



National Masters Newsletter



22nd Issue

June 1980

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

HIGHLIGHTS

- Entry Forms for Regionals and Nationals
- Road Running Records
- Schedule for 4th World Games
- Wyatt Sets World High Jump Mark
- Davisson Ups Own World Long Jump Mark
- Kinsey Sets 3 U.S. Marks
- Higdon Breaks 25K Record

LATE FLASH!

Nick Newton, 46, set a new world age 45-49 record for 400 meters, May 24 at the Los Angeles Grandfather Games with a time of 51.1, breaking Dick Stolpe's 8 year old mark of 51.7. In the same meet Bill Fitzgerald, 55, set a new American 800 record for men 55-59 in 2:12.5, breaking the mark of 2:13.5 set by Ray Gordon in 1973. Fitz missed John Gilmour's world standard of 2:11.9, but will be shooting for it this month at the District and Regional meets.



Herm Wyatt, 48, set new world age 45-49 high jump mark of 6-2 $\frac{3}{4}$.

Kinsey Breaks Two U.S. Marks

Wyatt Sets World High Jump Record

LOS GATOS, CALIFORNIA, April 19. Herm Wyatt of Los Gatos set a world age 45-49 high jump mark of 6-2 $\frac{3}{4}$ in the 3rd annual West Valley Masters track and field meet held at Los Gatos High School.

The 48-year-old former San Jose State high jump star broke the record of 6 feet which he shared with Rich Richardson of Decatur, Illinois. Wyatt's leap is also an American Masters (over 40) record, topping the mark Bruce Hescok of Bethany, Connecticut set in 1974 of 6-5/8 at the age of 40.

Also nearly breaking Hescok's age 40-44 U.S. mark was Jim Brown 40, who jumped 6-1/2.

Top performances were abundant, with Red Doms 73, throwing the shot 37-10 $\frac{1}{4}$ and 35-pound weight throw 17-3/4. Lou Peresenyi threw the weight 18-11 in the same 70-74 class.

Matt Pruitt 34, geared up for his Western Regional battle with Hilliard Sumner in San Diego June 21, with a 48.8 win in the 400. He also took 1st in the 400 hurdles in 55.7.

Shirley Kinsey journeyed 350 miles from Southern California to highlight the women's competition. She won the javelin at 63-6 $\frac{1}{2}$ and then set two U.S. age-division records. She broke her own U.S. women's 50-54 discus mark of 81-10 with a heave of 88-6 $\frac{1}{2}$, and took a tick off her 200 standard with a time of 31.7.

Dr. Paul Spangler of San Luis Obispo was the oldest competitor at 81, winning the 100, 200 and 800 in the 80+ category.

Tom Cathcart was only 5.5 seconds off Ernie Billups' American 40-44 1500 mark with a 4:08.0. Nick Newton edged Bill Knocke in the 45-49 400, 52.7 to 52.8. Dave Donaldson won the 40-44 800 in 2:01.3.

Mimi Gerard won the 100, 400, 800 and 1,500 in the women's 35-39 division.

from Bruce Springbett

Enders Wins 5 In MSA Champs

NEW YORK, N.Y., May 11. Rudy Enders, 48, of Potomac, Maryland won five events in the 45-49 age division to highlight the 1980 Masters Sports Association Outdoor Track and Field Championships at Randall's Island today.

Enders won the 100-yard-dash in 10.7, the 220 in 24.1, 440 in 53.8, long jump in 19-4 and high hurdles in 18.90.

Chris McKenzie also won five events in the women's 45-49 class, 100 (13.5), 220 (32.2), 880 (2:51.3), mile (6:02.0) and 3-mile (20:18.8).

Six men each won four field events: Paul Sereghy (60-64), Greg Battick (55-59), Bill Eipel (65-69), Norm Cyprus

Higdon Sets U.S. 25K Mark

GRAND RAPIDS, MICH., May 10. Top masters runner and best-selling author Hal Higdon added yet another laurel to his wreath of American masters running records today.

Running in the Old Kent River Bank 25-kilometer race, the Indiana lecturer-travel agent set a new U.S. age 45-49 division mark of 1:23:53, finishing 16th overall. The time took over 3 minutes off the 25km standard of 1:26:58 set only last September by California's Ulrich Kaempf.

En route, Higdon, 48, clocked times of 53:55 for 10 miles and 1:06:55 for 20 kilometers which would have been age records had he been timed officially.

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LETTERS TO THE EDITOR

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MIDWEST SLIGHTED

In your March issue, there wasn't any mention of results from the Midwest. Everything in the paper is about California or New York. Another frustration is that there aren't any championship meets, except for the USA/TFA cross-country in Racine, anywhere close to Milwaukee. The schedule lists 8 national championships on the west coast, 8 on the east coast, 10 regional and important meets on the coasts, with 6 for the rest of the country. One was listed for our area, the Midwest Masters meet in Highland Park, IL. It's really frustrating not to be able to compete in these championships because we can't travel so far.

Our area is really a "desert" and if one is interested in track, forget it. I would very much like to subscribe to the National Masters Newsletter, but I won't until there is some coverage of the midwest.

Rich Czarapata
New Berlin, Wisconsin

APRIL FOOL RETORT

Finky fairy tales and funky photographs can do me no harm. On the contrary, because your photos are usually overexposed, out of focus, and poorly developed, they contribute to my greatest accomplishment as a Masters athlete—obscurity. The story of my misadventure with the hammer is an obvious distortion, filled with half-truths and fictions. First of all, I was throwing an OLD hammer, not a new one. Secondly, it did not land on my neighbor's tum, but hit his wife in the (deleted). However, the story has paid off. Stu Thompson sent me a plugged nickel, and Clark DeVilbiss enclosed a check for \$.02, although he said it wasn't worth it. I'd like to think that he was referring to the story, not my hammer throwing. Both of them want to know if their contributions are tax deductible.

Jerry Wojcik
Granada Hills, Calif.

ROSIE RUIZ

Went to Boston to watch the Marathon, what a mess. Poor Rosie Ruiz made a joke of the whole affair. I felt it fairly apparent she is a very sick young lady. What I couldn't figure out was how the officials handled the obvious ruse. First saying she won, then saying maybe not. Then saying she didn't because New York said she hadn't really run there and that was her qualifying race and then in the end disqualifying her but inviting her back next year and her saying she liked Will Cloney personally and sure as shooting encouraging every squirrel in the forest to try it themselves. Remember, people kill other people to get their picture in the paper. If I was Jackie Gareau I'd sue Boston, Cloney, Ruiz and anyone else connected with the whole sorry tale.

Wendell Miller
Lake Bluff, Illinois

WOMEN'S RANKINGS

In your May issue, in answer to Sandra Kiddy's letter, you say that no 50 kilo rankings for women for 1979 were prepared by the NRDC. The 50k rankings for women were released by the NRDC on 15 Feb. 80, the same time the other ultra-marathon rankings printed in your March issue were distributed. These 1979 women's rankings were 50 deep, and range from Sandra Kiddy's leading 3:37:08 to 6:10:31 by Carolyn Sanderson and Jasmine Wong, who tied for 50th place. Women's rankings for the 50 mile were also included in the 15 Feb. release, although they were not included in the listings in your March issue, either. Women's rankings at all of the ultra-marathon distances, as well as all other long distance events, are included in the 1980 edition of the NRDC book, "U.S. Distance Rankings." This book includes rankings in each age group both for the year 1979 and for all-time. It is a general NRDC policy to prepare rankings and records for women in all events for which they are prepared for men.

Bob Martin,
Executive Director, National Running
Data Center
Tucson, Arizona

BRITAIN: Wilf Morgan, Alistair Aitken
AUSTRALIA: Bernie Hogan, Jack Pennington

NEW ZEALAND: Clem Green

HONG KONG: J.D. O'Neil

WAVA: Roland Jerneryd

NRDC: Bob Martin

OHIO: Sandra Knott

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Bob Pates, David, Zinman,
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SUBSCRIPTION RATES: \$10 for 1 year (12 issues); Canada \$13; Foreign \$18.

[Sorry, we goofed. The women's 50k rankings for 1979 are: 1) Sandra Kiddy (42, Cal) 3:37:08; 2) Andrea Chiapetta (26, NY) 3:46:34; 3) Sue Medaglia (44, NY) 3:48:07; 4) Jan Arenz (29, Minn.) 3:55:41; 5) Barbara Paterson (22, Cal) 4:03:12. The women's 50-mile rankings are: 1) Sue-Ellen Trapp (33, Fla) 6:12:12; 2) Candy Hearn (Cal) 7:11:06; 3) Lydi Pallares (40, Fla) 7:19:50; 4) Ruth Anderson (49, Cal) 7:25:05; 4) Sue Medaglia (44, NY) 7:41:13. "U.S. Distance Rankings" is available for \$5.95 from NRDC, Box 42888, Tucson, AZ 85733.--Ed.]

schedule

EAST

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

June 15: Metropolitan Masters T&F Champs, Randall's Island, NYC. Contact: Bob Fine (212) 789-6622.

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

June 29 (Sunday): Eastern Regional Masters T&F Championships. West Hartford, Conn.

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

July 4 (Friday): National Masters 5KM Walk Championships, Philadelphia, PA.

July 4-6 (Friday-Sunday): USA Masters and Submasters T&F and Pentathlon Championships, Philadelphia, PA.

July 6 (Sunday): National Masters 20KM Walk Championships, Philadelphia, PA.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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.

MIDWEST

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

June 21 (Saturday): Cleveland Track Classic.

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

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

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

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

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

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

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

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

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

Late November: Canada vs. USA Cross-Country. Detroit.

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

SOUTH

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

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

June 14 (Saturday): SMU Masters Track Meet, 6 pm. Contact: Monte Stratton, SMU Track Office, Ownby Stadium, Dallas, TX 75275.

June 21 (Saturday): Hill Country Classic Masters Track Meet, Mason, Texas. Contact: Don Abbott (915) 347-5946.

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

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

ROCKY MOUNTAIN

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

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

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

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

WEST

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

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

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

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

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

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

August 2 & 3 (Saturday & Sunday): Northwest Senior Classic, Mt. Hood Community College, Gresham Oregon, 6 p.m.

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

August 16 & 17 (Saturday & Sunday): 4th Annual Home Savings & Loan Pan American Masters Games, USC, Los Angeles. Contact: Hilliard Sumner (213) 884-1349.

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

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

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

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

November 29 (Saturday): Brooks/TFA National Masters 10KM Championships, Monterey, Calif.

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

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

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

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

December 14 (Sunday): Honolulu Marathon.

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

FOREIGN

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

June 14-15 (Saturday-Sunday): Ontario Masters T&F Championships, Tillsonburg, Ontario. Contact: Jim Young (519) 631-4462.

July 12-13 (Saturday-Sunday): British Veterans T&F Championships, Cophall Stadium, Hendon, England.

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

August 3 (Sunday): Avon Women's International Marathon. London. All ages. No qualifying times. Contact: Avon, 9 W. 57 St., NYC 10022.

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

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

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

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

August 30-31 (Saturday-Sunday): Canadian Masters T&F Championships, Ottawa. Contact: Denny Daniels (613) 820-2131.

continued on page 4. ...

On Tap for June

The North American Masters Marathon Championships June 15 in Winnipeg, Manitoba promises to be one of the top Masters events of the year.

June traditionally is the month of the regional masters track and field championships. Indianapolis hosts its major meet on the 14th. The TFA/USA Masters T&F Championships are set for Atlanta the same day. (Not to be confused with the Athletics Congress National Masters Championships in Philadelphia July 4 (see separate story.)

The Western Regional Championships take place in San Diego June 21-22. The Midwest Regionals will be in Evanston, Illinois June 28. The Eastern Regionals are on tap for the 29th in Hartford, Conn. Entry forms for all these regional meets are in this issue of *NMN*.

Southern Methodist U. will host a twilight masters meet June 14 in Dallas, while Mason, Texas is the site of a meet on June 21.

Development meets continue every other Wednesday at 6 pm at Randall's Island, New York. The popular Los Angeles all-comers meets begin nightly June 23 with masters competition each Wednesday.

The Cleveland Track Classic, with Masters events, is June 21. The 4th Italian Masters International Track and Field Championships will be held in Viareggio June 20-22. Foreign athletes are invited to attend. A special rate from June 15-22 is available. Contact: IMITT, Via Felice Bisleri 11, 20148, Milano, Italy.

The Athletics Congress Convention gets underway in Dallas June 8. Dozens of complex issues regarding the future of athletics in general and masters in particular will be debated. Masters will be represented by Bob Fine.

Canada hosts the Ontario Masters T&F Championships June 14-15. Spectators can enjoy the U.S. National T&F Championships in Los Angeles June 14-15 and the Olympic Trials in Eugene, Oregon June 21-29.

Confusion On Championships

by Al Sheahen

Several masters have expressed confusion as to which is the 1980 National Masters Track and Field Championships, the June 14 meet in Atlanta or the July 4-6 meet in Philadelphia.

Both are billed as National Championships.

Others are confused about National Road Race Championships.

Briefly: 1980 is a transition year. About 1972, masters athletes in the U.S. generally affiliated with the AAU (Amateur Athletic Union). National AAU Track & Field Championships were staged in San Diego, Gresham, Chicago, White Plains and Atlanta.

In 1979, the AAU ceased to exist as the governing body for U.S. amateur sports. For the sport of track & field and long distance running and race walking (called "athletics") it was replaced by the Athletics Congress. (Now called "TAC")

The 1980 TAC National Masters T&F Championships will be held in Philadelphia July 4-6. The annual Masters T & F meeting will be held then and policy for the coming year will be ironed out. An entry form is in this issue.

Meanwhile, in June, TAC itself, will convene in Dallas to try to resolve many of the transition-year problems.

Similarly, the AAU has long sanctioned National Road Racing Masters Championships. The Athletics Congress has also assumed control of these races and the usual complement of championships is being held in 1980.

There are other organizations, however, besides TAC. While TAC has been awarded the international athletics franchise by the IAAF (International Amateur Athletic Federation), a group called TFA/USA (Track and Field Association of the USA) is sponsoring masters T & F and LDR national competitions this year, as it did in 1979.

The TFA/USA National Masters Championships is set for Atlanta June 14. In addition, TFA/USA has joined forces with the Brooks Shoe Co. to sponsor a series of long distance "National Championships" later this year.

Moreover, the Road Runners Club of America is putting on National Masters Championships in the marathon and perhaps other road races.

So what do you do? Which are the real championships?

There is no one answer. Each event is, in fact, a national championship of the group that is putting it on. Traditionally, masters have affiliated with the AAU/Athletics Congress. TAC committees sponsor regional and national indoor and outdoor masters competi-

tions. The high majority of masters athletes and workers are tied in to the new Athletics Congress. TAC is contributing \$400 per month to the Newsletter.

TFA/USA was formed in January, 1979, because, it says: "much of the school-college and open track and field community was dissatisfied with the policies, efforts and activities of the AAU. The track coaches, in particular, were overwhelmingly in favor of the formation of the TFA. Active members of TFA/USA are the NCAA, NAIA, MJCAA, National High School Federation, Road Runners club, and track and field writers and coaches."

TFA/USA reports that it would like to see a National Governing Body evolve which can plan and implement a smooth, coordinated program. It has initiated a dialogue with TAC to determine whether TAC could be structured in a way to permit TFA/USA to join with TAC. "Even if we do join, however," says Berny Wagner, TFA/USA director, "we won't dissolve TFA/USA. There's a major role for us to play as a promoter of national and international competitive opportunities and that in any event the sport will be best served by a multiplicity of program opportunities, as afforded by the TFA/USA structure. We believe that any organization which is to be the National Governing body of Track and Field in the United States must be sensitive to the problems which plagued our sport under AAU leadership."

Nike vs. Runner's World

A corporate battle of major proportions has invaded the pristine world of running.

On April 28, Nike, the nation's largest manufacturer of running shoes, announced it will no longer participate in magazine-sponsored shoe rating surveys, saying "until questions are answered concerning the relationship between Runner's World publisher Bob

Anderson and shoe companies, particularly Brooks, and the legitimacy of the survey itself, we will no longer advertise in Runner's World."

Runner's World countered three days later by filing a \$6 million lawsuit.

Jeff Johnson, Nike's director of international product development, said "although surveys once played an important role in consumer education, they have evolved into commercial vehicles, designed primarily to increase magazine circulation and advertising revenue."

Johnson, who performed the first shoe survey for Runner's World in 1967, said: "Nike has been disturbed by the influence of the surveys which compel manufacturers to design shoes in response to questionable, ever-changing test methodologies. The final effect, is that all running shoes would essentially be the same. Their design would rest not with the need or desires of athletes, but rather with the whims of the shoe survey sponsor. Nike running shoes for the 1980's will respond to the specific needs of individual runners."

Johnson said Nike is suspending advertising with Runner's World until "questions raised about the publication's shoe survey are satisfactorily answered. The Runner's World survey," he continued, "is currently the subject of at least one major federal inquiry and has been the topic of several recent newspaper investigations."

Rob Strasser, Nike Marketing, said that Nike's decision to drop advertising and survey participation in Runner's World was very difficult, knowing that

to do so might have at least a temporary effect on sales. "In the end, it was a matter of conscience," he said.

"The questions about Mr. Anderson, his magazine and his survey have become too persistent to ignore," he said.

Strasser stressed that there was no reason to doubt the professionalism of Dr. Peter Cavanaugh, of Penn State University, who performs the mechanical testing part of the survey for Runner's World.

He added that although Nike would no longer participate in the survey commissioned by Running Times magazine, Nike had no doubts about the integrity of the Running Times editors' intentions.

Strasser cited an "ongoing investigation by the Federal Trade Commission and articles appearing in the Wall Street Journal and other publications" among the factors influencing Nike's withdrawal.

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 July issue of *NMN* is June 11. Send to *National Masters Newsletter*, 6200 Hazeltine Ave., Van Nuys, CA 91401.

SCHEDULEcontinued from page 3

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

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

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

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

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

POSTAL

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

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

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

Masters Meet With Penn Mutual

by Bob Fine

The Penn Mutual Life Insurance Company, national sponsor of the Masters Sports program hosted a weekend meeting for the Aquatics and Athletics Masters Committee Chairpeople on May 2nd and 3rd in Philadelphia.

The all-expense paid weekend meeting was hosted by George Hatzfeld, Assistant Vice President of Corporate Communications, Penn Mutual, and Spiro & Associates, the sponsor's national advertising and public relations agency.

On hand for the meeting--Ted Haartz and June Krauser from Aquatics; Ken Bernard, Wendy Miller and Bob Fine from Athletics; Bill Toomey, Executive Director, AAU-Penn Mutual Masters Sports; John Buzzard, AAU Masters Sports program administrator; Bill O'Brien, West Coast Masters liaison; Bob McClain, Penn Mutual Corporate Communications; Nelson Fellman, Sr. Vice President, Public Relations and Hal Platzkere, Senior Account Executive, Spiro & Associates.

