



National Masters Newsletter



27th Issue

November 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 ☆

- Results of National 20k
- Results of National 50k
- Results of Berkshire 10k
- T&F marks set by Assmy, Kyle, Gilmour, Haule, WVTC 2-mile relay squad
- LDR bests set by Lorenz, Higdon, Roullier, Stock, Hargus, Sippelle, Nimmons, Salazar, Benham, Cochran, O'Neil
- Results of Brooks 20k
- Poll to find Top 1980 Masters
- Results of European T&F Championships
- Pentathlon Results
- NRDC vs. Runner's World
- South African update



Herb Lorenz, 41, Willingboro, New Jersey, winning National Masters 20k in Washington D.C., Sept. 28 in record 1:04:42. Lorenz is National Masters Marathon champion and was 1979 U.S. Age 40-49 Long Distance Athlete of the Year.

photo by James Bradley

9 Age-Group, 19 Single-Age 20 Kilo Records

Roger Robinson Wins First Brooks Master Run

CHESTERTON, INDIANA. October 4. Roger Robinson, a 41 year old English professor, visiting the United States on a lecture tour, today devastated what may have been the finest field of over-40 long distance runners ever assembled in North America at the first Brooks Master Run. That field, in turn, made a shambles of the American record book, bettering 8 age group and

19 single age (including the nine) records in a race run on a flat course in perfect weather. Here is a report on that race from one of its organizers and competitors, Hal Higdon:

We used a cannon to start the Brooks Master Run at the Indiana Dunes State Park. It belongs to one of the members of our Dunes Running Club, Charlie

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5 New Marks Set

Lorenz, Rapp Win National 20KM

from James Bradley and Larry Noel

WASHINGTON D.C., September 28. Herb Lorenz and Trudy Rapp were the overall men's and women's winners in the U.S. National Athletics Congress Masters 20 Kilometer Road Running Championships today at Hains Point, as 5 new age-division marks were established.

Lorenz, 41, of Willingboro, New Jersey, broke his own national 20k record of 1:05:54 with a time of 1:04:42 in winning the age 40-44 men's national championship. Rapp, 43, from Alexandria, Virginia, won the women's 40-44 national title in 1:18:02, only a minute off Miki Gorman's 1976 record of 1:16:57.

Lorenz successfully defended the 20k national championship he won on this course last year. It was his 2nd national TAC masters title this year. He won the marathon 40-44 championship in California in January.

"Conditions were ideal for the race," Lorenz said. "The weather is great and this course is nice and flat." He said he was pointing for the race and the record. "I didn't alter my training any but the weather was much better than last year and I was well rested. Everything was just right."

Lorenz, who regularly beats competitors half his age, clocked the equivalent of two 32:21 10k's. A 4:02 miler at Trenton State College years ago, he said "It does get a bit harder each year. I seem to need a longer recovery time now."

Bob Fischer, 40, of Hillis, N.Y., the national 10,000 track champion in the 40-44 bracket, was favored by some to defeat Lorenz and take the record. But he had to fight off a determined Mike Sabino of Baltimore for 2nd place. The two matched strides over the entire 20k distance, taking turns at trying to put each other away with occasional bursts of speed. Fischer kicked the last 200 to edge Sabino by one-second in 1:07:18.

Rapp defeated a tough field. Karen Scannell, 42, of San Francisco trailed by only 21 seconds at the finish in 1:18:23. 3-time 1980 national champion Sandra Kiddy (15k, 25k, Marathon) of Palm Springs, Cal. finished 3rd in 1:20:40.

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Write On!



Address letters to:

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HURDLE STANDARDS

I enjoyed the Sept. 1980 National Masters Newsletter very much. Congratulations on the great job you and your helpers are doing. Some have served the Veteran's movement for so long that they are taken for granted.

This controversy about hurdle heights has me puzzled, however. Let's make the highs the 110 meter distance, 42 inches in height, with hurdles spaced 30 feet, for EVERYBODY. Similarly for the one lap race: 400 meter distance, 36 inch height, and 35 meters between hurdles—for EVERYBODY. Performances could then really be compared.

So what if Paul Spangler can't jump them? (Only an example, Paul). Jim Vernon's vaults aren't measured with a tape that has eleven inches to the foot, are they? Are Bill Fitzgerald's 2:08's timed with a watch that has only 55 seconds to the minute? Are Alex Ratelle's marathons only 40 kilometers?

It is time to let hurdle times stand on their own. To let throwing event performances be judged by distance only; abolish confusion introduced by implement weight.

Al Hromjak

Santa Susanna, Calif.

Need to know the run-up distance from start to the 1st hurdle in the 110-meter hurdle race for men 70+ in Christchurch.

Fred Bierlein

Berkeley, Calif.

[The same as in the U.S.—13.7 meters, or 45 feet. In Christchurch, the spacing is 8.60 meters between hurdles, or 28-2. The run to the finish is 18.9 meters, compared to 13.7 for U.S. races.]

--Ed.

DONATION

The Richmond Track & Field Club is proud to make a contribution of \$50 to the National Masters Newsletter. Our Masters athletes enjoy your publication and want to do their part to ensure its continuity. Perhaps other Masters and clubs would like to join us in making a contribution to the National Masters Newsletter.

Richard Hollander, President
Richmond Track & Field Club
Richmond, Virginia

[Thank you. We appreciate your generosity. Your support gives us renewed determination to make the newsletter successful, and to try to continually improve it as the prime source of information for masters throughout the country.]

--Ed.

KUDOS

I'm really enjoying the newsletter, especially about the events here at Franklin Field. Very good coverage.

Doris DeFrancisco
Philadelphia, Pa.

Your newsletter is marvelous to read. My campaign schedule has interfered with my running this year, but I'm pointing for a great season next year.

Alan Cranston
Washington, D.C.

I love the National Masters Newsletter. Please keep up the good work. If I can, I will send Masters results from this area.

Jan Fleagle
Greensboro, N.C.

SWIM THE CHANNEL

The Channel Swimmers Association of Folkestone, England recognizes solo and relay crossings of the English Channel. The relay team has six members and is conducted in legs of one hour each. The typical crossing time is fourteen hours.

A Master with a level of fitness that would enable him to complete a marathon and who is a fairly good swimmer, could, I believe, successfully train for a relay attempt in a few months.

I desire to organize a team for an attempt on the Channel during the summer of 1981. Any Masters interested in joining the group are requested to phone or write me for details on training, expenses and the engagement of a pilot boat.

Wallace H. Pilcher

Drawer 749

Wrens, Georgia 30833

See page for letters on South Africa situation.

Masters Age Records 1980

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

EAST

November 2 (Sunday): 9th Annual TAC Eastern Regional Masters 10KM Cross-Country Championships and Submasters Non-Championship Race. Van Cortlandt Park, Bronx, N.Y. Contact: Bob Fine, 77 Prospect Ave., Brooklyn, N.Y. 11217.

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

November 23 (Sunday): National Masters 15KM Cross-Country Championships. Van Cortlandt Park, Bronx, N.Y. Contact: Bob Fine, above.

November 27 (Thanksgiving): Metro Masters Championships, Fishkill, N.Y. Contact: Mid-Hudson RRC, Box 327, Fishkill, N.Y. 12524.

November 30 (Sunday): 11th Annual Philadelphia Marathon. Send SASE to Philadelphia Marathon, 515 W. Godfrey Ave., Philadelphia, PA 19126.

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

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

schedule

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

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

MIDWEST

November 16 (Sunday): Canada vs. U.S.A. Cross Country 10KM, Ann Arbor, Mich., 5-year groups for men 40+, Women 35-39, 40-49, 50+. Special 30-39 and open XC held separately. Contact: Dr. Ed Roxloff, 10144 Lincoln, Huntingwoods, Mich. 48070. (313) 544-9099.

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

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

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

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

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

NORTHWEST

November 9 (Sunday): National 10KM Masters Cross-Country Championships. Seattle, Washington. Contact: Mike Thould (206) 485-4679.

★★★★★★★★★★

On Tap For November

November is cross-country month. The Canadian Masters Cross-Country Championships at 10k are set for Saturday, Nov. 1st in Toronto. The next day is the 9th Eastern Regional Masters 10k X-C in the Bronx, N.Y. The popular Marine Corps Marathon goes the same day in Washington.

The TFA National Cross Country Masters Championship will be held in Green Valley, Arizona on the 8th. Sunday, the 9th finds the National 10k Masters X-C in Seattle.

The Virginia Open and Masters X-C Championships are on the 15th, followed on the 16th by the Canada vs. U.S.A. Cross Country 10k in Ann Arbor, Mich.

On Sunday, the 23rd, the National Masters 15k X-C will be held in the Bronx.

Thanksgiving weekend finds the National 5k Cross-country Championships in San Diego. Then a quick hour's plane ride north to San Francisco to the 25k Brooks/TFA master run which will attract some of the finest masters runners in the nation.

Masters track meets continue each Sunday in Honolulu.

SOUTHEAST

November 15 (Saturday): Virginia Association AC State Cross-Country Championships: Senior Men and Women. Contact: Charlie George at 804-467-1509.

November 23 (Sunday): Wake Forest/Nike Holiday Season Track 5000 Meters. Winston-Salem, N.C. Separate races for masters and submasters men and women. Ramsay Thomas, P.O. Box 7265, Wake Forest U., Winston-Salem, N.C. 27109.

December 6 (Saturday): Same as above. 3000 meters.

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

SOUTHWEST

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

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

WEST

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

November 29 (Saturday): National masters 5KM Cross-Country Championships, San Diego. Balboa Park. Contact: Ken Bernerd (714) 488-3737.

November 30 (Sunday): Brooks/TFA National Masters 25KM Championships, San Francisco, Calif. Contact: Len Wallach, 1060 Continentals #104, Belmont, Calif. 94002. (415) 574-6730.

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

December 7 (Sunday): Honolulu Marathon.

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

CANADA

November 1 (Saturday): Canadian Masters Cross-Country Championships 10KM. Toronto. Contact: Don Farquharson (416) 282-2555.

FOREIGN

January 3 & 4, 1981 (Saturday & Sunday): 14th Annual World Veterans Road Running Championships, 10KM

and 25KM, Palmerston North, New Zealand. (Men 40+, Women 35+).

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

Please send any additions or omissions to Al Sheahen, Editor, National Masters Newsletter, P.O. Box 2372, Van Nuys, Ca 91401.

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising for the December issue of NMN is November 10. Send to *National Masters Newsletter*, P.O. Box 2372, Van Nuys, CA 91404.

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Brooks 20K

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Wilson, and I knew what to expect: a tremendous, ear-shattering explosion. Most of the field did not and seemed to recoil backwards in shock at first, but then sprinted off the line recklessly. Several of the invited runners got out ahead of me--Jim Ewing of Jackson, Mississippi, Derek Fernee of Toronto, Ontario, and Carl Carey of Spencer, Indiana -- and I thought, oh no, it's going to be an aerobic battle for survival to hold contact during the first mile.



Leaders at 4-mile mark: From left, Roger Robinson (107), Ernie Billups, Brian Harris, Derek Fernee (110), Dan Conway, Hal Higdon (1), Jim Ewing (7).

photo by Mark Luedi

Then a few hundred yards down the road, the pace suddenly slowed as the lead runners began looking for each other and I said to myself, "Good, we're going to race."

Racing against each other is something the top masters do not often get a chance to do. Sometimes either by chance or because the race director decides to invite a few over-40 runners to fill out a field with Craig Virgin or Herb Lindsay, we run in races together, but we don't often get a chance to race. As is often true with women runners, we get lost in huge fields of younger and faster runners. At Peachtree, with 25,000 starters, I never even saw Jim Ewing or Ken Winn of Stone Mountain, Georgia, who (along with Herb Lorenz) finished in front of me. I came across the finish line at the Bobby Crim 10 Mile in Flint, Michigan, naively thinking I had established an American 45-49 record at 54:30 and found Brian Harris of Royal Oak, Michigan, awaiting me, having finished nearly a minute ahead. I had failed to spot him in the crush of nearly 4000.

During the last six months I also had lost races to Roger Robinson of New Zealand (in Kansas City); Derek Fernee of Toronto (in Manitoba); Ernie Billups of Chicago (in Philadelphia); Alex Ratelle of Edina, Minnesota (in

Boston); and Carl Carey of Spencer, Indiana (in the Blueberry Stomp). And every time it happened, I mentally told myself, "That's one." As consultant for the three-race Brooks Master Runs, which promised to do for over-40 men (and over-35 women) what Bonne Bell and Avon have done for all women, I had some control over which way the expense money was going. And one way of qualifying for expense money was to have beaten me! I wanted revenge--on my home course.

I was proud of the course, because it

was scenic and it was fast. We started in the Indiana Dunes State Park at the lower end of Lake Michigan and followed mostly untraveled, tree-lined roads for a mile and a half before turning onto several more miles of bikepath. The bikepath was gravel on asphalt, a shade loose, and maybe also a shade slow, but you can't have everything.

After about four miles we turned onto another road in what was by then the Dunes National Lakeshore where the trees overhead turned our route into a tunnel. Then two 90 degree turns, a patch of abandoned concrete road, then a mile and a half of dirt road, somewhat muddy because of recent rains, but nobody afterwards complained. Then at six miles a mile straight stretch down to the lake at seven, a mile and a half paralleling the lake, and a turn away from the lake and over two short hills (the only hills on the course) before returning to the bike path we had come out on.

When I awakened Saturday morning I knew times would be fast, because the day was overcast with temperatures in the mid 40's. How many times have I read results from races with similar conditions and cursed myself for not being present. (For those of you who missed this race, read it and weep.)

There was a strong wind off the lake, but most of the course was protected and at a 90 degree angle to the wind. We were going to fly.

And we did--but in a controlled manner. We came through the mile in 5:07 with Hylke Vanderwal of Fort Collins, Colorado, doing the work alongside Jim Ewing. Roger Robinson was in a sitting position with Derek Fernee slightly ahead. Robinson had been first in the world 10,000 at Glasgow; Fernee third in the marathon. Carl Carey, a fellow Hoosier who ran 16th in the 10,000 at Glasgow, was stunned when he arrived at the race. "I kept seeing the same faces I saw over in Scotland," he groaned. It would be no easy race. Carl was in the front pack along with Winn, Harris, Billups, and Dan Conway of Madison, Wisconsin, who had won the TAC 15 kilo championship earlier in the year. Dan played football and ran the 100 in 10.4 for a small college in Wisconsin 20 years ago. He had only been running seriously for four years. Dan came up to me after the race and introduced himself since we never had met before, but I knew who he was out on the road.

We passed two miles in 10:24, sparring with each other, everyone looking out of the corner of their eyes. Ewing was in front now, but didn't want to be the sacrificial goat. The pace slowed and I moved into the front row. We came by three miles in 15:44 where Steve Kearney, the assistant cross-country coach at Chesterton High School, read us our times. "It was like a field of milers in a track meet," Steve said later.

And it was: four miles in 21:00 and you could have thrown a blanket over ten of us. I thought to myself, "This is what racing is supposed to be about."

At around five-and-a-half on the dirt road, I learned what racing was about as Roger Robinson made his first move to the front. Fernee and Ewing went with him and I found myself doing wind sprints to avoid losing contact. At six

miles they had 30 yards on me and when Conway came around I decided to try and stay with him, instead of them.

But we turned onto a mile straight-away toward the lake and into the wind. Roger apparently didn't feel like being a windshield. The three leaders slowed and suddenly the front field was back together again, at least seven of us including Harris and Winn. There might have been one or two others near, but I wasn't about to look around.

Around seven, we turned sideways to the wind running along the lake, above the beaches. Then Roger made his real move, the first one having been only a testing of the water. We had been running 5:15 miles and suddenly he was running 4:45. Only Derek went with him and the rest of us looked sideways at each other and thought "Let's fight it out for third."

Roger and Derek had 50 yards, then 100 yards. I hoped for a moment they might hold there and give us a chance to get back, but now it was 150 and Roger had 50 on Derek. I wondered if we could at least reel Derek back in.

Ewing, Harris, and Conway were still with me. We had lost track of Winn. We turned away from the lake. I ran stronger than the others over the two short hills and never saw Ewing again. Harris moved ahead of me as we turned back onto the bikepath with around four to go. Conway almost missed the turn, but quickly rejoined us.

I had paid no attention to our times and was not even watching my Cassio watch. I wanted to focus more on competition that time, but as we approached 10 miles I realized we probably were under record pace for that distance. And what Brian Harris did not know was that when measuring the course I had marked 10 miles so it too could be certified for record purposes. I did so mainly so I could break the 45-49 age record of 53:30 that Brian had established while beating me at

continued on next page...

19 RECORDS SET IN BROOKS/TFA 20KM MASTER RUN

AGE-GROUP RECORDS:

20 kilometers:

45-49	Hal Higdon	Michigan City, IN	49	1:06:05
50-54	Al Lawrence	Houston, TX	50	1:10:18
55-59	Alex Ratelle	Edina, MN	56	1:09:51
50-54F	Bette Mihalek	Milwaukee, WI	51	1:31:19

10 miles:

45-49	Brian Harris	Royal Oak, MI	45	53:09a
50-54	Al Lawrence	Houston, TX	50	56:19a
55-59	Alex Ratelle	Edina, MN	56	56:09a
50-54F	Bette Mihalek	Milwaukee, WI	51	1:11:54a

SINGLE-AGE RECORDS:

20 kilometers:

41	Dan Conway	Chetek, WI	1:05:59
43	Ken Winn	Stone Mountain, GA	1:08:06
45	Brian Harris	Royal Oak, MI	1:06:06
57	Jerry Morrison	Parkville, MO	1:13:22
78	Everett Amos	Knox, IN	2:16:05

10 miles:

41	Dan Conway	Chetek, WI	53:10a
49	Hal Higdon	Michigan City, IN	53:10a
57	Jerry Morrison	Parkville, MO	58:53a
60	Wendell Parson	Anderson, IN	1:11:35a
66	John Archer	Milwaukee, WI	1:11:57a
78	Everett Amos	Knox, IN	1:46:28a

a = "aided"

Brooks 20K

continued from previous page

Bobby Crim. Coming up on 10 I realized that all I need do was nudge slightly ahead to take the record. But somehow it seemed almost criminal to do so. Brian crossed 53:08.8 on Steve Kearney's chronomix with Dan in 53:09.2 and myself in 53:09.5. Robinson and Fernee had passed earlier in 51:55.2 and 52:35.7, respectively. Behind us Ewing had 53:14.8; Winn 54:19.5, and Billups 54:43.0. Alex Ratelle and Al Lawrence had been waging a shoulder-to-shoulder battle for best 50-runner, but by 10, Alex was up on Al 56:08.5 to 56:18.9.

With two miles to go, however, either Conway and Harris slowed or I found a new rhythm, because now I was in front. I decided to push to try and lose them. I surged a bit to test them, but they held on. I feared surging too hard for fear they would come back and pass me, so I simply applied gentle pressure.

When we came off the bike path with maybe a mile or more to go, Dan tried to break us and grabbed 10 yards. I almost let him go, then went after him, tucking tight behind hoping that whether or not he won our personal battle he at least could pull me away from Brian, who was in my age category and who by beating me would claim my American 20 kilo record of 1:07:48. I didn't mind Brian bettering one of his own records, but I hated to give him one of mine.

Roger was long gone. Derek seemed to be drifting back toward us, but not enough race remained. Brian, Dan and myself went past 12 miles still going at each other tooth and nail. This was delicious, I thought. This is what I train for, all those miles. Sure, running is fun, but single-hand combat can be exhilarating. There is a certain dynamics to being up front and racing elbow-to-elbow that the average jogger in the typical win-a-t-shirt fun run probably never knows. The last hour had served me the most exciting moments of running I have had in five years.

Then we were around the corner together heading back into the state park with maybe a quarter mile to go and a moment of truth came and, with it, Dan went. He started pulling away, and I knew he was gone, but I hoped only to keep form and work off him to lose Brian. A hundred yards out, I knew I could preserve fourth--or thought I could. I could no longer hear Brian behind and assumed him a distant fifth. Only later when I looked at photos of us in that stretch drive did I realize, with panic, how close he had been.

Roger Robinson won the race in 1:04:10. Derek Fernee took second in 1:05:24, then Dan Conway in 1:05:59. I looked up heading toward the chute, say "05," thought, this is fast, then saw "5" flip to "6." I had 1:06:05 with Brian Harris one second back.

Then Ewing, Winn, Billups, Carey. Larry Heath of Brian's club, the Motor City Striders, came across with Bob Schrader between him and a third teammate, David Peelle. The three won the team title. Who knows what equally impressive battles they and others may have waged slightly in my wake? Alex Ratelle glowed in the aftermath of his

55-59 record of 1:09:51. Any time you can turn Alex loose on a course where he can get a fast time, he is happy. "I wanted to send Jim O'Neil and Peter Mundle a message," he chuckled later. The significance of Alex's time can be recognized if you consider that Al Lawrence, 10,000 meter bronze medalist in the 1956 Olympics, finished one place and 24 seconds behind Alex, yet still set a 50-54 record. Mary Cullen of Houston was the first woman across in 1:26:04. She is 41. Betty Mihalek, who is 51, set a 50-54 record with 1:29:26. The other age group record setter at 20 kilometers was Everett Amos of Knox, Indiana, whose next-to-last-place 2:16:05 established a standard in the absence of any previous recorded time. Counting marks set at 10 miles, 19 records were set that day with Jerry Morrison of Parkville, Missouri; Wendell Parson of Anderson, Indiana; and John Archer of Milwaukee, Wisconsin joining those already mentioned. (See accompanying box.)



Derek Fernee, Canada, takes 3rd in World Veterans Marathon in Glasgow, Scotland, August 24 in 2:19:41.

photo by David Hambly

My only worry was that we had not yet received confirmation by race date from Ted Corbitt that certification of our course had been approved. I had tried to telephone Ted earlier that morning only to learn he was out of town for the weekend. I prayed we would not be embarrassed.

But apart from records, which will fall as better runners find course, conditions, and competition in synch, there was the excitement of a battle joined. It was racing at its best. Several years ago the organizers of the Nike/OTC Marathon dubbed their race "A Gathering of Eagles," because the competition up front was so intense. Perhaps we could be considered "A Gathering of Bald Eagles." Auspicious though the 20 kilo race might have been, what excited me was that this Brooks Master Run was only the first; more was to come.

