



National Masters Newsletter



26th Issue

October 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 Pan-American Championships in Puerto Rico
- Results of World Veterans Distance Running Championships in Scotland
- South Africans Banned from World Games
- World and U.S. Men's and Women's 5-year T&F Age Marks
- Secrets to Health & Long Life by Paul Spangler, MD
- New World Marks Set by Stock, d'Elia, MacGregor, Van Alphen
- How to Run a Masters Track Meet



photo by Bob Pates

Toshiko d'Elia, 50, Ridgewood, New Jersey, seen here winning the national masters 10000 meter championship in 41:00.1, became the first woman over age 50 to ever run the marathon under 3 hours. She ran 2:57:25 in the World Veterans Distance Running Championships in Glasgow, Scotland to smash the old mark by over 4 minutes.

1st Woman Over 50 to Break 3 Hours.

d'Elia, Morrison, MacGregor, Hatton Win World Vets Marathon Titles

by Tom Sturak

GLASGOW, SCOTLAND, August 23-24. The XIII Annual World Veterans Distance Running Championships at 10km and the Marathon (hereafter referred to by the German acronym IG'A'L) attracted a total of 1200 entries from 33 nations. In the featured marathon (August 24), never have so many Masters men (40-over) and women (35-over) run so fast.

Taking advantage of a gently undulating three-loop course and ideal 60-degree weather, over 500 started (including 40 women). Among the 464 finishers were:

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3000 View Pan-American Championships

by Robert Fine

SAN JUAN, PUERTO RICO, Sept 1. The best adjective to describe the first official Pan American Championships for Masters is "joyous".

I've attended and participated in every international Championship held within the Masters' program. This meet, by far, was the most fun. The reason was simply the dedication, charm and friendliness of the Puerto Rican people. Starting with a cocktail party the night before the meet, which the Governor of the Island and the Mayor of San Juan attended, through the banquet three days later, there pervaded a genuine concern for the athletes and the true spirit of sportsmanship.

It would take me months to accept all of the invitations I received from my "competitors". The embraces at the end of each event were real. We performed before up to three thousand spectators. They cheered all of the athletes with special emphasis for those that finished last.

The opening ceremonies consisted of a placard display utilizing hundreds of youngsters. There followed a marching band, a parade of the athletes, not by countries, just as a group.

The closing ceremonies consisted of the same athletes appearing before the crowd with both groups applauding each other. Then the athletes mingled with each other, shook hands or embraced. To me, this is what sports should be all about.

continued on page 7....

South Africans Banned From World Games

by Al Sheahan

The South Africans have been banned from participation in the 4th World Veterans Games in Christchurch, New Zealand in January, 1981.

John MacDonald, President of the World Games Committee, said: "Because of our government's policies, our committee regretfully cannot accept entries from anyone traveling as a South African national and competing for any South African club."

MacDonald said that the committee was forced to approach the New Zealand government for a grant to help put on the

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Write On!



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SCHEDULE IN NEW ZEALAND

It is tough to be critical of the hard and devoted work of those many who enable the whole to enjoy the benefit from the Masters track program, especially if one's commitments prevent helping (even to hold a stop watch, much less participate).

With that qualification, I am disturbed in viewing the N.Z. Games schedules. I would be more so if I could participate. Planning a program schedule of that size is difficult, granted. However, it appears that it would be better to be 40-44 or 50-54 if you are a mid-distance man--800 through the 3k Steeple. Even these groups will find the 800 sf/f rather close. Scheduling the 10k, X-C, and 5k was obviously to allow the greater number of distance runners. One suggestion: move the 45-49/55-59 to Sunday p.m. and the 1500 H to Monday p.m.

There is an apparent attempt to mixup the program so that no day will become devoted to one event (for the audience). Fine. But the program authors must realize that the majority of us are not latter day Nurmis, nor as great as the runners from New Zealand. And for %& sake do not ask a 60 year old miler, who flew many thousands of miles, to run 1500 heats and final back to back!

The program should be carefully reviewed from the standpoint of age/physiology and not organizer's convenience. Even a month's review with re-scheduling in November would not be too late for most who can afford to attend.

A. Bangs
Los Angeles, Calif.

AGE DEFINITION

I have just received Masters age records 1980, and I am most eager to ask you to do what you can to change the age definition.

The present is ridiculous, and only complicates things. The way you publish "records" (or in many cases what is assumed to be a record --- I have a lot of cases where I know better performances than those listed) with date of meeting, but no information on age of athlete (neither birthdate nor birthyear) makes it still more difficult to take the thing seriously.

If you stick to use of "age on day of meeting" a man will change his age class during the year, which is only complicated.

The only possible way to treat the matter is to define age as the athletes age on 31st Dec. preceding year, or on 31st of actual year. This means in 1980, age class 40-year-old should contain either those born in 1939 or those born in 1940. In this way you should only have to collect birthyears, all competi-

tors remain the same age the whole year, and I can see no negative things with such a solution. It is true the man born 31st Dec. would like to consider himself one year younger than the man born 1st Jan. same year, but then you have the case with changing age during a meeting, running the heats on day before birthday and final on birthday. Using your age definition the athlete is invited to make his own fixtures to fit in with his birthday.

No, the only good solution is to belong to same age during the whole year!

Rooney Magnusson
Enskede, Sweden

10-YEAR AGE GROUPS

I wish to oppose the suggestion made to change to ten year groups in the field events.

I believe that competing against men nine years your junior, is not a fair shake.

W. Sherman Burho
Richmond, Va.

FIELD EVENT FOUL-UPS

Of late there has been a lessening of allotted throws in our National Championships. At the indoors at Syracuse we were allowed three rounds. The rule book says we have the right to a total of six throws if you qualify for the finals. At Philadelphia "they" tried to limit us to three throws! This nonsense was stopped by a very strong protest which took unnecessary time and effort. Why meet directors are doing this to field people is difficult to understand. It is obvious they are not "into" the field events. Please pass the word; don't let it happen again.

The use of the eight pound hammer in the sixty and over class was another case of the administration not being aware. This weight is not listed in record listings; it is not used in world meets and is a complete non-entity in the sports world. We usually use the twelve in this country; the six kilo is the weight used in Europe and the World's. I hope we never have to use the eight again. We all lost a chance to get decent marks with a recognized weight. I write this not realizing the vast amount of detail involved in conducting a meet of this size. I would be wise to put people in charge who know what the rules are. Beware you politicians, we can become very irreverent.

Tom McDermott
Madison, CT

continued on page 4....

EAST

October 11 (Saturday): National Jogging Day. Contact: NJA, (202) 785-8050.

October 12 (Sunday): Masters Sports Association 10KM X-C, Van Cortlandt Park, Bronx, 12 Noon. Contact: Bob Fine, 77 Prospect Place, Brooklyn, N.Y. 11217.

October 18 (Saturday): National 10KM Masters Road Championships, Prospect Park, Brooklyn, N.Y. Contact: Bob Fine, above.

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

October 19 (Sunday): Brooks/TFA National Master 15KM Championships, Arlington, VA. Contact: Dave Theall, 1621 N. Ode St. #202; Arlington, Va. 22209. (703) 527-1864.

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

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

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

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: Canada/USA Cross Country Dual Meet. Buffalo, NY.

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

SOUTHEAST

October 18-19 (Sat-Sun): 1st Throw-athon, Raleigh, NC. Each contestant throws all weight implements. Contact:

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

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.

Nolan Fowler, 660 Crestwood Dr., Cookeville, TN 38501. (615) 526-7928.

December 7-10 (Sun-Wed): Athletics Congress Convention, Atlanta, Ga.

MIDWEST

October 4 (Saturday): Brooks/TFA National Masters 10KM Championships, Chesterton, Indiana, near Chicago. Contact: Hal Higdon (219) 829-0133.

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

November 15 (Saturday): Canada vs. U.S.A. Cross Country 10KM, Ann Arbor, Mich., 5-year groups for men 40+, Women 35-39, 40-49, 50+. Special 30-39 and open XC held separately. Contact: Dr. Ed Roxloff, 10144 Lincoln, Huntingwoods, Mich. 48070.

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

WEST

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

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

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

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

October 19 (Sunday): 16th Santa Barbara Marathon & 1980 SPA-TAC Championships. Contact: John Brennand (805) 964-2591.

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

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

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

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.

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

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

NORTHWEST

November 9 (Sunday): National 10KM Masters Cross-Country Championships. Seattle, Washington. Entry form in this issue.

CANADA

October 5 (Sunday): Labatt's Marathon, Toronto.

October 12 (Sunday): Brooks-CMITT Masters X-C Relay. Sunnybrook Park. Toronto. Men 40+. Women 35+. CMITT, 160 Vanderhoof Ave., Toronto, Canada M4G 4B8

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 Sheahan, Editor, National Masters Newsletter, P.O. Box 2372, Van Nuys, Ca 90404.



On Tap For October

The masters road running and cross-country action gets into high gear as the leaves turn brown and the air turns brisk in most of the nation in the invigorating month of October.

First, though, the annual Santa Barbara Masters Track & Field meet closes out the track season on Saturday, the 4th. (No post entries, by the way.)

On the same day, the 1st in the series of Brooks/TFA road runs takes place near Chicago in Chesterton, Indiana. It's also the TFA National Masters 20km Championships.

National Jogging Day is Saturday, the 11th. On Sunday, the 12th, the Masters Sports Association 10km cross-country run will be held in Van Cortlandt Park in the Bronx.

On the 18th is the National Masters 10km Road Championships in Prospect Park, Brooklyn. The 19th sees the 2nd in the Brooks/TFA series, this one the National Masters TFA 15km Championships in Washington D.C.

The same weekend in Raleigh, North Carolina finds the 1st Throwathon being held. "It's a historic event, the first ever tried," says Phil Partridge. "It gives all ages a chance to try for records with different weight implements."

The final weekend of the month, when the world series is over and snow is beginning to fall in the mountains, the Great Lakes Weight Pentathlon gets underway at the U. of Illinois in Chicago.

Each Sunday, from September 28 through December 31st, the Hawaiian Masters will conduct a track meet at Kaiser High School in Honolulu.

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.

Write-On
continued from page 2

PAN-AM GAMES

The Home Savings & Loan Pan-American meet was A-1. I really enjoyed it, start to finish.

Loren Noyes
Glendale, Calif.

My congratulations to Hilliard Sumner for a very fine Pan-American Championships in Los Angeles--very outstanding in every respect. One suggestion, however. In the future he should consider having the banquet on the first night rather than at the end of the meet. Attendance would double. A lot of people head home immediately following the final day's competition, but are still around at the end of the first day with nothing to do that evening.

At our Air Force tournaments, the banquet comes the first night.

As for hurdle heights and distance, I agree that Chart 4 be tried in 1981 with a 30-inch hurdle and 27-10 1/2 distance between. That would be perfect for the 60+ group. I've been advocating this for years.

Al Guidet
California City, Calif.

WOMEN 35-39

Congratulations on a fine publication. I wonder if you or your readers would like to comment about age limit differentiation for men and women masters.

The U.S. seems to accept 40 years as the basis for men and women. But the rest of the world running community uses 40 for men and 35 for women. Why is there this difference and why should there be any difference?

Sandra Kiddy
Palm Springs, Calif.

GOOD WORK

The National Masters Newsletter is getting better and better.

Carole Langenbach
Seattle, Wash.

OMISSION

The following results were omitted from your summary of the Eastern Regional Championships at West Hartford on June 29:

800 Meter Run.

60-64:

- | | |
|-----------------|---------|
| 1. Dan Geer | 2:45.71 |
| 2. John Hubbard | 2:56 |

Also the listing of DNF for me in the 10,000 meter run at the National Masters Championships is incorrect as I missed the entire meet because of illness.

Dan Geer
Bennington, Vt.

World Vets Marathon
continued from page 1

•The top three--Don MacGregor (Scotland), John Robinson (New Zealand), and Derek Fernee (Canada)--all under 2:20.

•12 more men under 2:30.

•65 under 2:45, including a 61-year-old.

•166 under 3:00, including New Jersey's Toshiko d'Elia, 50, whose 2:57:25 PR was one of three age-group world-best performances.

Ms. d'Elia, who last year at Boston set a world age-49 best of 2:58:11, bettered the 3:01:55 age-50 and 50-54 age-group marks (set this past May by Sister Marian Irvine of San Raphael, California). The amazing American finished less than two minutes behind overall winner Lyn Billington, 35, of England. No other woman over 50 has ever bettered three hours.

The only other American champion was Jerry Morrison of Missouri, who surprised in the M55 division with a 2:44:55 PR. Morrison's time betters "Old John" Kelley's 1965 age-57 American best of 2:48:32. Top American male finisher overall was California's Kent Guthrie, 43, in 39th at 2:37:13.

Southern Californian Margaret Miller added an age-54 world-best to her 51 through 53 marks with a 3:03:28 PR. Fourth woman overall, Ms. Miller would have almost certainly finished a place better (and seconds faster) had she not been directed past a turn near the finish. (To add insult to injury, she was somehow not listed in the official results.) Together with Ms. d'Elia and Seattle's Judith Groombridge (3rd F40 in 3:13:37), Ms. Miller contributed to the U.S.A.'s second-place finish behind England (9:14:30 to 9:07:26). This team performance was remarkable, considering that these three lone American women--two over 50--competed against 13 Englishwomen (whose top three included two F35's and an F40); and that Ms. Groombridge--the fastest U.S. entrant--attempted (perhaps not wisely) the 10km/Marathon double.

According to durable internationalist Ron Hill, this marathon field was the largest ever assembled in the British Isles. The day before, Hill himself (now 42) had placed ninth among 704 finishers in the equally fast "10km" road championships. Unfortunately, the course had to be detoured at the last minute, adding perhaps a quarter-mile, so that the finishing times belie the leader's sub-5 min. pace throughout.

Whatever the exact distance covered, New Zealand's Roger Robinson (no kin to marathoner John) outran nearest rival by 43 sec. to win in 31:09. English-born Dave Hambly, a 15 year resident of Seattle, and Wisconsin's Dan Conway, seventh and eighth, respectively, in 32:36 and 32:33, led a small U.S. contingent (13 men, 2 women) to second place behind England (303 entries) in the National team competition. Third U.S. scorer was Oregonian Ray Hatton, 48 (also English-born), twelfth overall in 33:00 and first among some 200 competitors in the M45 group.

Remarkably, the best club performance was put together by Seattle's Snohomish TC: Following Hambly were teammates Phil Walkden (17th), Earl



Margaret Miller, 53, women's world record holder in Age 50-54 10,000 (40:13.2), 5000 (19:27.0); and U.S. standard bearer in 15K, 20K, and 25K. She finished 2nd in the World Veterans Distance Running Marathon Championships in Glasgow. photo by Richard Slotkin

Ellis (19th), Dave Pitkethly (30th) and Maurice Pratt (40th). But for reasons never clearly explained, the race organizers failed to include the customary Club teams competition in this year's championships.

Perhaps the best individual performance was Australian John Gilmour's 39th place in 34:48. Gilmour, who the weekend before in Helsinki had lowered his own age-group 5000 and 10,000 track world records, is 61 years old.

Doubling in the next day's marathon, Gilmour ran a world-class 2:45:27--and got second. Switzerland's Karl Hasler, also 61, in his first try at the distance, lowered Oregonian Clive Davies 60-64 age-group mark of 2:42:44 to 2:41:25. (Hasler had also raced the 10km, placing second to Gilmour with a good 36:02.) Joining Hasler and Ms. d'Elia as an age-group record-breaker was West Germany's Liesilotte Schultz, who slashed American Marcia Trent's 60-64 best of 3:25:40 to 3:21:35. Fellow German Arthur Lambert lowered his own age-78 best to 3:49:55.

At the lower end of the age spectrum the race up front was tight and furious all the way. At about 12km, Belgium's Henri Salavarda (an ex-sub-1:50 800m man) had powered to a 50m lead over a clutch of eight runners, including 1972 Olympic marathoner (7th) Don MacGregor, defending World Veterans Champion John Robinson, and North American Champion Derek Fernee. By 26km, that smooth-running trio plus Swiss Ernst Ruegg were cruising clear of all pursuers (including a struggling Salavarda, who would hang on to finish a gutsy ninth in 2:24:20).

Going into the final mile, the slightly built Robinson made a decisive break and appeared headed for a successful defense of the title he had won by a step over MacGregor the year before in Hannover. But the tall, big-boned Scot

would not be denied on his home ground. Within sight of the finish-line bleachers on the turf playing field of Bellahouston Park, MacGregor (with Fernee in tow) surged ahead, eventually winning by about 70m in 2:19:23. The game Robinson, who had been nursing a cramping groin muscle throughout the race, sprinted hard to regain second place over Fernee, 2:19:38 to 2:19:41.

England again claimed the National team title, with three men averaging a classy 2:22:58. As ex-Olympian and world-record holder Ron Hill enthused amid the postrace babel in the foyer of Bellahouston Sports Center, "this race should make some people sit up and take notice of Veteran athletes."

Results on page 22....

Tom Sturak attended the IG'AL Championships as the USA/TAC Masters Athletics delegate to the International Association Veteran Long Distance Runners [IG'AL]. In next month's NMN, Sturak will critique the Glasgow Championships and report on the International Delegates' Conference, at which [among other business] the following IG'AL Championships were awarded: 1982, Japan; 1983, France [Perpignan]; 1984, U.S.A. [Southern California].



Ruth Anderson competing in Western States 100-mile Endurance Run in Northern California.

photo by Hughes

South Africans Banned continued from page 1

games. "By accepting the grant, we are subject to the Gleneagles Agreement, which says our government can't aid any event in which South Africans take part."

Negotiations are underway within the World Association of Veteran Athlete's Executive Committee to try to reverse the decision. Bob Fine, North American representative to W.A.V.A., has strongly protested the New Zealand action.

"I am outraged," Fine said. "The W.A.V.A. constitution clearly states that all men over 40 and all women over 35 shall be eligible to take part, regardless of nationality. If we accept this ban, we are violating our own constitution."

Danie Burger of South Africa, another member of the W.A.V.A. committee, said: "If money's the problem, I'll raise whatever is needed to put on the games."

But as NMN went to press September 22, the outlook was grim for an amicable solution.

More than one veteran athlete has said it would be better not to have the games than to exclude any group. Some U.S. masters have said they won't go unless everyone is permitted to compete.

"My wife and I were planning on going," said Californian Ed Lowell. "But if they start with this nonsense again, we'll have to reconsider."

"I want to go," said world hurdle gold medalist Dave Jackson. "But if the South Africans are banned, I'll have to give it some very serious thought."

"The whole point of a world games," said another, "is to compete against the best. 'But if I win a gold medal without my toughest competition being there, what does it mean? It's diluted. Like winning the 1980 Olympic 400-hurdles only because Ed Moses wasn't there.'"

"Masters athletics are supposed to be fun," said another. "This takes the fun out of it."

MacDonald said the problem is sponsorship. "Our accountant told us we could not proceed with the games if we did not accept the government grant. True, we did have some companies who had indicated they would support us, but not enough to put on the games."

MacDonald said W.A.V.A. President Don Farquharson was informed of the situation "as soon as we knew what was happening and again after the grant was offered to us."

Farquharson has not yet issued an official statement on the ban.

Clem Green, President of the New Zealand Association of Veteran Athletes, said: "We would all sincerely claim friendship with our South African veteran athletes. But I hope U.S. Masters will look at both sides of this international problem. It is difficult to avoid issues of state involved in the apartheid controversy."

"New Zealand supported President Carter's boycott. As a result, our top

athletes (Quax, Moller, etc.) missed their chance. Our government asked for sponsorship from businesses to support a Pan-Pacific Games for late January, 1981. This 'mini Olympic' substitute has robbed us of previously sought financial assistance. The result is that we vets had to approach our Ministry of Sport to lend a hand financially with the 4th World Games. This appeal, in turn, meant strict compliance with the Gleneagles agreement. Because we in New Zealand supported your country's Olympic boycott, then in all sincerity, cannot the U.S. masters see the common problem we all have over these matters, irrespective of the IAAF and WAVA decisions with which we all agree?"

"I reject that logic," Jackson said. "U.S. masters have nothing to do with the Olympics. Most masters opposed the boycott. We believe world tensions can be lessened by getting people together and talking, not by excluding different groups. The U.S. government doesn't help us. We pay our own way."

"The U.S. Athletics Congress opposed the Olympic boycott," Fine said. "So did Track & Field News and the majority of the athletes, themselves."

Indeed, the U.S. Olympic Committee also opposed the boycott until Carter promised them \$10 million to "make up for your sacrifice in 1980." Unlike the U.S. and New Zealand, the British Olympic committee did not yield to its government's demands to support the boycott.

There is a chance that some South Africans will compete anyway, using the same subterfuge they were forced to use in 1977. Namely, by traveling with an American or other passport, and competing as representatives of a country other than South Africa. Not all South Africans are able to do this, however. But some own more than one passport and can pull it off.

"We criticize the South Africans," Jackson said, "because we say they treat their blacks like animals. Yet by banning them from our games, we're treating them like animals. Everyone should be treated with dignity and respect, regardless of their race, their nationality or their beliefs."

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.



Marty Maricle, first masters woman ever to finish under 24 hours in Western States 100-mile Endurance Run. photo by Hughes

50-Year-Old Dutchman Sets World Mark Of 2:22 In Nike/OTC Marathon

by Tom Sturak

EUGENE, OREGON, September 7. Fifty-year-old Piet van Alphen of the Netherlands placed 41st among 814 finishers at the tenth annual NIKE/Oregon Track Club Marathon with a stunning 2:22:49.

Van Alphen's time lowers Canadian Art Taylor's age-50 best of 2:27:17 and breaks the 50-54 age-group world mark of 2:25:19 set in 1972 by Sweden's great Erik Ostbye. The World Masters 45-49 Marathon Champion in 1977, '78, and '79, Van Alphen also owns the age-48 mark of 2:22:40 PR.

Dick Quax, 32, won this year's NIKE/OTC in 2:10:47, breaking his own New Zealand national record. Fellow Kiwi, Lorraine Moller, 25, also broke her own national mark with a scintillating 2:31:40 (equal fourth-fastest ever). But in the opinion of knowledgeable observers—including 40-49 winner John Brennand, 44, of Santa Barbara—Van Alphen's record-breaking run was the outstanding individual performance.

Appearing fresh at the end, the diminutive Dutchman finished nearly six minutes ahead of Brennand, who clocked a near-PR 2:28:46. Van Alphen not only obliterated Alex Ratelle's over-50 course record of 2:35:24, but also cut 1:38 off Jack Foster's over-40 mark of 2:24:27.

Also breaking a Masters course record and the age-43 American best was Sandra Kiddy of Palm Springs, 19th woman overall, with a 2:54:05 PR. The previous NIKE/OTC Masters Women's course mark of 3:01:15 was set last year by Marilyn Harbin; and Miki Gorman ran 2:54:10 at age 43. Sue Petersen of Laguna Beach, California, lowered Cindy Dalrymple's American age-36 best (2:47:51 in '78) to 2:45:24; and over-60 winner Mavis Lindgren of Orleans, California, established a new age-72 world-best of 4:56:44.

Results on page 23....