The purpose of the meeting was to exchange ideas from the various sports committee chairmen and learn more about forthcoming assistance and support by Penn Mutual both on a local and national basis.

Penn Mutual has been working carefully on the program and currently is involved in Aquatics, Track and Field and Long Distance Running. These programs currently have the largest number of participants and are the best organized.

Concern was voiced by the Masters administrators over a short term sponsorship of the program. Penn Mutual indicated that they expected to make a multi year commitment to the program and will be prepared to draw up an operational plan for 1981 and beyond.

The sponsor's contract is currently with the AAU. It was recommended that the National Governing Body (NGB) of each sport also have a contract with Penn Mutual to further bind the program together. The sponsor also indicated it would like to deal with one party as overall coordinator for the program. This will be John Buzzard at the AAU House in Indianapolis.

Everyone was in agreement of the need for increased national, regional and local publicity for the Masters Sports program. This would not only increase the number of participants, but enable each sport to present more extensive services to the athletes. Funding for such a publicity program is aside from monies committed to the AAU for program support. Bill Toomey, 1969 Olympic decathlon gold medalist and former world record holder, will serve as the spokesman for the overall program, using such vehicles as his syndicated national radio and newspaper column, TV and personal appearances. Bill O'Brien will assist Toomey

and aid John Buzzard on the West Coast.

As a tie-in to a future advertising campaign, Penn Mutual in concert with the NGB will prepare a brochure giving a history of the programs and a directory of local regional and national leaders. Support for the National Masters Newsletter is expected.

Aside from the national publicity, the most exciting part of Penn Mutual's



John Buzzard, AAU Masters Sports Program Administrator

sponsorship will be the local involvement of their 2,000 agents in some 90 cities throughout the U.S. Local support by these agents is in addition to funds which are being committed currently by Penn Mutual. Already, many Penn Mutual agents have been assisting at local and regional meets. A recent Masters Sports festival for the company's top sales agents in San Juan and Palm Springs was met with great enthusiasm and success. Competitions were held in Swimming, Track and Field and Long Distance Running, spanning a two-day period.

It should be noted that Penn Mutual will be using a soft-sell approach. They have been most understanding about our problems and concerns.

We then discussed more specific areas of sponsorship involvement. It was suggested that Penn Mutual have a special medal made up to be used in non-championship meets. The possibility of Penn Mutual donating ribbons free. All-Comers meets was another area of interest.

It was also suggested that a set sum of money be given to each NGB for each sport to distribute for national and regional championships. We further discussed whether Penn Mutual would insist on exclusive sponsorship for such competitions or whether co-sponsors would be permitted. A list of promotional items to be made available such as T-Shirts, sun visors and competitor's patches were also mentioned.

Sports clinics were discussed and it was felt they would not be well

attended. It was recommended that leading athletes meeting with competitors in an informal setting, such as Jack Foster did last year in Gresham, might be more effective. It was agreed that Meet Directors Kits, particularly for those involved in Masters meets for the first time, would be of value. Also training manuals for novices may be considered in the future.

Penn Mutual would like to have a



George Hatzfeld, Assistant VP Corporate Communications

National Sports Festival for Masters as of this writing, it seems fairly certain, that the 1981 North American Masters Track and Field Championships will be awarded to Philadelphia. It was suggested that the other sports consider holding competition, whether they would be championships or not, in Philadelphia at the same time. The insurance company would also like to sponsor Biathlon (Aquatics and Athletics) and Triathlon (Aquatics, Athletics and Cycling) competition as a way of getting the Masters in various sports to know each other better. Such event(s) would be on a low-key basis, possibly utilizing relay teams from different areas; such as a team in which a participant in each respective sport would compete a leg in his or her sport, rather than having one individual compete in various sports. The possibility of a travel fund was discussed with some apprehension voiced that it could be difficult to administer and could further engender

bad feelings as to who would or would not be selected.

It was agreed that John Buzzard would contact Masters clubs, activists and potential meet directors with a view towards establishing regional distance running championships at all distances used in the national championships, in addition to those events held under track and field. All John would do would be to try to locate local association interest and report back to the committees. Both Penn Mutual and John Buzzard made it perfectly clear they would in no way attempt to supplant the NGB's. Rather it would be their function to assist the committees improving their current programs.

There must be a certain amount of trust and good faith in this operation, which is one of the reasons that a long "courtship" has proven of value.

George Hatzfeld, John Buzzard, and the people of the The Penn Mutual Life Insurance Company have been most understanding about our concerns and most patient with the different personalities (and "characters") they have had to deal with. Their meticulous approach has been well worth it with good rapport being established.

Those seeking to lend assistance to the Masters Sports program on a local or regional basis should contact John Buzzard at the AAU House, 3400 West 86th Street, Indianapolis, IN, 46268. Any suggestions as to additional activities by Penn Mutual in behalf of the Masters Sports program should be directed to Ken, Wendy, or Bob.

This was the second formal meeting we have had with Penn Mutual prior to numerous other meetings on an informal basis.

The next step is for more formal and specific commitment to be made by the sponsor, including a plan for development for 1981 and thereafter.

Higdon.....continued from page 1

"I'm in good shape," Higdon said. "I've been training 100 miles a week, feeling tough. I'm going to try and put a couple of other records under my belt before I self-destruct."

Finishing a half stride and a half second in front of Higdon was Randy Hoffman of Kalamazoo, who will turn 40 in March, 1981, too late to go to New Zealand.

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•World Veterans Marathon Champion **John Robinson** of New Zealand (2:22:52) is high-altitude training in Boulder, Colorado in preparation for the North American Masters Marathon Championships in Winnipeg, Manitoba June 15. From there, he goes to Europe to defend his international 25km title at Brugge, Belgium. Then to the I.G.A.L. 3rd World Veteran's Road Racing Championships in Glasgow, Scotland August 23. He was 4th master in Boston in 2:29:51.

•**David Hambly**, 40, of Seattle recently turned in a 31:34 10k, ten seconds under the existing U.S. road mark. **Jim O'Neill**, 54, ran a 34:41 10k in Oakland. **Karen Scanell**, 40, clocked 37:55 for 6.1 miles. **Jim Ewing**, 40, ran off a 32:04 10k in Mobile, Alabama. **Ray Atkinson**, 62, went 10k in 49:51, two minutes under the American 60-64 mark. She won the women's 60+ class in the Sri Chinmoy 13-miler in Foster City, CA in 1:57:41.

•The 4th annual Pan-American Masters Track & Field Championships, co-sponsored by Home Savings and the Southern California Striders will be held August 16-17 at Cromwell Field, U.S.C. in Los Angeles. Meet Director **Hilliard Sumner** says: "This annual event is the only international masters track & field competition being held in the U.S.A. this year. Athletes from the United States, Mexico, Venezuela, Columbia and other Latin American countries will come together in the true spirit of amateur sports."

•**Jack Foster**, who turned 48 May 23, is back up to 80 miles a week after a long bout with pneumonia, probably picked up in the States. He was hospitalized for 5 days in his home town of Rotorua, New Zealand. He turned in a sparkling 50:51 for 10 miles at Easter. That happens to be 6 minutes under the American age 45-49 record, indicating Jack may be getting back to normal.

•**Clive Davies**, 64, is still at it with a 1:20:08 half-marathon in Salem, Oregon, nearly 7 minutes under the U.S. 60-64 mark. He also ran a 10k in 38:16 in Portland. **Alex Ratelle**, 55, traveled to Tucson for a 2:41:04 marathon, close to his own American 55-59 standard of 2:36:04.

•Item in the Los Angeles Times: "Eyes glazed, hair matted, cheeks hollow, the survivors silently accepted tinfoil capes (to help them retain body heat) draped on them by volunteers. Then they wandered off to sit down, or, in some cases, collapse. They spoke in parched, feeble voices. They looked like characters from 'Night of the Living Dead.' Many could be seen spreadeagled on the concrete, oil-stained floor. The more desperate cases were helped to other parts of the garage where green army cots were set up and medical doctors awaited." A first-hand report from Cambodia? The plight of the hostages? Plane-crash survivors? Boat people? Torture victims? No, merely the word-for-word description of the post-race Boston Marathon by Times' reporter **Alan Greenberg** who, one suspects, is not a big marathon fan.

•**Daryl Beardall** ran a 2:34:04 to win the 40-49 Napa Valley Marathon. **Jack Blakely** clocked 2:35:53. **Bob Malain** won

the 50-59 division in 2:49:27. **Marilyn Harbin** took the women's 40+ race in 2:58:34.

•**Fred Kiddy** won the masters Loma Linda half-marathon March 9 in 1:25:40.2. Wife and running companion **Sandra Kiddy**, winner of three national masters championships already in 1980, led all women finishers in 1:25:39.6. Chivalry lives.

•World veterans decathlon age 60-64 record holder **Cornelius Warmerdam** is retiring as Fresno State University's track and field coach. He was honored at a testimonial dinner May 25, at which former Stanford University track coach and world masters age record-holder **Payton Jordan** was the featured speaker.

•**Beverly Shingles**, 40, led all women in the first New Zealand Women's Marathon in 2:44:48. **Fritz Mueller** turned in a 1:49:30 in a Central Park 20-miler.

•**Mary Czarapata** was the 1st women's master in the L'eggs Chicago, Avon Kansas City, and Diet-Pepsi Madison races. She was the 1st open woman in the Road Runners Club of America National half-marathon in Whitewater, Wisconsin May 4 in 1:37:53 in 80-degree heat.

•Marathoner **Tom Sheahan**, 39, of Washington, D.C. has come up with a unique fund-raising idea. He set a personal goal of 10,000 seconds at Boston this year, which works out to 2:46:40. He asked sponsors to donate \$1.00 to Multiple Sclerosis for each second he was under 10,000 seconds. In other words, a sponsor would donate \$10,000 - t, where t is Tom's time in seconds. Tom's goal was not helped by the Boston heat this year as he finished in 3:01. But the idea has merit. "The MS cause needs all the help it can get," Sheahan says. "I have two personal friends whose athletic skills were destroyed by this disease." The group Athletes vs. M.S. is dedicated to raising funds for the disease which hits young adults. **Bill Rodgers**, **Muhammad Ali**, **Ara Parseghian**, **Billie Jean King** and other notable athletes form the committee.

•**Frank Duarte**, 38, finished 4th overall in a 1:13:22 half-marathon in Glendora, CA. **Len Thornton** clocked 33:43 and **Sid Toabe** 36:52 to respectively win the 40-49 and 50-59 divisions of the Fresno, CA 6-miler March 29. **Don Ardell**, 41, ran 1:16:06 in the Sri Chinmoy 13-miler to lead all masters.

•**Jim Bowers**, 41, U.S. 40+ 10k road record-holder at 31:44, ran 31:38 in Sebastopol, CA April 13 to finish 1st overall. Fellow Santa Rosa resident **Daryl Beardall** was 2nd in 32:53.

•**Jim Knerr**, 45, led the masters with a 34:54 in the Moorpark, CA 10k April 20. **Dick Durand** ran 39:11 to win the 50+ class. **Lynn Lindsey** led women masters in 42:09 in the Diet Pepsi 10k the same day.

•The 10th annual Grandfather Games was postponed from May 10 to May 24 by meet director **George Ker** when an early morning rain hit Southern California. As luck would have it, the skies cleared by 8 a.m. and it turned out to be one of the Valley's best days ever--no smog and cool. The track was in good shape and over a hundred athletes showed up. Ker said he managed to turn away many out-of-town athletes by sticking by his phone at home taking calls. But he apologized by mail to those who came to the track and were puzzled to find no George. About a dozen events were run off by the athletes in a low-key manner. Results of the May 24 meet will be in July's NMN.

•A New York surgeon says he's developed a surgical technique that may help people incapacitated by chronic back pain return to normal, active lives.

The surgery has been used in cases where past methods have failed, according to **Dr. Reuben Hoppenstein**, chief of neurosurgery at the Orthopedic Institute of the Hospital for Joint Diseases in New York City. Most patients have already had four or five unsuccessful operations, he said, yet 72% of his operations have been successful.

•Teams from China and Taiwan competed against each other for the first time in track and field at the April 18th Mt. San Antonio Relays in California.

•United States Senator **Richard Lugar** and representatives from the Brooks Shoe Company and Hoosier Road Runners Club have announced plans for the Brooks-Lugar Running Series. Events will be held in 8 Indiana cities during 1980. Each program will include a running clinic, road race and nationally recognized running expert.

•The Development meets put on in Los Angeles by **Tom Clayton** were very successful, according to reports. So were the clinics held by **Dave Jackson**, **Al Henry** and **John Tansley** at the meets.

•**Richard Totman** in "Social Causes of Illness," argues that society is responsible for making people sick. "Many apparently 'physical' illnesses--including ulcers, hypertension and heart disease, as well as cancer and senility--are the products of an individual's inability to behave as the world expects him to. The risk of becoming seriously ill is affected more by social factors than by physical wear and tear."

•**Shirley Kinsey** of La Crescenta, California set a new U.S. 100-yard record for women 50-54 in 13.77 at the City of Orange Masters Meet, breaking **Ellen Rose's** mark of 14.6.

•**Jack Rice**, 59, of Riverview, Florida, ran an 18:20 5k in the Tampa Bay Classic. Rice wins just about every weekend somewhere in Florida in a 5k or 10k race. he broke 3 records in the Midwest Masters Regional (400, 800, 1500) last year and two (800, and 1500) in Atlanta. He's run the 400 in 59.5, 800 in 2:23 and mile in 5:28. Rice was Missouri state high school champion, winning a Butler U. scholarship where **Ray Sears** was his coach. Rice won the 55-59 400 at Raleigh April 26, and placed in the 800, 5000, and 10,000. "I plan to go to New Zealand," Rice says, "when I'll be a fresh 60 years. I hope to make a run on **Gilmour's** records."

•The Inca Trail Marathon promises to be the ultimate long distance race. The marathon will take place in the beautiful Peruvian highlands, 11,000 ft. above sea level on Sunday, September 28, 1980. The race parallels the original Inca Trail used by Inca runners to bring news from the coast to Cuzco. An experienced U.S. race director will provide split times, water, E.R.G., computerized results and a fiesta at the finish line. Contact: Hemphill/Harris Travel Corp., (800) 421-0454. (In California, 800-252-2103)

•From "Competitive Race Walking," **Ron Laird's** book: "Days of very easy training, taking part in an entirely different physical activity or complete rest are a must. We must learn to take out relaxation periods so that our minds and bodies can repair and rebuild themselves. These easy or 'non' workouts may bother your conscience, but they are better for you than a hard session that day." Sage advice for all.

•In the national 20k walk, **Ron Kulik**, 42, was 9th in 1:40:46.

•Our deepest sympathies are extended to fellow masters runner and U.S. Senator **Alan Cranston**, whose son Robin 32 died May 16 of head injuries suffered when hit by a van on May 10 while getting into a car in front of his Los Angeles home. "We love Robin very deeply and will miss him terribly," said a statement from the family. "He had more than his share of hard knocks, but his spirit never broke."

•**Bill Ranney** 44, and **Bonnie Dillon**, 33, were the top male and female walkers in the 2nd annual Julie Partridge Memorial 10k racewalk at Woodside High, California May 11. Ranney's time was 49:36; Dillon's 52:38. **Lori Maynard** was top woman over 40 in 54:19. **Fred Dunn** led the 50+ group in 56:39.

Enders.....continued from page 1

(40-44), **Pay Carstensen** (45-49), and **Ray Bury** (35-39). **Sparks Sorlien** (60-64) won the 100, 220, and both jumps.

Larry Judd won the hurdles in 15.82, long jump in 20-1/4 and triple jump in 36-9 in the 40-44 class. **Gerry Counihan** 41, high-jumped 6-0.

Results on page 15.....

Training Fund Formed

The United States Track & Field Training Fund, Inc. has been formed to raise money for the purpose of promoting interest in international and national track and field sports competition, to further public knowledge of track and field events and to assist national representatives in improving the caliber of their performances in track and field sporting events.

The head office of the corporation is located at 228 Glen Street, P.O. Box 190, Glens Falls, New York 12801.

Members of the Board of Directors of the corporation include: **H. William Dixon**, President & Chairman; **Jimmy Carnes**, Vice President; **Martin Liquori**, Vice President; **Barry Brown**, Secretary; and **David Norris**, Treasurer.

The Board of Directors has authorized the sale of 350 Gold Passes at \$1500.00 each annually. A Gold Pass holder would be entitled to: Two tickets to each of ten indoor and outdoor track & field events, admittance to a banquet with the athletes following the Outdoor National Championships, planned tours and social activities at several events, and entry to certain selected road races.

All contributions, exclusive of costs of administration, will be used solely for training and traveling of track & field athletes, male and female. Application for funds will be made by the athletes through national coaches and subsequently disbursed through The Athletics Congress, the governing body of Track and Field, long-distance running and racewalking in the United States.

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.

U.S. Road Running Records

by Bob Martin, National Running Data Center

The accompanying tables show the official U.S. Masters road running records as of April 30, 1980. Since the last list or records, as of 15 Nov. 79, dozens of records have been improved.

Not all of the new records were set recently. Some are the result of confirming data on older performances. For example, the 47:59 run by Hal Higdon becomes the 40-44 age-group record. Results of a Chicago race in which he ran that time in 1975 were just recently obtained by the NRDC. On the other hand, a few performances have been dropped from the record lists because course certifications were not finalized and because additional information was obtained.

The NRDC has increased the number of age groups for record keeping purposes. Mens 60-69 has been split into 60-64 and 65-69, while new age groups for older women are 50-54, 55-59, 60-69, and 70+. As participation warrants, additional age groups will be added. The new age groups open up many records for the taking, awaiting the first runner of the proper age to complete the distance.

Road-running records as compiled by the NRDC are recognized as the official U.S. records by the Road Runners Club of America and by the Athletics Congress. Official records must be set on courses certified by the National Standards Committee that start and finish near the same place. Marks on point-to-point courses that better the official records are shown for informational purposes with an "a". Such marks occur for less than 10% of the official records.

A "p" indicates a mark is pending, usually because final course certification approval has not been provided or because birthdates have not been reported to verify age group marks. Information to make such marks official should be sent to the National Running Data Center, Box 2488 Tucson, AZ 85733.