Results on page 23

National 20K

continued from page 1

National 30k champ Mary Cullen of Houston, Texas was 4th in 1:28:01. Rapp, by the way, has 3 nationally-ranked swimming daughters.

The local Potomac Valley Seniors Track Club (PVSTC) ran away with the team championships. PVSTC won both the men's and the women's 40+ and 50+ titles.

In the other individual age groups, the national champions were: Tom Kurihara, Vienna, Va., 45-49; Herb Chisholm, Alexandria, Va., 55-59; Rudy Nimmons, Seneca, S.C., 60-64; Norman Locksly, Silver Springs, Md., 65-69; and Eddie Benham, Ocean City, Md., 70+.

Women winners were Linda Sippelle, Bethlehem, Pa., 45-49; Olga Barnet, Fairfax, Va., 50-54; and Margery Cochran, Severna Park, Md., 55-59.

The 12.4 mile event attracted 250 men and women registrants from all over the country, the largest masters 20k road running event ever held in the United States. There were 42 women entries.

Overall, 196 runners finished the race. In addition to Lorenz' record, Nimmons' time of 1:18:42 broke the old U.S. 60-64 standard of 1:21:19 set by John Wall of Maryland in 1976.

Benham, 73, an ex-jockey, smashed the men's 70-74 mark in 1:32:22, breaking Ray Sears' 1977 time of 1:36:45. Benham is a newcomer to masters running.

"I retired in 1976," he said. "Then my wife died and I had nothing to do. So I started running for fun. Then I won a \$50 certificate in the first race I won, and I said to myself: 'This is for me.'"

Sippelle, 45 from Bethlehem, Pa., broke Dorothy Stock's one-week old record of 1:20:13 by only 3 seconds in the women's 45-49 division. Her 1:20:10 topped the mark Stock set last week in San Diego. Sippelle has been living in Germany for the past few years, and is now home.

The final age-division best was set by Cochran, 55, of Severna Park, Md. Her



Trudy Rapp, 43, Alexandria, Virginia winning women's National Masters 20k Championship in Washington, D.C., Sept. 28 in 1:18:02.

photo by James Bradley

1:46:28 lowered the women's 55-59 standard of 1:47:24 set by Mary Rodriguez of New York last January.

Nine national championship age and course records were set by women and four by men. The total finishers doubled those of last year's race.

The Penn Mutual Life Insurance Company sponsorship contributed to the success of the race which was sanctioned by the Potomac Valley Athletic Council and hosted by the Potomac Valley Seniors Track Club.

Washington press coverage of the race was excellent, with stories appearing in both the Post and Star.

Results on page 22

Corona Del Mar TC Names Top 1980 Athletes

CORONA DEL MAR, CALIF., August 23. The Corona Del Mar Track Club tonight presented its 1980 top athletes awards at its annual pot luck.

Most outstanding awards went to Shirley Kinsey (women); Glen Johnson, W. Spikes and C. Roberson (30-39); Doug Smith (40-49); Shirley Davisson, Burl Gist and Nori Milicevic (50-69).

Most inspirational awards went to Diana Smith, Dave Jackson, G. Johnson, Don Cheek, Orv Gillett and Gene Harte.

Most improved were J. Carter (women); Reggie Davis (30-39); Doug Smith (40-49); and Gene Harte (50-69).

Most valuable picks were Christel Miller (women), Reggie Davis (30-39);

Al Henry (40-49); Tom Patsalis and Bill Morales (50-69).

The President's Cup went to Dave Jackson. World Records Cups were presented to Burl Gist, Shirley Davisson and Nick Newton (Striders).

Chris Smith and Cynthia Jackson were honored for their dedicated work during the year.

Orv Gillett was elected President for 1981 succeeding Larry Sallinger. Doug Smith is Vice-President. Diane Smith is Secretary/Treasurer. Reggie Davis, newsletter. Gary Miller and Percy Knox, head coaches.

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.

MASTERS SCENE

•**Stan Thompson** has taken over as President of the Hawaii Masters Track Club. **Jack Karbens** will serve as Vice-President. The club will host track meets on Sun. Dec. 21 and 28, and Wed. Dec. 31 at Kaiser High School. Anyone heading for New Zealand is invited to stop by and join in. The Easter International 3-day meet will be held in Honolulu April 17-18, with a 15K on the 19th. About 1000 entries are expected.

•**Tim Rostegge** took first in the 40+ division of the 4th Annual KNBR/68 City Sports Bridge to Bridge Run in San Francisco Sept. 28 in 42:18 for the 7.9 mile course. **Don Ardell** was 2nd in 44:13 and **Jim O'Neil** of San Diego 3rd in 44:32. **Sister Marion Irvine**, the running nun, repeated as the winner of the Masters Women's division. Her time was 51:14, bettering her 1979 winning time of 54:00. **Sue Stricklin** of San Francisco was 2nd in 51:46 and **Anne Neeley** 3rd in 55:38. **Duncan MacDonald**, former U.S. 5000 record holder, won overall in a course record 37:14, winning a trip to the Athens Marathon. More than 7000 runners finished the race.

•**Ed Strable**, 35, took 1st in 55:07.7 in the 6th Annual Mini-Mountain Marathon Sept. 13 in North Adams, Mass. sponsored by Susse Chalet Motor Lodges and Inns. **Larry Jowett** was first master in 58:32. **Larry Locke** copped 50+ honors in 1:01:38.

•**Warren Blaney**, director of the Senior Olympics is reportedly suing Runner's World Magazine and writer **Truman Clark** for a piece Clark did on the meet last year. Clark, 44, recently was 1st master and 5th overall in 33:24 in a Central Point, Oregon 10KM.

•Standards? The subject keeps popping up. The Virginia Masters Track Club feels it should have "some standard that would allow an athlete to score for the team championship" in Masters State Championship meets. "However, we don't want to discourage any athlete from entering the meets," says **Karen Beaver**, "so we do not propose setting any qualifying standards." The club solicited comments from the membership. "...standards should be implemented to prevent teams from getting cheap points, and to prevent individuals from doing 8 or 10 events just to score."—**Larry Barthurst**. "...if less than three compete, no medals, unless they meet the standards."—**Louis Barted**. "...I'm against standards, because it discourages competition."—**Dil Cook**. "...No club scoring. No medals. No prizes. Compete for the fun of it."—**Roy Chernock**.

•**Bill Adler** reports he's not yet been able to come up with a sponsor to help form a new Masters Track & Field Club in Southern California. "Because of personal and business commitments," Adler says, "it's unlikely I'll be able to spend any additional time soliciting sponsorship this year." Adler says he intends to compete unattached in 1981.

•**Bob Jenkins** was 1st master in the Grandfather Mountain Marathon in Virginia July 12 in 2:54:09, and 2nd overall. 204 runners finished out of 213 starters.

•**Dr. Paul Spangler**, the 80+ running pioneer featured in October's NMN, alerts us to watch the Over 80 Tic Tac Dough Contest on TV starting Nov. 17 and running about 2 weeks. "I got to the finals," Spangler said, "but goofed and lost out after seven games." He says the finish was quite exciting and surprising. "I got in some good plugs for running and fitness." The show is syndicated, so air dates may vary from city to city. Check your local listings, as they say.

Spangler is preparing for Palmerston North and Christchurch.

•**Dan Ghormley** says TFA will hold 10 running clinics around the country in 1980-81. "We're considering joining the Athletics Congress," Ghormley confided, "but we'll maintain our own identity. TFA emerged in 1978 because of dissatisfaction with the AAU. We now have 56 associations in 9 regions. We're working with Brooks on 3 Masters championship runs this year, and with Puma on Postal championships."

•**Bob Stear** was the first 50+ runner at the Lincoln, Nebraska Race Against Cancer, clocking 67:41 for the 10-mile run, a 6:46 pace.

•**Frank Finger**, Charlottesville, Va., who set an M65 800 record of 2:25.3 in the nationals in Philadelphia, comes up with interesting data: "59 Californians flew 3000 miles to the championships, compared to 24 Virginians. In Divisions 3 and 4, there were 30% more Californians than Pennsylvanians." Finger proposes we show our appreciation to the sponsor of the meet, the Penn Mutual Life Insurance Company, by "taking out a life policy and then surviving for a long time."

•**Ken Clegg**, 43, was 1st master in the 2nd Annual Golden Onion Days Marathon in Payson, Utah Sept. 3 in 3:09:58. Vermont's **Terry Hunt** was 1st submaster in 2:57:38.

•Runners over 50 supplied only 2.3% of the Lincoln Marathon finishers in 1978, 3.5% in 1979 and 3.3% (26 of 797) in 1980.

•The Macy's Marathon and 10k are set for Kansas City, Mo. November 9th at 8 a.m.

•New Zealand's **John Robinson**, cutting a wide swath in the world veterans distance running circuit this year, won the 7th Annual Brugge (Belgium) 25km Road Race June 29th in 1:21:38. **Eric Austin** (1:21:50) and **Leo Carroll** (1:22:07), both from Britain, placed 2nd and 3rd. **Joyce Smith** was 1st woman finisher in 1:28:18. (See results section.) Director **Jacques Seruys** attracted 623 veterans to the race this year, including 82 from Britain and 78 from France.

•Issue No. 2 of the W.A.V.A. (World Association of Veteran Athletes) Newsletter is out. Subscriptions are \$7 for 4 issues per year, air mail. Lots of results, stories, rankings, veterans activities, medical data, etc. Contact W.A.V.A., c/o Sport Ontario, 160 Vanderhoof Ave., Toronto, Ontario, Canada M4G 4B8.

•**Bob Bartling**, 54, of Brookings, S.D., ran 10 miles 68 yards in the 1980 South Dakota and U.S. TAC one-hour run postal championships October 5, a new age-54 U.S. mark.

•1979 World 45-49 high jump gold medalist (5-11 1/4) **Rich Richardson** of Decatur, Illinois was only healthy for one meet this year—the Midwest Masters Regional on June 28. He cleared 6-1 5/8 (1.87 meters) for an age-47 record. "I'm impressed with the fine performance of Herm Wyatt in the 1B High Jump this year," Richardson said, "and look forward to jumping against him next summer in the nationals in Los Angeles." (Wyatt leaped 6-2 3/4 April 19 for a new world M45 record.)

•In the Virginia AC State Decathlon Championships August 2-3 in blistering hot (100 degrees) conditions, **Ed Finl** led all masters with 4166 points to win

40-49 honors. **Charles Engle** won the 50-59 title with 2492 points. **Christopher Tomkins** scored 1345 points to annex 60-69 laurels.

•**Walt Childs** is running 3 races, with prizes for Masters, on successive Sundays this month: Nov. 2: the 10th Annual "Galaska" 10K in West Springfield, Mass. Nov. 9: the Great American Smokeout 5-mile run in Ludlow, Mass. Nov. 16: a 6-mile race and 3-mile fun run in Chicopee, Mass. Entry fee for this one is a Christmas Gift for handicapped adults. Contact Childs at (413) 566-3145.

•The Los Angeles Bicentennial Founders' Trek Half-Marathon is set for San Gabriel, Calif. Dec. 21st. Contact: **Eric Rawlings**, Community Hospital of Los Angeles, 218 S. Santa Anita, San Gabriel 91776.

•The Oakland Marathon will be held Sun. Nov. 30, the same day as the Brooks/TFA 25KM Masters Championships in San Francisco.

•Official U.S.A. Masters Track Uniforms are still available from Carlsen Import Shoe Corp., 524 Broadway, New York, N.Y. (212) 431-5940. Training suits, complete with "USA Masters" lettering, are \$27. Without lettering, \$21. White nylon mesh jersey with "Masters USA" lettering and red nylon pant with white piping, both for \$12.95. Add \$1.25 for handling charges for the suit.

•Organizers of the San Francisco Indoor Meet January 2 will feature a special mile run for runners 50 and over, to prove that "people over 50 can do anything."

•National masters M45 marathon and 25km champ **Jim Knerr** of Simi Valley, Calif. finished 4th among 2400 starters in 2:36:54 in the Santa Monica Marathon August 24.

•**Hykle VanderWal**, 42, Fort Collins, Co. and **Alex Ratelle**, 56, Edina Minn. finished 1-2 among masters in 54:56 and 55:29 in the TFA/USA 15k Open National Championship in Littleton, CO August 2.

•Masters winners in late summer races: **Allyn Schwinkenhorf**, 36:14 in the Diet Pepsi 10k August 23 in Seattle; **Steve Gachupin**, 1:42:02 in the La Luz 9-mile in Albuquerque August 24; **Oscar Lukefahr**, 36:15 in the Denver Diet Pepsi 10k August 17; **Hal Higdon**, 36:12 in the RTC 10k July 12 in Dowagiac, MI; **Ken Winn**, 33:45 in the Singleton 10k August 9 in Atlanta; **Fritz Mueller**, 49:40 in the Great Barrington, Mass. 15k July 27; **Bob Coughlin**, 1:21:13 in the Spudland Natural Light Half-Marathon August 3 on Presque Isle, Maine.

•1980 National Masters M75 marathon and 30k champ **Lou Gregory** suffered a severe stroke Sept. 13. He has begun therapy in the hope that it will restore use to his now paralyzed left arm and leg. The word is, he's improving daily. However, he and his wife **Ernestine** have cancelled their planned trip to the World Games in New Zealand. Gregory suffered a stroke in February, 1979, and recovered quickly. A pacemaker was inserted into his heart but it didn't slow him down. He won national M75 masters championships in October 1979 in the 10k and marathon. He won the world M75 marathon championship last year in Hannover, Germany. From 1923 to 1943, Gregory won 7 national 10k/6 mile national AAU championships. In 1941, at age 39, he finished 2nd in the Boston

Marathon in 2:28:08. All masters wish Lou a speedy recovery.

•The San Diego Track Club's 50-and-over sprint medley relay team is gearing up to recapture the record they lost to the Richmond Track Club this summer. The SDTC quartet will go for it in the masters postal relay competition.

•**Bill Stock** reports the Phidippides Tahoe Trails running vacations is "an activity any distance runner worth his salt should make every effort to attend next year." At 6200 feet, the training and weather are superb, says Stock, who's record-setting wife **Dorothy** improved her U.S. 10k road record from 38:47 to 37:39 after a week in the High Sierra.

•**Jim O'Neil**, 55, turned a 1:18:31 in the Finest City 1/2 Marathon in San Diego August 23 to win the 50+ competition. Only 15 seconds ahead was 40+ winner **Gary Sampson** in 1:18:17. **Patricia Pastore** topped **Nicki Hobson**, 1:33:44 to 1:34:13 to take female honors. American record holder **Anne Johnson** (1:36:48) copped the 50+ trophy in 1:37:23.

110-hurdle record-holder **Dick Lacey** has moved from Pelham, N.Y. to Clearwater, Florida. "I was disappointed not to be able to see my many friendly rivals at the Nationals in Philadelphia," Lacey said, "but the week before, I dislocated my left foot and was in a cast for 6 weeks." Dick is now rehabilitating and hopes to be back in action shortly.

•**Danle Burger**, 46, of South Africa, won the 400-meter hurdles at the Los Angeles Pan-American Games in 59.6, and was hoping to repeat in the Puerto Rico Pan-Am Championships. But he broke his arm in San Juan in an impromptu argument with a champion prizefighter. The cast is now off and Danle is running again.

Who Are Top 1980 Masters?

by Pete Mundle,
National Records Chairman

As we did last year, we wish to involve newsletter readers in the selection of the outstanding masters of 1980.

The results of this poll will determine who will receive awards as the outstanding male and female masters (age 40 and over) in the four categories defined below.

Those selected will be presented awards at the Athletics Congress convention in Atlanta December 4-7.

There will be 8 awards: the best women and the best man in each of the following 4 categories: 1) Administrator, 2) Race Walking, 3) Track & Field, 4) Long Distance Running.

As administrator is one who has contributed to the masters program in a non-athletic discipline (i.e., meet director, official, office holder, medical practitioner, etc.)

Would you please help us determine the top masters by picking up to 3 persons in each category and in as many categories as you wish.

Your picks should be in our hands by November 25. Send your selections to: Pete Mundle, 4017 Via Marina #C-301, Venice, Ca 90291.

We greatly appreciate any help you can give.

2 Months To Go

Countdown To New Zealand

[See separate story on South African situation on page 10. -- Ed.]

Less than 60 days remain until the start of the 4th World Veterans Games in Christchurch, New Zealand and the 14th World Veterans Distance Running Championships in Palmerston North, N.Z.

Entries: The entry deadline for the Christchurch competition is November 7. The complete entry form, schedule and info was printed in September's newsletter. Entries should be sent to the 4th World Games, P.O. Box 31-102 Ilam, Christchurch, N.Z. For Palmerston North, send entries by November 3 to The Secretary, 14th IGAL, P.O. Box 1216, Palmerston North, N.Z.

Schedule: World Games Vice-Chairman Don Chadderton reports on some schedule omissions in the program:

1. The 1500 for men 65+ is scheduled for January 14th.

2. The women's 4x400 relay was omitted completely. It will be held on the last day. Heats, if required, will be fitted around the 400 finals the day before.

Meetings: The following meetings will be held:

Regional Meetings will be held in Christchurch January 6th at a time decided by the regional presidents, probably in the Town Hall.

Women's Meeting will be held January 6th at 9:30 a.m. in the Town Hall.

The General Assembly is set for January 7th, at 9:00 a.m. in the Town Hall. At present, 49 delegates (including 5 from the U.S.) representing 22 nations are eligible to vote at the Assembly meeting.

Post-Meet Activities: The "1981 New Zealand Games" will be held January 24-February 1 in various New Zealand cities. Competition in nine sports (boxing, cycling, gymnastics, judo, swimming, table tennis, track & field, weightlifting and wrestling) will be held. Track and Field is set for

Christchurch January 31-February 1. It will incorporate the 4th Pacific Conference Games involving competitors from Australia, Canada, Japan, New Zealand, and the U.S.A. Also possibly some Olympic medalists from other countries.

For travel in New Zealand, the KIWI pass gives you unlimited travel by bus on 4 major coach lines. It must be bought from a travel agent before you leave North America. For 7 days, it's \$60, and you can add days for \$6.50 each.

Campsite rates start as low as \$2.50 a night for two. Some sites have cabins starting at \$9 a night for two. If you'd like to sample New Zealand country life, you can arrange to stay with a farm family for between \$10-\$30 per night. That includes free meals.

Foreign visitors are also welcome in urban homes for \$10-\$20 per night. For details, contact your travel agent or the New Zealand Government Tourist Office, 10960 Wilshire Blvd., Los Angeles 90024. Youth hostels are available to all for about \$3 per night.

Hawaii Meets: Stan Thompson and the Hawaii Masters Track club have added another masters meet for athletes en route to the World Games. In addition to the annual Hawaii Senior Olympics on Sunday, Dec. 28, there will be 2nd section of that meet on Wed. Dec. 31. (See entry form). There is also the regular Sunday 8 a.m. meet on Dec. 21.

All meets are in Honolulu at Kaiser High School, which has a chevron track identical to Christchurch. The weather should be ideal—75 degrees. Thompson says: "We're also blocking out the Dec. 28-31 period, thus including Dec. 29-30, as a 'Makahilu'—sports carnival. We'll arrange for practices and competitions during that period."

The reason for all this, Thompson says, is "to try to accommodate everyone stopping here. They seem to be arriving at all different times. There's a group of 50 from Sweden, 25 from Denmark and 20 from Norway arriving here on the 30th to get acclimated to the heat and competition."

Thompson is also scheduling meets on the way back on Sundays Jan. 18, 25 and Feb. 1.

30 World Marks Fall

2250 Compete In European Championships

from Don Farquharson

HELSINKI, FINLAND, August 6-10. A mammoth turnout of 2250 masters athletes took part in the 2nd European Veterans Athletics Championships this week in the beauty and splendor of the 1952 Olympic Stadium.

30 new world 5-year age-division marks were established, 14 by men and 16 by women.

One grievance concerned the fact that competitors, having seen the program, were allowed to enter or switch their entries to other events.

"If this is true," said World Association of Veteran Athletes President Don Farquharson, "this should not be allowed. The deadline should be adhered to."

Among the new records set:

•Fritz Assmy of West Germany turned 65 and promptly defeated world 65-69 record holder Yngve Brange of Sweden in the 100 in 12.98 and 200 in 27.18, and won the 400 in 62.6. Assmy's 200 and 400 times were world marks, topping Brange's Hannover standards of 27.24 and 63.19.

(Assmy, you'll remember, is the blind runner who runs in lane 8, with a short rope tethered to the wrist of his nephew, who helps guide him in his lane. While most masters athletes cheer Assmy's talent and determination against formidable odds, a few feel he is pulled along by his nephew. Now that Assmy has set world marks, the controversy can be expected to escalate.)

•Elisabeth Haule of West Germany set 4 marks in the women's 60-64 division, winning the 200 in 33.16, 400 in 1:16.29, 800 in 3:01.68, and long jumping 11-11¼.

•Maeve Kyle of Northern Ireland lowered her own W50 200 mark from 28.04 to 27.86.

•John Gilmour, the great Australian,

lowered his M60 800 record from 2:19.3 to 2:18.76.

•Maria Pia D'Orlando of Italy ran 18:16.6 to better Dorothy Stock's 18:47.2 world W45 mark in the 5000.

•Ahti Pajunen of Finland broke Dick Lacey's M70 110-hurdle record of 21.5, set last June, with a time of 20.61.

•Josef Wildmoser of West Germany smashed one of the best marks on the books—Arthur Taylor's 10:18.1 M50 3000-meter steeplechase set in Hannover last year. Wildmoser lowered the record by 5 seconds in a stunning 10:12.5.

•Herman Hombrecher of West Germany set a new standard of 51-8¾ in the M55 shot put.

•Peter Higgins of England lowered his M50 400 mark from 52.6 to 52.37.

•Stig Backlund of Finland leaped 48-2¼ for a new 40-44 triple jump best.

The 3rd European Veterans Championships were scheduled for Salzburg, Austria in 1982.

Results on page 18



Bob Warren runs 15.4 in 110 Hurdles to win 40-44 TFA Decathlon Championships.