Jacqueline Hansen (left) returns to running August 16, after the birth of 1st child on May 24. Hansen topped Rose O'Neill (right) to win W30-39 5000 in L.A. Pan-Am Games. photo by Richard Slotkin

•**Ron Salvio** reports the 5th annual New Jersey AAU/TAC Masters Championships June 14 at Rutgers University produced several good efforts: **K. Baker**, 2:03:4 in M40 800; **L. Miller**, 4:14.4 in M40 1500; **George Sheehan**, 4:51.8 in 60-64 1500; **J. Moon**, 11.4 in M40 100; **Matt Brown**, 11.8 in M45 100.

•**Joann Grissom** set new American 5-year age division records August 10 in Indianapolis. Her 16-10 long jump bettered the age 40-44 U.S. mark of 16-9 set by **Irene Obera** May 17, 1975. She high-jumped 4-6¾ to topple the 4-6 mark of **Cherrie Sherrard** set July 7, 1979.

MASTERS SCENE

Los Angeles after running for his British University from 1927-32. He pulled a hamstring in the first Olympic heat. He played social tennis for years, and only took up running at age 68 in 1977 after a 32-year layoff.



TOP: Fred Reid of South Africa, world 70-74 record holder in 100 (13.5) and 200 (27.5) won "Best Foreign Athlete" in L. A. Pan-Am Games.

LEFT: Irene Obera (left) named "Top Woman 40-49 Athlete" in L.A. Pan-Am Games, edges past South African champ Felicity Skaris to set new U.S. 45-49 mark of 61.1. photo by Richard Slotkin

•**Ivor Welch**, 85, hiked and ran up to the top of Pike Peak--7744 feet high--in record time of 6½ hours. **Mavis Lindgren**, 73, of San Diego climbed the peak in 7:05, the first time a 70+ woman has accomplished this feat. Founder of the Pikes Peak Marathon **Rudy Fahl** announces the 26th annual run will be held August 2, 1981.

•**DMSO** can be applied to the skin, injected or taken orally. The FDA has refused to approve it for any medical use, but Oregon, Florida and California retailers are selling it. Former quarterback star **Daryl Lamonica** told a Senate subcommittee it relieves swelling and pains from various ailments and injuries. "I call it a miracle drug," **Lamonica** said, saying it reduced swelling and eased the pain of injuries.

•**Johnny Kelly**, 72, Orleans, Mass. completed his 8th Falmouth Road Race in 50:28. **Dennis Wharton**, 77, and **Jane Reese**, 73, from Ohio were the oldest runners.

•**Gayle Barron** and **Steven Subotnick** are honorary co-chairpersons for 1980 National Jogging Day October 11. NJ Day activities stress participation and will include races, fun runs, picnics, sportsmedicine seminars and clinics. For more info.: National Jogging Assoc., 2420 K St. N.W., Washington, D.C. 20037.

•World 70+ record holder in the 100 (13.5) and 200 (27.5) **Fred Reid** of South Africa ran a 9.8 100-yards in his younger days. He won the South African 220 in 1935 after working in Britain till 1934. He competed in the 1932 Olympics in

•In the Las Vegas Sun Marathon Championships December 4-7, 1980, a special club team-event for the 10K, half and full marathon will be offered. Each team will consist of 5 men and 5 women. Awards will be given to the top three teams. Call 800-634-6611 for details.

•The entire masters community is anxiously awaiting **Judy Fox's** 40th birthday, coming soon. The multi-talented 39-year-old was the first woman finisher in the Pacific Association AAU 15km June 22 in Los Altos Hills, Calif., running 53:27 to defeat her nearest rival by 3 minutes. **Karen Scannell** was top 40+ woman in 58:55, ahead of **Vicki Bigelow's** 59:23. **Scannell** won air fare to the National Masters 20km in Washington, D.C. Sept. 28.

•**Pat Bessel**, 42, of Grand Island, N.Y., the 1979 national masters champion at 10k cross country and 15k cross country, set a new American record for women age 42 at 3000 meters with 10:44.7, at the Empire State Games in Syracuse, N.Y. August 16-18. **Pat** was the only master in New York to qualify for this open track competition.

•**Bill** and **Marla McChesney** were the top 50+ male and female finishers in the Strawberry Half Marathon August 23 in John Day, Oregon. **Bill** clocked 1:20:47 with **Marla** registering 1:31:58.

•In 1976, Kansan **Dave Shrader** held the world 60-64 discus record. At 275 pounds, he was so overweight he said, "My biggest problem is health. Doctors won't sign the release forms necessary for me to compete." In January, 1978, he had a stroke. On August 1, 1980, he

suffered a cardiac arrest and 26 days in intensive care. "I'm now in cardiac rehab and hope to come back and win the World Games Shotput, Discus and Hammer in 1984 when I'm 70. I now weigh 194 pounds." **Shrader** and masters hammer great **Stan Herrmann** both graduated from Enterprise, (Kansas) High School.

•The National 10km RRCA Championships were held in Boca Raton, Florida August 17. **Richard Van Scotter** (40-49), **Jim Blount** (50-59), **Dan Blele** (60-69) and **Ann Trigg** (Women 40+) won national titles. (See results section.)

•Another sex-integrated Masters relay team competed in the CDM Don Palmer Memorial Relays in Santa Ana, Calif. August 9th. In addition to the squad mentioned last month, a foursome of **Wilbur Buchanan**, **Walt Atcheson**, **Maynard Mickelson** and **Alet Ten Tusscher** combined their talents in the 4-mile relay. **Ten Tusscher**, of South Africa, won the women's 40+ triple jump in the Pan-Am games August 17.

•By the way, of the 356 pre-entries for those Pan-Am Games, 44 were women. That's 12% of the total, which compares to 7% in the National TAC Masters T&F Championships this year in Philadelphia. In the 1979 World Games, 14% of the entrants were women.

•**Ruben Whitney**, 35, of the San Antonio Track Club, won 3 gold medals in the Pan-American Championships in Puerto Rico. He won the 100 in 10.46 and the 200 in 21.61, narrowly beating **Manuel Ulaelo** of Venezuela at the tape. He then anchored the U.S. 4 x 100 relay team to a 41.0 victory. It was the final meet of the season for the ace of the San Antonio Track Club. "He trained hard and long," said club member **Bill Seldon**, "to achieve the success that he did. He'll rest a while before starting on his training routine for 1981."

•**Hal Higdon's** 50th birthday is June 17, 1981, only 4 days before the annual 15km run in Michigan City, Indiana. Plans are afoot for the event to be renamed "Hal Higdon's 50th Birthday Party" in keeping with the gala occasion. Serious consideration is being given to letting all runners over 50 start 5 minutes ahead of the rest of the field.

•**Dave Jackson's** M45 triple jump in the Pan-American Games was erroneously listed as 41-4½ in last month's issue. It should have read 44-4½.

•**Nina Crampe**, 31, of Pittsburgh, was the 1st woman finisher in the 4th Annual Cleveland Heart-a-thon, Sept. 7, a half marathon through the streets of downtown Cleveland. **Crampe** clocked 1:23:40. **Sandra Knott**, 43, of Cleveland was 2nd woman in 1:24:00. **Craig Virgin** won the event in 1:04:54.

•**Ruth Anderson**, 51, who ran a 3:21 marathon in the Nike/OTC Marathon Sept. 7, is pointing for a 50-miler October 4 and then both the 10k and 25k in Palmerston North; then on to Christchurch.

•The qualifying standards for masters 50+ have been relaxed for the 1981 Boston Marathon April 20. The 2:50 standard for open runners and the 3:10 for 40-49's remain. But for 50-59 year-olds, it's 3:20; and for 60+, 3:30.

For women, the 3:20 qualifying time remains for those under 40, then it's 3:30 for those 40+. The qualifying time must be run on a certified course between April 21, 1980 and March 8, 1981. Entry forms are available with SASE to: Marathon Committee, Box 223, Boston, Mass. 02199.

•Three runners died in recent months in long distance road races. In July, **Ken Stoufflet**, 54, a longshoreman who had run the Mardi Gras Marathon in February, collapsed about a mile from the end of a 5km in New Orleans. Other runners applied resuscitation. A doctor in the race quickly arrived and tried to revive him, but **Stoufflet** was DOA at the hospital of a heart attack. Tragically, his mother, 75, while on her way to see him at the hospital, suffered a heart attack and died.

•On Sunday, August 3, in the Herndon, Virginia (a Washington suburb) 10-mile run in 99-degree heat, two runners wandered off course and died. **Pat Relley**, 31, and **Henry Kronlage**, 49, apparently succumbed to heat stroke. When the two failed to finish, a search was begun, but neither was found until Monday, when **Relley's** body was located 300 yards off the course and about a mile from the finish. **Kronlage** wasn't discovered till Tuesday, about a half mile past the finish line. He apparently had become delirious and missed the correct turn to the finish. It was **Relley's** first competitive race. **Kronlage** was an experienced runner, but only ran 3 miles a day. He was trying to lower his best time from 90 to 80 minutes. The race began 20 minutes late, at 9:20 a.m., and the temperature rapidly climbed from 76 to 99 with high humidity. The new course went through sunny, remote areas instead of the shady, residential areas of the previous year where residents would hose the runners down. None of the other 700 runners was apparently aware of the trouble during the race.

continued on page 7....



Nina Crampe, 30, Pittsburgh, PA, who took 2nd in 5000 & 10,000 at National Championships.

photo by Bob Pates

Masters Scene continued from page 6
Late News by Tom Sturak:

•The top three finishers in the IGAL Marathon Championships (Glasgow, August 24) ran times better than half of the 53 finishers in the Olympic Games Marathon (Moscow, August 1). **Don MacGregor's** 2:19:23 would have tied for 25th, with **John Robinson** and **Derek Fernes** taking the next two places.

•Even more mythical (in more than one sense), 50-year-old **Piet van Alphen's** 2:22:49 at NIKE/OTC (Eugene, September 7) would have been good for 34th place at Moscow. **Van Alphen**, who is recognized as a national hero in Holland, began running 13 years ago following a career of speed-skating. His training consists solely of long runs totaling up to 140 miles a week, with no speed or track work. Born August 16, 1930, **Van Alphen** has recorded the following PR's: 15km, 47:15; 20km, 1:04:30; 25km, 1:22:06; 30km, 1:40:05; Marathon, 2:22:39.7 (1979); One Hour, 18km 350m. The durable Dutchman, who says he won't be satisfied until he breaks 2:20, plans to compete in the NYC Marathon (October 26), where he wants to "make amends for a bad showing last year" (2:30:11).

•Doing some amazing mending is **Nick Newton**, M45 world-record holder at 400m (51.0), who underwent his second major surgery on July 31. Six weeks later (September 13), Newton jogged through a 5km road race in Los Angeles' Griffith Park, covering the distance in 25:47 to place 57th among about 100 contestants.

•Griffith Park was also the venue for two good 10km races by **Jim Murphy** (40). On September 7, the LAPD/Southern California Strider runner clocked a winning 33:53. The following weekend (September 14), he lowered his time a full minute to 32:50 for another Masters division victory...**Murphy** also performed well on the track in the International Police Olympics (August 22-23) staged at the New York Institute of Technology. Competing in the Open 10,000, **Murphy**

placed second in 33:42; the next day, he won the Senior (34-43) 5000 in 16:10. Also competing among the 750 contestants from several nations was fellow **Angeleno George Cohen** (40). A probation officer, **Cohen** recently set a new American M40 800m record (1:54.9). At the Police Olympics, racing on a "bad track," he won both the Senior 800 (2:02.0) and 1500 (4:17.4), and placed third in the 200 (23.6). Official results of this meet will be published in NMN as soon as received.

•Another Los Angeles resident, **Dave Prokop** (39), Canadian 50 mile record holder, returned to his native Saskatchewan recently to attempt a solo 247 mile run from North Battleford to the capital of Regina as part of the Province's 75th anniversary. Following a 92 mile first day, **Prokop** was forced to retire after 26 miles the next morning due to a thigh muscle injury. He plans to try the run again next year. **Prokop** is the founder of the prestigious Springbank International road races—including a Masters 6 mile—held annually in London, Ontario.

•**Toshiko d'Elia**, the only 50+ woman to break 3 hours in the marathon (2:57:25 at Glasgow), has received two invitations to appear in Japan this Fall: a Women's Sports Symposium; and the 2nd Tokyo International Women's Marathon (November 16). Shortly after her return home from Scotland, **Tosh** won her division at the Avon Half-Marathon (NYC) in 1:29:17 PR.

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.

3000 View Pan-American Championships continued from page 1

The facilities were excellent, with a 400 meter main track and a 200 meter practice track. The stadium is near the ocean. The meet started in the late afternoon but the temperature on the track was over 90 degrees. When the sun went down it cooled considerably and was quite pleasant. The performances were quite good considering the heat and the fact that most athletes competed in two or more events.

Our Latin-American friends have shown substantial improvement. The Puerto Rican program is a good example. It started when **Ruben Diaz**, a sprinter, and **Miguel Veve**, a pole vaulter, came to New York to compete in the Masters Sports Association's 1978 Outdoor Championships. They asked me for suggestions about starting a Masters' program and I was glad to give them some ideas. I was pleasantly surprised when, a year later, I was invited to participate in the First Puerto Rican Masters Championships. They had over 200 competitors from all over the island. There were no women or race walkers. The population of the island is under three million so that the initial turnout was outstanding. With a few exceptions, the level of performance was not exceptional. In one year, the membership in the Puerto Rican Masters has grown to 400 and the performance level has improved better than anyone expected. In addition, women are taking an active part and they have athletes in all events. The outstanding example of the improvement in their program is **Willie Diaz**, 40-44, who was voted the outstanding male competitor. **Willie** won the 100 (11.15); 200 (23.42); and, 400 (52.91) while anchoring the Puerto Rican team to victory in the 4 x 400 relay. Fifteen months ago the only sport **Willie** was involved in was going to the horse

racers. **Willie** was never involved in competitive sports before the age of 40. In just fifteen months he has become an international quality athlete.

Chris McKenzie, 48, of the New York Masters, received the Outstanding Female Competitor's Award. **Chris** won all five of her events: 100 (14.05); 200 (31.58); 400 (70.89); 800 (2:36.7); 1500 (5:26.3).

Gilberto Gonzalez-Julia, 67, received a third award for his athletic ability (he won seven events, setting records in most of them) and for his contribution to the development of the program. **Gilberto** was the individual most responsible for the Championships.

It was a wonderful experience, with the best part of it being that the government and the Puerto Rican Masters wish to sponsor more meets in the future. The meet was fully televised with cassette tapes to be made available. The newspapers gave extensive coverage.

Results on page 20....



DAVE DOUGLASS

National Running Data Center

by Bob Martin

The 1980 edition of the book "U.S. Marathoners" lists and ranks 101,035 individual marathon marks. These are all of the reported runs by U.S. citizens on certified courses in 1979. There were a reported total of 112,997 marathons finished on certified courses last year.

The book contains 13 summary tables. Some excerpts: Median age for men was 33.5, for women it was 30.4. The ratio of men to women increases from 6 to 1 in the 20's to over 20 to 1 in the 50's.

The NRDC needs complete race results in order to compile accurate and thorough statistics. We need 4 things: date, distance, place and if it was a certified course.

"U.S. Marathoners" is available from NRDC, Box 42888, Tucson, AZ 85733 for \$9.95 plus 75 cents shipping.

WINNERS OF 1980 MASTERS 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			John Brennand	M40
M45				Derek Mahaffey			Jim Knerr	M45
M50				Howard Miller			Tracy Brown	M50
M55				Anders Jacobsen			Keith Albright	M55
M60				Frank Grey			Demetrio Miller	M60
M65				Jerry Satterlee			John Thomson	M65
M70				Norm Bright			Jim Bole	M70
M75				----			----	M75
M80				----			----	M80
W40				Sandra Kiddy			Sandra Kiddy	W40
W45				Martha Maricle			Belva Norins	W45
W50				Ruth Anderson			Margaret Miller	W50
W55				----			Mary Storey	W55
W60				----			----	W60

Div.	30KM Albany, NY March 23	Marathon Cupertino, Ca January 27	50KM Brattleboro,Vt September 21	50-Mile Track Santa Monica, Ca December 14	Div.
M40	Fritz Mueller	Herb Lorenz			M40
M45	B. Brock	Jim Knerr			M45
M50	Ed Stabler	Bob Malain			M50
M55	D. McWilliams	Arthur Schneider			M55
M60	Ruben Shatzberg	Paul Reese			M60
M65	Bob Boal	Al Schlesinger			M65
M70	----	Alfred Guth			M70
M75	Lou Gregory	Lou Gregory			M75
M80	----	----			M80
W40	Mary Cullen	Sandra Kiddy			W40
W45	P. Heaton	Elizabeth Ross			W45
W50	Toshiko d'Elia	Ruth Anderson			W50
W55	----	Helen Dick			W55
W60	----				W60

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A FINE THING

by BOB FINE

How To Run A Masters Track Meet

In some ways, running a Master's track meet is easier than running a meet for open competitors. This is so because the Masters are more matured and self-sufficient. They are used to administering their own program. Many Masters are also coaches or have served as officials in open competition. On the other hand, a Masters meet can be more difficult because, due to the divisions by age and sex, you can be holding, in effect, sixteen track meets at once!

TYPES OF MEETS

1. All Comers Meets.

These are the simplest meets to run. All that is required is a track, a simple announcement about the events and a minimum of the person with a stop watch (and a loud voice). These meets are post entry only. Entry fees are usually not required since the only expense would be the announcements. These meets are, in effect, time trials. No prizes are given so that division by age and sex are meaningless. The distance runners can act as timers for the sprinters and visa-versa. If there are any rental costs for the track then a small fee can be charged, usually under \$1.00. A full scale of events is not necessary. These meets are usually held every week or once or twice a month, at the same time and location. They can be held late in the afternoon or on a weekend. They are used basically as part of the training routine and not as an end unto themselves.

2. Development Meets.

The less the number of participants the more it will be necessary to eliminate age and sex as a factor in performance. There are three types of races that can be used.

a. Handicap races.

For the 100 and 200 meter runs handicaps based on distance would have to be used. That is the slowest competitor starts ahead of the scratch man. The problem with this method is that only the scratch man gets his accurate time. Each second for Masters equals about 12 yards.

b. Age-grading races.

The National Running Data Center, c/o Ken Young, P.O. Box 42804, Tucson Arizona, 85716, publishes tables in which points are given bases on age and performance. Tables are in existence for all the running events and some of the field events. It is planned that there will be tables for women, all of the field events and race walking by the Fall of 1980. These tables are valuable in that awards can be given for the highest points scored in each event or the highest points scored in any combina-

tion of events or in the whole meet. Thus, if you have a total of twenty competitors competing in a total of four events these tables are perfect for determining prizes.

c. Predict Your Time.

In these races the competitors submit to the appropriate official a predicted time on an index card. No one, other than the competitor knows what time is predicted. During the race(s) no splits are given and no time is yelled out at the finish. Awards are given to those that come closest to predicting their time. One can go as fast or as slow as one wants. These events are good before a major track meet to be used as a pace workout. They are fun because invariably one of the competitors will key on another. Sometimes a competitor forgets that this is really a pace workout and starts to kick at the end.

The development meets are designed to be low-keyed events. Prizes are usually given. It is suggested that a sprint (100-200), middle distance (400 to 1000), and distance run (1500 to 5000), plus similar field event combinations such as the long jump-triple jump; shot put-javelin; discus-hammer be used. By having no more than three running events and two field events the meet can be finished in about one hour. If there is a sufficient number of competitors, then scratch races by ten year groupings can also be used. Everything is post entry. Usually \$1.00 is charged as an entry fee. Like the All-Comers meets these development meets should be held at the same place and time.

3. Local (Association) Championships.

These are full scale track meets usually having less than two hundred competitors. Because of the relatively small number of participants, age groups can be combined to speed up the proceedings. Certainly the 5K run, 10K run and the walk can have all contestants compete in one section. Prizes would be given out by ten year groupings. Unless there is a local sponsor who will pay for officials the competitors will have to help out. Suggestions as to officials will be noted later. Generally the women and older age groups can be put in the same section. Post entries are usually accepted but pre-entries are to be encouraged.

4. Regional and National Meets.

These meets will attract more competitors. The first question is whether to accept post-entries. This will also be discussed later. If more than 350 competitors will be present it may be necessary to give the meet over two or two and one half days. The National Outdoor Championships are held over two and half days. The Indoor Nationals will be held over two days. Masters like to compete in multiple events. They are paying their own travel expenses and spending a great deal of time to get to the meet. Most would prefer to have two days of competition which would

enable them to compete in more events. For these meets a large number of officials will be needed. More advertising will be necessary and more support personnel.

5. International Meets.

There are presently the following International Meets: North American Championship; Pan-American Championship; World Championship (held in odd numbered years). The North American Championship has had from 300 to 750 competitors. The Pan-American

Championship would have 750 and the World Championships over 3,500. All of these Championships require a major sponsor. The World Championships would require over \$200,000 to properly put on since they are held over an eight day period of time and involve not only the competitors by the families of the competitors. Housing is a major logistical problem. Many cities or countries welcome the opportunity of sponsoring these international meets as the Masters bring in more money than the meets cost.

Report From Australia

by Jack Pennington

Those of us who were at that great Toronto gathering of 1975 will be surprised to learn that we are now back to "square one;" that is, behind the eight ball.

In Toronto, the Canadian Government threatened to withdraw financial aid if our South African Veterans competed. David Pain, of abiding memory, cut into the argument with his bayonet and told the government forces to go to hades.

Well, this situation still exists in New Zealand.

The sad story is that the Veteran organizers have lost their sponsorship to a post-Olympic International meet, to be put on for the benefit of those good little boys and girls who did not go to Moscow.

The Government has agreed to underwrite our World Games provided we do not allow those naughty South Africans to compete. They must not even be in disguise. But, of course, they are welcome to attend as spectators. How pathetic can you get?

To enter the Games you must send either a copy of your birth certificate or a copy of your identity from your passport. This news will cause Dave to turn in his bed.

It is bad enough having a track meet in January and only some 18 months after Hannover, without the likelihood of a three-cornered match between Australia, Japan and New Zealand.

My personal view has always been that we should have stuck close to the Olympics as we did in our first Internationals of 1972. But the demands of tourism are such that the more often, the better it is for the tourist trade, and he who pays the piper calls the tune. And again, as in Toronto, the government of the host country is telling us who may or may not compete.

Wal Sheppard, after placing second in the M55 800 meters in Hannover, is now fully recovered from having four new coronary arteries. He is running 50 miles per week. His most recent effort was a 10 mile in 68 minutes. His medical advisor wants him to compete in the "Big M" marathon in Melbourne October 12th. It's probably that this will be a feature article in the Australian Medical Journal.

Our winter season is over. Here are

the results of the bona fide Road Championships:

June 21. 15km. M40: T. Vincent 48:57; J. Seymon 49:58; R. Morgan-Morris 51:05.

June 22. Marathon. M40: J. Bowers 2:25:36; W. Raimond 2:28:02; A. Blenner 2:48:00.

July 27. National Championship marathon. M40: J. Bowers 2:29:05; P. Kallio 2:37:42; B. Brookes 2:40:00. M50: R. Sutcliffe 2:53:25; B. Jones 2:57:05; N. Barrett 3:02:17. W35: Janice Doobie 3:19:59; W40: Sue Beisty 3:07:12; W45: Sheila Malbut 4:11:35.