10 KILOMETERS

Age Groups-Men:

35-39	29:59	Barry Brown (35, FL)	29 Sep 79
40-44	31:44	James Bowers (40, CA)	2 Sep 79
45-49	33:57	Bob Collins (48, CA)	17 Sep 78
50-54	33:26	Pete Mundie (50, CA)	17 Sep 78
55-59	35:26	Mauro Hernandez (56, CA)	17 Sep 78
60-64	38:00	Bob Horman (60, DC)	9 Dec 78
	37:15p	Don Longenecker (63, NM)	6 May 79
65-69	43:49	Bob Boal (67, NC)	25 Nov 79
70+	45:53	Paul Fairbank (71, MD)	16 Jul 78
	45:38a	Lou Gregory (75, FL)	3 Jun 78

Age Groups-Women:

40-44	35:23	Miki Gorman (43, CA)	17 Sep 78
45-49	39:44	Dorothy Stock (46, CA)	19 Feb 79
50-54	41:28	Frances Sackerman (50, CA)	2 Sep 79
55-59	43:20	Helen Dick (55, CA)	9 Dec 79
60-69	49:46	Kay Atkinson (62, CA)	2 Sep 79
70+	1:14:04p	Felicitas Salazar (70)	28 Oct 79
	1:06:20e	Ruth Rothfarb (73, MA)	8 Oct 79

15 KILOMETERS

Age Groups-Men:

35-39	47:08	Ken Moore (35, OR)	24 Jun 79
	46:43p	Jarrett Slaven (35, FL)	9 Feb 80
40-44	47:59	Hal Higdon (44, IN)	21 Sep 75
45-49	49:16	Hal Higdon (46, IN)	5 Sep 77
50-54	53:55	Don Dixon (50, NY)	2 Apr 78
	52:43a	Alex Ratelle (53, MN)	16 Jul 78
55-59	53:38	Ed Almeida (55, CA)	15 Apr 78
60-64	54:23	Clive Davies (62, OR)	25 Jun 78
65-69	1:04:41	Robert Boal (66, NC)	1 Apr 78
70+	1:04:23	Ray Sears (70, IN)	2 Apr 77

Age Groups-Women:

40-44	57:15	Miki Gorman (45, CA)	24 Jun 79
45-49	1:01:14	Ruth Anderson (45, CA)	25 Jun 78
50-54	1:05:38	Anne Johnson (51, CA)	1 Dec 79
	1:03:57p	Margaret Miller (53, CA)	4 Jul 79
55-59	1:15:25	Els Tuinzing (57, CA)	18 Nov 78
60-69	1:27:00p	Alberta Ellerin (63)	3 Sep 78

20 KILOMETERS

Age Groups-Men:

35-39	1:01:16	Barry Brown (35, FL)	10 Nov 79
40-44	1:05:54	Herb Lorenz (40, NJ)	28 May 79

45-49	1:07:48	Hal Higdon (45, IN)	25 Sep 76
50-54	1:10:18	Alex Ratelle (52, MN)	27 Aug 77
55-59	1:16:07	Evans Kane (55, NJ)	27 Jan 80
60-64	1:21:19	John Wall (62, MD)	22 May 76
65-69	1:20:53	Norman Bright (66, WA)	22 May 76
70+	1:36:45	Ray Sears (70, IN)	29 Oct 77

Age Groups-Women:

40-44	1:16:57	Miki Gorman (41, CA)	25 Sep 76
45-49	1:25:49	Ruth Anderson (46, CA)	18 Jan 76
50-54	1:31:19	Margaret Miller (50, CA)	25 Sep 76
55-59	1:47:24	Mary Rodriguez (58, NY)	27 Jan 80
60-69	2:26:19	Marion Epstein (61, NY)	27 Jan 80
	1:41:23p	Althea Wetherbee (60, NY)	30 Sep 79

25 KILOMETERS

Age Groups-Men:

35-39	1:22:54	Randall Hoffmann (37, MI)	13 May 78
40-44	1:23:18	Ken Mueller (40, MA)	5 Mar 77
45-49	1:26:58	Ulrich Kaempf (48, CA)	23 Sep 79
50-54	1:29:00	Jim O'Neil (53, CA)	17 Sep 78
55-59	1:34:17	Ed Almeida (55, CA)	12 Mar 78
60-64	1:46:03	Paul Reese (61, CA)	17 Sep 78
65-69	1:54:15	Cleo Casady (66, MO)	17 Nov 79
70+	2:02:00	Ed Wiberg (71, MI)	12 May 79

Age Groups-Women:

40-44	1:38:40	Miki Gorman (41, CA)	12 Mar 77
45-49	1:47:10	Ruth Anderson (48, CA)	12 Mar 78
50-54	1:53:57	Ruth Anderson (50, CA)	23 Sep 79
55-59	2:39:46	Annabel Marsh (55, CA)	17 Sep 78
60-69	2:20:27	Kay Atkinson (61, CA)	17 Sep 78

100 KILOMETERS

Age Groups-Men:

35-39	7:01:43	Frank Bozanich (35, WA)	26 Jan 80
40-44	7:23:55	Cahit Yeter (43, NY)	25 Nov 78
45-49	9:28:23	Don Heimiller (47, MD)	6 May 79
50-54	7:52:37	Ted Corbitt (54, NY)	11 May 74
55-59	11:23:54	Bob Mason (58, NJ)	27 Jan 79
60-64	11:19:46	Dick Goodman (60, WA)	26 Jan 80

Age Groups-Women:

40-44	9:10:39	Lydi Pallares (40, FL)	27 Jan 79
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10 MILES

Age Groups-Men:

35-39	50:59	Jack Mahurin (35, MA)	2 Apr 78
40-44	51:30	Hal Higdon (44, IN)	21 Sep 75
45-49	56:54	Ed Stabler (46, NY)	14 Sep 75
50-54	58:16	Herb Chisholm (52, VA)	1 Apr 79
55-59	58:58	Hubert Morgan (56, PA)	2 Apr 78
60-64	1:01:01	Joe McGinness (61, TN)	7 Apr 79
65-69	1:07:59	John Archer (65, WI)	5 Aug 79
70+	1:21:35	Ed Wiberg (72, MI)	25 Aug 79

Age Groups-Women:

40-44	1:05:50	Mary Czarapata (43, WI)	8 Oct 78
45-49	1:09:49	Natalie Buzzell (46, MD)	1 Apr 79
50-54	1:15:09p	Bette Mihailek (50, WI)	5 Aug 79
55-59	1:26:45	Mary Rodriguez (58, NY)	16 Dec 79
	1:21:50p	Margaret Cochran (55, MD)	1 Apr 79
60-69	2:00:54	Marion Epstein (61, NY)	16 Dec 79
	1:40:52p	Eleanor Waite (60, NY)	6 Jan 80

20 MILES

Age Groups-Men:

35-39	1:48:42	Bill Clark (35, CA)	18 Nov 79
40-44	1:51:07	Kent Guthrie (40, CA)	28 Nov 76
45-49	1:56:39	Ross Smith (49, NV)	27 Nov 77
50-54	1:47:25	Jim O'Neil (51, CA)	28 Nov 76
55-59	2:10:22	Richard Houston (57, CA)	19 Nov 78
60-64	2:09:12	George Sheehan (61, NJ)	24 Feb 80
65-69	2:59:37	Paul Fairbank (69, MD)	28 Dec 75
	2:56:59p	Luis Martin (68, NJ)	24 Feb 80
70+	2:49:14	Paul Spangler (77, CA)	28 Nov 76

Age Groups-Women:

40-44	2:21:41	Nina Kuscsik (40, NY)	25 Feb 79
45-49	2:14:57	Toshiko D'Elia (48, NJ)	26 Feb 78
50-54	2:22:41	Ruth Anderson (40, CA)	18 Nov 79
55-59	3:03:29	Mary Rodriguez (58, NY)	24 Feb 80
60-69	2:59:13	Kay Atkinson (62, CA)	18 Nov 79
70+	3:25:59	Mavis Lindgren (71, CA)	19 Nov 78

50 MILES

Age Groups-Men:

35-39	5:00:30	Alan Kirik (35, NY)	6 May 79
40-44	5:28:19	John Garlepp (40, NJ)	4 Nov 78
45-49	5:50:44	Joe Erskine (49, NY)	3 Nov 79
	5:36:52p	Jim McDonagh (47, NY)	71
50-54	5:34:01	Ted Corbitt (51, NY)	18 Oct 70
55-59	7:31:54	Ted Corbitt (55, NY)	1 Nov 75
60-64	6:24:18	Frans Dauwels (60, OR)	29 Oct 78
65-69	9:31:35	Walt Stack (66, CA)	14 Oct 73

Age Groups-Women:

40-44	8:46:12	Lydi Pallares (40, FL)	13 Oct 79
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HALF-MARATHON

Age Groups-Men:

35-39	1:04:24	Barry Brown (35, FL)	27 Jan 80
40-44	1:07:54	Herb Lorenz (40, NJ)	16 Sep 79
45-49	1:13:42	Graham Parnell (45, CA)	4 Jul 75
50-54	1:16:53	Ed Almeida (54, CA)	5 Jul 76
	1:13:51a	Alex Ratelle (54, MN)	25 Aug 79
55-59	1:15:26	Ed Almeida (55, CA)	4 Jul 77
60-64	1:26:59	Wayne Zook (61, CA)	4 Jul 78
65-69	1:36:01	William Brobston (66, NY)	23 Sep 79
70+	1:49:00	Paul Fairbank (71, MD)	10 Sep 78

Age Groups-Women:

40-44	1:25:02	Linda Sippelle (43, DC)	10 Sep 78
45-49	1:29:00	Nicki Hobson (45, CA)	5 Jul 76
50-54	1:36:48	Anne Johnson (50, CA)	4 Jul 79
55-59	1:55:59	Mary Rodriguez (57, NY)	8 Sep 79
60-69	2:03:28	Alice Werbel (64, CA)	7 Dec 79

MARATHON

Age Groups-Men:

35-39	2:14:43	Mike Manley (37, OR)	13 Jan 80
40-44	2:27:30	Jerry McNeal (41, MN)	22 Oct 78
	2:24:41a	Herb Lorenz (40, NJ)	16 Apr 79
45-49	2:35:42	Ulrich Kaempf (47, CA)	9 Jul 78
	2:28:49a	Jim McDonagh (46, NY)	20 Apr 70
50-54	2:35:24	Alex Ratelle (54, MN)	9 Sep 79
	2:31:56a	Alex Ratelle (63, MN)	24 Jun 78
55-59	2:36:04	Alex Ratelle (55, MN)	21 Oct 79
60-64	2:42:44	Clive Davies (64, OR)	28 Oct 79
65-69	2:53:03	Monty Montgomery (65, CA)	5 Dec 71
70+	3:07:26	Monty Montgomery (71, CA)	16 Oct 77

Age Groups-Women:

40-44	2:47:45	Miki Gorman (40, CA)	7 Dec 75
	2:39:11a	Miki Gorman (41, CA)	24 Oct 76
45-49	2:57:41	Nicki Hobson (45, CA)	21 Mar 76
50-54	3:04:26	Carol Cartwright (50, CA)	28 Jan 79
55-59	4:03:27	Els Tuinzing (57, CA)	7 Apr 79
	3:27:45a	Marcie Trent (57, AK)	21 Apr 75
60-69	3:26:16	Marcie Trent (60, AK)	7 May 78
70+	4:37:37	Mavis Lindgren (72, CA)	9 Sep 79

100 MILES

Age Groups-Men:

35-39	14:14:09	Barker Barner (35, PA)	15 Jun 79
40-44	16:56:14p	Michael Allen (44)	15 Jun 79
45-49	18:19:42p	Eich Guenter (46)	15 Jun 79

Hurdlers! Last Chance!

Dave Jackson is issuing one final call for all hurdlers to write him with recommendations for hurdle heights and distances. As you know, there are many different combinations presently being used by meet directors. For example, some set the age 50-54 hurdles at 36", some at 33", some at 30". Then some space the hurdles 30 feet apart, while the World Games sets them 29 and 28 feet apart. So that's at least 9 possible combinations. It's tough enough to train for one event, let alone nine; and then wonder which one you'll get.

Jackson is trying to straighten out the present chaos so all the hurdlers can get on with it. Let him know: what height do you prefer for the 110 hurdles? For the 400 hurdles? What spacing do you like? 30 feet? 29 feet? Less? More?

Right now, it can go almost any direction. But it's probably going to be firmed up, once and for all, this year and in Christchurch. You've got the experience. Let Dave have your expertise. What'll it be? Write him NOW at 19103 S. Andmark Ave., Carson, CA 90746.

A Viable Alternative For Track And Field Athletes Age 30 To 39

Submasters Competition

by Mike Jackson

You are 30 to 39 years old. You have participated in Track and Field since high school and have recently completed what can be characterized as a rather successful career of competition at the collegiate and AAU level. In spite of your love for sprinting, you have decided to retire from active competition.

This decision has not been easy for you. But you yield to peer pressure to "quit while you're ahead" and the advice that at your age getting out of competition is "the right thing to do." So you quit. And yet, you are torn because, most of all, you still want to compete. The real problem is that your ability is not what it once was and you really do not want the time commitment or the pressure of open division competition.

Does this scenario ring any bells for you? It certainly suits me. My story began three years ago when I decided that competing as a sprinter was no longer among my top priorities. It was not that I had lost my love for running, but I discovered at age 27 that it had become extremely difficult to balance a full time job and graduate studies with the consistent training schedule which being a sprinter demanded.

This discovery was not easy for me. In fact, I spent a considerable amount of energy making excuses for why I could not maintain a normal five-day-a-week training schedule and ultimately why my performance in track meets was deteriorating. Eventually my teammates decided to confront me with the idea of retirement. They did not pull any punches. Their approach was direct, to the point, but diplomatic. I was told that while I had been an asset to the team, it had become obvious that in light of my many commitments this could no longer be the case. Although their arguments made sense, I still found it difficult to admit to my teammates that they were absolutely right. My biggest problem in accepting their advice was the fact that it came from (by track standards) "youngsters."

After several weeks of debating the merits of my involvement in track, I decided to seek the advice of a long-time friend and former teammate, Lennox Miller. From the very day I met Lennox I have had great respect for not only his athletic talents but his infinite wisdom as well. Lennox seemed to know exactly what I was feeling. He explained what I was going through was not easy and noted that he had only retired months ago himself. To give up something which has been a part of your whole physical being, your mental psyche, is no easy task. But one must recognize when a goal is no longer realistic, or when priorities must be

adjusted. I was primarily based on this advice that I made my decision to retire from active competition at age 27.

Okay, what were the alternatives for me? All of my life I had been active in one form of athletic activity or another. However, it was clear even after only a few months absence from competition that I would have a difficult time making the adjustment. I thought of several alternatives, none of which were attractive to me.

The first alternative was to quit running altogether. This would have been the thing to do if sprinting had become detrimental to my health or if I got no satisfaction whatsoever from running. But this was not the case.

The second alternative was to join the AAU as an official. At first this appeared to be the right thing to do. What could be more fun than officiating such major track meets as USC-UCLA, or even the Olympics? Well, what sounds good always seems to have its costs. I soon discovered that being an AAU official demanded commitments which included attending boring meetings, purchasing a uniform which was expensive, and travelling long distances to meets without reimbursement for expenses. The most discouraging thing about being an official was that it had its own bureaucracy and hierarchy. It was virtually impossible to get involved in any of the more attractive activities unless you were an important official in the organization. I believed that politics and running should be separate, but

this is far from the philosophy of the AAU.

Jogging appeared to be a better alternative. Why not? Everybody seemed to be doing it, evidence indicates a relationship between this "new American pastime" and good health. For me it would be the ideal way to lose the extra pounds I had gained and at the same time afford an escape from my numerous commitments. After several months of jogging on an almost daily basis, I realized that it did not meet all of my needs. When I had completed jogging, something always seemed to be missing--that missing element was a scheduled workout. And in all candor, jogging was boring, time-consuming, and futile. I could not detect any improvement in my weight. The result was that my schedule for jogging became erratic, and my excuses for missing became more and more ridiculous. Finally, my jogging career whimpered and died.

My final alternative was to join the Submasters group. But this was the option which I most resisted. My reluctance to join the Submasters had been based on unfounded rumors about them. Depending on who I talked with, Submasters competitors were viewed as "non-athletic old men and women acting out their fantasies," or as "second-rate athletes who could not make it in the big leagues." Being part of a group which suffered from this stigma had no appeal for me. But when I examined the history of this group, all misconceptions

were dispelled. Far from being second-rate athletes, past SM competitors have included such world class athletes as John Carlos, Herman Franklin and Lennox Miller.

I guess this is an argument for getting involved with the Submasters. Certainly it convinced me. I got involved approximately nine months ago after I was extended an invitation by Senator Alan Cranston of California to work-out with him. That experience with the Senator quite naturally led to a sharing of experiences about our prior track involvements. It was most inspirational to hear the Senator speak of his love of running and competition in general, even as a Masters competitor. Soon I was sold on the idea that there is a place for everyone who enjoys athletics, and particularly track. After a few weeks of workouts, and a few successful campaigns in regional track meets, I was off to Gresham, Oregon to participate in the National AAU Submasters and Masters Track and Field Championship Meet. Yes, I did have to pay my own expenses to the meet. But the point is, this was a marvelous thing--once again I had all the kicks of college and AAU competition.

This discussion constitutes the true confession of a track and field athlete. I recognize that even jogging is not the solution for everybody, but if you suffer from any of the symptoms outlined in this article then maybe Submasters Competition is for you!

All-Time Road Running Rankings

by Bob Martin,
National Running Data Center

The first-time compilation of all-time road running rankings is prepared on the basis of best marks. These rankings will appear in the 1980 edition of the NRDC book "U.S. Distance Rankings". The all-time rankings are shown to the same depth as the annual rankings for 1979 shown in this book. While the annual rankings show the best mark for each runner, a single runner could theoretically fill an entire list in the all-time rankings.

Some highlights from the 15k and 20k all-time rankings, first off the computer and being readied for printings in the book: Hal Higdon has five of the top ten marks in the 45-49 group...he also leads the 40-44 division...Ed Almeida has the top two times at 55-59, while George Sheehan had four of the top ten...Paul Noreen has four of the top ten marks in age 40-44...Alex Ratelle owns the top three in age 50-54...only seven over-70 marks at 20k have been recorded, ranging from 1:36:45 by Ray Sears to 2:45:51 recorded by Henry Bent...Ruth Anderson had three of the top five age 45-49 times...just two marks are recorded for women 60 and over...Miki Gorman and Trudy Rapp are 40+ women that make the top-50 list.

We believe this first-ever compilation of all-time road running marks to be reasonably complete, but we may be missing some older marks. We'll appreciate any additional results, corrections, and additions that can be pro-

vided. We are continually trying to improve and refine all of our record lists. Additional information should be sent to the NRDC, Box 42888, Tucson, AZ 85733. Price of the book is \$5.95.



Chris & Gary Miller, N. Hollywood, California, both masters age record-holders.

