



# National Masters Newsletter



25th Issue

September 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

13 U.S. MARKS. 89 MEET RECORDS

## 13 World Records Fall in Pan-Am Games

by Al Sheahan



George Cohen, (612), Los Angeles, upsets Ernie Billups (605), Chicago, to set new U.S. age 40-44 800 record of 1:54.9 in Pan-American Masters T&F Championships August 16. Billups turned the tables in the 1500, running 4:00.1 to smash his own American mark.

photo by Richard Lee Slotkin

LOS ANGELES, CALIF., August 16-17. Thirteen new world age division records were set and 13 U.S. marks fell by the wayside at the 4th Annual Home Savings & Loan Pan-American Masters Track & Field Championships this weekend at the University of Southern California.

It was "the highest quality masters meet ever held in the United States," said one observer.

416 veteran athletes combined to erase 89 Pan-American meet records. There were literally awesome performances in over a dozen events.

It was the biggest and most important masters meet on the West Coast in 1980. Twenty-seven competitors flew 10,000 miles from South Africa to participate. 16 came from Mexico and Columbia. Twenty-six came in from out of state, representing every region of the country. National Athletics Congress Masters Track & Field Vice-Chairman, Tom Sturak, called it "A step to a higher level for the masters program."

Competition was held in 5-year age groups for men from 30-34 to 80+, and in 10-year age groups for women from 30-39 to 70+. The weather was clear and warm, in the low eighties, with low humidity and a minimum of smog. A 10-day siege of 100-degree heat broke two days before the meet.

Meet director Hilliard Sumner provided what most competitors called "a very good meet." There were problems with lap-counting in the 5000 and 10,000. Some complained the hammer weights were too heavy. The accutrack didn't work the first day. The shot put started very late. Gold medals ran out on the second day. But overall, the officiating was good, the track hard and fast, and the events generally ran on time and never more than 20 minutes behind.

It became a magnificent opportunity to meet people from other regions and

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## Hatton, Davies, Wilson Star In Northwest Classic

GRESHAM, OREGON, August 2. Ray Hatton, Clive Davies and Connie Wilson established new U.S. 5-year age division records in the twilight Northwest Classic at Mt. Hood Community College tonight.

The annual meet, for men and women athletes aged 30 and over, drew 110 entrants in 10 age groups.

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## Lancaster Sets World Mark In 100

COLLEGEVILLE, PA, August 2. Bert Lancaster, National Masters 100 and 200 meters champion, broke one world record and tied another at the Philadelphia Masters Track and Field Championships at Ursinus College.

Impervious to the humidity and 90 degree temperature, Lancaster won the 100 in 11.3 secs, bettering the listed record for age 50 and over, held previously by Alphonse Juilland of

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### HIGHLIGHTS

- Results of 14 T&F Championships:
  - Pan-American
  - South African
  - British
  - Australian
  - Senior Olympics
  - Midwest Regional
  - Northwest Classic
  - TFA Decathlon
  - TFA Nationals
  - Ontario
  - Indiana
  - Massachusetts
  - Philadelphia
  - Wisconsin
- Results of Road Races
  - North American Marathon
  - Singapore Championships
  - Highlights of 21 others
- World Games Update
  - Entry forms for Christchurch and Palmerston North
  - Schedule
  - Submasters Invited
- Masters/Women Mythical Meet
- Masters Survey
- 29 World Records Set
- 21 U.S. Marks Set

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## Write On!



Address letters to:

National Masters Newsletter, 6200 Hazeltine Ave., Van Nuys, CA 91401

### TFA CHAMPIONSHIPS

I'm really concerned with the total lack of participation from the West Coast in the TFA/USA National Masters Championships which I conducted on June 14. My planning, facilities, and other preparations were in anticipation of a representative participation from that region. I believe that a National Championship meet should be supported by all regions of the country, for the good of the sport and to support the hosting organization. I will be very reluctant to go to lengthy preparations for such a meet in the future, and I feel that everyone will lose should only a few of us meet directors feel as let down as I do now.

Ken Kirk  
Atlanta, Ga.

### WRONG IMPLEMENTS

The same thing happened at this year's national championships as last year in Gresham. The 8-pound hammer was used by the 60 and 70 year olds instead of the 12-pound job. So neither Tom McDermott nor I set world or U.S. marks for our classes.

Nolan Fowler,  
Cookeville, Tennessee

[The implement problem is getting out of hand. An attempt will be made in New Zealand to agree on standards for all throwing and hurdle events.--Ed.]

### WAVA

Your paper is great. I hope you won't mind me using info from it.

Don Farquharson, President,  
World Association of Veteran Athletes  
[Not at all. The WAVA newsletter is available for \$7 for 4 issues/year from WAVA, 160 Vanderhoof Ave., Toronto, Ontario, Canada M4G 4B8.--Ed.]

### FIVE YEAR AGE GROUPS

The article from the National Running Data Center (March, 1980) is super. I agree 100%. I'm 72 years young. Only been running one year. But I can't compete with 50 & 60 year old people. Five-year age divisions extending to 80 years sounds realistic.

Marilla Salisbury,  
San Diego, Ca.

### NATIONALS

I enjoyed the Masters Championship meet in Philadelphia, and wish to thank everybody connected with running the meet.

I would make one suggestion for future meets. Since athletes come from all over the country, try and follow the original schedule as close as possible.

In my own case, due to travel

arrangements, it was not possible to compete in the discus, when the starting time was changed from 11:00 a.m. to 7:00 p.m.

Jack Scott,  
Joliet, Ill.

### ROBINSON'S RUN

In your July Newsletter on page 8 you make reference to Roger Robinson of New Zealand running and winning a 10K run in Los Angeles.

For your information that run was the 1st Annual Huntington Beach Elks run for charity and our lodge is located in the city of Fountain Valley. Roger and his family were guests of one of our Elks brothers for his weekend stay in Fountain Valley and our guest at our lodge dinner the first evening. He and his family were well received by all our members and they enjoyed their short stay here very much. We're looking forward to a much bigger run next season.

Tiny Blomquist,  
Costa Mesa, Ca.

### WHOOPS!

I'm impressed with the coverage you are giving the national masters scene. You are head and shoulders above every other source of information available and I wholeheartedly encourage anyone interested in masters' running to subscribe to your publication. Don't look now, but the fine looking fellow pictured on page 7 (August, NMN) is not George Cohen. Keep up the good work.

George Cohen,  
Los Angeles, Ca.

[How embarrassing. The imposter in August's issue is Abidala Salim. The real George Cohen is pictured in this issue on page 1.--Ed.]

### LACK OF COVERAGE

My brother and I both competed in the Orlando Masters Championships and the Southeastern Masters Championships (April 1980). We are puzzled as to why the results of these two meets were not printed in the newsletter. There seems to be no sign of masters track in South Florida. We would be willing to work to get something going. Do you have suggestions as to steps that need to be taken?

Earl Downey  
Tamarac, Fla.

[First, we never recieved the results of the Orlando meet, and didn't get the Southeastern results until August, too late for timely publication. [See "From the Editor."]] Second, we have passed your letter along to national T and F chairman Wendell Miller. You might also read Bob Fine's column: "How to Run a Masters Meet" in Oct. issue.--Ed.]

continued on page 4



## EAST

**August 30-September 1** (Saturday-Monday): Pan American Masters Track & Field Championships, San Juan, Puerto Rico. P.O. Box 11074, Caparra Heights Station, San Juan P.R. 00922.

**September 7** (Sunday): Masters 10 Mile. Middletown, CT 1:00 pm. Bernie O'Rourke (203) 347-4671.

**September 7** (Sunday): Berkshire 10KM, Westfield, MA. Walt Childs (413) 566-3145.

**September 14** (Sunday): National Masters 50KM Championships, Brattleboro, VT. Ann Parry, Famolare AA, 4 E. 54th St., NYC 10022.

**September 21** (Sunday): Philadelphia Distance Run, 9 am. Half-marathon. Send S.A.S.E. to Philadelphia Distance Run, YMCA, 1421 Arch St., Philadelphia, PA 19102.

**September 28** (Sunday): National Masters 20KM Road Championships, East Potomac Park, end of Hains Point, Washington, D.C., 8 am. S.A.S.E. to Larry Noel, 105 Northway Rd., Greenbelt, MD 20770. (301) 474-9362.

**September 28** (Sunday): 4th Annual Pittsburgh Great Race, 10KM, Dept. of Parks & Recreation, 400 City-County Building, Pittsburgh, PA 15219.

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

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

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

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

**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, NY. Entry form in this issue.

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

**November 23** (Sunday): National Masters 15KM Cross-Country Championships. New York City. Bob Fine. Entry form in this issue.

**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: Nolan Fowler, 660 Crestwood Dr.,

# 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.

Cookeville, TN 38501. Entry in this issue.

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

## MIDWEST

**September 14** (Sunday): National Masters & Submasters Weightman's Pentathlon & Weight Throw, U. of Illinois at Chicago Circle, 9 am.

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

**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.

## MID-AMERICA

**September 27** (Saturday): Lincoln Fest 20KM, Lincoln, Neb.

## WEST

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

**September 20** (Saturday): Pentathlon. Cal State Univ., Sacramento, Calif. 12 Noon. Open, Novice, Masters 10-year divisions. Send \$3 to Mike Ackley, 4649 Oakbough Way, Carmichael, CA 95608. (916) 966-8987.

**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., Send S.A.S.E. to Bob Day, P.O. Box 3625, San Diego 92103. (714) 291-7454.

**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, Cal.

**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.

## NORTHWEST

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

## CANADA

**August 30-31** (Saturday-Sunday): Canadian Masters T&F Championships, Mooneys Bay, Ottawa, Ontario. 5-year groups for men 40+ and women 35+. Selected events for age 35-39. Contact: Dr. Danny Daniels, 1145 Ambleside Dr., Ottawa, Ontario, Canada K2B 8E2. (613) 820-2131.

**September 20** (Saturday): Ontario Masters X-C Champs, 8KM. Dave Welch (416) 225-0846.

**September 21** (Sunday): North American Masters & Submasters Weight Pentathlon, Toronto Latvian Field, Stouffville, Ontario, Canada. Contact: J.E. Tovell. Home: (416) 889-3392. Bus (416) 225-7821.

**September 27** (Saturday): 2nd Annual 5000 meter road race for women masters. 2 p.m. Police Stables, Sunnybrook Park, Toronto. Women 35-39, 40-44, 45-49, 50+. Christine Walker, 34 Rodda Blvd., West Hill, Ontario M1E 2Z6 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

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

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

**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, 6200 Hazeltine Ave., Van Nuys, CA 91401.



## On Tap For September

The Pan-American Masters Track & Field Championships in San Juan, Puerto Rico over the Labor Day weekend gets masters activity underway in September.

The popular Berkshire Masters 10K will be held in Westfield, Mass. on the 7th, as will the Nike/OTC Marathon in Eugene, Oregon.

The following week sees the National Open and Masters TAC 50K Championships in Brattleboro, Vermont as well as the National Masters Weightman's Pentathlon in Chicago.

There'll be a pentathlon on the 20th for all age groups in Sacramento, Calif. A big event on the 21st is the North American Masters Weight Pentathlon in Toronto.

The final weekend sees the National Masters TAC 20K Road Championships in Washington, D.C.

October 1st is the deadline for entry forms to be mailed to the 4th World Games in New Zealand in January. An entry form is in this issue.

## 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 October issue of NMN is September 10. Send to *National Masters Newsletter*, 6200 Hazeltine Ave., Van Nuys, CA 91401.



"Write On" continued from page 2

While I can sympathize with the fact that you have but a small staff, it is nevertheless disconcerting to read of other runners' accomplishments in the very races in which my wife competed, with nary a mention of her. The August edition mentions times in the Sri Chinmoy Marathon and the Cascade Runoff 15K. Karen Scannel (41) was first woman in the marathon in 2:52:48 and first master women in the 15K in 58:26. Earlier you gave five or six times in the Sri Chinmoy 13 miler, but failed to mention Karen was first master woman (3rd overall) in 1:22:04.5. She was first master in the Avon 30K in your own backyard, she ran a 10 miler in 62:22.6 in Feb., beating in the first master male, and yet if she runs will at the Nike Marathon in September I can see her described as "unknown master woman." The Midwest is not the only section of the country where your coverage could be improved.

Jim Scannel,  
San Francisco, Ca.

[Guilty as charged, with explanation. See "From the Editor."--Ed.]

I hate to see people finding fault with someone who is donating time to help the Masters movement. I think the Masters Newsletter is great. It's all we've got, and all we've ever had. If you want more news from your area in it then type it up neatly and send it in! If you or someone you know sets an age-group record, send it in! When you put on a local meet of importance someone should be assigned the task of typing up an article with results and sending it in! Don't expect editor Al Sheahen to do everything. The Masters movement has survived for over ten years because we are self supporting. We put on our own meets, do our own officiating, promote our own events. Lets all try to donate a little now and then and the movement will continue to grow.

Ed Oleata,  
La Jolla, Ca.



Julian Conradie of South Africa won 800 (2:24.6) and 1500 (5:04.8) in 40-44 bracket in Pan-Am Games. photo by Richard Lee Slotkin

# From the Editor

by Al Sheahen

It's been over a year since I first took over the editorship of the National Masters Newsletter.

It's been a busy, hectic time. This is the first chance I've had to sit down and share a few thoughts with you.

Generally, your reaction to the paper has been very favorable. I thank you for your compliments and for your support.

Lately, we've had some criticisms, mainly, that we aren't covering some meets and races.

I'll explain the situation. And I hope you'll fill out the survey on page 5 and drop it in the mail to me. We haven't taken a poll all year and it's time to get your feelings on where the masters program and the newsletter should be going.

1. We try to cover major masters events in all sections of the country for track and field, walking, and long distance running. Sometimes we fail, because we have no staff and not enough time. We are solely dependent on you to report race and meet results to us. This month's letters ask why such and such a meet wasn't reported, or why so and so's name wasn't listed. The answer is simple: we didn't get the information. If you think a race or meet should be reported in NMN, please send the info to us. Clip the results from your local newspaper; or call the race director. If you're at the event, jot down the names and times of masters and send them in.

Why should you do that instead of us? Basically, because this is still a kind of "Club" paper. As masters, we're all in the club. We're not *Time* or *Newsweek*, or *Runner's World* or *Running Times* with a paid staff and six-figure circulation. Maybe we should be. Maybe we will be. But we're not. It's a part-time operation with only two people getting a nickel from it.

We were asked why we didn't print the results of the Southeastern meets. A good question. On August 1, we received the results of the June 14 TFA meet in Atlanta. Even though over 60 days old, we printed them in this issue. On August 5, we received the results of the Southeastern Championships held in April in Raleigh. We wrote up a brief story for this issue, but didn't print the results. I don't think there's much interest in 5-month-old results. If you disagree, let me know on the survey.

We've never received results of the May 10 Greenville, S.C. meet. Nor did we ever get results of an Orlando, Fla. Meet.

We try to get these results and others. We make phone calls--often with no answer. We leave messages, often

with no return. We send self-addressed, stamped envelopes, often to no avail. Meet or race directors can't send us results if they haven't typed or assembled them. Too often, that's the problem. The meet or race ends, the director heaves a sigh of relief, and the results sit in a pile somewhere.

The solution? 1) Encourage race and meet directors to send us their results promptly. 2) Get a copy of the results, yourself, and send them to us. 3) Distribute some sample copies of NMN in your area to make people more aware of us. Of all the people at the Raleigh, Greenville, Orlando and Atlanta meets, no one sent us a single scrap of information until August.

By contrast, other meet and race directors, like Wendell Miller, Irv Black, Carole Langenbach, Haig Bohigian, Dick Straub, George Ker, Hilliard Sumner, Tom Sturak and Ed Stabler got their results to us fairly quickly. Our foreign correspondents Jack Pennington in Australia, Clem Green in New Zealand, Stan Allen and Wilf Morgan in England, Danie Burger in South Africa and others forward us results of major events overseas.

The best job in compiling track and field results was done by Jim Macdonald at the New Zealand Championships, and by Fred Mannis at the U.S. national championships this year. Both had volunteers typing the results, neatly and clearly, as the meet progressed. Ten minutes after the last event in each meet, a complete set of typed results was available. It takes one typist, one typewriter and a copier or mimeograph.

2. A year ago, we estimated that to put out a bare-bones newsletter--with the crucial information but no frills--it would take 2500 subscribers to break even.

On January 1, 1980, we had zero subscribers, since all the 79's expired on December 31. By the end of January, we had 400. We've gradually climbed to 1400. By cutting a lot of corners, we've managed, through August, to lose only \$689. We've been blessed with generous aid from the Athletics Congress and from Nike in advertising and grants. Several others have been regular advertisers throughout the year. Our total income through August is \$17295. (Subscriptions \$6371; advertising \$5698; Athletics Congress \$3200; Age-Record books: \$545; Penn Mutual (through the AAU) \$400; Other \$1081. Total expenses are \$17984. (Printing, mailing, typesetting, labor, etc.)

By cutting corners, I mean: 1) printing results as is, instead of re-setting; 2) not re-writing first drafts of articles; 3)

not spending enough time on proof-reading; 4) not making long distance calls to get results; 5) not paying people who contribute. (Pete Mundle, for example, who, out of his love for the masters program, spends hours compiling and verifying records, has received zero from the newsletter so far this year.)

We hope the corner-cutting hasn't been too noticeable. Our main goal was to keep the newsletter alive and keep the information coming. Now, thanks to the Penn Mutual Life Insurance Co., who just began supporting NMN, we hope to improve in all of the above areas.

3. Are you getting your newsletter on time? Or late? We mail it 3rd class from California, which costs 8.4 cents each. 1st class would cost 28 cents to 41 cents. Sometimes it takes 3 weeks, however, to reach the east coast. Is it worth an extra \$2 or \$3 a year to you to have it mailed 1st class? When did you get this September issue? We mailed it on August 26th. Had it been mailed 1st class, you'd have received it August 28th. Would it have been worth an extra 20 cents to you to have gotten it then? Let me know in the survey.

4. You may or may not have noticed that we generally don't publicize single-age records. Only age-division records. In other words, if you set an age 54 record in the discus, we don't mention it unless it's a 50-54 division mark. Why? Because we'd be talking records every other paragraph. It would be impossibly confusing to the casual reader, and would dilute the importance of age-division records, which are truly extraordinary achievements. If you agree or disagree with our general treatment of records, let me know in the survey.

5. We try to cover long distance running, walking, and track & field--now known as the all-encompassing "athletics." The last few summer months, of course, have been primarily devoted to T&F. As we move into autumn, LDR will regain the spotlight. Are you satisfied with our coverage of all 3 disciplines? Or do you think we favor T&F over LDR? If we do, it's not by design, but because we seem to have more access to T&F activities. We try to cover all national masters LDR national championships, as well as other major races. I know we can do better. And it is here that we need your help the most. Please send us info on major LDR events involving masters.

6. We had photo problems for a time. Our main photographer, Bob Pates, got involved in a new business. Lately, though, we've had fine shots by Wilbur Buchanan, Andy Boyajian, Bruce Springbett, Hal Platzkere, Tom Sturak and Pates, for which we're grateful. We hope to continue to improve. Send us any good shot you'd like to see published. Black and white preferred.

7. We think the paper is better than a year ago. We hope it will be better a year from now. We need and value your input, your criticism, your suggestions. This is a paper written for masters athletes by masters athletes. It's your paper, and we want to keep it that way. Please take a few moments to fill out the survey and mail it in.



## 16 Marks Set In Senior Olympics

from Pete Mundle

LOS ANGELES, CALIF., July 12-13. Seven world and nine U.S. 5-year age-division records were set in the Senior Olympics at the University of Southern California this weekend.

World marks set were:

•In the women's 70-74 category, Marilla Salisbury lowered her 400 mark to 2:33.5 and her 800 time to 5:32.3.

•In the same division, Bess James clocked 8:38.5 in the 1500, 28:33.8 in the 5000 and 60:01.0 in the 10,000.

•In the 75-79 bracket, Ruth Rothfarb lowered Hulda Crook's 1500 mark of 12:05 to 9:22.1; and established a new 5000 world standard of 38:09.0.

U.S. records established were:

•Bill Fitzgerald lowered his own 55-59 1500 mark from 4:28.9 to 4:28.7.



Shirley Dietderich

•Walt Frederick took 3 seconds off his 70-74 Steeplechase mark with a time of 15:41.4.

•Phil Conley got off his best javelin throw in the last year or two as he smashed the elusive 200-foot barrier with a 203-1 to break Bud Held's 1973 record of 201-6 in the 45-49 bracket.

•Alice Werbel lowered her 60-64 800 time from 3:41.3 to 3:38.2, and broke Burnis Hicks' 1500 mark by one second in 7:20.0.

•In the 55-59 group, Els Tuinzing's 5000 and 10,000 marks fell by over a minute each to Jaclyn Caselli's 23:42.0 and 50:01.0.

•Shirley Kinsey upped her own 50-54 shot record from 28-6 1/4 to 29-1 3/4.

•Irene Obera set a new 45-49 high jump standard of 3-8.

Results on page 21.

## The Sound Of It All

by Wendell Miller

EVANSTON, ILL., June 28. 20 in the shade at the good old breadbasket of the U.S.A. It was the Regional Meet at Northwestern's Dyche Stadium. Higdon was disgusting, an age group record in the 10,000 (33:47.4) and a gold in the one mile prediction run (9:17-9:16). Had his parents not been there, we would have pulled him off the track. In his victory speech, Hal established the mood and spirit of the Miller-Higdon Storm Window/Travel Agency January trip to New Zealand by announcing it would emphasize--among other features--all around bad taste. There will be an opportunity to dissipate and, in the presence of a guaranteed audience, recount your greatest moments as a preformer, or performers. In spite of how you now feel, this trip will give you solid reason to hate Higdon and love Miller before its over.

When's the last time you saw someone high jump 7 feet amongst the Masters? Pat Matzdorf showed up and didn't mess his hair. Rich Richardson cleared 6-1 5/8 in 1B. Ernie Billups came up with an interesting double, he was 2:29 in the Winnipeg Marathon and 1:57 a week later in the Regional 800! No way man unless you're 1979's runner of the year. Harry Tolliver (Cincinnati) incidentally, led Ernie until the top of the turn in 1:59.8. R.G. Wolfe (Minnetonka, MN) was all over the place, with solid performances as well. John Dick had an active day with fifteen golds.

Rush Jacobs and Lou Tutt led the Michigan sprinters in record times. Eric Zemper got stronger by the step to go 16:28 in the 5,000, 0B. Bob Schrader was 16:58 in 1A and Clyde Baker 16:53 in 2A.

Results on page 22.

photo by Richard Lee Slotkin



Daniel Metsling, of South Africa won 5000 (15:09.5) and 10000 (31:53.4) in 35-39 class in Pan-American Games.

## FIRST WISCONSIN T&F MEET

•24 athletes from four states competed in the Wisconsin United Athletic Club Masters Track and Field Meet on August 2nd in Madison, Wisconsin. The meet, at the University of Wisconsin Walnut Street Track, was the first outdoor Masters meet in the Madison area. Wisconsin United kept its first Masters meet very basic, providing 13 events for

men and women in three age categories. Meet director Ron Dennis, indicated that the response was very good, and everyone was looking forward to a larger meet next year. Marianne Whatley of Madison and Charles Cox of Decatur, Illinois were the outstanding female and male athletes; Whatley taking four, first place medals and Cox winning three plus two seconds and a third.

Results on page 23.

## Masters Survey

1. Would you prefer to spend an extra 20 cents an issue to have the newsletter mailed 1st class instead of 3rd class? (Keep in mind that inflation will probably raise the subscription price in 1981 from \$10 to \$12. 1st class would raise it another \$2 or \$3.)  
☐ Yes ☐ No

2. Do you approve of the way the newsletter handles age records?  
☐ Not enough  
☐ Too many  
☐ Just right

3. Does the newsletter cover results properly?  
A) amount: ☐ Not enough ☐ Too many ☐ Just right  
B) depth: ☐ Not deep enough ☐ Too deep ☐ Just right

C) Do you want timely results, or are old results also okay?  
☐ Old results okay ☐ Keep it timely

4. Please rank your favorite feature with a number 1, your next favorite with a number 2 and so on down.

- ☐ Schedule
- ☐ Results
- ☐ Age Records
- ☐ Entry forms
- ☐ Photos
- ☐ Rankings
- ☐ World Games info
- ☐ Regional reports
- ☐ International reports
- ☐ Letters to the Editor
- ☐ National & regional contacts
- ☐ Masters meetings, inside info, etc.
- ☐ The Gun Lap
- ☐ Stories on meets & races
- ☐ Masters Scene
- ☐ Profiles
- ☐ Other \_\_\_\_\_

5. Format  
☐ Present newspaper format is fine  
☐ I'd prefer a magazine format  
☐ I'd like a slick, color magazine format

6. Style  
The present type size and style is:  
☐ Okay ☐ Too small ☐ Too big  
Other \_\_\_\_\_

7. Do you prefer:

- ☐ Less photos
- ☐ More photos
- ☐ Just right

8. Coverage

Please check the boxes for the areas you'd like to see more or less coverage given to:

- |                          | more                     | less                     | just right               |                 |
|--------------------------|--------------------------|--------------------------|--------------------------|-----------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Track & Field   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Long Distance   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Running         |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Walking         |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Age Records     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Profiles        |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Health tips     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Training tips   |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | World events    |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | National events |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Regional events |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Local events    |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Schedules       |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Other _____     |

9. At the Athletics Congress Masters Track & Field Committee meeting in Philadelphia July 5, it was voted to hold the 1981 National Masters Track & Field Championships in Los Angeles as a 2-day meet, after July 4 and before Labor Day. What dates do you prefer?  
☐ mid-July ☐ late-July early-Aug.  
☐ mid-Aug. ☐ late-Aug.

10. Involvement in Sport

- ☐ Track & field competitor
- ☐ Long Distance Road Racer
- ☐ Race Walker
- ☐ Fan
- ☐ Official
- ☐ Fitness jogger
- ☐ Other \_\_\_\_\_

10. What suggestions or comments do you have on the newsletter or the masters program? Use additional sheet of paper for reply.

Thank you!

Please clip and mail to:

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

City \_\_\_\_\_  
State, Zip \_\_\_\_\_

☐ Okay to print comment in newsletter  
☐ Not okay



## Richmond Track Club Sets 50-59 Medley Relay Mark

Reprinted with permission from Richmond Times-Dispatch.



Richmond Track Club 50-54 Sprint Medley Record Breaking Team. From left: Bill Cole 400, Harold Green 200, Roy Chernock 200, Stuart Johnson 800.

by John Markon

RICHMOND, VA., June 19. Shortly before 8 o'clock tonight, Stuart Johnson was limbering up on the infield at the University of Richmond track and speaking in low tones to Bill Cole.