Whatever your travel needs....

- vacations
- business
- competition

....overseas or in the USA

Entry deadline for 4th World Games extended to Nov. 7.

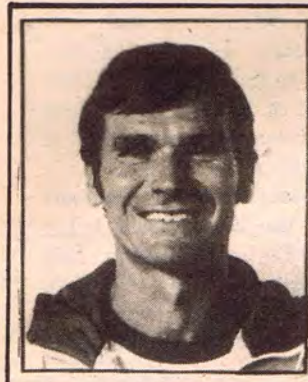
Be sure to watch for the announcements about-OUT-OF-THIS-WORLD tours for '81 and '82.



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THE Gun Lap

by MIKE TYMN

Where Have You Gone John Landy?

There are times when I yearn for those days of running when things were simple and pure. "Where have you gone, John Landy?" I cry out to myself.

Landy, the great Australian miler of the early 50's, was one of my boyhood idols and still represents to me everything good about running. I can still picture that smooth, rhythmic, and seemingly effortless stride as he moved along at sub-4 minute mile pace. He was both a fierce competitor and a gracious sportsman. I recall one championship race in which he stopped momentarily to assist a fallen runner and then continued on to a victory.

"Landy had shown me what a race could really be at its greatest," Roger Bannister wrote of his duel with the Australian in the Empire Games at Vancouver in 1954. "He is the sort of runner I could never become, and for this I admire him. Before Vancouver he achieved a record of solo mile races that I could never have equaled. At Vancouver he had the courage to lead at the same speed in a closely competitive race. His boldness forced me to abandon my time schedule and lose myself quite completely in the struggle itself."

Percy Cerutti, Landy's occasional mentor, said that he had seen in Landy, "demonstrations of character capable of the greatest kindness, gentleness and thoughtfulness," but he also witnessed "a ruthlessness, lack of feeling for others, and a ferocity and antagonism, albeit mostly vented on himself, that makes it possible on occasions for John Landy to rise to sublime heights of physical endeavor."

One old time Honolulu reporter told me of a press conference luncheon held for Landy as he stopped over in Hawaii enroute to that "Mile of the Century" in Vancouver. Landy was introduced to around 25 media representatives and at the end of the conference he shook hands with all of them, addressing each one by name.

Last year, on the 25th anniversary of the first four minute mile, while everyone else was seeking out Roger Bannister for an interview, I decided to track down Landy in hopes of getting a few comments for my column in the *Honolulu Advertiser*. Landy was, of course, the second man to break four minutes and the first to do it without the aid of pacers. It was on June 21, 1954, just 46 days after Bannister ran the first sub-4, that Landy broke the record with a 3:57.9 in Turku, Finland.

(It went into the books as a 3:58 since records were rounded off then to the fifth of a second.)

From an Australian friend I obtained Landy's address. I then wrote to him and set forth more than a dozen questions. I don't think that I really expected a reply. Even after 25 years there was a certain sanctity about him that seemed to place him above answering letters from mere mortals. But a few weeks later I received a five page typewritten letter with answers to every one of my questions.

"Contrary to what many people thought, breaking the four minute mile was not one of my ambitions," he wrote. "I really didn't think I had the ability to do it. I had run several times around the 4:02 mark over a period of 18 months and felt that I might only improve by an odd second or so. I was more interested in breaking the world record, at that time held by Gunder Haegg of Sweden at 4:01.4."

"I believe that Bannister and Wes Santee were capable of achieving that same level of performance as myself, but I did not really consider them breaking four minutes, in 1954 anyway."

Asked if he would have been able to run 3:57.9 when he did if Bannister had not already broken the "barrier," Landy responded with an air of certainty.

"Yes, I would have run the same time, 3:57.9, on that day, since I had no aim other than to beat Chris Chataway. I had no more than a vague idea of how fast I was running and was quite surprised that the time was inside four minutes."

"I do not believe the psychological barrier theory. I think the reason that four minutes was not broken earlier was simply that the runners were not well enough trained to run that fast and I am sure they were not influenced by any feeling that four minutes was as such impossible."

Landy comments that he finds it difficult to recall in detail the type of training that he carried out, but that he probably averaged 50 miles a week. An average workout would consist of 12 to 15 quarters at a pace varying from 60-64 seconds, depending upon the stage of his training program.

In 1955 he moved away from a somewhat rigid form of training after coming to the conclusion that he could achieve the same results or better without a stop watch and by mixing

long slow running with short sharp interval work (50 to 300 yards) at faster speeds than with interval lap training.

"The limitation I experienced with interval work was that one became proficient at performing at a certain level and able to reproduce fairly easily laps of a given speed," he remarked. "However, it did not necessarily give one the ability to accelerate or change pace and perhaps more importantly I believe it tended to reduce basic speed."

Landy, 50, now carries 172 pounds on the 5-11½ inch frame that supported just 150 pounds in his peak racing years. He ran his last race in 1956 and says that he is unable to run or jog for fitness because of leg problems which he feels may be related to past running activities or maybe "old age" and arthritis. He feels that his is reasonably fit today as a result of a lot of walking and gardening. He works as a research and development manager for a large chemical company in Melbourne.

Given the knowledge that today's runners have, much of what he contributed to, as well as the artificial surface

tracks and better shoes, how fast might he have run?

"I would expect to run faster today, assuming that I was 24 again, that I did in 1954. I have no idea of how much faster, but I suspect that because of a lack of basic speed I would not be in the very forefront of mile running today."

"I believe to run inside 3:50 I would need to be able to run 800 meters in 1:46 or better and that would be a limitation. Although I seldom ran 800 meters or 880 yards, my best time was 1:49.8. I have difficulty imagining that I could improve my speed to that degree. However, I feel that it is extremely difficult to make comparisons."

What does he see the mile record at 10 and 20 years from now?

"I believe that a record of 3:46 is attainable and possible by 1990," he answered. "With what we now know and the athletes I have seen I find it difficult to believe that a mile could be run in 3:40, but I suppose anything could be possible by the year 2000. As for sub-3:40 or a sub-3:30, that is beyond my comprehension."

Higdon Breaks Half-Marathon Mark

PHILADELPHIA, PA., Sept. 21. Hal Higdon, 49, of Michigan City, Indiana set another American age 45-49 record today, running 1-hour, eleven minutes, 40 seconds in the Philadelphia Distance Classic.

The time breaks Higdon's pending mark of 1:13:37 set in England this

summer, as well as the listed record of 1:13:42 by Graham Parnell.

Oscar Moore of Plainfield, New Jersey was the first master across the line in 1:13:04, a single-age 42 mark. Alex Ratelle 56, of Edina, Minnesota, finished 4th in 1:15:50, also a single-age mark.

"Moore must have been a quarter mile in front of me at one point," Higdon said after the race. "I cut the margin down to about 100 yards with a mile to go, but my afterburners misfired."

Masters Two Mile Relay Record Broken

For the second year in a row, a team of Masters (over 40) runners from California's West Valley Track Club has broken a United States Masters relay record. On September 6, 1980 Tom Cathcart (Pleasanton), Dave Donaldson (Merced), Jack Knebel (Orinda), and Pete Richardson (Manteca) ran 8:25.4

for the two mile relay, bettering the record of 8:27.2 held by New York Pioneer Club since 1975.

The event was part of the Postal Relay Championships for Masters, sponsored by The Athletics Congress, U.S.A.

Last year, in the same Postal Championships, Richardson, Cathcart, Knebel and Bob Welck broke the national record for the four mile relay and narrowly missed the two mile record.

In their spare time, Richardson, Cathcart and Donaldson are teachers; Knebel is a lawyer.



RELAY RECORD BREAKERS: Tom Cathcart, Pete Richardson, Dave Donaldson and Jack Knebel, of the West Valley Track Club, after they broke the United States Masters record for the two-mile relay.



THE SPIRIT THAT MOVES US.

For 24 years at the University of Oregon, he never recruited. And when athletes came to him, he put them to work in sawmills. Cut anyone who couldn't keep up the grades. He knew more people succeed because of mental toughness than physical ability.

He took the U.S. Track and Field team to Munich in '72. And came back complaining the Olympic games aren't conducted for athletes. But for aristocrats and pseudo-aristocrats.

To the A.A.U. and now the Athletics Congress, he remains a thorn in the side. Fighting in the courts for what he calls the emancipation of the athlete.

His literary career has been sporadic at best. But for thousands of Americans he is the

writer who convinced them to take to the streets. And pound it out, year after year.

At Nike, we know him as the renegade inventor. Who made an excuse to his wife so he could skip church and fool around with a waffle iron.

He's the guy on our board of directors who comes prepared to raise hell. Share a laugh. And to never let us forget the real point of the whole thing — to help athletes perform.

Bill Bowerman. Stubborn, demanding. Given to sudden outbursts and moments of magical insight.

We wouldn't be the same without him.



Beaverton, Oregon

South African Update

[Editor's note: As NMN goes to press, there is no change in the South African ban. South African veteran athletes are officially banned from participating in the 4th World Games in Christchurch, New Zealand in January, 1981. Efforts are being made to reverse that decision. Letters have been exchanged between New Zealand and the U.S.A. Here are excerpts from some of them.]

10 Sept. 80

To:
Al Sheahen
Editor National Masters Newsletter
Van Nuys, Calif.

Al:
I have asked the South Africans to supply me with any information which will allow me to go back to our Government and try to change their decision to ban the South Africans from the 4th World Veterans Games.

Namely, what is the composition of the team, composition of previous teams to World Championships, and details of any other trips such as the U.S.A. trip. Also, if anywhere in their code they have a written statement that their veterans movement's goal is "to bring people of all colour and creeds closer together."

If the Government changes its mind and allows the South Africans to compete, I am prepared to take entries from them up to the 7th January 1981.

With regard to our Government grant, you say we should tell the government to "stuff it in their ear" and get the necessary \$65,000 from other sources. We could then run the event open to everybody. But where do we get the money? We cannot accept money from the South Africans as was offered to Canada in 1975. The difficulty in bypassing our government is the same as your Olympic team had in going to Moscow. From all indications, they wanted to go. But they did not, at the U.S.A. government's demands. Most New Zealand Olympic sports did not go because the Government withdrew monetary support and requested that all sports in New Zealand support the U.S.A. boycott.

Further, the New Zealand Government is, at present, under pressure from the Commonwealth countries not to allow a Springbok (South Africa) Rugby football tour of New Zealand in 1981. Otherwise all African countries will boycott the next Commonwealth Games in Brisbane, Australia.

So pressures are being put on New Zealand by large overseas countries. We would like the South Africans here and will use any information given to us to help their cause. I know Bob Fine's views, but how can we find the large

amount of money required? Don't forget the Canadians received their government grant before the South African problem arose. They never paid it back. Our situation is very different.

The problem of getting the sponsorship required was compounded by New Zealand supporting the U.S.A. in its Moscow boycott. Our government has named a committee to run an international meeting here in late January to take the place of the Olympics. Sir Ronald Scott is Chairman and is trying to raise \$2 million. This is where our sponsorship money went.

The organizing pace of the Games committees has now increased and I can assure you that the 4th World Veteran Games will be successful both on and off the stadium.

Danie Burger is pleased with what we are trying to do. He also made it clear that the Games must go on.

John Macdonald, President
4th World World Veterans Games
Christchurch, New Zealand

Sept. 18, 1980

John:

I hope you're able to convince your government to reverse its policy.

During the recent Pan-American Masters Games in Los Angeles, 27 South Africans participated—19 whites and 8 blacks. They were chosen for government grants on the basis of their performances in the South African Masters Championships.

Before he learned of the ban, Danie Burger told me he planned to bring 16 South Africans to Christchurch. I assumed it would be a similarly integrated team.

By the ban, your government excludes blacks as well as whites. The wrong people are being penalized. The blacks surely have done nothing to contribute to apartheid. The whites are among the more liberal, progressive people in South Africa who are doing what they can to integrate segments of South African life.

To ban innocent people from our competition, and then go ahead and compete ourselves, is something I find difficult to swallow. One reason many of us got into veterans athletics in the first place was to get away from the b.s. we run across in our daily lives. This was supposed to be one place where your ability on the track was the sole determinant of whether you did the job or not.

The critical issue, of course, is the money. How do you put on a meet of this size without the \$65,000? John, all I

can tell you is that we've put on meets in this country for up to 600 participants without government aid. Sometimes we've had private help. Sometimes we've financed the meets out of entry fees alone. One meet director, Bill Adler, says: "If you do it right, you can make money on any masters meet."

The athletes, themselves, could help with the officiating, for example, if that was a problem. It might not be a streamlined, slick meet, but it would still be a meet. And probably a good one. Most important, we'd all be able to look at ourselves in the mirror and know we did the right and honorable thing. \$65,000 is not worth sacrificing one iota of principle for.

I wish you well in your efforts to persuade your government to reverse its decision. But if you fail, I hope you hold the Games anyway, with everyone included.

Al Sheahen
Van Nuys, Calif.

25 Sept. 1980

Al:

Like it or not, we of Western nations are bound to international politics, defense and pressures for survival. Both U.S. and N.Z. do not practise apartheid but South Africa does. An overwhelming majority of members of the United Nations condemn S.A. for its policies of unequal social and educational opportunities. In the seventy page U.N. report of April 1980 on "Racial Discrimination of South African Sport" S.A. is severely exposed, rebuked and criticized by many world sporting bodies.

Some years ago the N.Z. "building bridges" policy by having sporting contacts with South Africa was seen to be a worthy approach to counter apartheid policies from within. But world opinion countered this noble attempt by interpreting the moves as condoning apartheid policies. This action brought reprisals against us at the Montreal Olympics with N.Z. being made the scapegoat. We were probably singled out because we are very sports

minded. But our smallness makes us vulnerable to external pressures.

Fresh reports say that Mr. Botha is showing signs of acknowledging world opinion by making concessions...good.

It is by opposing apartheid of the forms as practised in S.A. that freedom loving peoples like ourselves can influence S.A. politicians to treat non-whites with moral equality.

To you and me apartheid policy requires "modification to extinction" from within South Africa itself. Danie, Felicity and other veteran athletes there, can all do their bit along with other S.A. sports people to eventually eliminate apartheid just as the U.S. people did in freeing of the slaves last century.

The World Association of Veteran Athletes, in spite of its fine words of principle, must surely oppose apartheid in S.A. both as member associations and as individuals. None of us can afford to be two-faced or selfish on the fundamental issue. We in N.Z., like folk in the U.S., have no opposition to having S.A. sportsmen as competitors. It is the social system as practised against the non-whites that South African white citizens appear to uphold that to us, is abhorrent.

Our present Government does not ban S.A. athletes or other sportspeople from New Zealand but it strongly appeals to sports administrators to consider future implications in many spheres and in particular our obligations to the Gleneagles Agreement which affects all commonwealth countries, big and small, throughout the world.

All member nations of the U.N. and our Government, like the U.S.A. Government subscribe to the U.N. Charter within which is set out opposition to the objectives of apartheid.

The question is not one of pettiness of little people, but one of international forthrightness on the principal issue. Danie and his fellow athletes, being in the high positions they are, can do so much to free themselves, not us, of a policy which is affecting so many people in so many ways.

To us in N.Z. the position of sporting relations with S.A. has been aggravated



Mike Jackson (#25), Los Angeles, wins 30-34 100 meters in Philadelphia in 10.8. Rod Ferguson (17), Mike Puritin (46).

photo by Bob Pates

dramatically since you were here last March and since the World Executives were here in January. To fly in the face of the majority public opinion now would be suicidal for future aspirations of all N.Z. sports people for future competitions.

Let me conclude by quoting from your own letter that it is time "to show courage, principle and spine, qualities which seem to be lacking throughout much of the world today" by the S.A. veterans, U.S. and N.Z. veterans and other WAVA member countries in supporting opposition to apartheid policies and those who practise apartheid.

*Clem L. Green
Executive Co-ordinator
New Zealand Association of
Veteran Athletes*

Sept. 30, 1980

Clem:

I agree with you—and so do most veteran athletes—that South Africa's policy of apartheid is wrong and unjust. But that's not the issue.

The issue is whether the World Games is to follow the clear mandate of veteran athletes throughout the world. The constitution of the World Association of Veteran Athletes specifically states: "Veterans competitions shall be open to all men over 40 and women over 35. No competitor shall be barred from competition due to race, religion, ethnic background or national origin."

If we exclude the South Africans, or any group, we are violating our own constitutions.

It's never made much sense to me to ban ordinary citizens because of their government's policies. I, for one, don't have much impact on Carter's foreign policy. I suspect the South African veterans likewise don't have much impact on Botha's policies.

Do we really think we can change a country's policies by banning it from the shot put? It's a spitball against a battleship. World problems are not

solved by isolating peoples. That only gets their back up. Problems are solved by getting people together; by negotiating; by exchanging ideas.

You imply that public opinion in new Zealand demands excluding the South Africans. That seems odd. In the U.S.A., Gary Player plays golf. Bernie Mitton and Johann Kriek play tennis. They're from South Africa. Nobody cares. People realize that banning Kriek or Player isn't going to bring apartheid down.

But we've been all over that ground many times in the last 5 years.

Just because N.Z. is "small" as you say, doesn't mean it has to have an inferiority complex, or knuckle under to "bigger" nations. I found New Zealanders to be strong, fair-minded people. Your social policies are among the most advanced in the world. You can hold your head up high. You can follow your own conscience.

New Zealand accepted the World Games with the clear understanding that no one would be excluded. I hope you'll be able to live up to that commitment.

*Al Sheahan
Van Nuys, Calif.*

29 Sept. 1980

Mr. Sheahan:

I am writing to you both as an athlete and a citizen who is sickened by the intrusion of politics in sport.

My reason for writing is that it appears to me while you are trying to get the '81 Veteran Games boycotted you appear to have no conception of the position in our country. It is my wish to give you a better understanding of why the decision to exclude South Africa had to be made.

First, let us go back to the time of the Moscow Olympics. Like your fellow countrymen our athletes listened to the Carter justification for boycott, took into account our own government's stand (backed by a lot of pressure) and decided not to go.

This was a decision that bred a lot of

bitterness, especially when Great Britain and others undermined the validity of the boycott.

Next our National rugby union Executive issued an invitation to the South African rugby team to tour N.Z. and will not budge from this despite pressure from the government.

What we have evolving now is the prospect of unions bringing the country to a halt and the possibility of severe outbreaks of civil disturbances while the tour is on.

Squash on the other hand, not enjoying the popularity or power of the National game of rugby bowed to pressure and said "no" to South Africa.

They are now threatened with boycott.

In view of this truly catch 22 situation I put the following question:

"Looking at the way your athletes were forced to accede to pressure at the time of the Olympics can you realistically expect a body such as the Veterans Committee, with no political, financial or 'popularity' muscle to put itself in the position of possibly paralyzing a nation through strikes, etc. by inviting the South Africans?"

Common sense dictates a negative answer to this question. May I add that many in N.Z. feel that America owes us after the Moscow episode and your present attitude is only serving to fuel the resentment.

May I ask that in fairness you present these facts to all that are involved and then let us hope that Veteran Athletics comes out the winner.

I am a competing athlete who is eagerly looking forward to what will be an experience of a lifetime.

As such I have no involvement with the organizing committee, but will be sending them a copy of this, if only to show them some tangible form of support in what is a very difficult situation.

*Morrie Poulton
Christchurch, N.Z.*

4th October, 1980

Dear Clem,

Thank you for your letter just received. There seems to be some confusion.

1. Is this, or is this not, the 4th WAVA Championships? If so, then it is subject to the WAVA Constitution, which states that nobody shall be barred from participation because of Nationality, Religion, Race or Creed. This Constitution can only be changed by two-thirds majority at the full session of the WAVA and not by the New Zealand Organizing Committee, because they find themselves in unexpected financial difficulty.

2. In checking the Minutes of the WAVA Executive Committee, and WAVA Delegates meetings in Hannover with secretary, Roland Jerneryd, we found that in both instances, WAVA President, Don Farquharson, clearly stated that all policy decisions (and here, participation was specifically men-

tioned) would be the sole prerogative of the WAVA Executive, and NOT of the Organizing Committee of the member country hosting the Championships.

3. At the 1978 meeting in Puerto Rico, Rule 53 concerning eligibility was amended, to in effect include "former professionals and South Africans" in Veteran competitions.

4. In presenting their case for hosting the 4th WAVA Championships to the Executives Meeting in Hannover, the New Zealand Delegation (represented by Sir Ronald Scott, John Macdonald, the New Zealand Ambassador to Germany and the mayor of Christchurch) was asked by president Don Farquharson, whether South African Veterans would be able to take part. In his response, John Macdonald, as proposed Chairman of the Organizing Committee stated (verified by the Minutes of the Meeting and telephonically, during the past week, by other Executives present at the time) that as there was to be an election in New Zealand before the proposed date of the WAVA Championships, he was not in a position to guarantee the attitude of the next Government, but that there would be no objection from his Organizing Committee to South Africans participating in the 4th WAVA Championships.

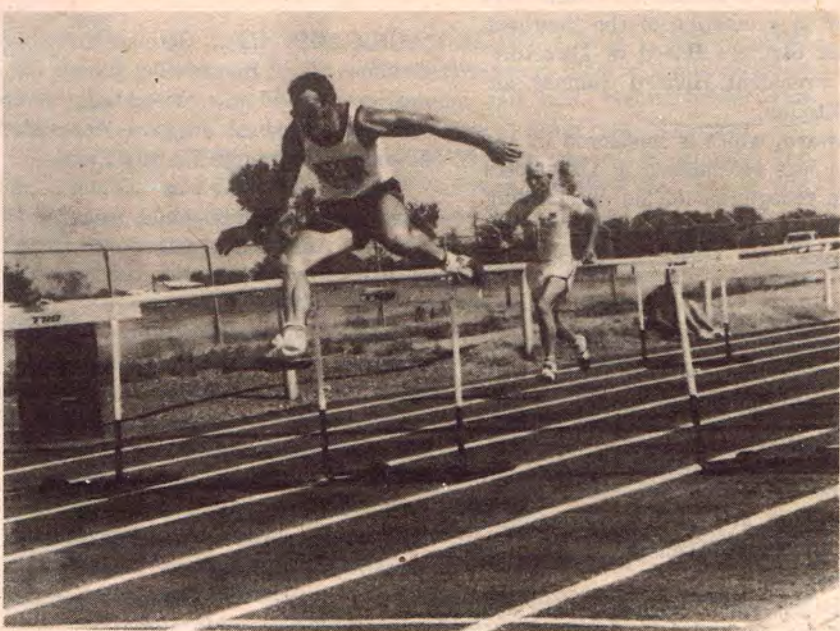
This was an essential Constitutional prerequisite which was decisive in the awarding of the Championships to New Zealand.