Northern Ohio Report

Sandra Knott, 42, national masters women's 1500, 5000 and 10,000 track champion, was first woman finisher in 38:33 in the Richmond Heights 10k April 27. She was 2nd woman, closing fast on a 23-year-old, in an 11k on March 27 in 42:40 in a race won by Craig Virgin and sponsored by a Cleveland radio station.

"The Richmond race," Knott reports, "is popular with serious runners because it's well run. A handbill is put in the mailbox of each house along the route days before the race, asking that all dogs be tied or put inside, and saying it's okay to hose runners down if it's warm. The mayor and everyone comes out, regardless of weather, to cheer us on. Merchandise is raffled off to non winning entrants."

The Great Downtown Racearound was held May 3rd. Up Euclid Avenue, north to the Lake, down thru the Cuyahoga River flats. Quite a contrast. It's for couples, with combined ages determining your class. Knott and her partner Bob Beyer won the 80-99 division.

"This one's good for Cleveland," Knott says, "and, because of the scoring system, is a lot of fun."

The Cleveland Track Classic is set for June 21, with open and masters divisions. The women are split at age 30, so there are only two women's divisions. "However, it's better than last year," Knott admits, "when women were open only. Several of us complained, and urged at least one other division. I was told women don't run track, therefore,

why bother. Well, older women don't want to be made fools of, but I talked a few into it to make our mark and we've got a start."

Report from the IRC

(The International Runners Committee was recently formed to increase competitive opportunities for runners worldwide and to help improve the administration of running. It's first objective is a full program of women's distance races in the 1984 Olympics. Fifteen runners make up the executive board to carry the wishes of runners to officialdom.)

The head of the IAAF women's commission "is doing everything possible to get the women's marathon, 5000 and 10,000 on the program for the 1984 Olympics."

Los Angeles Olympic officials, however, have expressed reluctance to add any new events to the 1984 program. But the LA Board of Supervisors and City Council both endorsed the marathon after the successful first running of the Los Angeles Women's Marathon, sponsored by 20th Century Fox.

"I am very excited at the prospect of having another discriminatory barrier against women athletes removed by 1984 by inclusion of the women's marathon," Supervisor Kenneth Hahn told the IAAF.

Mary Ellen Hamilton's classic photo of women runners in 1914 is now available as a poster. The cost is \$3. All proceeds after expenses go to the women's long-distance cause. (IRC, 1126 Pelican Rd., Pebble Beach, CA 93953)

NOW AVAILABLE Masters Age-Records 1980

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- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan 1, 1980.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
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Report From Australia

by Jack Pennington

At last! The Australian "Open" Veterans Track and Field Championships were held in Adelaide at Easter, 1980, some seven years after they had been advocated by David Pain.

For the first time in an Australian national championship, former "professionals" were eligible to compete with "amateurs." Four-hundred-fifty took part in ideal weather. At the conference following the historic meet, the dirty word "amateur" was deleted from the Constitution.

Gordon Pirie, Olympic silver medalist in 1956 behind Vladimir Kuts in the 5000, had not been eligible to compete in track since he broke 4 minutes for the mile in 1961.

Now a 49-year-old New Zealander, Pirie found the competition surprisingly stiff as he placed only 9th in the M45 1500 in 4:40.3. He fared better in the 5000, placing 2nd in 34:39.

We spent an evening reminiscing of races I ran behind him 30 years ago. He set world records for 3km and 5km, beating the world's best.

"The modern tracks are hard on my legs," he said. "Lack of racing is an obvious disadvantage."

Wal Sheppard is on the comeback trail after heart surgery. He was happy and content to fill last place in numerous races. His weekly mileage is now 50, more than when he was at his best. However, he's giving no thought to speed at this stage.

John Gilmour set a new world mark of 2:18.2 in the 60-64 800.

Top performances in the Championships included Reg Austin's three wins in the 100, 200 and 400 in the M40 division in 11.4, 22.9 and 51.1.

In the M50 400, W. Grady 56.3, Derek Turnbull (NZ) 57.9, G. Harrod 57.9. In the M50 800, W. Grady 2:07.5, Turnbull 2:08.5. In the M55 800, R. Clarke, 2:17.1. In the M60 800, George McGrath was right behind Gilmour in 2:19.4.

A. Bradford won the M40 1500 in 4:10.9, Turnbull won the M50 1500 in 4:25.5. Theo Orr took the M55 race in 4:42.9. Gilmour beat McGrath, 4:41.8 to 4:46.0 in the M60 class. B. Moreland won the M65 contest in 5:40. J. Brown took the M70 in 6:10, and Reg Barlow was first M75+ in 6:20.

In the 5000, Trevor Vincent won the M40 in 15:07, Doug Werling was edged in the M45 class in 15:53.8 by R. Morgan-Morris' 15:53.2. Turnbull clocked 16:25 to defeat B. Sutcliffe (17:09) and D. Westen (17:16) in M50. Theo Orr defeated Less Perry in the M55 division, 17:28 to 17:40.

John Bowers topped P. Hannaford in the M40 Steeplechase, 9:34.8 to 9:38.5.

In the 10km, Vincent won the M40 in 32:24 to Bradford's 32:59. Morgan-Morris defeated Pirie in M45 with a 34:15. J. Perry took 3rd, four seconds behind Pirie in 34:43. Turnbull won the M50 in 33:43 with Sutcliffe 2nd in 35:54. Gilmour was only 3.1 seconds off his own world record with a 35:10.8 win in

the M60 race. Robert Turnbull was 2nd in 37:51.

Our cross-country scene has now begun, so there will be no track reports till Christmas.

See you all at Christchurch.

7 Months To Go

Countdown To New Zealand

Here is the official schedule for the 4th World Veterans Games in Christchurch, New Zealand January 8-14, 1981.

The entry fee for all track and field events, pentathlon, cross country, marathon and road walk for both men and

women will be \$15 for the first event and \$5 for each additional event. There will also be a special fee of \$6 to the W.A.V.A. (\$1.00 New Zealand = about \$1.00 United States)

Relays will cost \$25 a team entry (one team per country per class). "Consolation" relays will cost \$5 a team, for athletes not considered for membership of official relay teams.

A specifically struck quality world Veterans Medal will be presented to the first three competitors in each event and at each age class. A certificate of performance suitable for framing will be presented to each finisher.

Age classes are in 5-year groups from 40-44 to 80+ for men and from 35-39 to 75+ for women.

Certified throwing equipment will be provided.

Accommodations on the university campus (25 minutes drive from stadium) are \$17 a day, including breakfast, dinner and full recreational facilities. Motels are \$20-\$30 per unit. Hotels are \$30-\$60 per room.

The post-meet banquet will cost \$15.

The 14th World Road Race Championships will be held in Palmerston North, New Zealand on January 3 (10k) and January 4 (25k). The entry fee is \$15 per race or \$25 for both races. The course is 5k, which will require 2 laps for the 10k race and 5 laps for the 25k race. Times will be displayed at the finish line and at the 2 1/2 k mark. Age classes are in 5-year groups from 40-44 to 80+ for men and from 35-39 to 70+ for women. Accommodations will be at a premium and travelers are advised to make reservations early.

COMPETE IN NEW ZEALAND



INTERNATIONAL ASSOCIATION OF VETERAN DISTANCE RUNNERS

14th. WORLD ROAD RACE CHAMPIONSHIP 10k & 25k
PALMERSTON NORTH JANUARY 3-4, 1981

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National Championships
July 4-6, 1980

SWEDEN - STOCKHOLM*

for Stockholm Marathon - Open
August 23, 1980

PUERTO RICO - SAN JUAN*

for Pan American Masters Championships
August 30-September 1, 1980

NEW ZEALAND - PALMERSTON NORTH**

for IGAL's 14th World Long Distance
Runners Road Race Championships
January 3-4, 1981

NEW ZEALAND - CHRISTCHURCH**

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4th WORLD VETERAN GAMES — PROGRAMME OUTLINE — MEN

	Thursday 8-1-81		Friday 9-1-81		Saturday 10-1-81		Sunday 11-1-81		Monday 12-1-81		Tuesday 13-1-81		Wednesday 14-1-81	
	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.
40-44	10,000		400 Hurd F	400 Hurd F	(Cross Country)				5000	Steeple H	4x100 H 4x400 H	110 Hurd F	Marathon F	Steeple H
		100 Heats	100 SF	1500 H 100 F	400 H		400 SF	1500 F 400 F		800 H 200 M	200 SF	800 F 200 F	4x100 F 4x400 F	
	Pole Vault		Shot Put	Long J	Pentathlon		5km Track Walk			Hammer High J	20km Road Walk	Discus Triple J	Javelin	
45-49	10,000			Steeple F	(Cross Country)		400 Hurd H		5000	400 Hurd F	110 Hurd H	1500 H 4x100 H	Marathon H	1500 F 4x400 F
		200 H	200 SF	800 H 200 F	800 SF	100 SF	100 SF	800 F 100 F		400 H	400 SF	400 F 4x100 H	4x100 F 4x400 F	
		Shot Put	Hammer Pole Vault	High J	Pentathlon		5km Track Walk			Discus	Long J	20km Road Walk	Javelin Triple J	
50-54	10,000		400 Hurd H	400 Hurd F	(Cross Country)			1500 F	5000	110 Hurd H	800 SF	110 Hurd F	Marathon F	Steeple H
		100 H	100 SF	100 F	400 F		400 SF	400 F		200 H	200 SF	200 F	800 F	4x400 F
	Long J	Discus	Javelin	Pole Vault	Pentathlon		5km Track Walk			High J	Shot Put	200km Road Walk	Hammer	Triple J
55-59	10,000			Steeple F	(Cross Country)		400 Hurd H		5000	400 Hurd F	110 Hurd H	1500 H 4x100 H	Marathon H	1500 F 4x400 F
		200 H	200 SF	800 H 200 F	800 SF		100 H	800 F 100 SF		400 H	400 SF	400 F 4x100 H	4x100 F 4x400 F	
	High J	Hammer		Javelin	Pentathlon		5km Track Walk			Long J	Discus	20km Road Walk	Triple J	Shot Put

	Thursday 8-1-81		Friday 9-1-81		Saturday 10-1-81		Sunday 11-1-81		Monday 12-1-81		Tuesday 13-1-81		Wednesday 14-1-81	
	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.
60-64	10,000		110 Hurd F	Steeple F	(Cross Country)		5000			400 Hurd F		1500 H	Marathon F	
		100 H	200 SF	800 H 200 F	800 SF	100 H		800 F	100 SF	400 H 100 F	400 SF	400 F 4x100 H	4x400 F 4x100 F	
	Hammer	Javelin	High J	Shot Put			Pentathlon 5km Track Walk			Long J	Discus	20km Road Walk	Pole Vault	Triple J
65-69	10,000		400 Hurd H	400 Hurd F	(Cross Country)		5000		110 Hurd H	110 Hurd F		4x100 H 400 F	Marathon F	4x100 F 4x400 F
		100 H	100 SF	800 H 100 F	200 H	800 F 200 SF		200 F		1500 H 400 F				
	Javelin		Long J	Shot Put			Pentathlon 5km Track Walk		Discus Pole Vault		20km Road Walk	Triple J	Hammer High J	
70+	10,000		400 Hurd H	400 Hurd F	(Cross Country)		5000		1500 H	110 Hurd H	110 Hurd F	4x100 H 400 F	Marathon F	4x100 F 4x400 F
		800 H 100 H		800 F 100 F	200 H	200 SF		200 F		400 H				
	Shot		Long J	Javelin			Pentathlon 5km Track Walk		Pole Vt		20km Road Walk	Hammer Triple J	Discus High J	

4th WORLD VETERAN GAMES — PROGRAMME OUTLINE — WOMEN

	Thursday 8-1-81		Friday 9-1-81		Saturday 10-1-81		Sunday 11-1-81		Monday 12-1-81		Tuesday 13-1-81		Wednesday 14-1-81	
	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.
35-39	10,000				(Cross Country)				5000				Marathon F	
			200 H	800 H 200 SF	100 Hurd H	800 F 200 F			400 H 100 H		100 SF	1500 H 4x100 H 400 F 100 F	4x100 F 4x400 F	
	Long J	Discus			Shot Put		Pentathlon 5km Track Walk		Javelin		10km Road Walk			
40-44	10,000			800 H 200 SF	(Cross Country)				5000				Marathon F	
			200 H	800 H 200 SF	80 Hurd H	800 F 200 F			400 H 100 F		100 SF	1500 H 4x100 H 400 F 100 F	4x100 F 4x400 F	
	High J		Discus	Long J			Pentathlon 5km Track Walk		Shot Put		10km Road Walk	Javelin		
45-49	10,000		400 H 100 H	1500 F 100 SF	(Cross Country)				5000	80 Hurd F		4x100 H 200 F	Marathon F	800 F
	Long J				Discus		Pentathlon 5km Track Walk		Shot		High J	10km Road Walk	Javelin	
50-54	10,000		400 H 100 H	1500 F 100 SF	(Cross Country)			5000		80 Hurd F		4x100 H 200 F	Marathon F	1500 F 4x100 F 800 F
	Discus		High J				Pentathlon 5km Track Walk		Long J	Javelin		10km Road Walk	Shot Put	
55+	10,000			800 H 200 SF	(Cross Country)			5000		80 Hurd F		4x100 H 400 F 100 F	Marathon F	1500 F 4x100 F
	Discus	Long J			Javelin		Pentathlon 5km Track Walk		High J		10km Road Walk		Shot Put	

Abbreviations: H — Heats SF — Semi-final F — Final

Race Directors

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

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

Davisson Ups Own World Long Jump Mark

LOS ANGELES, April 12. Shirley
Davisson, who broke the world's age
50-54 long jump mark on March 29 with
a leap of 20-8½ at the U.S. Masters
Indoor Championships in Syracuse, New
York, has done it again.

In the Northeast Masters meet at Cal
Poly Pomona, he added over 4 inches to
that mark with a jump of 21-1. Later in
the day, while stretching for a triple
jump mark, he injured an ankle and is
out for a while.

San Diego TC Sets Three 24 Hour Relay Marks

by Will Rasmussen

Three world records were broken at the San Diego Track Club's 24-Hour Relay held as a fund raising benefit for the Kidney Foundation. A 24-Hour Relay consists of teams of 2 to 10 members, each member running one-mile at a time in a fixed team rotation. If any team member misses a turn or fails to complete a mile, that runner is out for the remainder of the relay and any portion of an incomplete mile does not count in the total distance (except for the last runner at the end of the 24 hours).

On a day that turned out to be perfect for running (cool, dry and overcast), 22 teams started the relay at 9:00 a.m. Saturday March 1, on Grossmont Community College's 1/4 mile track. Although the night brought a chill and heavy dampness, runners' spirits picked up as the sun broke through Sunday morning and 21 teams completed the 24-Hour Relay. The weather indeed cooperated for the relay, as it had been raining heavily off and on a few days before the race and Sunday afternoon, less than 6 hours after the completion of the relay, another storm brought winds and rain for the duration of the night.

Four teams in the relay were attempting to break the existing world records for their respective divisions.

24-Hour Relay, completing 226 miles and 231 yards (averaging 6:22 per mile)--over 3 miles better than the old record of 223 miles and 80 yards (existing since 1972). Team members were Ellen Turkel, Kay Harpold, Barbara Jean Buchan, Abby Waltz, Terry Adams, Dalana Pursel, Lolitia Bache, Barbara Stoecklein, Liz Hutson, and Lauri Olson.

A most impressive performance came from the San Diego Track Club's over 60 team. With only 9 team members (John Lafferty, Wayne Zook, Dr. Hal Elrick, Leo Leonard, Woody Derby, Ed Coverly, Sef Torres, Cecil Smith, and 71 year old Dr. Carl Stroud), they passed the old record of 132 miles and 1416 yards at 15 1/2 hours into the relay, leaving them 8 1/2 hours to improve on it. They eventually added another 64 miles, for a total of 196 miles and 1652 yards (a team average of 7:19 per mile), a record which is probably going to stand for some time.

The most exciting and dramatic performance came from the San Diego Old Gray Hares, a men's over 40 team comprised of Will Rasmussen, Bill Porter, Cal Hamren, Juergen Richter, Bob Jordan, Ray Sablan, Bob Henley, Frank Saiz, Ton Hillary, and Tom Brown. After gaining what at one time amounted to a 13-minute lead on the record pace, the Hares saw that lead dwindle during the long night, to the point where it looked doubtful they could maintain a record pace until 9:00 a.m. However, after more than 21 hours of solid hard running, it was time for a few logistics. If a runner's times were beginning to slow too much, it was time to pull them from the relay; but, not too soon and not too many runners as the shorter rest period would effect the times of the faster runners also.

First one runner, then another was told he would only have to do "one more

Porter, Cal Hamren, Bob Jordan and Frank Saiz. Porter led off his final (and 29th) mile with a 5:23, followed by Hamren's 5:35. Jordan, circling the track to a growing chorus of excited shouts and screams, finished his last (and the team's 259th) mile in 5:46. Saiz had exactly 96.8 seconds left in the relay to run more than 108 yards which would break a record standing since 1971. He responded with a 67-second quarter and finally finished 620 yards in 96.8 seconds; the new record--259 miles and 620 yards, a team average of 5:33 per mile. The Hares also ended up as the number one overall team, beating out a strong team of Navy Seals who ended up with 249 miles.

RESULTS

SAN DIEGO OLD GRAY HARES:
Bill Porter (age-40, miles-29) 5:19.2, Cal

Hamren (41, 29) 5:25.3, Juergen Richter (42, 28) 5:35.7, Bob Jordan (40, 29) 5:30.8, Ray Sablan (40,28) 5:37.0, Bob Henley (42, 24) 5:41.9, Frank Saiz (41, 28-620yd.) 5:18.4, Tom Hillary (44, 26) 5:51.3, Tom Brown (41, 26) 5:40.9, Will Rasmussen (40, 12) 5:37.2. Team Total: 259 miles, 620 yards 5:33.1.

SAN DIEGO TRACK CLUB 60+:
John Lafferty (age-62, miles-22) 6:32, Wayne Zook (63, 22) 6:25, Dr. Hal Elrick (61, 22) 7:12, Leo Leonard (60, 22) 6:54, Woody Derby (61, 22) 7:06, Ed Coverly (63, 22) 7:52, Sef Torres (62, 22) 7:19, Dr. Carl Stroud (71, 21-1652yd.) 8:14, Cecil Smith (61, 21) 8:29. Team Total: 196 miles, 1652 yards 7:19.

Tymn, Miller Top Masters in Nike 10K

SAN DIEGO, CALIF., April 5. Mike Tymn of Honolulu and Margaret Miller of Los Angeles won the men's and women's masters titles in the Nike 10k road run as strong winds in the last 800 meters slowed tiring runners noticeably.