"Cole," he said, "if there's anybody in the world I should be mad at right now it's you. You're the one who talked me into all this."

"I told him not to worry," said Cole, "that in about 15 minutes everything would be great and he'd agree it was all worth it. I think I had it right. It wasn't too much longer that we were walking on a cloud."

Johnson and Cole, along with Harold Green and Roy Chernock, are almost certain to appear shortly as a line of type or two in a track and field record book. Their Thursday night run at UR was the successful conclusion of a seven-month assignment—to bring a world Masters record in the sprint medley relay to the Richmond Track and Field Club.

The ringleader was Cole, who was glancing through a Masters track newsletter last fall when he noticed the record in the 50-54 age group had been lowered to 4:07.9 by four representatives of the San Diego Track Club. After a minimum of chin-stroking, he began laying plans to move the record east.

Picking the other three members of the team went quickly. Green, a teacher at Marshall-Walker High School, was a veteran of extensive Masters competition on the international level. Chernock, head track coach at the College of William and Mary, was an accomplished sprinter and long jumper. Businessman

Johnson was an obvious choice for the 800-meter anchor leg.

"I was enthusiastic about it from the start," said Green. "I'd won a silver medal at the last International Masters Championships in Germany, but I'd never had a share of a world record. We looked at the San Diego team's splits and figured we could get it."

Training in earnest began a few months ago when the weather turned warm. Wednesday night, Cole and starter Jay Wallace carefully marked UR's feet-and-yards track for the correct metric distances and exchange zones. Local attorney Dick Hollander, president of the body governing American amateur track and field, was secured as a judge, and a group of RTFC members were lined up to contest the race and ensure a fast pace.

"A lot of different people helped," said Cole. "We never could have done it ourselves."

Thursday, the relay members warmed up and practiced baton passes while the RTFC went through its regular fun run program. Shortly after eight, they were called to the track.

Cole ran the 400-meter leadoff leg, passed to Green for a 200-meter run, watched Chernock grind out 200 more meters and grouped with the others on the sideline while Johnson turned the final two laps. The verdict of the stopwatch was 4:04.1 and Hollander was soon at work on the papers that must be filed for official recognition.

"We could have gone faster," said Green. "It's just the beginning of the season for us and we didn't work on our exchanges at all until the day we ran. On the pass between me and Cole I

know we lost maybe three or four tenths."

Getting as far under the record as possible was a prime consideration because another of Cole's newsletters informed that the San Diego Club will be attempting another run at the record in the near future.

"They'll have a hard time getting under us now," said Green. "Off their splits of last year, I don't know if they can do it. I think we'd all like to run it again, to get it down even farther, but maybe it won't be this year."

The RTFC Masters' next target could be the world 4 x 400-meter relay mark, a standard they might go after in the National Masters meet in Philadelphia over the July 4th weekend. Chernock won't be available, but Wallace has been signed on as a replacement.

"I can't remember ever being so excited about anything," said Cole, a salesman who's active as an official at area high school and amateur meets. "I remember calling Chernock in Williamsburg on Wednesday night and just saying, 'It's on.' It's certainly bigger than anything that's ever happened to me."

After the running was completed, the celebrating was done with consummate taste. Johnson proudly unveiled four bottles of chilled wine he'd brought along for the occasion and Cole tucked the baton safely away. When the record is officially placed on the books, he plans to cut it in four pieces and give an engraved trophy to each member of the team.

Engraving and wine. Why do you think they call them "Masters," anyway?

## Women's 24-Hour Relay Mark Set

by Rich Czarapata

NORTHBROOK, ILL., July 19-20. A new women's world record in the 24-hour relay was set this weekend in humid, 95-degree weather.

The Liberated Legs ran 229 miles, 495 yards at the Glenbrook High School track to break the old record of 226 miles, 231 yards set by the Bosom Buddies II in May of this year.

The difficult conditions probably cut off 2 or 3 miles from the final distance. Each woman ran 23 miles except the last runner who logged 22 miles, 495 yards. It was especially gratifying because every woman ran in order all the way; no one was pulled just to break the record.

Members of the team in the order they ran were Mary Czarapata, Bev Roland, Nancy Knopp, Heidi Wallace, Andrea Harris, Judy Bard, Gail Milock, Jan Levenson, Sue Sandstrom and Laurie Rossi.

## Sister Marian Sets 50+ Marathon And Half-Marathon Marks

A new star emerged on the Masters scene as Sister Marian Irvine, a 50-year old nun broke the American marathon record for women over 50 with a time of 3:02:01 in the Avenue of the Giants Marathon May 4 in Weott, California.

The old mark was 3:04:26, set by Carol Cartwright in January, 1979.

"I just started running two years ago," Irvine said. "I had a lot of excess energy I needed to use."

Sister Marian said she met Arthur Lydiard at the Bear Valley Running Camp in California last year. "He helped me a lot," she said.

It was her first marathon. On March 30, in the Sri Chinmoy half-marathon, her time of 1:26:30 is 7 minutes faster than the current pending 50-54 women's best of 1:33:49, set by Anne Johnson July 4, 1980.

[See Mike Tymn's "Gun Lap" column for a profile on Sister Marian.]

## Four World Records Set In South African Championships

from Danie Burger

GERMISTON, SOUTH AFRICA, July 19. Four new world records were set and one was tied in the 5th South African Masters Championships held at the Herman Immelman Stadium in fine, crisp conditions with a slight head wind in the final straight.

Fred Reid, 71, bettered his own world standards in the 100 and 200 for men aged 70-74. His time of 13.5 in the 100 broke his old mark of 13.8, established in Hannover last year. His 200 clocking of 27.5 took over one second off his

record of 28.62, also set at last year's World Games.

George Mathe set an unofficial record of 53.9 in the 40-44 400-hurdles. Unofficial, because the barriers were set at 33", while Leon Hacker's official world mark of 54.08 was run over 36" obstacles.

Winifred Reid tied the world 200 standard of 35.1, set by Polly Clarke of Loveland, Colorado in 1978. Lena Grobler bettered her own record of 92.7 in the women's 55-59 javelin with a 93-7/4 heave.

The meet was completely integrated. An insurance company and the South African government's sports federation invited the top performers, both white and black, to spend 3 weeks in the United States competing in 3 meets in Southern California.

results on page 20



## Report From Canada

from Norm Baum

Ten Canadian 50+ masters broke the world record for the 24-hour relay with a distance of 235+ miles on June 1 to break the old mark of 229 miles, 110 yards. Each runner ran at least 23 one-mile runs, averaging from 5:40 to 6:43.

Diane Palmason, 42, Ottawa, clocked 38:14 in the Bonnie Bell 10km to be 1st master and 4th overall, setting a new Canadian 10k masters record. She ran a 2:52:48 in the National Capital Marathon as first master, and another Canadian record.

George Horton sped 11.5 and 23.6 to win the 45-49 100 and 200 in the Ontario Masters T&F Championships June 14-15. Norm Baum did a 26.6 in the M55 group. Clare William won the M40 800 in 2:02.7. Palmason raced 5:14.2 in the W40 1500. Dave Winn ran 32:55.1 in the M35 10,000. Don Farquharson set a Canadian record 13:02.6 in the M55 Steeplechase.

On July 22, Alex Woodhouse set a new 60+ Canadian mark in the 800 with a sparkling 2:28.40.

Derek Fernee 40, broke the Canadian masters 15km mark on May 17 with a 49:06. On July 1, Sverre Hietanen clocked 37:27.4 for a new 60-64 10k mark, and broke the half-marathon standard of 1:27:27 on June 29.

## Harvey Tops TFA Decathlon Champs

from Tom Thorne

EUREKA, KANSAS, July 26-27. Rex Harvey won the 30-34 division of the TFA/USA National Masters Decathlon Championships with 6747 points to lead 21 competitors in eight 5-year age categories.

Other division winners were Henry Hopkins, Bob Warren, Jim Walker, Jack Greenwood, Paul Constant, Dr. Tom Thorne and Phil Henn.

Results on page 24

## Report From Singapore

Hari Chandra, who won a silver medal in Toronto and a bronze in Hannover in the 45-49 400 meters, reports that the Singapore Association of Veteran Athletes has been formed and is affiliated with the World Association of Veteran Athletes.

The new Association held its 1st Veterans Road Running Championships June 22 at Marine Parade, Singapore. The event, held in 5-year groups from 35+, attracted 263 competitors. Ng Pang Kwang, 72, was the oldest finisher and received a special prize for his effort. First across the line was Raj Kuppasamy in 23:32.

## 13 Break 16:00 In British T&F Championships

from Stan Allen

LONDON, ENGLAND, August 2. The 1980 British Veterans Athletic Federation Track & Field Championships were, as usual, filled with outstanding performances:

•Roger Robinson of New Zealand, on a 6-month sabbatical in London, won the 40-44 5000-meter run in 14:55.1, a time which bettered Hal Higdon's American record of 14:59.6, although short of France's Lucien Rault's world 40-44 mark of 13:45.8. The first 9 runners all broke 16 minutes in an intensely competitive race.

•R. Gomez took the 45-49 5000 in 15:15.0, topping Laurie O'Hara's 15:24.6, J. Oliver's 15:26.2 and P. Freeman's 15:28.8.

•H. Tempan set a new British record for men 55-59 with a time of 4:31.4 in the 1500. (Bill Fitzgerald recently broke the U.S. 1500 mark in 4:28.7). On July 7,

in the Southern Counties Track & Field Championships, Tempan also broke the British 55-59 standard in 2:12.2.

•World gold medalist Peter Higgins continued in top form as he easily won the 50-54 400 in 53.6 and the 200 in 24.8.

•Colin Shafto took both 45-49 hurdles in 16.7 and 59.7.

•G. Blackburn won the 40-44 steeplechase in 9:54.5.

•R. Anderson captured the 40-44 800 in 2:01.7.

•Wilf Morgan notched the 45-49 800 in 2:02.5 and the 400 in 53.2.

•B. Bartholomew took the 40-44 1500 in 4:07.9, while J. Oliver garnered the 45-49 title in 4:17.2.

•World record-holder Konstanty Mak-simczyk won the 65-69 shot in 13.46 meters (44-2) and discus in 47.26 (155).

•D. Stevens broke the British record for the 5000-meter walk in 22:17.8.

•T. Clowry won the 50-54 800 in 2:08.6.

Other top efforts in the July 7th Southern Counties meet included:

•H. Boggett's 27.1 win in the women's 40-44 200; Laurie O'Hara's 15:22 in the 45-49 5000; and B. Bartholomew's 2:01.2 in the 40-44 800.

Winners on page 23

AT LAST IT'S HERE: THE FIRST EVER

## THROW-A-THON

Dreamed up 5 years ago by the S.E.U.S. organization, then dropped, it will happen at Method Park (near Mission Valley Inn), Raleigh, N.C. starting at 1:00 PM Sat. Oct. 18 and Sun. Oct. 19.

1. An assault on Age Records in Discus, Shot, Javelin, Hammer, Weight Throw - a chance to set records in weights you haven't competed with before.
2. The usual camaraderie when throwing men get together
3. The friendly hospitality that symbolizes Raleigh to all who have been there.

4. Record setting in a new event never tried before with medallion awards for three top places in each 5 year age division including a souvenir medal to all who complete the events, ages 30 and up.

5. Dinner at the K. & W. Cafeteria 6 P.M. Saturday - Dutch treat.

4 throws each, all divisions, all implements: Discus 1K, 1.6K, 2K; Shot 8# 12# 16#; Javelin 600g, 800g; Hammer 8# 12# 16#; Wt. Throw 25# 35# 56#.

ENTRY FEE \$10. SEND ENTRIES EARLY TO:

Meet Director, Nolan Fowler  
660 Crestwood Drive, Cookeville, Tenn. 38501  
Ph. 615 526 7928

DON'T MISS IT!

Deadline: Oct. 4. Entries will be confirmed by mail

•Motel Information — Raleigh, N.C. •

### EXPENSIVE

Mission Valley Inn  
P.O. Box 10425  
Raleigh, N.C. 27605  
Phone: 919-828-3173

### LESS EXPENSIVE

Econo Travel  
5110 Hollyridge Dr.  
Raleigh, N.C. 27612  
Phone: 919-782-3201

Hilton Inn  
1707 Hillsboro St.  
Raleigh, N.C. 27605  
Phone: 919-828-0811

Journey's End  
300 North Dawson St.  
Raleigh, N.C. 27603  
Phone: 919-828-9081

### SCHEDULE OF EVENTS

	SAT. OCT. 18		SUN. OCT. 19		
Ages	1 PM	2:30 PM	9 AM	10:30 AM	12 Noon
30-39	J	W	S	H	D
40-49	D	J	W	S	H
50-59	H	D	J	W	S
60 & over	S	H	D	J	W
Group X	W	S	H	D	J

Group X consists of overflow from one (or more) of the other groups. For instance if there are 8 entries in one group and the others average 4 each, the 8 entry groups will be split forming Group X.

J = Javelin W = Weight H = Hammer S = Shot D = Discus

### ENTRY BLANK

**WAIVER:** In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages against the meet sponsors, the Raleigh Parks Dept., their agents, representatives, successors and assigns, for any and all injuries suffered by me while going to, returning from and competing at said meet.

Print all information except for signature. Date signed \_\_\_\_\_

Signature \_\_\_\_\_ Print Name \_\_\_\_\_

AAU Registration # \_\_\_\_\_ Club \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Age Group \_\_\_\_\_





# THE Gun Lap

MIKE TYMN

## This Nun Doesn't Run For Fun

You've heard of the flying nun and the singing nun. Now meet the running nun.

"I'm just an ordinary runner," said Sister Marian as I talked with her at the Dominican convent in San Rafael, California two weeks ago. "I guess that I attract a little more attention because I'm a nun who runs."

But Sister Marian is more than just "a nun who runs." She is the American record holder in the marathon for women age 50 and over. In the Avenue of the Giants Marathon near Eureka, California last May, she recorded a time of three hours, one minute, 55 seconds (3:01:55), shattering the record by almost three minutes. It was her first marathon.

As I waited for Sister Marian on a bench in front of the convent, I wasn't quite sure what to expect. I pictured a petite, soft-spoken woman clad in black and white habit, perhaps clutching a rosary or reciting a litany. I couldn't quite reconcile my stereotype nun with my mental image of a woman capable of running 26.2 miles at below seven minute mile pace.

Five minutes past our appointed meeting time, a red compact car came to a screeching halt while stirring up a little dust in front of the convent. Out jumped a spry, tall (5-foot-10), wiry woman dressed in shorts, sandals, and a colorful cotton shirt. "Mike? I'm Sister Marian," she said in an assertive manner.

As we headed for the convent sitting room, I had to shift gears and lengthen my stride in order to keep up with her.

It was on Memorial Day just two years ago that Sister Marian started running.

"I recognized that I had a lot of pent-up energy that wasn't being expended," she explained. "I tried swimming, but that didn't work. Then a niece suggested that I try jogging. At first, I thought it was a crazy idea, but then I invested in some tennis shoes and shorts and started out by walking stretches in the sun and running in the shade. I found that I felt better almost immediately and I've run just about every day since."

Initially, Sister Marian was a big curiosity around the convent, where she is the supervisor in charge of 17 elementary and secondary Dominican

schools in California. Not only was it unusual for a nun to run, but heads really turned when she went out to run in the rain.

"If you expect to compete successfully, you can't let the weather stop you," she commented.

For most of her 33 years as a nun, Sister Marian was not permitted to appear outside of the convent without her habit. Vatican II liberalized the dress code and now there is nothing to keep Sister Marian from wearing the same attire as other runners.

It didn't take long after she started jogging before she began to think about racing.

"I'd be running around Lake Merced, near my mother's home in San Francisco, and I'd find myself passing one runner after another," she said. "I began then to realize that I might have some ability. I entered a few fun runs, did well, and then became more serious about it."



Sister Marian

As we discussed her training and racing, it became clear that Sister Marian had full command of the runner's vernacular. She spoke of establishing a base, doing intervals, peaking, and shooting for PR's (personal records).

"I don't have a coach, but I've read a lot of (Arthur) Lydiard and pretty much follow his program," she stated.

In training for her record breaking marathon, Sister Marian logged 75-80 miles a week, including some hard hill work in the area behind her convent and once a week intervals on a nearby track.

"I really enjoy my training runs," she remarked, "except for the intervals. But I guess they're necessary."

## Finger Sets World Mark

from Bob Boal

RALEIGH, N.C., April 26. Frank Finger set a new world age-division mark in the 10th Annual Southeastern Masters Track and Field Championships.

Finger bested the age 65-69 world 400 mark with a time of 62.2. The old standard was 63.19, set by Yngve Brange of Sweden at the World Games in Hannover last year.

"The cold, hard statistics of times and distances and placements in the events," said meet director W.L. Hafley, "fail to convey the spirit and camaraderie that prevailed at the meet. While the results show winners in each event and age group, they are misleading, since all who participated, competitors and officials alike, were the real winners."

Hafley said the meet achieved its criterion for success this year by making the event a pleasurable experience for both competitors and officials. The 1981 meet will be held May 8, 9 and 10.

## 1980 TFA/USA National Championships

by Ken Kirk

ATLANTA, GA., June 14. The 1980 TFA/USA National Championships was highlighted by the 19 teams who came from as far away as Kansas, Ann Arbor, New Orleans, Cleveland and New York and confirmed that team competition is where the fun and the action is.

1981 should build on this growing movement to produce the most highly competitive meet ever, so mark your calendars for June 13. Also, stay tuned for the possibility of fall meets, now in the planning stage.

Results on page 19 .

She described her interval sessions as repeat quarters on the track in about 90 seconds each with a quarter jog in between. After around 12 repetitions, she would finish up with a mile in six minutes.

Describing her record run, she said: "I maintained a fairly steady pace until around 24 miles. I don't think I hit the so-called 'wall' but those last two miles looked like Mt. Everest."

During the latter part of June, Sister Marian undertook a different kind of marathon. She ran from Santa Barbara, California to the Los Ninos orphanage in Tijuana, Mexico, a trek of approximately 185 miles. Averaging 18.5 miles a day, she completed the trip in ten days and collected more than \$1,000 in pledges for the orphanage.

It almost goes without saying that Sister Marian's goal now is to break

## Waltham T&F Meet

by Barbara Pike

WALTHAM, MASS., July 15. The Masters T&F Invitational, sponsored by the Waltham Track Club, Waltham Park & Rec. Dept. and Waltham Dean Dairy Ice Cream, was held at Leary Field tonight with 11 women and 27 men from the Greater Boston area competing.

The purpose of the meet is "to encourage men and women, aged 30 and over, to participate in a fun-filled physical exercise oriented event. Everyone is a winner just by participating. There is no need to be a serious competitor or to be in serious training."

A good time was had by all.

Results on page 21

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## Yifter Breaks Two World Marks

If voting were held today for sub-master of the year, Miruts Yifter might win in a landslide. In winning the 10,000 and the 5000 in the Moscow Olympics, Yifter set new world age-division marks for men 35-39. His 10,000 time of 27:42.7 beaters the old 35-39 record of 27:58.6, set by Nikolay Sviridov of Russia in 1973. The balding Ethiopian's 5000 clocking of 13:21.0 tops Sviridov's mark of 13:30.4, also set in 1973. One problem: no one seems to know Yifter's exact age. It's somewhere between 35-40, according to press reports, which is a little vague for the W.A.V.A. records committee.

three hours. She also has her sights set on the nationals 50+ age record for 10 kilometers, which is now 39:09 set by Margaret Miller last April in the Nike Club Road Racing Championship. Sister Marian has a recent 39:20 to her credit. She hopes to win the regional Diet-Pepsi 10k and win a trip to New York.

How does Sister Marian account for her running success?

She feels that the disciplined life of a nun might be a factor since she has had no real problems in exercising the discipline necessary for distance running.

"I don't know, maybe I just have the right kind of fibers," she said. "But I work hard at it."

Just an ordinary Runner? Only a nun who runs? Hardly!





## 4th Annual Pan American Masters Track & Field Championships 1980

Sponsored by Home Savings and Loan Association

other nations; to make and renew friendships; to exchange T-shirts, to swap uniforms and to share ideas. The meet had a truly international flavor.

The 27 South African athletes received partial subsidies from the government and private companies in South Africa. They were chosen by their performances in the South African Masters Championships July 19. As a result, they were of top caliber and helped propel themselves and others to new records.

"Spine-tingling" is an overworked cliché. But it had to be applied to some of the most thrilling races ever seen in masters competition:

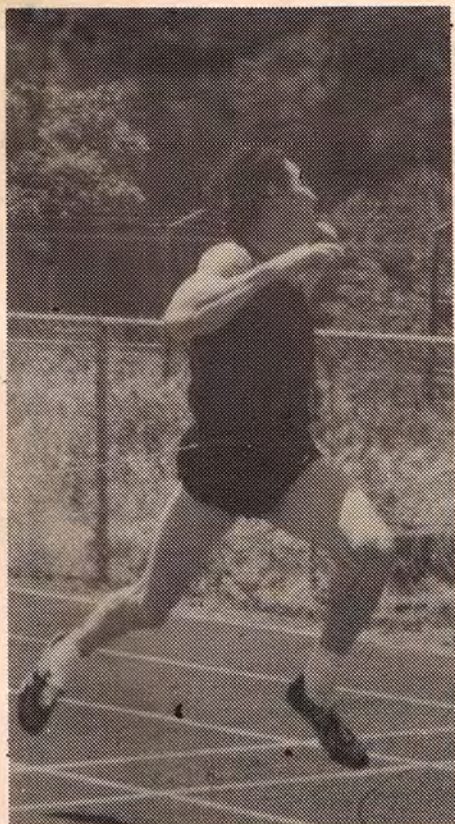
•In the men's 40-44 800, national champion, world gold-medalist, and U.S. record holder (1:56.0) Ernie Billups of Chicago renewed his duel with George Cohen of Los Angeles. Billups had narrowly edged Cohen in Philadelphia for the national championship, 1:57.8 to 1:57.9. Cohen was out for revenge. Billups, with Cohen on his heels, went out fast as both moved away from a very good field, going by the first lap in 56. With 150 to go, Cohen began to slowly gain ground and

On Sunday, they met again in the 1500. Billups, the national champion and U.S. record holder (4:02.5), started fast, as usual, with Cohen a bit further back than in the 800. Billups went by the 400 in 57 (compared to 61 for the Moscow Olympic finalists), and the 800 in 2:02. Everyone thought back to the World Games in Hannover when he ran a 2:04 first-two-laps and died in the stretch to finish 4th when much the best. Today he didn't die. Coming by the 3rd lap in 3:10, he kept it up to finish in 4:00.1, just missing the 4-minute mark and setting a new U.S. record. (The world mark is an imposing 3:52.0 by Michel Bernard of France in 1972.) Cohen finished 2nd in 4:14.3 with Perry Leary of South African 3rd in 4:17.6.

At the banquet, Cohen, who also ran a blazing 400 relay leg, was presented the award as the best all-around athlete of the meet. Billups was voted top performer in the 40-44 division.

•Another classic race was the 40-44 400, where Chicago's Jim Burnett, the U.S. record holder and national champion (49.76) took on South African champion and world 400 silver-medalist Leon Hacker. (Hacker also holds the

photo by Bob Pates



**Marlon Sanchez** winner of M45 100 in Pan Am Games.

came up on Billups' shoulder. Action stopped on the rest of the field as they battled down the stretch. With 40 to go, Cohen inched ahead, then drew out to break the tape in 1:54.9, a new American 40-44 record and close to Klaus Mainka's world mark of 1:54.5. Billups finished in 1:55.7, also breaking his own U.S. standard.



**Ruben Whitney**  
35, San Antonio, TX

world record in the 400-hurdles in 54.08). They were together until the stretch when Burnett's smooth, overpowering stride moved away from the South African to lower his own U.S. mark to 49.6, only a tick away from Australian Noel Clough's world mark of 49.5. Burnett also won the 200 in 22.67, and ran a couple of fast relay legs to

win the "best track athlete of the meet" trophy at Sunday's banquet.

•In the women's 60-69 200, Winifred Reid of South Africa and Josephine Kolda ran elbow to elbow the entire length of the stretch. Both were timed in 34.7 with Reid getting the nod with a lean-in-to-the-tape at the wire. The time was a new world's mark for women 65-69 for Reid, 65, and a new world mark for women 60-64 for Kolda, 62. Reid set yet another world mark in the 400. Her 80.6 bettered Polly Clarke's 65-69 time of 83.2, set in 1977. Kolda's 82.7 in the same race lowered her own American mark of 87.1 for women 60-64, only 0.7 short of Reid's 60-64 mark set last year when Reid was 64. Reid was voted outstanding female athlete in the 60-69 bracket.

•Two world hurdle marks were set in one race. In the 60-64 men's competition, both Bob Hunt of Anaheim, Calif. and Burl Gist of San Marcos, Calif. raced the entire distance as a team, no one giving an inch, each keeping his form and composure under the intense pressure. They clocked 17.3, with Hunt outleaning Gist at the tape. The times broke Al Guidet's 1978 mark of 17.5. "Both get credit for a world record," said National Records Chairman Pete Mundle.

Hunt came back the next day to win the 200 and to tie Bud Deacon's American mark of 69.1 in the 400-meter hurdles, narrowly missing Max Pickl's world mark of 68.7. Hunt received the trophy for the top 60-64 athlete of the meet.

Top foreign athlete award and best 70-74 performer went to the remarkable Fred Reid of South Africa. The world record holder in the 100 (13.5) and 200 (27.5) won both his specialties against a wind in 13.7 and 27.79. "Based on age, those are two of the finest performances of the meet," said Mundle. (For example, Hunt, the top athlete in the 60 division, won his 200 in 28.09, which would have lost by 4 yards to Reid.)

Win McFadden of San Diego got off a Bob Beamon-type leap, extending his 75-79 triple jump mark of 26-10 3/4 by over a foot to 28-2 3/4. He was voted top 75-79 performer.

Paul Spangler of San Luis Obispo, Calif broke his own world mark for men 80-and-over with a 24:57.3 in the 5000. He also won the 800, 1500 and 10,000 to beat out field-event champ John Whittemore for best honors in the 80+ division.

New world marks continue to be set as more and more women discover the fun of masters running. Marilla Salisbury of San Diego lowered her own world 70-74 marks in the 200, 400 and 800, taking 15 seconds off her 400 time (2:33 to 2:18).

Best female 70-74 athlete award, however, went to Bess James of San Jacinto, Calif. who lowered her global 1500 standard from 8:38.5 to 8:31.0, beating Salisbury by nearly 2 minutes. James also topped Salisbury by 5 minutes in the 5000 and 6 minutes in the 10,000. Helen Dick, 56, set a WR of 43:12.1 in the 5K.