Aug. 2. 25km. M40: P. Hannaford 87:52; J. Seymon 88:49; T. Vincent 89:34. M50: L. Hooper 1:40:51. (winner of USA indoor mile)

Jack Pennington again won the Veteran cross-country title based on computer age-handicap over 10km. In the scratch 10 mile road title on Sept. 13: T. Munro (42) 58:26; P. Kallio (44) 59:18; R. Abbott (43) 60:52; P. Tesseymann (52) 61:51; A. Brown (42) 61:56; J. Pennington (57) 65:07; M. Merroney (48) 66:45.

600 Aussies are booked for New Zealand.



Herman Franklin winning M35 5000 in 15:36.3 in Pacific Championships.

Countdown To New Zealand

[See 'South Africans Banned from World Games' on page 1--Ed.]

4th World Games Chairman John MacDonald has extended the deadline for entries from October 1, 1980 to November 7, 1980. There were distribution problems with the official entry programs in some countries; thus, the extension.

The complete entry form, schedule and info was printed in September's newsletter. Entries should be sent to the 4th World Games, Secretary; P.O. Box 31-102, Ilam; Christchurch, New Zealand.

Entries for the 14th World Veterans Distance Road Running Championships in Palmerston North close November 3rd. (See September's NMN for entry forms) For either or both the 10k and 25k, send to The Secretary, 14th IGAL, P.O. Box 1216, Palmerston North, New Zealand.

"Just as important as your entries," says Clem Green, Executive Coordinator of the New Zealand Association of Veteran Athletes, "is the confirmation of accommodation booking at Palmerston North and at Christchurch. When organizers know you are coming and in what numbers, I feel sure our sponsors, Air New Zealand, will make every endeavor to handle transport within New Zealand."

Green says a country wide service is being set up to have overseas visitors, especially from regions other than Oceania, come to stay a day or so in the homes and on farms of New Zealanders.

"We want you to enjoy our hospitality on a person to person basis," Green said.

The U.S. dollar, according to Green, is up in relation to the New Zealand dollar. The exchange rate on September 22 was \$1 U.S. = £98 N.Z.

While most travelers will find more than enough to do in New Zealand for two or three weeks, those going to Australia may be interested in the Austrailpass. Good for 14 days to 3

months on Australia's railroads at savings up to 50%. Prices range from \$230 (2 weeks) to \$598 for the new 3-month pass. Sold only in North America through Thomas Cook. Contact: (213) 274-0533 or your local office.

Roland Jerneryd, Secretary of WAVA, reports that Japan has made a formal proposal to host the 1983 World Games. Others considering bidding for the Games are: Los Angeles, Philadelphia, Puerto Rico, and Venezuela. Bids will be officially presented on Jan. 6, 1981 at 6:00 p.m. in the Christchurch Townhall. The election of the host nation and place will be balloted at the WAVA General Assembly on Jan. 7.

Stan Thompson says there will be a Masters Track & Field meet in Honolulu, Hawaii the weekend before the World Games, on Sunday, December 28. Those wishing to tune up for the World meeting and spend a few days on the Islands should contact Thompson at 1549 Ipukula St., Honolulu, HI 96825. Stan will also provide all-comers meets before and after the New Zealand games for those who let him know.



2nd Masters Sports Association Relay Carnival

by Bob Fine

NEW YORK, N.Y., August 16. The Second Annual Masters Sports Association's Relay Carnival was held in perfect weather conditions at Randall's Island, New York.

Five clubs participated, with each club scoring at least one victory in the running or field events.

The quality team in the running events was Potomac Valley Senior Track Club from the Washington D.C. area. Their first, and only, mistake was a dropped baton in the 440 yard relay--they still took second. After that, they won every relay they entered. The New York Masters won the team title, primarily on the basis of depth. New



TOP: Jim York and grandson.

Lyn Billington, 35, England, 1st woman in World Veterans Marathon Championships in Glasgow, Scotland Aug. 24. (2:55:34). photo by Scottish Daily Express

York took second in most of the events that Potomac Valley won and won in those events that Potomac Valley didn't enter. The Shore Athletic Club took third in the team title, based on the performance of their fifty year old team.

In the field events, the New York Masters again won on depth. Most of the competitors were in the 30-39 year old group. Garden State Track Club won three events; Shore A.C. and the New York Athletic Club two; with Potomac Valley and the New York Masters one. In the 40-and-50 year old categories the New York Masters dominated.

At a meeting of the athletes it was decided that the meet will be held next summer, if possible before the National Championships.

Results in November NMN.

Stock Breaks 10K Mark Again

Dorothy Stock continues to challenge Sandra Kiddy for honors as the top 1980 woman 40-49 long distance runner in the nation.

For the 3rd time in 3 months, Stock broke her U.S. age 45-49 record for 10km. On August 31 on the Mission Bay Bonne Bell certified 10km course, she blazed a 37:39. Thus, she has taken off 2:05 from the old record in that time span.

Her "instructions" before the race from her coach/manager/husband/Bill Stock were to run the 1st mile in 6:00, then go as she felt. She hit it on the nose, holding back a bit, then clocked 12:09 at 2-miles, 18:17 at 3, 24:25 at 4, 30:33 at 5, six in 36:30 and out in 37:39. A 6:03.6 per mile pace.

A loose retina in one eye prevented her running in the Diet Pepsi 10km regionals September 6th. But she was scheduled to compete in the women's AC National Championship 20km on Sept. 21 in San Diego, where she would threaten the listed 45-49 20km mark. (Ruth Anderson's 1:25:49.)

Stock has now run 6 of the 7 fastest 10km times for U.S. women 45-49.

Whatever your travel needs....

- vacations
- business
- competition

....overseas or in the USA

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

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THE Gun Lap

by MIKE TYMN

Maturing As A Runner

As we passed the one-mile mark, the timer yelled out, "...4:56...4:57...4:58..." I looked around and wondered, "What's happening here?" I was surrounded by women.

A few yards in front of me was Joan Benoit, the American record holder in the marathon. To my left was Patti Lyons, regarded as the top all-around female road racer in the U.S. To my right was Anne Sullivan, the American record holder at 10 miles. Not far behind me were Jacqueline Gareau, the Boston Marathon winner, and Marty Cooksey, another leading distaff runner.

The event was the third annual Cascade Run-Off, a 15 kilometer (9.3 mile) affair in Portland, Oregon on June 29. Some 5,000 runners took part.

In his book, *Sports in America*, James Michener points out how traumatic it is for the average male to be defeated in sport by a woman. He goes on to relate how Arab soldiers were so disturbed at the thought of being defeated by Israeli female soldiers that they would fight to the death rather than surrender, which they might have done if they had been fighting men.

"Losing to women, which I often do," Michener writes, referring to his tennis game, "creates no problems and probably does me substantial psychological good in that it combats any tendency toward machismo. I strongly recommend that adult women and men participate in sports together, for the experience is civilizing."

Michener calls those men who are able to accept defeat by women, "the mature players."

I guess that I had not yet matured, because when I saw all of those women around me in Portland my male ego sank to its lowest ebb. Ever since Grete Waitz, the Norwegian sensation, came on the running scene, I knew it was only a matter of time before I joined the ranks of those men who have been outrun by a woman. But Waitz wasn't in the race and I had not anticipated doing battle with a woman in the Cascade.

As we started into our second mile, I reasoned that the women who surrounded me would gradually die off. After all, Benoit had won the race last year with a time of 51:27, a pace of roughly 5½ minutes a mile.

I then remembered a comment made by Dr. Joan Ulyot, an author of books

on women's running, in an interview which appeared in a Portland newspaper the day before. She said that women are much better at pacing themselves than are men. "Boy, did she miss the boat on that one," I mused.

I made up my mind to concentrate on my goal, which was to win the masters division. I caught sight of Ray Hatton, the defending masters champion, in a small pack of runners ahead and I moved up behind him, leaving the ladies behind.

The second mile was a slight upgrade and I passed the two-mile mark right behind Hatton in 10:15. Then somewhere around 2½ miles, as we hit a short downhill stretch, I could hear a runner closing on me fast and about to pass. It was Patti Lyons. Her head was churning from side to side and her face was contorted in anguish, much in the manner and form of Emil Zatopek, the great Czech runner of a generation ago.

"That girl's crazy," I thought as I watched her open up 10 yards on me. "But I can't let her get away. To heck with Hatton, I've gotta go after her."

As we headed uphill again, I moved past Lyons. Then another downhill and she zoomed by me. I had always considered myself a fairly good downhill runner and was flabbergasted at how this young woman from Boston could move away from me on the downhill.

As we headed uphill again and I moved next to Lyons, a TV camera truck pulled up in front of us. "Oh, no!" I thought, "what if they show this over the networks and my father sees it." I could see the furrow in his brow and look of disbelief as he remarked, "That was a girl you were racing?" I moved off to the other side of the road.

We started down again, and in order to take a bend in the road at its shortest angle, Lyons crossed over to my side of the road, cut me off, and elbowed me in the gut.

"Bad enough that she's beating me," I said to myself, "but now she's beating me up."

The fifth mile was a long uphill grind. I edged ahead of Lyons again, but could tell by the reaction of the spectators that she wasn't far behind.

At about six miles, we started a long downhill stretch. Lyons came charging by me once more and began to pull away. I felt a sinking sensation in my stomach.

I would be visiting my father in California before returning home to Hawaii and I began to rehearse my excuse. "But dad, I'm 43 now, not a kid anymore. She's only 26 or so. These women aren't the same as in your day. You remember Johnny Weissmuller--Olympic Champion, world record holder, Tarzan, the whole works. Well, his best times place him a lap of the pool behind today's women. Besides, no way she can take me in a fair fist fight."

With a little more than a mile to go, Lyons had thirty yards on me. I began to think of the ribbing I was going to get from some of my running friends back in Hawaii. "Sooner or later it's going to happen," I said to myself, "but not today." I reached down and found whatever it was that caused those Arab soldiers to fight the way they did. With a half-mile to go, I passed Lyons and I crossed the finish line 10 seconds before her.

Lyons' time of 49:42.5 shattered the American 15 kilometer record for women by nearly a minute and a half. And all those women who were up there at the one mile mark finished well back, Gareau taking second in 51:15.7.

As a result of my Portland experience, I'm a much more mature runner than I was before. What Mr. Michener forgot to say is that such maturity comes with humility.

going to New Zealand?



For info, call or write:

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

Debate On Standards

The recurring debate on "standards of performance" will likely take place in Christchurch in January.

In 1979 at the 3rd World Games, the executive committee of the World Association of Veteran Athletes voted, 8-2, to establish "standards." If less than three people were entered in an event in the World Games, the winner

would have to meet a certain "standard of performance" in order to win a gold medal. The proposal was defeated by a vote of the General Assembly, just after U.S. Records Chairman Pete Mundle said "it would be very difficult to set fair standards for the upper age groups and for women."

Since then, several countries have apparently adopted the standards for their own internal competition. One is South Africa. For your information, here are the standards which South Africa uses for its masters competitions. If less than 3 competitors show up in a particular age group, the following standard must be achieved by the winner in order to achieve a gold medal.

STANDARDS REQUIRED TO WIN A GOLD MEDAL WHEN FEWER THAN THREE COMPETITORS IN A PARTICULAR AGE GROUP							
MEN	M40-44	M45-49	M50-54	M55-59	M60-64	M65-69	M70+
100m	12.5	13.5	14.0	15.0	16.0	18.5	17.0
200m	24.5	27.0	27.5	28.5	29.0	30.0	33.0
400m	58.0	60.0	62.0	64.5	66.0	70.0	75.0
800m	2:19.0	2:25.0	2:28.0	2:34.0	2:40.0	3:46.0	2:52.0
1500m	4:48.0	5:00.0	5:12.0	5:42.0	6:00.0	6:40.0	6:40.0
5000m	18:23.0	19:00.0	17:30.0	18:30.0	19:00.0	21:30.0	25:00.0
10000m	37.0	40.0	38.0	40.0	42.0	50.0	51.0
20000m	74.0	79.0	76.0	79.0	83.0	97.0	99.0
40000m	1:50	1:48	1:38	1:37	1:45	1:00	0:50
80000m	3:40	3:35	3:50	4:00	4:00	3:25	3:25
160000m	7:20	7:10	7:40	8:00	8:30	7:50	6:30
320000m	14:40	14:20	15:20	16:00	16:30	15:00	12:25
640000m	29:20	28:40	30:40	32:00	33:00	28:00	24:00
1280000m	58:40	57:00	60:80	64:00	66:00	56:00	48:00
M40-44		M45-49	M50-54	M55-59	M60-64	M65-69	M70+
100m	12.5	13.5	14.0	15.0	16.0	18.5	17.0
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20000m	74.0	79.0	76.0	79.0	83.0	97.0	99.0
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80000m	3:40	3:35	3:50	4:00	4:00	3:25	3:25
160000m	7:20	7:10	7:40	8:00	8:30	7:50	6:30
320000m	14:40	14:20	15:20	16:00	16:30	15:00	12:25
640000m	29:20	28:40	30:40	32:00	33:00	28:00	24:00
1280000m	58:40	57:00	60:80	64:00	66:00	56:00	48:00
M40-44		M45-49	M50-54	M55-59	M60-64	M65-69	M70+
100m	12.5	13.5	14.0	15.0	16.0	18.5	17.0
200m	24.5	27.0	27.5	28.5	29.0	30.0	33.0
400m	58.0	60.0	62.0	64.5	66.0	70.0	75.0
800m	2:19.0	2:25.0	2:28.0	2:34.0	2:40.0	3:46.0	2:52.0
1500m	4:48.0	5:00.0	5:12.0	5:42.0	6:00.0	6:40.0	6:40.0
5000m	18:23.0	19:00.0	17:30.0	18:30.0	19:00.0	21:30.0	25:00.0
10000m	37.0	40.0	38.0	40.0	42.0	50.0	51.0
20000m	74.0	79.0	76.0	79.0	83.0	97.0	99.0
40000m	1:50	1:48	1:38	1:37	1:45	1:00	0:50
80000m	3:40	3:35	3:50	4:00	4:00	3:25	3:25
160000m	7:20	7:10	7:40	8:00	8:30	7:50	6:30
320000m	14:40	14:20	15:20	16:00	16:30	15:00	12:25
640000m	29:20	28:40	30:40	32:00	33:00	28:00	24:00
1280000m	58:40	57:00	60:80	64:00	66:00	56:00	48:00
M40-44		M45-4					

Arizona Racewalker Wins 2 In Helsinki

HELSINKI, FINLAND, August 6-10. Gordon Wallace, 70, Prescott, Arizona, won both road walks in his age division (70-74) in the 2nd European Veterans Championships in times of 1:01:46 (10k) and 2:13:08 (20k).

1295 athletes (men 40+, women 35+) from 20 nations competed in the 5-day event. Only one other American took part (Norm Bright of Seattle took 4th place in the M70-74 10,000 meter run in 47:06.1).

Complete results are unavailable, but Wilf Morgan of England reports top performances included: Peter Higgins of England, 400 world gold medalist in 1979, won the M50 400 in 52.37. Bruno Bianchi of Italy, took the M40 400 in 50.2. Michael Connolly of Ireland, won the M40 1500 in 4:01.6. Bianchi took the 200 in 22.9. Morgan won the M45 400 in

52.49. Tor Borfott of Norway, won the M40 800 in 1:58. J. Wildmoser of Germany clocked 4:18.9 in the M50 1500.

Race walk results on page 22.

Race Walking

by Alan Wood

First master in the U.S. 15 km Walk Championships was Ron Kulik, 12th overall, in 1:14:22. Other masters were: 20. Corrallo, 1:17:46. 30. Bocci, 1:21:54. 33. Gould, 1:22:29. 35. Ron Laird 1:24:08. 36. Mortland 1:24:15. 40. B. Timmons, 1:27:30. 44. Harry Siitonen, 1:30:24. 53 men and 21 women finished. E. Yeomans was the only female master in 1:55:23.

Bill Ranney, 45, finished 3rd in the National 35km Athletics Congress Championships in Belvedere, Calif., Sept. 7, in 3:13:01. Fred Dunn was 2nd master in 3:44:18. Harry Siitonen was 3rd in 3:54:12.



Walkers start out in National Masters Championships: Bill Preston (248), Ron Laird (235), J.R. Fleagle (220), Todd Scully (53). photo by Bob Pates

● Training Tips ●

● "My philosophy is, no matter what event you compete in, your basic training should be long distance running. Five miles a day. That's where the health is. The other is competition."

Bud Deacon, 65

Pole vaulter, hurdler, and decathlete, Retired naval officer

● "I only do long distance training--3 or 4 miles a day. I don't do any fast work until the day of the race."

Hilliard Sumner, 34

National masters 100, 200 and 400 medalist

● "I don't do any long distance training. Except for a warm-up jog, I run intervals on the track almost exclusively. Why train slow when you're going to race fast."

Irene Obera, 46

U.S. multi-sprint-record-holder

● "I've been a vegetarian for 65 years. I haven't eaten any fish, meat or fowl since I was 18. The body responds to an optimistic attitude, and to trying to help others."

Hulda Crooks, 83

Senior Olympics competitor

● "I ate a lot and didn't get much sleep, so I guess there's no reason for it."

Dorothy Stock,

Commenting on her new 5000 meter World age 45-49 record

● "I do a couple laps warmup, then into some quality work. Long, slow distance doesn't do much good for competitive running. I do a lot of hills and running up steps. For the hurdles, you have to build up your quadricep muscles. I practice over the hurdles at least once a week."

Danie Burger,

World 45-49 400-hurdle gold medalist

● "If I run 3 or 4 miles, my legs feel dead and I get lower back pain. So I usually do 2 laps, then exercises for jumping. I jump two days a week, no more than 8-10 jumps a week. I play a lot of tennis to keep in shape."

Spotswood Hall,

National masters 50-54

High jump champion

● "I train carefully, with a good diet: milk, meat, vegetables, no sugar or fat. I only run twice a week."

Fred Reid,

South Africa

World 70+ 100 and 200 record holder

photo by Richard Slotkin

photo by Bob Pates



HUGH ADAMS



Jim Burnett, voted Home Savings Pan American Masters "Track Athlete of the Meet" for his American Record 49.6 in the 40-44 400 in L.A., August 16.



JoAnn Grissom, Indianapolis, in deep concentration before winning high jump (4-4) in 40-44 Class in Nationals.

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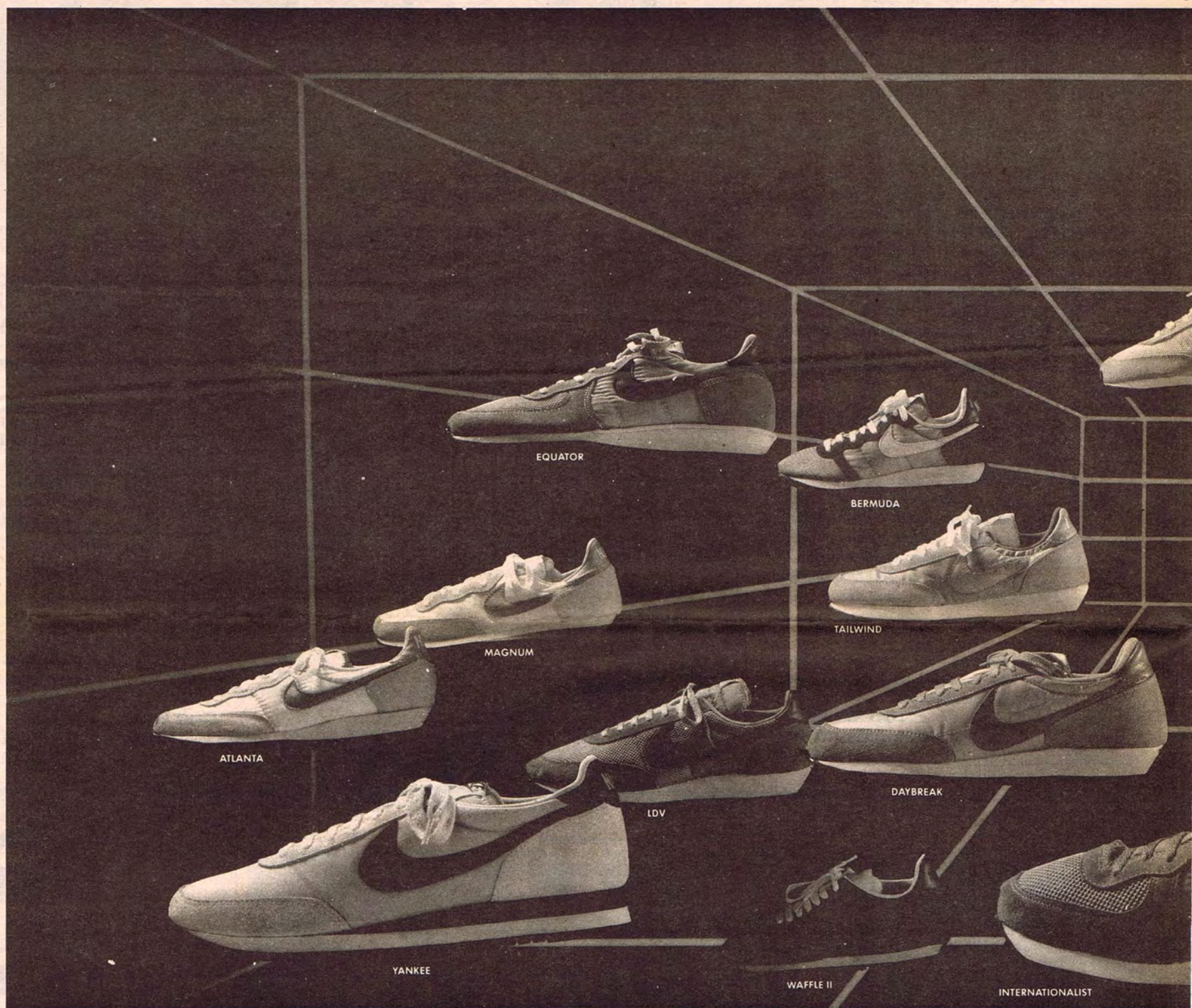
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Beaverton, Oregon

"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.

