Fitzgerald, Miller
Break World Marks

by Al Sheahan

NORTHRIDGE, CALIF., June 7. Bill Fitzgerald reaffirmed his claim as one of the giants of the Masters movement today by breaking the world 800-meter record for men aged 55-59 in a time of 2:09.7.

The Palos Verdes, California resident bettered by over two seconds the old mark of 2:11.9, set by the great John Gilmour of Australia on January 11, 1975.

Margaret Miller smashed the world 5000-meter record for women aged 50-54 in a time of 19:27.0, breaking the mark of 19:55.2, set by Kirsten Garbo of Norway in 1976.

Vern Cheadle added 6 feet to his 2-week old American 70-74 discus mark of 126-6 with a throw of 132-6. The age 40-49 Corona Del Mar 2x100 relay team set a new U.S. record of 43.1, smashing the old mark of 43.9, set by the New York Pioneer Club at the 1979 national masters championships in Atlanta.

The meet was the annual Southern California District Masters Championships, now officially called the Southern Pacific Association of the Athletes.

Newton, Farrell Set World Records in
Grandfather Games

by Al Sheahan

VAN NUYS, CALIF., May 34. Nick Newton, 46, and Gordon Farrell, 62, each set new world age-division records to highlight the 10th Annual Grandfather Games held in clear, cool weather at Los Angeles Valley College.

Bill Fitzgerald, 55, set a new U.S. 800 meter mark and Vern Cheadle established a new American discus standard.

Newton, winner of two silver and two bronze medals at the 3rd World Veterans Games in Germany last year, clocked a 51.11 in the 400 meter run to break Dick Stolpe's 8-year old world record of 51.7 for men aged 45-49.

Farrell, already the world triple-jump record-holder in the 65-69 and 55-59 divisions, broke his own 60-64 world standard of 37-2½ by nearly two feet with a leap of 39-feet.


"I think I have a good shot at Gilmour's mark next month," Fitzgerald continued on page 4....

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Higdon, Ratelle Set
U.S. Marathon Marks

WINNIPEG, Manitoba, June 15. John Robinson of New Zealand led all masters to win the North American Masters Marathon championships today as Hal Higdon and Alex Ratelle set new U.S. age-division records.

Sandra Kiddy was the top woman master.

Higdon, of Michigan City, Indiana...
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LETTERS
TO THE EDITOR

Address letters to:
National Masters Newsletter, 9200 Hazelite Ave., Van Nuys, CA 91401

NEW ZEALAND

Good article on New Zealand and a good job overall on the newsletter.

Bill Stock
La Mesa, Calif.

Your New Zealand supplement was fantastic. I really enjoy every news-
letter.
Marissa Salisburgy
San Diego, Calif.

HIP REPLACEMENT

As a result of your article in the December issue, I have received com-
munication from Mr. Otto Essig who sent a cheque for $250. In Decem-
ber, NNN published the story of Errol Dennyett, a New Zealander who ran
the New York Marathon with a plastic hip. -Ed. Mr. Essig already has had
one operation on his hip in the States which has not been successful and sent
photographs of his x-rays for me to hand on to my surgeon. As a result Mr.
Essig will be having a total hip replacement operation in New Zealand. This
is the same operation I had which proved successful. Mr. Essig is the
World Masters record holder in a number of events for the 66-69 year old
age group. He does hope that the operation is successful as he wants to start
breaking records for the 75-year old age group. I will be returning to
New York for the Marathon this year and this time will be leading a tour.

Errol Dennyett
Auckland, New Zealand

80'S IN THE 80'S

I want to extend a loud "Yes" to John Whittemore in his letter in the May,
1980 newsletter, where he cites the lack of 80-'t competition.

J. Walker Pierson
Cherry Hill, N.J.

The idea of grouping all over 60's or 65's in one bunch creates a wide age
difference. Make that wide a spread in the 65 to 69 group and you'll hear much
noise.

There's not too many of the older "duddies" but let's keep the 5-year splits.
The "sugar pill" article in the same issue, written by Wilford Morgan, is not
a pill we will swallow without a sound. He's wrong.

Herb Anderson is a fine athlete, an inspiration to all and deserves every
medal he can win. I don't know P. Gos (Yugoslavia) but if he can show up to
compete in 5A, that's worth the awards he receives. Let's keep it like it is.
There's a lot of things wrong with getting old in years, but the alternative
is worse.

Boyd Stout
Almogordo, New Mexico

RANKINGS

Do you have national rankings for the
300-yard dash?

The 1979 rankings are delayed. See separate story in this issue. -Ed.

ERROR IN ONE-HOUR
RUN RANKINGS

There was an error in the April 1980
issue in the list of the 1979 AAU
one-hour-run champions.

On July 22, 1979, at the University of
Hawaii, Mike Tynn, 42, covered a
distance of 11 miles 524 yards in the
eight-hour run. Jim Gallup, 45, ran 19 miles
1679 yards in the same event. These
statistics have been recorded at the
National Running Data Center.

Since Mike Tynn is the overall AAU
National Champion in this event and
Jim Gallup's time places him third, I
would hope you will note the correction in the
next edition of the newsletter.

Nancy Courrier
Mililani Town, Hawaii

[The official 1979 results were com-
piled by the track and field club of
Seattle, Washington, Apparently, the
distances run by Tynn and Gallup
never reached them. -Ed.]

SUBSCRIPTION RATES: $10 for 1
year (12 issues); Canada $13; Foreign
$18.

PHOTOGRAPHERS
Bob Bates, David, Zimmerman,
Carl Tylinski, Calif. Track News
EAST

July 2 (Wednesday): Development T&F Meet, Randall's Island, NYC. 6 p.m.
July 4 (Friday): Masters Relay Carnival, Randall's Island, New York City.
July 16 (Wednesday): Development T&F Meet, Randall's Island, NYC. 6 p.m.
July 20 (Wednesday): Development T&F Meet, Randall's Island, NYC. 6 p.m.
August 13 (Wednesday): Development T&F Meet, Randall's Island, NYC. 6 p.m.
August 16 (Saturday): Masters Relay Carnival, Randall's Island, New York City.
August 21 (Wednesday): Development T&F Meet, Randall's Island, NYC. 6 p.m.
September 14 (Sunday): Berkshire 10KM, Westfield, MA.
October 18 (Saturday): National 10KM Masters Road Championships NYC.
October 18 (Saturday): Skylyn Marathon, Buffalo, N.Y. Contact: (716) 881-7793.
Mid-October: National Masters 20KM Championships, Washington, DC.
October 29 (Sunday): New York Marathon, Contact: (212) 580-6880.
November 1 (Saturday): National 40KM Walk Championships, Long Branch, NJ.
November 2 (Sunday): Canada/USA Cross Country Dual Meet, Buffalo, N.Y.