The 13th world mark belonged to Alice Werbel, whose quantum-leap-forward 24:24.4 in the 5000 broke E. Tromp of Holland's 24:29.8, and broke Werbel's own U.S. standard of 26:02.4

set a month earlier. (Mundle and the W.A.V.A. records committee verify all marks before they become official.)

Jim O'Neil of Sacramento, Calif., who electrified the crowd at the national championships in Philadelphia with his 2 U.S. records in the 55-59 distance runs, broke those marks by daylight. His 35:03.1 in the 10,000 took 32 seconds off his Philadelphia time; and his 16:38.3 in the 5000 lowered his 4th-of-July mark by 12 seconds. O'Neil won top 55-59 honors in close competition with Dick Stolpe of Los Alamos, New Mexico, who won the 100 (12.5), 200 (25.09) and 400 (57.9); and with Tom Patsalis, who took the 110 hurdles (16.9), long jump (19-8 1/4) and triple jump (38-4).

Irene Obera, 46, of Moraga, Calif., who, earlier in the season, looked like she had understandably tailed off a bit from her peak 1979 World Games form, out-did her Hannover performance with 3 impressive wins over tough national and foreign competition in the 100, 200 and 400 in the women's 40-49 division. Defeating women several years her junior, she ran a 12.9 in the 100, 26.6 in the 200 and set a new U.S. mark of 61.1 in the 400, a full half-second faster than her former 61.69 mark set in Germany last year. "If I can get a sponsor, I want to go to New Zealand," she said. "I think I can do 58." She was voted top female performer in the 40-49 bracket, but not before Jillian Conradie of South Africa was nominated for her winning efforts in the 800 (2:24.6) and 1500 (5:04.8), and for her silver in the 400 (61.9).

Shirley Kinsey, La Crescenta, Calif., won the 100, 200, shot and discus to take women's 50-59 outstanding athlete honors. Eileen Watson, 33, Rocky Point, North Carolina won impressively in the 100 (13.0), 200 (26.4), high jump (4-11), long jump (17-11 1/2), and triple jump (30-2 1/2), setting new meet records in all five events to cop best-athlete honors in the women's 30-39 bracket.

Godfrey Swakala of South Africa leaped 45-4 1/4 in the triple jump and 21-5 in the long jump to beat tough Al Henry in both, and win the trophy as the best overall field-event performer in the meet.

One of the most exciting races of the two-day meet was in the men's 30-34 400. Sumner had personally invited Lee Evans, 33, the 1968 Olympic 400 meter champion and still-holder of the world record (43.8) to compete for the first time in a masters meet. By doing so, Sumner threatened his own unbeaten-as-a-submaster string of 400 triumphs. Evans obliged with a stunning 46.5, the fastest 400 ever run in a masters meet anywhere. Sumner, with a minimum of warming up due to his meet director obligations, nevertheless clocked an extraordinary 48.0 for 2nd as he gets set to enter the 35-39 division next year. Evans came back to win the 200 in 22.28 to easily win best honors in the 30-34 age group.

Cliff Pauling journeyed from New York because "the West Coast guys always come out to big East Coast meets, so I thought I'd come out here. And I'm looking for a sponsor to help send me to New Zealand." Pauling impressed any potential sponsor with

continued on page 10



**Pan Am Games continued from page 9**

solid wins in the 400 (53.8) and 800 (2:03.6) and thirds in the 200 (24.86) and 1500 (4:28.9) to take best 45-49 honors.

San Luis Obispo, California's Don Cheek climaxed an impressive season after a 4-year layoff from masters competition, winning the 200 and 400 to take 50-54 best-athlete honors.

Harry Koppel, who has been quietly setting American age 65-69 records the last two years, won outstanding athlete award for his four triumphs in the 100 (13.4), 200 (29.61), 400 (64.5) and 110 hurdles (20.9). Koppel also found time to pick up a 2nd in the javelin.

The top award in the 35-39 division was a virtual tossup between two great South African runners, Daniel Metsing (younger brother of Johann Metsing, who was so impressive in 1977 here), and William Mogheregi. Metsing won the 5000 in 15:09.5 and 10000 in 31:53.4. Mogheregi copped the 800 meters in 1:53.7 and 1500 in 4:04.7. Mogheregi got the nod for best athlete because his times were both new meet records and "they're a shade better on a comparative scale," according to Mundle. Mogheregi also ran a sub-50 400 in the relay. Gordon Ferrell, 62, set an AR of 17-4½ in the long jump.

Dan Aldrich, Newport Beach, Calif. unleashed a prodigious 174-1 discus throw to smash his own U.S. 60-64 standard of 173-2 set last year. Stan Herrmann, Santa Barbara, flung the platter 103-5 to up his 99-10½ record U.S. toss last year.

Phil Conley of Woodside, Calif., increased his month-old 203-1 American 45-49 javelin record to 203-4. Jaclyn Caselli, San Jose, lowered her U.S. 55-59 5000 mark of 23:42.0 to 23:32.2.

Other memorable contest included:

•National U.S. 40-44 100-meter champion Doug Smith of Huntington Beach, Calif. holding off a fast-closing Leon Hacker, South Africa champ, as both clocked a fine 11.1, beating a good field by much daylight.

•Jim Burnett outgunning Smith and Hacker in the 40-44 200, 22.67 to Hacker's 22.94 and Smith's 23.00.

•New Zealand's Roy Williams edging Dave Jackson in the 45-49 high hurdles.

•Marion Sanchez outleaning Williams, Monty Hacker and Percy Knox to win the 45-49 gold in the 100.

•Hacker gaining revenge by edging Sanchez, Pauling and Williams in the 200 in 24.35.

•Pete Richardson outkicking Pauling, Jerry Lewis and Bill Gaedke to win a tactical, I-don't-want-the-lead-you-take-it 1500 in the 45-49 group in 4:27.1.

•Perry Leary steadily coming from behind and drawing out to impressive and smartly-run wins in the 40-44 5000 (15:34.1) and 10,000 (33:48.0).

Sumner payed special tribute to Nick Newton, 46, of Inglewood, California. Newton holds the world 45-49 mark of 51.0 in the 400 and the U.S. mark of 22.9 in the 200, both set within the past 60 days. But Newton underwent two major operations last month. Newton watched the meet from a wheelchair the first day, shaking hands with dozens of his many friends and well wishers. The latest tests for cancer were negative, and Nick hopes to be back on the track next year.



**Bob Hunt, 60, Anaheim, Cal.**  
Undeclared in 1980 in 110 hurdles and 400 hurdles.

At the banquet, a round of applause and appreciation was given to Assistant Meet Director Rod Ferguson, Clerk of the Course Phil Underwood, and administrators Linda Rosenberg and Pam Ferguson for their day-and-night efforts to make the meet the success it was.

The 5th Annual Pan-American Masters Championships will be held again in Los Angeles in 1981.

Sumner says if you enjoyed the Pan-American Games this year, write to Home Savings & Loan and tell them so. "We couldn't put on this meet without their help," Sumner says. (One competitor even switched \$25,000 of his savings to Home the day after the meet.) Write to: Richard E. Kramer, Senior Vice-President, Marketing, Home Savings & Loan, 3731 Wilshire Blvd., Los Angeles, Ca 90010.

Results on page 26

## 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.

## Northwest Classic continued from page 1

Hatton, a 48-year-old Bend, Oregon resident who trains in the hills and on the trails of Central Oregon, smashed his own American age 45-49 record of 15:35.5 in the 5000 meters with a sparkling 15:17.4, fully 18 seconds under his old mark which he set in the U.S. National Masters Track & Field Championships on this same track in 1979 in a classic duel with Hal Higdon. Hatton's time approaches the world 45-49 standard of 14:56.4 set by the great Alain Mimoun of France in 1966 when he was 45.

The legendary Clive Davies, called "the finest over-60 runner in America," lowered his own U.S. 60-64 record of 17:27.5 in the 5000 by 8 seconds in a time of 17:19.0. The world mark is held by John Gilmour, who clocked 16:52.6

in the Australian Championships April 6, 1980.

Connie Wilson of Portland added a half-inch to her American 45-49 discus record with a toss of 86-8½.

Other top efforts included:

•Al Clark's 4:17.69 in the M40 1500.

•Hatton's 4:13.28 in the M45 1500, only 3 seconds off Bill Fitzgerald's U.S. mark.

•Lou Thorne's 14.92 in the M40 high hurdles.

•Jim Puckett's 11.75 in the M40 100.

•Paul Dungan's 50.59 in the M35 400, and 22.42 in the 200.

•Larry Stuart's 228-8 in the M40 javelin.

•Glenn Govertson's 2:02:58 in the M35 800.

Results on page 25

## Lancaster Sets World 100 Mark continued from page 1

California, a clocking that has stood since August, 1973.

Bert tied the 23.6 record of Jack Greenwood of Medicine Lodge, Kansas, in the 200-meter dash which was set four years ago.

Also impressive in the 55-59 division were Larry Gregory and Don Harris, both scoring double victories. Gregory won the 100 meters in 12.6 and the 200 in 26.9; Harris acquired gold medals in the 800 meter run (2:50) and the Javelin throw (109-8). Don's brother, Oscar, a fast improving novice, scored three

personal bests as a Master, while acquiring silver medals in the 100 (13.2), 200 (27.4), and long jump (15-11½).

Lancaster has entered the Pan-American Masters Championships, in San Juan, Puerto Rico, on the Labor Day weekend.

"All I need now is the air fare. Greenwood will be there and I want to meet him in the 400!" (Greenwood edged out Lancaster in the 400 at Franklin Field, July 5th at Nationals, but Bert defeated him in the 100 and 200.)

Results on page 21



## 2nd Annual Las Vegas SUN



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## Results Of Hurdle Survey

by Al Sheahen

Dave Jackson's hurdle survey is finished.

He received 66 replies as to what hurdle heights and spacings would be appropriate for masters competition.

Generally, most hurdlers favor lower heights and shorter space between hurdles. Non-hurdlers favor consistency with international standards.

Background: Until 1978, virtually all U.S. high hurdle races were staged at the distance, height and spacings listed in chart 1.

At the U.S. national masters meeting in Atlanta in 1978, it was voted to try lower heights for U.S. masters competition. (Chart 2.) Reason: Many felt it was too hard for over-40's to clear the higher barriers with good form; that if the heights were lowered, more people might compete. Since then, the event has attracted a few more competitors, but nothing sensational.

In 1979, at the U.S. national masters meeting in Gresham, it was voted to go back to using international heights (chart 1) for U.S. competition. Reason: It would be more consistent, less confusing, and a competitor who was planning to compete in the world games wouldn't face a tougher challenge than he'd been used to at home.

(As it happened, U.S. meet directors never went back to the international standards. All through 1980, most directors have used the lower heights in chart 2.)

The international heights in chart 1 are still the ones used by Pete Mundle and the World Association of Veteran Athletes to determine age records. Neither Mundle nor WAVA have compiled records for the lower heights.)

Then, in August, 1979, at Hannover, the international heights were not used. The German organizers, on their own, with no authority from the W.A.V.A., decided to use still another set of heights and spacings for the 110-meter hurdles. (See chart 3).

Many competitors were livid. They were unprepared for the new heights and shorter spacings and complained furiously.

Some, however, after competing at the shorter spacings, said: "You know, that's not such a bad idea." Upon reflection, many agreed that the reason masters can't do the 110-meter hurdles properly is not so much the height, but the spacing between. The present U.S. and international spacing (chart 1) of 30 feet is too hard to negotiate in three strides. By shortening the spacing, it would be possible for many over-40's to maintain 3 strides between.

"That's what hurdling should be," says world hurdles gold medalist Danie Burger. "If you have to take 4 or 5 strides, it's not really hurdling anymore. It's a different race."

In 1981, the 4th World Games will also use the same heights and spacings as were used in Hannover. (Chart 3). Again, confusion reigns. WAVA tech-

nical chairman Ian Hume is not pleased with the Christchurch decision.

So, we now come to Jackson's survey. Dave asked everyone what height and what spacing they preferred for each age division.

The replies are in chart 5.

Most hurdlers prefer lower heights and shorter spacings.

A problem comes up. What spacings should we use? As it turns out, U.S. tracks are lined differently than European tracks. Whereas it seems to be possible to set the Hannover and Christchurch spacings at 8.9 meters (29-2½) and 8.6 meters (28-2½), there are no such markings on U.S. tracks.

What is marked on U.S. tracks, however, are the women's spacings. (Chart 2). Those hurdles are exactly 27-10½ apart, close to the 28-2½ which the World Games will use for the over-50's.

So, the answer might be for U.S. masters hurdlers: Use the women's spacing of 27-10½ for all over-40 races. It's already marked on most, if not all, U.S. tracks. It's close to the World Games standards, which should make the adjustment not too difficult.

One thing, however. By using the women's spacings, you can no longer have a race of 110 meters. It must be 100 meters. Otherwise, you have no finish line marked on the track and must hunt-and-peck to figure out where 110 meters is. It would be a waste of time, not to mention inaccurate.

In the 100-meter race, the run-up to the first hurdle is 13 meters (42-7¼), compared to the 110-meter run-up of 13.7 meters (45'). The distance from the 10th hurdle to the finish in the 100-meter race is 10.5 meters (34-5½) compared to 13.7 meters (45') in the 110-meter dash. (Chart 4).

At an informal meeting of five hurdlers August 10 (Dave Jackson, Al Henry, Danie Burger, Hal Smith and Al Sheahen), no clear consensus could be reached. Jackson proposed using the shorter spacings and the 100-meter race, but leaving the heights at the international level. (39" for 40-49's). He also proposed running an additional 110-meter race at the world heights and spacings for those who so wished. Smith said two hurdle races for each division wouldn't work; that we should settle on one. Henry favored 39", 29'2" and 110-meters. Burger said the international committee is adamant on the height (39") but he would recommend shortening the spacing to 29'2" over 100-meters, and shortening the race to 80 meters for over-60's. Sheahen said the survey indicated the hurdlers wanted the lower height (36") and the shorter spacing (27-10½ to fit U.S. markings). Other felt that was too drastic a change to make at one time.

By now, you're probably totally confused and are thinking all hurdlers should be committed to a home. Nevertheless, it was agreed to experiment in 1981 with various different heights and spacings to see which one works best in actual practice rather than in theoretical discussion. (No changes will be made for submasters).

Directors of masters T&F meets in 1981 are urged to consult with Dave

continued on page 12

distance of race meters	hurdle height		space between hurdles	
	centi- meters	inches	feet	meters

Chart 1: Official International Standards (Men)

College/Open	110	42	107.3	30	9.14
High school	110	39	99.6	30	9.14
30-39	110	39	99.6	30	9.14
40-49	110	39	99.6	30	9.14
50-59	110	36	91.4	30	9.14
60-69	110	33	84.0	30	9.14
70+	110	30	76.2	30	9.14

College/Open	400	36	91.4	114'10"	35.00
High school	300	30	76.2	114'10"	35.00
30-49	400	36	91.4	114'10"	35.00
50-59	400	33	84.0	114'10"	35.00
60+	400	30	76.2	114'10"	35.00

Chart 2: Standards Used in U.S. in 1979-80

30-39 Men	110	39	99.6	30	9.14
40-49 "	110	36	91.4	30	9.14
50-59 "	110	33	84.0	30	9.14
60+ "	110	30	76.2	30	9.14

Women:

College/Open	100	33	84.0	27'10½"	8.50
High school	100	30	76.2	27'10½"	8.50
30-39 Men	400	36	91.4	114'10"	35.00
40-49 "	400	33	84.0	114'10"	35.00
50+ "	400	30	76.2	114'10"	35.00

Chart 3: Standards Used in Hannover and Christchurch

40-49 Men	110	39	99.6	29'2½"	8.90
50-59 "	110	36	91.4	28'2½"	8.60
60-69 "	110	33	84.0	28'2½"	8.60
70+ "	110	30	76.2	28'2½"	8.60

Women:

35-39	100	30	76.2	26'6"	8.00
40+	80	30	76.2	26'6"	8.00
Men 40+	400	Same as #1		Same as #1	

Chart 4: One set of Standards to be tried in 1981

30-39	110	39	99.6	30	9.14
40-49	100	36	91.4	27'10½"	8.50
50-59	100	33	84.0	27'10½"	8.50
60+	100	30	76.2	27'10½"	8.50
30-39	400	36	91.4	114'10"	35.00
40-49	400	33	84.0	114'10"	35.00
50+	400	30	76.2	114'10"	35.00

### Results of Hurdle Survey:

Chart 5 Height (inches) Distance between  
(Spacing in feet)

	39	36	33	30	30	29-2	28-2	Replies
<b>HURDLERS:</b>								
30-39	2	0	0	0	2	0	0	2
40-49	5	10	0	0	5	0	6	15
50-59	0	1	5	0	1	0	5	7
60-69	0	0	3	9	3	0	3	12
70-79	0	0	0	3	2	0	1	3
80+	0	0	0	3	3	0	0	3
								42
<b>NON-HURDLERS:</b>								
30-39	0	0	0	0	0	0	0	0
40-49	4	0	0	0	4	0	0	4
50-59	0	8	1	0	8	0	0	9
60-69	0	0	4	1	4	0	0	5
70-79	0	0	0	6	6	0	0	6
								24
Total								66



Hurdle Survey continued from page 11

Jackson to cooperate in this experimental effort.

#### 400 METER HURDLES.

This presents less of a problem. The survey indicated that the U.S. races should be conducted at lower heights (chart 2 and 4) than the present international standards. (Chart 1). Most U.S. races in the past 2 years have been staged using 33" for 40-49 instead of the international 36"; and 30" for 50-59

instead of 33". (Chart 2). The distances between remain unchanged. Pete Mundle and the W.A.V.A. are still using international heights to compile records, but if the U.S. goes to the lower heights, once and for all, WAVA may vote to do the same. If it doesn't, records can be kept for the U.S. heights as domestic marks only. Burger says he will recommend the lower heights to W.A.V.A. at Christchurch in 1981.

## Race Walking

from Alan Wood and Harry Sütönen

Jack Boitano set an age 45-49 best in the 20km walk in 1:43:02 at the National Masters Championships in Philadelphia July 5. The old record was 1:46:22. Gordon Wallace set a 70-74 best of 2:11:05, breaking the old mark of 2:14:18.

Ron Kulik, 42, won the New Jersey Sr. 5km in 24:04. Bill Ranney 44, clocked an Olympic Trials qualifier 20km in 1:34:51 on the track, 4th fastest U.S. masters time ever. Ranney completed a 40km in the San Francisco Marathon in 3:29:33. His marathon time was 3:42:11.

Jack Blackburn (51:26) was the first master in the National 10km May 24. Gordon Wallace set a new 70-74 standard in 62:23, breaking Ches Unruh's mark of 65:23. In the national 50, Sal Corrallo set a 1B record with a 4:52:31.



Lori Maynard

Lori Maynard, 43, walked 10km in 52:00 enroute in a one-hour race, which makes her #4 U.S. all-time women's masters performer. She was 1:09 under her Hannover PR. Her one-hour distance was 7 miles, 85 yards.

Boitano was the first of about 25 walkers in the West Chester half marathon in 1:49:25.

## Maple Leaf Half-Marathon Sunday, September 21, 1980

10:15 A.M.

Certified Course — 13.1 Miles

FIELD LIMITED TO 500 RUNNERS

RACE CLOSSES SAT. SEPT. 13th

NO POST ENTRIES

Featured Runners: Garry Bjorklund

Patti Lyons

Benji Durden

Mike Slack

Kirk Pfeffer

Cindy Dalrymple

& others



Contact: Guy A. Thomas, Race Director, Way's Lane, Manchester Center, VT 05255 (802) 362-3401.

## As I See It

by Ed Oleata

First, let me start by saying that this year I ran the 39-inch 110 meter hurdles in 15.8 seconds and the 36-inch 110 meter hurdles in 15.4 seconds. I ran the 400 meter 36-inch hurdles in 58.4 seconds and the 33-inch hurdles in 56.9 seconds. I have thrown the 16 pound shot 38 feet, 10 1/2 inches and the 2kg discus 114 feet, 10 inches. I will gain no particular advantage no matter what standards we set in America.

Not only do I think we should keep the standards we have been using in America the past few years, which are more lenient than the International standards, I think we should set new standards which are even more lenient. Specifically, 40-49 should jump 36-inch hurdles at 110 meters, 33-inch at 400 meters, 50-59 should go to 33-inch and 30-inch respectively, and 60+ should go to the 100 meter distance and jump 30-inch hurdles with the shorter woman's spacing between hurdles, and should continue to run 30 inch for the 400 meter distance. In the weights, 40-49 should throw the 12 pound shot, 1.6 kg discus and the 800 gram javelin, 50-59 should drop to the 10 pound shot, 1.0 kg discus and 600 gram javelin and 60+ should drop the 8 pound shot and continue with the 1.0 discus and 600 gram javelin. My proposal will leave the hurdle standard approximately the same making it more lenient for 60+ athletes, but the weight events will all become more lenient than the International standards. Here is my reasoning for these new standards.

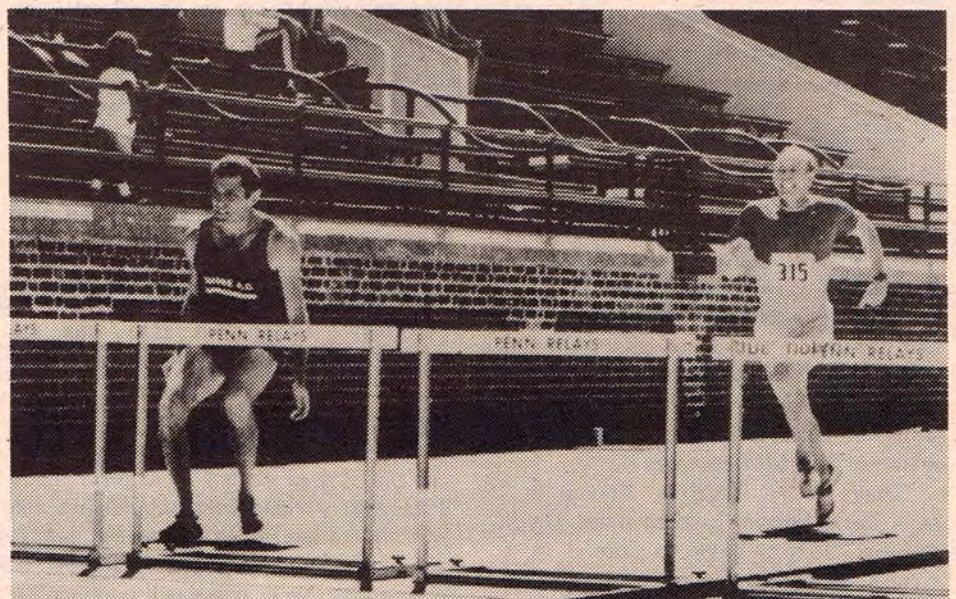
Hey fellows, we aren't 25 year old, world class, olympic athletes. We don't have the flexibility, strength, speed or the time to train that we had when we were 25 years old. We are in this game more for the fun and satisfaction we get out of it than for anything else. Let's set standards that will make the game more fun. I think it would be more fun to throw the 12 pound shot 42 feet than the 16 pounder 38 feet. It puts less wear and tear on the body also. No one is placed at a disadvantage because the

athlete who can beat another with the 16 pound shot can beat the same competitor by a greater margin with the 12 pound shot. The same holds true with the discus and javelin. I think all the athletes will have more fun throwing the lighter implements a little farther and the relative places in the competition will remain the same.

In the hurdles I've heard guys say, "Don't lower the hurdle height in the 400 hurdles, you will turn it into a sprint." I've got new for you, it is a sprint! I've also heard guys say, "The 39 inch hurdle height is no problem for me. I can 5 step them in 22 flat." That isn't hurdling either. Hurdling requires speed and flexibility and a lot of practice. You lose at least a second off your hundred meter time between 20 and 40; you are not as flexible and most master runners don't have as much time to train either. How can they be expected to go over 39 inch hurdles. Lets make the event easier and more fun. Lower the hurdle heights. The same thing holds true here as in the weight events. The guy who can beat you over 39 inch hurdles can beat you over 36 inch or 33 inch as well.

The only disadvantage I see to going to more lenient standards is it could place American athletes at a disadvantage in International competition. Let's work hard and get the International standards reduced to our standards. If we are unsuccessful, who is hurt by keeping the more lenient American standards? The world meet comes only once every two years. The handful of athletes, and I mean 9 to 10 athletes, who have a chance to place in the top three in the world meet in the hurdles or weight events can still go ahead and run International standards in their own competition by raising their hurdle height, throwing heavier implements or competing in a lower age level. Let's raise our standards just to benefit 8 or 10 athletes. Let's lower our standards and benefit hundreds of competitors in America.

I might also add that, whatever standards we set, let's communicate them to everyone and get the entire country using the same standards immediately.



HE WHO HESITATES... Matt Brown, Edison, N.J. loses lead and race while studying formidable 10th hurdle as hard-charging Rudy Enders (315), Potomac, M.D., flies by to win 45-49 400 hurdles, 60.3 to 62.5, in National Championships. photo by Hal Platzkere



# MASTERS SCENE

•In reporting the Western Regional Masters T&F Championships in August's NMN, we missed a U.S. mark set by **Alice Werbel** in the 60-64 division. She lowered her 5000 record from 26:08.2 to 26:07.4.

•**Bill Forsyth** of Sante Fe, N.M. won the 30-39 division of the 9th annual New Mexico Men's Pentathlon Championships in Los Alamos recently with 2843 points in the 5 events. Long jump, javelin, 200, discus and 1500. Bob Weeks of Los Alamos won the 40+ category with 2020 points.

•**Jim Knerr** of Simi Valley, Calif. placed 2nd overall and 1st master among 500 starters in the City of Los Angeles Marathon June 1. Knerr ran the distance in 2:35:18, which was faster than the then-world-record for men 45-49. It bested **Ulrich Kaempf's** 1978 global standard of 2:35:42, but was, in turn officially broken by **Hal Higdon's** certified 2:32:42 in the North American Masters Marathon June 15 in Winnipeg.

•**Joe Burgasser**, National Masters 1979 25km champion and silver-medalist in the 40-49 team race in the World Veterans Championships last year in Bolton, England, has left a gap in the Los Angeles Seniors Track Club long distance squad by moving to St. Petersburg, Florida.

•Walker **Joe Stefanowicz** corrects that his 7:12.0 mile walk on Jan. 19, 1979 is faster than the masters mile indoor walk mark of 7:18.2 listed in Masters Age Records 1980.

•**John Brennand** and **Carol Cartwright** were named outstanding athletes by the Southern Pacific Athletics Congress Long Distance Running Committee. They'll receive their awards at the 1st annual SPA Outstanding Awards 10km road race Sept. 7.

•**Hilliard Sumner** is working on a Masters indoor T&F meet for Feb. 7 1981 in Los Angeles. Submasters would compete against varsity high school athletes. Masters would go up against the JV's. 50-59's would take on the "C" high schoolers.