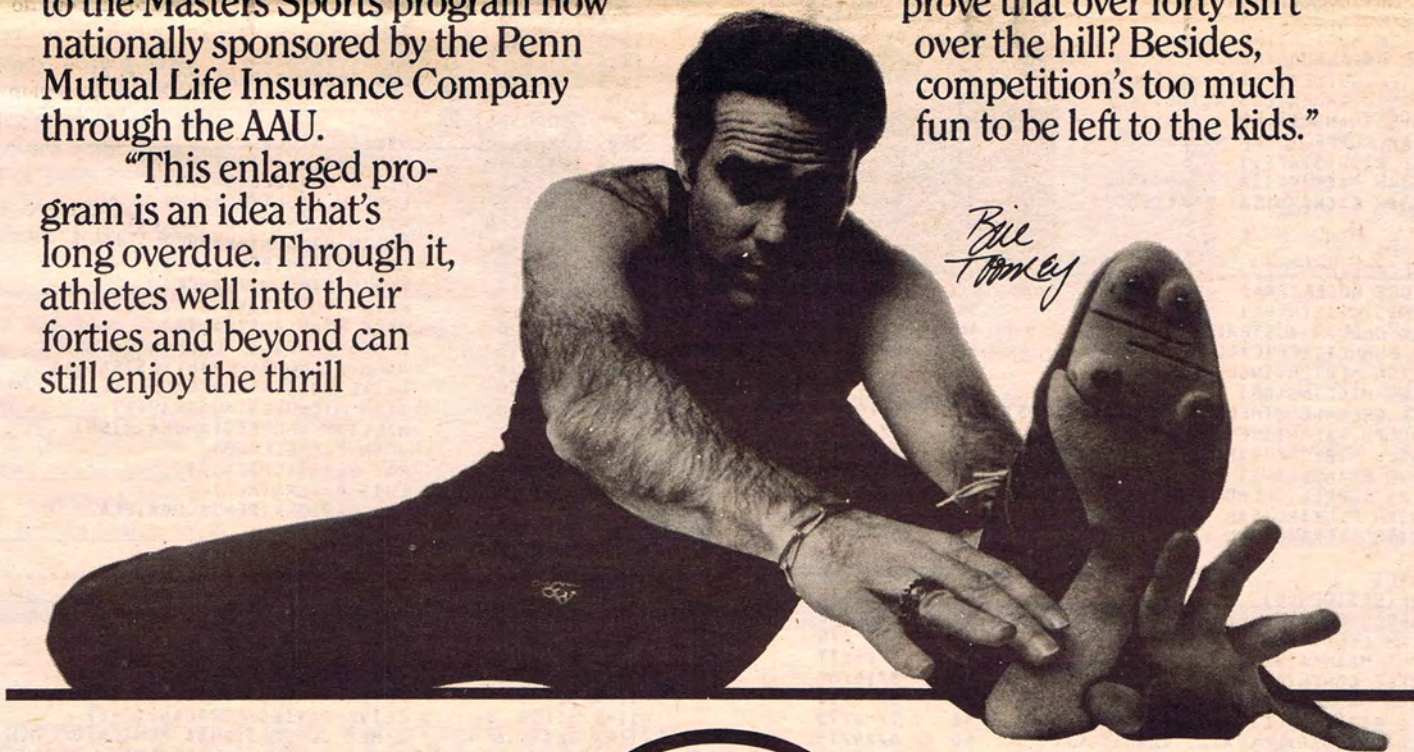
"Now that's all changed. I may be Bill Toomey, forty-one year-old, but I'm a competitor once more. Thanks to the Masters Sports program now nationally sponsored by the Penn Mutual Life Insurance Company through the AAU.

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

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World & U.S. Men's Age Group Bests by Five Year Categories

WORLD AND U.S. MEN'S
AGE GROUP BESTS BY FIVE YEAR CATEGORIES
(35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+)
(O-B , I-A , I-B , II-A , II-B , III-A , III-B , IV-A , IV-B)
AS OF AUGUST 20, 1980

Compiled by Peter Mundle

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
O-B	9.6	CLIFTON BERTRAND (TRINIDAD, BRONX, NY)	36	6/ 8/72
	9.7	WALT BUTLER (ALTADENA, CA)	37	6/11/78
I-A	9.6	THANE BAKER (DALLAS, TEXAS)	42	7/13/74
	9.8	PERCY KNOX (EDWARDS, CALIF)	41	7/11/75
I-B	10.0	THANE BAKER (DALLAS, TEXAS)	46	5/27/76
II-A	10.5	ALPHONSE JUILLAND (STANFORD, CALIF)	50	8/18/73
	10.5	EDMUND SCHULER (ST. PETERSBURG, FLA)	51	7/26/78
II-B	10.7	PAYTON JORDAN (LOS ALTOS, CALIF)	55	3/25/72
	10.7	ALFRED GUIDET (PETALUMA, CALIF)	55	7/14/73
	10.7	CHARLES EEAUDRY (EDINBURG, TEX)	55	8/10/74
III-A	10.9	PAYTON JORDAN (LOS ALTOS, CALIF)	61	5/ 6/78
III-B	12.1	HARRY KOPPEL (BELMONT, CA)	66	7/19/79
IV-A	13.6	SING LUM (BAKERSFIELD, CALIF)	72	8/ 2/76
IV-B	13.4	HERBERT ANDERSON (ELLVUE, COLO)	75	10/ 1/77

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
O-B	10.3	EDWARD JEFFERIS (S.AFR)	35	11/24/71
	10.3	RUBEN WHITNEY (SAN MARINO, TX)	35	6/14/80
I-A	10.7	THANE BAKER (DALLAS, TEXAS)	41	9/13/72
I-B	11.0	THANE BAKER (DALLAS, TEXAS)	48	6/14/80
II-A	11.4N	ALPHONSE JUILLAND (STANFORD, CALIF)	50	8/18/73
II-B	11.6	PAYTON JORDAN (LOS ALTOS, CALIF)	56	6/23/73
	11.6N	ALFRED GUIDET (CALIFORNIA CITY, CA)	56	6/22/74
III-A	11.8	PAYTON JORDAN (LOS ALTOS, CALIF)	61	5/27/78
III-B	12.8	YNGVE BRANGE (SWE)	65	5/10/78
	13.0	HARRY KOPPEL (BELMONT, CA)	65	6/17/78
IV-A	13.5	FRED REID (S.AFR.)	71	7/19/80
	13.9	JOSIAH PACKARD (SAN FRANCISCO)	73	8/ 9/77
	13.9	ANTHONY CASTRO (LA CANADA, CA)	70	5/31/80
IV-B	14.3	JOSIAH PACKARD (SAN FRANCISCO)	75	6/23/79

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
O-B	20.8M	DELANC MERIWETHER (US)	35	6/ 9/78
I-A	21.9M	REGINALD AUSTIN (AUST)	40	8/10/77
	22.3	THANE BAKER (DALLAS, TEXAS)	42	7/13/74
I-B	22.3MN	GEORGE RHODEN (JAMAICA, SAN DIEGO)	45	7/ 2/72
	22.9M	RICHARD STOLPE (OMAHA, NEBR)	45	6/20/70
	22.9M	MILTON NEWTON (INGLEWOOD, CA)	46	6/22/80
II-A	23.6M	JACK GREENWOOD (MENDECKING LODGE, KANS)	50	8/ 7/76
II-B	23.6M	ALFRED GUIDET (PETALUMA, CALIF)	55	6/24/73
III-A	24.9M	PAYTON JORDAN (LOS ALTOS, CALIF)	60	6/19/77
III-B	27.24M	YNGVE BRANGE (SWE)	66	7/31/79
	27.5M	HARRY KOPPEL (BELMONT, CA)	66	7/ 8/79
IV-A	27.5M	FRED REID (S.AFR.)	71	7/19/80
	29.2M	JOSIAH PACKARD (SAN FRANCISCO)	73	8/10/77
IV-B	29.5M	JOSIAH PACKARD (SAN FRANCISCO)	75	6/24/79

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
O-B	46.91M	HAGUES ROGER (FRA)	35	6/27/76
	46.74M	DENNIS LYCE (NYPC)	35	7/21/79
I-A	49.5M	NOEL CLOUTH (AUSTRALIA)	40	8/10/77
	49.6M	JIM BURNETT (CHICAGO, IL)	40	8/16/80
I-B	51.0M	MILTON NEWTON (INGLEWOOD, CA)	46	7/ 5/80
II-A	52.6M	PETER HIGGINS (GB)	50	7/14/79
	52.9M	JACK GREENWOOD (MENDECKING LODGE, KANS)	51	8/10/77
II-B	54.56M	RUDDOLPH VALENTINE (NYC, NY)	55	6/ 9/79
III-A	59.1M	RUSSEL NIBLOCK (VANCOUVER, WASH)	60	7/ 6/74
III-B	63.19M	YNGVE BRANGE (SWE)	66	8/ 1/79
	63.88M	HARRY KOPPEL (BELMONT, CA)	66	7/ 8/79
IV-A	64.6M	JOSIAH PACKARD (SAN FRANCISCO)	73	8/10/77
IV-B	68.5M	JOSIAH PACKARD (SAN FRANCISCO)	75	6/23/79

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
O-B	1:49.2	GEORGE SCOTT (NZ, LONG BEACH, CALIF)	35	5/12/72
	1:52.1M	RALPH LEE (SCS)	37	6/ 7/79
I-A	1:54.5M	KLAUS MAINKA (NG)	41	7/16/77
	1:54.9M	GEORGE COHEN (INGLEWOOD, CA)	40	8/16/80
I-B	1:57.9M	JOHAN HASSELBERG (NORWAY)	45	8/ 9/77
	1:58.1MN	BILL FITZGERALD (PALOS VERDES, CALIF)	48	7/ 6/73
II-A	2:01.1M	BILL FITZGERALD (PALOS VERDES, CALIF)	50	6/29/75
II-B	2:08.9M	BILL FITZGERALD (PALOS VERDES, CALIF)	55	7/ 5/80
III-A	2:19.3M	JOHN GILMOUR (PERTH, AUSTRALIA)	60	7/28/79
	2:19.9	RAY GORDON (WASHINGTON, DC)	60	8/ 5/78
III-B	2:25.3M	FRANK FINGER (CHARLOTTESVILLE, VA)	65	7/ 5/80
IV-A	2:34.5M	MONTY MONTGOMERY (SHERMAN OAKS, CALIF)	71	9/ 4/77
IV-B	2:40.0M	HAROLD CHAPSON (HONOLULU)	75	5/14/78

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
O-B	3:42.4	GERARD VERVOORT (FRANCE)	37	6/24/73
	3:52.7	RAMSEY THOMAS (CANTONSVILLE, MD)	35	7/11/79
I-A	3:52.0	MICHEL BERNARD (FRANCE)	40	6/20/72
	4:00.1	ERNEST BILLUPS (CHICAGO)	43	8/17/80
I-B	4:03.2	PIET MAYOOR (HOLLAND)	45	6/ 8/77
	4:10.4N	BILL FITZGERALD (PALOS VERDES, CALIF)	47	9/14/72
II-A	4:14.0	JACK RYAN (AUSTRALIA)	53	3/26/76
	4:18.5	BILL FITZGERALD (PALOS VERDES, CALIF)	50	6/28/75
II-B	4:20.7	JACK RYAN (AUSTRALIA)	55	3/25/78
	4:28.9	BILL FITZGERALD (PALOS VERDES, CALIF)	55	7/12/80
III-A	4:31.3	JOHN GILMOUR (PERTH, AUSTRALIA)	60	11/10/79
	4:49.8	DON LONGENECKER (SILVER CITY, NM)	62	6/24/78
III-B	4:59.1	WILLIAM ANDBERG (ANDOKA, MINN)	65	7/ 4/76
IV-A	5:11.8	MERV JENKINSON (AUSTRALIA)	70	1/ 6/80
	5:21.1	HAROLD CHAPSON (HONOLULU)	73	8/16/75
IV-B	5:30.1	HAROLD CHAPSON (HONOLULU)	75	8/11/77

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
O-B	4:03.7	GEORGE SCOTT (NZ, LONG BEACH, CALIF)	35	4/22/72
	4:12.4	RAMSEY THOMAS (CANTONSVILLE, MD)	35	7/26/79
I-A	4:18.5	JIM McDONALD (NZ)	43	12/ 3/77
	4:24.0	RAY HATTON (BEND, ORE)	43	7/18/75
I-B	4:29.5N	BILL FITZGERALD (PALOS VERDES, CALIF)	46	4/23/72
II-A	4:32.2	BILL FITZGERALD (PALOS VERDES, CALIF)	50	7/13/75
II-B	4:40.4	JACK RYAN (AUSTRALIA)	55	12/15/77
	5:02.2	GEORGE SHEEHAN (RUMSON, NJ)	55	7/20/74
III-A	5:15.2	CLIVE DAVIES (PORTLAND, ORE)	63	6/ 9/79
III-B	5:22N	MONTY MONTGOMERY (SHERMAN OAKS, CALIF)	65	4/ 8/72
IV-A	5:42.2	MONTY MONTGOMERY (SHERMAN OAKS, CALIF)	70	7/ 9/77
IV-B	6:54.0	PAUL SPANGLER (SAN LUIS OBISPO, CA)	77	10/ 2/76

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
O-B	7:56.2N	MICHEL BERNARD (FRANCE)	35	6/14/67
	8:31.5	RAMSEY THOMAS (CANTONSVILLE, MD)	35	8/ 4/79
I-A	8:17.4N	JACK FOSTER (NEW ZEALAND)	43	1/31/76
	8:50.0	HAL HIGDON (MICHIGAN, IND)	44	7/13/75
I-B	8:36.0	LAURIE OHARA (GB)	45	7/ 8/77
	9:14.2	PETER MUNDLE (VENICE, CALIF)	46	1/16/75
II-A	9:10.0	ARTHUR TAYLOR (CANADA)	50	1/15/77
	9:30.8	PETER MUNDLE (VENICE, CALIF)	50	5/20/78
II-B	9:12.8	JACK RYAN (AUSTRALIA)	55	1/24/78
	10:39.0	NORMAN HANSEN (SEATTLE, WASH)	55	12/27/76
III-A	9:43.2	JOHN GILMOUR (PERTH, AUSTRALIA)	60	11/10/79
	10:47.0	BILL ANDBERG (ANDOKA, MINN)	64	8/13/75
III-B	10:47.8	STAN NICHOLLS (AUSTRALIA)	66	11/ 8/77
	10:51.0	NORMAN BRIGHT (SEATTLE, WASH)	65	6/17/75
IV-A	11:46.2	HAROLD CHAPSON (HONOLULU)	73	3/28/76
IV-B	13:13.8	LOU GREGORY (PENSACOLA, FLA)	75	5/ 6/78

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
O-B	8:37.2N	DAVE POWER (AUSTRALIA)	35	12/ 4/63
	8:37.61	GEORGE YOUNG (ARIZONA)	35	5/19/73
I-A	9:07.4	FRED NORRIS (GB)	40	4/17/62
	9:17.6N	RAY HATTON (BEND, ORE)	40	4/ 1/72
I-B	9:37.8	DENNY MEYER (SEATTLE, WASH)	45	5/ 5/78
II-A	10:12	GEORGE MCGRATH (AUST)	53	10/16/73
	10:15.2	DAVID STEVENSON (PALO ALTO, CA)	50	7/26/79
II-B	10:37.6	GERALD MERRISON (KANSAS CITY, MO)	55	7/22/78
III-A	11:09	DON LONGENECKER (SILVER CITY, NM)	62	6/25/76
III-B	11:30.0N	MONTY MONTGOMERY (SHERMAN OAKS, CALIF)	66	3/25/73
IV-A	12:40.0	HAROLD CHAPSON (HONOLULU)	73	3/14/76
IV-B	14:30	LOU GREGORY (PENSACOLA, FLA)	76	9/30/78

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
O-B	13:31.6	GASTON ROELANTS (BEL)	37	9/24/74
	13:44.2	PETER MCARDLE (NYC, NY)	35	6/11/64
I-A	14:10.2	DAVID FRANCIS (GB)	40	9/ 2/68
	14:29.2	RAY HATTON (BEND, ORE)	42	6/15/74
I-B	15:07	PETER MUNDLE (VENICE, CALIF)	46	7/ 7/74
II-A	15:37.8	JAMES O'NEIL (SACRAMENTO, CALIF)	50	1/10/76
II-B	15:57	JOHN GILMOUR (AUST)	55	8/ 8/75
	16:51.2	CLIVE DAVIES (PORTLAND, ORE)	59	7/13/75
III-A	16:59.2	DON LONGENECKER (SILVER CITY, NM)	62	6/25/78
III-B	17:59.2	NORMAN BRIGHT (SEATTLE, WASH)	65	7/22/75
IV-A	19:20	J. STEVENS (US)	70	6/16/79
IV-B	21:10.8	LOU GREGORY (PENSACOLA, FLA)	75	5/ 6/78

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
O-B	13:30.4	NIKOLAY SVIRIDOV (USSR)	35	9/16/73
	14:17.2	PETER MCARDLE (NYC, NY)	35	5/31/64
I-A	13:45.8	LUCIEN RAULT (FRANCE)	40	5/23/76
	14:59.6N	HAL HIGDON (MICHIGAN CITY, IND)	41	8/25/72
I-B	14:56.4	ALAIN MIMOUN (FRANCE)	45	5/29/66
	15:17.4	RAY HATTON (BEND, ORE)	48	8/ 2/80
II-A	15:31.0	ALAIN MIMOUN (FRANCE)	50	6/ 6/71
	16:11.0	PETER MUNDLE (VENICE, CALIF)	51	5/31/79
II-B	15:52.8	JACK RYAN (AUSTRALIA)	55	4/20/78
	16:38.4	JAMES O'NEIL (SACRAMENTO, CALIF)	55	8/17/80
III-A	16:52.6	JOHN GILMOUR (PERTH, AUSTRALIA)	60	4/ 6/80
	17:19.0	CLIVE DAVIES (PORTLAND, ORE)	64	8/ 2/80
III-B	18:10.0	STAN NICHOLLS (AUSTRALIA)	66	11/12/77
	18:30	WILLIAM ANDBERG (ANDOKA, MINN)	65	7/ 4/76
IV-A	19:33	JOHN FARRELL (GB)	70	6/20/79
	20:05.4	RAY SEARS (CHICAGO)	70	8/ 8/77
IV-B	21:19	LUIS RIVERA (MEX)	75	9/ 4/77
	21:53.0	LOU GREGORY (PENSACOLA, FLA)	75	5/ 6/78

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
O-B	27:32.8N	JIM HOGAN (GB)	35	7/12/68
	28:02.4	PETER MCARDLE (NYC, NY)	35	5/ 3/64
I-A	29:25	FRED NORRIS (GB)	41	9/25/62
	29:59.0	RAY HATTON (BEND, ORE)	43	4/26/75
I-B	30:47.0	RAY HATTON (BEND, ORE)	45	6/11/77
II-A	32:40	PETER MUNDLE (VENICE, CALIF)	50	10/ 1/78
II-B	35:05	CLIVE DAVIES (PORTLAND, ORE)	59	7/12/75
III-A	36:41.6	JAMES O'NEIL (SANTA MONICA, CALIF)	60	6/11/78
III-B	36:55.8	STAN NICHOLLS (AUSTRALIA)	66	12/12/77
	38:17.4	NORMAN BRIGHT (SEATTLE, WASH)	65	7/12/75
IV-A	42:38.0	FRED GRACE (LOS ANGELES)	73	5/29/71
IV-B	44:35	LOU GREGORY (PENSACOLA, FLA)	76	9/30/78

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
O-B	27:58.6	NIKOLAY SVIRIDOV (USSR)	35	7/10/73
	29:03.4	PETER MCARDLE (NYC, NY)	35	5/ 3/64
I-A	28:33.4	LUCIEN RAULT (FRANCE)	40	6/ 9/76
	30:56.0	RAY HATTON (BEND, ORE)	43	4/26/75
I-B	30:16.8	ALAIN MIMOUN (FRANCE)	45	6/17/66
	31:48	RAY HATTON (BEND, ORE)	45	6/11/77
II-A	32:14.0	ALAIN MIMOUN (FRANCE)	51	6/ 3/72
	33:30	JAMES O'NEIL (SACRAMENTO, CA)	51	7/ 2/76
II-B	33:40	JOHN GILMOUR (PERTH, AUSTRALIA)	55	8/ 5/74
	35:03.2	JAMES O'NEIL (SACRAMENTO, CALIF)	55	6/16/80
III-A	35:07.7	JOHN GILMOUR (PERTH, AUSTRALIA)	60	7/27/79
	35:19.8	CLIVE DAVIES (PORTLAND, ORE)	63	8/19/78
III-B	36:04.6N	TEDDE JENSEN (SWEDEN)	65	9/15/72
	38:38.0	NORMAN BRIGHT (SEATTLE, WASH)	66	8/ 3/76
IV-A	40:46.6	EINAR NORDIN (SWE)	71	8/10/77
	41:21.0	RAY SEARS (CHICAGO)	70	8/10/77
IV-B	42:34.6	LUIS RIVERA (MEX)	75	9/ 3/77
	46:27	LOU GREGORY (PENSACOLA, FLA)	76	9/30/78

1 HOUR RUN			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	12M1599Y	GASTON ROELANTS(BEL)	35 9/20/72
	11M1070Y	KEN MUELLER(BELLINGHAM,MASS)	35 5/13/72
I-A	11M1309Y	WILLIAM STODDART(GB)	40 8/21/71
	11M740Y	RAY HATTON(BEND,ORE)	44 8/ 7/76
I-B	11M1266Y	ALAIN MIMOUN(FRANCE)	45 3/20/66
	11M223Y	HAL HIGDON(MICHIGAN CITY,IND)	48 6/26/79
II-A	11M953Y	ALAIN MIMOUN(FRANCE)	50 5/16/71
	10M1335Y	PETER MUNDLE(VENICE,CALIF)	50 10/ 1/70
II-B	10M1194Y	JOHN GILMOUR(PERTH,AUSTRALIA)	55 10/14/74
	10M279Y	HUBERT MORGAN(PENNSYLVANIA)	55 5/ 1/77
III-A	10M831Y	JOHN GILMOUR(PERTH,AUSTRALIA)	61 10/21/79
	10M201Y	CLIVE DAVIES(PORTLAND, OREGON)	61 8/ 7/76
III-B	9M604Y	NORMAN BRIGHT(SEATTLE,WASH)	65 6/13/75
IV-A	8M657Y	RAY SEARS(SHELBYVILLE,IND)	71 5/14/78
IV-B	8M335Y	LOU GREGORY(PENSACOLA,FLA)	75 12/17/77

MARATHON			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	2:12:18	JACK FOSTER(NEW ZEALAND)	38 12/ 6/70
	2:14:43	MIKE MANLEY(EUGENE,OR)	37 1/13/80
I-A	2:11:18.6	JACK FOSTER(NEW ZEALAND)	41 1/31/74
	2:24:41	HERB LORENZ(US)	40 4/16/79
I-B	2:17:29	JACK FOSTER(NEW ZEALAND)	46 10/22/78
	2:28:49N	JAMES MCDONAGH(BRONX,NY)	46 4/20/70
II-A	2:25:19	ERIK OSTBYE(SWEDEN)	51 9/16/72
	2:31:56	ALEX RATELLE(MINNEAPOLIS,MINN)	53 6/24/78
II-B	2:26:35	ERIK OSTBYE(SWEDEN)	55 9/19/76
	2:34:59	ALEX RATELLE(MINNEAPOLIS,MINN)	55 6/15/80
III-A	2:42:44	CLIVE DAVIES(PORTLAND, OREGON)	64 10/28/79
III-B	2:53:03N	MONTY MONTGOMERY(SHERMAN OAKS,CALIF)	65 12/ 5/71
IV-A	3:07:03	MONTY MONTGOMERY(SHERMAN OAKS,CALIF)	71 10/16/77
IV-B	3:31:42	FRIEDRICH TEMPEL(WG)	75 10/30/77
	3:47:20	LOU GREGORY(ALABAMA)	75 8/13/77