MIDWEST

July 19, August 2, August 9: Open Mini-Track Meets, Northwestern Univ., Evanston, Illinois. 8 am. All age-groups. 5-year divisions from 30+.

SOUTH

August 2 (Saturday): Wisconsin United Athletic Club members and submasters track & field meet, Univ. of Wisconsin Walston St. track, Madison, Wisconsin. 1 p.m. Contact: Ron Dennis, 608 662-8223.
August 24 (Sunday): Midwest Masters & Submasters Weightman's Pentathlon Championship and Weight Throw, U. of Illinois at Chicago Circle, 9 a.m.
August 21 (Sunday): Midwest Masters 25KM Championships, Lake Bluff, IL.
September 14 (Sunday): National Masters & Submasters Weightman's Pentathlon & Weight Throw, U. of Illinois at Chicago Circle, 9 a.m.
October 19 (Sunday): America's Marathon, Chicago. Contact: (800) 621-6940.
Late November: Canada vs. USA Cross-Country. Detroit.

WEST

June 23-July 24 (Monday-Thursday): All-comers T&F meets, Los Angeles area. Mon-Gardena HS; Tues-Venice HS; Wed-Bedford Hills HS; Thurs-Bell HS. 7 p.m.
July 12 & 13 (Saturday & Sunday): 11th Annual Senior Olympics, University of Southern California, Los Angeles. Contact: Warren Blaney, (213) 586-6248.
July 26 (Saturday): 1st Annual Redlands Kiwanis Masters Meet, University of Redlands, 10:00 Noon. Contact: Buzz Wagner, 1520 Margarita Dr., Redlands, CA 92373.

FOREIGN


DEADLINE

NMM 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 August issue of NMM is July 10. Send to National Masters Newsletter, 6200 Hazelite Ave., Van Nuys, CA 91401.
Grandfather Games continued from page 1

said, "I ran 68-69 splits today. My second lap time will improve.

Vern Cheadle broke the U.S. age 70-74 discus mark by 1 inch with a 136-6 heave, topping Ken Carline's 129-6 set last October 6.

Newton continues to be one of the most remarkable Masters athletes in the world. A 56-second quarter mile when he entered Masters competition in 1975 at age 41, he has continued to improve each year, defying the philosophy of those who say you lose your speed at 45.

If Newton was going to break Steph's world mark which had withstood assault after assault for eight years from the likes of Hans Bruehner, Jack Greenwood, Johann Hesselborg, Dan Jorgensen and Niel McDonald, Bill Fitzgerald and others, it was thought he'd do it in 1979 when he ran 70-74.

Newton's record of 199-3 in the final at the World Games was a classic, but Steph's record held, as Grudz edged him, 52.12 to 52.14.

How does he keep improving?

"I'm training with a 30-pound vest on the hill," Newton confided. "I feel like a feather on race day.

Nick is reportedly the champion junk-food eater of the Masters program. He works a regular job, is building his starting-blocks business, takes care of a family, and breaks world records on the side.

"I don't get much sleep," he admits, "but it doesn't seem to bother me."

Another highlight of this always-popular meet was the return to action, after a 5-year absence, of world 400 gold medalist Don Cheek.

The San Luis Obispo, California, athlete won one of the most exciting duels in the history of the Masters program at the 1st world games in Toronto in 1978 to win the 45-49 division championship over Singapore's Harri Chandra.

Now 58, the personable Cheek seemed as good as ever as he won the 100, 200 and 400 in the very tough 50-54 class, defeating world-class athletes Bob Watanabe and Ornie Dawkins in the two sprints.

1978 National Masters sprint champion Ken Dennis, 45, who had hamstring problems last year, took both sprints to win outstanding track honors in the 40-49 division. He topped newly-turned-40 Doug Smith and 1979 national 40-44 champion Lewis Smith in 11.15, compared to his 11.5 winning time in Atlanta in 1979. He won the 200 in 22.7, only 0.2 off his 1978 championship time, beating Dave Segal (23.04) and Newton (23.06).

Mel Elliot won the 800 in the 49-49 group in 2:03.2 while George Cohen took the 1000 in 3:40.1.

Hammon silver-medalist Al Henry took the 40-44 100-hurdles in 15.24 and long jump at 19-8. Gary Bane took the high jump (5-6), pole vault (11-11) and javelin (131-11) but narrowly lost the outstanding foil performer in the 49-49 class to James Hart who took the shot (45-9), hammer (115-10), and discus (136-7).

John Perry, winning 35-36 800 in 1:58.9 in Grandfather Games, May 24.

Pete Mundie winning 50-54 5000 in 17:36.0 in Grandfather Games.

Whitney Sets Sprint Mark


Whitney was clocked at 10.36 in the race, breaking Mel Pender's 1973 mark of 10.4.

"I plan to go for the world mark at the Western Regionals in San Diego," Whitney said. The world standard is 10.3, set by Edward Jeffries of South Africa in 1971.

Whitney, the 1978 national masters 30-34 champion in the 100 (10.6) and 200 (21.7) also won the 200 in 22.93, close to Ken Dennis' American 30-39 record of 21.9.

"I'm in great shape," Whitney said, "and I hope to have an outstanding season this time.

-from Bill Selden,
San Antonio Track Club

Footnotes
by Dean Reinke

[Dean Reinke is the Promotion Director of the Brooks Shoe Company. A 4:08 miler and former master marathoner, he holds a Masters Degree in Exercise Physiology from Indiana University. A speaker at numerous clinics throughout the country, he writes a weekly syndicated newspaper column on "Running" in addition to his monthly "Footnotes" column appearing below.]

Megasraces: Megasraces are an interesting departure from the "smaller" runs of 200-100 runners held throughout the country. Last month I joined 14,000 others at the "Lilac Bloomstray Run" in Spokane, Washington, a superbly organized event directed by '76 Olympian Marathoner Don Hardon: Fortunately, Miss. St. Helens was still only brewing and the course was not yet full of ash (as it is now).

Trias Marathon: I returned East to view the U.S. Olympic Marathon Trials in Buffalo, featuring over 150 of America's top marathons. Although Bill Rodgers, Don Kardong and Gary Bjorklund were missing, the field was still one of the finest ever assembled as 96 runners broke the 2:30 barrier.

Pro Road Racing: Significantly, the trials also served as the meeting site for the newly formed Long Distance Running Director's Association (LDRA), headed by New York City Marathon Director Fred Lebow. The group of 25 representing the major road racing events in the U.S., voted to pursue with the Athletics Congress a system to allow athletes to compete for prize money in a circuit of road races.

Details of a "Grand Prix-Style Point System" were further elaborated upon describing top U.S. road races and a developmental fund to further promote the sport.