5. The Jeeps Commission of Enquiry, sent to South Africa by the British Sports Council in 1979, found that Athletics was fully integrated in this country. The S.A. Veterans Athletic Association has always been represented by a mixed contingent here and abroad - even before the present situation where Sporting Bodies are now autonomous and independent of Government Policy. I may also mention that we compete as Individuals for Individual Clubs and not as a Country.

6. The 1973 Gleneagles Agreement: The New Zealand Rugby Union has invited a S.A. Rugby team to tour your country a few months after the proposed 4th WAVA Championships, and a few months ago, a British Rugby side toured S.A., so it does not look as if both, the country (Britain) which hosted the Agreement, or New Zealand, are paying much attention to this Document. In fact, a few days ago Mr. Alan Hyatt, the New Zealand Minister for Sport, was quoted as stating in a Radio Debate with Mr. Richard Prebble, that he was in favour of amending the Gleneagles Agreement to permit Sporting ties with South Africa. This Agreement, which is seven years old, does not take into consideration, the tremendous changes which have taken place here, since 1973, especially in Sport.

In addition, as reported in the newspapers here, the attitude of your Government to the proposed Rugby tour (according to Mr. Muldoon, the New Zealand Prime Minister) was that no S.A. Sportsman or Sports Supporter would be refused a visa to your country - a Statement reiterated since then by Mr. Tallboys, your Deputy Prime Minister.

continued on next page....



Jim Walker, winner of 45-49 TFA Decathlon Championships.

South African Update

continued from previous page

7. It seems inconceivable to me that after experiencing the unfortunate effect of Politics on Sport in the last Olympics (Boycotting started in the 1964 Olympics and has escalated steadily in the 4th Olympic Games since then) we as mature people cannot see the inherent danger of political domination in Sport. It would indeed be a sorry state of affairs if we could not learn from the mistakes of others.

In 1975, the Canadian Organizers of WAVA, under the Chairmanship of Don Farquharson, took a Courageous and Commendable stand against political intervention from their Government. In Sweden, in 1977, Roland Jerneryd stood firm. Then in Germany, despite the 1973 Rule 53, amendment, it was decided that we should participate as Rhodesians to ensure participation of their sportsmen in the Moscow Olympics, only to find that they were forced into a Boycott by their Government because of the Afghanistan situation. The folly of Political interference in sport speaks for itself. There will always be something, in some country, someone else will be dissatisfied with.

8. In the light of the assurance by the New Zealand Chairman in Hannover that as far as his Committee was concerned, the South Africans would be allowed to take part in New Zealand, I feel that the correct procedure for your Committee, once they found themselves in financial difficulty should have been as follows: Upon being informed that the condition of Sponsorship was contrary to your original Assurance (in fact, Verbal Contract), to have first appraised the Principal involved (South Africa) of the situation. If your committee discriminates in accepting the sponsorship of your Government with its attendant Sanction, in preference to giving us a chance to raise the money, then your Committee is disregarding its original contract that it would allow South Africans to compete.

As I feel that you would like to solve this Invidious Situation, I suggest the following: That the New Zealand Organizing Committee invites us as South Africans, to secure the same amount that you have been promised by your Government, so that, upon this amount being provided by us, your Committee shall then be able to decline your Governmental Grant, with its Restriction.

My view is that this action on your part or the part of your Committee will go to the Root of establishing your Bona Fides, i.e. that your Committee has been forced to exclude South Africans only for the reasons stated by you.

If my suggestion meets with the approval of your Committee, please advise me Immediately to enable me to Organize the Funds required.

I am forwarding a copy of this letter to all Members of the WAVA Executive Council and as I know that we also have the sympathy of Mr. Roy Williams, I am also taking the Liberty of sending him a Copy.

To enable us to proceed expeditiously, and early Reply would be greatly appreciated.

Dr. M.D. Burger
President

South African Masters Association
Johannesburg, S.A.

October 9, 1980

Mr. Macdonald:

It was with much regret that I learned from an article in the National Masters Newsletter (October) that the Organizing Committee of the 4th World Veterans Games has barred from participation athletes of the Republic of South Africa.

I read your explanation, which in financial terms is quite understandable. In terms of history and logic, however, your course of action, and that of your government, is difficult to swallow.

During World War II, South Africans were our common comrades—in arms against nations which literally threatened our national existence. I fought alongside of South Africans in Italy in 1943 when Japanese troops were not too far from the shores of New Zealand. Then they were welcome members of the Commonwealth.

No other nation has been singled out for ostracism in this event. Not representatives of the nations which you fought in WWII. Not the Soviet Union which for forty years has occupied the once independent states of Latvia, Lithuania, and Estonia. Not a half dozen South American dictatorships. Not Viet Nam which has created untold human disaster in Cambodia. And not a number of other countries which give sanctuary to openly boastful international terrorists.

You have recently extended the deadline for entries to Nov. 7. I presume this also extends the deadline for cancellations. Accordingly, I wish to reconsider my own entry, which was mailed before your announcement to meet the former October 1 deadline. In the event your policy in the matter of South African athletes is not changed before your latest entry deadline, I request that you cancel my entries and return the fees.

Edward G. Lowell
Tarzana, Calif.

[1978 M60 National Champion, Marathon and Steeple.]

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6200 Hazeltine Ave.
Van Nuys, CA 91401



Profile On Herm Wyatt

by Marty Higginbotham

Herm Wyatt leaped his way into the world record books by high jumping a super 6-2 1/4 at the West Valley Masters Meet in Los Gatos on April 19. The 48-year old Wyatt stands 6-6 1/2 and weighs 190 pounds. He began his jumping career at San Jose State, however, Wyatt believes his best leaps came after college. Herm never jumped in high school, so beginning in college left him plenty of room for improvement. After college Wyatt had the honor of capturing two high jump titles at the National AAU Indoor Championships. He is definitely correct about doing his best jumping after college—his best leap ever is a 6-11 at age 31.

Wyatt attained an interest in the masters competition two years ago, where he resumed his jumping career. Now he is the world's best leaper in the 45-49 age group.

As far as competing goes, Herm likes to compete once a month. Weightlifting is an important part of his training and he also runs windsprints barefoot on the grass to keep up his speed and tone his muscles. His philosophy in training is a very practical one: "I don't like to punish my body."

He does not try to peak for any meets, but "just do my best at each one," as he puts it. Wyatt is also looking for a sponsor to help send him to the World Games.



Wyatt hopes to eventually reach the height of 6-3 to 6-4 which would break his already spectacular world record leap.

The 48-year old Wyatt lives in the Santa Cruz mountains and works in juvenile probation. As for now, he wants to compete for another four or five years. At the Pacific Association Masters AAU Championships held May 31, Wyatt leaped 6-2, only 3/4" off his own world mark, showing consistency in his jumps. An interesting note is that Wyatt likes to play golf to loosen up. The day of his world record, he was out at 6 a.m. shooting nine holes of golf!

Striders Award Named For Cranston

LOS ANGELES, CALIF., Sept. 24. A special award to be named after U.S. Senator Alan Cranston (D-Calif.) was approved at a meeting of the Southern California Striders Board of Directors, Strider President Hilliard Sumner announced today.

The award, which is sponsored by the Striders, was established in Cranston's name "in recognition of his outstanding commitment, continuing support, and contribution to Master's Track and Field."

"The award will be given to an individual involved in the administration and management of Master's track meets," said Mike Jackson, who proposed the idea. "It would act as an incentive to put on quality meets."

The award will be presented to its first recipient at the Annual Striders Awards Banquet November 1 by Cranston himself.

The Board also approved that the name of the Pan American Games be changed to the "Home Savings and Loan Pan-American Masters Track and Field Championships."

The Board also voted to not become involved with the 1981 National Masters

Championships unless there is a minimum budget of \$15,000. "Penn Mutual is offering \$2000 to \$5000 for the meet at this point," the Board reported.

Roullier Sets New 50-Mile Mark

CHICAGO, ILL., October 5. Roger Roullier, 42, of Romeoville, Illinois set a new masters 50-mile record today in the American Medical Joggers Association 50-mile run through Lincoln Park.

Roullier's time was 5-hours, 25-minutes, 50-seconds, which smashed the existing American masters (40+) mark of 5:28:19 by John Garlepp of New York on Nov. 4, 1978.

Roullier was 3rd overall on the NRDC certified course. Barney Klecker, 29, a 2:16 marathoner, broke the unofficial world record by 2 minutes in 4:51:25. He broke Alan Kirik's official American mark of 5:00:30. Don Helfer finished 2nd in 5:24:08.

"I was surprised by my good time," Roullier said. "It was very satisfying in view of the fact that just 7 days earlier, I ran the Chicago Marathon."

In that race, Roullier won the masters division in 2:35:07. His new 50-mile mark equals a 6:31-per-mile pace, compared to a 5:55 pace for his marathon effort.

Competition In Merry England

by Ed Oleata

I went to England in September to compete in the British Veteran Athletic Association Decathlon Championship which was held in Loughborough on 20 and 21 September. The trip was interesting and informative. There is quite a bit of interest in multi-event competition in England. There were 32 entrants. This is better participation than we have in the U.S. Our masters championships the past three years have had about 30 entrants each year and we included about 10 submasters each year and the British limit their championship to 40+. The competition was well organized with good officiating and good facilities. The track was cinder and was damp so the times were slowed slightly. As with masters competition in America, the only spectators were friends and relatives of the competitors. They were few in number but quite appreciative of a good performance so there were some enthusiastic responses for some of the closer races.

I was fortunate to win the 1A division championship with the highest point total ever scored by a veteran in England. For this I was awarded the Clarke cup which goes to the outstanding performer in the meet each year. The competitors were all friendly and helpful, making it an enjoyable competition for me.

The English were different! I don't know why but I thought they would be using the English system of measurement. I was wrong. It was all metric and the competitors seemed much more at ease with the metric system than I was. The language took some getting used to also. "Is it my diddle?" (Is it my

attempt?), "His arm went gimpy." (He injured his arm), "I guess I'll have a do." (Take a turn), "Good show." (Nice try), "I'm going to bash it." (Try harder), "I didn't fancy it." (Response by a competitor when asked why he didn't finish the 1500). On the second day's competition they took an hour break between the third and fourth event for "tea"!

I was surprised to find out that there is less veteran competition in England than I thought. They have far fewer track and field competitions for vets than we have in America. There is much more cross country competition for vets but not track and field. The 40+ track and field athlete gets most of his competition by competing for his club. There is quite a competitive club system in England with competition between the clubs in different leagues according to ability. As the athletes performance diminishes because of age he simply finds another club that is competing in a lower league. With over 800 clubs in the country it is not hard to find another club nearby.

I also found out that one "British bloke," Rodney Charnock, is trying to promote multi-event (decathlon and pentathlon) competition among veteran athletes. He is publishing a "Veterans Multi-Event Newsletter." He is trying to promote postal pentathlon and decathlon competitions between different countries and is trying to get a world decathlon championship organized for vets. He is also trying to deal with some of the problems of the multi-events such as which scoring tables to use and what hurdle heights to use. His work can only help the events.

The trip was a good experience for me. Maybe next year some other Americans can "invade" the British Veterans Decathlon Championship.

Heinrich Top Master In National 50K

from Stan Saplin

BRATTLEBORO, VERMONT, Sept. 14. Bernd Heinrich, 40, of Burlington, Vermont, was the first Masters finisher in the National Athletics Congress 50km Championship today.

Heinrich, the top master in this year's Boston Marathon, clocked 3:03:56 to finish 3rd overall.

Bill DeVoe, 29, won the event in 3:01:12.

There was no 5 or 10 year age-division competition per se. Cahit Yeter, 45, of the Bronx was 2nd master (9th overall) in 3:18:23.

The women's section of the race was postal. Donna Hudson, 32, of New York led in 3:59:49. Polly Schonfeld, 41, of New York was 2nd in 4:08:24. Sue Medaglia, 45, was 3rd in 4:10:34. Medaglia had run a marathon in Lake Placid, N.Y. the day before.

Results on page 22

O'Neil Topples 10K Mark

SAN DIEGO, CALIF., Sept. 6. 1980 National masters 5000 and 10,000 track champion and U.S. record holder Jim O'Neil today broke the American 10k age 55-59 road record in winning the 50+ division of the Diet Pepsi 10k Regional Championship.

O'Neil, 55, who recently moved from Sacramento to San Diego, ran the course in 34:35, toppling the 35:26 which Mauro Hernandez ran Sept. 17, 1978. O'Neil's time bettered his 10,000 track mark of 35:03.2 set in the Pan-American Games in Los Angeles. (All road marks are subject to certification by the National Running Data Center).

Jim Bowers, 41, of Santa Rosa, Calif. won the 36-49 title in a good 32:10, Christa Romppanen, 41, took the women's 36-49 crown in 39:52, while Anne Johnson clocked 40:30 to win the 50+ category.

Thom Hunt edged Bill Rodgers, 28:37 to 28:43, to finish 1st overall.

Results on page 22

National Running Data Center

An Open Letter

by Ken Young

The September 1980 issue of *Runner's World* (page 87) continues to propagate mis-information regarding record-keeping for road performances in the United States. In fact, *Runner's World* has not only set itself up as the keeper of road records but now attests to the accuracy of road courses. This represents an arrogant disregard for procedures established by both the Athletics Congress and the Road Runner's Club of America to certify road courses as to the accuracy of their measurement and to maintain legitimate records for standard road distances.

In February 1978, the RRCA established a Road Records Committee whose task was to establish standards for keeping road records and to compile and maintain official road records for the U.S. The National Running Data Center was represented on this committee and participated in discussions regarding record-keeping, in particular, how to judge wind-aided and down-hill performances. Several suggestions were advanced; none were found suitable. With the resignation of the committee chairman later that year, such efforts were dropped.

At the national RRCA convention in February 1979, the NRDC made a proposal to the executive board of the RRCA which detailed a solution to the problems of wind-aided and down-hill performances and offered to serve in the capacity of official road record-keeper for the RRCA and to disseminate the official list of road records annually. Adapting standard procedures used for track record-keeping, the NRDC proposed the now widely-known rule relegating point-to-point marks to a non-official status. The details and justifications for this ruling are set forth in the 1980 edition of "Running Records by Age," available from the NRDC. This proposal was accepted by the executive board of the RRCA.



JIM O'NEIL

At the national convention of TAC in December 1979, a similar proposal was made to the Men's Long Distance Running committee. At this time, it was specifically pointed out that adoption of these standards would mean that marks made at the Boston AA marathon would not be considered official records and, in particular, the 2:09:27 performance by Bill Rodgers would not reign as the official U.S. Marathon record. This proposal was passed without dissent. The NRDC is now represented on the Records Committee of TAC and serves to maintain the official road records for TAC.

It should be clear from the above that these are not "NRDC records" nor is the non-recognition of point-to-point marks a unilateral ruling made by the NRDC. The records maintained by the NRDC are the official U.S. road records, as recognized by the RRCA and TAC. So-called U.S. records promulgated by other parties, such as *Runner's World*, have no official status.

The 2:31:23 marathon performance by Joan Benoit in New Zealand is not considered to be the U.S. record for two reasons. First, in lieu of world-wide standards for course measurement and certification, the measurements must be approved by a certification body which maintains standards at least as stringent as those in the United States. There is no evidence that the New Zealand Track and Field Association does so. The Choysa Marathon course measurements may be submitted to the U.S. Standards Committee and, if found acceptable, the course would be granted "certification."

Second, it is widely ignored that the Choysa course is point-to-point. Thus, even if certification were granted, Benoit's mark could only be granted a non-official status of "U.S. best" rather than "U.S. record."

The position of the NRDC is that road records will never be accepted as legitimate until suitable standards have been established and maintained. The major criticism of "road records" is that they are course dependent. The standards by which official U.S. road records are now kept reduces the variability between races considered for record purposes to the weather conditions, the running surface, the altitude, the competition and the terrain. Except for the last of these, all of these variables affect track record-keeping as well. Records should reflect a competition between runners, not a competition between courses.

ATTENTION

1980 Masters 10k Cross Country Championships
Sunday, November 9, Seattle, Washington

TEAM INFORMATION CORRECTION: Women's teams should consist of 5 scoring members, not 3 as stated on the entry form. Maximum team numbers are 8 per team. The first 5 times will be used to score.

NOTE: There will also be men's and women's 60+ teams added to the team competition. Maximum number for teams is 5 with the first 3 scoring. The 5-year age divisions for individual awards have been extended to age 85+ for both men and women.

TEAM DECLARATIONS MUST BE SUBMITTED TO THE RACE DIRECTOR PRIOR TO THE START OF THE RACE TO BE VALID

photo by David Hambly



Judy Groombridge, Seattle, took 4th in World Veterans 10K in Glasgow, Scotland, August 23 with a time of 40:41, and 3rd in the Marathon the next day in 3:13:37.

Race Walking

from Alan Wood and Harry Siitonen

Lori Maynard, 44, finished 3rd overall and 1st senior women in the Pacific Association TAC 10K Race Walking Championships at Stanford Sept. 14

with a time of 53:47.

Charles Marut, 42, was 4th and 1st master in 54:20. Fred Dunn 51, was 5th and 2nd master in 54:34. Harry Siitonen 54, was 3rd in 59:28.

Otto Soomerauer was 1st 60+ man in 65:31. Ches Unruh, 73, was 2nd 60+ in 70:57. Helena Carola 72, was 1st woman 60+ in 92:18. Nancy Porter, 44, won 1st 40-44 woman award in 73:07.

437 Compete In Berkshire 10K

from Walter Childs

WESTFIELD, MASS., Sept. 14. One of the largest--if not the largest--fields of masters long distance runners ever assembled in the U.S. took part in the popular Berkshire 10k run today.

437 athletes finished the race: 399 men over 40 and 38 women over 35.

R. McCarthy, 40, was 1st across the line in 32:42 followed by R. Cormier in 33:43. Other age-division winners were: A. Wick, M45, 34:49; B. McCaffrey, M50, 36:02; A. Prince, M55, 38:06; S. Richardson, M60, 39:33; B. Brobston, M65, 43:30; J. Kelley, M70, 44:27; L. Roberts, M75, 62:15; C. Willberg, M80+, 79:56; K. Blake, W35, 42:58; J. Rasmussen, W40, 46:18; B. Nolan, W45, 49:30; R. Webber, W50, 43:55; H. Yelle, W55, 63:50; R. Kurpiel, W60+, 56:43.

Results on page 23



Phil Walkden, Norm Bright, Dave Pitkethly, Tom Sturak at 13th Annual World Veterans Distance Running Championships in Glasgow, Scotland Aug. 24.

photo by David Hambly

Gorman Breaks Stock's 10K Mark

SANTA MONICA, CALIF., Oct. 11. The American women's age 45-49 10-kilometer road record was broken for the 4th time this year as Miki Gorman of Los Angeles today ran 37:30 to lower Dorothy Stock's 6-week-old mark by 9 seconds.

Gorman, who won the Boston Marathon and New York Marathon twice turned 45 on August 8. She appears to be in shape to challenge many of the marks which Stock, of San Diego, set this year.

Gorman finished 4th among 550 women in the race won by Gayle Olinek, 27, of Canada in 35:19.

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, hometown, and finish time of each. It's important that the NRDC get such complete results in order to give all your runners credit in national records and rankings.

Film Of Blind Runner Wins Medal

by Charles Buell

Perhaps there are a half dozen sightless marathon runners in the United States. One of these runners has been filmed doing his thing. He is sightless 42-year old Harry Cordellos of San Francisco who has finished more than 50 marathons.

The film, 12 minutes in length, shows Cordellos running side by side with his sighted partner Mike Restani in the famous Dipsea race in Marin County. It is one of the toughest cross country runs in the United States, but Cordellos finished in the top one-third of the 2000 runners in the event. This unique film has won 16 medals at film festivals here and abroad. The title of the film is "Survival Run" and is produced by Magus Films, 117 So. Park St., San Francisco, CA 94107.

Less than two years ago an Illinois attorney lost his vision, but this did not stop him from competing in athletics. He is 38-year old Jim Nepl of Rock Island who recently returned from the Olympics for the Blind in Holland with gold and silver medals and a trophy.

The Olympics drew 300 blind athletes from 38 countries. Nepl put the 7.25 kg shot 11.76m to set a new world record for sightless men. This was the only gold medal won in track and field by U.S. blind men.

Nepl and a few others can win medals in open competition. Masters competition is also being offered to blind men and women by the United States Association for Blind Athletes, 55 W. California Ave., Beach Haven Park, NJ 08008.

[Ed. note: Dr. Charles Buell is the President of the Southern California Association for Blind Athletes. At age 68, he recently ran the 1500 meters in the U.S. Association for Blind Athletes National Championships. He has 1/20 normal vision so he can run by himself. "I jog around my block every day by myself, keeping near the curb," he says. "I feel better physically and mentally through jogging. Sighted people sit too much, but blind people are worse. It need not be that way. Even a totally blind person can find a sighted partner, if he will try."]]

Holiday Weight Pentathlon Set

Phil Partridge announces the 3rd Annual Holiday Weight Pentathlon will be held at Delray Beach, Florida, at Atlantic High School on Saturday, December 27 starting at 10 a.m. in tandem with a Holiday Regular Pentathlon.

The entry fee for each Pentathlon is \$6. Send entries promptly to Randy Cooper, Community Evening School, Atlantic High School, Delray Beach, Florida.

ELECTION DAY NOV. 4

"More than any other time in history, mankind faces a crossroads. One path leads to despair and utter hopelessness. The other leads to total extinction. Let us pray we have the wisdom to choose correctly."