3000 METER STEEPLECHASE			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	8:33.4	IVAN KABANOV(URS)	36 7/27/75
	9:39.5N	GLYNN WOOD(WASH,DC)	37 5/ 1/71
I-A	8:41.5	GASTON ROELANTS(BEL)	40 7/ 6/77
	9:18.6	HAL HIGDON(MICHIGAN CITY,IND)	44 8/15/75
I-B	9:36.6	JIM MCDONALD(NZ)	45 11/17/79
	9:39.0	HAL HIGDON(MICHIGAN CITY,IND)	46 8/11/77
II-A	10:18.1	ARTHUR TAYLOR(CANADA)	52 8/ 1/79
	10:53.7	DAVE STEVENSON(PALO ALTO,CA)	50 7/ 7/79
II-B	10:39.8	ELIGIO GALICIA(MEX)	56 8/ 1/79
	11:17.8	AVERY BRYANT(PALOS VERDES,CALIF)	55 8/ 1/79
III-A	11:41.6	OLLE ELVLAND(SWE)	61 8/ 1/79
	12:33.2	BOB BOAL(WAKE FOREST,NC)	64 4/ 3/76
III-B	12:24.8	NORMAN BRIGHT(SEATTLE,WASH)	65 8/15/75
IV-A	15:18.4	J.A. JAMIESON(NZ)	70 3/24/79
	15:41.4	WALTER FREDERICK(PICO RIVERA,CALIF)	72 7/13/80
IV-B	19:04.8	LOU GREGORY(PENSACOLA,FLA)	76 8/20/78

110/120 HURDLES (35-39) 42" (40-49) 39" (50-59) 36" (60+) 30"			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	14.1M	GHULAM RAZIK(PAKISTAN)	36 2/16/69
	15.2	HUGH ADAMS(REEDLEY,CA)	35 6/11/75
I-A	14.4 (42")	DON FINLAY(GB)	40 8/ 1/49
	14.7M	L. MARIEN(BEL)	41 8/13/75
	15.0M	DAVE JACKSON(CARSON,CALIF)	40 7/ 2/72
I-B	14.7M	VALBJORN THORLAKSSON(ICE)	45 7/ 8/79
	15.0M	JACK GREENWOOD(MENDECINO LODGE,KANS)	46 9/14/72
II-A	15.1M	JACK GREENWOOD(MENDECINO LODGE,KANS)	51 8/10/77
II-B	16.6M	ANDRE FINDELI(FRA)	55 9/14/78
	16.8M	CHARLES BEAUDRY(EDINBURG,TEX)	55 8/24/74
III-A	17.3M	ROBERT HUNT(ANAHEIM,CA)	60 8/16/80
	17.3M	BURL GIST(SAN MARCOS,CA)	60 8/16/80
III-B	18.9M	CHESTER BEACH(VISTA,CA)	66 8/19/78
IV-A	21.5M	RICHARD LACEY(PELHAM,NY)	70 6/14/80
IV-B	20.93M	RUSSELL MEYERS(PENSACOLA,FL)	76 7/ 5/80

400/440 HURDLES (35-49) 36" (50-59) 33" (60+) 30"			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	51.72M	BERTIL NISTAM(SWE)	35 7/17/75
	52.5M	RON WHITNEY(SCS)	35 5/29/78
I-A	54.08M	LEON HACKER(S.AFR.)	40 7/29/79
	54.1M	GEORGE MATHE(S.AFRICA)	40 6/30/79
	58.46MH	ED OLEATA(LA JOLLA,CA)	42 7/28/79
I-B	55.7M	JACK GREENWOOD(MENDECINO LODGE,KANS)	46 8/24/72
II-A	58.1M	JACK GREENWOOD(MENDECINO LODGE,KANS)	50 7/ 3/76
II-B	62.3M	ANDRE FINDELI(FRA)	55 9/10/78
	63.2M	RICHMOND MORCOM(PHILADELPHIA)	55 6/27/76
III-A	68.7M	MAX PICKL(CANADA)	61 6/23/79
	69.1M	BUD DEACON(HONOLULU,HAW)	63 6/23/74
	69.1M	ROBERT HUNT(ANAHEIM,CA)	60 8/17/80
III-B	73.22M	GEORGE BRACELAND(DREXEL HILL,PA)	65 7/29/79
IV-A	85.8M	RICHARD LACEY(PELHAM,NY)	70 6/14/80
IV-B	92.5M	HERBERT ANDERSON(BELLVUE,COLOR)	75 8/11/77

HIGH JUMP			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	7'1	VIKTOR BOLSHOV(USSR)	35 6/20/74
	6'8 3/4	JOHN DOBROTH(VENTURA,CA)	38 5/13/79
I-A	6'8 3/4	EGON NILSSON(SWEDEN)	40 9/25/66
	6'3 1/4	JIM BROWN(SAN FRANCISCO)	40 5/31/60
I-B	6'2 3/4	HERM WYATT(CALIF)	48 4/19/80
II-A	5'9	JOHN C. BROWN(GLADSTONE,MO)	50 7/ 5/80
II-B	5'6 1/2	RICHMOND MORCOM(PHILADELPHIA)	55 7/27/76
III-A	5'2 1/2	BURL GIST(SAN MARCOS,CA)	60 7/ 5/80
III-B	4'11	IAN HUME(CAN)	65 7/ 5/80
	4'8 1/4	STAN THOMPSON(HONOLULU,HAW)	67 5/ 7/78
IV-A	4'7 1/4	JOSEF SAHLMANN(WG)	71 7/28/79
	4'6	WESLEY WARD(INDIANA)	70 7/ 5/80
IV-B	4'3 1/4	HERBERT ANDERSON(BELLVUE,COLOR)	75 3/24/78

POLE VAULT			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	17'4 3/4	KHRISTOS PAPANIKOLAOU(GRE)	36 9/ 9/77
	15'7 1/4	CHARLES POLHAMUS(FITZGERALD,GA)	35 7/31/79
I-A	15'9	RUDELF TOMASEK(CZE)	40 8/13/77
	15'1 1/4	ROGER RUTH(US,VICTORIA,CAN)	44 9/ 7/72
I-B	15'0	ROGER RUTH(US,VICTORIA,CAN)	45 7/21/73
II-A	14'0	RICHMOND MORCOM(PHILADELPHIA)	52 11/ 8/73
II-B	13'6 1/4	RICHMOND MORCOM(PHILADELPHIA)	55 8/ 4/76
III-A	12'9 1/2	HERBERT SCHMIDT(WG)	61 10/14/71

12'0	JIM VERNON(WEST COVINA,CAL)	60 7/14/77
III-B 11'10	HERBERT SCHMIDT(WG)	66 3/15/76
10'2	STAN THOMPSON(HONOLULU,HAW)	66 5/ 1/77
IV-A 9'2	BOE MACCONNAGHY(REDONDO BEACH,CA)	70 5/ 6/78
IV-B 6'10 1/4	WALT WESBROOK(USA)	79 2/12/78

LONG JUMP			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	25'11 1/2	REIJO TOIVONEN(FIN)	35 1/30/72
	25'11	TOM CHILTON(KNOXVILLE,TENN)	35 6/ 8/72
I-A	24'4 3/4	TOM CHILTON(KNOXVILLE,TENN)	40 3/24/78
I-B	21'11	SHIRLEY DAVISSON(VICTORVILLE,CALIF)	45 10/ 4/75
II-A	21'1	SHIRLEY DAVISSON(VICTORVILLE,CALIF)	50 4/12/80
II-B	19'9 1/2	TOM PATSALIS(ALHAMBRA,CA)	55 3/12/77
III-A	17'8	HANS SCHNEIDER(WG)	60 6/22/74
	17'4 1/2	GORDON FARRELL(VAN NUYS,CALIF)	62 8/16/80
III-B	16'11 1/4	WILLI RUMIG(WG)	65 7/31/79
	16'2 1/2	JOHN SATTI(SAN FRANCISCO)	65 7/21/79
IV-A	15'0	JOSEF SAHLMANN(WG)	71 7/31/79
	13'10 1/2	WINFIELD MCFADDEN(SAN DIEGO,CALIF)	70 4/ 6/75
IV-B	13'11 1/2	CARGILL SUTHERLAND(GB)	76 7/17/76
	12'10 1/2 DEC	HERBERT ANDERSON(BELLVUE,COLOR)	76 8/ 5/78

TRIPLE JUMP			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	54'7 1/2	JOZEF SCHMIDT(POLAND)	35 8/ 3/70
	49'11 1/2	DAVE JACKSON(CARSON,CALIF)	36 5/16/68
I-A	47'3 1/4	HERMANN STRAUSS(WG)	40 5/16/71
	46'11	DAVE JACKSON(CARSON,CALIF)	41 7/ 7/73
I-B	45'7 1/4	HERMANN STRAUSS(WG)	46 8/11/77
	45'2 1/4	DAVE JACKSON(CARSON,CALIF)	45 8/11/77
II-A	42'9	CARLOS VERA-GUARDIA(VEN)	50 8/ 1/79
	40'9	TOM PATSALLIS(LOS ANGELES)	53 6/29/75
II-B	41'5	GORDON FARRELL(VAN NUYS,CALIF)	57 1/ 8/75
III-A	39'0	GORDON FARRELL(VAN NUYS,CALIF)	62 5/24/80
III-B	34'7	HEIKKI SIMOLA(FIN)	8/ 1/79
	31'3	FRED WHITE(DUNCANVILLE,TEX)	65 5/27/78
IV-A	29'5	WINFIELD MCFADDEN(SAN DIEGO,CALIF)	70 6/29/75
IV-B	28'2 3/4	WINFIELD MCFADDEN(SAN DIEGO,CALIF)	75 8/17/80

SHOT PUT (35-49) 16# (50-59) 12# (60+) 8#			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	71'7	BRIAN OLDFIELD(CALIF)	35 6/15/80
I-A	64'10 1/4	PIERRE COLNARD(FRANCE)	41 7/18/70
	53'8 1/2	EDWARD MCCOMAS(BALTIMORE,MD)	41 6/14/75
I-B	58'1 1/4	PIERRE COLNARD(FRANCE)	47 6/12/76
	49'1 1/2	GEORGE KER(GRANADA HILLS,CALIF)	49 5/20/72
II-A	57'7 1/4	HERMANN HCBRECHER(WG)	50 8/14/75
	54'6 1/2	GEORGE KER(GRANADA HILLS,CALIF)	51 6/10/74
II-B	51'8	GEORGE KER(GRANADA HILLS,CALIF)	55 5/13/78
III-A	53'9 3/4	NATHANIEL HEARD(MARION,MASS)	60 7/ 8/78
III-B	46'6 1/4	KONSTANTY MAKSYMCIK(GB)	65 7/15/79
	45'1	JAMES YORK(MODESTO,CAL)	66 7/21/80
IV-A	42' 1/4	RON DRUMMOND(CAPISTRANO BEACH,CA)	70 9/ 3/77
IV-B	35'4 1/2	FRANZ POSLUSCHNI(WG)	75 8/ 8/77
	35'2 1/2	STANLEY HERRMANN(SANTA BARBARA,CAL)	75 5/12/79

DISCUS THROW (35-49) 2KG (50-59) 1.5KG (60+) 1KG			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	227'2	ART SWARTS(SHORE AC)	35 5/31/80
I-A	227'11	AL OERTER(NYAC)	45 5/31/80
I-B	166'4	GUY HUSSON(FRA)	48 9/17/77
	162'1	DAGOBERTO GONZALEZ(PLAINFIELD,NJ)	46 4/28/79
II-A	178'0	KAUKO JOUPPILA(FINLAND)	52 8/ 5/73
	177'9	FORTUNE GORDEN(SAN BERNARDINO,CAL)	50 4/28/73
II-B	177'1	KAUKO JOUPPILA(FINLAND)	56 9/ 3/77
	151'6	GEORGE KER(GRANADA HILLS,CALIF)	55 6/25/78
III-A	175'3	KONSTANTY MAKSYMCIK(GB)	63 6/ 8/78
	174'1	DANIEL ALDRICH(NEWPORT BEACH,CALIF)	62 8/17/80
III-B	182'6	KONSTANTY MAKSYMCIK(GB)	65 9/17/79
	144'3	JOHN DICK(HAYWARD,CA)	65 9/10/77
IV-A	134'8	FELIX ERAUSQUIN(SPA)	70 7/15/78
	132'6	VERNON CHEADLE(US)	70 6/ 7/80
IV-B	112'6	MATHEWS CULLEN(GB)	75 9/11/76
	103'5	STANLEY HERRMANN(SANTA BARBARA,CAL)	76 8/16/80

HAMMER THROW (35-59) 16# (60+) 12#			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	254'0	ANATOLIY BONDARCHUK(USSR)	36 6/24/76
	232'5	HAROLD CONNOLLY(SANTA MONICA,CALIF)	37 7/20/69
I-A	232'7	ROMUALD KLIM(SU)	40 6/22/73
	224'1	HAROLD CONNOLLY(SANTA MONICA,CALIF)	40 5/ 7/72
I-B	201'7	HANS POTSCH(AUT)	46 8/12/75
	189'9	HAROLD CONNOLLY(SANTA MONICA,CALIF)	45 5/ 1/77
II-A	188'0	MALIK NOOR(PAK)	50 3/30/75
	182'6	BOB BACKUS(PEMBROKE,MASS)	50 6/12/77
II-B	173'11	KARL HEIN(WG)	56 1/ 1/64
	150'10	MATT MCGRATH(USA)	56 6/18/33
III-A	157'10	A. MIETTINEN(FINLAND)	63 9/12/76
	142'10	THOMAS MCDEMOTT(MADISON,CONN)	60 7/ 9/78
III-B	140'0	AARNE MIETTINEN(FIN)	66 7/29/79
	126'8	NOLAN FOWLER(COOKEVILLE,TENN)	65 5/ 5/79
IV-A	113'9	ALBERT REISER(WG)	70 6/27/76
	104'1	STANLEY HERRMANN(SANTA BARBARA,CAL)	71 10/ 4/75
IV-B	97'8	STANLEY HERRMANN(SANTA BARBARA,CAL)	75 5/12/79

JAVELIN THROW (35-59) 800 GRAMS, (60+) 600 GRAMS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	283'2	JANIS LUSIS(SU)	37 5/30/76
I-B	222'3	JAN SMIDING(SWEDEN)	46 8/10/78
O-B	267'4	FRANK COVELLI(CALIFORNIA)	35 4/ 3/71
I-A	259'1	U. VON WARTBURG(SWITZERLAND)	42 8/ 2/79
	242'9	LARRY STUART(CALIF)	41 6/ 9/79
I-B	212'2	OLAVI KAUNANEN(FINLAND)	46 8/27/72
	203'4	PHILIP CONLEY(WOODSIDE,CA)	46 8/17/80
II-A	183'0	VEIKKO JAVANAINEN(FINLAND)	51 8/12/77
	173'9	BILL MORALES(SANTA ANA,CALIF)	51 7/ 3/68
II-B	180'9	BILL MORALES(SANTA ANA,CALIF)	56 4/19/73
III-A	177'5	BILL MORALES(SANTA ANA,CALIF)	60 7/ 9/77
III-B	147'0	GERARD SCHEPE(WG)	9/15/78
	135'0	BOB MACCONNAGHY(REDONDO BEACH,CA)	68 1/ 8/77
IV-A	132'0	BOB MACCONNAGHY(REDONDO BEACH,CA)	70 6/24/78
IV-B	96'2	HERBERT ANDERSON(BELLVUE,COLOR)	77 9/ 2/79

DECATHLON			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	7547	WERNER VON MOLTKE(WG)	35 5/12/72
	6230	PHIL MULKEY(BIRMINGHAM,ALA)	39 3/26/71
I-A	6402	VALBJORN THORLAKSSON(ICE)	41 9/ 6/75
	6001	BRUCE HESCOCK(BETHANY,CONN)	41 7/ 4/75
I-B	5084	HARRY HAWKE(SAN DIEGO)	46 7/ 4/75
II-A	4951	RICHMOND MORCOM(PHILADELPHIA)	50 3/12/72
II-B	5246	RICHMOND MORCOM(PHILADELPHIA)	55 9/11/76
III-A	4328	DUTCH WARNERDAM(FRESNO,CA)	60 12/ 6/75
III-B	2783	CLAUDE HILLS(FLORITOWN,PA)	65 6/24/77
IV-A	1752	HERBERT ANDERSON(COLO)	74 5/28/77
IV-B	1659	HERBERT ANDERSON(BELLVUE,COLO)	75 3/24/78

PENTATHLON			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	3443	GERHARD TILMANN(WG)	36 9/25/75
	2936	HUGH ADAMS(REEDLEY,CA)	36 6/17/76
I-A	3391	WERNER SCHALLAU(WG)	40 9/24/78
	2812	BRAYTON NORTON(LAGUNA BEACH,CALIF)	42 7/ 1/72
I-B	2776	VALBJORN THORLAKSSON(ICE)	45 7/30/79
	2454	HARRY HAWKE(SAN DIEGO)	45 7/ 6/74
II-A	2607	VACLAV BARTL(SWE)	51 8/12/77
	2251	RICHMOND MORCOM(PHILADELPHIA)	54 4/ 2/76
II-B	2439	RICHMOND MORCOM(PHILADELPHIA)	56 8/12/77
III-A	2051	ADOLF KOCH(WG)	60 8/12/77
	2016	BILL MORALES(SANTA ANA,CALIF)	60 8/12/77
III-B	1417	OLAV REPPEN(NORWAY)	66 6/14/78
	1266	KEN CARMINE(SACRAMENTO,CALIF)	67 8/10/75
	1266	CLAUDE HILLS(FLORITOWN,PA)	65 5/ 5/78
IV-A	1020	KARL WILLMS(WG)	70 7/30/79
	874	ORRIN GRAF(DAYTONA,FL)	70 4/26/80
IV-B	722	HERBERT ANDERSON(BELLVUE,COLO)	75 8/12/77

World Women's

AGE GROUP BESTS BY FIVE YEAR CATEGORIES
(35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,75+)
(O-B , I-A , I-B , II-A , II-B , III-A , III-B , IV-A , IV-B)

100 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	11.7	FRANCINA BLANKER-KOEN(HOL)	35 6/ 2/53
I-A	12.0	MAEVE KYLE(IRELAND)	40 4/25/70
I-B	12.5	MAEVE KYLE(IRELAND)	45 1/21/74
II-A	13.65H	MAEVE KYLE(IRELAND)	50 7/29/79
II-B	14.6	RUTH CHRISTIAN(CORONA,CA)	55 8/18/79
III-A	16.3	ISABEL SAUMIER(CANADA)	64 5/ 6/78
	16.3	JOSEPHINE KOLDA(SAN FRANCISCO)	61 6/23/79
III-B	16.1	POLLY CLARKE(LOVELAND,COLO)	67 5/ 6/78
IV-A	20.1	BUNNEY SEAWRIGHT(CALIF)	8/18/79
IV-B	42.9	VIOLA GLEN(US)	86 5/16/79

200 METER / 220 YARDS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	24.9M	MAEVE KYLE(IRELAND)	37 8/ 6/66
I-A	25.1M	MAEVE KYLE(IRELAND)	40 5/10/69
I-B	26.3M	IRENE OBERA(OAKLAND,CA)	45 6/24/79
II-A	28.04M	MAEVE KYLE(IRELAND)	50 7/29/79
II-B	31.1M	AILEEN HOGAN(AUS)	57 3/22/80
III-A	34.7M	JOSEPHINE KOLDA(SAN FRANCISCO)	62 8/17/80
III-B	34.7M	WINFRED REID(S.AFR.)	65 8/17/80
IV-A	62.7M	MARILLA SALISBURY(SAN DIEGO,CA)	72 8/17/80

400 METER / 440 YARDS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	50.56M	AURELIA FENTON(CUBA)	35 7/15/78
I-A	55.3M	MAEVE KYLE(IRELAND)	41 7/22/70
I-B	59.71M	COLLEEN MILLS(NZ)	45 7/30/79
II-A	63.2M	ANNE MCKENZIE(S. AFR.)	50 10/15/75
II-B	78.54M	NELL DU PLESSIS(S.AFR.)	55 7/30/79
III-A	82.0M	WINFRED REID(S.AFR.)	64 6/30/79
III-B	80.6M	WINFRED REID(S.AFR.)	65 8/16/80
IV-A	2:18.4M	MARILLA SALISBURY(SAN DIEGO,CA)	72 8/16/80

800 METER / 880 YARDS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	1:57.4M	ILEANA SILAI(ROMANIA)	35 6/28/77
I-A	2:06.5M	ANNE MCKENZIE(S. AFR.)	41 7/ 1/67
I-B	2:19.2M	ANNE MCKENZIE(S. AFR.)	45 11/13/70
II-A	2:23.1M	ANNE MCKENZIE(S. AFR.)	50 10/29/75
II-B	2:57.9M	ELIZABETH HAULE(WG)	59 7/29/79
III-A	3:04.9M	BRITTA TIBBLING(SWE)	61 7/29/79
III-B	3:35.9	POLLY CLARKE(LOVELAND,COLO)	67 5/20/78
IV-A	5:25.4M	MARILLA SALISBURY(SAN DIEGO,CA)	72 8/16/80
IV-B	5:47.5M	HULDA CROOKS(LOMA LINDA,CA)	82 6/24/78

1500 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	3:58.6	ILEANA SILAI(ROMANIA)	37 6/16/79
I-A	4:20.7	JOYCE SMITH(GB)	40 5/21/78
I-B	4:49.2	ANNE MCKENZIE(S. AFR.)	49 11/16/74
II-A	4:54.5	ANNE MCKENZIE(S. AFR.)	50 10/15/75
II-B	5:57.7	HILDE JOECKLE(WG)	57 9/15/78
III-A	6:06.5	BRITTA TIBBLING(SWE)	61 8/ 1/79
III-B	7:02.9	JOHANNA LUTHER(WG)	65 8/ 1/79
IV-A	8:31.0	BESS JAMES(US)	70 8/17/80
IV-B	9:22.1	RUTH ROTHFARB(MIAMI BEACH,FL)	79 7/12/80

3000 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	8:55.6	JOYCE SMITH(GB)	36 7/19/74
I-A	9:11.2	JOYCE SMITH(GB)	40 4/30/78
I-B	10:52.6	ANNE MCKENZIE(S. AFR.)	49 1/22/75
II-A	11:27.5	ANNE MCKENZIE(S. AFR.)	52 2/ 8/78
II-B	12:46.0	HILDE JOECKLE(WG)	55 8/ 8/77
III-A	13:38.2	PAT DIXON(US)	61 8/ 2/80
III-B	18:02.4	JUSTINE BUCHER(WG)	69 8/ 8/77

5000 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	16:36.2	DORIS HERITAGE(SEATTLE,WA)	35 4/22/78
I-A	16:57	MIKI GORMAN(LOS ANGELES)	41 2/13/77
I-B	18:47.2	DOROTHY STOCK(SAN DIEGO,CA)	47 6/21/80
II-A	18:57.4	ANNE MCKENZIE(S. AFR.)	50 8/ 8/75
II-B	21:57.7	HILDE JOECKLE(WG)	57 7/31/79
III-A	24:29.8	E. TROMP(HOL)	62 7/31/79
III-B	24:49.2	MARIE LYNNERUP(DEN)	65 7/31/79
IV-A	28:33.8	BESS JAMES(US)	70 7/13/80
IV-B	38:09.0	RUTH ROTHFARB(MIAMI BEACH,FL)	79 7/13/80

