 96821
 Phone: (808) 373-4181

"Over forty isn't over the hill."

"Twelve years ago, I was Bill Toomey, Olympic decathlon champ. About ten years ago, I became Bill Toomey, ex-competitor. And I didn't like it one bit.

"I had to stop competing because I could no longer find serious competition at a highly skilled level once I reached a certain age. That didn't stop me from keeping fit and physically active. But physical activity has more meaning when you're competing. No matter what your age.

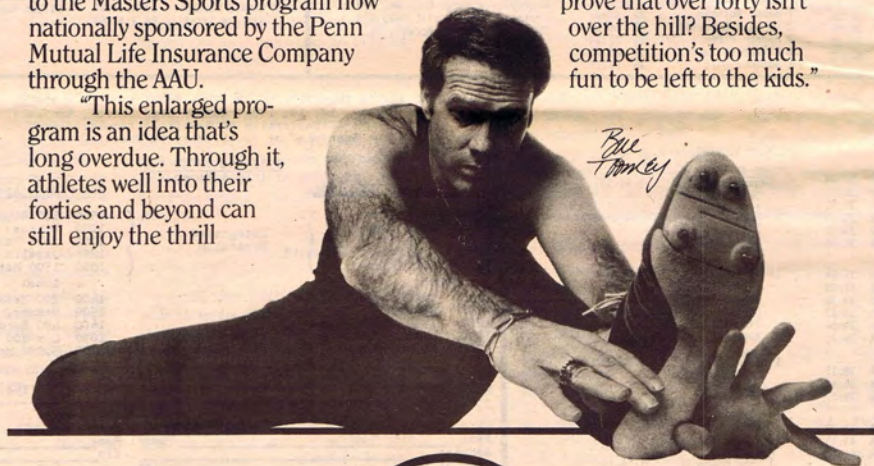
"Now that's all changed. I may be Bill Toomey, forty-one year-old, but I'm a competitor once more. Thanks to the Masters Sports program now nationally sponsored by the Penn Mutual Life Insurance Company through the AAU.

"This enlarged program is an idea that's long overdue. Through it, athletes well into their forties and beyond can still enjoy the thrill

of competing. For those 25 and over, there are programs in swimming, diving, water polo, and synchronized swimming. For the over 30, there's track and field. For 40 and beyond, long-distance running. And these programs are just the beginning.

"If you're an athlete who misses the joy of competition, or even if you've never competed formally before, the AAU-Penn Mutual Masters Sports Program has a place for you. It's as easy as getting in touch with your nearest Penn Mutual General Agency office. They'll give you all the facts you want and sign you up.

"Why not join me in helping prove that over forty isn't over the hill? Besides, competition's too much fun to be left to the kids."



Why some people feel more secure than others.

Penn Mutual Life Insurance Company, 530 Walnut Street, Philadelphia, PA 19106

1ST RUN FOR HEALTH 10K,
SAN DIEGO, CA., Oct. 5, 1980.

M40-49	
Kay Sabian	36:13
Jerry Berkouf	36:37
Terrel Eddy	37:17
M50+	
Jim O'Neill	34:20
Chuck Anderson	36:29
Marsh Haraden	36:29
M40-49	
Dorothy Stock	38:14
Nicki Hobson	42:28
Lynn Lipetsky	49:58
M50+	
Ethel May Courian	46:32
Alice Scott	50:40
Virginia McLaughlin	51:00

METROPOLITAN TAC/AAU OPEN
AND MASTERS 50-MILE CHAMPIONSHIPS,
CENTRAL PARK, N.Y.
October 11, 1980.

1 Don Paul	30	5:09:56
2 Bob Vandekufft	41	5:55:16
3 Mike Hall	30	6:10:24
5 John Garlepp	42	6:17:16
6 Don Jewell	42	6:19:28
8 Bill O'Brien	49	6:20:15
10 R. Gudonsky	35	6:23:52
18 Stan Serple	53	7:45:07
30 John Ludwiska	52	8:44:18

HEART OF SAN DIEGO MARATHON,
SAN DIEGO, CAL., October 12.