The group is currently seeking endorsement of its proposal from the Athletics Congress, the U.S. voleis in track and field and road racing internationally. Endorsement would then have to follow from the IAAF (International Amateur Athletic Federation) at its June meetings. The highly conservative ruling body of Amateur racing internationally will be the greatest obstacle to success. Insiders report that plans call for initiation of the circuit with the 1980 New York City Marathon if approval is obtained.

Grete Again: It was my second trip to the "Logg's Mini-Marathon" in New York and the second world record at 10 km I watched Norwegian see Grete Waitz run. From the gun, it was all Grete as she took the lead and was never threatened running smoothly over the hilly Central Park layout.

The woman's race is simply improving as several women new to the national scene made great improvement in the Western Regionals at the hands of Bonnie Bell, Logg's and Avis for their women-only quality events throughout the country which provide inspiration and recognition for the constantly increasing numbers of female participants.
Certified Courses

by Bob Martin
National Running Data Center

How can I be sure of running a race on a certified course? That's a question we've often asked. Many runners think they are running a race on a certified course, and later are dismayed to find out the course wasn't certified at all. Thus their marks can't qualify for records, rankings, or qualifying times for other events.

If the entry blank says it's certified, if the race director says it's certified, if it's a national championship, doesn't it have to be certified? Unfortunately, the answer is no. The reason is another form of cheating, perhaps inadvertent, this time at the expense of the runner.

These situations arise in several ways. The national bodies award championships on the basis that the course will be certified. But this is just a promise that it will be certified, and in many cases the certification never obtained and the national body doesn't follow up or do anything about it. Another situation is a race advertised on a course with 'certification pending.' This may mean a variety of things, from only a vague intention of measuring and submitting it for certification to a course that is already measured with the paperwork submitted with only approval being awaited. A third type of problem is a misunderstanding on the part of the race director as to who must approve a certification. A course may be 'certified' by some local body, and advertised as certified, but may not have been approved by the National Standards Committee, which must approve certifications for courses to be officially recognized as certified. Finally, the race may not be run over the course exactly as certified, thus causing the marks to be disallowed for record purposes.

So what's the answer? We've found no foolproof way to be sure our own runs are on certified courses. But some precautions can be taken. First, the course is listed in the latest edition of the NRDC book "Certified Road Running Courses." You can be sure it has already been certified. The 1980 edition of that book lists all of the courses in the US for which certification was approved through mid-April 1980. A course listed as 'certification pending' or one billed as 'will be certified' presents a more difficult problem. Only the reputation of the race director or the organization putting on the race can give an insight on whether the course will really be certified for the race. Runners can attempt to find out the specifics of how far course measurements and certification paper work has proceeded, but that is sometimes difficult.

Once it is determined that there is a certified course of the proper distance in the area, the question is then whether or not the race will really follow the exact course. This is more difficult to determine. Again, the reputation and experience of those putting on the race is a big factor. Traditional races that have been successfully run on certified courses in the past give the best odds of completing the run on a certified course. If the national bodies insist that a course be certified before a championship is awarded and also insist that the race be run over exactly as certified, runners can be more confident that they will be running a certified course when they enter a championship.

Wilbur Buchanan won the 200 (20.3) and 400 (46.3) in the 55-59 category. Despite nursing a sore hamstring, Tim Knappe blistered 15:4 to gain the 5000 crown. "He may next be gunning for the 13th World Championships in Stockholm, Sweden, which will take place in August."

Report From W.A.V.A.

by Don Ferguson
President
World Assc of Veteran Athletes

Biggest international veteran (masters) news this month is that the first of a newsletter series by W.A.V.A. has commenced. These newsletters will list World Veteran news and views, rankings, records, and a great deal else of interest. We will produce 4 issues a year and all subscriptions will fall due on the same date. Subscriptions are $5.25; three are $5.25, etc. Send checks to: W.A.V.A., c/o Sport Ontario, 160 Vanderhoof Avenue, Toronto, Ontario, Canada M4C 4B9.

Where will the 5th World Veteran Championships (1985) be held? The meet has taken place in North America (Toronto 1975), Europe twice (Gothenburg 1977 and Hannover 1979), and will be held in Canada (Christchurch 1985). The question is then whether the course will be Ottawa. The course has been certified by the NRDC. The latter may prefer 1985, that is the year the course was certified by the NRDC. But if the course is not certified, it will not be held in Ottawa.

Another major item on the veteran agenda is the 1981 World Corporate Championships. The meet is set for April 25 and 26, 1981, at the University of Illinois, Champaign. The meet will be under the direction of the University of Illinois Veterans Club. The meet will feature the following events: 100-1500 meters, 400-1 mile, 800-2 mile, 1500-3 mile, and 5000 meters. The meet will be open to all World Veterans. For more information, contact John Smiley, 1900 W 2nd Ave, Champaign, Ill 61820.
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General facts of interest

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

She's right.

Godman (goddamn)
New Zealand, short form for God man's own country.
Kiwis (kee-wee)
11) a flightless, New Zealand native bird.
2) national emblem of New Zealand.
3) a person from New Zealand.
Down-under (dare-runned)
Australia and New Zealand.
Exzed
New Zealand.
Exzedder
New Zealander.
entree
An appetizer. A main course is simply called a main course.

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

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Your ABC's of places you want to know about and to see:

Auckland - the major city, located on the North Island, seat of commerce and nightlife.
Bay of Islands - one of the most historically interesting areas of New Zealand, 160 miles north of Auckland. In 1840 at Waitangi, the Maori chiefs ceded sovereignty to Queen Victoria. The Treaty House is now a museum. The coastal waters are renowned for deep-sea fishing (swordfish, marlin, and mako shark.)
South Island's Christchurch - founded in 1850 as a model church settlement is more "English" than cities in England. Victorian and Gothic buildings, delightful gardens, quaint residences, lovely well kept parks, even the river Avon provide charming accents to this treaty of friendliness on the Canterbury Plains.

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Christchurch  Palmerston North. 

Bay to Breakers
Road Race

dena Rooper

(Reprinted from Lincoln Track Club Newsletter)

It really doesn't need to be encouraged. A large segment of the population already consists of sprout eaters and slight eccentricities listening to mantras played by a different drummer, but the sponsors of the Bay to Breakers continue to make annual awards for the best individual and team costumes. This year was no different. And as the grade school teachers always said, "I wish I had an award for everyone because you are all so deserving." To look at the attire of the runners, one might have guessed the race was sponsored by the Shrine and High Times magazine rather than the San Francisco Examiner.

For most of its 69 year existence, the event survived as a legitimate foot-race; reportedly the oldest continually run race in the United States. Several years ago, however, two young men ran the 7.03 mile course in tuxedos. In lightheartedness so they touched off some of the most bizarre cases of one-upmanship in memory.