10,000 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	35:37.8	CINDY DALRYMPLE(HONOLULU)	35 6/ 8/78
I-A	34:26.4	JOYCE SMITH(GB)	42 2/27/80
I-B	39:06.4	DOROTHY STOCK(SAN DIEGO,CA)	47 6/22/80
II-A	40:13.2	MARGARET MILLER(THOUSAND OAKS,CA)	54 6/22/80
II-B	43:12.2	HELEN DICK(CHICAGO,IL)	56 8/16/80
III-A	52:12.1	E. TROMP(HOL)	62 7/27/79
III-B	59:44.0	FRANCINE BONNANS(FRA)	68 7/27/79
IV-A	60:01	BESS JAMES(US)	70 7/13/80

MARATHON			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	2:39:48	ELIZABETH HASSAL(AUS)	35 4/16/79
I-A	2:33:32	JOYCE SMITH(GB)	42 6/22/80
I-B	2:57:41	NICKI HOBSON(SAN DIEGO)	45 3/ 2/76
II-A	3:02:01	MARION IRVINE(US)	50 4/ 4/80
II-B	3:18:07	HELEN DICK(CHICAGO,IL)	55 6/ 7/80
III-A	3:25:40	MARCIA TRENT(ALASKA)	61 11/11/79
III-B	3:53:53	MARIE LYNNERUP(DEN)	65 8/ 2/79
IV-A	4:37:37	MAVIS LINDGREN(ORLEANS,CA)	72 9/ 9/79

HIGH JUMP			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	5'8 1/4	CHRISTA VOSS(WG)	36 7/30/79
I-A	5'4 1/4	DOROTHY TYLER(GB)	41 8/ 2/61
I-B	5'0	DOROTHY TYLER(GB)	45 7/18/65
II-A	4'10	DOROTHY TYLER(GB)	50 6/14/70
II-B	4'3 1/4	VLASTA CHLIMSKA(CZE)	56 7/30/79
III-A	3'9 1/4	ANNCHEN REILE(WG)	63 9/15/76
III-B	3'5 1/4	SHIELA EVANS(SAF)	65 8/18/80

LONG JUMP			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	21'4	WILLYE WHITE(US)	35 10/26/74
I-A	17'6 3/4	MARLENE ALTMANN(WG)	40 8/ 8/77
I-B	16'10	MAEVE KYLE(IRELAND)	45 8/10/74
II-A	16'6 1/2	MAEVE KYLE(IRELAND)	50 7/29/79
II-B	11'3	ILSE PLEUGER(WG)	55 7/29/79
III-A	9'10 1/4	EWA ERIKSSON(SWE)	60 8/10/77
III-B	9'11	POLLY CLARKE(LOVELAND,COLO)	67 5/21/78

SHOT PUT			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	63'7 1/2	ANTONINA IVANOVA(URS)	38 7/17/71
I-A	62'10 1/2	ANTONINA IVANOVA(URS)	41 2/24/74
I-B	44'10 1/4	LIESL HUBER(WG)	45 7/30/79
II-A	41'11 1/2	MARIANNE HAMM(WG)	51 7/30/79
II-B	36'6 1/4	M.V.A.S(S.AFR.)	7/19/80
III-A	31'4	EDITH MENDYKA(TUJUNGA,CA)	61 6/17/72
III-B	29'4	EDITH MENDYKA(TUJUNGA,CA)	65 3/27/76
IV-B	8'9	KIYOKO KOYAMA(HONOLULU)	80 4/16/76

DISCUS THROW			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	206'4	HELGI PARTS(URS)	38 10/ 7/75
I-A	206'5	HELGI PARTS(URS)	41 / /78
I-B	145'0	ROSEMARY PAYNE(GB)	45 7/16/78
II-A	130'4	RUTH SVEDEBERG(SWE)	51 9/17/54
II-B	108'4	RUTH SVEDEBERG(SWE)	55 / /58
III-A	101'3	ANNCHEN REILE(WG)	60 10/19/75
III-B	63'6	EDITH MENDYKA(TUJUNGA,CA)	68 10/ 6/79
IV-B	19'10	MAE MAYHEW(HONOLULU,HI)	75 1/14/79

JAVELIN THROW			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	193'4	ANNELIESE GERHARDS(WG)	37 8/13/72
I-A	167'8	DANA ZATOPKOVA(CZE)	42 9/19/64
I-B	134'9	LIESELOTTE LIESS(WG)	45 / /78
II-A	91'10 1/2	LENA GROBLER(S.AFR.)	54 8/10/77
II-B	93'7 3/4	LENA GROBLER(S.AFR.)	57 7/19/80
III-A	83'4	ANNCHEN REILE(WG)	62 8/10/77
III-B	74'0	EDITH MENDYKA(TUJUNGA,CA)	65 6/27/76

U.S. Women's

AGE GROUP BESTS BY FIVE YEAR CATEGORIES
(35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,75+)
(O-B , I-A , I-B , II-A , II-B , III-A , III-B , IV-A , IV-B)

100 YARDS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	12.3	ALMETA PARISH(SAN FRANCISCO)	38 5/17/75
I-A	11.4	IRENE OBERA(OAKLAND,CA)	42 5/15/76
I-B	11.7	IRENE OBERA(MORAGA,CA)	45 4/28/79
II-A	14.6	ELLEN ROSE(IRVINE,CA)	50 2/17/79
II-B	15.8	JOSEPHINE KOLDA(SAN FRANCISCO)	59 2/11/78
III-A	15.5	JOSEPHINE KOLDA(SAN FRANCISCO)	60 4/21/78
III-B	15.2	POLLY CLARKE(LOVELAND,COLO)	67 5/21/78

100 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	12.2	CHERRIE SHERRARD(REDDING,CA)	37 6/26/76
I-A	12.6	IRENE OBERA(OAKLAND,CA)	42 7/ 3/76
I-B	12.63	IRENE OBERA(MORAGA,CA)	45 7/ 7/79
II-A	14.8	RUTH CHRISTIAN(CORONA,CA)	53 6/26/77
II-B	14.6	RUTH CHRISTIAN(CORONA,CA)	55 8/18/79
III-A	16.3	JOSEPHINE KOLDA(SAN FRANCISCO)	61 6/23/79
III-B	16.1	POLLY CLARKE(LOVELAND,COLO)	67 5/ 6/78
IV-A	20.1	BUNNEY SEAWRIGHT(CALIF)	8/18/79
IV-B	42.9	VIOLA GLEN(US)	86 5/16/79

200 METER / 220 YARDS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	26.0M	CHERRIE SHERRARD(RED DING,CA)	36 7/ 6/75
I-A	26.1M	IRENE OBERA(OAKLAND,CA)	42 7/ 4/76
I-B	26.3M	IRENE OBERA(OAKLAND,CA)	45 6/24/79
II-A	31.7M	SHIRLEY KINSEY(LA CRESCENTA,CA)	50 4/19/80
II-B	37.5M	MARTHA FAIRBANK(DURHAM,NC)	56 5/ 6/78
III-A	34.7M	JOSEPHINE KOLDA(SAN FRANCISCO)	62 8/17/80
III-B	35.1M	POLLY CLARKE(LOVELAND,COLOR)	67 7/ 7/78
IV-A	62.7M	MARILLA SALISBURY(SAN DIEGO,CA)	72 8/17/80

400 METER / 440 YARDS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	60.6M	MIKI HERVEY(TEXAS)	36 7/ 8/78
I-A	59.9M	IRENE OBERA(OAKLAND,CA)	42 7/ 4/76
I-B	61.1M	IRENE OBERA(OAKLAND,CA)	46 8/16/80
II-A	72.35M	ELLEN ROSE(IRVINE,CA)	50 7/21/79
II-B	88.0M	CATHY HARGUS(SAN DIEGO)	55 8/10/77
III-A	82.7M	JOSEPHINE KOLDA(SAN FRANCISCO,CA)	62 8/16/80
III-B	83.2M	POLLY CLARKE(LOVELAND,COLOR)	67 8/10/77
IV-A	2:18.4M	MARILLA SALISBURY(SAN DIEGO,CA)	72 8/16/80

800 METER / 880 YARDS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	2:22.5M	MIKI HERVEY(DALLAS, TX)	38 7/ 5/80
I-A	2:24.6	SANDRA KNOTT(CLEVELAND, OH)	41 8/ 4/79
I-B	2:27.8M	MARY CZARAPATA(NEW BERLIN, WISC)	45 7/ 5/80
II-A	2:45.4MH	RUTH ANDERSON(OAKLAND, CA)	50 7/28/79
II-B	3:28.7M	EDITH LEIBY(HONOLULU)	55 6/24/78
III-A	3:38.2M	ALICE WERBEL(SAN LUIS OBISPO, CA)	64 7/13/80
III-B	3:35.9	POLLY CLARKE(LOVELAND, COLOR)	67 5/20/78
IV-A	5:25.4M	MARILLA SALISBURY(SAN DIEGO, CA)	72 8/16/80
IV-B	5:47.5M	HULDA CROOKS(LOMA LINDA, CA)	82 6/24/78

1500 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	4:40.2	CINDY DALRYMPLE(HONOLULU)	35 6/18/77
I-A	4:39.8	MIKI GORMAN(LOS ANGELES)	42 9/ 3/77
I-B	5:08.6	MARY CZARAPATA(NEW BERLIN, WISC)	45 7/ 6/80
II-A	5:12.9	MARGARET MILLER(THOUSAND OAKS, CA)	54 6/21/80
II-B	6:05.2	EDITH CARLISLE(SANTA MONICA, CA)	55 6/26/77
III-A	6:40.1	PAT DIXON(US)	61 8/ 3/80
III-B	7:34.2	POLLY CLARKE(LOVELAND, COLOR)	67 8/11/77
IV-A	8:31.0	BESS JAMES(US)	70 8/17/80
IV-B	9:22.1	RUTH ROTHFARB(MIAMI BEACH, FL)	79 7/12/80

ONE MILE			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	5:15.5	SUSAN BUCHANAN(PHOENIXVILLE, PA)	37 4/ 5/75
I-A	5:12.5	SANDRA KNOTT(CLEVELAND, OH)	41 8/ 4/79
I-B	5:43	TOSHIO D'ELIA(RIDGEWOOD, NJ)	46 7/ 1/76
II-A	6:10.7	MARTHA FAIRBANK(DURHAM, NC)	54 4/ 3/76
II-B	7:40.3	EDITH LEIBY(HONOLULU, HI)	55 7/ 8/78
III-A	8:08.4	BURNIS HICKS(COOKEVILLE, TENN)	61 4/ 6/74
III-B	8:19	POLLY CLARKE(LOVELAND, COLOR)	67 6/20/78

3000 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	9:38.5	CINDY DALRYMPLE(HONOLULU, HI)	35 6/11/77
I-A	10:04	MIKI GORMAN(LOS ANGELES)	41 5/22/77
I-B	11:35.8	DOROTHY STOCK(LA MESA, CA)	45 8/ 8/78
II-A	14:25.0	JAN NEWHART(HONOLULU, HI)	51 12/30/79
II-B	16:56.8	MARTHA FAIRBANK(DURHAM, NC)	55 8/ 8/77
III-A	13:38.2	PAT DIXON(US)	61 8/ 2/80

TWO MILES			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	11:39.61	NINA KUSCISIK(US)	39 1/11/78
I-A	11:29.2	SANDRA KNOTT(CLEVELAND, OH)	41 8/ 4/79
I-B	12:24.4	NICKI HOBSON(SAN DIEGO)	45 5/ 1/76
II-A	12:13.0	MARGARET MILLER(THOUSAND OAKS, CA)	54 6/ 7/80

5000 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	16:36.2	DORIS HERITAGE(SEATTLE, WA)	35 4/22/78
I-A	16:57.9	MIKI GORMAN(LOS ANGELES)	41 2/13/77
I-B	18:47.2	DOROTHY STOCK(SAN DIEGO, CA)	47 6/21/80
II-A	19:27.0	MARGARET MILLER(THOUSAND OAKS, CA)	54 6/ 7/80
II-B	23:32.2	JACLYN CASELLI(SAN JOSE, CA)	59 8/17/80
III-A	26:02.4	ALICE WERBEL(SAN LUIS OBISPO, CA)	64 7/13/80
IV-A	28:33.8	BESS JAMES(US)	70 7/13/80
IV-B	38:09.0	RUTH ROTHFARB(MIAMI BEACH, FL)	79 7/13/80

10,000 METERS			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	35:37.8	CINDY DALRYMPLE(HONOLULU)	35 6/ 8/78
I-A	35:45.6	MIKI GORMAN(LOS ANGELES)	42 9/ 3/77
I-B	39:06.4	DOROTHY STOCK(SAN DIEGO, CA)	47 6/22/80
II-A	40:13.2	MARGARET MILLER(THOUSAND OAKS, CA)	54 6/22/80
II-B	43:12.2	HELEN DICK(CHICAGO, IL)	56 8/16/80
III-A	53:33	ALICE WERBEL(SAN LUIS OBISPO, CA)	61 6/26/77
III-B	67:45	RUTH UPDEGROVE(HONOLULU)	67 4/23/78
IV-A	60:01	BESS JAMES(US)	70 7/13/80

ONE HOUR RUN			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	9M1124Y	MARYLIN PAUL(US)	36 7/20/74
I-A	9M1197Y	LINDA SIPPRELLE(WASH., DC)	43 7/29/78
I-B	8M1693Y	RUTH ANDERSON(OAKLAND, CA)	46 6/12/76
II-A	8M922Y	MARGARET MILLER(THOUSAND OAKS, CA)	52 7/29/78
II-B	7M1021Y	MARCIA TRENT(US)	58 7/18/76
III-A	8M10Y	MARCIA TRENT(ALASKA)	61 7/28/79

TWO HOUR RUN			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	13M898Y	CONNIE RODEWALD(VENTURA, CA)	35 11/13/77
I-A	15M1399Y	LINDA SIPPRELLE(WASH., DC)	43 7/15/78
I-B	17M324Y	RUTH ANDERSON(OAKLAND, CA)	47 6/18/77
II-A	12M1645Y	MARIE HEISSLER(US)	50 11/19/77
III-A	12M110Y	KAY ATKINSON(US)	60 6/16/77

MARATHON			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	2:43:48	CINDY DALRYMPLE(HONOLULU)	37 9/ 9/79
I-A	2:39:11	MIKI GORMAN(LOS ANGELES)	41 10/24/76
I-B	2:57:41	NICKI HOBSON(SAN DIEGO)	45 3/ 2/76
II-A	3:02:01	MARION IRVINE(US)	50 4/ 4/80

II-B	3:16:07	HELEN DICK(CHICAGO, IL)	55 6/ 7/80
III-A	3:25:40	MARCIA TRENT(ALASKA)	61 11/11/79
III-B	4:59:36	BURNIS HICKS(ALPINE, TEX)	65 5/27/78
IV-A	4:37:37	MAVIS LINDGREN(ORLEANS, CA)	72 9/ 9/79

HIGH JUMP			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	4'9	CHERRIE SHERRARD(RED DING, CA)	37 6/26/76
I-A	4'6 3/4	JOANNE GRISSOM(INDIANAPOLIS, IN)	42 8/10/80
I-B	3'8	IRENE OBERA(OAKLAND, CA)	46 7/12/80
II-A	3'9	RUTH CHRISTIAN(CORONA, CA)	53 6/26/77

LONG JUMP			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	21'4	WILLYE WHITE(US)	35 10/26/74
I-A	16'10	JOANNE GRISSOM(INDIANAPOLIS, IN)	42 8/10/80
I-B	15'9	IRENE OBERA(OAKLAND, CA)	45 4/ 7/79
II-A	9'11	MARTHA FAIRBANK(DURHAM, NC)	54 7/ 2/76
II-B	11' 1/2	RUTH CHRISTIAN(CORONA, CA)	55 8/18/79
III-B	9'11	POLLY CLARKE(LOVELAND, COLOR)	67 5/21/78

SHOT PUT			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	40'4 1/2	CHERRIE SHERRARD(RED DING, CA)	36 6/28/75
I-A	38'11 3/4	CHERRIE SHERRARD(RED DING, CA)	41 6/21/80
I-B	28'5	CONSTANCE WILSON(PORTLAND, OR)	45 8/ 3/80
II-A	29'1 3/4	SHIRLEY KINSEY(LA CRESCENTA, CA)	51 7/12/80
II-B	20'6	ERNESTINE YEOMANS(CINCINNATI, OH)	59 6/24/78
III-A	31'4	EDITH MENDYKA(TUJUNGA, CA)	61 6/17/72
III-B	29'4	EDITH MENDYKA(TUJUNGA, CA)	65 3/27/76
IV-B	9'8 1/2	MAE MAYHEW(HONOLULU, HI)	75 1/14/79

DISCUS THROW			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	94'8	CHERRIE SHERRARD(RED DING, CA)	39 6/18/78
I-A	94'10	CHERRIE SHERRARD(CHICO, CA)	41 6/22/80
I-B	86'8 1/2	CONSTANCE WILSON(PORTLAND, OR)	45 8/ 2/80
II-A	88'6 1/2	SHIRLEY KINSEY(LA CRESCENTA, CA)	50 4/19/80
II-B	43'7	MELANIE PASCHAL(US)	3/17/79
III-A	64'3	EDITH MENDYKA(TUJUNGA, CA)	62 6/24/73
III-B	63'6	EDITH MENDYKA(TUJUNGA, CA)	68 10/ 6/79
IV-B	19'10	MAE MAYHEW(HONOLULU, HI)	75 1/14/79

JAVELIN THROW			
DIV.	MARK	NAME(RESIDENCE)	AGE MEET DATE
O-B	98'2	KAREN HUFF(WILMETTE, ILL)	6/23/79
I-A	66'4	URSULA SCHREIBER(INDIO, CA)	41 9/ 2/79
I-B	69'6	SHIRLEY KINSEY(LA CRESCENTA, CA)	49 1/14/79
II-A	77'2	SHIRLEY KINSEY(LA CRESCENTA, CA)	50 7/31/79
II-B	44'3 3/4	EDITH LEIBY(HONOLULU)	55 6/25/78
III-A	76'1	EDITH MENDYKA(TUJUNGA, CA)	61 6/17/72
III-B	74'0	EDITH MENDYKA(TUJUNGA, CA)	65 6/27/76

N = NON-WINNING TIME
H = HEAT
M = METRIC EVENT

I = INDOOR MARK
DEC = MARK MADE IN DECATHLON
PEN = MARK MADE IN PENTATHLON

NATIONAL ATHLETIC CONGRESS, 15 KILOMETER NATIONAL MASTERS CROSS-COUNTRY CHAMPIONSHIPS
FOR MEN AND WOMEN OVER 40 YEARS OF AGE
SUNDAY, NOVEMBER 23, 1980. VAN CORTLANDT PARK, BRONX, NEW YORK 12:00 NOON

SPONSORED BY: PENN MUTUAL LIFE INSURANCE COMPANY; NIKE; MASTERS SPORTS ASSOCIATION;
ROAD RUNNERS CLUB OF NEW YORK; METROPOLITAN ATHLETIC CONGRESS



SANCTIONED BY THE MASTERS ATHLETIC COMMITTEE - LONG DISTANCE DIVISION - OF THE ATHLETICS CONGRESS, U.S.A.

ELIGIBILITY: YOU MUST BE REGISTERED IN THE ATHLETIC CONGRESS

ENTRY FEE: \$5.00 per individual. No entry fee for team awards.

AWARDS: MEN: NATIONAL CHAMPIONSHIP MEDALS.

Six medals for divisions: 40-44; 45-49; 50-54; 55-59

Three medals for divisions: 60-64; 65-69; 70-74; 75-79; 80-84; 85+

WOMEN: NATIONAL CHAMPIONSHIP MEDALS.

Six medals for divisions: 40-44; 45-49. Three medals for all other divisions by five year groupings to 85+

NATIONAL CHAMPIONSHIP PATCHES TO THE FIRST PLACE WINNERS IN EACH DIVISION.

TEAM PRIZES: Five member team for men 40-49; three member teams for men 50-59 and 60+

Three member teams for women 40-49 and 50+

Team trophies to the winning teams. National Championship medals to the to the winning teams and National Championship team patches.

TEAM AWARDS DETERMINED ON THE BASIS OF CUMULATIVE TIMES.

An individual may compete for a team in a younger age bracket.

LOCKER FACILITIES: Public locker facilities are available at Van Cortlandt Park Stadium, 242nd St. and Broadway. Bring your own lock, towel and soap.

CHECK IN: Check in begins at 10:30 A.M. on the "Flats" at approximately 248th St. & Broadway.

NATIONAL MASTERS 15 K CROSS-COUNTRY CHAMPIONSHIPS, 1980

NAME	AGE	MALE	FEMALE
ADDRESS	ZIP	PHONE	
TAC (AAU) #	TEAM	40-44	45-49 50-54 55-59 60-64
		65-69	70-74 75-79 80-84 85+

In consideration of accepting this entry I declare that I am physically able to compete in this event and waive for myself, heirs and administrators all claims for damages which may accrue against any and all persons or organizations in any way associated with this event.