At age 53, Miller's triumph over all women masters runners was noteworthy. She defeated a class field which included national 45-49 champion Dorothy Stock, national 50-54 champ Ruth Anderson and national 40-44 runnerup Judy Groombridge. Her time of 39:09 is 2:19 faster than the existing American women's age 50-54 10k road mark of 41:28, set by Frances Sackerman last September. It's even faster than Stock's 45-49 national mark of 39:44. Anderson also broke the old 50-54 mark with 40:17, good for 4th woman overall.

Tymn hung back about 10 seconds behind the fast pace (4:55 for the mile) set by David Hambly and Earl Ellis of the powerful Snohomish Track Club of Seattle. They were under 16:00 for the 5k. Tymn caught Hambly at the 8k and pulled out to an 18-second win in 32:25. Ellis hung on for 3rd in 33:10, with

Dave Pitkethly, also of Snohomish, 4th, followed by Jim Gallup, Ray Hughes and Tom Cathcart, all under 34 minutes.

There were 3 separate races: Men's open, men's masters and women's open/masters. Judy Fox, 39, turned in a strong performance to finish 5th open woman in 34:23, 90 seconds behind winner Mary Decker in the quality field.

Herb Lindsay won the men's open title in 28:29, 21 seconds ahead of Frank Shorter.

The Masters Men's team title was won by Snohomish, followed by Mid-Pacific Road runners and the Los Angeles' Seniors Track Club.

The prestigious race will be increased to 30k in 1981 at a site yet to be selected.

Results on page 13.....

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6200 Hazeltine Ave.
Van Nuys, CA 91401



24 Hour Relay: San Diego Track Club 60+ Leo Leonard hands off to Woody Derby.
photo by Frank Borkat

Three of the teams succeeded: a men's 60 and over team, a men's over 40 team, and a women's team. The women's open team, Bosom Buddies II, surpassed the all-time women's world record that eluded them in a 1978

mile--give it every thing you've got!" And each responded, taking 10 to 20 seconds off their last few previous mile times. As the last three hours ticked away, the Hares were finally down to only 4 runners for the final cycle: Bill

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R.I.P. Rosie

by Wendell Miller

It is now apparent, rather obvious I guess, Rosie Ruiz is part of American folklore. Reaction has been all over the lot. The fine people of Moline, Illinois felt the need to name a race in Rosie's honor; fortunately it was cancelled before it took place. Pete Axehead, or whatever his name, in Newsweek Magazine toasted Rosie for getting even with all those self-important, self-appointed guardians of the jogging mystique. Sports Illustrated made it sound like the end of sport as we've known it, and something that athletics, as a whole, would probably never live down.

Give me a break, people! Enough already! Rosie Ruiz may certainly be a troubled young lady. So she didn't run the full marathon. Big deal. Disqualify her and let's move on. Its no death knell, its no end of an era, its no sign of things to come, its simply a misfortune. Kind of sad but chances are not the first and not the last.

A friend of mine was recounting the time a few years back at the Drake Relays when one of the runners rode in a jeep for several miles during the middle of the marathon, finished among the top runners, was discovered rather quickly, and disqualified. Everybody had a good laugh and everybody moved on. For whatever reasons, and I'm not

pretending to know, it just doesn't seem like a serious crime to me.

Anyone who has run for any length of time has felt the bitterness people like Pete, whatever his name, exhibit toward running or jogging, as he calls it. I don't understand this either. Maybe it really is bitterness; maybe it's a poor attempt to be funny; maybe it's just that fraction of the public that is always going to be against something that appears to be in vogue. Everyone has faced this antagonism somewhere along the line...whether on the job, at a party, or at the PTA.

Sometimes it presents itself as an attempt at humor. "Hi Sport, how'd you get here, did you run?" Or, "How do you get to work these days, Stretch: do you jog?" After you have been through this a couple of times, everyone I know seems to react the same. It becomes almost impossible to be drawn into a conversation about running, because, it isn't going to lead to anything resembling a positive conversation.

I tell people it makes sense to be physically active. Now, if being physically active to you personally means hanging your wife's head on the floor, then go do it. If you're refining the ancient art of seeing how long you can last without going to the toilet, more power to you. And even if it means running a race and taking a short cut once in a while--who cares? It's no Big Deal, it's certainly not worth getting bitter about. Remember, everybody lies, but it doesn't make any difference--nobody listens anyway.

Oerter Wins Discus

WALNUT, CALIF., April 20. Four-time Olympic gold medalist Al Oerter 43, won the open, as well as the Masters discus competition with a throw of 211-11 to highlight action at the popular Mt. San Antonio College relays.

George Cohen outdualed Mel Elliot by a nose in the age 40-44 1500 with both men being clocked in 4:16.2. The Corona del Mar 4x100 relay team of Ken Dennis, Dave Segal, Al Henry and Lew Smith ran a speedy 44.17. Henry doubled in the jumps. Bill Fitzgerald won the 50-59 1500 in 4:33.5.

Results below.....

Boston Marathon Masters Mix-up

BOSTON, MASS., April 21. California's Bernd Heinrich earned the 1980 Boston Marathon masters title; but, it wasn't without a fight. The hardest part wasn't the 2:25:25 clocking for 51st place overall. His biggest task was to prove, after the race, that he was, indeed, 40 and the rightful winner.

"When I learned that the race would be two days after my 40th birthday, I realized I had a chance to win the masters division," said the University of California entomology professor. "So when I sent in my form, I wrote specifically on it that I was 39 but would turn 40 just before the race." After the race he went to the result board to see how he did. "The first over

40 on the board was somewhere near 100th place," he recalled. "So I looked back up at my name, and the board had me listed as 39."

Marathon officials were already awarding the masters trophy to Raymond Swan of Bermuda. Heinrich protested, saying he was the real champion - and he dashed back to his hotel room and came back with his driver's license to prove it. He eventually was declared the winner.

Results:

1. Bernd Heinrich (California) 2:25:25
2. Raymond Swan (Bermuda) 2:27:29
3. Enrique Martinez (Puerto R) 2:29:25

TOP 25 MASTERS:

1. Bernd Heinrich (California) 2:25:25
2. Raymond Swan (Bermuda) 2:27:29
3. Ivan Keats (New Zealand) 2:28:59
4. Enrique Martinez (Puerto R) 2:29:25
5. John Robinson (New Zea) 2:29:51
6. John Brennand (California) 2:30:33
7. Fritz Mueller (New York) 2:31:20
8. Brian Harris (Michigan) 2:33:15
9. Robert Jenkins (Virginia) 2:34:06
10. Peter Jeffers (New York) 2:34:11
11. William Foulk (Montana) 2:34:37
12. Dick Hipp (New York) 2:35:21
13. Jeremy Clark (Virginia) 2:35:50
14. Don Conway (Wisconsin) 2:36:37
15. Ed Stabler (New York) 2:36:37
16. Alex Ratelle (Minn) 2:36:37
17. Richard Jamborsky (Va) 2:36:38
18. Duane Fjelstad (Wis) 2:36:38
19. Arthur Doyle (Oregon) 2:36:38
20. Mike Sabino (Md) 2:37:26
21. Earl Bradley (Ohio) 2:38:19
22. Ken Mueller (NY) 2:39:00
23. Hans Hartmann (NY) 2:39:12
24. Herbert Chisholm (Va) 2:39:36
25. Warren Ohlrich (Md) 2:40:06

Mt. Sac Relays

April 20, 1980 80 degrees

100 Meter Dash

(40-49)

Doug Smith	11.26
Kenny Dennis	11.36
Larol Chavz	11.96
George Cohen	12.29
Bob Radford	12.70

(50-59)	
Ted Vick	12.34
Tom Patsalis	12.80
Pete Fetter	13.19
Barney Phillips	13.49

(60 +)	
Byron Walls	13.79
Bill Morales	13.93
Burl Gish	14.76
Erich Jordan	19.24

1500 METERS

(40-49)

George Cohen	4:16.2*
Mel Elliott	4:16.2
Eugene Galindo	4:33.4
Lou Mayers	4:33.5
Jim Cullen	4:51.5
Steve Webb	4:57.9

*New Meet Record - old record of 4:24.8 held by Bill Fitzgerald, Seniors TC 1976

(50 +)

Bill Fitzgerald	4:33.5
Leonard Walts	4:47.3
Avery Bryant	4:53.9

TRIPLE JUMP

(40-49)	
Alvin Henry	41'9 1/2
Dave Jackson	41'1 1/2

(50 -59)	
Tom Patsalis	39'4 1/2
Dave Brown	30'4 3/4

4 x 100 Relay	
Corona del Mar TC	44.17*
(Dennis, Segal, Henry, Smith)	

Southern Calif. Striders	46.85
Corona Del Mar (team "B")	47.29

*NEW MEET RECORD -old record of 45.27 held by CDM 1977

LONG JUMP

(40-49)

Alvin Henry	20'8
Dave Jackson	19'9 1/2
Gary Miller	19'7 1/2
Gary Bane	16'11-3/4
Ed Oleata	16'11 3/4
John Tansley	16'1 1/2
Dave Douglass	15'3 1/2

(50-59)	
Tom Patsalis	18'5 1/2
Burton Otzinger	16'10 1/2
Dave Brown	15'7 1/2
Pete Fetter	14'9

(60 +)	
Burl Gist	15'0 3/4
Bill Morales	14'9
Bill Burke	12'10 3/4

4 x 400 RELAY

(40 +)	
Corona del Mar (Dennis, Smith, Miller, Segal)	3:37.3*

So. Calif. Strider 3:49.7

*NEW MEET RECORD - old record of 3:57.8 held by Striders Masters, 1979

5000 Meters

(40-49)	
Tom Sturak	17:32.2
George Cohen	17:45.5
Lorenzo Sanchez	18:59.5

(50 +)	
Jan Fekkes	17:12.8

Javelin (40-49)	
Hal Smith	155-11 1/2

Jim L. Weed	155-7
Rich Mills	149-0 1/2
Gary Miller	143-2
John L. Matthews	132-1
Gary Bane	131-9
Dave Douglass	104-7

(50-59)	
Pete Fetter	142-0
Hawke	136-1
Hal Wallace	125-1

(60 +)	
Bill Morales	146-10

Pole Vault

(40-49)

Maximiliano Moran Wong	12'0**
Ed Oleata	11'6
Gary Bane	11'0
Duane Telliano	11'0
L. Jim Weed	11'0
Hal Smith	10'6
Dave Douglass	10'6
John Tansley	9'6
Ronnie De Voe	9'0
John R. Blakesley	9'0

** Ties meet record held by Roger French - Seniors T.C. 1974 and Max Wong himself, 1979.

(50-59)	
Dave Brown	10'6
Hal Wallace	10'6
Don Grosh	10'6
Glenn Welch	7'0

(60 +)	
Orval Gillett	8'6
Bob Mac Conaghy	8'6

High Jump

(40-49)

Ed Oleata	5'0
Gary Bane	5'0
Hal Smith	4'10
Dave Douglass	4'6

(50-59)	
Byrton Otzinger	4'10
Dave Brown	4'8
Hal Wallace	4'8

(60 +)	
Burl Gist	5'0
Bob Ogle	4'8
Bill Burke	4'4

Shot Put (40-49)	
Jim Hert	43'2 1/2
Jim Hanley	41'5
Hal Smith	39'7
El Oleata	36'11 3/4
L. Jim Weed	35'10 3/4
John Tansley	31'8 1/2

(50-59)	
Harry Hawke	44'8 1/2
Bill Bangert	40'11
Hal Wallace	38'10 1/2

(60 +)	
Jack Thatcher	47'0
Bill Burke	39'9 3/4
Joe Sanz	32'7

DISCUS (40-49)	
Oerter, Al	211'11"
Humphreys, Bob	153'+
Hart, Jim	Distance unknown
Weed, Jim	116'+
Smith, Hal	112'+

(50 59)	
Wallace, Hal	34.22 meters

(60-69)	
Thatcher, Jack	42.04 meters
Burke, Bill	35.88 meters
Sanz, Joe	34.38 meters

RESULTS OF NIKE 10K ROAD RUN, SAN DIEGO, APRIL 5.

MASTERS MEN:

1 Mike Tymn	32:25
2 David Hambly	32:43
3 Earl Ellis	33:10
4 David Pitkethly	33:38
5 Jim Gallup	33:42
6 Ray Hughes	33:48
7 Tom Cathcart	33:55
8 Dick Hipp	34:02
9 Cal Hamren	34:13
10 Joe Burgasser	34:23
11 Phil Walkden	34:31
12 Eino Romppanen	34:36
13 Andre Tocco	34:38
14 Chan Robbins	34:39
15 Roger Bryan	34:39
16 John Rudberg	34:42
17 Bill Porter	34:48
18 Will Rasmussen	34:57
19 Johnny Faerber	35:06
20 Marv Rowley	35:15

MASTERS WOMEN:

1 Margaret Miller	39:09
2 Jennifer Wright	39:51
3 Dorothy Stock	39:59
4 Ruth Anderson	40:17
5 Judith Groombridge	40:24
6 Agatha-Sue Lee	40:35
7 JoAnne Wichary	40:36
8 Nicki Hobson	41:02
9 Pat Whittingslow	41:52
10 Christa Romppanen	42:07
11 Sue Stricklin	42:12
12 Anne Vanderhoff	42:13

TEAM RESULTS - MASTERS MEN

1 Snohomish Track Club	9
2 Mid-Pacific RR Club	25
3 Seniors TC of LA	38
4 National Capitol TC	43
5 San Diego Track Club	49
6 West Valley TC	52

RESULTS OF COLONIAL HALF-MARATHON, WILLIAMSBURG, VA. APRIL 13, 1980.

WOMEN 30-39:

1 McElroy	1:35:26.4
2 N. Goodridge	1:37:16.1
3 J. Lowe	1:42:41.0
4 McClure	1:42:45.3
5 Mitchell	1:48:48.2

WOMEN 40+:

1 D. Headen	1:32:54.6
2 M. Bostrom	1:47:28.5
3 J. Hood	1:59:19.0

MEN 40-49:

1 R. Lamade	1:14:58.3
2 C. Baker	1:20:22.0
3 F. Bostrom	1:21:42.8
4 C. Davies	1:22:35.5
5 G. Downer	1:23:28.0

MEN 50-59:

1 Brown	1:26:43.3
2 Fisher	1:33:06.2
3 Spaulding	1:42:21.2
4 Butler	1:43:39.1
5 Shuler	1:45:19.9

RESULTS - 1980 WEST VALLEY
MASTERS TRACK & FIELD MEET
LOS GATOS HIGH SCHOOL TRACK
APRIL 19, 1980

TRACK EVENTS

100 METERS (MEN)

Age 30 - 34
1. GREG MARSHALL (WVTC) 11:33
2. BILL WOOTEEN 11:98

Age 35 - 39
1. DAN FITZSIMMONS (WVTC) 11.1
2. SAM ROBINSON (WVTC) 11.1
3. RAY STEINER (WVTC) 11.8

Age 40 - 44
1. BEN ANIXTER (NCSTC) 11.5
2. GIL LATORRE (NCS) 11.95
3. BILL MITCHELL 12.4

Age 45 - 49
1. PERCY KNOX (CDM) 11.7
2. BRUCE SPRINGBETT (NCSTC) 11.7
3. SPENCER LERITER (NCSTC) 13.0

Age 50 - 54
1. (TIE) HUEL WASHINGTON & BOB ROEMER (MCSTC) 12.3
2. SID CUSTUDIO (TGI) 14.5

Age 55 - 59
1. RULON BIGELOW 14.9

Age 60 - 64
1. BILL FAIRBANK (STANFORD R.C.) 14.02
2. SAM HOOVER (NCSTC) 14.1
3. BILL BURKE (CDM) 14.5

Age 65 - 69
1. JOHN SATTI (NCSTC) 13.4
2. FRANK TAYLOR (NCSTC) 16.9

Age 70 - 74
1. ANTHONY CASTRO (SCS) 14.2
2. GORDON WALLACE 17.6

Age 80 - 84
1. PAUL SPANGLER 21.0

100 METERS (WOMEN)

Age 30 - 34
1. JANIE DUFF (WVTC) 13.8
2. DONNA UCOVICH 14.2

Age 35 - 39
1. MIMI GERARD (Woodside ST) 14.05

Age 40 - 44
1. SHIRLEY KINSEY (CDM) 15.8
2. SHIRLEY DIETDERICH (NCSTC) 16.5

Age 45 - 49
1. DIANA SMITH (CDM) 17.1

Age 50 - 54
1. JOSEPHINE KOLDA (NCSTC) 16.8

200 METERS (MEN)

Age 30 - 34
1. BILL WOOTEEN 24.4

Age 35 - 39
1. DAVE ROMAIN (WVTC) 22.3
2. DAN FITZSIMMONS (WVTC) 22.6
3. BOB SIMPSON (WVTC) 22.9

Age 40 - 44
1. PHIL MARESCA (NCSTC) 24.4
2. GIL LATORRE (NCS) 24.7
3. BILL MITCHELL 25.3

Age 45 - 49
1. NICK (SCS) NEWTON 23.2
2. BRUCE SPRINGBETT (NCSTC) 23.6

Age 50 - 54
1. BOB ROEMER (NCSTC) 25.4
2. HUEL WASHINGTON 25.6
3. ROBERT HIGGINBOTTAM 27.9

Age 55 - 59
1. JOHN SATTI (NCSTC) 28.0

Age 60 - 64
1. BILL FAIRBANK (Stanford R.C.) 29.6
2. SAM HOOVER (NCSTC) 29.7

Age 65 - 69
1. JOHN SATTI (NCSTC) 28.0

Age 70 - 74
1. ANTHONY CASTRO (SCS) 30.0

Age 80 - 84
1. PAUL SPANGLER (San Luis D.C.) 42.4

200 METERS (WOMEN)

Age 30 - 34
1. CHRIS JOYCE 36.8

Age 35 - 39
1. SHIRLEY KINSEY (CDM) 31.7
2. SHIRLEY DIETDERICH (NCSTC) 37.5

Age 40 - 44
1. JOSEPHINE KOLDA (NCSTC) 36.7

400 METERS (MEN)

Age 30 - 34
1. MATT PRUITT (WVTC) 48.8
2. GREG MARSHALL (WVTC) 51.9
3. HERB ASHTON () 55.0

Age 35 - 39
1. DAVE ROMAIN (WVTC) 50.31
2. ANDRE DUNKELL (NSC) 52.3
3. BOB SIMPSON (WVTC) 53.3

Age 40 - 44
1. NICK NEWTON 52.7
2. BILL KNOCKE 52.8
3. JACK KNEBEL (WVTC) 54.1

Age 45 - 49
1. DON JACKSON 59.9
2. HUEL WASHINGTON 1:01.2

Age 50 - 54
1. JOHN SATTI (NCS) 1:08.1
2. KEN BURNS (NCS) 1:15.9

Age 55 - 59
1. PAUL SPANGLER (San Luis D.C.) 1:32.8

400 METERS (WOMEN)

Age 30 - 34
1. CHRIS JOYCE 1:25.6

Age 35 - 39
1. MIMI GERARD (Woodside St.) 1:10.7

Age 40 - 44
1. SHIRLEY DIETDERICH (NCS) 1:30.1

Age 55 - 59

1. DIANA SMITH (CDM) 1:46.2

800 METERS (MEN)

Age 30 - 34 (880 Yds.)
1. BOB BROWNE (WTC) 2:08.4
2. BILL WELLER 2:11.6

Age 35 - 39 (All the rest 800 M)
1. DAVE ROMAIN (WVTC) 2:01.8
2. MASON, GEORGE (WVTC) 2:03.2