•**Bill Adler** is planning on forming a new masters club in the Southern California area. Presently, there are two strong T&F clubs--the Southern California Striders and Corona del Mar. "We need a strong third club," Adler says, "for masters who now don't get a chance to compete in team relays because their clubs are long-distance oriented, like the Seniors Track Club and the San-Fernando Valley Track Club, and for others who aren't happy with their present club." Adler, too, may stage an indoor Masters T&F meet in 1981.

•**Irene Obera** has received numerous requests for the USA master double knit stretch nylon suit. The price is \$25.00 plus \$1.25 postage in sizes xs, s, m, l, xl, xxl. Order directly from Carlsen Import Shoe Corp., 524 Broadway, New York, N.Y. 10012. (212) 431-5940).

•**Jim Waste** was an executive-V.P. for the Bechtel Corp. for 18 years. Decided to chuck it for a change in life style. Now he successfully sells antiques, with stores in San Francisco and London. He used to play rugby. Now he runs. Does he have any regrets dumping a big job? "Not really," he says. "I'm glad I did it. I love running and traveling to the

masters meets. I wouldn't have time if I was still in the corporate world. I planned the antique business carefully, and am fortunate to be successful at it."

•**George Puterbaugh** of Lake Oswego, Oregon reappeared at the Senior Olympics in L.A. July 12. "I'm coming off a hamstring and calf injury," he said.

•**Cliff Gould** of Australia writes that **John Gilmour**, 61, ran the Perth People's Marathon in 2:43 on June 15th. That's 9 minutes faster than Gilmour's Hannover time and only seconds off **Clive Davies'** 60-64 record of 2:42:44.

•**Gould** also says a stress on **Wal Sheppard**, who had quadruple bypass surgery earlier this year, showed everything working properly. "Sheppard eased through the 5000 and 10,000 at an 8-minute pace in the Australian Championships. His surgeon says no more competition, but Wal is keeping an open mind. When I had my stroke, the doctors told me I would never run again. Lucky for me they were wrong."

•Our May issue didn't mention that the U.S. national 50-54 mile and 1000 indoor champion is an Australian. **Lindsay Hooper** of Victoria was just passing through the east on a business trip. "My main sport is orienteering, but I'm going to Christchurch and hope to renew the acquaintances I made in Syracuse."

•Following the Western Regionals, **Hugh Adams** was advised by a specialist to give up running through 1980 or develop a chronic problem in his left calf. Hugh has decided to take the advice. He just accepted a position as assistant track coach at Fresno State University.

•National Jogging Day, a nationwide celebration of fitness and fun, occurs on October 11, 1980. The theme of this year's event, sponsored annually by the National Jogging Association, is: "Jogging: Every Body's Right." According to chairman **George Antonelli**: "This 10th annual effort to encourage personal health through safe, enjoyable exercises includes races, fun runs, bike races, seminars and more." For more info, write National Jogging Association, 2420 K St. N.W., Washington, D.C. 20037.

•Don't forget to pick up a copy of Fortune Magazine, August 28. It has a big spread on Penn Mutual's involvement with the masters program. Several competitors were photographed and interviewed in Philadelphia. Should be good reading.

•**Tom Sturak** is suffering from micro-tears in the foot tendon with heel-bone irritation. Probably stress-induced, it's the same injury that ended **Dr. John Pagliano's** running career. Rest is the prescription and Sturak hopes to be ready for New Zealand in January.

•**Pete Mundle** is still bothered by a general weakness that's kept him in and out of action all year. A vegetarian, Mundle will try some fish and chicken and more fruit to see if it helps his strength.

•**Jack Greenwood** of Kansas won the TFA/USA Decathlon (50-54) July 27 in spite of pulling a hamstring over the 6th hurdle on the 2nd day of the event. At the time, he was leading the 30-34 runner who clocked 15.7. He struggled to the finish in a slow 20.9, then managed to get through the remaining 4

events to defeat **R.G. Wolf**, 3854 points to 3390. "I was in top form the first day," Greenwood said. His 11.8 in the 100 was 0.5 faster than he ran in Philadelphia. He hopes to be ready for the Pan-American Games in Puerto Rico August 30.

•1978 U.S. Women's Coach of the Year **Laszlo Tabori** has packaged a trip to the New York Marathon for runners and spectators. Leaves Los Angeles Oct. 23. 5-days, 4-nights for \$550. Experworld, P.O. Box 9211, Van Nuys, Ca 91409.

•In Hannover, **Harold Chapson** had a pinched nerve in his lower back. He had surgery in November. "The nerve is regenerating, but very slowly. I'm running everyday but not well enough to enjoy competition." Chapson says he's going to Christchurch in January along with **Edith Leiby** and **Bud Deacon**, and "will do the best I can."

•**Frank Delgadown** the 45-49 Fresno, Cal. Fathers Day run in a good 33:44.

•**Harry Harder**, 63, was honored as the Outstanding Long Distance Runner of the Year by the Central California AAU. Harder is a dominant master in the Central Valley.

•**Al Oerter**, 43, didn't make the "Olympic team," finishing 4th in the Olympic Trials with a discus throw of 215-1, short of his age 40-44 world mark of 227-11 set May 31, 1980. Oerter toured Europe with the U.S. team, and promises he'll be back in 1984.

•**Alet Ten Tusscher**, 46, of South Africa recently achieved the very difficult feat of running 100-miles in 24 hours. Only a handful of women, including **Marty Maricle** in the 1980 Western States Endurance Run, have achieved this milestone.

•"I'm going to set 4 world records next year," promises 39-year old **Walt Butler**. The Pasadena shoe-store owner and multi-national-submasters champion has been virtually unbeatable in the 100, 200, 110-hurdles and 400 relay. "When I turn 40," Butler grinned, "I'm going to bring all those records back to America where they belong."

•**Joyce Smith**, 42, of England was the first veteran finisher and 7th overall in the Avon International Women's Marathon in London August 3rd. Her time of 2:41:22 was 6 minutes behind winner **Lorraine Moller** of New Zealand's 2:35:11. **Cindy Dalrymple**, 38, of Seattle placed 15th in 2:48:23. **Diane Palmason**, of Ottawa, U.S. national masters 40-44 800 champion, finished 30th in 2:57:07.

•Another first! A masters woman ran with 3 masters men in the CDM relays

August 9. **Felicity Skaris**, 43, of South Africa, the world 40-44 gold medalist in Hannover (59:59), ran a 60-second leg on the winning 40-49 mile relay team with **Reld Pressley**, **Gaylord Kalchschmid** and **Al Sheahan**. Skaris overtook a 50+ runner on her second leg in one of the highlights of the popular relay carnival.

•**Mike Sabino** clocked 32:12 to win the masters in the Baltimore Constellation 10k. **Jim Ewing** zipped 32:35 in Jackson, Miss, and **Dan Conway** went 32:40 in Green Bay, Wisconsin.

•In the Cotton Row 10K Run in Huntsville, Alabama, **Herb Lorenz** was top master in 33:08, with **Ken Winn** 2nd in 33:31. Other top 10k masters efforts were **Dick Hipp's** 33:09 in the Baltimore run, **Don Cochran's** 33:32 in Los Angeles and **Darryl Beardall's** 33:40 in Santa Rosa, Calif.

•**Hal Higdon** turned in a 1:54:27 in the Madison, Wisconsin 20-mile. Good 10k times were **Ed Buren's** 1:12:07 in Lake City, Cal.; **Jack Blakely's** 1:12:30 in Vestal, N.Y. and **Richard Mize's** 1:13:08 in Anchorage.

•**Karen Scanell** notched the fastest over-40 women's time of the year (along with an identical time by Canada's **Diane Palmason**) with her 2:52:48 marathon in Foster City, Calif.

•**Alex Ratelle** followed his U.S. 55-59 marathon record 2:34:59 in Winnipeg with a 2:35:05 performance in Duluth, Minn. a week later. **Jan Fekkes** clocked a fast 34:57 10k to win the 50-54 Brentwood, Calif. title. Sub-37-minute age 50+ 10k efforts were turned in by **Keith Kahl** (36:26 in Knoxville, Tenn.), **Tony Diamond** (36:36 in Buffalo, N.Y.) and **Tom Hovey** (36:40 in Syracuse, N.Y.).

•**Eddie Lewin**, 66, Southern California 60+ LDR runner-of-the-year in 1979, ran two fast 10k's, a 38:52 in Brentwood and 39:24 in Los Angeles. Other over-60 10k speedsters were **George Sheehan** (40:29 in Memphis), **Ray Gordon** (40:42 in Upper Marlboro, Md.) and **R.W. Ridger** (4:26 in Franklin, Pa.).

•In 60+ 15k efforts, **Don Longnecker** ran 59:25 in Pinetop, Arizona, and **Sheehan** recorded a 60:54 in Toledo, Ohio.

continued on page 14...



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# Master, Open Women In Close Mythical "Dual Meet"

by Al Sheahan

If the winning marks in the TAC National Masters Track and Field Championships are compared to the winning marks in the TAC Women's National Championships, the over-age-40 men win, 6-5, in the 11 events where conditions are virtually the same.

However, if the events are scored like a dual meet (1st-5 pts. 2nd-3 pts., 3rd-1 pt.), the greater depth of the women win, 53½ to 45½.

The caliber of competition between masters men and open women is very close. Last year, the men won the events, 5-3, but the women again won in points, 37-35.

This year, the masters built up a 37½-16½ lead in the running events, but lost out to the females in the field events and walk.

## "RESULTS"

### MASTERS MEN vs. OPEN WOMEN

100	
1. Alice Brown	11.21

2. Brenda Morehead	11.30
3. Doug Smith	11.40
3. Karen Hawkins	11.40

200	
1. Doug Smith	22.77
2. Karen Hawkins	22.80
3. Brenda Morehead	22.80

400	
1. Jim Burnett	49.76
2. Nick Newton	51.00
3. Sheri Howard	51.51

800	
1. Ernie Billups	1:57.8
2. George Cohen	1:57.9
3. Madeline Manning	1:58.7

1500	
1. Ernie Billups	4:02.8
2. George Cohen	4:11.3
3. Francie Larrieu	4:12.7

10000	
1. Bob Fischer	32:45.6
2. Dan Conway	33:21.4
3. Judi St. Hilaire	33:31.0

5000 WALK	
1. Sue Broddock	23:19.1
2. Sue Liers-	
Westerfield	24:38.7
3. Bonnie Dillen	24:40.3
5. Jack Boitano	25:05.0

HIGH JUMP	
1. Coleen Reinstra	6-4
2. Pam Spencer	6-1½

3. Louise Ritter	6-1¼
4. Herm Wyatt	6-0

LONG JUMP	
1. Jodi Anderson	21-9½
2. Kathy McMillan	21-9
3. Shonel Ferguson	21-2½
4. Al Henry	20-11½

4X100 RELAY	
1. W (LA Naturite)	43.81
2. M (CDM)	43.98
3. W (Tenn. State)	44.31

4X400 RELAY	
1. M (CDM)	3:32.3
2. W (Ali TC)	3:34.3
3. W (DC Int.)	3:37.5



Felicity Skaris, 43, South Africa, world 400 gold medalist, ran 60.0 leg on winning 40-49 mile relay squad in CDM Relays August 9 in Calif. It was the 1st known sex-integrated relay team in the U.S. masters history.



photo by Bob Pates

## Masters Scene from page 13

•Two age 35-39 records have been verified by National Records Chairman Pete Mundle:

•Art Swarts, 35, threw the discus 227-2 in the TFA Open in Wichita, Kansas May 31, to break the old world mark of Ludvik Danek of Czechoslovakia, who threw 220-5 in 1974.

•Miki Hervey's 800 time of 2:22.5 at the nationals in Philadelphia, July 5, 1980 was approved as a new U.S. women's standard. The listed mark of 2:16.5 by Susan Buchanan in 1975 was found to be erroneous.

•Nick Newton thanks everyone who has expressed concern over his condition. "Everyone's been so nice to me, I don't know how I can ever thank them," Newton said. Nick is recovering at home after two major operations. The first was abdominal surgery to remove a growth which turned up malignant. The second was exhausting 7-hour exploratory surgery. "They took out some lymph nodes and really cleaned me out," said the world 45-49 400 record-holder. "All the tests came out negative. No chemotherapy is necessary. I'm still on medication but I'm cutting down each day. And I'm getting stronger." Doctors said Newton's superb physical condition was important and should help speed his recovery. "He's got the body of a 25-year old," one said. Nick will check in with his doctor each month for the next year or so. If you'd like to drop him a line, his address is 877 Kincaid St. #1, Inglewood, Calif. 90302.

•1978 Women's Running Coach of the Year Laszlo Tabori has a new book out: "Women's Running." Tabori has coached the San Fernando Valley Track Club for eight years, and has trained outstanding women runners such as Jacqueline Hansen (set world-record 2:38:19 in marathon at age 27); Miki Gorman (2:39:11 marathon at age 41); Debbie Heald (mile in 4:31 at age 22); Carol Cartwright (3:04:26 marathon at age 50); and Leal-Ann Reinhart (2:46:34 marathon at age 28). Send \$6.00 (plus 6% tax for Calif. residents only) to Women's Running, P.O. Box 49016, Los Angeles, Ca 90049.

•We are sorry to report that Chet Beach, 68, the world record holder in the 65-69 110-meter-hurdles (18.9 on Aug. 19, 1978), died August 10 of cancer of the liver. According to Beach's good friend, Burl Gist, the disease was discovered shortly after Chet won the 1979 U.S. national hurdle championship in 19.37 in Gresham, Oregon. Beach underwent chemotherapy treatments for a year. He was cremated and his ashes cast to sea. Chet's wife Ruth might appreciate hearing from fellow masters who knew him. You may write to her at: 201 Rancho Vallecitos; 3535 Linda Vista Dr., Vista, Ca 92083.

•National Athletics Congress Masters Track & Field Vice-Chairman Tom Sturak was appointed U.S. representative to the 13th I.G.A.L. Road Running Championships in Glasgow, Scotland August 23. As NMN went to press, Sturak was preparing to bid for the 15th World Road Running Championships for the United States in either 1982 or 1983. Sturak's report will appear in October's newsletter.

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



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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+

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Three member teams for women 40-49 and 50+

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to the winning teams and National Championship team patches.

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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

Pat Bessel, 42, Grand Island, N.Y. captured 5 medals in Philadelphia. (Gold- 400; Silver- 800, 10,000; Bronze- 1500, 5000).



4 Months To Go

## Countdown To New Zealand

by Al Sheahan

Deadline for entries for the 4th World Veterans Games January 8-14, 1981 in Christchurch, New Zealand is October 1, 1980. Deadline for the 14th World Road Championships in Palmerston North, New Zealand January 3-4, 1981 is November 3, 1981. Complete information, schedules and entry blanks are in this issue of NMN.

Accommodations may be arranged either directly with New Zealand or through one of the masters travel agencies. (Sports Travel, Simone, Miller & Higdon). The same for your entry form.

Some tours are going straight to Christchurch. Some are going first to Palmerston North. One is stopping in Fiji on the way over.

Although the Christchurch meet doesn't begin until January 8, the women's and regional meetings of the World Association of Veteran Athletes take place on January 6. So do the presentations for the 5th World Games and a one-day sports medicine seminar. The General Assembly meeting is set for January 7.

In late developments, Brian Senior reports a new, all-weather track is going in at Invercargill, on the southern tip of New Zealand, about 8 hours drive from Christchurch. A veterans T&F meet will be held there January 17, 3

days after the World Games end. "I hope it will fit in with those going over to the Milford Track and the West coast," Senior says.

If you're planning on visiting the city of Auckland, New Zealand's largest city and an hour's flight from Christchurch, you might want to visit New Zealanders in their home and see the way they live. Spend a few hours at coffee, or for dinner, or drive with an Auckland family. Write to Mrs. Polly Ring, c/o Tourist Hospitality Scheme, 775 Riddell Road, Glendowie, Auckland 5, New Zealand.

### Events For Submasters.

Late word from Arthur Grayburn in Christchurch is that a special submasters (pre-veterans) program has been added to the schedule. "Men 35-39 and women 30-34 will be able to compete in the World Games on January 7th only, during a 2 1/4 hour period immediately before the opening ceremony for the Veterans Games. All events will be contested as sectional finals. The 100, 200, 2000 walk, javelin, discus, high jump and long jump are scheduled for both men and women. The 1500, 5000 and 400 will also be held for men, while the 800 and 3000 are also set for women." Entry fee will be \$5NZ for the first event and \$3NZ for other events with a maximum of \$10NZ. Entries close on December 1, 1980. Send to World Veterans Games, P.O. Box 31-102 Ilam, Christchurch, New Zealand. Grayburn also reports that "progress at this end is going steadily with the various committees moving

into top gear."

### South Africans.

Danie Burger says at least 16 South Africans will be going to New Zealand. "They won't let us compete as South Africans," Burger says, "so we'll probably wear our local club jerseys."

Still, there is no 100% guarantee that the South Africans, once they arrive in New Zealand, will be able to compete. If history is any lesson, all it takes is for one publicity-seeking politician to get wind of South African participation, and then make headlines by calling for an all-out ban. Many masters have said they will not travel to New Zealand if the South Africans, or any groups, are forbidden to compete. Bob Fine, North American representative to W.A.V.A., said in 1979 when the South Africans were threatened with banishment from the 3rd World Games in Germany: "The Games' organizers are violating the decision of the IAAF and WAVA. If we give in on this matter, we lose our independence. I feel so strongly about this that I would rather not have the meet at all than preclude any group."

It is hoped that all veteran athletes,

It is hoped that all veteran athletes, regardless of where they happen to be living, will be welcome in Christchurch and Palmerston North. Our comment in last October's newsletter still holds: "New Zealand must give positive assurance that everyone will be permitted to compete -- with no 11th hour rug-pulling. We must tell New Zealand that if that guarantee cannot be given, we will simply not go."

## Report From Australia

by Rowly Ferris

The Australian Veterans Championships 1980 (held in Adelaide April 6) will linger for a long time in our memory as a big step forward in the history of the Veteran Movement. We promoted the first true Australian Veterans Athletic Championships. To see the pro's, the ex-pro's, the non-amateurs and the amateurs racing together was something that has been long awaited by people with a sincere desire to see the Veterans progress, and dreaded by those who put their personal feelings first instead of the good of the sport. Those who chose to stay away were the losers, not us.

I hope that you will be joining us in New Zealand for the World Championships in January 1981, when we can once again renew contacts and shake hands.

[Ed. Note. We published some of the Australian results in June's NMN. Since most of the Australian Veterans will be in Christchurch next January, we are printing the winning performances in each event and division, in case you want to check out the formidable down-under competition. Results on page 22.]



# LAST CHANCE!

## NEW ZEALAND CAN STILL BE YOURS

### DON'T MISS GODZONE



## SPORTS TRAVEL INTERNATIONAL

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

\*See God's own country. Compete in the 4th World Games and 14th World Road Running Championships. Contact Sports Travel by September 15th for guaranteed reservations. Send \$225 per person to insure reservations.



## 4th WORLD VETERANS CHAMPIONSHIPS

## CHAIRMAN'S MESSAGE

It is with great pleasure that I extend to you, on behalf of the Organising Committee, New Zealand Veteran Athletes and the people of New Zealand, a very warm and sincere invitation to take part in the 4th World Veteran Games to be held in Christchurch.

The committee is working hard to prepare a programme which will include the championships, seminars (including sports medicine) and other entertainment which we think will make your stay most enjoyable in Christchurch wherever you come from.

As New Zealanders have toured host countries extensively at the past World Championships it is assumed that many visitors to Christchurch will do the same, so for your convenience we are working closely with Air New Zealand, the Link Association, Sabena Airways, and Trans Tours.

New Zealand may be on the other side of the world for many of you, but when you experience the New Zealand hospitality you will say the investment was worthwhile.

We hope to see you all in New Zealand in January 1981.

John Macdonald  
(Chairman, Organising Committee)

## REGULATIONS:

The 4th World Veterans Championships will be open to men born on or before January 8th 1941 and to Women born on or before January 8th 1946 who are physically fit. All decisions of the controlling Committee or other Officials appointed by them will be final and all contestants, upon entering, agree to abide by them.

## AGE CLASSES:

	W 35-39	Born Between
Men & Women	40-44	8-1-1941 and 9-1-1946
"	45-49	8-1-1936 " 9-1-1941
"	50-54	8-1-1931 " 9-1-1936
"	55-59	8-1-1926 " 9-1-1931
"	60-64	8-1-1921 " 9-1-1926
"	65-69	8-1-1916 " 9-1-1921
"	70-74	8-1-1911 " 9-1-1916
"	75-79	8-1-1906 " 9-1-1911
Men	80	8-1-1901 " 9-1-1906
		8-1-1900 and before.

## DOCUMENTATION:

All competitors will supply photo copies of Birth Certificates or Passports—these will not be returned.

Accommodation: Please refer to attached sheet (form).

## Awards:

1. A specially struck quality World Veterans medal will be presented to the first three competitors in each event and at each age class. These will be Gold, Silver and Bronze respectively.
2. A Certificate of performance suitable for framing will be presented to each finisher.
3. Special prizes in events with many competitors.
4. Marathon Awards.

## SPIKES:

Only spikes of 6mm length are permitted on the Q.E. 2 Track—Athletes should be prepared to bring longer spikes as some events may be run on grass.

## ACCIDENT COMPENSATION:

If a visitor to New Zealand suffers personal injury by accident, he or she is entitled, as of right, to compensation under the accident compensation scheme irrespective of fault. The benefits available include compensation for reasonable expenses directly resulting from the accident such as medical and hospital expenses as well as lump sum payments for permanent incapacity and certain other conditions resulting from the accident.

## Progression from Preliminary Rounds and Semi-Finals:

The winners and other competitors fastest in time will according to the number of participants, advance from the preliminary rounds. Announcements regarding progress of competitors will be made as soon as possible after the event.

Preliminary and final rounds (Technical Events): In the Long and Triple Jump as well as in any throwing event the best 8 athletes as well as those sharing equally 8th position at the same performance level pass the preliminary rounds (3 trials) to enter the final (3 trials). In the event of there being 8 or less than 8 competitors in the preliminary rounds all competitors are allowed 6 trials.

## EQUIPMENT:

Certified throwing equipment will be provided. Those competitors wishing to use their own equipment may do so but it must be certified by the Technical Director of Competition 90 minutes before each event.

## ENTRIES:

These must be received by the World Veterans Championships Committee P.O. Box 31-102 Ilam, Christchurch, New Zealand, not later than 1st October 1980. Confirmation of acceptance will be made immediately—if confirmation has not been received by October 24th please cable World Veteran Championships Christchurch. This deadline does not apply to relays.

Your entry must prove that you are a member of the W.A.V.A. Late entries will be accepted at an additional fee of \$5.00 per event, up to November 7th.

## ENTRY FEES:

The entry fee for all Veterans Track and Field Championship, Pentathlon, Cross Country, Marathon and Road Walk for both Men and Women will be \$15.00 for the first event and \$5.00 for each additional event; there will also be a Special Fee of \$6.00 to the W.A.V.A.

Relays will cost \$25.00 a team entry.

Consolation relays will cost \$5.00 a team entry.

## RELAYS:

Each team will be made up of a combination of Club Athletes from the same Country or Association. (One team per Country.) Any ages may be used but the youngest will determine the classification of the team.

## SPECIAL RELAYS:

4 x 100, 4 x 400 metres. Consolation events for athletes not considered for membership of official relays teams will be staged. Members of teams must be from the same country and must not have taken part in either of the main relay events. Combinations of club athletes from any country may enter as many special relay teams as they desire.

## AWARDS:

1. A specially struck quality World Veterans Medal will be presented to the first three competitors in each event and at each age class. The medals being Gold, Silver and Bronze respectively.

Victory ceremonies take place immediately after finishing an event.

2. A certificate of performance suitable for framing to each finisher.

3. Special prizes in selected events.

Suggested and desirable (no stipulations) performance standards for the World Veteran Championships 1981 in Christchurch.

MEN	M 40-44	M 45-49	M 50-54	M 55-59	M 60-64	M 65-69	M 70-74
100 m	12.8	13.4	14.0	14.5	15.0	16.0	18.0
200 m	26.5	27.5	29.0	30.5	32.0	34.0	38.0
400 m	58.0	60.0	62.0	65.0	70.0	75.0	80.0
800 m	2:20.0	2:25.0	2:30.0	2:35.0	2:45.0	2:55.0	3:10.0
1500 m	4:55.0	5:10.0	5:25.0	5:40.0	5:55.0	6:10.0	6:40.0
5000 m	18:00.0	19:00.0	20:00.0	21:00.0	23:00.0	25:00.0	27:00.0
10000 m	40:00.0	42:00.0	44:00.0	46:00.0	49:00.0	52:00.0	55:00.0
Marathon	19.0	20.0	22.0	23.0	25.0	28.0	30.0
110 m Hurdles	19.0	20.0	22.0	23.0	25.0	28.0	30.0
400 m Hurdles	70.0	75.0	80.0	85.0	90.0	95.0	100.0
3000 m Steeple	12:15.0	12:40.0	13:20.0	14:10.0	15:30.0	17:00.0	18:30.0
10 km Road Walk	•	•	•	•	•	•	•
20 km Road Walk	•	•	•	•	•	•	•
Walking approx 10 km	•	•	•	•	•	•	•
Cross country	•	•	•	•	•	•	•
High jump	1.50	1.45	1.40	1.35	1.30	1.20	1.10
Pole Vault	3.25	2.90	2.60	2.40	2.20	2.00	1.80
Long Jump	5.25	4.90	4.75	4.50	4.10	3.80	3.50
Triple Jump	10.50	10.00	9.50	9.00	8.00	7.50	6.50
Shot Put	10.00	9.50	8.50	8.00	8.50	8.00	7.00
Discus	27.00	25.00	27.00	25.00	27.00	25.00	23.00
Hammer	38.00	35.00	32.00	28.00	30.00	28.00	25.00
Javelin	40.00	37.00	34.00	31.00	29.00	27.00	24.00
Pentathlon	•	•	•	•	•	•	•
4 x 100 m	•	•	•	•	•	•	•
4 x 400 m	•	•	•	•	•	•	•

combined participation of age groups/eine Klasse  
no recommendation/keine Mindestleistung  
not contested/wird nicht durchgeführt

Hurdle Measurements/Weights Measurements/Weight of Hurdles  
Dimensions/Poids Des Haies

MEN	110 m Hurdles	400 m Hurdles	Shot	Discus	Hammer	Javelin
M 40-44	99.6 / 8.90	91.4 / 35.00	7.26	2.00	7.26	800
M 45-49	99.6 / 8.90	91.4 / 35.00	7.26	2.00	7.26	800
M 50-54	91.4 / 8.60	84.0 / 35.00	5.50	1.50	7.26	800
M 55-59	91.4 / 8.60	84.0 / 35.00	5.50	1.50	7.26	800
M 60-64	84.0 / 8.60	76.2 / 35.00	4.00	1.00	6.00	600
M 65-69	84.0 / 8.60	76.2 / 35.00	4.00	1.00	6.00	600
M 70-74	76.2 / 8.60	76.2 / 35.00	4.00	1.00	6.00	600
M 75-79	76.2 / 8.60	76.2 / 35.00	4.00	1.00	6.00	600
M 80-	72.2 / 8.60	76.2 / 35.00	4.00	1.00	6.00	600

## ACCOMMODATION PREFERENCE

PLEASE TICK

## UNIVERSITY CAMPUS

\$NZ17.00 per person per day. Includes dinners and breakfasts. Full recreational facilities. Clean, comfortable and with shared facilities.