Woody Allen

BRIDGING THE GENERATION GAP:

Submasters And Masters Competition

by Mike Jackson

Recently, I read an article in the *Los Angeles Times* about a California woman who teaches federal employees how to communicate effectively. The article, "Some Words of Advice at Federal Level: Up with English Course Offered," said the instructor started with the presumption that poor performance is an attitude toward language that could have an adverse effect on an employee's chances for advancement and upward mobility. The point, in short, is that every opportunity for communication is important; every chance to talk is a chance to grow, and every occasion to establish a human contact helps to break down a communication barrier.

Let there be no doubt that Masters and Submasters competition provided the environment in which communication barriers (as well as speed barriers) can be broken. Obviously, athletes talk to each other about their sports, but the Masters and Submasters brings together young and old, black and white, richer and poorer in an activity and an environment that encourages conversation across all the standard borders in our society. The *Sport* is the center of everyone's attention, and most of the symbols of difference disappears under a warm-up suit. Those who run can always talk to each other about running, and while discussion may be heated, it is apolitical, it is interesting, and it is shared.

These observations are based on my own participation as a submasters sprinter in a number of track meets around the country; most recently the National meet in Philadelphia:

"Hey!" A submaster sprinter yelled to an elderly gray-haired gentleman, as they met in front of a hotel elevator, "Aren't you from Canada?"

"Why, yes I am," responded the older man with evident surprise.

The submasters athlete went on to explain that they had previously met during a track meet in Mexico City and, in fact, had competed in similar events.

Later, on the track, a different submasters athlete shouted to a masters competitor running the 200 meter dash:

"You're bouncing too much. Try to lean your body forward and drive."

After that race, the two athletes exchanged views of their respective running styles.

These are only a few examples of how communication takes place in an athletic environment. Masters and Submasters track appears to offer an even greater and unique communication mechanism. The sport provides not only the opportunity to make friends but also a chance for people to get together and share with each other, learn from each other, and most importantly, care for each other.

So, to all who are considering joining Masters or Submasters track the point of this article is clear: Here is an activity that is not only fun but is also useful. It is not just a way to stay in shape physically but a way to keep in shape mentally; that is, not only an exercise for the body but a social exercise contributing to all those mechanisms for communication which we tend to slight in our daily activity.

Olson Tops Weight Pentathletes

by Jackson Tovell

STOUFFVILLE, ONTARIO, September, 21. Len Olson of Burlington, Vermont, scored 3497 points to lead all entrants in the North American Masters & Submasters Weight Pentathlon today at Latvian Field.

Olson edged Harold Parsons by only 6 points to win the Tovell Trophy. Since the Hime system was used, most of the totals were meet and Canadian records.

Good weather and the club members and wives created an atmosphere of great camaraderie, all of which helped to make this an exceptional meet. We plan to hold this fixture again next year in August. Hope to see you then.

Results on page 21



Tom Thorne, 2nd in 35-39 class in TFA National Decathlon July 27 in Kansas.

Stock, Hargus, Salazar Set 10K Marks

from Bill Stock

SAN DIEGO, CALIF., Sept. 21. Dorothy Stock, Cathy Hargus and Felicitas Salazar each set new 5-year age division 20km road records today in the National Athletics Congress 20km Open Women's Championships, run concurrently with the San Diego AC Masters 20km Women's Championships.

Stock added to her impressive 1980 collection of women's age 45-49 distance marks, clocking 1:20:13 to break Ruth Anderson's 4-year-old mark of 1:25:49. [Editor's note: Stock's mark was broken by 3 seconds on Sept. 28 by Linda Sippelle, who ran 1:20:10 in the TAC 20k Masters Championships in Washington, D.C.]

Cathy Hargus smashed Marion Epstein's 60-64 mark of 2:26:19 by 26

minutes in 1:59:46 to become the first 60+ U.S. woman ever to get under 2 hours.

Felicitas Salazar ran 3:09:43 to create a new standard for women 70+.

Stock finished 2nd overall behind winner Audrey Burns (31) 1:19:28. Diane Stocklin, (40), was the 2nd master—5th overall—in 1:27:23.

En route, Stock also broke the national women's 45-49 mark for 15km. Her 59:47 lowered Ruth Anderson's 1978 time of 1:01:14. The course was PSA/AAU certified for the 5k, 10k, 15k and 20k. Each of 4 loops was 5000 meters.

The high cost of transportation presumably had a large effect on participation. For local runners, 20k is a bit out of the range of "recreation" runners, plus the title "National Championship" scares some off. It was unique in these times to have more officials and police than runners.

Results on page 23



photo by Richard Lee Slotkin

Jennifer Wright(R) winning 5000 in meet record 18:49.6 in W40-49 Class in Pan-Am Games, Los Angeles, Aug. 16. Patrick Devine(L) takes 2nd in M50-54 in 18:12.6.



photo by Dick Slotkin

Eileen Watson of North Carolina setting one of her 5 meet records (LJ 17-11½) in W30-39 group in L.A. Pan-Am Games.

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

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Van Nuys, Calif. 91404

Name

Address

City State Zip

“Over forty isn’t over the hill.”

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

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

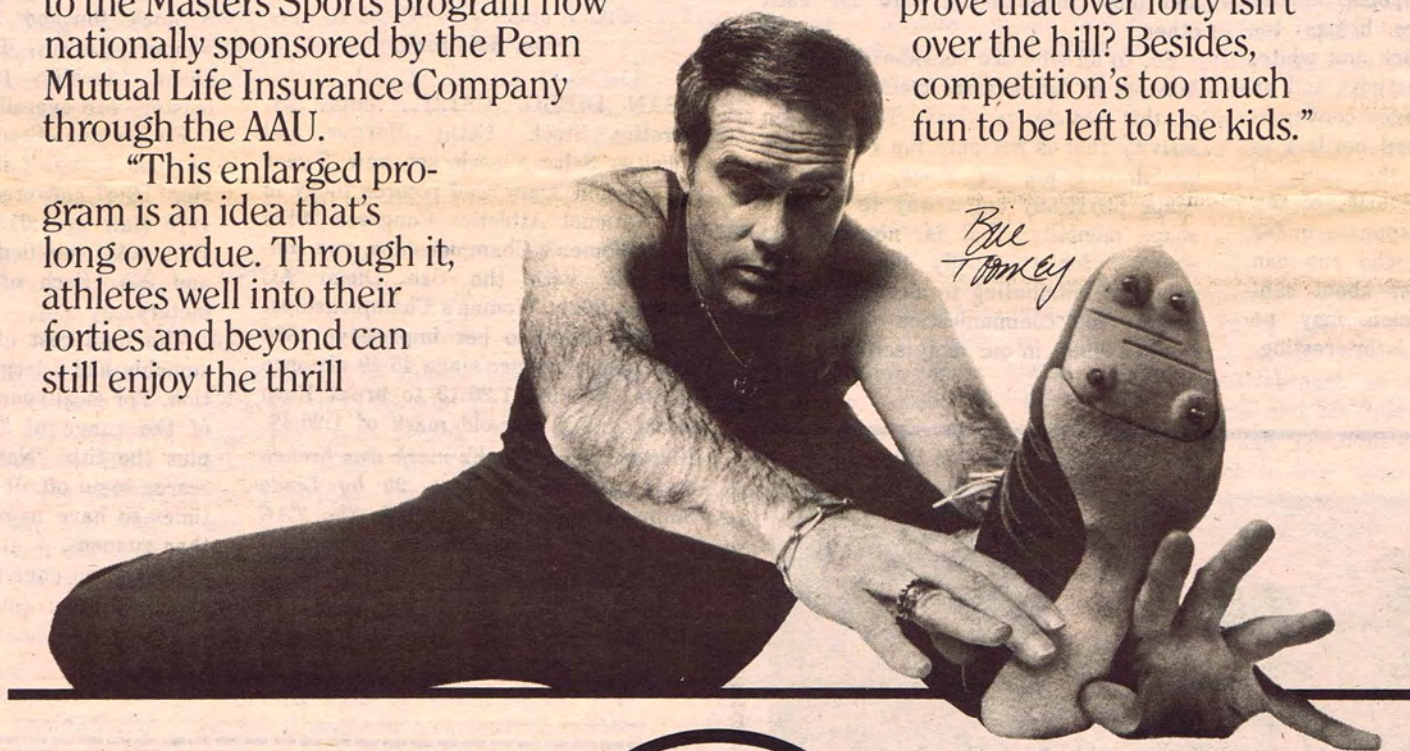
“Now that’s all changed. I may be Bill Toomey, forty-one year-old, but I’m a competitor once more. Thanks to the Masters Sports program now nationally sponsored by the Penn Mutual Life Insurance Company through the AAU.

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

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

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

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



Why some people feel more secure than others.

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

7TH ANNUAL BRUGGE (BELGIUM)
VETERANS 25KM, JUNE 29, 1980.

How To Apply For Records

Men's Class 40-44

John ROBINSON NZ 1:21:38
Eric AUSTIN GB 1:21:50
Leo CARROLL GB 1:22:07

Men Class 45-49

Piet Van Alphen NL 1:23:49
Roger Monseur BEL 1:25:58
John Mills G.B. 1:27:43

Mens Class 50-54

Eddie Kirkup G.B. 1:28:51
Louis Struyken BEL 1:29:40
Carl-Heinz Roepcke W.G. 1:30:13

Mens Class 55-59

Ach Van Den Bossche BEL 1:38:13
Herbert Buchwald W.G. 1:39:54
Rami Butterberg BEL 1:40:02

Mens Class 60-64

Jan Verloop NL 1:39:57
Olivier Depopliment BEL 1:40:38
David Blyth G.B. 1:45:46

Mens Class 65-69

Friedrich Huebner W.G. 1:46:33
Adolf Heuninck BEL 1:47:52
Petrus Poelman BEL 1:49:51

Mens Class 70-74

Ernie Harrison G.B. 1:52:09
Anatole Herlem Fr. 2:15:09
Claus Bendig G.B. 2:30:35

Mens Class

Louis Charbonneau FR 2:12:21
Pierre Ponthieu FR 2:29:06

Women 35-39

Carol Gould G.B. 1:32:01
Carolyn Billington G.B. 1:42:19
Marianne Thum W.G. 1:44:36

Women 40-49

Joyce SMITH GB 1:28:18
Denise Alfvoet BEL 1:36:49
Godelieve Roggeman BEL 1:41:18

Women 50-59

Marie-Louise Baumen BEL 2:06:46
Beatrijs Rombaut BEL 2:23:52
Hedwige Coene BEL 2:24:13

On this page are printed standard application forms for 5-year world and/or American masters track & field age-division records. While not all of the information is always needed, the more data you can provide, the easier it will be for National Records Chairman Pete Mundle and the World Association of Veteran Athletes Records Committee to verify the mark.

Meet directors should keep a supply of these forms--along with a copy of the current 5-year records (printed in October's NMN)--handy at each meet. Pass them out to your track and field officials so they can fill out the form right after a new record is set.

An athlete can bird-dog the officials by carrying a few of the forms in your bag. If you set a new mark, make sure you get a form filled out and signed. Then send it to Mundle.

For a single-age record, not as much data is usually required. However, again, the more data you provide, the easier it is to verify. Particularly important are the wind velocity for sprints and jumps, the exact implement weights and the exact hurdle heights.

APPLICATION FOR FIELD RECORD

Name of Event	Classification e.g. 40-44, etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN	
Full Name of Athlete	Address of Athlete		Country
Club or Branch	Date of Birth Day/Mth./Yr.	Date of Event Day/Mth./Yr.	Place of Competition

I hereby certify that, to the best of my knowledge, the above information is correct, that I made the performance listed below, and apply for the record indicated.

Date Signature of Athlete

FIELD JUDGES STATEMENT I hereby certify that I was an Official Judge of the above event, and that the measurement was made with a steel tape by me and the other Judges listed below, and that the height/distance achieved was EXACTLY as that shown below opposite my signature.

Height/Distance	Name of Field Judge	Address	Signature

TECHNICAL MANAGER'S CERTIFICATE I hereby certify that the level and condition of the runway and/or field, and the weight and dimensions of the implement used (if any) fell within the limits prescribed by the I.A.A.F.

Type of Runway Surface Weight of Shot, Discus or Javelin

Name of Technical Manager	Address	Signature

REFEREE'S STATEMENT I hereby certify that the officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge and I recommend the ratification of the record being applied for.

What were the weather conditions?

Precise Wind Velocity and Direction

Was the Field surveyed? Did you examine athletes Birth Certificate? If not please send copy.

1st..... 2nd..... 3rd.....

Name of Referee	Address	Signature

Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, Ca 90291

World Association of Veteran Athletes

APPLICATION FOR TRACK RECORD

Name of Event	Classification e.g. 40-44 etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN	
Full Name of Athlete	Address of Athlete		Country
Club or Branch	Date of Birth Day/Mth./Yr.	Date of Event Day/Mth./Yr.	Place of Competition

I hereby certify that to the best of my knowledge, the above information is correct, that I ran the time listed below and apply for the record indicated.

Date..... Signature of Athlete.....

TIMEKEEPER'S STATEMENT I hereby certify that I was the Official Timekeeper of the above event, that the time shown on my watch was EXACTLY as shown opposite my signature.

Time	Name of Timekeeper	Address	Signature

STARTER'S STATEMENT I hereby certify that I was the Official Starter of the above event, that it was a fair start, and that no advantage was given to nor taken by any athlete.

Name of Starter	Address	Signature

REFEREE'S STATEMENT I hereby certify that all officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge, and I recommend the ratification of the record being applied for.

What were the weather conditions?

Did you examine the Birth Certificate of the athlete? (If not athlete should send copy)

Precise Wind Velocity and Direction

Were all hurdles the correct balance and height? Was the track surveyed?

List order of finish and approximate distance between each finisher.

1st. who was (Distance) ahead of
who was ahead of

Name of Referee	Address	Signature

Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, Ca 90291

1980 THE 6th HAWAII REGIONAL SENIOR OLYMPICS CHRISTMAS TRACK MEET

FREE
No Entry Fees

Kaiser High School--(U of Hawaii Alt.)

Cosponsored by Hawaii Masters Track Club, Honolulu

Sun. Dec. 28 & Wed. Dec. 31

Morning		Afternoon	
0800	100 Meters	1300	Long Jump
0830	Shotput	1330	Javelin
0900	High Jump	1400	200 Meters
0930	Hammer (Site later)	1430	Discus
1000	110 Meter Hurdles	1500	1500 Meters
1030	800 Meters	1530	400 Meter Hurdles
1100	Pole vault	1600	Triple Jump
1130		1630	5000 Meters
1200	400 Meters	1700	

LUNCH (FREE)

1980

Tear off and send in

6th HAWAII REGIONAL SENIOR OLYMPICS CHRISTMAS TRACK MEET

Age Groups: 20-24, 25-29, 30-34, 35-39, 40-44, 45-49

Awards: Medals 1st, 2nd, 3rd each event each age group

Entry Fees: NO ENTRY FEES Awards donated Free Lunch/drinks

Circle Events and Age Groups: 100;110H, 200, 400, 400H, 800, 1500, 5000, (and dates) HJ, LJ, TJ, PV, SP, D, J, HT, Pent.

Send Entries to Meet Director: Stan Thompson 1549 Ipukula St. Honolulu 96621 3734181

Entries Close Dec 26, 1980-Late and Post Entries accepted at option of Meet Director

Name Address

Birth Date Phone Sex

Affidavit: I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Senior Olympics, Hawaii Masters Track Club, Kaiser High School, University of Hawaii, and State of Hawaii and their representatives and assigns for any and all injuries suffered by me in said events. I also attest and verify that I am physically fit and have trained sufficiently for the events I have chosen to enter in the 6th. Regional Senior Olympics 1980 Christmas Track Meet:

Signature Date

2ND EUROPEAN VETERANS CHAMPIONSHIPS, HELSINKI, FINLAND,
AUGUST 6-10, 1980.