M30-39	
Jeff Galloway	2:19:37
Chris Cortez	2:35:22
Charles Hoover	2:38:10

M30-39	
Sue Petersen	2:51:30
Deborah Wilkinson	2:59:51
Maryann Jounes	3:08:58

M40-49	
Dave Holland	2:39:22
Fred Kiddy	2:40:55
Joe Gassmann	2:42:50

M40-49	
Sandra Kiddy	3:00:38
Patricia Pastore	3:17:48
Phyllis Smith	3:33:01

M50-59	
Charles Anderson	2:51:05
Brian Freeman	2:51:22
Dennis Nochols	2:58:55

M50-59	
Anne Johnson	3:22:03
Emma Bowman	4:47:39

M60+	
George Boyle	3:25:35
Don Dillworth	3:26:40
Leo Leonard	3:30:05

M60+	
Edna Laflin	4:24:50
Bess James	5:18:41

BADLANDS 15 MILE RUN, WALL,
SOUTH DAKOTA, October 11.

M40-49	
Richard Smith	41 1:32:17
Bernie Finch	40 1:37:21
Tom Riegel	43 1:38:34

M50-59	
Bob Bartling	54 1:35:10
Ken Linstrom	52 1:44:41
Bill Husted	53 2:01:21

M40-49	
Joan Davis	41 2:11:55
Jeanne Kirsch	46 2:15:10
Marie Rodeen	41 2:19:55

Clear, 47 degrees.

SKYLON INTERNATIONAL
MARATHON, BUFFALO, N.Y.
October 18, 1980.

M35-39	
James Knox	2:26:38
Bill Stewart	2:28:43
Ralph Zimmerman	2:31:21

M40-44	
Don D'Addio	2:33:28
Harry Gregory	2:40:15
Mel Levinson	2:45:05

M45-49	
Virgil Malaska	2:49:32
Jack Meegan	2:49:50
Alexander Kasten	2:54:04

M50-54	
Jesse Kregal	2:56:05
John Benzoni	2:58:45
Graham Downer	2:59:00

M55-59	
Gary Rech	3:08:19
Seymour Ribyat	3:38:35
Perrie Rintoul	3:39:51

M60+	
William Koopman	3:13:16
Daniel McDermott	3:23:41
Paul Robertson	3:30:11

M30-39	
Leslie Watson	2:54:56
Donna Maki	3:08:29
Carol Reid	3:16:00

M40-49	
Sylvia Weiner	3:25:13
Annette Johnson	3:27:22
Frankie Clarke	3:36:54

M50+	
Sheila Barnett	3:55:15

NEW YORK MARATHON, Oct. 26.

Overall Place

M40-49	
1 R Robinson	41 2:22:12 47
2 G Muhrcke	40 2:24:58 66
3 B Hall	40 2:28:38 101
4 F Mueller	41 2:29:27 114
5 D Hipp	41 2:29:13 192
6 J Thresher	40 2:36:10 213
7 R Jenkins	40 2:36:11 214
8 M Keough	44 2:36:19 218
9 W Venus	41 2:36:26 221
10 T Baylis	43 2:37:14 234
11 D Powell	44 2:37:46 246
12 P Lomas	40 2:38:00 252
13 D Pearce	43 2:38:18 260
14 L Wilcox	42 2:38:22 262
15 J McGuinness	41 2:38:53 276
16 B O'Grady	40 2:39:34 294
17 P Servilio	45 2:39:58 295
18 J Walsh	40 2:40:03 297
19 W Ohlrich	41 2:40:07 301
20 M Burgess	43 2:40:14 303

M50-59	
1 P VanAlphen	50 2:29:03 106
2 J Disley	51 2:45:58 488
3 D Dixon	53 2:49:49 669
4 M Sullivan	50 2:50:27 706
5 M Schepers	52 2:51:33 752
7 J Burns	51 2:52:28 803
8 W McCaffrey	54 2:52:45 816
9 E Kane	55 2:55:46 1000
10 K Stevens	50 2:57:18 1097
11 J Jensen	54 2:57:30 1111
12 H Berner	56 2:57:39 1127
13 J Maclean	51 2:58:19 1178
14 B Muller	55 2:58:46 1226
6 T Hovey	51 2:51:49 769

M35-39	
1 C Gould	36 2:35:04 189
2 M Harmeling	35 3:00:14 1363
3 M Bateman	37 3:01:46 1458
4 M Hill	39 3:05:52 1750

M40-49	
1 A Thornhill	40 3:03:55 1606
2 N Kucsik	41 3:06:25 1792
3 M Lerner	43 3:09:20 2086

M50+	
1 H Schumann	67 3:08:31 2004



John Brennand winning National Masters 25k Championship in 40-44 age division. photo by Richard Slotkin

9th Annual Eastern Athletics Congress
Masters 10K Cross Country
ChampionshipsNovember 2, 1980. Van Cortlandt Park,
Bronx, New York.