## MOTEL

Suburban location. Good standard accommodation up to six people. Self contained units some with kitchen facilities. Suit those with own transport. \$NZ20-\$NZ30 per unit, dependent on occupancy.

## HOTELS/MOTOR INNS

City and suburban locations. All have full restaurant/bar facilities. Medium to first class standards. \$NZ30-\$NZ60 per room.

## ROOM REQUIREMENTS:

Single

Twin/Double

Triple

Family

## ACCOMMODATION REGISTRATION

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

ARE YOU A COMPETITOR ?

YES/NO

ARE YOU TRAVELLING WITH OTHERS ?

YES/NO

PLEASE SPECIFY.

ARE YOU TRAVELLING INDEPENDENTLY, OR WITH A TOUR GROUP ?

PLEASE INDICATE TOUR GROUP ORGANISER OR TRAVEL AGENCY NAME

Trans Tours (NZ) Ltd

4th World Veteran Games Dept.

Private Bag

CHRISTCHURCH

## ENTRY FORM

for the 4th WORLD VETERANS CHAMPIONSHIPS 1981 in Christchurch from January 8th-14th, 1981.

This entry must reach the Organising Committee before 1/10/80 and is subject to previous sanction by the National Track and Field Association or the accredited Veterans Organisation.

Surname \_\_\_\_\_ Name \_\_\_\_\_

Street \_\_\_\_\_

Town \_\_\_\_\_

Club \_\_\_\_\_ Nation \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age Group \_\_\_\_\_

<input type="checkbox"/> M		<input type="checkbox"/> W	
<b>MEN</b>	<b>Best Performance 1980</b>	<b>WOMEN</b>	<b>Best Performance 1980</b>
<input type="checkbox"/> 100 m	_____	<input type="checkbox"/> 100 m	_____
<input type="checkbox"/> 200 m	_____	<input type="checkbox"/> 200 m	_____
<input type="checkbox"/> 400 m	_____	<input type="checkbox"/> 400 m	_____
<input type="checkbox"/> 800 m	_____	<input type="checkbox"/> 800 m	_____
<input type="checkbox"/> 1500 m	_____	<input type="checkbox"/> 1500 m	_____
<input type="checkbox"/> 5000 m	_____	<input type="checkbox"/> 5000 m	_____
<input type="checkbox"/> 10000 m	_____	<input type="checkbox"/> 10000 m	_____
<input type="checkbox"/> Marathon	_____	<input type="checkbox"/> Marathon	_____
<input type="checkbox"/> 110 m Hurdles	_____	<input type="checkbox"/> 80 m Hurdles	_____
<input type="checkbox"/> 400 m Hurdles	_____	<input type="checkbox"/> 100 m Hurdles	_____
<input type="checkbox"/> 3000 m Steeple	_____	<input type="checkbox"/> 5 km Track Walk	_____
<input type="checkbox"/> 5 km Track Walk	_____	<input type="checkbox"/> 10 km Road Walk	_____
<input type="checkbox"/> 20 km Road Walk	_____	<input type="checkbox"/> Cross Country	_____
<input type="checkbox"/> Cross Country	_____	<input type="checkbox"/> High Jump	_____
<input type="checkbox"/> High Jump	_____	<input type="checkbox"/> Long Jump	_____
<input type="checkbox"/> Pole Vault	_____	<input type="checkbox"/> Shot Put	_____
<input type="checkbox"/> Long Jump	_____	<input type="checkbox"/> Discus	_____
<input type="checkbox"/> Triple Jump	_____	<input type="checkbox"/> Javelin	_____
<input type="checkbox"/> Shot Put	_____	<input type="checkbox"/> Pentathlon	_____
<input type="checkbox"/> Discus	_____		
<input type="checkbox"/> Hammer	_____		
<input type="checkbox"/> Javelin	_____		
<input type="checkbox"/> Pentathlon	_____		

## FAREWELL PARTY

which will supply Food and Entertainment.

I wish to join the Farewell Party on 14th January, 1981, in the Christchurch

Town Hall. \_\_\_\_\_ persons.

I accept to pay cash the fee of \$NZ15.00 when submitting my Entry Fee.

## ARRIVAL

on \_\_\_\_\_ at \_\_\_\_\_ hours

by plane / train / bus / car.

## PAYMENT CONTROL NUMBER

I confirm to have paid for participation in the events marked overleaf, with the declaration of the control number.

\$NZ15 for the 1st event

+ \$NZ5 for any further event

+ \$NZ6 special fee for W.A.V.A.

= \$NZ \_\_\_\_\_

Town: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

## SEND

to the

ORGANIZING COMMITTEE for the  
4th WORLD VETERANS CHAMPIONSHIPS 1981  
P.O. Box 31-102  
ILAM, CHRISTCHURCH

Please send this Form unfolded in an envelope.





INTERNATIONAL ASSOCIATION  
of  
VETERAN DISTANCE RUNNERS

14th WORLD ROAD RACE CHAMPIONSHIPS  
PALMERSTON NORTH - JANUARY 3-4 1981

Promoted by West Coast (N.I.) Veteran Branch of the New Zealand Association of Veteran Athletes.

10 Kilometres—Saturday January 3rd 1981 10 a.m. 10.00 hrs  
25 Kilometres—Sunday January 4th 1981 9 a.m. 09.00 hrs  
at Race Headquarters

PALMERSTON NORTH TEACHERS TRAINING COLLEGE  
Centennial Drive, Palmerston North.

ENTRY FEE: \$NZ15.00 each race or both races \$NZ25.00. No additional fee for teams races.

IMPORTANT: LATE ENTRIES WILL INCUR PENALTY OF DOUBLE ENTRY FEES.

ADDRESS: THE SECRETARY, 14th I.G.A.L., P.O. BOX 1216, PALMERSTON NORTH, NEW ZEALAND.

ENTRY QUALIFICATION: Females 35 years of age and over and males 4 years of age and over as at January 2nd 1981.

AGE GRADING: MEN

M.40 40 to 44 years  
M.45 45 to 49 "  
M.50 50 to 54 "  
M.55 55 to 59 "  
M.60 60 to 64 "  
M.65 65 to 69 "  
M.70 70 to 74 "  
M.75 75 to 79 "  
M.80 80 years and over.

WOMEN

W.35 35 to 39 years  
W.40 40 to 44 "  
W.45 45 to 49 "  
W.50 50 to 54 "  
W.55 55 to 59 "  
W.60 60 to 64 "  
W.65 65 to 69 "  
W.70 70 years and over.

INVITATION:

Palmerston North (The City of Roses) and the organising committee of the 14th I.G.A.L. World Road Race Championships invite all veterans from throughout the world to join together in Palmerston North to partake in the true friendship of veteran running and enjoy a festive and exciting week of veteran fellowship. Some of the attractions for the week leading up to the Championships will be specially arranged, and it is hoped that all will take advantage of these. It includes a Picnic Orienteering Event, a Garden Party on a New Zealand Farm with demonstrations of Sheep Shearing, Sheep Dog Trials and Harvesting, a Maori Haka (a New Zealand Native Meal cooked underground on hot stones) and climaxing with a Cabaret evening for all, with presentation of Special Awards.

ACCOMMODATION:

Accommodation in close proximity to the course and city will be at a premium during the period of the Championships. We advise you to arrange your group accommodation urgently. All enquiries to the address below.

AWARDS:

Commemorative awards will be made to all who finish the events. Certificates, indicating name, grade, place and time, will also be awarded to all finishers. Special presentation to the first three in each grade.

TEAM EVENTS:

National and Club Team events will be conducted on each race for all grades. Depending on entries.

SEND ALL ENTRIES TO: The Secretary  
14th I.G.A.L.  
P.O. Box 1216  
PALMERSTON NORTH  
NEW ZEALAND

4th WORLD VETERAN GAMES — PROGRAMME OUTLINE — WOMEN

	Thursday 8-1-81		Friday 9-1-81		Saturday 10-1-81		Sunday 11-1-81		Monday 12-1-81		Tuesday 13-1-81		Wednesday 14-1-81	
	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.
35-39		10,000			(Cross Country) 100 Hurd F 800 F 200 F				5000		1500 H 4x100 H 400 F 100 F		Marathon 1500 F 4x100 F	
			200 H	800 H 200 SF					400 H 100 H		100 SF			
		Long J	Discus		Shot Put						10km Road Walk			
											High J			
40-44		10,000			(Cross Country) 80 Hurd F 800 F 200 F				5000		1500 H 4x100 H 400 F 100 F		Marathon 1500 F 4x100 F	
			200 H	800 H 200 SF					400 H 100 F		100 SF			
		High J	Discus		Shot Put						10km Road Walk			
											High J			
45-49		10,000			(Cross Country) 400 H 100 H 100 SF				5000	80 Hurd F 800 H 200 H	200 SF 200 F	4x100 H 4x100 F	Marathon 900 F	
		Long J	Discus		Shot Put						10km Road Walk			
											High J			
50-54		10,000			(Cross Country) 400 H 100 H 100 SF				5000	80 Hurd F 800 H 200 H	200 SF 200 F	4x100 H 4x100 F	Marathon 14x100 F 800 F	
		Discus			Shot Put						10km Road Walk			
											High J			
55+		10,000			(Cross Country) 200 H 800 H 200 SF				5000	80 Hurd F 400 H 100 SF		4x100 H 4x100 F	Marathon 1500 F 4x100 F	
		Long J			Shot Put						10km Road Walk			
											High J			

4th WORLD VETERAN GAMES — PROGRAMME OUTLINE — MEN

	Thursday 8-1-81		Friday 9-1-81		Saturday 10-1-81		Sunday 11-1-81		Monday 12-1-81		Tuesday 13-1-81		Wednesday 14-1-81	
	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.
40-44	10,000		400 Hurd F 100 SF	400 Hurd F 1500 H 100 F	(Cross Country) 400 H 400 SF 1500 F 400 F				5000		Steeple H 110 Hurd H 800 SF 200 F	4x100 H 4x400 H 800 F 200 F	Marathon Steeple H 110 Hurd F 4x100 F 4x400 F	
			Shot Put	Long J	Pentathlon		5km Track Walk				20km Road Walk	Discus Triple J	Javelin	
											Hammer High J			
45-49	10,000		200 H 200 SF	Steeple F 800 H 200 F	(Cross Country) 800 SF 100 SF 100 SF				5000	400 Hurd F 400 H 400 SF	110 Hurd H 400 SF	1500 H 4x400 H 4x100 H 400 F	Marathon 1500 F 4x100 F	
			Shot Put	Hammer Pole Vault	Pentathlon		5km Track Walk				20km Road Walk	Javelin Triple J		
											Discus	Long J		
50-54	10,000		400 Hurd F 100 SF	400 Hurd F 1500 H 100 F	(Cross Country) 400 F 400 SF 400 F				5000	800 H 200 H	110 Hurd H 200 SF	4x100 H 800 SF	Marathon 110 Hurd F Steeple F 4x100 F	
			Long J	Discus	Javelin		5km Track Walk				200km Road Walk	Hammer	Triple J	
											High J	Shot Put		
55-59	10,000		200 H 200 SF	Steeple F 800 H 200 F	(Cross Country) 800 SF 100 SF 100 SF				5000	400 Hurd F 400 H 400 SF	110 Hurd H 400 SF	1500 H 4x100 H 400 F	Marathon 110 Hurd F 4x100 F	
			High J	Hammer	Javelin		5km Track Walk				20km Road Walk	Triple J	Pole Vault	Shot Put
											Discus	Long J		
60-64	10,000		110 Hurd H 200 SF	Steeple F 800 H 200 F	(Cross Country) 110 Hurd F 800 SF 100 H				5000	400 Hurd F 400 H 400 SF	110 Hurd H 400 SF	1500 H 4x100 H 400 F	Marathon 1500 F 4x100 F	
			Hammer	Javelin	High J	Shot Put		5km Track Walk			20km Road Walk	Discus	Pole Vault	Triple J
											Long J			
65-69	10,000		400 Hurd F 100 SF	Steeple F 800 H 200 F	(Cross Country) 400 Hurd F 800 F 200 SF				5000	110 Hurd H 1500 H 400 H	110 Hurd F 4x100 H 400 F	1500 F 4x100 F	Marathon 4x100 F 4x400 F	
			Javelin	Long J	Shot Put		5km Track Walk				20km Road Walk	Discus Pole Vault	Hammer High J	
											Triple J			
70+	10,000		800 H 100 H	400 Hurd F 800 F 100 F	(Cross Country) 400 Hurd F 200 H 200 SF				5000	110 Hurd H 400 H	110 Hurd F 4x100 H 400 F	1500 F 4x100 F	Marathon 4x100 F 4x400 F	
			Shot	Long J	Javelin		5km Track Walk				20km Road Walk	Hammer	Discus High J	
											Triple J			

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

Entry Blank for 14th World Road Race Championships. Palmerston North  
**ENTRY FORM**



ENTRY FEES: \$NZ15.00 per race or both races \$NZ25.00.

IMPORTANT: Any entries post dated later than 3rd November 1980 will be subject to a double entry fee of \$NZ30.00 per race.

14th I.G.A.L. WORLD CHAMPIONSHIPS		10 KM
SURNAME		
CHRISTIAN NAMES		MALE/FEMALE
ADDRESS		
DATE OF BIRTH		AGE/CLASS
CLUB		NATIONALITY
ENTRY FEE ENCLOSED:		I wish to attend Awards Cabaret YES/NO

Please tick.

ENTRIES CLOSE 3rd November 1980.

SIGNED:

WAIVER CLAUSE: By signing this entry form, I hereby agree that the organisers shall not be liable for any accident, injury or loss or damage to any of my person or property as a consequence of my participation in the 14th I.G.A.L. World Championships.

NINTH ANNUAL MASTERS SPORTS ASSOC. CROSS-COUNTRY CHAMPIONSHIPS, SUNDAY OCT. 12, 1980

12:00 Noon, For Men and Women over 30 years of age. Van Cortlandt Park, Bronx, N.Y. 10,000 meters. Entry fee \$4.00.

Prizes: First five men in the following divisions: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-69; 70+

First five women in the following divisions: 30-39; 40-49; 50+

NAME ADDRESS

PHONE # AGE (on Oct. 12, 1980) (M&A-XC)

Make check payable to "MASTERS SPORTS ASSOC." and send to R. FINE, 77 Prospect Place, Brooklyn, NY 11217

NINTH ANNUAL ATHLETIC CONGRESS EASTERN REGIONAL MASTERS CROSS-COUNTRY CHAMPIONSHIPS and OPEN SUB-MASTERS NON-CHAMPIONSHIP RACE, SUNDAY, NOV. 2, 1980. SANCTIONED BY THE ATHLETIC CONGRESS. 10,000 meters - VAN CORTLANDT PARK, BRONX, N.Y. - Entry fee \$4.00.

Prizes: Sub-Masters: Non-championship awards to the first five men and women in both the 30-34 and 35-39 age groups.

Masters: Men: Regional Championship medals to the first five in the following divisions: 40-44; 45-49; 50-54; 55-59 and to the first three in 60-64; 65-69; 70-74; 75-79; 80-84; 85-89.

Women: Regional Championship medals to the first three in each five year age group from 40 to age 89.

Championship patches Eastern Regional Championship patches for the winners in each male and female five year age division and for members of the winning teams.

Team awards: Regional championship medals to the first three five men teams in the 40-49 age group and first three men team in the 50+ group with a team trophy for each winning team. Regional Championship medals to the first three, three women teams in the 40+ group and a team trophy. Team awards on cumulative team times.

A competitor can compete as a member of a team in the younger age group.

Eligibility: You must be registered in TAC (The Athletic Congress). The A.A.U. has been handling these registrations.

NAME ADDRESS

CITY ZIP PHONE AGE (At time of race)

CLUB 40+ team 50+ team

TAC #

In consideration of acceptance of this entry I hold harmless the City of New York, The Athletic Congress and the Masters Sports Assoc. for any injuries sustained. I certify that I am in good health and physically capable of completing the course.

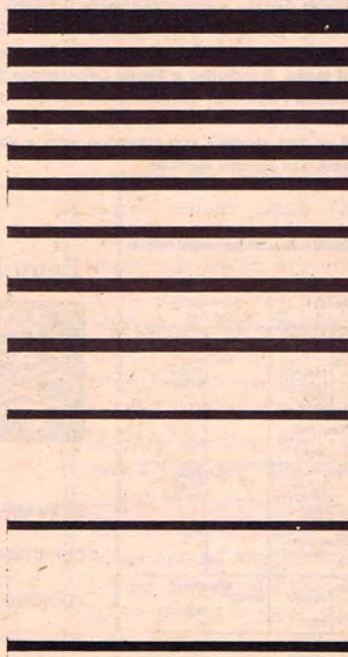
SIGNATURE (EM XC)

Make checks payable to MASTERS SPORTS ASSOC. and mail to R. Fine, 77 Prospect Place, Brooklyn, N.Y. 11217





# MASTER RUNS



BROOKS MASTER RUNS SPOKESPERSONS  
HAL HIGDON AND GAYLE BARRON

**Join some of the world's top Master runners  
on fast, scenic courses in America's first  
"Masters Only Series"**

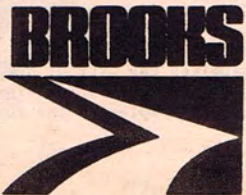
- ★ Johnny Kelley
- ★ Alex Ratelle
- ★ Herb Lorenz
- ★ Joan Ulliyot
- ★ Walt Stack
- ★ Hal Higdon
- ★ Ken Mueller

- ★ Jim Ewing
- ★ Tosh d'Elia
- ★ Ruth Anderson
- ★ Gayle Barron
- ★ Roger Robinson
- ★ Brian Harris

★ **October 4**  
**Chicago**

★ **October 19**  
**Washington, D.C.**

★ **November 30**  
**San Francisco**



Send for the BROOKS MASTER RUNNER BOOKLET. Contains  
race information, registration form, and Hal Higdon's,  
"THE MASTER RUNNER".

Write: BROOKS MASTER RUNS  
131 Factory St.  
Hanover, PA 17331



TFA National Masters  
Road Running Championships





National TFA/USA Masters Championships  
June 14, 1980 - Atlanta, Georgia

## Atlanta Masters Championships

### 100 Meter Dash

(30 - 34)
1. D. Thiel 10.9
2. Jackson 11.2
3. Nawreski 11.3
4. Johnston 11.6
5. Howell 11.7
6. Lipscomb 12.0

### (35 - 39)

1. Ray 10.8
2. Randolph 10.8
3. Dunn 11.4
4. Ficker 12.1
5. Mowry 12.2
6. Clack 12.5

### (40 - 44)

1. Garza 11.6
2. Beckham 12.0
3. Williams 12.2
4. Johnson 12.3
5. Clark 12.8
6. Bratton 13.7

### (45 - 49)

1. Whilden 11.7
2. Enders 11.7
3. Snell 12.2
4. Pauling 12.3
5. Wilson 12.6
6. Barrett 13.0

### (50 - 54)

1. Schuler 12.1
2. Dawkins 12.2
3. Martindale 12.2
4. Riecke 12.7
5. Burch 12.9
6. Trubey 13.0

### (55 - 59)

1. Buckley 13.2
2. Hall 13.5

### (60 - 64)

1. Jones 14.1
2. Miller 15.0

### (65 - 69)

1. Gonzalez 13.4
------------------

### 200 Meter Dash

(30 - 34)
1. D. Thiel 22.0
2. Jackson 23.1
3. A. Thiel 23.3
4. Hager 23.6
5. Lipscomb 24.0
6. Gibson 24.5

### (35 - 39)

1. Ray 22.2
2. Randolph 22.6
3. Bell 23.6
4. Dunn 23.6
5. Ficker 24.0
6. Heitzman 24.2

### (40 - 44)

1. West 23.8
2. Garza 23.8
3. White 24.2
4. Beckham 24.8
5. Williams 25.3
6. Clark 25.6

### (45 - 49)

1. Enders 24.1
2. Pauling 24.5
3. Wilson 24.8
4. Casteel 25.1
5. Snell 25.1
6. Walker 25.2

### (50 - 54)

1. Dawkins 25.9
2. Burch 26.8
3. Trubey 28.5
4. Olson 30.1

### (55 - 59)

1. Buckley 27.2
2. Hall 29.3

### (60 - 64)

1. Jones 30.1
---------------

### (65 - 69)

1. Gonzalez 29.1
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### (70 - 74)

1. Lacey 31.0
---------------

### 400 Meter Dash

(30 - 34)
1. Hager 53.2
2. Bodden 53.5
3. D. Thiel 56.6
4. Patterson 59.3
5. Daniels 64.7

### (35 - 39)

1. Carr 50.9
2. McDonald 51.5
3. Ficker 51.7
4. Bell 52.7
5. Brogle 53.5
6. Clark 54.9

### (40 - 44)

1. Sanders 53.6
2. Brocksmith 54.4
3. Gibson 57.8
4. Williams 60.7
5. Clark 62.6
6. Law 68.3

### (45 - 49)

1. Enders 52.4
2. Pauling 53.1
3. Gaedke 56.3
4. Walker 58.3
5. Wilson 58.3

### (50 - 54)

1. Dawkins 60.9
2. McDonald 61.3

### (55 - 59)

1. Rice 62.9
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### (65 - 69)

1. Gonzalez 92.8
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### (70 - 74)

1. Lacey 92.8
---------------

### 800 Meter Run

(30 - 34)
1. Hans 1:56.3
2. Parker 2:00.2
3. Thomas 2:02.3
4. Jenkins 2:02.9
5. Bodden 2:11.4
6. Gerson 2:21.5

### (35 - 39)

1. Carr 1:58.2
2. Cobb 1:59.4
3. Bogle 2:03.5
4. Sears 2:07.4
5. Rothman 2:27.0
6. Ehrhardt 2:33.4

### (40 - 44)

1. Bowling 2:06.8
2. Gibson 2:09.7
3. Hill 2:18.3
4. Law 2:33.5

### (45 - 49)

1. Gaedke 2:10.3
2. Jones 2:11.9
3. Tobiasen 3:00.1

### (50 - 54)

1. Pauling 2:08.9
2. Rice 2:30.6

### (70 - 74)

1. Stevens 2:54.8
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### 1500 Meter Run

(30 - 34)
1. Hans 4:07.6
2. Vaughn 4:17.9
3. Mouton 4:22.3
4. Thomas 4:26.8

### (35 - 39)

1. Cobb 4:06.6
2. Stephens 4:26.9
3. Sears 4:33.6
4. Flournoy 5:07.9
5. Rothman 5:10.6

### (40 - 44)

1. Fussellier 4:27.5
2. Hill 4:47.1
3. Law 5:18.3

### (45 - 49)

1. Gaedke 4:40.4
2. Jones 4:41.1
3. Gurtin 4:42.0
4. Fine 4:56.2

### (50 - 54)

1. Hanson 4:42.3
2. Schnieder 4:47.3
3. Ward 6:04.0

### (55 - 59)

1. Rice 5:08.4
2. Galloway 5:21.8

### (60 - 64)

1. Miller 7:10.8
------------------

### (65 - 69)

1. McRoy 6:05.5
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### (75 - 79)

1. Hobe 8:21.6
----------------

### 5000 Meter Run

(30 - 34)
1. Vaughn 15:53.4
2. Deusch 15:55.5
3. Mouton 16:39.1
4. Wojciak 17:45.3
5. Matthews 17:45.3
6. Gerson 21:39.1

### (35 - 39)

1. Collett 17:13.4
2. Sears 18:46.9
3. Phelps 18:54.7

### (40 - 44)

1. Fussellier 16:10.0
2. Orlick 16:16.1
3. Langway 17:32.9
4. Vorpaugh 18:06.4
5. Barnes 18:39.5
6. Law 20:01.3

### (45 - 49)

1. Harris 18:33.6
2. Kieffer 19:42.0
3. Fine 19:50.0
4. Toomey 20:25.4

### (50 - 54)

1. Blount 18:32.0
2. Dawkins 19:03.2
3. Ward 22:46.1

### (55 - 59)

1. Galloway 21:09.2
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### (65 - 69)

1. McRoy 21:40.4
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### (70 - 74)

1. Stevens 23:42.2
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### 10,000 Meter Run

(30 - 34)
1. Dusch 34:09.6
2. Ullrich 34:15.1
3. Matthews 37:02.8

4. Wojciak 37:17.9
5. McMillan 39:00.0
6. Norris 41:36.0

### (35 - 39)

1. Collett 36:19.2
2. Ehrhardt 37:54.6
3. Donato 38:10.7
4. Limonciello 40:13.7
5. Howell 40:21.0
6. Purcell 40:44.0

### (40 - 44)

1. Olrich 34:30.4
2. Ludlow 37:23.9
3. Leeuwenburg 37:52.2
4. Vorpal 38:04.3
5. Turner 39:59.0
6. Hall 41:25.1

### (45 - 49)

1. Robinson 39:51.2
2. Sensenig 40:23.1
3. Howell 46:59.7

### (50 - 54)

1. Blount 39:16.2
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### (55 - 59)

1. Nimmons 39:30.4
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### (60 - 64)

1. Dobbs 44:25.2
2. Frazier 56:07.0
3. Miller 84:00.0

### (65 - 69)

1. McRoy 44:44.2
2. Poole 52:21.9

### (75 - 79)

1. Hobe 61:01.5
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### 110 Meter Hurdles

(30 - 34)
1. Malik 14.3
2. Kelly 14.5
3. Lipscomb 15.4
4. Montgomery 15.7

### (35 - 39)

1. Westfield 15.8
2. Thorne 16.1
3. Polhamus 18.3

### (45 - 49)

1. Walker 18.1
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### (50 - 54)

1. Womer 18.8
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### (55 - 59)

1. Marr 20.1
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### (60 - 64)

1. Thorne 24.6
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### (65 - 69)

1. Gonzalez 20.4
------------------

### (70 - 74)

1. Lacey 21.5
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### 400 Meter Hurdles

(30 - 34)
1. Kelly 54.6
2. Montgomery 58.0
3. Epinat 58.7
4. Lipscomb 62.6
5. Wood 64.2