100 m

Men 40-44

1. Torsti Helminen	FIN	11.43
2. Asmus Matzen	W.GER	11.91
3. Henri Jean-Michel	FRA	11.95

Men 50-54

1. Dennis Reece	SWE	11.68
2. Augustyn Cras	BEL	12.31
3. Herbert Peiff	W.GER	12.32

Men 60-64

1. Oswald Schwarz	W.GER	13.06
2. Pekka Nummi	FIN	13.44
3. Friedrich Meyer	W.GER	13.45

Men 70-74

1. Henri Regemeutter	BEL	14.43
2. Heinrich Killing	W.GER	14.91
3. Rudolf Leinen	W.GER	15.05

Women 35-39

1. Erika Briesenick	W.GER	13.30
2. Edith Graff	BEL	13.46
3. Marja-Leena Kangas	FIN	13.66

Women 45-49

1. Corrie Roovers	NL	13.41
2. Kathi Diener	W.GER	13.44
3. Rosemarie Wenzler	W.GER	13.65

Women 55-60

1. Kirsten Hveem	NOR	15.21
2. Elisabeth Haule	W.GER	16.40
3. Eleonore Puttich	W.GER	24.60

Men 45-49

1. Charles Williams	GBR	11.61
2. Manfred Garbisch	W.GER	11.82
3. Leo Tuupanen	FIN	12.00

Men 55-59

1. Gote Lindblad	SWE	12.81
2. Sylvester Stein	GBR	12.94
3. Benoit Henningson	SWE	12.85

Men 65-69

1. Fritz Assmy	W.GER	12.98
2. Yngve Brange	SWE	13.20
3. Willi Rung	W.GER	13.23

Men 75-80

1. Risto Makiaho	FIN	16.50
2. Ingerbrikt Langeng	NOR	21.76
3. Sven Falk	SWE	23.72

Women 40-44

1. Una Adella Gore	GBR	13.34
2. Sissel Falck-Jorgensen	NOR	13.40
3. Mariatta Jarvinen	FIN	13.98

Women 50-54

1. Olga Oldrichova	CZE	13.92
2. Maeve Kyle	GBR	14.15
3. Eva Eschaer	W.GER	14.96

Women 65

1. Annchen Reile	W.GER	17.66
2. Mavis Williams	GBR	18.13
3. Helga Mitschke	W.GER	19.05

200 m

Men 40-44

1. Bruno Bianchi	ITA	22.99
2. Torsti Helminen	FIN	23.15
3. Hans-Georg Wodatz	W.GER	23.99

Men 50-54

1. Dennis Reece	SWE	23.99
2. Augustyn Cras	BEL	24.95
3. Gerd Baas	W.GER	24.95

Men 60-64

1. Oswald Schwarz	W.GER	27.45
2. Pekka Nummi	FIN	27.76
3. Ivar Stensrud	NOR	28.20

Men 70-74

1. Heinrich Killing	W.GER	29.68
2. Henri Regemeutter	BEL	30.38
3. Ahti Pajunen	FIN	30.70

Men 80+

1. Sven Falk	SWE	45.38
2. Emil Zemljak	YUG	51.61
3. Mikko Salonen		

Women 40-44

1. Una Adella Gore	GBR	27.28
2. Sissel Falck-Jorgensen	NOR	27.37
3. Mariatta Jarvinen	FIN	28.40

Women 50-54

1. Maeve Kyle	GBR	27.86WR
2. Ruth Hunkel	W.GER	30.67
3. Gisela Mutter	W.GER	31.20

Women 60-64

1. Elisabeth Haule	W.GER	33.16WR
2. Britta Tibbling	SWE	37.35

Men 45-49

1. Charles Williams	GBR	23.37
2. Manfred Garbisch	W.GER	23.65
3. Martti Lehto	FIN	24.57

Men 55-59

1. Gote Lindblad	SWE	25.87
2. Sylvester Stein	GBR	26.28
3. Ewald Kleinmann	W.GER	26.39

Men 65-69

1. Fritz Assmy	W.GER	27.18WR
2. Yngve Brange	SWE	27.41
3. Veikko Suokas	FIN	28.13

Men 75-79

1. Risto Makiaho	FIN	34.57
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Women 35-39

1. Edith Graff	BEL	27.03
2. Traude Schliephake	W.GER	27.37
3. Marja-Leena Kangas	FIN	27.70

Women 45-49

1. Kathi Diener	W.GER	27.44
2. Rosemarie Wenzler	W.GER	27.58
3. Hella Werner	W.GER	28.37

Women 55-59

1. Kirsten Hveem	NOR	30.90WR
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Women 65

1. Annchen Reile	W.GER	36.55
2. Mavis Williams	GBR	38.81

400 m

Men 40-44

1. Bruno Bianchi	ITA	50.22
2. Uwe Lenz	W.GER	51.41
3. Henri Jean-Michel	FRA	51.72

Men 50-54

1. Peter Higgins	GBR	52.37WR
2. Ad Smit	NL	56.58
3. Max Fischer	W.GER	57.79

Men 45-49

1. Wilfred Morgan	GBR	52.49
2. Berthold Neumann	W.GER	53.07
3. Pentti Rantanen	FIN	54.00

Men 55-59

1. Gote Lindblad	SWE	58.84
2. Toivo Vikman	FIN	1.00.22
3. Sylvester Stein	GBR	1.00.49

Men 60-64

1. Erik Toivonen	FIN	1.02.17
2. Ivar Stensrud	NOR	1.04.09
3. Corrado Cicognani	ITA	1.06.04

Men 70

1. Henry Reugemeutter	BEL	73.2
2. Dagfinn Breide	NOR	75.1
3. Stefano Blazic	CZE	80.8

Women 35-39

1. Christina Aaro	SWE	59.19
2. Irene Wentzel	NL	59.68
3. Traude Schliepmake	W.GER	1.00.90

Women 45-49

1. Hella Werner	W.GER	1.04.86
2. Rosemarie Chevalley	W.GER	1.06.26
3. Agnes Blom	BEL	1.07.91

Women 55-59

1. Eila Hoggqvist	FIN	1.25.54
2. Lydja Fricova	CZE	1.33.66

Women 65

1. Gerda Muller	W.GER	1.32.85
2. Mavis Williams	GBR	1.37.28

Men 65-69

1. Fritz Assmy	W.GER	62.6WR
2. Wolfgang Muller	W.GER	62.9
3. Eino Salminen	FIN	63.0

Men 80

1. Mikko Salonen	FIN	2.28.8
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Women 40-44

1. Una Adella Gore	GBR	1.04.09
2. Jofrid Jansen	NOR	1.04.37
3. Liv Ostreng	NOR	1.05.78

Women 50-54

1. Ruth Hunkel	W.GER	1.14.91
2. Else Laine	FIN	1.15.68
3. Bodil Byhre	NOR	1.19.68

Women 60-64

1. Elisabeth Haule	W.GER	1.16.29WR
2. Britta Tibbling	SWE	1.20.54

800 m

Men 40-44

1. Tor Boifot	NOR	1.58.77
2. Klaus Mainka	W.GER	1.59.03
3. Hans Froiland	NOR	1.59.17

Men 50-54

1. Henricus de Hoef	BEL	2.09.20
2. Leif Vagsmyr	NOR	2.10.85
3. Reino Toivola	FIN	2.11.20

Men 60-64

1. John Gilmour	AUS	2.18.76WR
2. Frans George McGrath	AUS	2.20.21
3. Erik Toivonen	FIN	2.22.33

Men 70-74

1. Adi Lauxmann	W.GER	2.54.7
2. Edward A. Sears	GBR	3.02.2
3. Stepano Blazo	CZE	3.09.4

Men 45-49

1. Wilfred Morgan	GBR	2.01.20
2. Berthold Neumann	W.GER	2.02.30
3. Louis Vink	NL	2.03.04

Men 55-59

1. Robert Boutard	FRA	2.11.54
2. Gunter Hesselmann	W.GER	2.11.80
3. Jan Kystad	NOR	2.13.44

Men 65-69

1. Eino Salminen	FIN	2.39.2
2. Bertil Johansson	SWE	2.45.8
3. Edvard Franzelt	W.GER	2.51.9

Men 75

1. Ronald White	GBR	3.39.3
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Women 35-39

1. Irene Wentzel	NL	2.17.57
2. Sara Ligetkutine-szenteleki	HUN	2.17.94
3. Christina Aaro	SWE	2.18.43

Women 45-49

1. Lydia Diehl	W.GER	2.32.06
2. Agnes Blom	BEL	2.39.81
3. Edith Bischoff	W.GER	2.48.66

Women 55-59

1. Elfriede Falke	W.GER	3.11.96
2. Eila Hoggqvist	FIN	3.16.25

Women 65

1. Gerda Muller	W.GER	3.30.81WR
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Women 40-44

1. Inge Pfeiffer	W.GER	2.20.28
2. Anneliese Jensen	DEN	2.21.89
3. Helga Balze	W.GER	2.24.81

Women 50-54

1. Luise Haushofer	W.GER	2.37.79
2. Maija Suominen	FIN	2.43.19
3. Berthilla De Preter	BEL	2.46.83

Women 60-64

1. Elisabeth Haule	W.GER	3.01.68WR
2. Britta Tibbling	SWE	3.02.14
3. Eva Eriksson	SWE	3.28.65

1500 m

Men 40-44

1. Michael Connolly	IRE	4.01.04
2. Tor Boifot	NOR	4.03.92
3. Hans Froiland	NOR	4.04.19

Men 50-54

1. Josef Wildmoser	W.GER	4.18.91
2. Henricus de Hoef	BEL	4.22.45
3. Rene Marckx	BEL	4.22.65

Men 60-64

1. Holger Josefsson	SWE	4.53.16
2. Eero Santala	FIN	4.58.31
3. Tor Holstad	NOR	4.59.27

Men 70-74

1. Adi Lauxmann	W.GER	6.00.4
2. Victor Blanco	SPA	6.06.3
3. Edward A. Sears	GBR	6.11.3

Women 40-44

1. Inge Pfeiffer	W.GER	4.44.07
2. Anneliese Jensen	DEN	4.49.61
3. Helga Balzer	W.GER	4.55.16

Women 50-54

1. Maija Suominen	FIN	5.21.11
2. Luise Haushofer	W.GER	5.25.69
3. Kirsten Lien Garbo	NOR	5.27.37

Women 60-64

1. Britta Tibbling	SWE	6.01.37WR
2. Elizabeth Tromp	NL	6.30.39
3. Eva Eriksson	SWE	6.53.05

Men 45-49

1. Alain Wiart	FRA	4.13.85
2. Louis Vink	NL	4.14.27
3. Harry Lindell	SWE	4.14.96

Men 55-59

1. Gunter Hasselman	W.GER	4.23.27
2. Robert Boutard	FRA	4.30.62
3. Eiler Nygardsether	NOR	4.38.46

Men 65-69

1. Otto Haupt	W.GER	5.21.3
2. Bertil Johansson	SWE	5.25.1
3. Robert W. McMinnis	GBR	5.26.9

Men 75

1. Frantisek Hulan	CZE	6.08.9
2. Ronald White	GBR	7.23.3

Women 45-49

1. Lydia Dieml	W.GER	5.08.86
2. Patricia Rose Maffia	GBR	5.22.2

European Championships

continued from previous page

Women 60-64

1. Elizabeth Tromp			
2. Eva Eriksson	SWE	24.39,8	
3. Inga Sagrellius	SWE	25.17,4	

Women 70

1. Justine Bucher	W.GER	31.50,8	
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10,000 m

1. Renato De Palmas	ITA	31.35,0	
2. Bernhard Marquardt	FRA	31.38,2	
3. Pentti Hintsala	FIN	32.32,6	

Men 55-59

1. Gunther Hesselmann	W.GER	35.43,2	
2. Peder Malm	SWE	36.27,6	
3. Olavi Liukka	FIN	37.24,4	

Men 50-54

1. Igino Baldoni	ITA	34.44,6	
2. Giovanni Ceconi	ITA	35.46,3	
3. Konrad Hernelind	SWE	36.51,0	

Men 60-64

1. Premysl Dolensky	CZE	36.37,7	
2. Stephen Richardsson	GBR	37.41,5	
3. Theodor Stober	W.GER	38.05,1	

Men 65-69

1. Otto Haupt	W.GER	39.39,8	
2. Robert William Mcminns	GBR	40.50,2	
3. Vilho Manninen	FIN	42.49,0	

Men 80

1. Emil Zemljak	YUG	78.26,5	
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Men 70

1. Martti Laiho	FIN	43.08,3	
2. William Tyler	GBR	45.17,2	
3. Georg Wir	SWE	45.42,6	

Men 75-79

1. Einar Hjortling	SWE	46.43,0	
2. Hulan Frantisek	CZE	48.08,7	
3. Louis Charbonneau	FRA	48.20,5	

110 m Hurdles

1. Juhani Vuori	FIN	14.8	
2. Jiri Cechak	CZE	15.0	
3. Lars Lindhe	SWE	15.7	

Men 50-54

1. Alois Krul	CZE	16.84	
2. Hannu Suoknuuti	FIN	17.94	
3. Alex Faerues	SWE	19.08	

Men 60-64

1. Agnar Hatteland	NOR	20.38	
2. Vilho Maki	FIN	21.38	
3. Raino Rainio	FIN	22.48	

Men 70

1. Ahti Pajunen	FIN	20.61WR	
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Men 45-49

1. Leo Marian	BEL	16.32	
2. Colin Shafto	GBR	16.80	
3. Juan Bosquets Thohasa	SPA	17.57	

Men 55-59

1. Andre Findeli	FRA	17.64	
2. Erik Jensen	DEN	18.58	
3. Lennart Lindholm	SWE	18.87	

Men 65-69

1. Robert Reckhardt	W.GER	20.39	
2. Heikki Simola	FIN	21.47	

80 m Hurdles

1. Brigitte Schmidt	W.GER	15.85	
2. Marjatta Jarvinen	FIN	18.52	

Women 50

1. Maeve Kyle	GBR	14.12	
2. Rosemarie Mathevet	FRA	24.68	

Women 45-49

1. Hella Werner	W.GER	13.31	
2. Rosemarie Wenzeler	W.GER	14.76	
3. Maria Marcibanova	CZE	16.13	

Women 65

1. Annchen Reile	W.GER	20.36	
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400 m Hurdles

1. Willi Kalbermatten	SWI	55.63	
2. Volmar Wikstrom	FIN	57.53	
3. Svein Knut Granum	NOR	57.57	

Men 50-54

1. Max Fischer	W.GER	1.04,59	
2. Hannu Suokunnti	FIN	1.06,56	
3. Francesco Buttella	ITA	1.08,23	

Men 45-49

1. Colin Shafto	GBR	59.65	
2. Osmo Tuorila	FIN	1.02,47	
3. Keith Whitaker	GBR	1.03,24	

Men 55-59

1. Andre Findeli	FRA	1.06,32	
2. Erik Jensen	DEN	1.07,21	
3. Lennart Lindblom	SWE	1.08,68	

Men 60-64

1. Erik Toivonen	FIN	1.11,80	
2. Olle Elvland	SWE	1.17,12	
3. Vilho Maki	FIN	1.18,10	

Men 65-69

1. Wolfgang Muller	W.GER	1.17,77	
2. Maral Mellin	FIN	1.27,42	
3. Aristide Cuomo	ITA	1.46,19	

100 m Hurdles W 35-39

1. Nina Fahnoe	DEN	16.50	
2. Edith Graff	BEL	16.61	

3000 m Steeple Chase

1. Alfons Ida	W.GER	9.59,5	
2. Pierre Blanchou	FRA	10.06,6	
3. Branislav Kasanicky	CZE	10.10,2	

Men 50-54

1. Josef Wildmoser	W.GER	10.12,5WR	
2. Kare Oksavik	NOR	10.36,7	
3. Francesco Bettella	ITA	10.59,0	

Men 60-64

1. Jack Henriksson	FIN	45.04	
2. Herbert Taylor	GBR	13.45	

Men 70

1. Paul Ludwig	W.GER	15.53,3	
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Men 44-49

1. Nils Undersaker	NOR	9.29,6	
2. George Joseph Blackburn	IRE	9.45,3	
3. Jorma Jouhki	FIN	9.53,1	

Men 55-59

1. Jan Kystad	NOR	10.45,9	
2. Hans Tidecks	W.GER	12.02,4	
3. Fritjof Roslund	SWE	12.40,0	

Men 65-69

1. Benjamin Surd	ROM	15.11,6	
2. Edwin Weber	W.GER	15.22,1	
3. Aristide Cuomo	ITA	15.26,3	

High Jump

1. Henry Willstedt	FIN	181	
2. Pavel Cechak	CZE	178	
3. Risto Hayrynen	FIN	170	

Men 50-54

1. Salvador Martinez	Martí	SPA	160
2. Bengt Blomqvist	SWE	155	
3. Raymond Woslus	FRA	155	

Men 60-64

1. Erik Stal	NOR	153	
2. Hans Bitter	W.GER	145	
3. Agnar Hatteland	NOR	140	

Men 70-74

1. Birger Haug	NOR	125	
2. Reino Ahjopalo	FIN	125	
3. Fritz Graf	W.GER	125	

Men 80+

1. Sven Falk	SWE	00	
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Men 45-49

1. Kyosti Laaksonen	FIN	183	
2. Wilhelm Bleier	W.GER	169	
3. Leo Mariens	BEL	166	

Men 55-59

1. Hans Overland	NOR	150	
2. Veikko Hannula	FIN	150	
3. Gerhard Windolf	W.GER	150	

Men 65-69

1. Robert Reckhardt	W.GER	135	
2. Ivar Sand	NOR	135	
3. Ville Perasalo	FIN	130	

Men 75-79

1. Jakob Schumann	W.GER	110	
2. Risto Makiaho	FIN	110	

Women 35-39

1. Marja-Leena Kangas	FIN	150	
2. Nina Fahne	DEN	145	
3. Edith Graff	BEL	145	

Women 45-49

1. Kathi Diener	W.GER	141	
2. Berit Poger	NOR	135	
3. Imke Parlevliet	NL	135	

Women 40-44

1. Brigitte Schmidt	W.GER	135	
2. Marianne Stenholm	SWE	120	
3. Agnes Segers	BEL	110	

Women 50-54

1. Olga Vyskovska	CZE	120	
2. Else Laine	FIN	115	
3. Rosemarie Mathevet	FRA	95	

Women 65

1. Annchen Reile	W.GER	110WR	
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Women 55

1. Kirsten Hveem	NOR	125	
2. Vlasta Chkumska	CZE	125	

Long Jump

1. Pericles Augusto Pinto	POR	684	
2. Stig Backlund	FIN	669	
3. Jean-Pierre Claraman-Dauzelle	FRA	647	

Men 50-54

1. Drago Tomovic	YUG	576	
2. Herbert Reiff	W.GER	558	
3. Matti Jarvinen	FIN	558	

Men 60-64

1. Hans Bitter	W.GER	518	
2. Tuure Pentti	FIN	500	
3. Klaus Langer	W.GER	474	

Men 70

1. Rudolf Leinen	W.GER	452	
2. Tormod Resell	NOR	419	
3. Ahti Pajunen	FIN	398	

Men 45-49

1. Leo Marian	BEL	619	
2. Hermann Strauss	W.GER	617	
3. Hemmo Runola	FIN	614	

Men 55-59

1. Siegfried Gorders	W.GER	547	
2. Erik Jensen	DEN	533	
3. Fritz Geyer	W.GER	529	

Men 65-69

1. Willi Rumig	W.GER	505	
2. Heikki Simola	FIN	489	
3. Hans Schneider	W.GER	467	

Men 80+

1. Sven Falk	SWE	247	
2. Emil Zemljak	CZE	204	
3. Mikko Salonen	FIN	180	

Women 35-39

1. Erica Briesenick	W.GER	522	
2. Nina Fahnoe	DEN	516	
3. Edith Graff	BEL	505	

Women 45-49

1. Corrie Roovers	NL	499	
2. Kathi Diener	W.GER	485	
3. Rosemarie Wenzeler	W.GER	462	

Women 55-59

1. Kirsten Hveem	NOR	421WR	
2. Ilse Pleuger	W.GER	333	
3. Marianne Barth	W.GER	311	

Women 65

1. Helga Mitschke	W.GER	304WR	
2. Annchen Reile	W.GER	265	

Women 40-44

1. Sissel Falck-Jorgensen	NOR	490	
2. Marianne Stenholm	SWE	453	
3. Liv Ostreng	NOR	453	

Women 50-54

1. Olga Oldrichova	CZE	466	
2. Maeve Kyle	GBR	455	
3. Eva Eschner	W.GER	413	

Women 60-64

1. Elisabeth Haule	W.GER	364WR	
2. Eleonore Puttich	W.GER	227	

Triple Jump

1. Stig Backlund	FIN	14.70WR	
2. Ing Vladimir Mokry	CZE	13.80	
3. Pericles Augusto Pinto	POR	13.73	

Men 50-54

1. Matti Jarvinen	FIN	11,40	
2. Drago Tomovic	YUG	11,12	
3. Esko Honkanen	FIN	11,09	

Men 45

European Championships

continued from previous page

Women 35-39

1. Gisela Stecher	W.GER	13,01
2. Sabine Alms	W.GER	12,39
3. Brigitte Lange	W.GER	11,83

Women 45-49

1. Sigrun Kofink	W.GER	14,02WR
2. Liesl Huber	W.GER	13,75
3. Corrie Roovers	NL	10,63

Women 55-59

1. Ada Turci	ITA	10,13
2. Ilse Pleuger	W.GER	9,50
3. Marianne Barth	W.GER	7,65

Women 65-69

1. Annchen Reile	W.GER	8,60
2. Hanna Gelbrich	W.GER	7,89
3. Marie Losova	CZE	6,60

Women 40-44

1. Laila Hellstrom	SWE	9,11
2. Brigitte Schmidt	W.GER	8,04
3. Sonja Munizzi	ITA	6,76

Women 50-54

1. Marianne Hamm	W.GER	12,39
2. Christiane Wippersteg	W.GER	9,44
3. Bodil Byhre	NOR	7,21

Women 60-64

1. Bozena Kintzlova	CZE	7,42
2. Eleonore Puttich	W.GER	5,60
3. Helmi Jarvelainen	SWE	4,42

Women 70

1. Olana Hulanova	CZE	5,83WR
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Discus

Men 40-44

1. Mauno Niemela	FIN	420
2. Tapio Mertanen	SWE	400
3. Fritz Eberle	SWI	390

Men 50-54

1. Karl Heinz Wendal	W.GER	50,08
2. Heinz Brand	W.GER	48,22
3. Anders Lindholm	SWE	46,46

Men 60-64

1. Asbjorn Dille	SWE	44,68
2. Reino Nokelainen	FIN	42,70
3. Hans Bitter	W.GER	42,66

Men 70-74

1. Rudolf Leinen	W.GER	40,40
2. Verner Andersson	SWE	37,18
3. Vilho Hanninen	FIN	34,14

Men 80+

1. Ingebrigt Langeng	NOR	22,68
2. Emil Zemljak	YUG	11,84
3. Mikko Salonen	FIN	11,56

Men 45-49

1. Bertil Tallberg	SWE	48,18
2. Peter Speckens	W.GER	47,14
3. Carmelo Rado	ITA	47,14

Men 55

1. Kauko Jouppila	FIN	49,70
2. Victor Jonssen	SWE	42,40
3. Karl-Erik Olsson	SWE	42,28

Men 65-69

1. Konstanty Makinmczyk	GBR	47,66
2. Voitto Eio	FIN	44,06
3. Aarne Miettinen	FIN	40,72

Men 75-79

1. Ernst Korte	W.GER	29,36
2. Johann Zabel	W.GER	25,98
3. Paul Kupper	W.GER	25,48

Women 35-39

1. Sabine Alms	W.GER	40,60
2. Eva Polakova	CZE	37,98
3. Gisela Stecher	W.GER	33,98

Women 45-49

1. Sigrun Kofink	W.GER	42,24
2. Liesl Huber	W.GER	37,20
3. Zsuzsa Seredi-Wissingerne	HUN	36,00

Women 55-59

1. Anna Stachovicova	CZE	31,02
2. Kirsten Hveem	NOR	24,60
3. Ada Turci	ITA	23,34

Women 40-44

1. Laila Hellstrom	SWE	29,74
2. Viola Antosova	CZE	29,08
3. Brigitte Schmidt	W.GER	23,82

Women 50-54

1. Marianne Hamm	W.GER	32,98
2. Kaija Jortikka	FIN	26,36
3. Bodil Byhre	NOR	21,94

Women 60

1. Hanna Gelbrich	W.GER	21,36
2. Annchen Reile	W.GER	25,35

Javelin

Men 40-44

1. Teuvo Hutilainen	FIN	68,14
2. Ing. Miles Vojtek	CZE	65,64
3. Kari Kantosalo	FIN	61,44

Men 50-54

1. Veikko Javarainen	FIN	57,96
2. Richard Rzehak	W.GER	53,82
3. Josef Klok	CZE	52,86

Men 60-64

1. Vaino Ojaranta	FIN	45,04
2. Norbert Barth	W.GER	44,44
3. Dusan Vujacic	YUG	43,76

Men 70-74

1. Robert Sattler	W.GER	32,04
2. Heintz Roder	W.GER	28,38
3. Albert Reisen	W.GER	27,78

Men 80+

1. Ingebrigt Langeng	NOR	13,90
2. Sven Falk	SWE	13,14
3. Mikko Salonen	FIN	10,20

Men 45-49

1. Olavi Rantanen	FIN	62,78
2. Yrjo Salonen	FIN	61,72
3. Heinz Engels	W.GER	60,96

Men 55-59

1. Hans Overland	NOR	55,16
2. Lauri Sundholm	FIN	50,32
3. Axel Rydstrom	SWE	48,68

Men 65-69

1. Hans Schneider	W.GER	41,66
2. Oiva Lattu	FIN	34,28
3. Willi Schlamm	W.GER	29,54

Men 75-79

1. Hans Zabel	W.GER	22,70
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Women 40-44

1. Una Adella Gore	GBR	26,00
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Women 50-54

1. Christine Wippersteg	W.GER	25,22
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Women 65

1. Hanna Gelbrich	W.GER	25,80WR
2. Annchen Reile	W.GER	22,36

Women 35-39

1. Jarmila Segetova	CZE	41,56
2. Birgitta Rantala	FIN	40,86
3. Sabine Alms	W.GER	35,80

Women 45-49

1. Lotte Leiss	W.GER	34,20
2. Ludmila Sunova	CZE	21,84

Women 55

1. Ada Turci	ITA	28,48
2. Vlasta Chlumka	CZE	19,92

Hammer

Men 40-44

1. Nemeth Pal	HUN	56,58
2. Osmo Rytkonen	FIN	53,34
3. Walter Link	W.GER	46,72

Men 50-54

1. Pentti Saarikoski	FIN	52,10
2. Richard Rzemak	W.GER	48,82
3. Karl Heinz Wendel	W.GER	45,56

Men 60-64

1. Veikko Pohjonen	FIN	46,24
2. Yrjo Rantala	FIN	45,10
3. Erik Andervarm	SWE	44,32

Men 70-74

1. Paavo Patinen	FIN	27,56
2. Hermann Hirsch	W.GER	27,26
3. Verner Andersson	SWE	25,68

Men 45-49

1. Hans Poetsch	AUT	60,48
2. David Bayes	GBR	53,66
3. Ahti Vuori	FIN	48,50

Men 55-59

1. Eino Anttila	FIN	41,38
2. Gunnar Laakso	FIN	38,04
3. Kurt Herrmann	W.GER	36,92

Men 65-69

1. Aarne Miettinen	FIN	43,94
2. Engelbert Weits	W.GER	34,88
3. Mikko Laikoski	FIN	34,72

Men 75

1. Franz Pusluschni	W.GER	23,32
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5 km Road Walking

Women 35-39

1. Judith Farr	GBR	26,58
2. Gunilla Jansson	SWE	30,05
3. Kerstin Lindgren	SWE	30,45

Women 45-49

1. Sheila Jennings	GBR	27,13
2. Maggie Andersson	SWE	30,35
3. Agnes Blom	BEL	34,40

Women 55-59

1. Karin Larsson	SWE	30,27
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Women 65-69

1. Hildegard Keuchel	W.GER	33,09
2. Nora Wedomo	SWE	33,55

Women 40-44

1. Yvonne Smith	GBR	30,18
2. Hermine Molisch	AUT	31,29
3. Barbara Dunsford	GBR	38,06

Women 50-54

1. Olga Meyer	W.GER	28,24
2. Margareta Ohlsson	SWE	29,26
3. Ria Brouwers	W.GER	31,49

Women 60-64

1. May Bengtsson	SWE	27,55
2. Brita Tibbling	SWE	28,09
3. Inga Sagrellius	SWE	30,54

Women 70

1. Justine Bucher	W.GER	36,27
2. Lahja Kaila	FIN	42,58

10 km Road Walking

Men 40-44

1. Bruno Secchi	ITA	46,16
2. Paavo Pohjolainen	FIN	46,41
3. Daniel Bjorkgren	SWE	47,51

Men 50-54

1. Karl-Erik Svensson	SWE	46,35
2. Enrico Ruina	ITA	49,58
3. Hein Zethof	NL	53,21

Men 60-64

1. Oddvar Sandvik	NOR	52,21
2. Jan Blidberg	SWE	1,00,27
3. Tage Bergstrom	SWE	1,01,16

Men 70-74

1. Ragnar Kalsson	SWI	1,04,45
2. Max Leonhardt	W.GER	1,07,29
3. Gerhardt Stielow	W.GER	1,08,21

Men 80+

1. Walter Keeler	GBR	1,20,34
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Men 45-49

1. Pietro Gobbato	ITA	49,35
2. Werner Schmidt	W.GER	49,47
3. Colin Young	GBR	50,04

Men 55-59

1. Eakon Nielsen	NOR	52,52
2. Herwald Kloppe	W.GER	53,15
3. Ake Lundstrom	SWE	55,04

Men 65-69

1. F. Chico Scimone	ITA	59,12
2. Jochen Muller	W.GER	59,24
3. Heinrich Ermatinger	SWI	1,00,09

Men 75-79

1. Florent de Mayer	BEL	2,50,38
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4 x 100 m

Men 40-49

1. W.GERMANY	52,35
2. FINLAND	52,92
3. ITALY	55,99

Men 50-59

1. SWEDEN	48,62
2. FINLAND	48,73
3. W.GERMANY	48,79

Men 60-69

1. W.GERMANY	52,35
2. FINLAND	52,92
3. ITALY	55,99

Men 40-49

1. W.GERMANY	3,27,53
2. G.BRITAIN	3,30,10
3. FINLAND	3,32,42

Men 50-59

1. G.BRITAIN	3,53,46
2. W.GERMANY	3,54,17
3. FINLAND	3,56,39

Men 60-69

1. FINLAND	4,20,28
2. W.GERMANY	4,31,22

Men 70-79

1. FINLAND	4,20,28
2. W.GERMANY	4,31,22

Men 80+

1. FINLAND	4,20,28
2. W.GERMANY	4,31,22

Men 40-49

1. W.GERMANY	3,27,53
2. G.BRITAIN	3,30,10
3. FINLAND	3,32,42

Men 50-59

1. G.BRITAIN	3,53,46
2. W.GERMANY	3,54,17
3. FINLAND	3,56,39

Men 60-69

1. FINLAND	4,20,28
2. W.GERMANY	4,31,22

Men 70-79

1. FINLAND	4,20,28
2. W.GERMANY	4,31,22

Men 80+

1. FINLAND	4,20,
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Stouffville, Ontario - September 21

Second Annual Masters Sports Association Relay Carnival August 16, 1980 - Randall's Island, New York City