Age 40 - 44
1. DAVE DONALDSON (WVTC) 2:01.3
2. PETE RICHARDSON (WVTC) 2:03.1
3. JACK KNEBEL (WVTC) 2:04.7

Age 45 - 49
1. DAVE STEVENSON 2:18.7
2. DON JACKSON (NCS) 2:32.8

Age 50 - 54
1. ALAN DALE (NCSTC) 2:41.4

Age 55 - 59
1. RAY M A HANNAH (NCSTC) 2:39.8

Age 60 - 64
1. HARRY KOPPEL (NCSTC) 2:58.4

Age 65 - 69
1. FRED BIERLEIN (NCSTC) 3:20.0

Age 70 - 74
1. PAUL SPANGLER (San Luis D.C.) 3:40.3

800 METERS (WOMEN)

Age 30 - 34
1. JANIE DUFF (WVC) 2:31.5
2. JANET BRIDGEMAN 2:32.38

Age 35 - 39
1. MIMI GERARD (Woodside St.) 2:44.7
2. CAROLE MANSON (Woodside St.) 2:47.6

1500 METERS (MEN)

Age 30 - 34
1. MANNY MAWTON (WVTC) 4:12.9
2. ROBIN CLARK (WVTC) 4:25.6
3. RON LANDRUM (Cupertino) 4:47.6

Age 35 - 39
1. RICHARD SCHUPBACH (Sequoia) 4:10.4
2. JEROME MCFADDEN (WVTC) 4:10.9
3. RICHARD HERZOG 4:16.4

Age 40 - 44
1. TOM CATHCART (WVTC) 4:08.0
2. ROBERT WELLCK (WVTC) 4:28.4
3. HERB BLANCHARD 4:48.9

Age 45 - 49
1. JAMES WORLEY (NCSTC) 4:50.7

Age 50 - 54
1. DAVE STEVENSON 4:49.0

Age 55 - 59
1. RAY MAHANNAH (NCSTC) 5:33.1

1500 METERS (WOMEN)

Age 30 - 34
1. PHYLLIS JLRICH (WVTC) 4:45.5
2. JANIE DUFF (WVC) 5:22.7
3. JANET BRIDGEMAN 5:23.3

Age 35 - 39
1. MIMI GERARD (Woodside St.) 5:46.2
2. CAROLE MANSON (Woodside St.) 5:47.9

5000 METERS (MEN)

Age 30 - 34
1. JOHN CLARY (WVJS) 15:35.3
2. DENNIS TRACY (WVTC) 15:53.5

Age 35 - 39
1. BILL MEINHARDT (WVHS) 16:01.3
2. FRED DAVIS 17:34.6
3. STEN MAUYSON (TRAC) 18:34

Age 40 - 44
1. ROBERT WELLCK (WVTC) 16:29.7
2. JERRY LEWIS (TRAC) 16:34.2
3. JOHN BRAZINSKY 17:42.6

Age 45 - 49
1. JON BAUMGARTNER (TRAC) 18:40.3
2. RON NIEDERAUER (WVJS) 19:42

Age 50 - 54
1. JOHN POPPER 21:13.5

Age 55 - 59
1. ED PRESTON (NCSTC) 20:11.5

Age 60 - 64
1. JOSEPH GOODMAN 23:39.8
2. WILFRED BIGELOW (NCSTC) 25:34.5

Age 65 - 69
1. JOHN MC GEE (NCSTC) 24:07

5000 METERS (WOMEN)

Age 30 - 34
1. ANNA MARIE SPICKER 27:16.4

10,000 METERS (MEN)

Age 35 - 39
1. MARK GALLO (NCSTC) 35:26
2. FREDIE DAVIS 36:15.6
3. DAVID BRANM (WVJS) 42:08.1

Age 40 - 44
1. RUDY ESCOBEDO (TRAC) 36:20

Age 45 - 49
1. JOHN POPPER 43:08.7

Age 50 - 54
1. JOSEPH GOODMAN 44:25.3

10,000 METERS (WOMEN)

Age 40 - 44
1. GERRI DSICK 49:14.4

Age 45 - 49
1. JACLYN CASELLI 48:36.3

440 RELAY (MEN)

Age 40 - 44
1. NORCAL SENIORS 48.9

MILE RELAY (MEN)

Age 30 - 34
1. West Valley Track Club (Pruitt, Broune, Donaldson, Malton) 3:37.1
2. Tax Reducers A.C. 4:10.3

Age 35 - 39
1. West Valley Track Club (Simpson, Fitzsimmons, Mason Romaine) 3:31.4

Age 40 - 44

1. Norcall Seniors (Durham, Griddo, Elliott, Maresla) 3:53.7
2. West Valley Joggers & Striders 3:58.2

Age 50 - 54
1. Westinghouse 5:28.6

110 M. HIGH HURDLES (MEN)

Age 50 - 54
1. BOB ROEMER (NCSTC) 18.5
2. JOHN FRIESEN (CDM) 27.6

Age 55 - 59
1. JIM JOHNSON (NCSTC) 21.7

Age 60 - 64
1. BILL BURKE (CDM) 21.3

Age 65 - 69
1. HARRY KOPPEL (NCSTC) 22.2

400 M INTERMEDIATE HURDLES (MEN)

Age 30 - 34
1. MAT PRUITT (WVTC) 55.7
2. BILL PHILLIPS (Muditen T.C.) 1:02.8

Age 35 - 39
1. PHIL HENRIKSON 1:00.6
2. PHIL ACOSTINI (NCSTC) 1:08.1

Age 40 - 44
1. BOB ROEMER (NCSTC) 1:09.5
2. DAVE STEVENSON 1:11.2

Age 45 - 49
1. HARRY KOPPEL (NCSTC) 1:28.8

5000 METER RACE WALK (MEN)

Age 35 - 39
1. DENNIS GUSTAFSON (SFPD) 26:26.1

Age 40 - 44
1. CHARLES MARUT 28:20.5

Age 45 - 49
1. FRED DUNN (PMK) 28:28
2. HARRY SIITONEN (NCSTC) 29:26.7
3. JOHN FRIESEN (CDM) 30:58

Age 50 - 54
1. LARRY FOX (WVJS) 32:24.1

Age 55 - 59
1. OTTO SUMMERAUER 29:08

Age 60 - 64
1. GIULIO DE PETRA 31:01.7

Age 65 - 69
1. GORDON WALLACE 28:38.2
2. CHES UNRUH (SATC) 31:00.7

Age 70 - 74
1. JOHN SEZDON 37:18.3

5000 METER RACEWALK (WOMEN)

Age 30 - 34
1. BONNIE DILLON (Cupertino Yearlings) 25:13.6
2. ELIZABETH SIBLEY (GGRW) 30:04.3
3. DAPHNE DUNN (Pama Kids) 31:14.1

Age 35 - 39
1. Lori Maynard (Woodside St.) 27:10.1

FIELD EVENTS

JAVELIN (MEN)

Age 40 - 44
1. BARTON GALE (WVTC) 165'11"
2. JAMES HART (SDTC) 121'2"
3. DEAN PEARSON 105'1"

Age 45 - 49
1. PHIL CONLEY 187'0"
2. SPENCER LETCHER (NCSTC) 173'3"
3. RALPH SUTTON (NCSTC) 152'2"

Age 50 - 54
1. BOB STONE (NCS) 112'11 1/2"

Age 55 - 59
1. BILL BURKE (CDM) 119' 1/2"

Age 60 - 64
1. JOHN MC DONNELL (De Anza) 76'6 1/2"

Age 65 - 69
1. TIE - EMERY CURTICE (NCS) 98'7 1/2"
2. REDMOND DOMS (SCS) 98'7 1/2"

Age 70 - 74
1. (NEW WORLD AGE GROUP RECORD (Age 73)) 41'8"

JAVELIN (WOMEN)

Age 40 - 44
1. URSULA SCHREIBER 58'9 1/2"

Age 45 - 49
1. SHIRLEY KINSEY (CDM) 63'6 1/2"

HIGH JUMP (MEN)

Age 30 - 34
1. JIM MC GINNITY (WVTC) 6'4"

Age 35 - 39
1. JIM BROWN (NCSTC) 6' 1/2"
2. JACK SANCHEZ (OPITC) 5'0"

Age 40 - 44
1. HERM WYATT 6'2 1/2"

Age 45 - 49
1. NICK NEWTON (SCS) 5'8"
2. MORT DURHAM 5'2"

Age 50 - 54
1. JOHN FRIESEN (CDM) 3'10"

Age 55 - 59
1. BILL BURKE (CDM) 4'0"

Age 60 - 64
1. JIM MC CARTHY (NCSTC) 4'5"

POLE VAULT (MEN)

Age 35 - 39
1. BRUCE HOTALING (NCSTC) 13'

Age 40 - 44
1. JIM JOHNSON (NCSTC) 8'

Age 45 - 49
1. BILL BURKE (CDM) 7'6"

LONG JUMP (MEN)

Age 30 - 34
1. JOHN PIZZUTO 18' 1/4"
2. BILL WOOTEEN 17'10 1/2"

Age 35 - 39
1. SAM ROBINSON (WVTC) 20'3 1/4"
2. MIGUEL UCOVICH (NCSTC) 18'1 1/2"

Age 40 - 44
1. KERMIT WALKER (NCSTC) 20'10"
2. JERRY BERTELSON 18'6 1/2"

Age 45 - 49
3. DEAN PEARSON 18'1 1/2"

Age 45 - 49

1. JOE DURRENBERGER (NCSTC) 14'10"

Age 50 - 54

1. BOB ROEMER (NCSTC) 16'8"
2. ROBERT HIGGINBOTTAM 15'3"
3. JOHN FRIESEN (CDM) 12'5 1/2"

Age 55 - 59

1. JIM JOHNSON (NCSTC) 16'9"

Age 60 - 64

1. BILL BURKE (CDM) 14'0"

Age 65 - 69

1. JOHN SATTI (NCS) 15'11"
2. JOHN MC DONNELL (De Anza) 12'0"

DISCUS (MEN)

Age 30 - 34
1. TOM FAHEY (WVTC) 146'5 1/2"

Age 40 - 44
1. JAMES HART (CDTC) 133'6"
2. JIM CAIN 122'5 1/2"
3. DEAN PEARSON 89'10"

Age 45 - 49
1. SPENCER LETCHER (NCSTC) 107'1"

Age 50 - 54
1. BILL MAGNUSSON 78'0"

Age 55 - 59
1. BOB STONE (NCSTC) 117'1 1/2"

Age 60 - 64
1. BILL BURKE (CDM) 116'7"

Age 65 - 69
1. JAMES YORK (NCSTC) 111'5"
2. JIM MC CARTHY (NCSTC) 101'5"
3. JOHN MC DONNELL (De Anza) 81'6"

Age 70 - 74
1. REDMOND DOMS (SCS) 112'4"
2. LES ANUAMS 92'6"
3. LOU PERESYNYI (NCSTC) 89' 1/2"

Age 75 - 79
1. JOHN SELDON 45'10"

DISCUS (WOMEN)

Age 40 - 44
1. URSULA SCHREIBER 74'8"

Age 50 - 54
1. SHIRLEY KINSEY (CDM) 88'6 1/2"

SHOT PUT (MEN)

Age 30 - 34
1. BILL WOOTEEN 37'10"

Age 40 - 44
1. JAMES HART (CDTC) 43'11 1/2"
2. JIM CAIN 38'9 1/2"
3. DEAN PEARSON 30'1 1/2"

Age 45 - 49
1. SPENCER LETCHER (NCSTC) 35'4 1/2"
2. JOE DURRENBERGER (NCSTC) 31'2 1/2"

Age 50 - 54
1. BILL MAGNUSSON 28'3 1/2"

Age 55 - 59
1. BOB STONE (NCSTC) 34'5 1/2"
2. BELTON WOLF 28'5 1/2"

Age 60 - 64
1. BILL BURKE (CDM) 42'5 1/2"

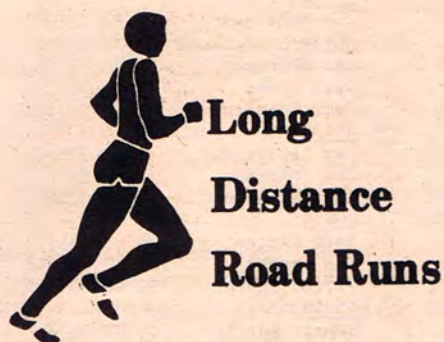
Age 65 - 69
1. JAMES YORK (NCSTC) 43'1 1/2"

Age 70 - 74
1. REDMOND DOMS (SCS) 37'10 1/2"
2. EMERY CURTICE (NCSTC) 36'7 1/2"
3. LOU PERESYNYI (NCSTC) 33'6 1/2"

MAY 11, 1980

MASTERS SPORTS ASSOCIATION'S 1980 OUTDOOR TRACK & FIELD CHAMPIONSHIPS - RANDALL'S ISLAND, N.Y.