An estimated 34,000 people ran in this year's event. A little over half of them were officially entered. The starting line looked like Times Square at New Year's Eve. A band played. There were people wearing "Rusty Run Track Club" T-shirts. Top hats and air horns were common. The "Fruit of the Loon" running team was there with bananas, grapes, etc. on their heads, and the appropriate colored underwear. The 150 seeded runners were protected from these holies by a line of officials with locked arms. Every minute that passed on the countdown clock brought an even greater roar from the crowd and a slight inching forward. Eventual winner Craig Virgin said at this point he merely hoped to survive.

Despite the conditions, when the gun was fired the runners did not aggravate the situation by pushing and shoving. The unavoidable jostling was accompanied by an apology or a helping hand. It took 20 minutes for some runners to clear the starting line. A considerable number were avoided this problem by hopping barricades and joining the race in progress. Even the seeded runners had to spend some time running to daylight.

Friends clocked Virgin at a 4:43 average for the first five miles and 4:26 and 4:30 for the sixth and seventh miles. He blew second and third place finishers, Bobby Hodge of Boston and John Andrews of Australia, away on the infamous Hayes St. hill. What Heartbreak is to Boston, Hayes is to the Breakers. Virgin's 35:11 winning time broke Hodges' record by over a minute and a half.

Virgin was incredulous as he watched a TV at the finish line showing the hundreds of people still running and walking up the Hayes Street hill, which is slightly over two miles into the race. The race is broadcast live on local TV. This is somewhat guty since one woman ran the event topless and a man stark naked, carrying his running clothes in his hands.

A band played the theme from Rocky at the top of Hayes Hill and at the bottom three belly dancers, complete with sound system, performed. Even though a Muni Bus was officially allowed to enter the race 4 years before women could enter, the performance of winner Laurie Binder was incredible. She is 22 years old and never ran on a high school or college track team. Four years ago she began juggling to feel better and kick a pack-a-day smoking habit. Her first attempt at running ended after 200 yards. Today she is one of the top ten women road racers in the U.S. She was fourth at this year's Boston Marathon. A full time nurse, she rises at 5:30, runs 8-10 miles, works and runs another 4-6 miles afterwards. At Bay to Breakers Binder was 94th overall in a time of 42:20, breaking her own record of 43:08.

One of the hazards of Bay to Breakers are the centipedes. The race decided the world championship. A centipede consists of 13 runners connected in one form or another by sheets, baggies, etc., generally wearing an antenna on their heads. One group wore deer antlers with the end runner dressed as Santa Claus. The centipedes run circles, change directions, and in general have a great time. However, the winning Argie Centipede from the University of California at Davis covered the course in 46:30. One centipede consisting of forty runners had considerable trouble negotiating the turns.

At the finish line, Hare Krishna chanted as the circus continued to roll in. Six men dressed as cardboard Heineken Six-pack finished. Two men attired as doctors carried a stretcher with a dummy head. Jungle warriors, clowns, Dracula, pumpkins, M & M candies, and the cookie monster all crossed the line. One man dressed as a speed boat and was followed by a "skier", towrope in hand, cutting from side to side. A young man dressed in a white wedding dress, veil and carrying a bouquet finished in a creditable time and shouts of "Klinger, Klinger."

The fourth annual San Francisco Marathon will be run July 18th through Golden Gate Park. The date will hopefully provide enough time to get the centipedes off the course.

Please send entry form for: 

Christchurch  Palmerston North  other

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Van Nuys, CA 91401
On Tap for July

The highlight of any July in the Masters athletics program is the National Masters Track and Field Championships, scheduled this year for Philadelphia's Franklin Field July 4-6. Meet director Bert Lancaster expects upwards of 500 men and women athletes over age 30 to enter the competition.

Penn Mutual Life Insurance Co. will be helping out with arrangements, publicity and expenses.

Development meets continue every other Wednesday at 6 p.m. at Randall's Island, New York, as do the all-comers meets in Los Angeles with masters competition each Wednesday.

The highlight of any 6 Months To Go

COMPETE IN NEW ZEALAND

Your Keyway to Kiwi Land is now available through the US Masters' 1st travel agent.

Sports Travel International
4869 Santa Monica Ave.
San Diego, Calif. 92107
1-714-225-9555

Three National Masters Walk Championships will be held; the 5K and 20K in Philadelphia on the 4th and 6th, and the 15K in Niagara Falls on the 12th.

While the long-distance activity is at a minimum, the classic Peachtree 10km and Chicago 20km are annual 4th-of-July staples.

The National Masters Mens Decathlon and Masters Womans Pentathlon are set for Eureka, Kansas on the 26th and 27th. An entry form is enclosed.

Overseas, the British Veterans T&F Championships will be in London on the 12th and 13th. And, of course, the Olympics get underway in Moscow July 19, with several U.S. meets scheduled during that time for non-Olympic competing nations.

In this issue are entry blanks for the 4th Annual Home Savings & Loan Pan-American Masters Championships in Los Angeles August 16-17, and for the 1st Pan-American Masters Championships in Puerto Rico August 30-31.

Countdown To New Zealand

Decision time is less than 90 days away for athletes who may wish to participate in the 4th World Veterans Games in Christchurch, New Zealand January 8-14, 1981.

Entries must be received by the World Games Committee not later than October 1st, 1980. Entries for the 14th I.G.A.L. World Road Racing Championships January 3-4, 1981 must be received by November 3, 1980 to avoid a double-entry fee.

Travel reservations should be made as soon as possible, so as not to be shut out of the flights you prefer.

The entry forms will be published in an upcoming newsletter. The schedule was printed last month. Meanwhile, entry forms are available from Sports Travel International, 4869 Santa Monica Ave., San Diego, CA 92107; Simone Travel, 200 W. 57 St., New York, N.Y. 10019; and Midwest Masters, 180 N. LaSalle, Chicago, Ill. 60601.

Or, you may write directly (allow plenty of time for reply) to: World Veteran Committee, P.O. Box 31-102 Iam, Christchurch, New Zealand or the The Secretary, 14th I.G.A.L., P.O. Box 1216, Palmerston North, New Zealand.

The Canterbury Branch of the New Zealand Federation of Sports Medicine, Inc., will conduct a one day seminar on sports medicine on January 6 in Christchurch. Papers will be presented by an international panel of speakers. Anyone who is interested and requires more information, or who would like to forward titles of papers they would like to have considered to be included in the program, should write to Dr. D. Dailey, Sports Medicine Seminar, World Veteran Games, P.O. Box 31-102 Iam, Christchurch, New Zealand.