SIGNATURE

Send \$5.00 check to "MASTERS SPORTS ASSOC." 77 PROSPECT PLACE, NYC 11217

FIRST PAN-AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIPS, SAN JUAN, PUERTO RICO, 1980
AUGUST 31, SEPT. 1, 1980100 meters - metros

<u>35-39 trials</u>	US 10.86
Ruben Whitney	PR 11.98
Candido Agosto	US 12.38
Alfred Taule	PR 12.98
Bolivar Perez	PR 13.05
Jose Adam	PR 13.05

35-39 trials

Wilfredo Piccorelli	PR 11.60
Jose Caro	PR 12.21
Rodrigo Reyes	VZ 12.45
<u>35-39 trials</u>	PR 10.96
Manuel Ullacio	US 12.13
Ray Alexander	US 12.17
Adalberto Alvarado	PR 12.17
Victor Garcia	PR 12.70

35-39 FINALS

Ruben Whitney	US 10.46
Manuel Ullacio	PR 11.02
Wilfredo Piccorelli	PR 11.73
Candido Agosto	PR 11.89
Ray Alexander	US 11.97
Jose Caro	PR 12.15
Adalberto Alvarado	PR 12.32
Alfred Taule	US 12.39

40-44 FINALS

Willi Diaz	PR 11.15
Ehrhart Robetson	VZ 12.10
Redro Medina	12.40
Raul Diaz	PR 12.44

45-49 trials

Cliff Pauling	US 12.06
Francisco Chavez	MX 13.48
Rogelio Lopez	VZ 12.49
Gonzalo Comba	PR 13.02
Salvador Diaz	PR 13.48

45-49 trials

Matt Brown	US 11.43
W. Jackson	TT 11.59
Luis Guzman	VZ 12.73
Samuel Garcia	PR 12.84
Sri Chinmay	PR 16.01

45-49 trials

Lloyd Riddick	US 11.46
Lloyd Riddick	US 13.12
Cliff Pauling	PR 13.99
Teofilo Cartagena	PR 13.99
Wally Torres	PR 15.00

45-49 FINALS

W. Jackson	TT 11.35
Matt Brown	US 11.36
Lloyd Riddick	US 11.39
Cliff Pauling	US 11.98
Francisco Chavez	MX 12.08
Rogelio Lopez	VZ 12.57
Luis Guzman	VZ 12.79

50-54 FINALS

Bert Lancaster	US 11.40
Andrews Faure	VZ 11.63
Edmond Scholer	US 11.93
Oswald Dawkins	US 12.01
Harold Green	US 12.14
Nestor Muniz	PR 13.06
Roberto Schmidts	PR 13.75
Carmelo Alvarez	VZ 13.86

55-59 FINALS

Jose Ubarri	PR 11.79
Rudy Valentine	US 12.34
Pablito Marquez	VZ 13.26
Don Hall	US 13.71
David Domenech	PR 13.86
Angel Rivera	PR 13.92
Antonio Otoniel	CL 14.73

60-64 FINALS

Roberto Gil	MX 12.86
Marin Leon	VZ 13.52
Julio Skerret	PR 13.81
Bill Morales	US 13.99
Don Corvin	US 18.02

65-69 FINALS

Gilberto Gonzalez	PR 13.32
Genzo Hara	BZ 13.68
Shin-Etsu-Kikuchi	BZ 13.76
Amalio Reyes	PR 15.89

70-74 FINALS

Warren Pike	US 15.92
Anthony Vazquez	PR 17.44

75+ FINALS

Conrad Boas	US 16.20
Eugenio Guerra	PR 18.85

200 Meters - metros30-34 FINAL

Herman Franklin	US 21.98
Dan Thiel	US 22.78
Ramon Morales	PR 23.10
Danny Soto	PR 23.71
Donal Pierson	US 26.99
Victor Cruz	PR 27.07
Anibal Muniz	PR 27.42

35-39 trials

Wilfredo Piccorelli	PR 23.85
Jaime Valle	MX 24.78
Adalberto Alvarado	PR 25.64
Rodrigo Reyes	VZ 25.71

Jesus Cordova	VZ 26.26
Bolivar Perez	PR 27.94

35-39 trials

Manuel Ullacio	PR 22.37
Nathanial Watson	US 24.39
Jose Caro	PR 25.40
Candido Agosto	PR 30.15

35-39 trials

Ruben Whitney	US 22.87
Porfirio M. tos	PR 25.14
Alfred Taule	US 25.94
Luis Gonzalez	PR 26.80
Victor Garcia	PR 26.83

35-39 FINALS

Ruben Whitney	US 21.61
Manuel Ullacio	PR 21.80
Wilfredo Piccorelli	PR 23.53
Nathanial Watson	US 24.61
Jaime Valle	MX 24.93
Jose Caro	PR 24.99
Adalberto Alvarado	PR 25.15
Profririo Matos	PR 25.20

40-44 FINALS

Willie Diaz	PR 23.42
Herbert Robertson	VZ 25.07
Pedro Medina	CL 26.26
Raul Diaz	PR 26.26

45-49 trials

Matt Brown	US 22.94
Ovidio de Jesus	PR 24.64
Luis Guzman	VZ 25.75
Rogelio Lopez	VZ 26.46
Carlos Garcia	CL 30.77

45-49 trials

Lloyd Riddick	US 23.82
Cliff Pauling	US 25.07
Francisco Chavez	MX 25.17
Felipe Colon	PR 27.23
Samuel Garcia	PR 27.59
Gonzalo Comba	PR 28.59
Teofilo Cartagena	PR 29.39

45-49 FINALS

Lloyd Riddick	US 23.44
Matt Brown	US 23.58
Ovidio de Jesus	PR 24.08
Cliff Pauling	US 24.61
Eco. Chavez	MX 25.32
Luis Guzman	VZ 25.96
Ernesto Perez	PR 26.40

200 meters - metros

Bert Lancaster	US 24.20
Andrew Faure	VZ 24.30
Oswald Dawkins	US 25.30
Harold Green	US 25.40
Victor Clairmont	VI 27.17
Delaine Wagner	US 27.48

50-54 trials

Pablo Aponte	PR 26.45
Kelsey Brown	US 26.76
Roberto Schmidt	PR 27.56
Carmelo Alvarez	VZ 27.98
Guillermo Manrique	MX 28.11

50-54 FINALS

Bert Lancaster	US 23.86
Andrew Faure	VZ 24.51
Oswald Dawkins	US 25.21
Harold Green	US 25.56
Pablo Aponte	PR 26.52
Kelsey Brown	US 27.32

55-59 FINALS

Jose Ubarri	PR 24.72
Rudy Valentine	US 25.69
Thomas Clayton	US 28.11
Pablito Marquez	VZ 29.49
Don Hall	US 29.71
Antonia Ortega	CL 29.94
Humberto Irizarry	PR 30.21

60-64 FINALS

Roberto Higuera	MX 27.61
Marin Leon	VZ 28.69
Julio Rosado	PR 29.68
Bill Morales	PR 30.23

65-69 FINALS

Shin-Etsu-Kikuchi	BZ 28.84
Gonzalez Julia	PR 29.02
Genzo Hara	BZ 29.42

70-74 FINALS

Warren Pike	US 33.89
Anthony Vazquez	PR 37.19

75+ FINALS

Konrad Boas	US 34.83
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400 meters - metros30-34 FINALS

Danny Thiel	US 52.12
Rodrigo Reyes	VZ 52.61
Ronald Beadle	US 53.03

35-39 trials

Alfred Bonilla	PR 55.27
Porfirio Matos	PR 57.56
Eduardo Diaz	PR 57.73
Adalberto Alvarado	PR 57.82
Hiram Deliz	PR 60.19
Luis Castro	PR 62.12

35-39 trials

Manuel Ullacio	PR 52.68
Wilfred Piccorelli	PR 56.45
Jaime Valle	MX 56.93
Roberto Gotay	PR 57.54
B. Contreras	MX 62.35

35-39 FINALS

Manuel Ullacio	PR 49.64
Jaime Valle	MX 54.60
Alfredo Bonilla	PR 55.09
Wilfred Piccorelli	PR 56.74
Eduardo Diaz	PR 57.78
Adalberto Alvarado	PR 59.31
Robert Gotay	PR 61.50

40-44 FINALS

Willie Diaz	PR 52.91
Herbert Robertson	VZ 54.78
Jose Andino	PR 55.40
Carlos Aponte	PR 56.67
Guillermo Escobar	MX 56.69
Ali Rivera Vargas	PR 64.15

45-49 trials

Luis Guzman	VZ 59.60
Jose Aponte	PR 60.85
Sergio Cruz	MX 61.59
Teofilo Cartagena	PR 68.17
Carlos Garcia	CL 70.40

45-49 trials

Cliff Pauling	US 57.13
Ernesto Perez	PR 63.50
Ovidio de Jesus	PR 63.52
Rudy Clarence	US 64.28
Gonzalo Comba	PR 65.55

45-49 FINALS

Ovidio de Jesus	PR 53.37
Cliff Pauling	US 54.41
Luis Guzman	PR 57.47
Ernesto Perez	PR 59.05
Gonzalo Comba	PR 65.04
Rudy Clarence	US 67.36

50-54 trials

Bert Lancaster	US 59.46
Kelsey Brown	US 59.80
Louis Beadle	US 60.24
Guillermo Manrique	MX 62.39
Carmelo Alvarez	VZ 63.41
Jose Hernandez	CL 73.29

50-54 trials

Pablo Aponte	PR 61.11
Oswald Dawkins	US 61.12
Oswald Morris	TT 61.41
Earl Downey	US 63.27
Epidio Torres	PR 69.07

50-54 FINALS

Bert Lancaster	US 56.44
Oswald Dawkins	US 56.94
Kelsey Brown	US 57.51
Oswald Morris	TT 58.77
Louis Beadle	US 59.48
Earl Downey	US 63.40
Guillermo Manrique	MX 63.77

55-59 FINALS

Thomas Clayton	US 63.88
Francisco Moya	PR 67.50
Humberto Irizarry	PR 80.08

65-69 FINALS

Shin Etsu-Kikuchi	BZ 70.60
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70-74 FINALS

Pedro Torres	CL 83.09
Anthony Vazquez	PR 86.93
Ricardo Collazo	CL 93.93
Ramon Cordero	PR 94.63

800 meters - metros30-34

Fernando Roman	PR 1.59.6
Gustavo Penaloza	VZ 2.00.5
Javier Rivera	PR 2.04.5
Juan Aviles	PR 2.07.2
Carlos Luna	VZ 2.11.2
Esteban Santana	PR 2.16.7

35-39

Ben Contreras	MX 2.03.33
Eduviges Olivares	PR 2.04.53
Alfredo Bonilla	PR 2.07.89
Carlos Santos	PR 2.09.78
B. Contreras	MX 2.10.10
Jose Martinez	PR 2.12.45
Angel Manzano	PR 2.14.71
Rafael Martinez	PR 2.17
Hiram Deliz	PR 2.19
Hector Loubriel	PR 2.20
Perfecto Escobar	PR 2.22

40-44

Luis Luna	CL 2.03.80
Cristobal Torres	PR 2.07.75
Carlos Aponte	PR 2.08.04
Guillermo Escobeno	MX 2.08.25
Victor Melendez	CL 2.13.00
Juan Rivera	PR 2.19.09
Roberto Bonis	PR 2.23.69
Isidro Ortiz	PR 2.24
Jose Perez	PR 2.26
Fortino Delgado	MX 2.26

Ramon Diaz	CL 2.27
Miguel Vando	PR 2.48

45-49

Cliff Pauling	US 2.07.31
Jose Aponte	PR 2.16.21
Ernesto Perez	PR 2.18.76
Jose Aristizabal	CL 2.19.03
S. Cruz	MX 2.20.50
Luis Chaves	CL 2.23.88
Manuel Laborite	VZ 2.56.85
Jesus Noguey	MX 3.36.83

50-54

Kelsey Brown	US 2.11.57
Oswald Morris	TT 2.21.52
Louis Beadle	US 2.27.93
Luis Arroyo Velez	PR 2.40.42
Orlando Alvarez	PR 2.46.70

54-59

Francisco Moya	PR 2.28.58
Renato de la Torre	VZ 2.29.82
Manuel Nieto	CL 2.31.77
Hector Perez	PR 2.35.15

60-64

Don Corbin	US 3.03.23
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70-74

Pedro Torres	CL 3.10.57
R. Collazo	CL 3.27.13
Ramon Cordero	PR 3.45.55

1500 meters - metros30-34

Fernando Roman	PR 4.10.1
Gustavo Penaloza	VZ 4.14.5
Javier Rivera	PR 4.17.0
Luis Alexander	PR 6.23.1

35-39

Ben Contreras	MX 4.16.0
Eduviges Olivares	PR 4.19.2
Modesto Carrion	PR 4.21.6
E. Narvaez	MX 4.22.8
Alfredo Bonillas	PR 4.26.7
M. Contreras	MX 4.26.8
Jose Martinez Baez	PR 4.30.0
Rafael Rodriguez	PR 4.31.0
Abelardo Rodriguez	PR 4.44.0
Eduardo Diaz	PR 4.45.0
Florencio Vazquez	PR 4.46.0
Hector Loubriel	PR 5.0

35-39
Victor Benjamin GY 57.89
Michael DeJesus US 61.24
Richard D'Amato US 63.83
Tomas Giovannetti PR 67.70

40-44
Amadeo Villanueva PR 76.34

45-49
Matt Brown US 63.14
Rogelio Lopez VZ 70.50
Felipe Colon PR 78.22

50-54
Harold Green US 66.15
Luis Gandia PR 67.87

55-59
Rudy Valentine US 63.85
Raymond Spencer US 69.30
Francisco Moya PR 71.93
Thomas Clayton US 74.57

65-69
G. Gonzalez Julia PR 91.22

3000 meter steeplechase
30-34
Luis Rojas CL 10.35.1
Javier Rivera PR 11.05.1
Gregorio Ruiz PR 11.56

35-39
O. Jimenez MX 10.19.4
Angel Manzano PR 11.42.1
Tony Rivera PR 12.28.0
G. Reyes PR 17.39.2

40-44
Luis Luna CL 10.16.1
Jose Perez PR 11.59.1
Miguel Ortiz PR 12.55.9

45-49
Stanley Jones PR 14.06.0

50-54
Luis Torres PR 12.28.0

4 x 100 relay
40-49
USA 46.37
Jackson-Henry-Brown-Riddick
Venezuela 48.21
Faure-Robertson-Guzman-Lopez
Puerto Rico 50.38
Perez, Rosado-Rios-Diaz
50-59
USA 47.27
Green-Schuler-Dawkins-Lancaster
USA 50.91
Spencer-Brown-Valentine-Clayton
60-69
Puerto Rico 65.60
Caballeiro-Gotay-Rosario-Gonzalez

4 x 400 relay
30-39
USA 3.38.10
DeJesus-Watson-Lipscomb-Thiel
Mexico 3.41.53
Contera-Contera-Navarez-Vaillie
Puerto Rico 3.39.46
Soto-Morales-Roman-Nieves
Puerto Rico 3.43.19
Matos-Agosto-Pirocelli-Bonilla
Venezuela 3.54.19
Cordova-Reyes-Olivaris-Olacio

40-49
Puerto Rico 3.41.30
deJesus-Andino-Aponte-Diaz
USA 3.44.87
Pauling-Riddick-Clarence-Brown
Puerto Rico 3.54.57
Lauraeno-Aponte-Melendez-Rios
Venezuela 3.57.75
Robertson-Alvarez-Lopez-Guzman

5000 meter walk - caminata
30-34
Juan Yanes VZ 24.17.5
Jose Mendez VZ 30.34
Luis Alexander PR 36.34
35-39
Tony Rivera PR 31.48
Roberto Gotay PR 32.57
40-44
Dario Ramirez CL 23.58.6
Ron Laird US 25.52.9
Fortino Delgado MX 31.27
Charles Rivera PR 40.36
45-49
Sol Corallo US 25.38.1
Robert Fine US 29.35
Angel Gonzalez PR 34.01

5000 meter walk - caminata
50-54
Gregorio Angulo PR 28.00.8
Luis Torres PR 29.41
Jose Teixeira Santos VZ 31.53
Humberto Rosado MX 33.04

55-59
Robert Mimm US 26.55

60-64
Donald Johnson US 29.19

10,000 meter walk - caminata
30-34
Juan Yanes VZ 53.59.5

40-44
Dario Ramirez CL 54.02.1
Ron Laird US 58.35.3
Charles Rivera PR 84.11.8
45-49
Sol Corallo US 55.19.3
Robert Fine US 65.46.3
Julio Reyes PR 74.32.8

50-54
Luis Torres PR 62.47.8
Jose Tejeiro VZ 72.49.8
55-59
Robert Mimm US 57.47.4
60-64
Donald Johnson US 65.51.0

Shot put - pesa
30-34
Frederick Johnston US 12.31
James Barber US 10.67
Donald Pierson US 9.65

35-39
Edward Hill US 15.39
Pedro Rojas PR 10.77
J. Russell US 10.55
Hector Gonzalez MX 10.02
Jose Ubina VZ 9.16
Alfred Taule US 8.61
40-44
Carl Klehm US 11.79
Jack Gildstein US 11.76
Anibal Rosario PR 11.58
M. A. Polanco PR 10.69
Pedro Perez PR 9.32
J. M. Torres PR 8.58
Armando Pietri PR 8.42
Charles Rivera PR 7.99

45-49
Dagoberto Gonzalez PR 12.79
Phil Mulkey US 11.20
Teodoro Ortiz PR 8.43
50-54
Eugene Hemphill US 9.74
J. Walker Pierson US 8.86
60-64
Juan Santana PR 11.44
Anibal Torres PR 10.90
A. Littlejohn US 7.98

65-69
A. Gotay PR 12.46
J.A. Figueroa PR 10.38
R. Shasie US 9.98
70-74
Warren Pike US 9.61
75+
Eugenio Guerra PR 7.85

Javelin - Javalina
30-34
Victor Cruz PR 52.90
Frederick Johnston US 48.42
Carlos Cruz PR 45.80
Eduardo Vazquez PR 45.02
Carlos Silverio PR 40.60
Donald Pierson PR 33.94
35-39
Edward Hill US 44.60
Ismael Santiago PR 40.18
Eduviges Olivares VZ 39.26
Jesus Cordova VZ 34.14
Hector Gonzalez MX 33.00
Jose Urbina VZ 29.46

40-44
Wilfredo Caban PR 51.58
Anibal Rosario PR 41.50
Pedro Perez PR 39.72
Miguel Polanco PR 38.72
P. Gippson PR 33.24
Armando Pietri PR 30.80
Carl Klehm US 27.74
45-49
Phil Mulkey US 42.38
Gilberto Rondon PR 38.74
Teodoro Ortiz PR 24.04
50-54
Elpidio Torres PR 34.30
55-59
Eugene Hemphill PR 27.16
Tomas Acevedo PR 26.58
60-64
Bill Morales US 46.62
Jose Delgado PR 25.12
65-69
Jose Figueroa PR 30.54
G. Gonzalez Julia PR 29.20
Robert Shanzle US 26.94
75+
Eugenio Guerra PR 20.82

High Jump - Salto Alto
30-34
Eugenio Falu PR 1.80
Roberto Maldonado PR 1.60
Donald Pierson US 1.55
35-39
Alonso-Juan PR 1.75
James Littlejohn US 1.68
Nat Watson US 1.55

J. Russell US 1.55
Pedro Rojas PR 1.45
Perfecto Escobar PR 1.40

40-44
Carlos Lopez PR 1.45
Hiram Valdez PR 1.35
Carlos Loubriel PR 1.30

45-49
Phil Mulkey US 1.60
Rudy Clarence US 1.35
Felipe Nery PR 1.35

50-54
Bill Gentry US 1.36
Edmund Schuler US 1.30
Jaime Mattong PR 1.25
Robert Schmith PR .98

55-59
William Arana PR 1.40
Freeman Marr US 1.33
Francisco Moya PR 1.08

High Jump - Salto Alto
60-64
Santiago Verdejo PR 1.27
Juan Santana PR 1.23
Alonso Littlejohn US 1.13
Dan Corbin PR 1.13

65-69
Anthony Gotay PR 1.13
70-74
Warren Pike US .94
75+
Konrad Boas US 1.08

Hammer Throw - Martillo
30-34
James Barber US 28.06
Donald Pierson US 21.72

35-39
Edward Hill US 39.98
A. Quinones PR 29.54
J. Russell US 25.38
Hector Gonzalez MX 21.30
Alfred Taule US 16.16
40-44
Carl Klehm US 36.46
Pedro Perez PR 28.34
Ron Laird US 20.54
Armando Pietri PR 17.76

45-49
Dagoberto Gonzalez PR 36.10
Phil Mulkey US 24.96
Felipe Nery Colon PR 24.44
50-54
Luis Velez PR 34.98
Awin Phillip US 33.76
55-59
Tomas Acevedo PR 12.28
60-64
Jose Delgado PR 24.66
65-69
G. Gonzalez Julia PR 20.08
70-74
Warren Pike US 18.98

Discus - Disco
30-34
Frederick Johnston US 32.50
James Barber US 29.56
Donald Pierson US 28.84
35-39
Edward Hill US 46.48
J. Russell US 31.72
Orlando Rivera PR 23.04
Hector Gonzalez MX 22.70
Tony Rivera PR 22.20
40-44
Carl Klehm US 35.00
Anibal Rosario PR 33.58
Nestor Rivera PR 32.36
Enrique Martino PR 29.34
Miguel Polanco PR 29.26
Jack Goldstein US 29.14
Pedro Perez PR 28.28
Jose Toro PR 20.80

45-49
Dagoberto Gonzalez PR 47.64
Phil Mulkey US 33.00
Angel Gonzalez PR 20.56
50-54
Less Trubey US 27.50
55-59
Manuel Seane PR 24.14
Don Hall US 21.64
Eugene Hemphill PR 22.18
60-64
Bill Morales US 35.64
Jose Delgado PR 31.84
Anibal Torres PR 27.02
65-69
G. Gonzalez Julia PR 34.28
Jose Figueroa PR 32.66
Robert Schanle US 25.28
70-74
Warren Pike US 25.42
75+
Eugenio Guerra PR 25.56

Long Jump - Salto A Lo Largo
30-34
Ken Brauman US 6.17
Freddie Giovannetti PR 5.00
Donald Pierson US 4.97
35-39
Victor Benjamin GY 6.74
Richard D'Amato US 6.13
Alexis de Jesus VZ 5.95
Michael de Jesus US 5.77
Porfirio Matos PR 5.40
Alfred Taule US 4.94

Jose Crespo PR 4.83
Eduviges Olivares PR 4.45

40-44
Alvin Henry US 6.24
Pablo Garcia PR 5.35
G. Escobar MX 4.97
P. Medina CL 4.93
Hiram Valdez PR 4.88
Ramon Fiaz CL 4.67
Raul Diaz PR 4.38

45-49
David Jackson US 5.99
Phil Mulkey US 5.32
F. Chaves MX 4.67
Wally Torres PR 4.00

50-54
Edmund Schuler US 4.78
Pablo Aponte PR 4.63
Bill Gentry US 4.34
Luis Velez PR 4.19
Jose Hernandez CL 3.36

55-59
Rudy Valente US 5.15
Raymond Spence US 5.03
William Arans PR 4.58
Freeman Marr US 4.31
Antonio Ortega CL 4.27

60-64
Bill Morales US 4.64
Santiago Verdejo PR 4.20
65-69
Antonio Gotay PR 4.24
G. Gonzalez Julia PR 4.22
Genzo Hara BZ 4.20

70-74
Warren Pike US 3.60
75+
Warren Pike US 3.08

Pole Vault - Pertiga
30-34
Juan Rodriguez PR 3.66
35-39
G. Reyes PR 2.435

40-44
Carlos Loubriel PR 3.045
45-49
Miguel Rivera veve PR 3.81
Phil Mulkey US 3.20
50-54
William Arana PR 2.74
65-69
G. Gonzalez-Julia PR 2.285

Triple Jump - Salto Triple
30-34
Ken Brauman US 13.37
Eugenio Falu PR 13.11
Donald Pierson US 10.58
Freddie Giovannetti PR 9.50

35-39
Richard D'Amato US 11.37
Rodrigo Reyes VZ 10.69
Hector Loubriel PR 10.66
J. Russell US 9.87
Alfred Taule US 9.77

40-44
Alvin Henry US 12.99
Pablo Garcia PR 11.64
Hiram Valdez PR 10.26
Ron Laird US 6.92

45-49
David Jackson US 13.45
Phil Mulkey US 11.42
Angel Gonzalez PR 7.82

50-54
Bill Gentry US 9.22
60-64
Bill Morales US 9.21
Santiago Verdejo PR 6.50

65-69
Genzo Hara BZ 8.77
G. Gonzalez-Julia PR 8.02
75+
Conrad Boas US 6.72

100 meters
30-34
Eileen Watson US 12.42
Carmen Aguayo PR 15.75
35-39
Lilia Andrades CL 14.58
Maria Vazquez PR 18.45
40-44
Luzgarda Rondon PR 17.50
45-49
Chris McKenzie US 14.05
Dennie Morris US 15.76
Dorothy Dorion US 16.19

200 meters
30-34
Eileen Watson US 26.27
Carmen Aguayo PR 34.01
Carmen Castro PR 37.79
35-39
Lilia Andrades CL 29.66
Sandy Pashkin US 29.77
Antonia Gonzalez PR 36.55
Maria Vazquez PR 39.88

400 meters
30-34
Eileen Watson US 61.91
Omaira Tonroy VZ 67.40
Carmen Aguayo PR 85.83
Carmen Castro PR 91.02

45-49
Sandy Pashkin US 67.37
Lilia Andrades CL 71.41
Antonia Gonzalez PR 83.11
40-44
Elisa Martinez PR 80.71
45-49
Chris McKenzie US 70.89
Jennie Morris US 72.07
Dorothy Dorion US 86.29

55-59
Bonita Irizarry PR 2:17.32

800 meters
30-34
Eileen Coffey PR 2:57.7
Magaly Ibarra VZ 3:04.9
Dihalma Cartagena PR 3:40.6

35-39
Sandy Pashkin US 2:33.1
Antonia Gonzalez PR 3:12.1
Felicitia Vazquez PR 3:38.3
40-44
Elisa Martinez PR 3:08.4

800 meters
30-34
Chris McKenzie US 2:36.7

1500 meters
30-34
Eileen Coffey PR 5:06.0
35-39
Sandy Pashkin US 5:36.0
Antonia Gonzalez PR 6:52.0
45-49
Chris McKenzie US 5:26.3

5000 meters
35-39
Lida Gutierrez VZ 30.59
45-49
Amanda Chacon VZ 23.49

5000 meter walk - caminata
35-39
Marjorie Hayden US 37.10

Half Marathon 21 kilometers
45-49
Amanda Chacon VZ 1:55.47
Dorothy Dorion US 2:12.58

Shot Put - pesa
30-34
Eileen Watson US 6.67
35-39
Maria Vazquez PR 9.24
40-44
Maria Aquayo PR 9.04
Ivonne Rajano MX 7.83
Josefina Caraballo PR 6.38

Javelin - Javalina
40-44
Gonzalo Rojano MX 21.28
Josephina Torres PR 19.17
Maria Aquayo PR 18.32

High Jump - Salto A Lo Alto
30-34
Eileen Watson US 1.52

Discus - Disco
40-44
Ivonne Rojano MX 28.66
Maria Aguayo PR 25.38
45-49
Cynthia Jackson US 12.32

Long Jump - Salto A Lo Largo
30-34
Eileen Watson US 5.24
40-44
Ivonne Henry US 3.52
Luzgarda Rondon PR 3.42

KEY
BZ = BRAZIL
CL = COLUMBIA
CN = CANADA
GY = GUYANA
HT = HAITI
PR = PUERTO RICO
TT = TRINIDAD & TOBAGO
MX = MEXICO
US = UNITED STATES
VZ = VENEZUELA

Results:

13TH ANNUAL WORLD VETERAN DISTANCE RUNNING CHAMPIONSHIPS (IGAL), GLASGOW, SCOTLAND, August 23-24.