100 yards			880 yards			Two Mile Walk			70-74			40-44		
30-34			30-34			30-34			30-34			30-34		
Arnold Minkoff	33 JG	10.92	Greg Fabian	30 PC	2.07.8	Ronald Salvio	31 SH	17.49.9	Morris Feinstein	74 NY	28'6	Ken McKenzie	40 PM	40'9.5
Ivan Black	31 AC	10.9	Ken Baker	43 NJ	2.05.4	Ivan Black	31 AC	20.25.2	WOMEN			Carl Klehm	41 UN	40'5.5
Rick Landry	33 UN	11.7	DeLeon Gibson	40 NJ	2.15.8	Kerry Beeley	33 SH	24.09.1	Sue Skerke	35 UN	65'5	Jack Goldstein	41 NY	39'6.5
35-39			45-49			50-54			30-34			45-49		
Ray Alexander	36 NY	10.71	Bill Krebs	45 NY	2.09.0	Sanford Kalb	52 SH	22.38.0	Skipper Clark	33 NY	83'7	Pay Carstensen	48 NY	35'10
Ed Kink, Jr.	37 GS	11.09	Cliff Pauling	45 NY	2.31.7	Maurice Lentzer	50 NY	25.01.1	Vilma Lee	32 NY	79'2	Tom Jackson	45 GS	35'0.5
Ernie Gil	39 PC	11.61	Tom Talbott	47 NY	2.42.3	Tom Costigan	50 NY	25.13.0	Hammer Throw			Kurt Krastin	45 NY	32'2.5
40-44			50-54			70-74			30-34			50-54		
Charles Elion	41 NY	10.28	Kelsey Brown	52 JS	2.19.8	Dave Lakritz	70 NY	20.25.2	Joe Ross	33 TT	124'11	Herb Canter	54 NY	38'7
Rick Deere	42 NY	10.48	Roy Cherniak	53 CJ	2.21.7	WOMEN			John Vogler	31 GS	104'11	Tom Brooks	50 PC	36'9.5
Richard Barnes	43 PC	10.56	Arthur Bradley	54 NY	2.39.7	Ann Costigan	54 NY	32.29.0	Jim Barber	32 NY	88'11	Elliot Stern	52 GS	30'1.5
Mel Barnwell	43 PC	10.60	55-59			High Jump			Ron Salvio	31 SH	86'5.75	55-59		
Haig Bohigian	43 NY	10.68	Archie Messenger	57 NY	2.22.4	30-34			Don Pierson	33 NY	76'6	George Battick	59 UV	33'1
45-49			60-64			30-34			35-39			John Vislocky	59 GS	30'4.5
Rudy Enders	48 PV	10.70	Ed Greenberg	60 SH	2.40.8	Rick Landry	33 UN	5'6	Joe Roberson	38 CJ	66'8.5	Paul Sereghy	64 NY	38'3.5
Cliff Pauling	45 NY	11.82	Bob Kroger	64 UN	2.48.4	John Vogler	31 GS	5'4	40-44			Bill Eipel	67 AC	37'10
E. N. Anderson	49 GS	12.20	Harry McArdle	73 NY	3.13.8	Ivan Black	31 AC	5'2	Norm Cyprus	41 AC	129'	WOMEN		
George Taylor	49 PM	12.40	70-74			Don Pierson	33 NY	5'0	Carl Klehm	41 UN	106'1.5	Vilma Lee	33 NY	29'4
Tom Talbott	47 NY	12.86	WOMEN			35-39			Ken McKenzie	40 PM	88'8	Sue Skerke	35 UN	23'4
50-54			30-34			Richard Ross	39 GS	6'2	45-49			Ann Cirulnick	45 NY	27'7
Tom Brooks	50 PC	11.70	Vilma Lee	33 NY	2.55.8	Ray Bury	37 GS	6'0	Pay Carstensen	48 NY	108'2	CLUB CODE		
Jim Dowling	52 NY	12.01	45-49			Gerry Counihan	41 AC	6'0	Kurt Krastin	45 NY	89'8	AC= NEW YORK ATHLETIC CLUB		
Maurice Lentzer	54 NY	12.59	Chris McKenzie	48 NY	2.51.3	Larry Judd	43 NY	5'8	50-54			FF= FAIRFIELD STRIDERS		
Harold Colen	52 NY	12.60	One Mile			Arthur Bradley	54 NY	4'4	Phillips	50 UN	113'1	GS= GARDEN STATE MASTERS		
Gene Kelly	52 SH	12.70	30-34			Elliot Stern	52 GS	4'0	Herb Cantor	54 NY	102'6	CJ= CENTRAL JERSEY		
55-59			35-39			55-59			55-59			ML= MILLROSE		
Ken Jack	59 NY	11.87	Paola Guidugli	39 UN	5.12.3	John Vislocky	59 GS	4'4	Paul Sereghy	64 NY	82'2	JS= JERSEY SENIOR TRACK CLUB		
Jim Manno	59 NJ	12.20	45-49			65-69			John Bruce	66 AC	79'9	NJ= NORTH JERSEY MASTERS		
60-64			45-49			William Eipel	67 AC	4'4	Bill Eipel	67 AC	76'9.5	NY= NEW YORK MASTERS SPORTS CLUB		
Sparks Sorlien	63 RI	13.20	Mort Gurtin	46 WP	5.05.3	WOMEN			Discus Throw			PC= NEW YORK PIONEER CLUB		
65-69			William Nicholson	49 NJ	5.06.0	Skipper Clark	32 NY	5'0	30-34			PM= PHILADELPHIA MASTERS		
Leo Tothbart	65 NY	13.86	Cliff Pauling	45 NY	5.10.0	Long Jump			Rich Landry	33 UN	100'11	PV= POTOMAC VALLEY SENIOR T.C.		
70-74			Lou Stern	46 PP	5.10.5	30-34			Richard Dunphy	32 SH	100'8	SH= SHORE ATHLETIC CLUB		
Manfred D'Elia	71 NJ	13.64	Bob Fine	48 NY	5.19.2	Rick Landry	33 NY	18'11.5	Jim Barber	32 NY	97'5	RI= RHODE ISLAND T.C.		
Morris Feinstein	74 NY	16.80	Don Denig	48 NY	5.34.8	Ivan Black	31 AC	18'10	Don Pierson	33 NY	94'11.5	JG= JAGUAR TRACK CLUB		
WOMEN			Don Denig	48 NY	5.34.8	John Vogler	31 GS	16'6.25	Ron Salvio	31 SH	84'3	RESULTS OF RICHMOND HEIGHTS OHIO 10K, APRIL 27. 202.		
30-34			Chris McKenzie	48 NY	6.02.0	Don Pierson	33 NY	15'5.75	John Vogler	31 GS	80'2.5			
45-49			Three Mile			Ray Bury	37 GS	19'7.5	Kerry Beeley	33 SH	69'8.5			
55-59			30-34			Ernie Gil	39 PC	17'10	35-39					
Skipper Clark	32 NY	11.92	Harold Greenberg	60 SH	5.55.3	Joe Roberson	38 CJ	12'10.25	Ray Bury	37 GS	105'11	Men 31-38		
45-49			Bob Kroger	64 UN	5.55.7	40-44			Norm Cyprus	41 AC	114'3	1 Brian Sobezak 31 32:10		
Chris McKenzie	48 NY	13.50	70-74			Larry Judd	43 NY	20'1.25	Carl Klehm	41 UN	105'	2 Lev Collins 32 34:19		
Ann Cirulnick	45 NY	14.12	Harry McArdle	73 NY	6.57.2	Gerry Counihan	41 AC	19'4.75	Ken McKenzie	40 PM	101'4	3 Keith Alley 36 34:29		
220 yards			WOMEN			Haig Bohigian	43 NY	17'5	45-49			Men 39-49		
30-34			Chris McKenzie	48 NY	6.02.0	45-49			Tom Jackson	45 GS	97'5	1 John Forrest 47 34:45		
45-49			Three Miles			50-54			Kurt Krastin	45 NY	90'11	2 Joe Fodor 42 35:21		
55-59			30-34			Harold Colen	52 NY	14'9.25	50-54			3 Lonnie Reid 44 37:18		
Ken Jack	59 NY	27.3	Bruce Davis	30 SH	17.43.8	Sparks Sorlien	63 RI	12'11	Ed Terranova	50 NY	119'11.5	Men 50+		
Jim Manno	59 NJ	28.2	Arch Freeman	37 SH	17.06.8	70-74			Herb Cantor	54 NY	114'8	1 Carl Sibera 51 40:41		
60-64			Craig Ryan	37 UN	18.31.1	Harry McArdle	73 NY	8'4.25	G. Battick	59 UV	89'7	2 Don Robins 51 41:29		
Sparks Sorlien	63 RI	31.0	40-44			Morris Feinstein	74 NY	7'4.75	John Vislocky	59 GS	69'11	3 Ralph Hinze 51 43:03		
70-74			Sandy Sadowsky	40 SH	16.57.2	WOMEN			Paul Sereghy	64 NY	105'8	Women 34+		
Manfred D'Elia	71 NJ	31.0	Neil Wortman	44 NY	18.21.7	Triple Jump			Melvin Vanhanten	63 NJ	100'5.5	1 Sandra Knott* 42 38:33		
Richard Barnes	43 PC	24.6	45-49			30-34			65-69			2 Susan Fiening 34 43:42		
Mason O'Neal	42 PC	24.7	Larry Rush	56 SH	20.41.5	30-34			Bill Eipel	67 AC	98'3.5	3 Helen Comanor 34 52:39		
Haig Bohigian	43 NY	24.9	Harold Greenberg	60 SH	20.13.9	35-39			John Bruce	66 AC	83'10.5	*1st woman, 35th overall		
45-49			Bob Kroger	64 UN	20.18.2	40-44			70-74			RESULTS OF CLEVELAND GREAT		
Rudy Enders	48 PV	24.1	Jim McGlinchay	64 UN	21:10.4	45-49			Harry McArdle			DOWNTOWN RACEAROUND, MAY 3.		
Cliff Pauling	45 NY	25.1	Three Miles			50-54			WOMEN			Combined Couples Age 80-99		
E.N. Anderson	49 GS	28.1	30-34			55-59			30-34			1 Sandra Knott &		
Tom Talbott	47 NY	29.1	50-54			60-64			45-49			Robert Beyer 59:30		
50-54			55-59			60-64			50-54			2 Geoff Vaughan &		
Jim Dowling	52 NY	27.6	60-64			65-69			60-64			Joni Jones 68:19		
Gene Kelly	52 SH	28.6	65-69			70-74			70-74			3 John & Kathy		
Maurice Lentzer	54 NY	29.6	70-74			WOMEN			70-74			Watterson 69:17		
55-59			70-74			WOMEN			70-74			Combined Couples Age 100+		
Ken Jack	59 NY	27.3	70-74			WOMEN			70-74			1 Ed & Shirley Doyle 72:42		
Jim Manno	59 NJ	28.2	70-74			WOMEN			70-74			2 Tom Loomis &		
60-64			70-74			WOMEN			70-74			Shirley Taylor 73:15		
Sparks Sorlien	63 RI	31.0	70-74			WOMEN			70-74			3 Robert & Dorothy		
70-74			70-74			WOMEN			70-74			Hartley 75:12		
Manfred D'Elia	71 NJ	31.0	70-74			WOMEN			70-74			RESULTS OF BONNIE BELL 10KM		
Harry McArdle	73 NY	35.2	70-74			WOMEN			70-74			SAN DIEGO, APRIL 5.		
Morris Feinstein	74 NY	46.5	70-74			WOMEN			70-74			W40-49		
WOMEN			70-74			WOMEN			70-74			1 Betsy Harrower 41:04		
30-34			70-74			WOMEN			70-74			2 Suzi Gillis 44:55		
Skipper Clark	32 NY	27.6	70-74			WOMEN			70-74			3 Phyllis Smith 45:19		
45-49			70-74			WOMEN			70-74			W50-59		
Chris McKenzie	48 NY	32.2	70-74			WOMEN			70-74			1 Virginia McLaughlin 49:25		
Ann Cirulnick	45 NY	34.7	70-74			WOMEN			70-74			2 Tania Klined 52:12		
440 yards			70-74			WOMEN			70-74			3 Peggy Naas 52:33		
30-34			70-74			WOMEN			70-74			W60-69		
Brian Sullivan	31 FF	52.4	70-74			WOMEN			70-74			1 Lois Edds 50:35		
Greg Fabian	30 PC	54.5	70-74			WOMEN			70-74			2 Florence Ewing 57:55		
35-39			70-74			WOMEN			70-74			3 Judy Simon 59:25		
Ed King, Jr.	37 GS	55.2	70-74			WOMEN			70-74					
40-44			70-74			WOMEN			70-74					
Mason O'Neal	42 PC	54.3	70-74			WOMEN			70-74					
Haig Bohigian	43 NY	55.9	70-74			WOMEN			70-74					
45-49			70-74			WOMEN			70-74					
Rudy Enders	48 PV	53.8	70-74			WOMEN			70-74					
Cliff Pauling	45 NY	56.9	70-74			WOMEN			70-74					
Tom Talbott	47 NY	66.1	70-74			WOMEN			70-74					
50-54			70-74			WOMEN			70-74					
Jim Dowling	52 NY	60.3	70-74			WOMEN			70-74					
Kelsey Brown	52 JS	62.0	70-74			WOMEN			70-74					
Don Spitzer	51 PC	66.4	70-74			WOMEN			70-74					
Sanford Kalb	52 SH	76.9	70-74			WOMEN			70-74					
65-69			70-74			WOMEN			70-74					
Joe McClusky	68 AC	78.7	70-74			WOMEN			70-74					
WOMEN			70-74			WOMEN			70-74					
30-34			70-74			WOMEN			70-74					
Vilma Lee	33 NY	75.8	70-74			WOMEN			70-74					



March 16, 1980. NYRRC Brooklyn
10-Mile. Prospect Park. 407 starters, 377 finishers. [331 men-46 women]

Men 40-49:	
1. Art Guerra (40)	50:22
2. Cahit Yeter (45)	58:19
3. Cecil Burgin (41)	1:02:04
Men 50-59:	
1. Evan Kane (55)	1:00:41
2. Joe Burns (50)	1:00:59
3. Bob Muller (55)	1:02:40
Men 60-69:	
1. Fred Buike (61)	1:21:51
2. Irv Epstein (61)	1:56:56
Women 40-49:	
1. Polly Schonfeld (40)	1:11:20
2. Margit Brosnan (40)	1:14:53
3. Margit Ritchie (48)	1:25:02
Women 50-59:	
1. Chris Dickinson (50)	1:21:56
2. Mary Rodriguez (58)	1:35:19
3. Patricia Kelly (51)	1:40:42
Women 60-69:	
1. Marian Epstein (61)	1:56:56

March 23, 1980. Prospect Park, Brooklyn. 3.5 Miles. 233 starters, 219 finishers.

Men 40-49:	
1. Tad White (46)	20:49
2. Peter Rains (44)	20:57
3. Bob Fine (48)	20:58
Men 50-59:	
1. Dan Dougherty (51)	23:04
2. Charles Hofmeister (50)	23:07
3. George Wiepert (51)	27:33
Women 40-49:	
1. Polly Schonfeld (40)	23:31
2. Dorothea Edmead (47)	30:16

March 29, 1980. Central Park, NYC.
4526 starters, 8444 finishers. [2631 men-813 women] Steady rain, 45 degrees.

Men 40-49:	
1. Cahit Yeter (45)	35:07
2. Sid Howard (40)	35:13
3. Joe Erskine (49)	35:27
Men 50-59:	
1. Joe Burns (51)	37:35
2. Frank Lorey (50)	38:40
3. Guy Froehlig (50)	38:58
Men 60-69:	
1. George Sheehan (61)	39:14
2. Rufus Schatzberg (62)	41:46
3. Al Goldstein (60)	42:21
Women 40-49:	
1. Polly Schonfeld (40)	42:01
2. Mimi Lerner (43)	42:17
3. Stans Koizumi (43)	45:36
Women 50-59:	
1. Lya Kilian (51)	50:21
2. Lillian Larrier (50)	54:32
3. Joyce Kuschke (51)	55:45



ATHLETICS CONGRESS
U.S. MASTERS DECATHLON CHAMPIONSHIPS
Aurora Central High School
1200 Peoria St, Aurora, Colorado
June 28th & 29th, 1980



Sanctioned by Colorado Athletics Congress

ENTRY BLANK AND RELEASE FORM

ENTRIES MUST BE IN OUR HANDS NOT LATER THAN JUNE 23rd, 1980
(Please Print)

Name _____ Age _____ Date of Birth _____
Address _____ Phone _____
City _____ State _____ Zip _____

In consideration of this entry being accepted I hereby for myself and administrators waive and release any and all claims I may have against Aurora Public Schools, the organizers of the meet, their representatives, and the Athletics Congress for any and all injuries suffered by me at the above mentioned meet. I also certify that I have no physical defects that would prevent me from competing in this DECATHLON Meet.

Signature in full of athlete _____
ENTRY FEE: \$10.00

Make checks payable to: Denver Track Club DECA
Mail checks to: Meet Director
Jim Weed
11672 E. 2nd Ave
Aurora, Co 80010

The Denver Track Club will host a Sunday evening get-together for a video tape replay of the decathlon competition. If you plan to attend so indicate and the number.

WILL ATTEND _____ UNABLE TO ATTEND _____

For local publicity, please list below any previous national or international competition.

ENTRIES MUST BE IN OUR HANDS NOT LATER THAN JUNE 23rd, 1980



1980 TFA·USA NATIONAL MASTERS CHAMPIONSHIPS

Sponsored by Nike and Atlanta Track Club

Sanction: 1980 National TFA/USA Masters Championships
Date: June 14, 1980
Site: Lakewood Stadium (8 lane Reslite track) Atlanta, Georgia (Maximum 1/4 inch spike)
Age Divisions: Men: 0A (30-34); 0B (35-39); 1A (40-44); 1B (45-49); 2A (50-54); 2B (55-59); 3A (60-64); 3B (65-69); 4A (70-74); 4B (75 & over). Women: 0 (30-39); I (40-49); II (50-59); III (60-69); IV (70 & over).
Entry Fee: \$7.00 First Event \$5.00 Each Additional Event \$16.00 Each Relay Team \$7.00 includes T-shirt and Souvenir Program to each competitor.
Entry Deadline: June 9, 1980 (Midnight)
Refunds: Up to June 9, 1980
Late Entries: Late or incomplete entries will be assessed a \$2.00 fee. Clerk of course has right to reject late entries.
Registration: Entrants are encouraged to register at the Sheraton between 8:00 and 9:00 P.M. Friday evening. Late arrivals should report to tent at the stadium on Saturday.
Awards: Medals to first three places. T-shirts to all competitors.
Team Points Awarded: 1st - 5 3rd - 2
2nd - 3 4th - 1
To compete for a team, athlete must live within that geographic region.
Team Roster must be submitted prior to entry deadline.
Team Awards to first three teams.
Pentathlon: Entrants will compete in five individual events as scheduled.

Housing: Meet Headquarters: Sheraton Atlanta Airport 1321 Virginia Ave. Atlanta, Ga. 30344 404/768-6660
Room: \$26.00 per night (Up to 4 persons)
Note: You must mention the Atlanta Masters Championships to obtain this rate.
Transportation: Shuttle service is available from the airport to the Sheraton Hotel.
Barbecue: Saturday evening at 9:00 at the Stadium. Tickets are \$5.00. Please order from your entry form so we may prepare for you.
Implements:

Division	Javelin	Discus	Shot	Hurdles
0A	800 GM.	2.0 KG	16 lb.	39HH, 36IH
0B	800 GM.	2.0 KG	16 lb.	39HH, 36IH
1A	800 GM.	2.0 KG	16 lb.	36HH, 33IH
1B	800 GM.	2.0 KG	16 lb.	36HH, 33IH
2A	800 GM.	1.6 KG	12 lb.	33HH, 30IH
2B	800 GM.	1.6 KG	12 lb.	33HH, 30IH
3A	600 GM.	1.0 KG	8 lb.	30HH, 30IH
3B	600 GM.	1.0 KG	8 lb.	30HH, 30IH
4A	600 GM.	1.0 KG	8 lb.	30HH, 30IH
4B	600 GM.	1.0 KG	8 lb.	30HH, 30IH

TFA/USA To be held at 8:00 p.m. in the registration Planning Session: room at the Sheraton.
Questions? Ken Kirk 404/436-6918 (pm)
Note: If you would like to have your individual picture or team photo in the Souvenir Program, please return photo and pertinent data along with completed entry form no later than May 15, 1980



OFFICIAL ENTRY FORM 1980 ATLANTA MASTERS CHAMPIONSHIPS TFA/USA MASTERS CHAMPIONSHIPS

Team Affiliation _____ Phone No. _____
(If none, write unattached)
Name _____ Age _____ Male _____ Female _____ Birthday _____
First Middle Last (As of day of meet)
Address _____ City _____ State _____ Zip _____
\$7.00 First Event, \$5.00 each additional Event.

Event	Best Performance in 1980	Fee
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____

Barbeque Reservations (Saturday 9:00 pm) - Adult Ticket \$5.00 (At the Track)
Total Fee _____
T-Shirt Size: S M L XL
Additional T-Shirts Available for Sale
Form may be reproduced for additional entries.
Payable to Atlanta Masters Championships
Competitor must sign waiver on reverse side.

RELAY ENTRY FORM (\$16.00 Per Team)

Event _____ Division _____ Club _____
(Determined by age of youngest relay team member)
Names: 1. _____ 3. _____
2. _____ 4. _____
Total Estimated Time _____
Alternates: 1. _____ 2. _____
NOTE: Separate entry forms and \$16.00 payment to Atlanta Masters Championships must be submitted for each team entered. Club official certifies with his signature below that all men named are members of that club and each member has sent an official individual entry form.
Club Official _____ Phone _____
Address _____ City _____ State _____ Zip _____
Falsification will result in disqualification.

WAIVER FOR ALL EVENTS:

In consideration of the right to participate in the 1980 Atlanta Masters Championships, I do hereby, for myself, my heirs and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me against the TFA/USA or their officers or agents, Nike, the Atlanta Track Club, Inc. and The City of Atlanta and any and all sponsors of the aforementioned championships. I further certify that I am in good physical condition and have trained for several months or have recently undergone a thorough physical exam by a certified medical doctor.
Date _____ Signed _____
Mail to: Atlanta Masters Championships
3800 Stonewall Terrace
Atlanta, Georgia 30339
Form may be reproduced for additional entries.

**1980 ATHLETICS CONGRESS NATIONAL MASTERS
TRACK & FIELD CHAMPIONSHIPS**

JULY 4-6

Franklin Field, Philadelphia, Pennsylvania

Age Divisions: 5 year age groups from age 30 to 80+ for men and women.

Entry Fees: \$7.00 first event
\$5.00 each additional event
\$16.00 per relay team

Track Facility: Tartan surface

Entry Deadline: June 28, 1980

Awards: Medals to first 3 places

Housing: University Hilton Hotel and University Holliday Inn. Special rates \$21.25 each in twin or double; \$37.50 for single room.

Transportation: Track is close to hotels. Shuttle service is available

Banquet: Saturday, July 5, 9:00 pm. \$15.00

Schedule: Incomplete at press time. Generally the same order as 1979 National Championships Opening Ceremonies tentatively scheduled for Friday 6:00 pm.

Team Affiliation _____ Phone No. _____
(If none, write unattached)

Name _____ Age _____ Male _____ Female _____ Birthday _____
First Middle Last (As of day of meet)

Address _____ City _____ State _____ Zip _____

\$7.00 First Event, \$5.00 each additional Event.