6 Months To Go

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.
Judith Buehrer, 52, surprising the Hansen-Sturaks while women's marathon record holder Jacqueline Hansen are the proud parents of a baby boy, Alexander, the 2-mile record holder. She is the signs of a classic false-starter, Micah, born 20 days after May 23, surprising the Hansen-Sturaks while they were on a business-trip running to San Antonio, Texas. She is said, "My doctor had told me he was a week or two away." Nevertheless, Micah was born and his mother wrote, "He looks for results and performances from the past decade. If you have any old results of noteworthy efforts, send them to Charnock at September Cottage, Stanhope Road, Docking, Norfolk, England.

The 1st World Indoor Veterans (Continued) Track Championships will be held in Milan, Italy in March, 1982. The date has been changed from December, 1981 so the meet can be held in the days immediately preceding the European Indoor Athletic Championships.

At its National Championships in Australia, the University of Nebraska Association for Blind Athletes Introduced a Master Division in track, field and swimming. With 1/20th vision, Charles Buehl ran the 1500 in 9:30 at age 68. "Blind people can be as physically fit as their sighted peers," Buehl says. More information on Masters competition for blind persons can be obtained from Future Vision, 723 W. Main Street, CA 92680 or from Dr. Charles Buehl, 39305 Virginia Beach Drive, Lakeview, CA. 92680.

The World Championship Pack-Burro Race (30 miles) will be held in Fairplay, Colorado July 27, followed by the International Pack-Burro race (25 miles) August 3 in Leadville, Colorado. Contestants are not allowed to ride their burros, but must run as a team with a lead rope and halter. Prize money ranges as high as $1200 for first place. Phone Lee G. Stone at (303) 432-1649.

Dr. Jean Ulysses, noted master's marathonee and author of the best selling "Women's Running," announced the release of her latest book last month.

The Eastern Regional Masters Track and Field Championships were held June 28-29 in West Hartford, Connecticut at the Connecticut College Motor Lodges and Inns. Susie also was noted. Annual Crystal Lake-Woodstock Area 15k run and 6k joggers run will be held Sunday, July 13 at 8 a.m. at Veterans Memorial Park, North Beach, Main St. In Crystal Lake, Illinois. All age divisions. 5-year divisions for 25 +. 5.00 day of.

Jim Syraeuse was the first master in the 80-84 age group at the Crystal Lake, Ill. 20km run June 8 with a time of 1:17:08. Les Bergquist won the M45 in 1:24:40. Jack Frank was too slow to M55 in 1:27:53. Floyd Smithberg took M60 honors in 1:32:11. Frank Rulox was 5th overall and first 36-39 in 1:11:09. Judith Kirschbacher opped female 40 + larvae in 1:50:45.

The 9th annual Masters track & field meet will be held at Sterling High School, Sterling, Illinois, Sunday, July 13 at 1 p.m. Contact: Dick Cox (815) 825-1265.

Noting the lack of masters activity in the Wisconsin area, Ron Dennis is organizing a masters and submasters track & field meet on Saturday, August 2 in Madison with the help of the United Wisconsin Athletic Club. Contact Ron at 6400 Westgate Dr., Madison, WI 53716.

National Masters 100 Champion in 1975 Bob Whidden of Houston just turned 45 and plans to try to recapture his title in Philadelphia July 4. Whidden was a member of the University of Texas record-breaking relay teams of the mid-50's, clocking a 9.4 and 9.6 in the 100-yard-dash.

Another collegiate runner Phil Cardo, who ran 1:53 at Berkeley 20 years ago, has turned 40 after years of inactivity. Cardo was timed in 2:12 recently, and is excited about enjoying a 2nd career in track & field.

Jack K werden, who is cutting a wide swatch across the world as he heads for London. The New Zealander- won the AAU 800 meters at 1980 Philadelphia Half-marathon, 28-29 in West Hartford, Connecticut and became a headwind," he reports, Higdon ran a time of 30:45. He pulled a hammer last summer and was operated on in August. He's been plagued with sciatica since '77, but says he "just keeps at it licked." He plans to enter the Denver decathlon and the nationals in Philadelphia, and, "if all goes well, I plan on New Zealand."
North American Championships

The 1980 North American Masters Track and Field Championships were held in Mexico City May 31-June 1 with athletes from Mexico, Puerto Rico, Canada and the United States. Accommodations at the 1968 Olympic Village were only $7 per night, and there was no entry fee as the Mexican Athletic Federation hosted what participants called "a very enjoyable weekend."

About 30 Americans and a handful of Canadians journeyed south for the championships. Highlights of the early-season California track and field included: Vic Cook's 13:6 in the 40-49 pole vault; Pete Fetter's 14:7 in the 50-59 javelin; Tom Patsalis' 18:8 in the 60-69 long jump; Jack Thacher's 47-1/2 in the 60-69 shot; Charlie Rader's 6-4 1/4 in the 30-39 high jump; Pete Mandle's 9:39.7 in the 50-59 3000; and Herb Franklin's 11:1 in the 30-39 100.

The Striders once-beaten-in-four-years 30-39 400 meter relay team topped Corona Del Mar, 42.6 to 43.8. Results on page 13.

The young fear failure. The middle-aged have come to doubt success. The elderly know both failure and success that counts.

--Dr. George Sheehan

Striders Relays

NORTHBRIDGE, CALIF., May 17. Highlights of the early-season Southern California Striders relays included: Vic Cook's 13-6 in the 40-49 pole vault; Pete Fetter's 14-7 in the 50-59 javelin; Tom Patsalis' 18-8 in the 60-69 long jump; Jack Thacher's 47-1/2 in the 60-69 shot; Charlie Rader's 6-4 1/4 in the 30-39 high jump; Pete Mandle's 9:39.7 in the 50-59 3000; and Herb Franklin's 11:1 in the 30-39 100.

The Striders once-beaten-in-four-years 30-39 400 meter relay team topped Corona Del Mar, 42.6 to 43.8. CDM's 40-49 squad won in 44.3.

Results on page 13...

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Philadelphia Distance Run

September 21, 1980
9:00 AM

Course: Fast, flat course through historic streets of Philadelphia. Certified half-marathon (13.1 miles)

1975 Results:

Men: Lasse Viren 1:04:48
Women: Lena Holmman 1:20:00

Masters: Herb Lorentz (49) 1:07:54
Plus, 20 American age records were set as recorded by the National Running Data Center.

Awards: Philadelphia Bowl by Wedgwood awarded to first man and woman. Liberty Bell replicas to age division winners.

Entry Fee: $6.00. Limited to 5,000 entrants. No Post Entries. For entry blank send self-addressed stamped envelope to:

Philadelphia Distance Run
YMCA
1421 Arch Street
Philadelphia, Pa. 19102

Kolda, Brown Set
U.S. Marks

from Bruce Springbett

LOS GATOS, CALIF., May 31. Josephine Kolda, 62, and Jim Brown, 49, established new American records to highlight the Pacific Association of the Athletic Congress Masters Track and Field Championships at Los Gatos High School's fast track.