440 yd. relay		
30-39		
NEW YORK PIONEERS	47.37	Barnwell-Barnes-V. lentine-Pendelton
NEW YORK MASTERS	51.75	Piereson-Barber-DeJesus-Talbot
GARDEN STATE	55.61	Bury,-Vogler-Scheile-Jackson
40-49		
NEW YORK MASTERS	46.30	Deere-Bohigian-Rizzo-Riddick
POTOMAC VALLEY	48.77	Enders-Crutchfield-Colbert-Williams
50+		
NEW YORK MASTERS	58.86	Lentzer-Bradley-McArdle-Dowling
SHORE A.C.	59.53	Rush-Greenberg-J. Kelly- E. Kelly

880 yd. relay		
40-49		
POTOMAC VALLEY	1:35.88	Crutchfield-Enders-Colbert-Williams
NEW YORK MASTERS	1:36.39	Deere-Budd-Rizzo-Riddick
50+		
SHORE A.C.	2:04.17	Rush-Greenberg-J. Kelly-E. Kelly
NEW YORK MASTERS	2:04.28	Bradley-Lentzer-Dowling-McArdle

One Mile relay 40-49		
POTOMAC VALLEY	3:37.64	Enders-Sanders-Colbert-Williams
NEW YORK MASTERS	3:40.78	Rizzo-Zipper-Bohigian-Riddick

Two Mile relay 40-49		
POTOMAC VALLEY	9:26.09	Bradley-Green-Sanders-Demma
NEW YORK MASTERS	9:46.50	Cordero-Feld-Talbot-Zipper

Four Mile Relay 40-49		
NEW YORK MASTERS	2:43.87	Cordero-Talbot-Feld-Zipper

Sprint Medley relay		
440-220-220-880		
40-49		
POTOMAC VALLEY	3:57.70	Colbert-Crutchfield-Enders-Williams
NEW YORK MASTERS	4:40.91	Talbot-Lentzer-Bohigian-Fine
50+		
SHORE	4:57.92	Rush-Kelly-Kelly-Greenberg

Distance Medley 40-49		
1320-440-880-1 mile		
POTOMAC VALLEY	12:01.24	Green-Sanders-Bradley-Demma
NEW YORK MASTERS	12:25.83	Feld-Zipper-Bohigian-Cordero

Age medley mile relay 40-50-40-60		
NEW YORK PIONEERS	4:12.25	Barnes-Valentine-Barnwell-Zayas
POTOMAC VALLEY	4:21.42	Bradley-Martin-Demma-Fairbank
SHORE A.C.	4:34.23	Williams-E. Kelly-Rush-Greenberg
NEW YORK MASTERS	4:40.51	Feld-Bradley-Cordero-McArdle

Hurdle Relay		
30-39		
NEW YORK MASTERS	36.70	Judd-DeJesus
GARDEN STATE	37.10	Vogler-Bury
40-49		
NEW YORK MASTERS	49.81	Bohigian-Talbot

TEAM SCORES: 5-4-3-2-1
NEW YORK MASTERS 55- POTOMAC VALLEY 28- SHORE A.C. 17-

FIELD EVENTS RELAYS

LONG JUMP		
30-39		
GARDEN STATE	67' 1"	Vogler-Bury
N.Y. MASTERS	60' 1 3/4"	Barber-Piereson
N.Y. MASTERS	59' 2 3/4"	Berety-DeJesus
40-49		
POTOMAC VALLEY	70' 4 1/2"	Enders-Crutchfield
N.Y. MASTERS	66' 7 1/2"	Judd-Bohigian
N.Y. MASTERS	66' 7"	Deere-Carstensen

DISCUS		
40-49		
NEW YORK ATHLETIC CLUB	396' 5 1/4"	Cyprus-Counihan
N. Y. MASTERS	378' 1"	Barnet-Terranova
N. Y. MASTERS	179' 8 1/4"	Judd-Bohigian
50+		
N. Y. MASTERS	194' 7"	Sereghy-Terranova

SHOT PUT		
30-39		
SHORE	163' 10"	Dunphy-Curigan
GARDEN STATE	139' 3"	Vogler-Bury
GARDEN STATE	131- 4 1/2"	Jackson-Schiele
40-49		
N. Y. MASTERS	141' 0"	Deere-Carstensen
N. Y. MASTERS	123' 6"	Judd-Bohigian
50+		
N. Y. MASTERS	120' 3"	Sereghy-Terranova
N. Y. PIONEERS	112' 8"	Valentine-Brooks

DISCUS		
30-39		
SHORE	499' 2"	Dunphy-Curigan
N. Y. MASTERS	397'	Piereson-Barber
GARDEN STATE	378' 5"	Jackson-Schiele
GARDEN STATE	369' 5"	Bury-Vogler

JAVELIN		
30-39		
GARDEN STATE	523' 4"	Bury-Vogler
GARDEN STATE	465'	Jackson-Schiele
N. Y. MASTERS	445' 4"	Barber-Piereson
40-49		
N. Y. MASTERS	405' 7 1/2"	Bohigian-Judd
50+		
N. Y. PIONEERS	272' 7 1/4"	Brooks-Valentine

WEIGHT THROW		
30-39		
GARDEN STATE	136' 11 1/2"	Vogler-Bury
N. Y. MASTERS	120' 4 1/2"	Barber-Piereson

Results - North American Masters & Submasters Weight Pentathlon - 1980									
Competitor	Affil.	CL	Shot	Weight	Discus	Hammer	Javelin	Total	Pl.
D. PIERSON	N.Y.	SM	9.07	8.92	30.46	24.68	41.42	2,154	2
I. STARR	Lat	SM	11.37	9.82	37.42	23.32	50.94		MR
N. TOYE	T&C	SM	557.00	447.00	634.00	361.00	645.00	2,644	1
C. KLEHM	Lat	SM	9.44	6.62	28.42	26.02	31.74		MR
F. CECHL	T&C	1A	418.00	187.00	437.00	414.00	359.00	1,815	3
G. XEKOMINOS	U. of Chic.	1A	11.86	12.88	33.98	36.40	33.04		MR
A. SUNDIN	Lat.	1B	525.00	614.25	531.44	528.00	320.80	2,510.49	1
L. OLSON	Lat.	1B	9.44	10.90	32.38	28.38	30.14		2 (1979) CNR
J. SCOTT	T&C	1A	358.50	468.00	486.64	367.60	363.80	2,044.54	2
J. TOVELL	Lat.	1B	7.71	5.55	21.14	14.96	23.84		MR
D. MANN	T&C	1B	259.25	75.65	196.40	124.00	171.00	826.30	6
J. VERSTEEG	Lat.	1B	11.04	9.61	32.08	19.66	42.66		MR
G. GIAGNOGLO	T&C	1B	542.30	420.75	546.56	241.50	641.50	2,513	3 (1978) CNR
A. ZAKIS	Green	1B	12.38	13.02	38.98	38.12	43.40		MR
H. PARSONS	Mt. AA	1B	656.20	710.60	767.36	703.00	660.00	3,497.16	1
T. JONES	Lat.	1B	10.14	10.66	34.02	29.85	36.70		MR
E. PURGALIS	WayTC	1B	465.80	510.00	608.64	497.00	492.50	2,573.94	2
P. PARTRIDGE	Lat.	1B	9.56	10.02	32.38	29.06	36.10		MR
A. BROSZ	T&C	1B	416.50	455.60	556.16	476.50	477.50	2,382.26	4
B. KOSKI	AAU	1B	9.43	10.02	29.60	18.88	30.16		MR
N. PIKE	Cleve.	1B	405.45	455.60	467.28	222.00	329.00	1,879.25	5
A. WHITE	Vanc	2A	11.80	10.94	35.34	38.64	33.00		MR
S. SMERKE	CMITT	2A	580.00	494.00	610.20	801.92	480.00	2,990	79
V. THOMPSONS	Lat.	2A	10.17	9.65	29.92	30.32	27.46		MR
V. ADMINIS	T&C	2A	417.00	365.00	447.60	568.96	313.80	2,112.36	2
	Lat.	2B	11.18	8.19	33.88	24.48	27.68		MR
	T&C	3A	652.00	353.00	641.22	477.84	373.80	2,803 (78)	CR
	Lat.	3A	12.14	11.90	36.36	36.00	31.74		MR
	T&C	3A	748.00	724.00	723.52	780.00	515.90	3,491.42	1
	Oshawa	3A	8.54	6.10	27.68	18.24	19.42		MR
	Legion	3A	388.00	144.00	431.12	247.20	84.70	1,295.02	4
	Sudbury	3A	11.42	8.11	29.60	28.40	37.08		MR
	Lat. TC	3A	676.00	345.00	496.40	552.00	702.80	2,772.2	2
	Sportcl.	3A	9.28	6.70	27.36	17.06	22.84		MR
	'64	3A	462.00	204.00	420.24	211.80	207.90	1,505.94	3
	Lat.	3B	9.26	8.11	34.38	24.70	30.40		MR
	U.S.A.	3B	526.00	411.00	697.68	514.50	536.00	2,685.18	1
	Sportcl.	4A	7.75	4.96	23.58	17.44	19.34		MR
	'64	4A	468.75	120.00	343.20	377.60	195.30	1,504.85	3
	Sudbury	4A	8.25	8.40	25.30	26.26	22.66		MR
	Lat. T&C	4A	531.25	550.00	412.00	730.40	344.70	2,568.35	1
	Greenl.	4A	9.17	7.04	26.30	18.96	19.68		MR
	N.H.	4A	646.25	380.00	452.00	438.40	210.60	2,128.28	2
	Peter-	4B	4.89	4.60	11.50	13.26	11.10		MR
	borough	4B	133.50	90.00	--	236.70	--	460.2	1
	U. of	W1	7.07	6.40	20.60	17.88	19.80		MR
	Chicago	W1	285.60	172.00	--	156.00	--	613.6	1
	Lat.	W2	8.48	21.24	--	15.44	--		MR
	T&C	W2	448.20	369.60	--	217.60	--	1,035.4	1
	Lat.	W2	7.09	16.24	--	14.02	--		MR
	T&C	W2	359.00	262.00	--	251.00	--	872.0	1

WINNERS OF 1980 NATIONAL MASTERS ATHLETICS CONGRESS LONG DISTANCE RUNNING CHAMPIONSHIPS

Div.	5KM X-C San Diego, Ca. November 29	10KM New York, NY October 18	10KM X-C Seattle, Wash. November 9	15KM Seattle, Wash. March 29	15KM X-C New York, NY November 23	20KM Washington, DC September 28	25KM Ventura, Cal. March 2	Div.
M40				Dan Conway		Herb Lorenz	John Brennand	M40
M45				Derek Mahaffey		Tom Kurihara	Jim Knerr	M45
M50				Howard Miller		Herb Chisholm	Tracy Brown	M50
M55				Anders Jacobsen		Francis Kelley	Keith Albright	M55
M60				Frank Grey		Rudy Nimmons	Demetrio Miller	M60
M65				Jerry Satterlee		Norman Locksley	John Thomson	M65
M70				Norm Bright		Ed Benham	Jim Bole	M70
M75				----		----	----	M75
M80				----		----	----	M80
W40				Sandra Kiddy		Trudy Rapp	Sandra Kiddy	W40
W45				Martha Maricle		Linda Sippelle	Belva Norins	W45
W50				Ruth Anderson		Olga Barnet	Margaret Miller	W50
W55				----		Margery Cochran	Mary Storey	W55
W60				----		----	----	W60

WINNERS OF NATIONAL MASTERS BROOKS/TFA CHAMPIONSHIPS

Div.	30KM Albany, NY March 23	Marathon Cupertino, Ca January 27	50KM Brattleboro, Vt September 21	50-Mile Track Santa Monica, Ca December 14	Div.	20KM Chesterton, In October 4	15KM Washington, DC October 19	25KM San Francisco November 30
M40	Fritz Mueller	Herb Lorenz	Bernd Heinrich		M40	Roger Robinson		
M45	B. Brock	Jim Knerr	Cahit Yeter		M45	Hal Higdon		
M50	Ed Stabler	Bob Malain	Fred Robbins		M50	Al Lawrence		
M55	D. McWilliams	Arthur Schneider	Don McWilliams		M55	Alex Ratelle		
M60	Ruben Shatzberg	Paul Reese	Bob Mason		M60	Wendell Parson		
M65	Bob Boal	Al Schlesinger	----		M65	John Archer		
M70	----	Alfred Guth	----		M70	Everett Amos		
M75	Lou Gregory	Lou Gregory	----		M75	----		
M80	----	----	----		M80	----		
W40	Mary Cullen	Sandra Kiddy	Polly Schonfeld		W40	Mary Cullen		
W45	P. Heaton	Elizabeth Ross	Sue Medaglia		W45	----		
W50	Toshiko d'Elia	Ruth Anderson	----		W50	Bette Mihalek		
W55	----	Helen Dick	----		W55	----		
W60	----	----	----		W60	----		

GREAT SACANDAGA 10K RUN, August 30, 1980.

M40+	Lowell Montgomery	35:53
	Charles Merritt	38:28
	Bill Drake	39:29
W40+	Kathleen Joyce	53:32
	Michelle Warren	53:44
	Dawn Hanifin	58:05

10TH ANNUAL JIM KELLY "OVER 30" 10 MILE RACE, MIDDLE- TOWN, CT., September 7.

1	Joe Heffernan	58:41
2	Peter Madden	59:24
3	George Maine	61:40
4	Dan Chelius	63:05
5	C.A. Robbins	63:20

PUGET SOUND MASTERS MEET

August 10, 1980

5,000 METER WALK

30-34 Men
1. Bruce Carter PP 22:54.1

35-39 Men
1. Bill Hickman SEATC 37:43.8

35-39 Women
1. Darlene Hickman SEATC 34:33.4

40-44 Women
1. Anne Vanderhoff SEATC 28:04.1

10,000 METER RUN

30-34 Men
1. John Rupp STC 34:56

35-39 Men
1. Frank Bozanich UNAT 34:56

40-44 Men
1. Al Huff STC 35:44
2. John Griffith UNAT 36:41
3. Douglas Robinson UNAT 42:19

40-44 Women
1. Judy Groombridge SEATC 37:30

45-49 Men
1. A. Schwinkendorf STC 36:29

55-59 Men
1. Norm Clark STC 48:07

60-64 Men
1. Sverre Hietanen VOC 37:10

65-69 Men
1. Jerry Satterlee UNAT 48:39

STEEPLECHASE - 3,000M

30-34 Men
1. Stan Chapin STC 10:40.6

35-39 Men
1. Frank Bozanich UNAT 10:34.9

40-44 Men

1. Don Trethewey KAJAKS 10:15.2

40-44 Women ****(first woman ever)
1. Judy Groombridge SEATC 11:39.3

1500 METER RUN

30-34 Men
1. Stan Chapin STC 4:26.4

30-34 Women
1. Gwen Savery UNAT 6:17.3

35-39 Men

1. Ken Kohon UNAT 4:11.7
2. Evan Shull CNW 4:18.0
3. Vic Bennet STC 4:24.0
4. Frank Bozanich UNAT 4:29.8
5. Bill Hickman SEATC 6:30.6

40-44 Men

1. Reed Miller CNW-O 4:19.1
1. Val Schultz STC 4:39.1

45-49 Men

1. Ralph Miller STC 4:36.1
2. Bob Anderson VFY 4:57.8

55-59 Men

1. Anders Jacobson CNW 5:01.1
2. Norm Clark STC 6:24.3

60-64 Men

1. Sverre Hietanen VOC 5:01.1

100 METER LOW HURDLES

30-34 Men
1. Bruce Carter PP 17.6

35-39 Men
1. Ron Cultum UNAT 14.5
2. Don Olson UNAT 15.0

100 METER DASH

30-34 Men

1. Brian Martin KAJAKS 11.6
2. Roger Sandvold METRO 11.6

35-39 Men

1. Ron Cultum UNAT 12.6
2. Evan Shull CNW 12.9

40-44 Men

1. Jim Puckett PTC 11.9
2. Joe Gowdy UNAT 13.0

45-49 Men

1. Ralph Stanfield CAN-M 12.6
2. Bob Anderson VFY 13.8

400 METER DASH

30-34 Men

1. Terry Buchanan ANATC 55.0

35-39 Men

1. Evan Shull CNW 53.7
Frank Bozanich UNAT 62.7

40-44 Men

1. Jim Cullen STC 58.2
2. Val Schultz STC 59.0

40-44 Women

1. Anne Vanderhoff SEATC 72.1

45-49 Men

1. Ralph Miller STC 59.2

800 METER DASH

30-34 Men

1. Stan Chapin STC 2:09.2
2. Marty Stitsel STC 2:17.2
3. Terry Buchanan ANATC 2:21.4
4. Bruce Carter PP 2:23.6

30-34 Women

1. Diane Hughes - - 2:23.7

35-39 Men

1. Evan Shull CNW 2:12.7
2. Frank Bozanich UNAT 2:24.6

40-44 Men

1. Don Trethewey KAJAKS 2:09.2

45-49 Men

1. Bob Anderson VFY 2:28.1

60-64 Men

1. Sverre Hietanen VOC 2:31.0

200 METER DASH

30-34 Men

1. Brian Martin KAJAKS 24.8
2. Marty Stitsel STC 28.8
3. Stan Chapin STC 28.9

35-39 Men

1. Evan Shull CNW 26.6
2. Frank Bozanich UNAT 30.4

40-44 Men

1. Jim Puckett OTC 25.9
2. Jim Cullen STC 27.2
3. Val Schultz STC 28.6

40-44 Women

1. Anne Vanderhoff SEATC 33.5

5,000 METER RUN

30-34 Men

1. Jacques Pittet STC 17:04

35-39 Men

1. Frank Bozanich UNAT 17:04

40-44 Men

1. Reed Miller CNW-O 16:41
2. Don Trethewey KAJAKS 16:52
3. Val Schultz STC 17:38

40-44 Women

1. Judy Groombridge SEATC 20:59

45-49 Men

1. Bob Anderson VFY 20:59

60-64 Men

1. Sverre Hietanen VOC 18:34

LONG JUMP

30-34 Men

1. Roger Sandvold METRO 5.51 meters (18'1")

35-39 Men

1. Don Olson UNAT 5.56 meters (18'3")

40-44 Men

1. Joe Gowdy UNAT 5.12 meters (16'8")

DISCUS

60-64 Men

1. Tauno Ottelin UNAT 8'11"

65-69 Men

1. Leon Joslin UNAT 101'5"

SHOT PUT (8 lb)

60-64 Men

1. Tauno Ottelin UNAT 31'11.75"

65-69 Men

1. Leon Joslin UNAT 35'4.75"

JAVELIN

45-49 Men

1. Ralph Stanfield CAN-M 29.88 meters (98'1")

65-69 Men

1. Leon Joslin UNAT 20.23 meters (66'4")

AGE UNKNOWN

1. Allison Eades UNAT 26.48 meters (86'8")

AR = American 5-year age-division record

NATIONAL MASTERS ATHLETICS CONGRESS 20KM CHAMPIONSHIPS: WASHINGTON, D.C., September 28, 1980.