### (35 - 39)

1. Westfield 57.6
2. Clark 59.6
3. Thorne 63.7

### (40 - 44)

1. Brocksmith 61.7
--------------------

### (45 - 49)

1. Enders 65.5
----------------

### (50 - 54)

1. Womer 73.2
---------------

### (70 - 74)

1. Lacey 85.8
---------------

### Long Jump

(30 - 34)
1. Rodenbeck 6.65
2. Brauman 6.45
3. Kochman 6.43
4. Wamer 6.41
5. Morgan 6.10
6. Wood 5.69

### (35 - 39)

1. Polhamus 5.72
2. Thorne 5.62
3. Ficker 5.31
4. McGruder 5.14
5. Russell 4.73

### (40 - 44)

1. White 5.83
2. Barnes 5.01

### (45 - 49)

1. Enders 5.83
2. Mulkey 5.40
3. Snell 5.29
4. Walker 5.21
5. Carstensen 4.98
6. Howell 3.56

### (50 - 54)

1. Wagemaker 5.45
2. Riecke 5.41
3. Martindale 5.40
4. Schuler 5.20
5. Gentry 4.60
6. Olson 4.21

### (55 - 59)

1. Marr 4.04
--------------

### (60 - 64)

1. Thorne 3.70
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### (65 - 69)

1. Gonzalez 4.23
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### (70 - 74)

1. Burho 3.66
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### Triple Jump

(30 - 34)
1. Rodenbeck 14.66
2. Brauman 13.41
3. Wamer 11.76
4. Daniels 11.71

### (35 - 39)

1. Ficker 11.71
2. Polhamus 11.30
3. Russell 9.25



## Atlanta Masters

continued from page 19

(75 - 79)  
1. Wright 15.04

## 35# Weight Throw

(30 - 34)  
1. Bower 12.35  
2. Vlaardingerbrock 10.82  
3. Guy 10.08  
4. Johnson 9.78(35 - 39)  
1. Hill 14.00  
2. Russell 8.54(40 - 44)  
1. Klehm 11.58(45 - 49)  
1. Fraundorfer 13.19  
2. Carstensen 10.77  
3. Gaskin 9.53  
4. Mann 8.60(50 - 54)  
1. Bergenback 10.64(55 - 59)  
1. DeV Vaughn(75 - 79)  
1. Wright 4.78

## 56# Weight Throw

(30 - 34)  
1. Bower 7.95  
2. Johnson 5.30(35 - 39)  
1. Hill 8.12(40 - 44)  
1. Klehm 8.10(45 - 49)  
1. Fraundorfer 7.50  
2. Carstensen 6.43  
3. Mann 5.53

## Discus Throw

(30 - 34)  
1. Rager 46.08  
2. Bower 41.99  
3. Morgan 33.48  
4. Ariail 33.32(35 - 39)  
1. Hill 43.98  
2. Valle 33.01  
3. Russell 31.43(40 - 44)  
1. Cochran 49.16  
2. Davenport 33.61  
3. Klehm 31.99  
4. Hutton 23.09(45 - 49)  
1. Fraundorfer 37.88  
2. Mulkey 35.54  
3. Mann 31.17  
4. Gaskin 29.15(50 - 54)  
1. Hall 24.16(55 - 59)  
1. Hall 24.73(60 - 64)  
1. Dunn 34.12  
2. Jones 30.52  
3. Thorne 23.15(65 - 69)  
1. Gonzalez 32.58  
2. Schanzle 29.43  
3. Dunham 25.33(70 - 74)  
1. Burho 28.07(75 - 79)  
1. Wright 16.19

## Pentathlon

(30 - 34)  
1. Green 2731  
2. Morgan 2477  
3. Montgomery 2272(35 - 39)  
1. McGruder 2047  
2. Robertson 2007  
3. Kilroy 1593(40 - 44)  
1. White 2454  
2. Seagle 1175(45 - 49)  
1. Mulkey 1895

## Pole Vault

(30 - 34)  
1. Wood 3.35(35 - 39)  
1. Neutzling 4.73  
2. Polhamus 4.73  
3. Wellborn 4.42  
4. Sieversen 4.27  
5. Howell 2.44(40 - 44)  
1. Zuraw 4.12  
2. Davenport 3.96  
3. Hamilton 3.05(45 - 49)  
1. Mulkey 3.35  
2. Walker 2.76(50 - 54)  
1. Wolmer 3.05(55 - 59)  
1. DeV Vaughn 2.44(70 - 74)  
1. Burho 2.44

## Shot Put

(30 - 34)  
1. Johnson 13.76  
2. Vlaardingerbrock 13.65  
3. Guy 12.40  
4. Bower 11.65(35 - 39)  
1. Hill 15.25  
2. Williams 14.40  
3. Valle 11.07  
4. Russell 10.75  
5. Kilroy 9.35(40 - 44)  
1. Klehm 11.50  
2. Hutton 9.35(45 - 49)  
1. Fraundorfer 12.00  
2. Mulkey 11.73  
3. Carstensen 10.68  
4. Mann 9.33  
5. Gaskin 9.28  
6. Tobiasson 7.70(60 - 64)  
1. Dunn 13.27  
2. Jones 10.47  
3. Thorne 8.51(65 - 69)  
1. Gonzalez 11.52  
2. Schanzle 10.00(75 - 79) 16# shot  
1. Wright 5.16

## WOMEN'S EVENTS

## 100 Meter Dash

(30 - 39)  
1. Watson 12.7  
2. Mapps 14.1(40 - 49)  
1. Morris 15.6  
2. Dorion 15.9(60 - 69)  
1. Seagle No Time

## 200 Meter Dash

(30 - 39)  
1. Watson 26.6  
2. Mapps 29.4  
3. Dunbar 36.8(40 - 49)  
1. Dorion 34.0400 Meter Dash  
(30 - 39)  
1. Dunbar 90.3(40 - 49)  
1. Morris 72.8  
2. Dorion 75.8(50 - 59)  
1. Spaeth 76.5

## 800 Meter Run

(30 - 39)  
1. Houlton 2:44.1(40 - 49)  
1. Morris 2:50.7(50 - 59)  
1. Spaeth 2:58.0

## 1500 Meter Run

(30 - 39)  
1. Houlton 5:38.4(40 - 49)  
1. Knott 4:53.9  
2. Coats 5:42.8

## 4 X 100 Meter Relay

(30 - 34)  
1. Greenville Track Club :44.3  
Narewski, Malick, Wamer, Kochman  
2. Over The Hill Track Club :45.8  
Price, Johnston, Daniels, Morgan  
3. Southeast Louisiana TC :46.4  
Lund, D. Thiel, Dunn, A. Thiel  
4. Decathlon Midwest :46.4  
Beckham, Thorne, Walker, Jackson  
5. Metro Racers :47.7  
McClendon, Hood, Ford, Graham(35 - 39)  
1. Southeast Louisiana TC :51.0  
Dunn, Lund, Bratten, Wood  
2. Troy Track Club :53.4(40 - 44)  
1. Atlanta Track Club :46.8  
Johnson, Casteel, White, Brocksmith  
2. Instant Success :47.6

## 4 X 400 Meter Relay

(30 - 34)  
1. Greenville Track Club 3:36.2  
Narewski, Malick, Wamer, Kochman  
2. Southeast Louisiana TC 3:46.5  
3. Over The Hill Track Club 4:01.2  
Thomas, Morgan, Gerson, Barrett(40 - 44)  
1. Atlanta Track Club 3:46.5  
Johnson, Casteel, White, Brocksmith

## TOP 14 TEAMS

Atlanta	126
Tampa	91
Decathlon Mid-West (Kansas)	70
Southeast Louisiana	64
Puerto Rico	50
Potomac Valley (Virginia)	43
New York Masters	32
Greenville TC	29
Over The Hill (Cleveland)	28
Ann Arbor TC	26
Birmingham TC	22
Philadelphia Masters	15
St. Louis TC	10
Orlando Runners Club	9

## 5000 Meter Run

(30 - 39)  
1. Houlton 21:09(40 - 49)  
1. Knott 18:12  
2. Parker 18:53

## 10,000 Meter Run

(30 - 39)  
1. Smith 59:57.5

## Shot Put

(30 - 39)  
1. Mapps 7.77  
2. Skerke 7.15  
3. Dunbar 6.68

## Long Jump

(30 - 39)  
1. Watson 5.11  
2. Mapps 4.49

## High Jump

(30 - 39)  
1. Watson 1.42

## Discus Throw

(30 - 39)  
1. Skerke 21.04  
2. Mapps 17.99  
3. Dunbar 13.645TH SOUTH AFRICAN MASTERS  
CHAMPIONSHIPS. HERMAN IM-  
MELMAN STADIUM, GERMISTON.  
JULY 19, 1980.100  
M35 S Wald 10.8  
M40 L Hacker 11.1  
M45 M Hacker 11.8  
M50 W Roux 12.5  
M55 M Henstock 14.8  
M65 L Paveley 15.1  
M70 F Reid 13.5 WR200  
M30 E Bosman 28.0  
M35 S Wald 22.2  
M40 L Hacker 22.8  
M45 M Hacker 23.5  
M50 W Roux 25.0  
M55 M Henstock 33.3  
M65 L Craig 36.3  
M70 F Reid 27.5 WR400  
M30 M Nicholas 54.9  
M40 L Hacker 50.4  
M45 M Grujic 54.1  
M50 W Roux 58.0  
M55 F Otto 59.2800  
M30 W Mogheregi 1:58.0  
M40 A Conradie 2:06.1  
M45 M Grujic 2:09.6  
M50 R Truter 2:17.61500  
M30 M Nicholas 4:43.0  
M35 D Metsing 4:10.0  
M40 P Leary 4:15.2  
M45 S Ross 4:47.9  
M50 F Reid 4:37.0  
M60 J Van Niekerk 6:24.43000 Steeplechase  
M30 C Benson 11:03.9  
M40 P v Breda 11:17.8  
M45 J Naude 12:20.1  
M55 H Lampert 13:21.0SHOT PUT  
M30 D Pattenden 10.76  
M35 W Ngwenya 12.82  
M40 P Du Toit 9.13  
M45 A Coetzee 10.81  
M50 T Bruwer 11.00110 Hurdles  
M45 J Grundlingh 23.2400 Hurdles (33")  
M40 G Mathe 53.9 WR  
M45 D Burger 58.65000  
M30 C Benson 16:01.9  
M35 D Metsing 15:47.9  
M40 A Lewis 18:04.2  
M45 J Strydom 17:20.910000  
M30 J Correia 35:35.5  
M35 D Metsing 33:35.5  
M40 A Burgess 36:26.6  
M45 J Naude 38:58.1  
M50 Reed 39:26.03000 WALK  
M45 J Grundlingh 23.2400 Hurdles (33")  
M40 G Mathe 53.9 WR  
M45 D Burger 58.63000 Steeplechase  
M30 C Benson 11:03.9  
M40 P v Breda 11:17.8  
M45 J Naude 12:20.1  
M55 H Lampert 13:21.0SHOT PUT  
M30 D Pattenden 10.76  
M35 W Ngwenya 12.82  
M40 P Du Toit 9.13  
M45 A Coetzee 10.81  
M50 T Bruwer 11.00M55 H Booysen 12.55  
M60 M Marcus 12.90  
M65 E P Malan 12.80  
M70 C Johnston 8.5W30 B Lubbe 8.27  
W35 J Sharples 8.79  
W40 J Bakkes 10.94  
W45 E v Holtz 9.17  
W55 M V As 11.13  
W60 S Evans 6.88

## LONG JUMP

M30 S Wald 5.33  
M40 G Swakala 6.31  
M45 F v Vurren 5.32  
M50 J Marais 4.46  
M65 L Craig 3.02

## TRIPLE JUMP

M30 D Pattenden 10.76  
M40 G Swakala 13.54  
M45 L Benning 10.65  
M65 L Craig 7.03

## DISCUS

M30 D Pattenden 31.04  
M35 W Ngwenya 41.08  
W40 Du Toit 28.25  
M45 A Coetzee 34.26  
M50 T Bruwer 33.34  
M55 J C Booysen 35.00  
M60 A Sirakis 34.90  
M65 E P Malan 38.50  
M70 C Johnston 26.46W35 G Hubner 47.24  
W40 J Bakkes 32.80  
W45 E v Holtz 26.20  
W55 L Grobler 28.14  
W65 E Paveley 14.94

## JAVELIN

M30 D Pattenden 53.60  
M35 W Ngwenya 53.16  
M40 E Skea 36.34  
M45 J Ludick 39.45  
M60 A Sirakis 25.76  
M65 E P Malan 33.06  
W40 J Bakkes 30.06  
W45 E v Holtz 19.12  
W50 A McKenzie 24.92  
W55 L Grobler 28.54 WA

## HAMMER

M40 P Potgieter 25.54  
M45 A Coetzee 34.46  
M50 T Bruwer 24.68  
M60 J Nel 36.72  
M65 J Sirakis 24.38

## HIGH JUMP

M30 D Pattenden 1.50  
M35 W Ngwenya 1.50  
M40 H Miekautsch 1.68  
M45 L Benning 1.56  
M65 J v Niekerk 1.20  
W30 D v d Linde 1.60  
W50 M Buck 1.18  
W60 S Evans .97

## 5000 WALK

M40 M Rossouw 26:06.1  
M45 J Stoltz 25:28.1  
M50 J Van Deventer 26:05.8  
M65 J V Niekerk 29:30.5  
M70 C Johnston 31:06.2

## 3000 WALK

W55 M Hutchinson 19:39.5

LITTLETON 15K, LITTLETON,  
COLORADO, AUGUST 2, 1980.M40-49  
Hylke Van Der Wal 42 54:56  
Hugh Price 40 56:15  
Dennis Kavanaugh 40 57:31M50+  
Alex Ratelle 55 55:29  
Tom Bailey 50 57:08  
Ruben Vigil 52 57:29W40-49  
Betsy Harrower 42 1:06:00  
Barsha Shepherd 44 1:21:17  
Carolyn Engelke 46 1:22:23W50+  
Betty Robinson 51 1:21:07  
Doris Lehnert 52 1:23:06



# Senior Olympics

July 12-13, 1980. Los Angeles, Calif.

## WOMEN

### Discus

70-74: 1. Edith Mendyka 60-7. 65-69: 1. Olive Patterson 50-54: 1. Shirley Kinsey 80-9. 45-49: 1. Lucy Parker 55-3. 40-44: 1. Cherrie Sherrard 69-9; 2. Ann Smith 66-3; 3. Cattie Burke 54-6.

45-49: 1. Irene Obera 8-3. 40-44: 1. Cherrie Sherrard 4-4; 2. Almeta Parish 3-4. 30-34: 1. Annelles Steekelenburg 4-10½; 2. Latanya Glass 3-10.

### Javelin

70-74: 1. Edith Mendyka 72-0. 50-54: 1. Shirley Kinsey 63-10; 2. Shirley Dietderich 49-0. 45-49: 1. Christel Miller 99-9; 2. Irene Obera 56-8; 3. Lucy Parker 48-1. 40-44: 1. Cattie Burke 46-1; 2. Almeta Parish 44-6. 30-34: 1. Latanya Glass 72-1.

### Long Jump

70-74: 1. Edith Mendyka 7-1. 50-54: 1. Ellen Fuller 10-3½. 45-49: 1. Christel Miller 14-3½; 2. Irene Obera 13-6½; 3. Yvonne Henry 11-8. 30-34: 1. Annelles Steekelenburg 15-1½.

### Shot Put

70-74: 1. Edith Mendyka 28-8½. 50-54: 1. Shirley Kinsey 29-1½. 45-49: 1. Irene Obera 23-5½; 2. Joan Tykinski 17-11. 40-44: 1. Cherrie Sherrard 37-4½; 2. Almeta Parish 26-0; 3. Cattie Burke 19-9.

### Triple Jump

45-49: 1. Christel Miller 28-2. 35-39: 1. Mary McGraw 22-4½.

### 100 Sprint

70-74: 1. Edith Mendyka 18.9; 2. Marilla Salisbury 36.0. 60-64: 1. Josephine Kolda 17.0. 55-59: 1. Diana Smith 17.9; 2. Martha Fairbank 18.3. 50-54: 1. Shirley Kinsey 15.5; 2. Ellen Fuller 15.8; 3. Joan Selfridge 18.4. 45-49: 1. Irene Obera 13.0; 2. Christel Miller 13.8; 3. Joan Tykinski NT. 40-44: 1. Cherrie Sherrard 13.0; 2. Almeta Parish 13.9; 3. Jeanne Carter 14.8. 35-39: 1. Barbara Ellin 16.2; 2. Barbara Potts 16.4. 25-29: 1. Barbara Spikes 16.1. 20-24: 1. Joyce Giovanazzi 14.4.

### 200 Sprint

70-74: 1. Edith Mendyka 1:01.1; 2. Marilla Salisbury 1:16.8. 60-64: 1. Josephine Kolda 1:25.3. 55-59: 1. Diana Smith 38.9; 2. Martha Fairbank 40.8. 50-54: 1. Shirley Kinsey 32.1; 2. Shirley Dietderich 35.1. 45-49: 1. Irene Obera 26.9; 2. Joan Tykinski 38.6. 40-44: 1. Cherrie Sherrard 27.1; 2. Almeta Parish 28.9; 3. Jeanne Carter 31.0.

### 400

70-74: 1. Marilla Salisbury 2:33.5. 60-64: 1. Josephine Kolda 1:25.3. 55-59: 1. Martha Fairbank 1:35.0. 50-54: 1. Ellen Fuller 1:16.3; 2. Shirley Dietderich 1:25.3. 45-49: 1. Irene Obera 1:04.2; 2. Fay Hobbs 1:09.4. 40-44: 1. Almeta Parish 1:06.8; 2. Jeanne Carter 1:09.5.

### 800

80-84: 1. Hulda Crooks 5:50.2. 70-74: 1. Marilla Salisbury 5:32.3. 65-69: 1. Alice Werbel 3:38.2. 55-59: 1. Martha Fairbank 4:17.4. 50-54: 1. Ellen Fuller 3:12.1; 2. Patricia Frankus 3:26.9. 45-49: 1. Fay Hobbs 2:42.9. 40-44: 1. Jeanne Carter 3:10.9. 35-39: 1. Reiko Duba 2:39.9.

### 1500

80-84: 1. Hulda Crooks 11:33.0. 75-79: 1. Ruth Rothfarb 9:22.1. 70-74: 1. Bess James 8:38.5; 2. Marilla Salisbury 12:32.5. 65-69: 1. Alice Werbel 7:20.0. 55-59: 1. Jaclyn Caselli 6:31.1. 50-54: 1. Adele Millicevic 6:28.6; 2. June Miller 7:31.3. 45-49: 1. Lucy Parker 6:59.3. 35-39: 1. Reiko Duba 5:28.6; 2. Mary Owen 5:56.2. 30-34: 1. Nancy Pearlman 5:40.8.

### 5000 Run

80-84: 1. Hulda Crooks 41:38.3. 75-79: 1. Ruth Rothfarb 38:08.9. 70-74: 1. Bess James 28:33.8; 2. Marilla Salisbury 37:01.2. 65-69: 1. Alice Werbel 26:02.4. 55-59: 1. Jaclyn Caselli 23:41.9. 50-54: 1. Adele Millicevic 23:49.7; 2. Patricia Frankus 25:10.9. 45-49: 1. Fay Hobbs 20:05.5; 2. Lucy Parker 23:39.2. 40-44: 1. Sally Bane 27:10.6. 35-39: 1. Reiko Duba 20:55.3; 2. Mary Owen 21:27.8; 3. Mary McGraw 26:35.0. 25-29: 1. Sharon Kinsey 19:44.6.

### 10,000 Run

75-79: 1. Ruth Rothfarb NT. 70-74: 1. Bess James 1:00:01; 2. Marilla Salisbury 1:19:00. 65-69: 1. Alice Werbel 57:45. 55-59: 1. Jaclyn Caselli 50:01. 50-54: 1. Adele Millicevic 49:49. 35-39: 1. Nancy Sorensen 50:01; 2. Cherry Stockton 54:14. 30-34: 1. Nancy Pearlman 43:33.

### 5000 Walk

55-59: 1. Rose Kash 36:47. 50-54: 1. Dina McNichols 40:46. 35-39: 1. Jolene Steigerwalt 29:12.

### 10,000 Walk

55-59: 1. Rose Kash 1:10:47. 35-39: 1. Jolene Steigerwalt 59:07.

### 100 High Hurdles

40-44: 1. Cherrie Sherrard 15.4.

### 400 Relay

40-44: 1. NCSTC 55.9; 2. CDMTC 59.5.

## MEN

### Discus

85-89: 1. Charles Backus 30-2. 80-84: 1. John Whittemore 74-10. 75-79: 1. Stan Herrmann 90-10; 2. Winfield McFadden 84-7; 3. Robert Boothe 83-2. 70-74: 1. Vernon Cheadle 132-4; 2. Redmond Doms 112-10; 3. John Pearce 94-3. 65-69: 1. Neel Buell 120-6; 2. James York 110-4; 3. Charles McMahon 106-2. 60-64: 1. Daniel Adrich 158-9; 2. Nat Heard 125-8; 3.

William Burke 124-6. 55-59: 1. Roy Wigginton 100-3; 2. Frank DeBernardi 91-9; 3. Richard Baum 76-7. 50-54: 1. Harold Wallace 114-6; 2. Jan Versteeg 110-1; 3. Cole McFarland 102-5. 45-49: 1. Edward Van Pelt 133-10; 2. Charles Renfro 124-4; 3. Harold Smith 117-11. 40-44: 1. Robert Humphreys 154-11; 2. James Hart 134-1; 3. Wolfgang Linkmann 123-9. 35-39: 1. Lloyd Higgins 164-0; 2. Jerry Elbert 126-2; 3. E. Pearson 101-6. 30-34: 1. Frank Reilly 170-7. 25-29: 1. Robert Palazzo 86-5.

### Hammer

80-84: 1. John Whittemore 75-9. 75-79: 1. Stan Herrmann 70-6. 70-74: 1. Randy Hubbell 87-6; 2. John Baker 81-4; 3. Redmond Doms 57-7. 65-69: 1. James York 95-8; 2. Arthur Vesco 90-7; 3. Charles McMahon 90-5. 60-64: 1. Daniel Aldrich 118-4; 2. Joseph Sanz 109-4. 55-59: 1. Frank DeBernardi 93-7; 2. Emerson Grimm 58-5. 50-54: 1. Jan Versteeg 125-9; 2. Paul Evans 108-7; 3. Clark Devilbiss 80-10. 45-49: 1. David Doubliss 105-0. 40-44: 1. James Hart 118-3; 2. Fred Fate 105-7.

### High Jump

80-84: 1. Charles Backus NH. 75-79: 1. Homer Van Gelder 3-10; 2. Winfield McFadden 3-10. 70-74: 1. Stanley Thompson 4-4; 2. David Marcus 3-10; 3. John Pearce 3-8. 65-69: 1. Ted Wilson 4-8; 2. Pi Wu 4-6; 3. John Damski 4-4. 60-64: 1. Burl Gist 5-1½; 2. Orval Gillett and Robert Ogle 4-8; 3. Mark Henderson 4-6. 55-59: 1. David Brown 4-7; 2. Roy Wigginton 4-5; 3. Cesar Gilbert 3-9. 50-54: 1. Edward Austin 5-3; 2. Shirley Davison 5-1; 3. Harold Wallace 4-7. 45-49: 1. Herman Wyatt 5-10; 2. Nick Newton 5-8; 3. Donald Rose 5-4. 40-44: 1. Berni Zawacki 5-4; 2. Gary Bane 4-10; 3. John Lewis 4-10. 35-39: 1. John Dobroth 6-7½; 2. E. Pearson 4-6; 3. John Lappin 4-2. 30-34: 1. Charles Rader 6-7½; 2. Steven Lang 6-7½. 25-29: 1. James Fraser 5-8.

### Javelin

85-89: 1. Charles Backus 19-7. 75-79: 1. Mert Gambito 74-3; 2. Robert Boothe 64-9. 70-74: 1. Every Curtice 112-2; 2. Robert MacConaghy 93-5; 3. Redmond Doms 90-3. 65-69: 1. Charles McMahon 120-2; 2. Doodles Weaver 82-0; 3. Arthur Vesco 75-6. 60-64: 1. Robert Sheard 139-4½; 2. William Burke 122-1. 55-59: 1. Peter Fetter 141-11½; 2. Edward Chynoweth 138-7½; 3. Roy Wigginton 104-0. 50-54: 1. Harold Wallace 128-6½; 2. Jan Versteeg 117-7½; 3. Clark Devilbiss 115-9. 45-49: 1. Philip Conely 203-1; 2. Donald Rose 153-0; 3. Harold Smith 144-3. 40-44: 1. Wolfgang Linkmann 196-1; 2. Gary Miller 145-6; 3. John Lewis 111-4. 35-39: 1. Douglas Wells 182-2; 2. Jason Adams 99-2; 3. E. Pearson 97-5. 30-34: 1. Warren Wilkie 191-0; 2. Anthony Griswold 185-5; 3. Clyde Foreman 184-11. 25-29: 1. James Fraser 166-7.

### Long Jump

85-89: 1. Charles Backus 5-11½. 75-79: 1. Winfield McFadden 12-6; 2. Homer Van Gelder 11-2½. 70-74: 1. David Marcus 12-5; 2. Joseph Caruso 12-1½; 3. Stanley Thompson 12-½. 65-69: 1. John Satti 15-11; 2. Fred White 15-1½; 3. John Damski 14-8½. 60-64: 1. Burl Gist 14-11½; 2. William Burke 14-8; 3. Jeng Hwang 14-7. 55-59: 1. Thomas Patsalis 18-7½; 2. David Brown 15-11; 3. Roy Wigginton 15-6½. 50-54: 1. Novi Millicevic 19-4½; 2. Robert Higginbotham 15-½; 3. Joseph Thomas 13-10½. 45-49: 1. Harold Smith 17-¾; 2. David Jackson 17-¼; 3. Edward Martin 15-9. 40-44: 1. Alvin Henry 19-6¾; 2. Gary Miller 19-¾; 3. Al McDaniels 18-9½. 35-39: 1. Lawrence Sallinger 20-0; 2. E. Pearson 16-2½; 3. John Lappin 15-5¾. 30-34: 1. Carl Flowers 21-4½; 2. James Harvey 20-7¾; 3. George Crezee 16-½. 25-29: 1. Robert Palazzo 19-4½.