Kolda surpassed her own mark in the women's age 60-64 division 400 (89.6 set in 1979) with an 87.0. Brown leaped 6-3 1/4 to add nearly three inches to the previous age 40-44 high jump best of 6-5/8 set in 1974 by Bruce Hescock.

Herm Wyatt, 68, who high jumped 6-2 1/4 earlier this month for a new global 65-69 standard, almost did it again, but settled for a winning 6-2 effort.


A cold and blustery day didn't seem to cool down the performances of the 200 participants. The Chevron 400 track produced some fast sprint times, most notably former Stanford track coach Payton Jordan's 12 flat 100 meters and 25.9 200 in the 60-64 competition.

C. Harris uncorked a 32:58.5 to take the 40-44 10,000. Franklin and Meinhardt both broke 16 minutes in the 35-39 5,000.

The meet was sponsored by the Los Gatos Athletic Association and the Los Gatos Chamber of Commerce. Athletes came from as far south as San Diego and as far north as Portland, Oregon.

Results on page 15....

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Results on page 15....

Run The Original Marathon

In Athens, Greece

Athens Open International Marathon

October 11, 1980
Full Week Vacation/Run
October 7 - 14

ADVANCE TOURS OF FOREST HILLS, INC.
64-47 108th Street, Forest Hills, NY 11375
(212) 275-0500
and

OLYMPIC AIRWAYS
continued from page 1

added yet another U.S. road mark to his impressive list by clocking 2:33:42 to win the men's age 45-49 division. His time broke the mark of 2:35:42, set by Ulrich Kaempf in 1978. Higdon turns 49 on June 17.

Alex Ratelle, of Edina, Minnesota smashed his own age 55-59 U.S. marathon mark of 2:36:4 by over a minute in 2:34:59.

Of the 5202 starters, many of whom were fun-running and raising funds for the mentally retarded with each mile they completed, 2900 finished the marathon distance.

Robert Hume of Winnipeg won the 50-54 competition in 2:45:09; Sverre Hiteensen of Vancouver, B.C. led the 60-64's in 2:49:29; Egons Rupners of Ottawa took the 65-69 class in 3:53:27. Kiddi, 43, of Palm Springs, California won her 4th major women's masters road racing championships in 1980 (U.S. marathon, 55k and 15k championships) in 3:00:10.7 and has a long way to go in the running for top U.S. woman master long distance runner in 1990.

Patricia Ratelle won the women's 45-49 crown in 3:56:17.

Frank Richardson of Ames, Iowa was the overall winner in 2:26:15.

The race was the 2nd annual Manitoba Marathon in aid of the mentally retarded, and the Canadian Championships. The above results were obtained at press time. More complete results will appear in August's NMN.

Race Walking

by Alan Wood

Bill Ranney, 44, won the Julie Partridge Memorial 10K in 49:36. Sue Broodlock took the National Women's 10K in 1:24:32. Lori Maynard 45, was 3rd in 1:55:54.

Rick Lank, 42, rested his walk muscles with a 10-mile run in 60:54. He was 3rd master, Maynard set a women's 10K best with 20:09 in the Pacific Championships. She was fifth overall.

In the National 30K walk, 63-year-old Canadian Max Gould popped a 2:50:47, which was only 6 minutes behind the second master.

The National Masters 15KM Walk Championships will be held in Niagara Falls, Sat. July 12.

In 1909, at age 71, Edward Weston died at age 90 (after being hit by a taxi at 88) and believed that it costs less in bodily fatigue and is less harmful to walk 100 miles in 24 hours than to run 100 yards in 10 seconds.

San Francisco Grandma Wins In Boston

The winning grandmother in this years Boston Marathon had been officially determined, according to David Abramson, spokesman for the National Council for Grandparents Day.

Sue Stricklin, a 62-year-old grandma from San Francisco finished the race in a time of 3:06:54, ahead of 389 official women entrants in the race.

The winning grandfather in the race was Bill Foulk, of Bozeman Montana who finished in a time of 2:34:57, ahead of over 5,000 runners in the race. The winning grandparents in the race will be presented with the Grandparent Fitness Award in a ceremony on September 7th, National Grandparents Day.

"This recognition for grandparents is wonderful," said Stricklin, a popular runner from the San Francisco Bay area.

"One of our goals," Abramson said, "is to recognize those grandparents who successfully compete in marathons and other running events. We give the Grandparents Fitness Award to the winning grandparents in each race."

Abramson encourages race directors to present the award in their races. "A colorful bandana or armband makes it easy to identify the top finishers in the grandparent category."

For more information, contact Abramson at P.O. Box 490022, Atlanta, GA 30349. (404) 487-9662. The winning grandfather in the race was Bill Foulk, of Bozeman Montana who finished in a time of 2:34:57, ahead of over 5,000 runners in the race.

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Shane, Grissom Named Best In Indoor Champs

by Ed Stabler

Glen Shane and Terry Ann Grissom were selected the outstanding performers at the National Championship Masters Meet held in Syracuse in March. Glen set a new national record of 1:15.7 in the 600 yard run. Glen runs for the New York Pioneer Club. Joan Terry and Grissom won 5 events and turned in high quality performances in all.

50 yard hurdles-8.6.

Shootput-37-0.

High Jump-4-4.


Trophies for these outstanding performances have been provided by the Penn Mutual Masters Program.

The following corrections are provided for the results as published in the May 1980 Masters Newsletter. 100 MILE RUN 2A

1. Don Greenwood(Ann Arbor) 1:11:23

2. Don Carrter(Triple Cities) 1:12:22

3. Robert Mimmi(Shore AC) no time

Shotput-2B

1. William Waltham 45-0

2. David Batchelor 36-1¼

3. John Ulan(West Penn) 35-8¼

Race Directors

Please submit all results promptly to the National Masters Newsletter at 6200 Hazelton Ave., Van Nuys, CA 91401 and to the National Running Data Center, Box 49068, Tucson, AZ 85733.

Please be sure to show the date, location and distance, and whether or not it was run on a certified course, as approved by the National Standards committees. NMN desires the top ten men and women of each age group over age 30. The NRDC requires a listing of ALL finishers, with name, age, sex, hometown, and finish time of each. It's important that the NRDC get such complete results in order to give all your runners credit in national records and rankings.