1 Herb Lorenz 41 Willingboro, N.J. 1:04:42
2 Bob Fischer 40 Newark, N.J. 1:07:18
3 Mike Sabino 42 Baltimore, Md. 1:07:19
4 Sean O'Connor 41 Chestertown, Md. 1:08:37
5 Lucious Anderson 34 Washington, D.C. 1:10:04
6 Bill Koehler 35 Andover AFB, Md. 1:11:33
7 Fay Bradley 42 Washington, D.C. 1:11:58
8 Steve Siz 42 Alexandria, Va. 1:12:15
9 Warren Ohlrich 41 Columbia, Md. 1:13:04
10 Al Russell 40 Burke, Va. 1:13:48
11 Ralph Bowles 44 Medford, Ore. 1:13:54
12 Roger Barbee 34 Arlington, Va. 1:13:55
13 Courtenay Riordan 43 Fairfax, Va. 1:14:03
14 Tom Kurihara 45 Vienna, Va. 1:14:56
15 Otis Williamson 41 Arlington, Va. 1:15:00
16 Herbert Chisholm 54 Alexandria, Va. 1:15:03
17 Edward Sharp 41 Oxon Hill, Md. 1:15:16
18 George Cushmac 42 Alexandria, Va. 1:15:20
19 Matthew Hutmacher 38 Arlington, Va. 1:15:23
20 Bruce Witty 38 Alexandria, Va. 1:15:33

AGE-GROUP CHAMPIONS:

M40-44

1 Herb Lorenz 41 Willingboro, N.J. 1:04:42AR
2 Bob Fischer 40 Newark, N.J. 1:07:18
3 Mike Sabino 42 Baltimore, Md. 1:07:19
4 Sean O'Connor 41 Chestertown, Md. 1:08:37
5 Fay Bradley 42 Washington, D.C. 1:11:58

M45-49

1 Tom Kurihara 45 Vienna, Va. 1:14:56
2 Bill Kerakos 48 Derwood, Md. 1:17:27
3 Scott Rutherford 46 Chevy Chase, Md. 1:18:46
4 Carl Hess 48 Springfield, Va. 1:18:57
5 Art Bechhoefer 45 Washington, D.C. 1:20:59

M50-54

1 Herb Chisholm 54 Alexandria, Va. 1:15:03
2 Dick Good 50 Silver Spring, Md. 1:25:57
3 Jack Barnett 52 Fairfax Sta., Va. 1:27:12
4 Robert Crane 51 Vienna, Va. 1:27:36
5 Rod Johnson 54 San Diego, Ca. 1:30:11

M55-59

1 Francis Kelley 58 Oakton, Va. 1:18:49
2 Jack Scott 55 Washington, D.C. 1:23:48
3 John McIntyre 59 Springfield, Va. 1:24:10
4 Bill Osburn 56 Bethesda, Md. 1:28:33
5 Seymour Glanzer 55 McLean, Va. 1:29:40

M60-64

1 Rudy Nimmons 60 Seneca, S.C. 1:18:42AR
2 Harold Greenberg 61 Westfield, N.J. 1:26:38
3 Ray Gordon 62 Front Royal, Va. 1:27:30
4 John Cochran 61 Severna Park, Md. 1:28:37
5 Tom Stout 62 Rockville, Md. 1:32:40

M65-69

1 Norman Locksley 65 Silver Spring, Md. 1:45:44
2 James Cobb 69 Falls Church, Va. 1:51:49

M70+

1 Ed Benham 73 Ocean City, Md. 1:32:22AR
2 Paul Fairbanks 73 Bethesda, Md. 1:51:49

MEN'S NON-CHAMPIONSHIP DIVISION:

M30-34

1 Lucious Anderson 34 Washington, D.C. 1:10:04
2 Roger Barbee 34 Arlington, Va. 1:13:55
3 Vernon Myers 30 Rockville, Md. 1:20:24

M35-39

1 Bill Koehler 35 Andrews AFB, Md. 1:11:33
2 Matt Hutmacher 38 Arlington, Va. 1:15:23
3 Bruce Witty 38 Alexandria, Va. 1:15:33

M40-44

1 Trudy Rapp 43 Alexandria, Va. 1:18:02
2 Karen Scanel 42 San Francisco, Ca. 1:18:23
3 Sandra Kiddy 43 Palm Springs, Ca. 1:20:40
4 Mary Cullen 41 Houston, Texas 1:28:01
5 Jeanne Ulrich 40 Oxon Hill, Md. 1:34:50

M45-49

1 Linda Sipprelle 45 Bethlehem, Pa. 1:20:10AR
2 Natalie Buzzell 48 Mt. Airy, Md. 1:26:15
3 Joanne Mallet 46 Rockville, Md. 1:34:15
4 Jane Brandhorst 46 Rockville, Md. 1:47:28
5 Diane Stone 49 Arlington, Va. 1:48:16

M50-54

1 Olga Barnett 51 Fairfax, Va. 2:02:16
2 Jean Rowe 51 Gaithersburg, Md. 2:29:43
3 Evelyn Hardwicke 51 Arlington, Va. 2:35:34

M55-59

1 Margery Cochran 57 Severna Park, Md. 1:46:28AR
2 Carmen Haney 56 Arlington, Va. 2:07:39

WOMEN'S NON-CHAMPIONSHIP DIVISION:

W30-34

1 Eileen Ryan 31 Arlington, Va. 1:32:22
2 Lena Williams 33 Alexandria, Va. 1:34:22
3 Sandra Burns 30 Alexandria, Va. 1:54:32

BONNIE BELL 10KM, SALT LAKE CITY, September 6, 1980.

W40-49

Mae Horns 43:53
Ruth Boss 47:23
Elfriede Schmitt 47:27

W50+

Eileen Movitz 50:11
Bev Crum 50:28
Mary Lou Simpson 52:20

W35-39

Carol Watkins 45:41
Mary LaFramboise 46:04
Danna Mabey 47:15

DIET PEPSI 10K, SAN DIEGO, CALIF., September 6.

M36-49

Jim Bowers 41 32:10
Ron Hansen 36 32:33
Dan McCaskill 39 32:40

M50+

Jim O'Neil 55 34:35AR
Chuck Anderson 50 36:13
Dave Deller 51 36:42

W36-49

Christa Romppanen 41 39:52
Noel Murchie 44 40:45
Cheryl Martin 36 41:07

W50+

Anne Johnson 51 40:30
Mary Storey 56 43:26

NATIONAL ATHLETICS CONGRESS 50KM CHAMPIONSHIPS, BRATISLAVA, VT., September 14.

1 Bill DeVoe 29 3:01:12
3 B. Heinrich 40 3:03:56
9 Cahit Yeter 45 3:18:23
11 B. VanDeKieft 41 3:19:42
12 John Sullivan 48 3:20:24
15 John Garlepp 42 3:23:54
16 Arthur Doyle 41 3:26:28
20 Joe Milligan 45 3:32:55
51 Don McWilliams 56 4:04:13
57 Fred Robbins 53 4:07:47
79 Bob Mason 60 5:20:30

49 Donna Hudson 32 3:59:49
59 Polly Schonfeld 41 4:08:24
62 Sue Medaglia 45 4:10:34
68 Samara Balfour 44 4:24:55

UNIVERSITY OF ALASKA 18TH EQUINOX MARATHON, FAIRBANKS ALASKA, September 20, 1980.

W40-49

1 Dorothy Barclay 4:44:47
2 Phyllis Church 5:26:15
3 Rosanna Keller 5:42:47

M40-49

1 Paul Kelley 3:18:58
2 Tom Smith 3:20:16
3 Richard Belliveau 3:23:22

W50+

Dotly Hedderman 5:21:25

M50+

1 William Taylor 3:47:23
2 Jay Rabinowitz 3:48:39
3 Orvie Quinn 3:53:01

OFFICIAL RESULTS - BERKSHIRE 10,000 METER ROAD RACE - SEPTEMBER 14, 1980

* denotes new course record

MEN	CLASS 1 (40-44)	Age	Time
1.	R. McCarthy	40	32:42 *
2.	R. Cormier	40	33:43
3.	C. Kellogg	40	34:16
4.	L. Wilcox	42	:35
5.	A. Urquhart	41	:57
6.	D. Pearce	43	35:21
7.	R. MacKenzie	41	:29
8.	W. Hixson	43	36:41
9.	W. Rees	42	:45
10.	L. Grubbs	40	37:00
11.	R. Tomassini	44	:04
12.	R. Husted	43	:18
13.	B. Kolodziej	42	:20
14.	M. Yesley	43	:32
15.	B. Masterson	42	:50
16.	J. Buoncristiani	43	:55
17.	N. Coughlan	42	:57
18.	O. Barber	42	38:06
19.	E. Harrison	40	:18
20.	P. Kolwaite	42	:30
21.	T. Kieran	40	:34
22.	B. Brown	41	:45
23.	V. Goulet	42	:58
24.	W. Simes	42	39:03
25.	B. Murray	43	:08
26.	W. White	41	:15
27.	S. Vanclette	44	:28
28.	R. Golas	44	:33
29.	K. Ferris	44	:40
30.	M. Vail	42	:42
31.	D. Cohen	41	:43
32.	C. Boucher	44	:49
33.	R. Malz	42	:50
34.	S. Pittenger	40	:57
35.	J. Hurley	43	:58
36.	W. Schafer	40	40:01
37.	W. Whittaker	41	:03
38.	J. DeWolf	44	:08
39.	E. Mills	44	:11
40.	J. McGrath	41	:15

MEN	CLASS 2 (45-49)	Age	Time
1.	A. Wick	48	34:49
2.	D. Bamford	45	:58
3.	Lowell Montgomery	45	35:08
4.	J. Jarek	45	:36
5.	D. Cohen	45	36:33
6.	R. Midtskogen	47	:39
7.	J. McGowan	48	:41
8.	D. Chartier	47	:50
9.	J. Hanson	46	:51
10.	B. Vigsnes	47	37:14
11.	C. Curtis	47	:19
12.	S. Pozzuto	46	:20
13.	C. Burrows	46	:47
14.	A. Donaghy	48	:56
15.	A. Phillips	49	38:29
16.	J. Curtin	49	:41
17.	B. Wilson	46	:45
18.	R. French	45	:55
19.	C. Noble	46	:58
20.	D. Darling	45	39:04
21.	H. Devine	47	:07
22.	H. Brooks	47	:15
23.	B. Fudge	45	:20
24.	L. Vincent	47	:30
25.	J. Jarzombek	45	:37
26.	E. Doyle	46	:42
27.	D. Frederick	46	:48
28.	R. Atkinson	47	40:40
29.	B. McFarland	47	:47
30.	J. Aronson	46	:49
31.	O. Edwards	46	41:08
32.	R. Taille	49	:12
33.	F. Colbroth	48	:14
34.	D. Vincent	48	:25
35.	H. Ridgeway	47	:38
36.	Larry Montgomery	45	:40
37.	P. Ohlbaum	46	:46
38.	M. McCarthy	47	:48

MEN	CLASS 3 (50-54)	Age	Time
1.	B. McCaffrey	54	36:02
2.	E. DeMarras	50	:39
3.	T. Sapienza	51	37:20
4.	T. Hovey	51	:53
5.	J. Sparkman	51	38:08
6.	T. Bick	50	:15
7.	J. Nee	51	:20
8.	R. Johnson	51	:37
9.	S. Daniell	50	39:20
10.	R. Willis	51	:48
11.	E. Lord	52	:54
12.	S. Warshaw	51	:57
13.	W. Fortier	53	40:06
14.	E. Cox	50	:08
15.	L. LeClaire	50	:20
16.	B. Beaton	52	:23
17.	J. Cameron	51	:46
18.	A. Arsenault	50	:53
19.	P. Messina	53	41:57
20.	K. Walker	53	42:23
21.	D. Golan	54	:26
22.	R. Kelleher	54	:58
23.	T. Fitzgibbon	50	43:13
24.	B. Grandpre	52	:16

25.	W. Antil	51	:31
26.	D. Tambutto	54	:47
27.	C. Penoyar	52	44:31
28.	A. Richard	54	:34
29.	R. Lane	52	:51
30.	B. Kowalski	54	45:01
31.	B. Biddle	50	:09
32.	W. Hunt	52	:11
33.	K. Hayden	52	:37
34.	J. McEvoy	51	:41
35.	H. Stern	54	:56

MEN	CLASS 4 (55-59)	Age	Time
1.	A. Prince	56	38:06
2.	C. Murphy	55	:11
3.	G. Brown	55	:17
4.	L. Williams	56	:33
5.	F. DiMarco	58	:58
6.	B. Aronson	56	40:04
7.	T. Walnut	56	:39
8.	D. Blanchard	55	41:05
9.	E. Kaynor	57	:18
10.	C. Hammen	57	:21
11.	C. Christian	55	:44
12.	A. Mossack	58	:59
13.	R. Sawyer	55	42:02
14.	C. Poulios	58	:17
15.	M. Smith	57	43:07
16.	H. Bills	58	:11
17.	M. Vigneron	57	:26
18.	B. Herman	56	:41
19.	R. Furbush	57	44:09
20.	T. McDonough	55	:17
21.	A. Boatman	57	:21
22.	B. Fisher	55	:56
23.	H. House	59	45:13
24.	P. Chamberlain	59	:26
25.	H. Paar	56	:49
26.	L. Schwartz	56	:54
27.	R. Huntington	56	46:24
28.	J. Kane	57	:28
29.	R. Cormier	55	:53
30.	J. Thibault	58	47:03
31.	J. Robertson	55	:34
32.	H. Reed	56	48:27
33.	C. Cherry	55	49:42
34.	J. Wiley	57	:53
35.	P. Hurst	56	51:18

MEN	CLASS 5 (60-64)	Age	Time
1.	S. Richardson	60	39:33
2.	B. Tribou	60	41:55
3.	J. Hubbard	61	42:42
4.	G. Rowe	60	43:31
5.	G. Papanotas	61	44:04
6.	G. Reuter	60	:21
7.	A. Twomey	60	:55
8.	D. VanMeter	61	47:05
9.	M. Radwanski	60	:07
10.	M. Huckins	62	48:08
11.	A. Shepard	60	:30
12.	A. Rodolakis	62	49:17
13.	B. Hanley	62	50:25
14.	A. Miller	60	51:00
15.	J. Keller	62	:16
16.	J. Fontaine	63	52:54
17.	J. Glennon	61	:58
18.	V. Wilkinson	60	53:04
19.	J. Martin	62	:19
20.	D. Weston	61	:45
21.	A. Bressani	62	56:23
22.	J. Rogers	62	:58
23.	W. Jamros	64	58:06
24.	T. Costello	60	59:42
25.	F. Gremmo	64	61:10
26.	R. Billings	61	:43
27.	T. Carhart	63	62:35
28.	S. Fagin	64	:47
29.	A. Reyes	63	64:53
30.	J. Belliveau	64	67:34

MEN	CLASS 6 (54-69)	Age	Time
1.	B. Brobston	67	43:30
2.	W. Steckmest	65	45:28
3.	B. Phinney	65	46:20
4.	B. Shrader	65	47:48
5.	W. Westerholm	66	:52
6.	H. Sawitzky	65	48:58
7.	T. Baskett	67	49:46
8.	R. Delaney	65	50:35
9.	B. Murray	67	52:28
10.	P. Holt	66	56:04
11.	F. Goodnow	67	58:10
12.	D. Nicholson	66	59:54
13.	P. Kaplitz	66	65:34

MEN	CLASS 7 (70-74)	Age	Time
1.	J. Kelley	73	44:27
2.	G. Jacobs	73	50:44
3.	J. Carroll	71	52:40
4.	J. Marinucci	72	53:35
5.	F. Brown	74	71:24
6.	A. Nadreau	71	81:51

MEN	CLASS 8 (75-79)	Age	Time
1.	L. Roberts	76	62:15
2.	N. Deak	75	:46
3.	D. Wharton	78	69:31
4.	W. Daniell, Sr.	79	73:17
5.	P. Perry	77	85:37

MEN	CLASS 9 (80 & Over)	Age	Time
1.	C. Willberg	83	79:56
2.	F. Fetter	81	90:50

WOMEN	CLASS 1 (35-39)	Age	Time
1.	K. Blake	36	42:58
2.	J. White	39	44:57
3.	J. Marchetti	37	46:16
4.	B. Willis	36	:35
5.	E. Siegel	36	48:39
6.	L. Terry	38	52:26
7.	J. McGrath	37	54:45
8.	A. Wicser	36	56:33

WOMEN	CLASS 2 (40-44)	Age	Time
1.	J. Rasmussen	44	46:18
2.	C. Sunderman	40	:43
3.	J. Brines	42	52:12
4.	C. Jack	42	54:31

WOMEN	CLASS 3 (45-49)	Age	Time
1.	B. Nolan	46	49:31
2.	M. Herbst	46	50:03
3.	J. Hals	48	:32
4.	J. Koltun	45	55:28
5.	J. Penoyar	47	61:19
6.	I. Tuffs	49	63:47
7.	J. Goodwin	47	67:45

WOMEN	CLASS 4 (50-54)	Age	Time
1.	R. Webber	52	43:55
2.	H. Fosse	52	48:24
3.	C. Bills	54	55:23
4.	D. Fitzgibbon	51	60:03
5.	A. Nauman	53	:08
6.	J. Christo	54	70:41
7.	J. Cognetto	50	73:34

WOMEN	CLASS 5 (55-59)	Age	Time
1.	H. Yelle	55	63:50
2.	E. House	57	64:12

BROOKS MASTER RUN, INDIANA DUNES STATE PARK, CHES-
TERTON, INDIANA, OCTOBER 4, 1980. 20KM.

Men:	Age	Time
1. Roger Robinson	41	New Zealand 1:04:10
2. Dereck Fernee	40	Toronto 1:05:24
3. Dan Conway	41	Chetek, WI 1:05:59
4. Hal Higdon	49	Michigan City, IN 1:06:05 AR
5. Brian Harris	45	Royal Oak, MI 1:06:06
6. Jim Ewing	41	Jackson, MS 1:06:41
7. Ken Winn	43	Stone Mountain, GA 1:07:52
8. Ernie Billups	43	Chicago, IL 1:08:04
9. Carl Carey	43	Spencer, IN 1:08:20
10. Larry Heath	41	Michigan 1:08:36
11. Bob Schrader	41	Naperville, IL 1:09:00
12. David Peele	42	Michigan 1:09:08
13. Bob Paklaian	44	1:09:50
14. Alex Ratelle	56	Edina, MN 1:09:51 AR
15. Al Lawrence	50	Houston, TX 1:10:15 AR
16. Hylke Vanderwal	42	Fort Collins, Co 1:10:25
17. Hartley Vezina	44	1:11:22
18. Bob Trudgeon	46	1:11:50
19. Richard Van Scotter	41	Florida 1:11:53
20. William Reyes	44	1:12:45

Women:	Age	Time
42. Mary Cullen	41	Houston, TX 1:26:04
59. Pat Dancy	38	1:29:20
61. Bette Mihalek	51	Milwaukee, WI 1:29:26 AR
65. Suzanne Gronemeyer	39	1:30:43
66. Mary Jo House	39	1:31:16

AR = American 5-year age record

MIDWEST MASTERS' WEIGHTMAN'S PENTATHLON
35 lb. WEIGHT AND 56 lb. WEIGHT THROWUniversity of Illinois-Chicago Circle,
Chicago, Illinois - 24 August 1980.

Open Division - 56 lb. weight throw

Age	Name	6.23	6.01	foul	foul	3.28	First
48	Pay Carstensen	6.23	6.01	foul	foul	3.28	First
69	Phil Partridge	3.2	3.15	3.34	3.62	3.28	First

Discus

Age	Name	34.78	31.27	32.52	34.03	579
69	Phil Partridge	34.78	31.27	32.52	34.03	579
48	Pay Carstensen	26.35	foul	26.13	26.07	388
49	Jack Scott	32.94	33.81	foul	30.91	34.81 32.19 580

Javelin

Age	Name	28.95	26.21	28.20	28.10	29.80	31.25	351
48	Pay Carstensen	28.95	26.21	28.20	28.10	29.80	31.25	351
69	Phil Partridge	26.90	28.00	28.13	27.60	29.55		322
49	Jack Scott	34.60	34.75	33.80	35.25	36.05	36.10	431

35 lb. Weight Throw

Age	Name	9.48	10.14	9.55	10.07	10.56	10.40	501 First
48	Pay Carstensen	9.48	10.14	9.55	10.07	10.56	10.40	501 First
69	Phil Partridge	5.25	6.35		5.96		5.96	163 First
49	Jack Scott	9.39	8.29	foul	9.65	8.48	9.14	415 Second

Hammer

69	Phil Partridge	24.89	foul	foul	25.51	foul	25.12	404
49	Jack Scott	24.46	21.00	24.81	23.76	25.28	25.67	407
48	Pay Carstenson	28.48	27.10	30.80	foul	29.40	27.34	503



GIVE'EM HELL.

Don't leave the store with these shoes in a box. Put them on. And take the longest, cruelest way home possible. You won't be punished.

Because we built the Internationalist for runners who think nothing of knocking off 75 to 100 miles a week. On asphalt, dirt, concrete and mud.

That's when comfort isn't a luxury, but a necessity. That's when you need a shoe that can take it.

With thick EVA sponge midsole. A PermaFoam insert that molds to the contour of your

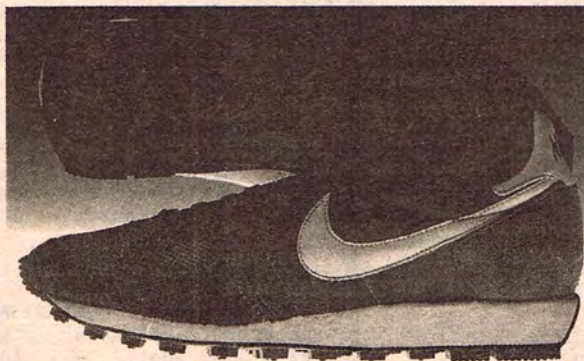
foot. And notched heel counter to eliminate pressure on the lower Achilles.

The Internationalist is curve-lasted, with a Variable Width Lacing System™ for a perfect fit. And a revolutionary new Waffle outsole for greater stability.

But if you're not ready to abuse this shoe, you're not ready to wear it.

The Internationalist.

Not for the faint of foot.



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