10KM RACE - August 23:

M40		
1 Roger Robinson	NZ	31:09
2 Tecwyn Davies	GB	31:52
3 William Venus	GB	32:09
4 Fred Pendlebury	GB	32:12
5 Pierre Odets	Bel	32:15
6 David Anderson	GB	32:24
7 David Hambly	USA	32:26
8 Dan Conway	USA	32:33
9 Ron Hill	GB	32:49
10 Wade Cooper	GB	32:49
13 Carl Carey	USA	33:41
14 Phil Waldken	USA	33:43
16 Earl Ellis	USA	33:50
22 Dave Pitkethly	USA	34:20
27 Maurice Pratt	USA	34:57

M45		
1 Ray Hatton	USA	33:00
2 John Oliver	GB	33:10
3 Richard Cooper	GB	33:15
4 Roger Monseur	Bel	33:53
5 Derek Lawson	GB	34:02
6 Albet Bardon	GB	34:04
7 Matt Murphy	GB	34:24
8 Rich Balding	GB	34:24
9 Emile Leva	Bel	34:43
10 John Barrowman	Sc	35:01
36 Cass Curtis	USA	37:34

M50		
1 Hugh Foord	GB	33:58
2 Bill Marshall	Sc	34:16
3 George Rhodes	GB	34:35
4 Alan Hughes	GB	35:13
5 Ron Franklin	GB	35:43

M55		
1 Jan Kystad	Nor	36:16
2 Germain		
3 Jan Baptiste	Fra	36:22
3 Robert Boutard	Fra	37:17
4 Nathaniel Booth	GB	37:31
5 Ed Nichols	GB	38:04

M60		
1 John Gilmour	Aus	34:48
2 Karl Hasler	Swi	36:02
3 Florian Weittler	WG	36:46
4 J Verloop	Hol	38:45
5 Paul Graf	Swi	39:30

M65		
1 Dave Morrison	Sc	42:12
2 Lewis Patrick	GB	43:13

M70+		
1 John Farrel	Sc	42:46
2 Erich Pawley	WG	45:03
7 Norm Bright	USA	47:08

W35		
1 Yvonne Miles	GB	39:16
2 Pearl Meldrum	Sc	42:17

W40		
1 Denise Alfovet	Bel	37:24
2 Hilde Lang	WG	39:50
3 Marianne Buttner		40:37
4 Judy Grooms-bridge	USA	40:41
22 Barbara Rowntree		53:21
W45		
1 Edith Holdener	Swi	45:38

W50		
1 Bepthilla		
DePreter	Bel	44:43

W55		
1 Johanna Grelle	WG	55:45

TEAM RESULTS:		
1 England:		
3 Bill Venus		32:09
4 Fred Pendlebury		32:12
6 David Anderson		32:24

2 U.S.A.:		
7 David Hambly		32:26
8 Dan Conway		32:33
12 Ray Hatton		33:00

3 Scotland:		
11 James Ash		32:56
15 James Alder		33:26
29 William Marshall		34:16

MARATHON - August 24:

M40		
Don MacGregor	Sc	2:19:23
John Robinson	NZ	2:19:38
Derek Furnee	Can	2:19:41
Ernst Ruegg	Swi	2:20:34
James Avis	Eng	2:21:05
W Roelofs	Hol	2:23:40
Thomas Florey	Eng	2:24:19

Henri Salavarda	Bel	2:24:40
Kaspar Schiber	Swi	2:25:35
Staf Spaepen	Bel	2:25:37
24 Kent Guthrie	USA	2:37:13
94 Dan Conway	USA	2:50:17
123 Jim Rowntree	USA	3:15:56

M45		
Eric Austin	Eng	2:23:30
William Stoddart	Sc	2:27:20
Alastair Wood	Sc	2:28:35
John Geoghegan	Eng	2:30:29
Ken Heathcote	Eng	2:31:55
Ch. McAlinden	Sc	2:32:25
Alexander Dunn	Eng	2:33:36
Harry Gamble-Thomson	Eng	2:34:16
Gordon Eadie	Sc	2:35:10
Roger Monseur	Sc	2:36:56
22 Tom Barclay	USA	2:46:34

M50		
Gunther Brab	WG	2:33:26
Eddie Kirkup	Eng	2:34:06
Ancre Monnot	Fra	2:34:31
Louis Struyken	Bel	2:34:40
John Llewellyn	Eng	2:36:46
Frank Price	Eng	2:37:16
John Brierley	Sc	2:39:46
Arthur Walsham	Eng	2:43:38
William McBrinn	Sc	2:43:58
William Armour	Sc	2:44:41
21 Vere Bellian	USA	2:58:43
46 Stashu		
Geurtsen	USA	3:23:33
47 Peter Taggart		3:23:35

M55		
Jerry Morrison	USA	2:44:55
Francis Feleau	Fra	2:46:14
Tom Smith	Eng	2:50:47
Herbert Larsson	Swe	2:56:55
Jean Fontaine	Swi	3:00:29

M60		
Karl Hasler	Swi	2:41:25
John Gilmour	Aus	2:45:27
Steve Richardson	US	2:53:57
Duck Kyn Lee	Kor	2:56:36
Ludwig Herrmann	WG	2:57:04

M65		
Gordon Porteous	Sc	2:57:00
Dave Rosenfield	Eng	3:25:18
James Youngson	Sc	3:45:21

M70		
Sydney Smith	Eng	3:31:39
H Bastien	Bel	3:45:15
Ernesto Vernola	Ita	3:45:31

M75		
Friedrich Tempel	WG	3:49:55

W35		
Carol Billinton	Eng	2:55:34
Yvonne Miles	Eng	3:08:26
Hazue Yokota	Jap	3:22:52

W40		
Patricia Day	Eng	3:03:26
Ida Spiess	Swi	3:11:48
Judy Grooms-bridge	USA	3:13:37

W45		
Edith Holdener	Swi	3:26:17
Renate Mende	WG	3:34:09
Margaret Manterfield	Eng	3:55:04

W50		
Toshiko d'Elia	USA	2:57:25
Margaret Miller	USA	3:03:28
Annaliese Schuler	WG	3:26:48
B. DePreter	Bel	3:30:27

W55		
Gertrud Knittel	WG	4:56:36

W60		
Lieselotte Schultz	WG	3:21:35

W65		
Waltraut Kretscamerr	WG	4:20:30

TEAM RESULTS:		
1. England:		
5 James Avis		2:21:05
6 Eric Austin		2:23:30
8 Thomas Florey		2:24:19

2. Scotland:		
1 Don MacGregor		2:19:23
12 William Stoddart		2:27:20
15 Alastair Wood		2:28:35

3. Belgium:		
9 Henri Salavarda		2:24:20
11 Staf Spaepen		2:25:37
29 Louis Struyken		2:34:40

BONNIE BELL 10KM MASTERS

OTTAWA, ONTARIO, May 4.

Diane Palmason	38:14
Beverly Goodwin	46:05
Lucy Fraser	46:54

HALIFAX, NOVA SCOTIA,

July 6.	
M. MacGowan	49:17
G. Fraser	52:55
V. Boam	54:26

CALGARY, ALBERTA, July 25.

Sonja Suttmoller	41:53
Marnie Fitch	46:04
Diane Williams	47:43

SASKATOON, SASKATCHEWAN,

August 24.	
P. Jackson	46:10
M. East	51:00
D. Duhamel	52:30

CLEVELAND TRACK CLASSIC

CLEVELAND, OHIO, June 21.

M30-39	
100y Bob Allen	9.90
220 Bob Allen	22.85
440 Ellis Martin	52.68
880 Glenn Andrews	1:59.6
1 Mile Glenn Andrews	4:30.0
2-mile Jeff Hlinka	9:47.2
3-mile Jeff Hlinka	14:46.7
120HH Bryan Westfield	16.3
LJ Lee Myers	19-11 1/2
SP Ed Hill	49-8
DT Ed Hill	144-5
Jav Dave Morgan	170-6

M40-49	
100y Rich Deere	10.62
220 Larry Colbert	23.64
440 Larry Colbert	52.67
880 C.Barracato	2:14.0
1 Mile Les Hegedus	4:38.6
2-mile Jon Bixler	11:35.0
3-mile C.Barracato	17:07.0
SP Carl Klehm	39-1
DT Carl Klehm	108-1
440R Over the Hill	45.17
1 MileR Over the Hill	3:46.8

M50+	
100y Vonly-Phillips	12.26
440 Vonly Phillips	65.50
880 Vonly Phillips	2:40.2
1 Mile Jim Williams	5:45.0
2-mile Scrap Zalba	13:41
3-mile Scrap Zalba	21:14

W30+	
100y Laura Dodd	12.04
880 Sandra Knott	2:24.9
1 Mile Sandra Knott	5:15.0
2-mile No entries	

CASCADE RUN OFF 15KM, PORT-

LAND, OREGON, June 29, 1980.

M40-49	
Mike Tymn	43 49:32
Ray Hatton	48 50:06
Phil Walkden	40 51:24

M50-59	
John Frey	52 59:24
Leo Sherry	52 59:38

M60+	
Clive Davies	64 55:09
Bob McAllister	60 68:36

M40-49	
Karen Scannell	41 58:21
Elizabeth McCall	41 65:02
Carol-n Woodbury	43 69:36

M50-59	
Alice Turowski	52 72:40
Nola Bruhn	51 72:49

M60+	
Patricia Dixon	61 77:46

4144 Runners, the largest 15km road race in the U.S.	
--	--

SPA 15K CHAMPIONSHIPS,

SANTA BARBARA, CALIF. July 4, 1980.

M40-44	
John Brennand	52:50
Gary Anderson	53:28
Julian Sanchez	54:37

M45-49	
Jim Knerr	52:32
Pietro Gobatto	53:42
Richard Bartek	60:03
George Berg	

M50-54

Patrick Devine 59:38

Walt Atcheson 62:30

M55-59	
Ray Gtl	57:45
Richard Davies	61:07
John McManus	65:29

M60+	
John Holoubek	62:57
Demetrio Miller	65:34
Ed Lowell	69:39

W40-49	
Jennifer Wright	61:16
Christa Romppanen	64:21
Fay Hobbs	66:13

W50+

Margaret Miller 61:41

Patricia Frankus 88:38

4TH SAN FRANCISCO MARATHON

July 13, 1980, 2300 Ran.

W40-49	
Jim Bowers	41 2:31:27
Graham Bendrey	40 2:38:53
Joe Gassmann	40 2:41:09

M50-59	
Tracy Brown	51 2:49:27
Flory Rodd	56 2:55:54
K. Nelson	51 2:56:12

M60-69	
Paul Reese	63 3:07:37
Ed Burke	62 3:38:19
Ira Samuels	60 3:49:24

W40-49	
P. Whittingslow	40 3:07:29
Joan Reiss	43 3:13:32
Heidi Skaden-Poyser	3:14:49

W50-59	
Ruth Anderson	50 3:29:37
Kay Atkinson	63 4:09:01
Etta Palmer	52 4:20:07

DIET PEPSI 10K LINCOLN, NEB.

July, 1980

M40-49</

DENVER DIET PEPSI 10K,
August 17, 1980. Denver, Co.

W36-49 Betty Poppers 40:19
M36-49 Jan Frisby 33:14
M50+ Rubin Vigil 37:09

Kentucky Masters Track and Field Meet, Aug. 29, at University of Louisville, Belknap Campus. Age-group winners.

• 100-meter dash. 30-34: Bill Terry (1:12); 35-39: Joe Gliessner (1:12.09); 45-49: Jim Martin (1:13.09); 50-54: Tom Grimes (1:12.02).

• 200-meter dash. 30-34: men, Bill Terry (2:25.4); women, Ellen Eder (4:15.17); 35-39: Joe Gliessner (2:26.9); 40-44: Cletus Pearl (2:27.8); 45-49: Jim Martin (2:29.22); 50-54: Tom Grimes (2:25.27).

• 400-meter dash. 30-34: men, Terry Reed (5:49); women, Carol Liedtke (1:05); 35-39: Keith Meikler (1:01); 40-44: Charles Goodyear (1:00); 45-49: David Kelly (1:09).

• 800-meter run. 30-34: men, Gary Conklin (2:09); women, Ellen Eder (3:32); 35-39: men, John Sears (2:14); women, Betty Lasley (3:30); 40-44: men, Ernie Perry (2:35); women, Gerry Arnold (3:48); 45-49: Jim Martin (2:32).

• 1,500-meter run. 30-34: men, Terry Reed (4:16); women, Carol Liedtke (5:57); 35-39: men, Jerry Stone (4:33); women, Betty Lasley (6:58); 40-44: men, Bill Olrich (4:28); women, Frankie Denning (5:53); 45-49: Ken Combs (4:33); 50-54: Louis Schneider (4:45).

• 5,000-meter run. 30-34: men, Dan Dusch (15:54); women, Carol Liedtke (15:57); 35-39: men, Jerry Stone (17:04); women, Betty Lasley (6:58); 40-44: men, Bill Olrich (16:10); women, Frankie Denning (21:20); 45-49: Ken Combs (17:10); 50-54: Wally Dawkins (18:38); 55-59: Jack Bradford (21:07).

• Long jump. 30-34: men, Bill Terry (17 feet, 4 inches); women, Carol Liedtke (12 feet, 7 1/2 inches); 35-39: John Sears (15 feet, 10 1/2 inches); 40-44: Ernie Perry (15 feet, 4 1/2 inches).

• Discus. 35-39: John Sears (79 feet); 45-49: Chuck Donlon (101 feet, 2 1/2 inches); 50-54: Tom Grimes (105 feet, 9 inches).

• Shot put. 30-34: Bill Terry (38 feet, 5 1/2 inches); 35-39: Jim Bell (40 feet, 6 1/2 inches); 45-49: Chuck Donlon (41 feet, 8 1/2 inches); 50-54: Tom Grimes (37 feet, 6 1/2 inches).

CLARENCE DE MAR MARATHON,
KEENE, N.H., August 30.

M40-49
Mike Kerins 2:45:55
Bill Springer 2:48:14
Monty Tobin 2:59:24

M50+
Fred Robbins 3:22:28

M40+
Bernadette Nay 3:32:41
173 starters. 151 finished

NIKE/OTC MARATHON, EUGENE,
OREGON, SEPTEMBER 7, 1980.

M30-39 Age Area Time
Dick Quax 32 NZ 2:10:49PR
John Anderson 30 OR 2:12:00
Herm Atkins 32 WA 2:15:09

M40-49
John Brennan 44 CA 2:28:46
William Foulk 47 MT 2:32:43PR
Mike Heffernan 40 OR 2:37:56
Fred Kiddy 46 CA 2:39:41PR

M50-59
Piet van Alphen 50 HO 2:22:49WR
Bill McChesney 52 OR 2:47:29PR
Dave Parker 50 CA 2:51:39

M60+
Met Anderson CA 3:11:07

W30-39
Jane Robinson 33 WA 2:43:16PR
Sue Petersen 36 CA 2:45:24
Pat Story 31 CA 2:47:00

W40-49
Sandra Kiddy 43 CA 2:54:05PR
Jo Anne Wichary 41 CA 3:04:22
Heide Skaden-Poyser CA 3:15:53

W50-59
Ruth Anderson 51 CA 3:20:15

W60+
Mavis Lindgren 73 CA 4:56:44

WR=World 5-yr age record
PR=Personal record
HO=Holland (Netherlands)

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MIDWEST MASTERS 25KM CHAM-
PIONSHIPS, LAKE BLUFF, ILL.
August 31, 1980.

M30
Carl Ruzicka 1:28:14
Rick Nurmich 1:31:53
Tony Ruzicka 1:32:47
John McAndrew 1:33:12
Craig Dean 1:35:07

M35
Werner Mezgolitz 1:30:01
Will VanDyke 1:30:01
Skip Lees 1:34:47
Frank Matras 1:36:34
Jack Klopfer 1:38:45

M40
Bob Pates 1:32:08
Tom Boland 1:32:26
Dick Klopfer 1:33:15
Maurice Hallihan 1:36:11
Bob O'Connell 1:41:45

M45
Geo. Amogmostopolu 1:30:46
Paul Wolf 1:46:36
Lloyd Williams 1:48:24
Jerry Grossman 1:51:57
Jim Hurst NT

M50
AT Brodzik 1:35:11
Clyde Baker 1:37:15
Root Good 1:45:54
Jim Hall 1:46:10
Jim Sivley 1:48:40

M55
Bc5 Bruce 1:45:58
Frank Waldeck 2:25:43
Jim Rosenbarm NT

M60
Harold Comm 2:23:10

W30
Jill Dean NT

W35
Sandy Pfeffer NT
Judy Lolly NT
Judy Fridas NT

W40
Janet Mezgolits 2:32:06

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1980 MEN'S and WOMEN'S U.S.A. MASTERS 10K X-C CHAMPIONSHIPS

Sunday, November 9, 1980 Luther Burbank Park, Mercer Island, WA.

Sponsored by the Snohomish Track Club. Sanctioned by the Pacific N.W. Assoc. of The Athletics Congress and T.A.C. of the U.S.A.

COURSE: The course consists of 3 laps. The surface is mostly grass and dirt, but there are short stretches of asphalt and concrete, approx. 150 yds per lap. The course will be open for inspection on Sat., Nov. 8, from 2-4 p.m.

STARTING TIMES: Women's race-10:00a.m.; Men's race-11:30 a.m.

ENTRY FEE: \$4.00 (no extra fee for team entry)

ENTRY DEADLINE: Individual and team entries must be received by Nov. 5. NO DAY OF RACE ENTRIES WILL BE ACCEPTED.

NOTE: All entrants must have a valid 1980 TAC/AAU REGISTRATION card. The number must be entered on the entry form to be acceptable.

AWARDS: T-shirts to all finishers. Championship medals to top 6 finishers in Men's divisions 40-44 & 45-49, and to top 3 finishers in the following divisions: MENS-50-54, 55-59, 60-64, 65-69, 70 & up. WOMENS-40-44, 45-49, 50-54, 55-59, 60 & up. Championship patches to winners in each division. Team medals to 1st 5 finishers of Men's top 3 teams, and 1st 3 finishers of Women's top 3 teams. A competitor may compete as a member of a younger age group.

MAKE CHECKS PAYABLE TO: SNOHOMISH TRACK CLUB

SEND ENTRIES TO: MIKE THOULD, 15929 NE 141 Place, Woodinville, WA. 98072. Phone (206) 485-4679.

-----OFFICIAL ENTRY: 1980 U.S.A. MASTERS 10K X-C CHAMPIONSHIP-----

Name _____ Age day of race _____
(please print)

Address _____ City, State, Zip _____

Phone No. () - _____ TAC/AAU # _____ Male/Female _____
(1980 card Req.)

Club Affiliation _____

WAIVER: PLEASE READ CAREFULLY AND SIGN
In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims whatsoever, arising out of or caused by my participation in this athletic event, against the Snohomish Track Club, the Pacific N.W. Assoc. of The Athletic Congress, King County Parks Dept., the City of Mercer Island, and all the foregoing subsidiaries, affiliates assigns, representatives and successors of same as well as any and all other sponsors, persons and entities associated with the event. I further attest that I am physically fit, have trained sufficiently for the competition in this event and have full knowledge of the risks involved in this event. I have read this entry information and certify my compliance by my signature.

SIGNATURE _____ DATE _____

PLEASE SEND INFORMATION
ON ACCOMMODATIONS.
check here ☐

TEAM ENTRY ONLY

DIV.	CLUB NAME
men	
40-49	
50 & up	
women	
40-49	
50 & up	



2nd Annual
Las Vegas CLASSICS



Marathon Championships (Thursday-Sunday, Dec., 4-7) 1980

Presented by
Las Vegas Classics Sports Inc.

Three championship events: 6-mile, 15-mile and marathon.

All three events sanctioned and certified by the AAU.

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

In 1979 top U.S. and foreign runners competed and broke three American records with the aid of 40-60-degree weather and low humidity on the flat, paved course on the famed Las Vegas Strip.

For details information write to Marathon Headquarters, Las Vegas Classics, Hacienda Resort Hotel, 3050 Las Vegas Blvd. So., Las Vegas, Nevada, 89119. Or Call Toll Free West Coast 800-634-6611, East Coast 800-634-6713.



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And the more we appreciate the different foot types, gait patterns, body weights, speeds and training schedules.

If success brought us to this crossroads, it has only strengthened our commitment.

Nike is introducing a complete new line of performance shoes. With models for every kind of athlete, every kind of foot, every kind of regimen. And we're making it easy to choose the right one. Without counting stars, stripes or anything else.

It's not important whether we live up to someone else's expectations.

What's important is whether we can help you live up to yours.



Beaverton, Oregon