Men 30-34:

1 Charles Rodriguez (33) NYT	38:06.5
2 John Montalvo (34) TC	42:54.1
3 Peter Canning (34) PP	44:59.6
4 Tom Bryan (31) TC	52:07.1
5 Arthur Jacobson (32) UN	52:08.3

Men 35-39:

1 Joe Storrow (38) UN	39:24.3
2 Robert Rosenzweig (37) VC	39:35.5
3 Peter Bausbacher (39) NYM	40:36.0
4 Edwin Kralas (32) NYM	42:23.2
5 Larry Greller (38) NYM	43:55.0
6 Curtis Dixon (39) PP	44:45.0
7 Joe Blanck (35) UN	45:46.3
8 William Spittler (35) UN	46:43.3

Men 40-44:

1 Bryan Clery (40) UN	38:14.2
2 Ed Small (42) PC	43:08.4
3 Jack Slaton (41) PP	41:36.4
4 Rich Spicer (42) UN	53:21.9
5 Mason O'Neal (42) PC	53:53.8

Men 45-49:

1 Walt McCarthy (48) NYM	41:53.8
2 Dudley Sipprelle (45) PV	42:59.8
3 Joe Perone (45) UN	43:49.4
4 Cliff Pauling (46) NYM	44:05.0
5 Vince Coiro (46) NYM	49:13.3
6 Rudy Clarence (47) PC	69:12.1

Men 50-54:

1 Gordon McKenzie (53) PC	40:16.3
2 Joe Simonte (52) CP	42:59.8
3 Ben Dolne (51) ML	45:37.6
4 Desmond Margetson (54) UN	47:11.6
5 Don Spitzer (51) PC	48:58.6
6 Arthur Bradley (54) NYM	54:19.7
7 Joe McDowell (50) UN	58:10.0

Men 55-59:

1 Maurice Post (55) UN	52:16.8
2 Rudy Valentine (57) PC	55:06.0

Men 60-64:

1 John Hubbard (60) HT	45:41.3
------------------------	---------

Men 65-69:

1 Aaron Fialkow (69) UN	47:25.9
2 Wes Westerholm (66) ML	52:24.7
3 Carl Zayas (65) NYM	68:46.2

Women 45-49:

1 Linda Sipprelle (45) PV	42:01.9
2 Chris McKenzie (49) NYM	48:32.3

Women 50-54:

1 Audrey Jacobson (52) NYM	60:17.6
----------------------------	---------

Team Championships:

40-49 New York Masters Sports Club
50-59 New York Pioneers

Team Code:

CP = Central Park Track Club
HT = Hartford Track Club
ML = Milrose Athletic Association
NYM = New York Masters Sports Assoc
NYT = New York Track & Field Circuit
PC = New York Pioneers
PP = Prospect Park Track Club
PV = Potomac Valley Track Club
VC = Van Cortlandt Park Track Club

A gift of the National Masters Newsletter
Is a gift remembered all year long

Please send my gift of the National Masters Newsletter to:

I am enclosing \$12 for a subscription to the 1981 National Masters Newsletter (12 issues)

Your name (please print) _____

Note: A gift card with your name will be sent prior to the 1st issue.

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters Newsletter
P.O. Box 2372
Van Nuys, Calif. 91404



THE RACE IS ITS OWN REWARD.

There was a time when people didn't run to collect T-shirts. Or race numbers.

When the finish line was drawn in the dirt with a stick. And all the winner collected was a cold beer and a thumbs-up.

That's how this revolution got started. And while it may be time to get runners and races organized, too much organization screws up the whole thing.

Because if you can't stay a little crazy, it's damn hard to remain sane.