Entries now being accepted for the 4th annual PAN-AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIPS sponsored by HOME SAVINGS AND LOAN ASSOCIATION and the SOUTHERN CALIFORNIA STRIDERS August 16 and 17

University of Southern California (U.S.C.) Los Angeles, California Entry fees: $5.00-1st event, $3.50-3rd each additional event Program and T-shirt to each competitor Winner-Dinner & Awards Banquet—

Sunday evening, August 17: $15 per ticket Accommodations available nearby:

University of Southern California/Dormitory Summer Housing Birkrank Hall University Park, California (213) 741-7571, 741-2022

University Hilton

Los Angeles: (213) 748-4141

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

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

for 10 National Masters Newsletter - July 1980

Masters Age Records 1980

The 1980 Masters Age-Records Book contains men's and women's world and U.S. age bests for all track & field events, age 36 and up, as of Jan. 1, 1980. Track walking and championship records. 48 pages. Lists name, age, state and date of record. Send $3.00 plus 50 cents for postage and handling to National Masters Newsletter, 6200 Hazelton Ave., Van Nuys, CA 91401.
Mid-Forty-Year-Olds

Telford, who ran across the North American continent from Alaska to Nova Scotia in 1979, in planning to run the 800 mile Alaska Pipeline in August. Gordon Dungan, a 46-year-old University of Hawaii engineering professor, tied for first place in the 100 kilometer event with a time of 8:36:32.

Nearly 7,000 runners participated in the Primo & Coca-Cola Ultra-Marathons and Relays in Hawaii on the Memorial Day weekend. When it was all over, the Mid-forty-year-olds had taken home most of the awards.

The giant running carnival included races at 100 miles, 100 kilometers, 50 miles, and 50 kilometers. The course was a measured four mile loop around the Hawaii Kai residential area of Honolulu. While some 200 people took part in the ultras, most of the participants were on one of the 659 relay teams. Ten runners made up a relay team, each one covering the four mile circuit.

Max Telford, 45, captured the 100 mile in 15 hours, 15 minutes, 55 seconds, well off his 1979 winning time of 13:53:44.

"The weather conditions were just too bad for any kind of good performance," said the veteran New Zealander who moved to Hawaii last year to market his University of Hawaii engineering professor, tied for first place in the 100 kilometer event with a time of 8:36:32.

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National Rankings

National rankings chairman Geza Feld apologizes for the delay of the 1979 rankings.

"I'm doing it on a volunteer basis, and the last few months, I've gotten so busy at my job—much overtime—that I'm progressing very slowly."

Feld says he hopes to complete the rankings shortly and says: "The National Running Data Center may do it next year. They're better equipped for the size of the task."

Bob Martin, executive director of the NRDC reports that he will concentrate on the Distance Rankings.

"We will publish the master's lists would be published shortly and says: "The 50-deep rankings to our usual depth in the next issue."

Bob Martin, executive director of the NRDC will compile Masters road rankings 50 deep in 5-year age groups.

"We would publish the master's rankings to our usual depth in the U.S. Distance Rankings Book."

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 $13. Get aboard the Publication that's covering the Masters Sports movement in 12 issues per year. Subscribe now.

Swimming

Chairman, Masters Sports advisory committee meeting in Philadelphia, sponsored by The Penn Mutual Life Insurance Company, on May 2nd & 3rd. Chairing the meeting, George Hazeltine, Asst VP Corporate Communications, Penn Mutual. Other members of the committee pictured include: June Krauser and Ted Haertt, National Masters AAU Swimming Chairman, and Nelson Feldman, Sr. VP, Public Relations, Spa & Associates.

Newton, Gorman Named Top Athletes

Nick Newton, 46, and Miki Gorman, 44, were named outstanding male and female masters athletes for 1979 in the Southern Pacific Association of the Athletics Congress.

The trophies were presented to the winners by Tom Sturak, SPA Masters Athletics Chairman.

Newton won two silver (600,52.14; 121.5-11%) and two bronze (200,10.65; 200,23.66) medals in the 3rd World Veterans Championships in Hannover, Germany. He captured two firsts (400, 22.1; 200,23.69) and a third (100,31.7) in the national masters championships in Gresham, Oregon.

Gorman won the 5000 (17:39.2), 10,000 (36:21.9) and marathon (2:54.16) in the World Games, and always won her division in local races.

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 $10. Get aboard the publication that's covering the Masters scene more thoroughly than ever. Subscribe now.

$10 enclosed for 12 Issues

Send to: National Masters Newsletter
6200 Hazeltine Ave.; Suite R
Van Nuys, Calif. 91401

NAME _________________________________________
ADDRESS _______________________________________
CITY ___________________________________________
STATE _________________________________________
ZIP ____________________________________________

$13 per Canada
$19 per overseas

OFFICIAL ENTRY, FIRST PAN AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIPS: $10.00 per entry in the following events:

Event: Discus (M); javelin (M); pole vault (M); shot put (M)
Event: Discus (M); javelin (M); pole vault (M); javelin (M)
Event: Discus (M); javelin (M); pole vault (M); javelin (M)

NAME _________________________________________
ADDRESS _______________________________________

ATHLETIC RELEASE

In consideration of the right to participate in the FIRST PAN AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIPS, I, hereby, for myself, my heirs and executors, waives, releases and forever discharges any and all claims or causes of action which I may have, or which may thereafter accrue to me against the City of San Juan, the Organizing Committee or their officers or agents and the State of Puerto Rico, (including its departments, agencies, officials and employees), and all sponsors, participants, and any other persons or entities connected with the FIRST PAN AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIPS from any and all claims or causes of action which I may have, or which may thereafter accrue to me against the City of San Juan, the Organizing Committee or their officers or agents and the State of Puerto Rico, (including its departments, agencies, officials and employees), and all sponsors, participants, and any other persons or entities connected with the FIRST PAN AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIPS.

SIGNATURE ________________________________

DATE

Information: James M. Cahill Ph. D., President, Organizing Committee

Phone: (809) 723-5479

Giberto Gonzalez, Executive Director: Phone: (809) 783-7923

P.O. Box 1S785, Caparra Heights Station, San Juan, P. R. 00933
SOUTHERN CALIFORNIA MASTERS MEET

MEN (40-49)

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WOMEN (40-49)

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MEN (50-59)

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SOUTHERN CALIFORNIA MASTERS MEET

MEN (50-59)