Event	Best Performance in 1980	Fee
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____

T Shirt Size: S M L XL Banquet Reservations - \$15.00 each

Payable to National Championships Total Fee _____

Please reserve hotel accommodations for (no. of people) _____
Type of accommodations (single, twin, double) _____
Which night? Friday _____; Saturday _____; Sunday _____

Roommate preference _____
(If no preference, roommate will be assigned)

RELAY ENTRY FORM

(\$16.00 Per Team)

Event _____ Division _____ Club _____
(Determined by age of youngest relay team member)

Names: 1. _____ 3. _____
2. _____ 4. _____ Total Estimated Time _____

Alternates: 1. _____ 2. _____

NOTE: Separate entry forms and \$16.00 payment to National Masters Championships must be submitted for each team entered. Club official certifies with his signature below that all men named are members of that club and each member has sent an individual entry form.

Club Official _____ Phone _____

Address _____ City _____ State _____ Zip _____

Falsification will result in disqualification.

WAIVER FOR ALL EVENTS:

In consideration of the right to participate in the 1980 National Masters Championships, I do hereby, for myself, my heirs and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me against the Athletic Congress of the USA or their officers or agents, Penn Mutual, the State of Pennsylvania and any and all sponsors of the aforementioned championships. I further certify that I am in good physical condition and have trained for several months or have recently undergone a thorough physical exam by a certified medical doctor.

Date _____ Signed _____

Mail to: Bert Lancaster
6014 Chew Ave.
P.O. Box 20541
Philadelphia, PA 19138

Form may be reproduced for additional entries.

**July 4, 5,
and 6**



**For Meet Information and
Entry Blank Write:**

Bert Lancaster
Meet Director
6014 Chew Avenue
Philadelphia, PA 19138

**The Athletic Congress
NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS**

Sponsored by
The Penn Mutual Life Insurance Company
and
The Philadelphia Masters Track & Field Association

Franklin Field • University of Pennsylvania • Philadelphia, PA



1980 ATHLETIC CONGRESS WESTERN REGIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

1980 ATHLETIC CONGRESS WESTERN REGIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS SCHEDULE OF EVENTS

SATURDAY, June 21st

DATES: Saturday, June 21st and Sunday, June 22nd, 1980

LOCATION: San Diego State University, San Diego, California

MEET DIRECTOR: Richard J. Straub, 7909 Blue Lake Drive, San Diego, California 92119, 714-465-0223 (after 6:00 PM)

ENTRY FEE: \$5.00 first event, \$3.00 each additional event. \$12.00 per relay team payable at the meet.

ENTRY DEADLINE: Friday, June 13th, 1980 (NO POST ENTRIES)

AWARDS: Three place awards in each event, each sex, each age group.

AGE GROUPS: Five year brackets beginning at age 30 (e.g., 30-34, 35-39)

FACILITIES: Artificial track and runways requiring $\frac{1}{2}$ " spikes or shorter. Shower and locker facilities available at track.

ACCOMMODATIONS: Any accommodations in the Mission Valley area would be close to the track. Make reservations early during summer months.

HOW TO ENTER: Make checks payable to Richard J. Straub and mail with application to Richard J. Straub, 7909 Blue Lake Drive, San Diego, California 92119.

(RETURN THIS PORTION WITH CHECK)

NAME _____ SEX _____ CLUB _____

ADDRESS _____ (Street) _____ (City) _____ (State) _____ (Zip) _____

AGE DATE OF COMPETITION _____ PHONE _____ ATHLETIC CONGRESS NUMBER _____

EVENTS ENTERING _____

In consideration of acceptance of my entry, I do hereby for myself, my heirs, and executors or administrators, waive, release, and forever discharge any and all rights and claims for damages which I might have, or which may hereafter accrue to me, against the Sponsors, the San Diego Track Club, San Diego State University, or the Athletic Congress, or their officers or representatives, arising out of my participation in the 1980 Athletic Congress Western Regional Masters Track and Field Championships. I certify that I have no physical impairments which might in any way prevent me from competing, I understand that I compete at my own risk and I certify that I am the age listed above.

SIGNATURE _____ DATE _____

TRACK		FIELD	
10:00 AM	5000 Meters-Finals (2 races)	9:00 AM	Pole Vault 30 thru 49 - South Pit 50+ North Pit
11:00 AM	400 Meter Relay-Finals		
11:30 AM	1500 Meter-Finals	9:00 AM	Discus Throw 30 thru 49 - North Ring 50+ & women- South Ring
12:00 PM	100 Meter-Trials		
1:00 PM	400 Meter-Trials	11:30 AM	Shot Put 30 thru 49 - South Ring 50+ & women- North Ring
1:45 PM	100 Meter-Finals		
2:15 PM	110 Meter Hurdles-Finals	11:30 AM	Long Jump 30 thru 49 - West Pit 50+ & women- East Pit
2:45 PM	3000 Steeplechase-Finals (2 races)		
3:30 PM	400 Meter-Finals		

SUNDAY, June 22nd

TRACK		FIELD	
8:45 AM	500 Meter Walk-Finals	9:00 AM	High Jump 30 thru 49 - South Pit 50+ & women- North Pit
9:30 AM	10000 Meter-Finals		
10:30 AM	200 Meter-Trials	9:00 AM	Javelin Throw (50+ & women)
11:00 AM	800 Meter-Finals	10:00 AM	Javelin Throw (Men 30 thru 49)
11:45 AM	400 Meter Hurdles-Finals	11:00 AM	Triple Jump 30 thru 49 - West Pit 50+ East Pit
12:30 PM	200 Meter-Finals		
1:00 PM	4X400 Meter Relay-Finals	12:00 PM	Hammer Throw

MEET NOTES

- All races will be run in the order of women, then men, oldest ages first.
- In the 100,200 and 400 heats, if there are not enough contestants to warrant running heats then the final will be run at the time of the heats.
- Heats, lane assignment, and approximate start times will be posted.
- The meet director may combine races in order to speed up the meet.
- Relay teams may be entered the day of the event.

NATIONAL RUNNING DATA CENTER

PUBLICATIONS LIST

1980 BOOKS

- U.S. Marathoners - - Lists and ranks by age group each reported marathon finish on a certified course in 1979. Analyzes over 100,000 individual performances. Contains numerous summary tables. \$9.95
- Running Records by Age - - Contains single-age records as of 1 Jan 80 for 25 track and road-running events, 100 meters to 100 miles. Includes national and age-group records as officially recognized. \$3.95
- U.S. Distance Rankings - - Ranks top 100 men and top 50 women, plus up to 10 in each age group for all standard distance events. Complete all-time US rankings and rankings for 1979. \$5.95
- Certified Road Running Courses - - Lists and describes all road-running courses certified by the National Standards Committee by Apr 1980. \$1.95

EARLIER BOOKS STILL AVAILABLE

- U.S. Marathoners, 1979 - - Lists and ranks each reported marathon finish by a US runner on a certified course in 1978. 80,005 performances, summaries. \$5.95
- Running Records by Age - - Single-age records as of 1 Jan 79 for 100 meters to 100 miles. (Contains names of many runners not in the latest edition) \$3.95
- National Rankings of Runners - - Ranks 100 top men and 50 top women, plus up to 10 in each age group for 1978. \$3.95
- Age Records as of 1 Jan 78 - - The first complete compilation of age records for all standard long-distance events. \$2.00
- U.S. Distance Rankings, 1976 - - These landmark volumes were the last rankings of all reported finishers of races at standard distances 15 kilo and longer, both on certified and uncertified courses. Only a few copies left. Vol. I contains participation statistics and all distances 15k and up, except half-marathon and marathon. Vol I \$4.00
Vol II is half-marathon and marathon. Vol II \$3.50

STATISTICAL REPORTS

- U.S. Ultramarathon rankings, 1979 - - Shows up to 100 open and up to 15 age-group ultramarathon leaders for 1979, as compiled by Nick Marshall. \$1.00
- National Rankings of Runners - - Summary statistics for 1978. Shows top 10 men and top five women, and age-group leaders for 16 long-distance events. \$1.00
- Race Participation Statistics, 1978 - - Shows number of races and finishers by state, largest races by state and distance, per-capita participation. \$1.00
- Ultramarathon Rankings, 1978 - - Detailed rankings for 1978 and all-time for all ultramarathon distances, as compiled by Nick Marshall. \$1.00
- U.S. Distance Rankings, Summary for 1977 - - Shows top 25 open men and top 10 open women, plus up to 5 in each age group for eight standard distances. \$1.00
- Race Participation Statistics, 1977 - - Shows number of races and finishers by state and by distance, 50 largest races, other data. \$1.00

All National Running Data Center publications are available from:
NRDC Books, Box 42888 Tucson, AZ 85733

For books, please add 75 cents per book for shipping. Statistical reports are postpaid.
On orders of \$100 or more, a 20% discount applies.

TAC/USA EASTERN REGIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS
JUNE 29, 1980 AT CONRAD HIGH SCHOOL IN WEST HARTFORD, CONNECTICUT
SANCTIONED BY: NATIONAL TAC/USA MASTERS COMMITTEE AND CONNECTICUT DISTRICT TAC
UNDER AUSPICES OF: NEW BRITAIN TRACK AND FIELD ASSOCIATION

SPONSORED BY: SUSSE CHALET MOTOR LODGES & INNS

The competition is open to all men and women over the age of 30 who are registered with the TAC/USA (Formerly AAU/USA)

Divisions: 5-year age divisions for men from 30 thru 70+ and for women from 30 thru 55+.

Order of competition:

- All classes younger to older followed by women
- 40-49, 50-59, 60-69, 70+, 30-39 " " "
- 30-39, 70+, 60-69, 50-59, 40-49 " " "

ENTRY FEE: \$3.00 plus \$1.00 per additional events. Maximum \$5.00.

ENTRIES CLOSE JUNE 20, 1980. NO POST ENTRIES

PRIZES: Three medals in each event and division. Meet committee reserves the right to combine age groups in the event of insufficient entries.

Track Events fully automatic timing

TIME SCHEDULE: Finals will be held in the time slot scheduled for trials or semi-finals should there be no need for trials or semi-finals.

10:00AM	Hammer Throw (B)	Pole Vault (A)
	Long Jump (A)	Javelin (C)
10:30AM	110M Hurdle trials & semi-finals	
	110M Hurdle finals (W)	
11:00AM	5000 Meter Run (A)	
12:00N	100M Dash trials & semi-finals (A)	
12:45PM	110M hurdles finals	100M hurdles finals (W)
1:00PM	Discus Throw (B)	Shot Put (A)
	Triple Jump (A)	High Jump (A)

Followed by: 100M Dash Finals, 1500M Run, 400M, 3000M Steeplechase, 400M hurdles, 200M trials & semi-finals, 800M, 200M finals, 10000M, 3000M Walk, 4X400M Relay, 4X100M Relay.

Make check payable to: New Britain Track & Field Association
P.O. Box 204
Kensington, Ct 06037

(DETACH THIS PORTION AND MAIL WITH CHECK)

NAME _____ AGE _____ SEX _____

ADDRESS _____ (street) _____ (city) _____ (state) _____ (zip) _____

CLUB _____ TAC# _____ BIRTHDATE _____

EVENTS ENTERING _____ BEST MARK IN 1980 _____



MIDWEST MASTERS & SUBMASTERS WEIGHTMAN'S PENTATHLON
CHAMPIONSHIP & 56 POUND WEIGHT THROW

Sponsored by Midwest Masters, AAU of the United States

DATE: Sunday, August 24, 1980

SITE: University of Illinois at Chicago Circle
901 West Roosevelt Road
Chicago, Illinois 60680

EVENTS: Pentathlon (Hammer, Shot, Disc, Javelin, and 35# Weight Throw)
56# Weight Throw (6 throws each event)

ELIGIBILITY: Open to all amateur athletes (men and women)

AWARDS: Medals to first three finishers in each division

ENTRY FEE: Pentathlon - \$6.00 56# Weight Throw - \$6.00

TIME SCHEDULE: 9:00 A.M. - 56# Weight Throw
10:00 A.M. - Start of Pentathlon (completion by 4:00 P.M.)

AGE GROUPS: 30-34 40-44 50-54 60-64 70-74 80+
35-39 45-49 55-59 65-69 75-79

ENTRIES: Advance entries should be sent to: Dave Jacobson
(Deadline August 10, 1980) 2140 Lincoln Park West - Apt. 309
Chicago, Illinois 60614

LODGING: Chicago Downtown Holiday Inn (Block of rooms will be
One Mid-City Plaza reserved at special rates)
Chicago, Illinois 60606
Phone 312/829-5000

MIDWEST MASTERS & SUBMASTERS WEIGHTMAN'S PENTATHLON CHAMPIONSHIP & 56# WEIGHT THROW

Please enter me in the following events, for which I have enclosed:

Pentathlon ☐ \$6.00 / /

56# Weight Throw ☐ \$12.00 / /

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages against the Midwest Masters, AAU of the United States, the University of Illinois Chicago Circle, their agents, representatives, successors and assigns, for any and all injuries suffered by me while going to, returning from and competing at said meet.

Print all information except for signature: Date signed: _____

Signature of Entrant: _____ Print Name: _____

AAU Registration #: _____ Club: _____

Address: _____ City: _____ State: _____

Phone: _____ Birthdate: _____ Age: _____ Age Group: _____

NATIONAL MASTERS & SUBMASTERS WEIGHTMAN'S PENTATHLON
& NATIONAL MASTERS & SUBMASTERS 56 POUND WEIGHT THROW

Sponsored by Midwest Masters, AAU of the United States

DATE: Sunday, September 14, 1980

SITE: University of Illinois at Chicago Circle
901 West Roosevelt Road
Chicago, Illinois 60680

EVENTS: Pentathlon (Hammer, Shot, Disc, Javelin, and 35# Weight Throw)
56# Weight Throw (6 throws each event)

ELIGIBILITY: Open to all amateur athletes (men and women)

AWARDS: AAU Medals

ENTRY FEE: Pentathlon - \$6.00 56# Weight Throw - \$6.00

TIME SCHEDULE: 9:00 A.M. - 56# Weight Throw
10:00 A.M. - Start of Pentathlon (completion by 4:00 P.M.)

AGE GROUP: 30-34 40-44 50-54 60-64 70-74 80+
35-39 45-49 55-59 65-69 75-79

ENTRIES: Advance entries should be sent to: Dave Jacobson
(Deadline August 31, 1980) 2140 Lincoln Park West - Apt. 309
Chicago, Illinois 60614

LODGING: Chicago Downtown Holiday Inn (Block of rooms will be
One Mid-City Plaza reserved at special rates)
Chicago, Illinois 60606
Phone 312/829-5000

NATIONAL MASTERS & SUBMASTERS WEIGHTMAN'S PENTATHLON & 56# WEIGHT THROW

Please enter me in the following events, for which I have enclosed:

Pentathlon ☐ \$6.00 / /

56# Weight Throw ☐ \$12.00 / /

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages against the Midwest Masters, AAU of the United States, the University of Illinois Chicago Circle, their agents, representatives, successors and assigns, for any and all injuries suffered by me while going to, returning from and competing at said meet.

Print all information except for signature: Date signed: _____

Signature of Entrant: _____ Print Name: _____

AAU Registration #: _____ Club: _____

Address: _____ City: _____ State: _____

Phone: _____ Birthdate: _____ Age: _____ Age Group: _____

1980 TRACK & FIELD MEETS - NORTHWESTERN UNIV. - DYCHE STADIUM - EVANSTON, ILL.

May 31 Open Mini-Track Meet

June 28 Midwest Masters Regional T&F Championships (Age 30+)

July 19 Open Mini-Track Meet

Aug. 2 Open Mini-Track Meet

Aug. 9 Open Mini-Track Meet

AGE GROUPS: 10-11, 12-13, 14-15, 16-18, 19-29, 30-34, 35-39, 40-44, 45-49, etc.

AWARDS: 1st three places in each group. (June 28 - 1st 5 places)

ENTRY FEES: Mini-Meets (FREE) June 28 (\$8.00) Aug. 9 (\$2.00) Unlimited events.

REGISTRATION: Day of meet

SPONSORED BY: Northwestern University and Midwest Masters

INFORMATION: Call Bill Smith (Days: 312-346-1797) (Evenings: 312-256-2714)

	May 31	July 19	Aug 2	ALL Mini-Meets
8AM	10,000 m	5,000 m	5,000 m	Long Jump
830		3,000 m	1500 m	Discus
9	3000mS	100 m	110mHH	High Jump
930	110mHH	400 m	200 m	Shot Put
10	800 m	3000 mWALK	800 m	Pole Vault
1030	100 m	200 m	100 m	Javelin
11	400 m	1-MILE	400mIH	
1130	1500 m			

	June 28 Midwest Masters Regional Meet	August 9 OPEN Championship
8AM	10000 Meter Run (slower heat)	** Long Jump
9	10000 Meter Run (faster heat)	** Discus
10	110 Meter High Hurdles	High Jump
1030	3000 Meter Steeplechase	
11	800 Meter Run	
1130	** 200 Meter Dash	
12	3000 Meter WALK	
1230	1-MILE Prediction Run (ALL AGES)	** Javelin Triple Jump
1	400 Meter Intermediate Hurdles	Pole Vault
130	** 1500 Meter Run	Shot Put
2	100 Meter Dash	Hammer Throw
230	400 Meter Dash	Weight Throw
3	5000 Meter Run	

** PENTATHLON EVENTS in addition to regular event

Pentathlon competitors in LJ, D, JAV allowed only 3 attempts

MIDWEST MASTERS REGIONAL TRACK AND FIELD MEET
OFFICIAL ENTRY FORM
JUNE 28, 1980

NAME _____

ADDRESS _____

CITY/STATE _____

EVENT	1979 BEST	DIVISION
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

In consideration of the right to participate in the 1980 Midwest Masters Regional Track and Field Championship, I do hereby, for myself, my heirs and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me against Midwest Masters, their officers or agents, Northwestern University, and the City of Evanston and any and all sponsors of the aforementioned championships. I further certify that I am in good physical condition and have trained for several months or have recently undergone a thorough physical exam by a certified medical doctor.

Date _____ Signed _____

Divisions: MEN & WOMEN

1a (40-44)	1b (45-49)	2a (50-54)	2b (55-59)
3a (60-64)	3b (65-69)	4a (70-74)	4b (75-79)
5a (80-84)	5b (85+)		

SUB-MASTERS (MEN & WOMEN)

30 - 34 35 - 39

Fees: \$5.00 for One Event
\$8.00 for two or more Events

Awards: Entry fee entitles all entrants who place, one trophy.
Additional trophy's may be purchased for \$3.00 each.

Mail completed forms to: Wendell Miller
Midwest Masters
180 N. LaSalle
Chicago, IL 60601





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