### Pole Vault

75-79: 1. Meet Gambito 5-6. 70-74: 1. Stanley Thompson 8-0; 2. Robert MacConaghy 8-0; 3. A. Publizevich 5-6. 65-69: 1. Arthur Vesco 6-6. 60-64: 1. James Vernon 10-0; 2. Orval Gillett 9-0; 3. Jeng Hwang 8-0. 55-59: 1. David Brown 10-6; 2. Vernon Wolfe 10-0; 3. Roy Wigginton 8-6. 50-54: 1. Harold Wallace 9-6; 2. Ronald DeVoe 9-0. 45-49: 1. Victor Cook 13-0; 2. David Douglass 10-6; 3. Harold Smith 9-6. 40-44: 1. Ronald Fleming 11-6; 2. Gary Bane 11-6; 3. Robert monson 8-6. 35-39: 1. John Lappin 6-6. 30-34: 1. Timothy Knappen 15-0; 2. Warren Wilkie 14-6; 3. Frank Reilly 11-0. 25-29: 1. Robert Pullard 16-6.

### Shot Put

75-79: 1. Stan Herrmann 34-10; 2. Homer Van Gelder 33-1½; 3. Mert Gambito 27-1½. 70-74: 1. Vernon Cheadle 40-6½; 2. Edward Lamb 38-2¾; 3. John Baker 35-9. 65-69: 1. James York 43-7; 2. Neel Buell 39-3½; 3. Charles McMahon 35-11½. 60-64: 1. Nat Heard 49-8; 2. Mark Henderson 43-1½; 3. William Burke 39-0. 55-59: 1. William Bangert 40-7; 2. Ryan Polstra 37-4½; 3. Roy Wigginton 35-8½. 50-54: 1. Cole McFarland 44-2; 2. Richard Preclado 40-11; 3. Jan Versteeg 39-3. 45-49: 1. Andrew Halle 41-¼; 2. Harold Smith 40-1½; 3. David Douglass 30-6½. 40-44: 1. Wolfgang Linkmann 44-7¾; 2. James Hart 42-9; 3. John Lewis 33-9½. 35-39: 1. Douglas Wells 52-9; 2. Ronald Barboza 37-1. 30-34: 1. Buz Hamblin 37-5. 25-29: 1. Robert Palazzo 30-5½.

### Triple Jump

75-79: 1. Winfield McFadden 26-10¾; 2. Homer Van Gelder 24-6½. 70-74: 1. Stanley Thompson 26-8; 2. David Marcus 23-9¾; 3. Redmond Doms 23-6¾. 65-69: 1. John Damski 29-9¾; 2. Fred White 29-5; 3. John Satti 28-3½. 60-64: 1. Gordon Farrell 36-5¾; 2. Robert Ogle 30-8; 3. Jeng Hwang 29-8. 55-59: 1. Thomas Patsalis 37-11; 2. David Brown 31-3. 50-54: 1. Novi Millicevic 38-6½; 2. Harold Wallace 25-6½. 45-49: 1. David Jackson 41-7½; 2. Anthony Nasralla 35-3. 40-44: 1. Alvin Henry 42-11; 2. Al McDaniels 38-5; 3. John Lewis 35-2½. 35-39: 1. E. Pearson 34-4; 2. John Lappin 27-2½; 3. Michael Smith 25-7½. 30-34: 1. Steven Lang 37-4. 25-29: 1. David Jackson 45-1; 2. Robert Palazzo 35-5.

### 100 Sprint

85-89: 1. Charles Backus 4.3; 2. Peter Laurino 29.3. 75-79: 1. Sing Lum 15.5; 2. Homer Van Gelder 16.3. 70-74: 1. Anthony Castro 14.4; 2. Joseph Caruso 15.9; 3. Stanley Thompson 16.9. 65-69: 1. Fred White 14.0; 2. John Satti 14.2; 3. Chia-Tsung Pao 16.1. 60-64: 1. Clarence Killian 13.4; 2. Byron Walls 13.7; 3. Nat Heard 13.8. 55-59: 1. Gene Harte 12.4; 2. Thomas Patsalis 12.4; 3. Wayne Ambrose 12.9. 50-54: 1. Robert Watanabe 12.4; 2. Donald Cheek 12.4; 3. John Poppell 12.9. 45-49: 1. Percy Knox 12.1; 2. Daniel Barrows 12.6; 3. Anthony Nasralla 12.7. 40-44: 1. Douglas Smith 11.4; 2. Wolfgang Linkmann 11.6; 3. Abidala Sallim 11.9. 35-39: 1. Ruben Whitney 10.9; 2. Walter Butler 11.0; 3. Robert Hunter 12.1. 30-34: 1. Marion McCoy 10.6; 2. Michael Jackson 10.9; 3. Glenn Johnson 11.2. 25-29: 1. Ralph Tilley 11.3; 2. Michael Black 11.5; 3. Chris Arnold 11.8.

### 200 Sprint

85-89: 1. Charles Backus 1:04.1. 75-79: 1. Sing Lum 33.5. 70-74: 1. Anthony Castro 29.7; 2. Stanley Thompson 36.0; 3. Robert Pope 38.5. 65-69: 1. Fred White 28.7; 2. John Satti 28.9; 3. Kenneth Burns 32.9. 60-64: 1. Byron Walls 28.0; 2. Nat Heard 28.2; 3. Henry Fairbank 28.4. 55-59: 1. Gene Harte 25.6; 2. Roy Wigginton 27.2; 3. Wilbur Buchanan 27.7. 50-54: 1. Donald Cheek 25.0; 2. Robert Watanabe 25.4; 3. John Poppell 25.9. 45-49: 1. Nick Newton 23.0; 2. Percy Knox 24.3; 3. Daniel Barrows 25.7. 40-44: 1. Douglas Smith 23.5; 2. Robert Jones 25.6; 3. John Lewis 26.1. 35-39: 1. Ruben Whitney 21.7; 2. Robert Simpson 23.8; 3. Robert Hunter 24.5. 30-34: 1. Marion McCoy 21.8; 2. Michael Jackson 22.1; 3. Gregory Marshall 22.5. 25-29: 1. Ralph Tilley 22.8; 2. Michael Black 23.6.

### 400

85-89: 1. Charles Backus 2:42.3. 70-74: 1. Stanley Thompson 1:22.8; 2. Robert Pope 1:32.2. 65-69: 1. John Satti 1:06.3; 2. Fred White 1:07.1; 3. Vince Godfrey 1:13.4. 60-64: 1. Henry Fairbank 1:03.6; 2. William Fairbank 1:06.3; 3. Mark Henderson 1:07.6. 55-59: 1. Gene Harte NT; 2. George Puterbaugh 58.2; 3. Wilbur Buchanan 1:01.2. 50-54: 1. Donald Cheek 56.1; 2. Edward Dowell 59.7; 3. Robert Morris 1:00.0. 45-49: 1. Nick Newton 53.1; 2. Anthony Nasralla 56.7; 3. Francis Kishi 1:01.4. 40-44: 1. George Cogen 52.6; 2. Philip Maresca 53.3; 3. Herbert Pendleton 57.1. 35-39: 1. Matt Pruitt 48.8; 2. David Roman 50.1; 3. Robert Simpson 53.1. 30-34: 1. James Harvey 49.9; 2. Willie Bogan 50.9; 3. William Weller 52.0. 25-29: 1. Reg Greene 59.8.

### 800

80-84: 1. Paul Spangler 3:34.3. 75-79: 1. Nat Pisciotta 3:46.2. 70-74: 1. Stanley Thompson NT. 60-64: 1. Henry Fairbank 2:42.7. 55-59: 1. William Fitzgerald 9:09.7; 2. George Puterbaugh 2:25.4; 3. Robert Post 2:28.3. 50-54: 1. Louis Beadle 2:16.7; 2. Leonard Waits 2:17.1; 3. Walter Atcheson 2:18.6. 45-49: 1. Daniel Halvorson 2:19.8; 2. Raymond Archibald 2:23.8; 3. Edward Martin 2:38.2. 40-44: 1. George Cohen 2:00.4; 2. Melvin Elliott 2:00.4; 3. Robert Packard 2:06.3. 35-39: 1. David Roman 2:01.4; 2. Charles Ryavec 2:06.3. 30-34: 1. Rodney Petkovic 2:02.6.

### 1500

80-84: 1. Paul Spangler 7:07.5. 75-79: 1. Nat Pisciotta 7:38.2. 70-74: 1. Sidney Madden 6:00.3; 2. Walt Frederick 7:29.6; 3. Stanley Thompson 7:45.1. 65-69: 1. Edward Stotsenberg 5:17.0. 60-64: 1. Joseph Carey 5:17.8; 2. George Polynis 5:24.7; 3. Frank Rems 5:31.8. 55-59: 1. William Fitzgerald 4:28.7; 2. George Puterbaugh 4:43.1; 3. David Pain 5:38.1. 50-54: 1. David Stevenson 4:29.9; 2. Walter Atcheson 4:45.0; 3. Gunnar Linde 4:54.6. 45-49: 1. Daniel Halvorson NT; 2. Raymond Archibald NT; 3. John Harper NT. 40-44: 1. George Cohen 4:11.4; 2. Robert Packard 4:11.7; 2. Melvin Elliott 4:20.6. 35-39: 1. Stephen Regas 4:13.7; 2. Richard Friedlander NT; 3. Joseph Serralle NT. 30-34: 1. Fred Doubell 4:22.8; 2. Douglas Clarke 4:23.0; 3. Rudy Figueroa NT. 25-29: 1. Anthony Veney 4:11.6; 2. Dean Parker NT. 20-24: 1. Marty Higginbotham 4:15.3.

### 5000 Run

75-79: 1. Nat Pisciotta 35:20.8. 70-74: 1. Sidney Madden 21:53.1; 2. Edward Rumble 22:13.0; 3. Ray Neveau 22:42.4. 65-69: 1. John Montoya 22:42.8. 60-64: 1. Joseph Carey 19:48.4; 2. Stormy Sexton 23:28.6; 3. Julian Myers 23:38.3. 55-59: 1. David Pain 21:07.3. 50-54: 1. David Stevenson 17:26.1; 2. Jerry Withers 18:25.4; 3. John Gianotti 18:59.5. 45-49: 1. Fred Lehr

18:31.1; 2. Ted LaMare 20:01.1. 40-44: 1. Robert Packard 16:21.9; 2. Walter Schafer 16:57.9; 3. Skip Witt 17:24.9. 35-39: 1. Donald Cheek 17:01.7; 2. Richard Friedlander 17:15.9; 3. Ira Yawnick 17:47.7. 30-34: 1. James Partridge 17:20.0; 2. Raymond Blessey 18:48.3. 25-29: 1. David Stansbury 16:06.9; 2. Anthony Veney 16:47.5. 20-24: 1. Marty Higginbotham 15:40.0; 2. Vernon Jackson 17:39.1.

### 10,000 Run

70-74: 1. Robert Gilmore 58:00. 65-69: 1. John Montoya 46:38; 2. John Thomson 50:33. 60-64: 1. Eddie Lewin 40:19; 2. Joseph Carey 42:15; 3. Paul Ganahl 43:00. 55-59: 1. Harold Daughters 39:33; 2. Ibrahim Clark 48:10. 50-54: 1. John Gianotti 38:49; 2. Byron Potts 42:15; 3. Thomas Lienhard 46:44. 45-49: 1. Fred Lehr 39:49; 2. Louis Simms 40:06. 40-44: 1. Thomas Rohrer 45:08. 35-39: 1. Robert Jacobs 42:52. 30-34: 1. Ronald Kurrie 31:39; 2. Robert Nelson 38:11; 3. Steven Weiss 48:01. 25-29: 1. David Stansbury 32:50; 2. Anthony Veney 35:07. 20-24: 1. Michael Shriver 34:50.

### 5000 Walk

85-89: 1. Peter Lurino 44:52. 75-79: 1. Robert Boothe 38:34; 2. Edward Martin 38:52. 70-74: 1. Chesley Unruh 33:44. 65-69: 1. Otto Wenk 32:23; 2. Philip Carey 35:03; 3. Mickey Blakesley 36:27. 60-64: 1. Robert Long 38:06. 50-54: 1. John Kelly 25:18; 2. John MacLachlan 30:28. 35-39: 1. Walter Jaquith 24:35; 2. Gary Ruttenberg 32:40; 3. Michael Smith 42:27. 30-34: 1. Roger Brandwein 24:04; 2. Glen Haworth 35:38.

### 10,000 Walk

70-74: 1. Chesley Unruh 69:51; 2. Alfred Guth 78:05. 65-69: 1. Otto Wenk 64:48; 2. Mickey Blakesley 69:45; 3. Philip Carey 1:10:11. 60-64: 1. Harold McWilliams 1:01:37. 50-54: 1. John Kelly 51:51; 2. John MacLachlan 59:17; 3. Milton Creange 1:01:26. 35-39: 1. Walter Jaquith 48:59; 2. Gary Ruttenberg 1:02:01. 30-34: 1. Roger Brandwein 47:58.

### 110 Hurdles

70-74: 1. Stanley Thompson 22.0; 2. David Marcus 25.6; 3. Walter Frederick 29.9. 60-64: 1. Burl Gist 17.8; 2. Clarence Killian 21.0; 3. Julian Myers 26.9. 55-59: 1. Thomas Patsalis 17.0; 2. Roy Wigginton 18.8. 50-54: 1. Joseph Murphy 18.1; 2. Robert Higginbotham 18.3; 3. Joseph Thomas 21.0. 45-49: 1. Harold Smith 16.6; 2. Robert Hardin 19.9; 3. David Douglass 20.0. 40-44: 1. Wolfgang Linkmann 15.1; 2. Alvin Henry 15.2; 3. Robert Plassmeyer 17.9. 35-39: 1. Walter Butler 14.5; 2. Lawrence Sallinger 15.5; 3. John Dobroth 15.6. 30-34: 1. John Jones 15.4; 2. Rudy Figueroa 18.8; 3. George Crezee 18.9.



MIDWEST MASTERS REGIONAL  
OUTDOOR T&F CHAMPIONSHIPS,  
DYCHE STADIUM, NORTHWESTERN  
UNIVERSITY, EVANSTON, ILL.  
JUNE 28, 1980.

<b>100</b>			
M30			
R. McMiller	IL	11.64	
G. Reiter	MO	11.85	
J. Jones	IL	13.32	
<b>M35</b>			
L. Tutt	MI	11.6	
J. Hedgcock	IL	11.87	
D. Shevitz	IL	12.3	
<b>M40</b>			
C. Dudley	OH	12.0	
G. Summerfield	MI	12.04	
J. Lipsky	IL	12.7	
<b>M45</b>			
J. Avery	IL	12.29	
D. Richardson	IL	12.86	
T. Twitchell	IL	13.00	
<b>M50</b>			
R. Wolf	MN	13.0	
C. Cox	IL	13.65	
S. Kortebein	IL	14.9	
<b>M55</b>			
R. Jacobs	MI	12.12	
M. Krakow	IL	13.78	
J. Curran	IL	15.5	
<b>M60</b>			
D. Honder	WI	14.62	
C. Northrup	IN	14.92	
E. Yohn	IL	15.05	
<b>M65</b>			
J. Dick	WI	18.5	
<b>W35</b>			
K. Huff	IL	16.9	
<b>W40</b>			
J. Grissom	IN	13.6	
<b>200</b>			
<b>M30</b>			
J. Rice	IL	23.24	
G. Reiter	IL	23.91	
B. Demmerle	IL	24.3	
<b>M35</b>			
L. Tutt	MI	24.1	
J. Hedgcock	IL	24.43	
D. Shevitz	IL	25.3	
<b>M40</b>			
J. Burnett	IL	23.31	
G. Summerfield	MI	24.13	
C. Dudley	OH	25.4	
<b>M45</b>			
J. Avery		25.4	
D. Richardson			
<b>M40</b>			
J. Burnett	IL	23.3	
G. Summerfield	MI	24.13	
C. Dudley	OH	25.4	
<b>M45</b>			
J. Avery	IL	25.4	
D. Richardson	IL	26.6	
D. Fruenlich	OH	26.8	
<b>M50</b>			
R. Wolf	MN	27.31	
H. Wallace	CA	27.68	
A. Gras	IL	28.92	
<b>M55</b>			
R. Jacobs	MI	25.8	
M. Buschman	MI	27.58	
M. Krakow		29.9	
<b>M60</b>			
C. Northrup	IN	34.1	
E. Nolan	IL	34.4	
<b>M65</b>			
J. Dick	WI	47.8	
<b>400</b>			
<b>M30</b>			
G. Reiter	MO	53.7	
J. Smiley	WI	59.5	
P. Nicolette	IA	60.2	
<b>M35</b>			
L. Tutt	MI	52.98	
J. Hedgcock	IL	56.69	
N. Pennington	MI	60.03	
<b>M40</b>			
J. Burnett	IL	50.65	AR
H. Tolliver	OH	53.0	
T. Munson	MI	55.0	
<b>M45</b>			
C. Edmonds	IL	63.0	
B. Glarry	IL	64.2	
E. Mann	WI	66.1	
<b>M50</b>			
L. Schneider	KY	61.0	
R. Czarapata	WI	70.0	
S. Kortebein	IL	79.0	

<b>M55</b>			
R. Jacobs	MI	61.5	
B. Burrett		67.1	
<b>M60</b>			
H. Strassenburg	IL	66.0	
<b>M65</b>			
J. Dick	WI	98.0	
<b>800</b>			
<b>M30</b>			
J. Rice	IL	2:02	
G. Reiter	MO	2:04	
J. Elkins		2:05	
<b>M35</b>			
J. Jeffress	IL	2:35	
W. Meyer	WI	2:37	
<b>M40</b>			
E. Billups	IL	1:57.1	
H. Tolliver	OH	1:59.1	
M. McLay		2:17	
<b>M45</b>			
B. Saddler	IL	2:04	
O. Heun	IL	2:13	
M. Lane	IL	2:16	
<b>M50</b>			
L. Schneider	KY	2:16.2	
R. Czarapata	WI	2:54	
<b>M60</b>			
A. McLendon	IL	3:12	
<b>M65</b>			
J. Dick	WI	3:56	
<b>W45</b>			
M. Czarapata	WI	2:31	A
<b>1500</b>			
<b>M30</b>			
S. Currins	IL	4:26	
R. Steder	IL	5:12	
P. Skubic	IL	5:13	
<b>M35</b>			
E. Zemper	MI	4:18.1	
D. Oyer	IL	4:38.1	
J. Jeffress	IL	5:56	
<b>M40</b>			
E. Billups	IL	4:13.1	
M. DeStefano	CA	4:38.1	
B. Cohen	IL	4:40	
<b>M45</b>			
B. Sommeman	IL	5:28	
O. Heun	IL	7:05	
N. Guthrie	IL	7:50	
<b>M50</b>			
R. Green	OH	5:04.9	
R. Smith	IL	6:12	
B. Christensen		8:01	
<b>M55</b>			
G. Rasch	IN	5:39	
M. Krakow	IL	6:20	
J. Curran	IL	6:42	
<b>M60</b>			
H. Strassenburg	IL	6:36	
W. Greene		6:05	
<b>M65</b>			
J. Dick	WI	8:26	
<b>W45</b>			
M. Czarapata	WI	5:19.6	
<b>5000</b>			
<b>M30</b>			
B. Green	OH	21:32	
K. Jensen	IL	21:34	
<b>M35</b>			
E. Zemper		16:28	
P. Jacob	IL	17:10	
<b>M40</b>			
B. Schrader	IL	16:58	
G. Hollneger	IL	23:01	
<b>M45</b>			
O. Volkmann	IL	18:18	
O. Herron	IL	26:56	
<b>M50</b>			
C. Baker	IL	16:53.8	
D. Green	IL	20:17	
T. Braid	IL	22:37	
<b>M55</b>			
J. Stronks	IL	22:46	
D. King	IL	23:49	
<b>M60</b>			
W. Green	IN	22:07	
J. Jannotta	FL	22:10	
<b>10000</b>			
<b>M30</b>			
T. Cooney	IL	34:19	
K. Kite	IL	35:46	
P. Summer	IL	37:57	
<b>M35</b>			
B. Williams	IL	39:06	

P. Miller	IL	39:12	
G. John	WI	39:27	
<b>M40</b>			
H. Folkenstein	IN	36:03	
P. Mooney	IL	37:32	
B. Pates	IL	38:02	
<b>M45</b>			
H. Higdon	IN	33:47.4	
B. Wright	IL	40:29	
Lou Schairer	IL	42:06	
<b>M50</b>			
J. Keck	IL	45:23	
D. Wallacw	IN	49:34	
<b>M55</b>			
D. King	IL	48:58	
E. Long	IL	49:10	
F. Samuels	WI	51:07	
<b>M60</b>			
H. Combs	IL	50:10	
<b>M65</b>			
T. Kaliski	IL	63:20	
<b>PREDICTION RUN</b>			
Prediction Time			
Hal Higdon		9:17	9:16
Mark Smith		4:52	5:00
Eric Zemper		6:50	7:15
<b>400 HURDLES</b>			
<b>M30</b>			
L. Goodwin	IL	84.7	
J. Kramer	OH	91.6	
<b>M35</b>			
J. Edwards	IL	91.6	
<b>M40</b>			
B. Smith	IL	84.2	
C. Johnson	IL	102.6	
<b>M45</b>			
J. Granger	IL	110.1	
<b>M50</b>			
R. Wolf	MN	82.9	
<b>3000 STEEPLECHASE</b>			
<b>M30</b>			
P. Avis	IL	15:17	
<b>M35</b>			
J. Shaw	MI	13:06	
<b>M40</b>			
H. Rhea	IN	12:28	
B. Smith	IL	14:57	
<b>M45</b>			
J. Jupa	WI	16:19	
<b>M50</b>			
R. Czarapata	WI	13:48	
<b>HIGH JUMP</b>			
<b>M30</b>			
P. Matzdorf	IL	7-0	
J. Boyd	IL	4-10	
<b>M40</b>			
M. Gibson	IL	6-0	
T. Langenfield	MN	5-10	
T. Allen	IL	4-6	
<b>M45</b>			
R. Richardson	IL	6-1½	
J. Scott	IL	4-8	
<b>M50</b>			
H. Wallace	CA	4-8	
R. Wolf	MN	4-6	
<b>M55</b>			
M. Buschman	MI	4-2	
<b>M65</b>			
J. Dick	WI	4-0	
<b>W45</b>			
J. Grissom	IN	4-6	
F. Rogers	IL	2-8	
<b>POLE VAULT</b>			
<b>M30</b>			
T. Green	OH	10-6	
R. Green		6-0	
<b>M40</b>			
T. Allen		10-0	
H. Davis	IN	9-10	
<b>M45</b>			
J. Scott	IL	9-0	
R. Pawlowski	IL	8-10	
<b>M50</b>			
H. Wallace	CA	10-0	
<b>LONG JUMP</b>			
<b>M30</b>			
P. Skubic	IL	5.44	
G. Reiter	MO	5.29	
J. Boyd	IL	4.96	

<b>M35</b>			
J. Shaw	MI	4.28	
<b>M40</b>			
R. Warpeha	IL	4.81	
<b>M45</b>			
R. Richardson	IL	5.47	
P. Lehmkuhl	WI	5:06	
J. Scott	IL	4.52	
<b>M50</b>			
C. Cox	IL	4.82	
H. Wallace	CA	4.52	
R. Wolf	MN	4.42	
<b>M55</b>			
M. Buschman	MI	4.86	
M. Krakow	IL	3.37	
<b>M65</b>			
J. Dick	WI	3.14	
<b>TRIPLE JUMP</b>			
<b>M30</b>			
F. Stahmann	IA	9.19	
<b>M35</b>			
T. Samanth	IL	9.25	
<b>M40</b>			
D. Sattem	MN	9.24	
<b>M45</b>			
P. Lehmkuhl	WI	9.26	
<b>M50</b>			
C. Cox	IL	9.44	
R. Wolf	MN	8.95	
B. Christiansen		8.32	
<b>M55</b>			
M. Buschman	MI	8.62	
J. Curran		7.51	
<b>M65</b>			
J. Dick	WI	6.84	
<b>SHOT PUT</b>			
<b>M30</b>			
R. Green		6.90	
L. Kneifel	OH		
<b>M35</b>			
E. Johnson	IL	11.83	
John Hess	IL	9.95	
Jim Hess	IL	9.40	
<b>M40</b>			
C. Klehm	IL	10.15	
L. Slick	IL	9.19	
<b>M45</b>			
J. Scott	IL	10.14	
E. Zalig	IL	9.94	
<b>M50</b>			
C. Cox	IL	10.80	
R. Wolf	MN	9.26	
S. Kortebein	IL	7.95	
<b>M55</b>			
M. Krakow	IL	8.78	
J. Daddino	IL	8.70	
<b>M65</b>			
J. Dick	WI	8.46	
<b>M30</b>			
M. Whatley	WI	9.11	
<b>M35</b>			
K. Huff	IL	9.27	
<b>M40</b>			
J. Grissom	IN	11.14	
<b>DISCUS</b>			
<b>M30</b>			
P. Skubic	IL	24.82	
R. Steder	IL	23.34	
<b>M35</b>			
G. Doss	IL	31.80	
John Hess	IL	31.50	
E. Johnson	IL	31.28	
<b>M40</b>			
P. Toughill	IL	36.14	
C. Klehm	IL	33.61	
F. Lee Slick	IL	28.78	
<b>M45</b>			
D. Hendrix	IL	33.60	
J. Scott	IL	33.60	
B. Sonneman	IL	25.80	
<b>M50</b>			
H. Wallace	CA	34.10	
Bob Christiansen		24.46	
C. Coz	IL	22.44	
<b>JAVELIN</b>			
<b>M30</b>			
P. Skubic	IL	36.50	
R. Steder	IL	26.44	
<b>M35</b>			
E. Johnson	IL	56.82	
G. Doss	IL	32.60	
J. Hedgcock	IL	32.60	



Australian Veterans  
continued from page 22

## 3000 STEEPLECHASE

M35 J. Williams	9:37.0
M40 J. Bowers	9:34.8
M45 D. Worling	9:52.0

## 1500 STEEPLECHASE

M50 G. Inwood	5:30.9
M55 T. Orr	5:10.1
M60 E. Gamble	6:29.9

## 5000 WALK

M40 R. Mee	23:12.0
M45 L. Irwin	25:32.6
M50 N. Anderson	26:45.0
M55 G. Nevitt	27:29.0
M60 S. McConchie	32:35.0
M65 D. Horsley	28:36.0
M70 F. Scully	32:04.0
M80 G. Theobald	32:21.0

## SHOT PUT (in meters\*)

W30 J. Senior	8.97
W40 J. Preece	10.55
W45 H. Doherty	9.45
W50 S. White	10.87
W55 L. Frawley	6.12
W60 V. Le Rossignol	4.98

\*Multiply by 3.28 to convert to feet.