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100
Mike Jackson 10.97
Steve Cramietti 11.19
Joe Evanish 12.84
200
Joe Evanish 26.39
400
Sam Pinterne 51.91
Fred Ladd 55.65
Mike Smith 62.05
800
John Perry 1:59.9
Sam Pinterne 2:11.2
Rudy Figueroa 2:16.2
1500
Robert Kihara 4:42.0
Rudy Figueroa 5:12.5
George Cummins 5:13.3
5000
Rudy Figueroa 17:48.0
Mike Smith 25:40.0
110HH
Theo Vitz 15.00
Steve Cramietti 15.69
Cecil Peoples 16.75
400HH
Rudy Figueroa 27.14
Jack Schwartz 29.12
Mike Smith 36.35
8000
Bob Miller 36:21.4
Skip Witt 36:47.1
400 RELAY
Cal Striders 47.08
1600 RELAY
Corona Del Mar 4:40.7
LONG JUMP
Fred Leder 18-21
Jack Schwartz 18-21
R. Kehm 16-7
TRIPLE JUMP
Paul Klein 27-3
Rudy Figueroa 27-10
Mike Smith 27-14
HIGH JUMP
Lloyd Higgins 6-1
Tim Knappen 6-4
Fred Leder 6-5
POLE VAULT
Tim Knappen 14-6
Warren Cumminigs 14-6
Rudy Figueroa 9-0
SHOT PUT
Mike Dellen 45-0
Steve Cramietti 45-0
Ron Barboza 36-4
DISCUS
Lloyd Higgins 159-6
Mike Dellen 140-0
Warren Cumminigs 120-8
JAVELIN
Rick Selby 179-11
E. Rock 152-10
Warren Cumminigs 146-10
Outstanding Track: JOHNPERRY
Outstanding Field: TIMKAPENN
MEN 40-49
Ken Dennis 11.15
100
Doug Smith 11.38
H. Lewis Smith 11.72
200
Ken Dennis 22.70
Dave Segal 23.04
Nick Newton 23.26
400
Nick Newton 51.11
George Cohen 53.34
Michael Destafano 55.12
800
Bill Elliott 2:03.3
George Cohen 2:10.6
Lou Hayes 2:11.4
1500
George Cohen 3:40.1
Lou Hayes 3:59.7
Skip Witt 4:03.7
5000
Gary Smith 8:17.0
Peter Alexander 8:37.2
110
At Henry 15.24
Gary Sane 16.18
Bob Plassmeyer 16.98
400HH
Bob Plassmeyer 67.15
Lou Hayes 67.20
5000WALK
John Kelly 26:42.0
Mike Miller 36:32.5
Ken Plumb 39:02.0
10000
Gary Smith 38:46.5
Mike Miller 45:28.8
400 RELAY
Corona Del Mar 44.31
So. Cal Striders 45.99
1600 RELAY
So. Cal. Striders 3:45.5
LONG JUMP
Dave Jackson 19-0
Alvis Andrews 17-9
TRIPLE JUMP
Dave Jackson 43-4
At Henry 37-94
HIGH JUMP
Gary Sane 5-6
Leon Franko 5-5
Nick Newton 5-4
POLE VAULT
Gary Sane 11-0
Fred Leder 9-0
DISCUS
James Hart 136-7
Ed Van Pelt 122-9
Richard Kinheimer 100-1
SHOT PUT
James Hart 43-9
John Callahan 35-14
Fred Nate 31-6
JAVELIN
Gary Sane 131-11
Dave Douglas 99-8
Fred Nate 89-8
HAMMER
James Hart 115-10
Dave Douglas 104-2
Fred Nate 99-9
Outstanding Field: KEN DENNIS
MEN 50-59
100
Don Cheek 12.22
Bob Watabe 12.42
James Hart 12.84
200
Don Cheek 24.59
Bob Watabe 25.70
Michael Dawkins 25.86
400
Don Cheek 56.75
Gene Harte 58.50
800
Mel Atkinson 2:22.2
Louis Beadle 2:25.3
Avery Bryant 2:25.5
1500
Leonard Wells 4:43.9
Avery Bryant 4:52.0
Mel Atkinson 4:55.1
5000
Pete Mundle 17:38.0
Patrick Devivo 19:08.2
Bruce Robinson 19:13.4
10000
Bruce Robinson 39:54.0
Howard King 41:25.0
John Manerus 42:40.0
20000
Michael Dawkins 54:34.0
Mike Smith 54:05.0
56 HURDLES
Bob Miggenbothen 11.01
Hal Wallace 11.08
HURDLES
Bob Hunt 75.00
110
Corona Del Mar 44.31
Seniors Track Club 50.31
56 HURDLES
Bob Miggenbothen 11.01
Hal Wallace 11.08
HIGH JUMP
Ed Austin 5-5
Shylle Davidson 5-2
Dave Brown 4-8
POLE VAULT
Bob Miggenbothen 10-6
Glen Ross 10-0
Dave Brown 9-0
SHOT PUT
Tom Mitchell 30-4
Hal Wallace 37-11
Bob Stone 34-5
DISCUS
Steve Hennett 131-9
Tom Allison 123-4
Hal Wallace 115-4
JAVELIN
Poloynis 139-10
Hal Wallace 126-5
Jerry Wojcik 121-9
HURDLES
Bob Miggenbothen 10-6
Glen Ross 10-0
Dave Brown 9-0
OUTSTANDING FIELD:
HAL WALLACE
OUTSTANDING FIELD:
JAMES HART
OUTSTANDING FIELD:
BRYON WALLS
CROSS COUNTRY
110HH
Sandy Black 14.22
Dave Segal 14.42
George Cohen 14.80
1500
Dave Segal 25.86
Michael Dawkins 25.86
5000
Don Cheek 56.75
Gene Harte 58.50
8000
Bob Hunt 60.05
Alfonso Perez 66.09
George Poloymis 68.33
15000
So. Cal. Striders 5:32.0
John Garcia 5:06.3
5000WALK
John Garcia 29:50.0
Bob Long 35:07.0
Joe Wehly 52:13.5
60 HURDLES
Bill Grist 10.27
Bob Hunt 11.00
Brian Morales 11.85
LONG JUMP
Gordon Farrell 16-7
Brian Morales 16-7
Bill Grist 14-6
TRIPLE JUMP
Gordon Farrell 39-0 W
John Darski 26-3
George Poloymis 28-7
VAULT
Bill Burke 5-6
Dave Brown 4-6
Ory Gillett 4-6
400 RELAY
Corona Del Mar 44.31
So. Cal. Striders 45.99
1600 RELAY
So. Cal. Striders 3:45.5
LOW JUMP
Dave Jackson 19-0
Alvis Andrews 17-9
TRIPLE JUMP
Dave Jackson 43-4
At Henry 37-94
HIGH JUMP
Gary Sane 5-6
Leon Franko 5-5
Nick Newton 5-4
POLE VAULT
Gary Sane 11-0
Fred Leder 9-0
DISCUS
James Hart 136-7
Ed Van Pelt 122-9
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Fred Nate 31-6
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Gary Sane 131-11
Dave Douglas 99-8
Fred Nate 89-8
HAMMER
James Hart 115-10
Dave Douglas 104-2
Fred Nate 99-9
Outstanding Field: KEN DENNIS

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California Track & Running News

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