M35 K. Readwin	10.76
M40 G. Van Ekelburg	12.42
M45 W. Van Weened	12.44
M50 R. Hochreiter	11.84
M55 A. Husband	13.04
M60 R. Foley	11.51
M65 J. Fraser	10.57
M70 P. Barnes	8.20

## DISCUS

W30 J. Senior	27.64
W35 S. Frusher	22.10
W40 J. Schmidt	29.20
W45 H. Doherty	31.68
W50 S. White	30.52
W55 L. Frawley	18.92
W60 V. LeRossignol	13.46

M35 K. Readwin	34.36
M40 W. Haller	34.84
M45 H. Vann	35.48
M50 H. Wynhoven	37.94
M55 A. Husband	35.14
M60 R. Foley	35.96
M65 J. Fraser	32.82
M70 P. Barnes	24.62

## HIGH JUMP

W30 L. Ireland	1.40
W35 M. George	1.15
W40 H. Searle	1.45
W45 H. Doherty	1.10
W50 J. O'Neill	.95
M35 R. Smith	1.65
M40 J. Hancock	1.65
M45 R. Donchi	1.65
M50 R. Hochreiter	1.45
M55 K. McConnell	1.40
M60 T. Vickers	1.00
M65 A. Smith	1.20

## POLE VAULT

M35 J. Hamann	4.03
M40 K. Priestley	3.50
M45 L. Schaefer	2.60
M50 H. Wynhoven	2.75

## LONG JUMP

W30 L. Ireland	4.96
W35 E. Coleman	4.70
W40 H. Searle	5.35
W45 H. Doherty	4.11
W50 M. Anderson	3.54
M35 J. Hamann	6.43
M40 R. Stone	5.91
M45 L. Schaefer	5.33
M50 R. Hochreiter	5.25
M55 K. McConnell	5.43
M60 F. Chapman	3.89
M65 A. Digance	3.68
M70 G. Simpson	3.65

## TRIPLE JUMP

M35 P. Crombie	12.07
M40 R. Annand	12.44
M45 L. Schaefer	11.75
M50 R. Hochreiter	10.93
M55 K. O'Connell	12.19
M60 A. Gransden	6.08
M65 A. Smith	8.24
M70 G. Simpson	6.47

## JAVELIN

W30 J. Senior	32.52
W35 J. Priestley	19.52
W40 P. Telfer	34.02
W45 H. Doherty	37.00
W50 S. White	30.66
W55 M. Cahill	15.78
W60 V. LeRossignol	13.70
M35 J. Hamann	45.00
M40 N. Birks	62.30

M45 I. Mancs	35.18
M50 C. Murraylee	43.64
M55 D. Frawley	44.54
M60 H. Snelgar	27.64
M65 A. Digance	16.20
M70 P. Barnes	23.02

## HAMMER

M35 K. Readwin	48.70
M40 T. Hancock	38.48
M45 J. Davis	39.74
M50 A. Gordon	41.16
M55 D. Frawley	30.80
M60 R. Foley	37.48
M65 J. Fraser	33.64
M70 P. Barnes	24.48

## 10000 CROSS-COUNTRY

M40 T. Vincent	32:52
M45 R. Morgan-Morris	33:35
M50 D. Turnbull	34:46
M55 T. Orr	37:41
M60 G. McGrath	37:27
M65 B. Morland	47:54
M70 J. Brown	51:10
M75 R. Barlow	52:23
W35 J. Dobbie	42:00
W40 S. Beisty	41:17
W45 R. Barker	46:42
W50 S. Young	45:21

BRITISH VETERANS ATHLETICS  
FEDERATION TRACK & FIELD  
CHAMPIONSHIPS, LONDON.  
JULY 12-13, 1980.

## 100

M40 D. Herman	11.9
M45 R. Taylor	11.5
M50 F. Higgins	12.4
M55 S. Stein	12.9
M60 C. Fahey	13.7
M65 L. Batt	14.4
W35 P. McNab	13.4
W40 U. Gore	13.6
W45 E. Steedman	14.9

## 200

M40 P. Dunham	24.0
M45 R. Taylor	23.8
M50 P. Higgins	24.8
M55 H. Smith	27.2
M60 B. Metcalfe	29.0
M65 L. Batt	30.0
M70 T. Hines	35.5
W35 E. Manders	27.0
W40 U. Gore	29.0
W45 E. Steedman	30.9

## 400

M40 C. Wooton	52.8
M45 W. Morgan	53.2
M50 P. Higgins	53.6
M55 B. Nielson	62.3
M60 L. Batt	66.7
W35 G. Rickards	59.3
W40 G. Plater	64.0
W45 E. Steedman	69.8

## 800

M40 R. Anderson	2:01.7
M45 W. Morgan	2:02.5
M50 T. Clowry	2:08.6
M55 H. Tempam	2:12.5
M60 E. O'Bree	2:24.6
M70 E. Sears	3:14.6
M75 R. White	3:40.8
W35 J. Kimber	2:24.1
W40 B. Brookes	2:34.7
W45 H. Rider	2:41.2
W50 V. Mijovic	3:03.0

## 1500

M40 B. Bartholomew	4:07.9
M45 J. Oliver	4:17.2
M50 G. Smith	4:34.0
M55 H. Tempam	4:31.4
M60 E. O'Bree	4:57.3
M70 E. Sears	6:32.2
M75 R. White	7:19.0
W35 J. Kimber	5:07.7
W40 B. Brookes	5:23.2
W50 V. Mijovic	6:05.6

## 5000

M40 Roger Robinson	14:55.1
(New Zealand)	
M45 R. Gomez	15:15.2
M50 E. Kirkup	16:14.8
M55 J. Brent	17:55.6
M60 J. Flowers	18:22.2
M65 R. McMinnis	19:38.0
M70 W. Tyler	20:45.0

## 110 HURDLES

M40 J. Howell	17.2
M45 C. Shafto	16.7
M50 I. Steedman	18.2
M55 G. Leete	20.1
M65 R. Evans	22.9

## 400 HURDLES

M40 G. Pinkney	63.5
M45 C. Shafto	59.7
M50 I. Steedman	65.3
M55 P. Munn	79.2
M60 T. Rawlinson	93.6
M75 T. Hines	123.9

## 3000 STEEPLECHASE

M40 G. Blackburn	9:54.5
M45 M. Morrell	10:16.4

## 5000 WALK

M40 D. Stevens	22:17.8
M45 P. Markham	24:03.9
M50 J. Stancer	25:13.5
M55 J. Scamell	27:35.0
M60 F. Nickolls	30:06.0
M65 A. Poole	28:25.4
M75 A. Roberts	30:38.6

## DISCUS

M40 J. Walters	44.48
M45 B. Strange	35.04
M50 I. Briggs	42.30
M55 M. Dalrymple	34.82
M60 B. Metcalfe	30.40
M65 K. Maksimczyk	47.26
M75 N. Martin	14.18

## SHOT

M40 J. Walters	13.66
M45 S. Clark	14.97
M50 A. Woods	13.56
M55 H. Trafford	11.00
M60 B. Metcalfe	11.03
M65 K. Maksimczyk	13.46
M75 N. Martin	4.92

## DISCUS

W35 L. Parkins	25.90
W40 J. Godden	19.44
W45 M. Tipping	30.76

## HAMMER

M40 W. Gentleman	44.46
M45 D. Bayes	50.54
M50 B. Tyndall	33.32
M55 M. Dalrymple	44.20

## JAVELIN

M40 W. Bushnell	59.10
M45 J. Phillips	41.28
M50 W. Bunton	35.72
M60 D. Eyles	20.38
M65 R. Evans	22.66
M75 N. Martin	12.50
M80 A. Sutherland	12.26
W40 J. Godden	24.46
W45 A. Williams	36.88

## LONG JUMP

M40 F. Taylor	5.69
M45 D. Burton	5.72
M50 A. Kalirai	5.24
M55 G. Leete	5.07
M60 R. Evans	3.97
M70 J. Searle	3.59
M75 N. Martin	2.73
M80 A. Sutherland	3.14
W35 P. McNab	5.34
W40 J. Aitcheson	3.99
W45 W. Feldmanis	3.71

## TRIPLE JUMP

M40 J. Darlington	12.16
M45 J. Phillips	11.26
M50 A. Kalirai	9.85
M55 G. Leete	10.35
M60 B. Metcalfe	8.25
M65 R. Evans	7.71

## HIGH JUMP

M40 J. Darlington	1.65
M45 G. Hickey	1.55
M50 B. Thomas	1.40
M55 D. Smith	1.30
M60 T. Rawlinson	1.12
M70 J. Searle	1.09
M80 A. Sutherland	1.02
W35 P. McNab	1.47

## POLE VAULT

M40 R. Ball	3.90
M45 R. Brown	3.90

BR=British Record

1ST SINGAPORE VETERANS ROAD  
RUNNING CHAMPIONSHIPS.  
MARINE PARADE, SINGAPORE.  
JUNE 22, 1980.

35-39	
V.C. Mathew	24:24
Tan Hock Meng	24:43
Lim Lam Soon	24:55
40-44	
Raj Kuppusamy	23:32
Kwok Cheng Wah	25:05
Wong Liang Luan	26:10

## NATIONAL ATHLETIC CONGRESS, 10 KILOMETER NATIONAL ROAD RACING CHAMPIONSHIP FOR MASTERS.

MEN & WOMEN OVER 40 YEARS OF AGE,  
SATURDAY, OCTOBER 18, 1980. PROSPECT PARK, BROOKLYN, NEW YORK 12:00 NOON.SANCTION BY THE MASTERS ATHLETIC COMMITTEE - LONG DISTANCE DIVISION - OF THE ATHLETICS  
CONGRESS, U.S.A.SPONSORED BY: PENN MUTUAL INSURANCE COMPANY; NIKE; MASTERS SPORTS ASSOCIATION;  
ROAD RUNNERS OF NEW YORK; METROPOLITAN ATHLETIC CONGRESS.

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,  
five year groupings to 85+

National Championship patches to the first place finishers.

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

winning teams. National Championship team patches to the first place teams.

Team awards determined on the basis of cumulative times.

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

CHECK IN: Check in starts at 10:30 A.M. at THE LAST HURRAH, Coney Island Ave. and Caton  
Place. Numbers and post race awards will be given there. The LAST HURRAH is across  
the street from the Parade Grounds.LOCKER FACILITIES: There are public facilities at the Parade Ground lockers on Coney  
Island Ave. Bring your own lock, towel and soap.

## NATIONAL MASTERS 10K ROAD CHAMPIONSHIPS, 1980.

NAME	AGE	MALE	FEMALE								
ADDRESS	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 or damages which  
I 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

WISCONSIN UNITED MASTERS TRACK AND FIELD MEET  
12:00 PM August 2, 1980  
Walnut Street Track

110m Hurdles M 40-49	Paul Lehmkuhl	21.6		Charles Espy Charles Cox	6:25.5 6:31.8
100m Dash W 30-39 M 30-39 M 40-49 M 50 & over	Charmain Klyve-Wood Robell McMiller Ron Crawford Peter Tegen Paul Lehmkuhl Paul Moye Charles Olson Charles Cox	15.6 12.3 14.8 12.5 13.3 14.5 13.5 13.6	5000m Run M 50 & over	Jerry Derus Charles Espy	22:04 22.13
			4 x 100m Relay W 30-39	Susan Peters Charmain Klyve-Wood Julie McGivern Sue Boyd	66.5
200m Dash W 30-39 M 30-39 M 40-49 M 50 & over	Mariamne Whatley Robell McMiller Ron Dennis Paul Moye Charles Olson Charles Cox	31.4 25.9 26.3 29.2 28.4 30.4	Pole Vault M 40-49 M 50 & over	Jack Scott Francis Gleichauf Tom Hinkes Jerry Derus	9' 0" 8' 6" 9' 6" 7' 11"
400m Run W 30-39 M 40-49 M 50 & over	Mariamne Whatley Paul Moye Rich Czarapata	71.8 65.8 71.0	High Jump M 40-49 M 50 & over	Tom Langenfeld Peter Tegen Paul Lehmkuhl Jack Scott Francis Gleichauf Charles Olson	5' 8" 5' 0" 4' 8" 4' 8" 4' 2" 4' 2"
800m Run W 40-49 M 30-39 M 50 & over	Mary Czarapata Ron Crawford Richard Green Rich Czarapata	2:37.7 2:28.6 2:28.5 2:44.2	Long Jump M 40-49 M 50 & over	Paul Lehmkuhl Jack Scott Francis Gleichauf Charles Olson	16' 9 1/2" 14' 10 1/2" 14' 9" 14' 10" 17' 5 1/2"



TRACK AND FIELD ASSOCIATION OF THE UNITED STATES OF AMERICA, 2ND NATIONAL MASTERS DECATHLON CHAMPIONSHIPS. JULY 26 & 27, 1980, EUREKA, KANSAS

30-34 1. REX HARVEY, BOX H, REDFIELD, IOWA, 50233, 515-833-2239, DECATHLON MID WEST (34)

100 METER	LONG JUMP	SHOT	HIGH JUMP	400 METER	POINTS
11.0	20'10"	43'3"	6'0"	53.3	
804	682	677	707	667	3537
110 M HURDLES	DISCUS	POLE V.	JAVELIN	1500 METER	
16.3 (42")	123'1"	13'2"	170'4"	5:04.1	
721	636	809	658	386	6747 *

\* NEW MEET RECORD, AGE 30-34, OLD RECORD BY JERRY NOTT, KERNEY, NEBRASKA, 1979, 5330

2. COURTNEY ROGERS, 7603 FLINT, SHAWNEE, KANSAS 66214, 913-268-8897, (31)

11.5	19'0"	42'0"	5'7"	56.5	
681	557	652	588	548	3026
15.7	86'11"	10'0"	159'5"	5:42.4	
777	392	543	614	205	5557

3. HARRY MC DONALD, 6342 FLOYD, OVERLAND PARK, KANSAS 66202, 913-362-8168 DECATHLON MID WEST (31)

12.24	16'10 3/4"	31'5"	5'0"	61.8	
520	408	429	414	378	2149
18.2	95'1"	10'6"	138'10"	5:21.8	
568	451	587	525	298	4579

35-39 1. HENRY HOPKINS, 1458 FARLEY DRIVE, INDIANAPOLIS, INDIANA, 46224, -244-5834 (37)

12.15	19'1"	35'1 3/4"	5'0"	58.39	
540	564	514	414	484	2516
16.6	102'6"	13'2"	132'3"	4:56.5	
694	502	809	496	427	5444 *

\* BEST LISTED WORLD RECORD FOR STANDARD DECATHLON FOR AGE 37, OLD RECORD 5018 BY MARTIN HEE (HI) 3-24-78

2. TOM THORNE, 314 NORTH MULBERRY, EUREKA, KANSAS 67045, 316-583-5686, DECATHLON MID WEST (37)

11.8	17'11"	32'9 3/4"	5'7"	57.7	
622	484	460	588	507	2661
17.1 (42")	102'6"	11'0"	135'1"	5:23.6	
652 *	502	630	508	289	5242 *

\* BEST LISTED WORLD RECORD FOR INTERNATIONAL DECATHLON FOR AGE 37 OLD RECORD 4478 BY JACQUES LEBEL, LINCOLN, NEBRASKA, 6-30-79

\* BEST LISTED UNITED STATES RECORD FOR AGE 37, (42") HURDLES, OLD RECORD BY ALVIN HENRY, (CDM) OF 17.2, 3-15-75

3. JIM JOULE, 11664 GRANT ST., DENVER, COLORADO, 80233, 303-457-0985, (39)

12.4	16'8"	33'1 3/4"	4'11"	59.42	
501	393	468	394	448	2204
21.5	95'7"	7'0"	122'5"	5:19.1	
366	454	244	450	310	4028

4. JIM SHOEMAKER, 10201 W. 98TH TERRACE, OVERLAND PARK, KANSAS, 66212, 913-492-4035, DECATHLON MID WEST (35)

11.92	14'0"	31'9"	N.H.	59.04	
580	185	437	0	461	1663
19.3	86'2 3/4"	8'0"	120'3"	5:27.3	
493	386	351	439	272	3604

5. DANNY HAYES, 1317 NORTH MAIN, EUREKA, KANSAS 67045, 316-583-6967 (35)

12.92	14'7"	24'5 3/4"	4'7"	61.75	
390	233	261	283	378	1545
21.9	73'0"	9'0"	95'1"	5:04.5	
345	284	448	312	384	3318

40-44 1. BOB WARREN, 336 LYNWOOD, OTTUMMA, IOWA, 52501, 515-684-6816, DECATHLON MID WEST, (42)

11.54	19'5"	39'9"	5'1"	58.72	
665	586	608	444	470	2773
15.4	120'4"	7'0"	146'1"	D.N.F.	
807 **	619	244	557	0	5000 @

\*\* EQUALS LISTED WORLD RECORD FOR AGE 42, (36") HURDLES, CO RECORD HELD BY CLIFTON BERTRAND (TRI) 7-8-78

2. DON ZIMMERMAN, 5002 MC CRAY, SPEEDWAY, INDIANA, 46224, 317-242-3057 (44)

12.72	15'6"	26'5 3/4"	4'3"	65.48	
426	304	311	178	276	1495
24.2	89'6"	8'6"	75'3"	5:52.2	
241	411	400	199	166	2912

45-49 1. JIM WALKER, 520 EAST 1ST, EUREKA, KANSAS 67045, 316-583-7119, DECATHLON MID WEST, (45)

11.86	16'10"	29'9"	5'0"	58.34	
601	405	391	414	484	2295
17.6	87'7"	10'0"	123'0"	5:57.1	
613	397	543	453	147	4448 *

\* NEW AGE 45-49 MEET RECORD, OLD RECORD BY GLEN STONE, WILBURTON, OKLAHOMA 3745, 1979

@ NEW AGE 40-44 MEET RECORD, OLD RECORD BY JIM WEED, DENVER, COLORADO, 1979, 4968

2. GLEN STONE, ROUTE 2, WILBURTON, OKLAHOMA, 74578, 918-465-5282 (46)

11.65	17'9 3/4"	28'8"	5'0"	58.2	
643	475	365	414	491	2388
18.4	78'4"	7'6"	119'8"	5:55.3	
554	327	296	437	154	4156

3. FRANK BROWN, 6740 N.E. 18 TH, DES MOINES, IOWA, 50313, 515-289-1552 (46)

13.09	15'5"	26'3 3/4"	4'5"	60.81	
374	299	307	231	405	1615
20.0	76'1 3/4"	9'0"	117'4"	5:13.4	
449	309	448	426	338	3585

4. DON LE VIEUX, 1023 NORTH OAK, EUREKA, KANSAS 67045, 316-563-6439 (47)

13.16	15'5"	27'9"	4'7"	64.29	
356	296	342	283	308	1585
19.9	81'0"	7'6"117'3"		D.N.F.	
455	347	296	425	0	3108

50-54 1. JACK GREENWOOD, 919 N. CEDAR, MEDICINE LODGE, KANSAS, 67401, 316-886-5619 (54)

11.81	16'6"	30'10"	4'10"	61.12	
620	378	415	364	396	2154
20.9	78'9 3/4"	9'0"	90'4"	5:34.8	
398	330	448	286	238	3854 *

\* NEW AGE 50-54 MEET RECORD, OLD RECORD BY JIM COLLIER, SALINA, KANSAS, 1979, (2077)

2. R. G. WOLF, 4910 SHADY OAK ROAD, MINNETONKA, MINNESOTA, 55343, 612-938-0900 (52)

12.89	15'3/4"	31'6 3/4"	4'4"	63.80	
408	269	432	210	321	1640
19.6	82'9 3/4"	9'6"	80'11 3/4"	6:17.5	
474	361	495	347	73	3390

3. DON HOLST, PO-2, MC KENDREE COLLEGE, LEBANON, ILLINOIS 62254, 618-537-2915 (50)

13.71	14'1"	35'7"	N.H.	73.54	
258	188	522	0	88	1056
D.N.F.	111'6"	N.H.	93'8"	D.N.F.	
0	562	0	304	0	1922

55-59 1. PAUL CONSTANT, 1212 W. 113 TH ST., KANSAS CITY, MISSOURI, 64114, 816-942-5207 (57)

13.25	14'3"	24'5"	4'1"	65.52	
339	204	260	124	273	1200
24.8	65'8"	6'6"	46'3"	6:07.4	
217	224	190	2	108	1941 *

\* NEW AGE 55-59 RECORD, NO PREVIOUS RECORD

2. LEONARD WRAY, 1308 E. INDEPENDENCE, SHAWNEE, OKLAHOMA, 74801, 405-273-3143 (59)

15.34	13'4 3/4"	28'2"	4'4"	73.31	
36	135	353	210	92	826
D.N.F.	88'9"	5'11"	74'9 3/4"	D.N.F.	
0	405	122	196	0	1549

60-64 1. DR. TOM THORNE, 525 OAK RIDGE DRIVE, NEOSHO, MISSOURI, 64850, 417-451-2780, DECATHLON MID WEST, (62)

14.5	13'3"	30'3/4"	N.H.	78.53	
154	124	398	0	0	676
23.7	87'4"	N.H.	87'10 3/4"	7:17.4	
267	392	0	272	0	1605 *

\* NEW AGE 60-64 MEET RECORD, OLD RECORD BY THORNE IN 1979 (1411)

65-69 1. PHIL HENN, ROUTE 2, BLANCHARD, IOWA, 51630, 712-534-2656, LINCOLN TRACK CLUB (66)

D.N.F.	D.D.	33'10"	N.H.	D.N.F.	
0	0	484	0	0	484
D.N.F.	95'11"	N.H.	74'5"	D.N.F.	
0	457	0	194	0	1135

NOTE: TIMES LISTED ARE TO 100th BUT POINTS HAVE BEEN FIGURED TO THE 10th OF A SECOND AS PER RULES IN HAND TIMING. THIS HAS ADJUSTED SOME OF THE TOTAL SCORES BUT NO PLACES HAVE CHANGED.

INDIANA MASTERS T&F CHAMPIONSHIPS, INDIANAPOLIS, IND. JUNE 14, 1980.

100	400	1500		
W30 Spitzer	15.7	W40 Ananias	88.3	W40 Kominowski 6:50.7
W40 Grissom	14.7	M30 Yantiss	55.6	M40 Lausch 5:04.0
M30 McMiller	12.0	M35 Robinson	58.1	M45 Bonham 4:27.0
M35 Hopkins	12.9	M40 Tolliver	53.8	M50 Green 5:06.0
M40 Dudley	12.4	M50 Hocker	66.7	M55 Coughlin 5:35.0
M45 Avery	12.6			M60 Strassenburg 5:31.0
M50 Hacker	13.5			M65 McArdle 6:36.0
		800		M30 Dexheimer 4:17.6
		M30 Dexheimer	2:11.2	M35 Hanke 4:52.9
		M35 Edwards	2:46.6	
		M40 Tolliver	2:10.9	
		M45 Bonham	2:11.8	POLE VAULT
		M55 Coughlin	2:36.0	M30 Davis 13-6
				M35 Hopkins 12-0
200				
W30 Spitzer	32.8			
W40 Ananias	37.3			
M35 Edwards	26.3			
M40 Dudley	24.8			
M45 Holker	27.7			



## NORTHWEST SENIOR TRACK &amp; FIELD CLASSIC. GRESHAM, OREGON. AUGUST 2, 1980.

100	
M30 Ernie Smith	11.00
M35 Paul Dungan	11.25
M40 Jim Puckett	11.75
M45 Joe Hoffman	12.38
M50 John Poppell	12.50
M55 Bob Roemer	12.88
M65 Harry Koppel	13.63
M70 Lewis Thorne	18.19

200	
M30 Ernie Smith	22.96
M35 Paul Dungan	22.42
M40 Wayne Sandvold	26.00
M45 Joe Hoffman	24.87
M50 John Poppell	26.20
M55 Bob Roemer	26.48
M60 Bill Bowers	28.35
M65 Harry Koppel	27.97

400	
M35 Paul Dungan	50.59
M40 Bob Bannister	56.47
M45 Harold Hitt	56.39
M50 Bob Jordan	61.92
M55 George Puterbaugh	59.44
M60 Bill Bowers	65.68
M65 John Satti	67.48

800	
M30 Rob Eber	2:04.57
M35 Glenn Govertson	2:02.58
M40 Dave Page	2:14.91
M45 Ralph Miller	2:15.61
M50 James Waste	2:51.20
M55 Geo. Puterbaugh	2:20.75

1500	
M30 Barry Jahn	4:13.65
M35 Vic Wolfe	4:15.61
M40 Al Clark	4:17.69
M45 Ray Hatton	4:13.28
M50 Bill McChesney	4:44.21
M55 Ray Gil	4:43.21
M40 Evelyn Hess	5:59.04
M45 Susan Means	6:20.78
M50 Marcia McChesney	6:08.58
M60 Pat Dixon	6:40.07

3000	
M40 Evelyn Hess	12:45.04
M45 Sylvia Hatton	14:30.08
M50 M. McChesney	13:01.45
M60 Pat Dixon	13:38.14

5000	
M30 Henry Beckwith	16:24.6
M40 Al Clark	16:21.4
M45 Ray Hatton	15:17.4 AR
M50 Bill McChesney	17:28.9
M55 Ray Gil	18:01.5
M60 Clive Davies	17:19.0 AR
M65 Al Pietila	23:20.0

110 HURDLES	
M30 Harrison Roberts	16.48
M40 Lou Thorne	14.92
M45 Donald Gray	18.99
M50 Bob Higginbotham	17.80
M55 Albert Johnson	19.15
M65 Harry Koppel	21.21

400 HURDLES	
M35 Lew Schoenberg	76.77
M50 Bob Higginbotham	69.54
M65 John Satti	76.10

HIGH JUMP	
M30 Harrison Roberts	6-1/2
M35 Buck Gent	5-4 1/2
M40 Gary Isham	4-6
M45 James Holmes	4-6
M50 Phil Walden	4-4
M55 Mark Henderson	4-8
M65 Don Stitt	4-6
M70 Lou Peresenyi	3-10

SHOT PUT	
M30 Gene Fadel	40-8 1/2
M40 Doug Smart	43-2 1/2
M45 Tom Owen	33-3 1/2
M50 Richard Nordquist	39-1 1/2
M55 Mark Henderson	35-7
M60 Martin Warner	36-6 1/2
M65 Leon Joslin	35-7 1/2
M70 Lou Peresengi	35-7 1/2
M35 Jerry Smart	24-1 1/2
M45 Connie Wilson	28-5

DISCUS	
M30 Jim Trjillo	117-3
M35 Buck Gent	112-3 1/2
M40 Doug Smart	139-3
M45 Tom Owen	100-6 1/2
M50 Richard Nordquist	95-1
M55 Ralph Hassman	117-3 1/2
M60 Ross Carter	117-8
M70 Lou Peresengi	101-8 1/2
M45 Connie Wilson	86-8 1/2 AR
M35 Mandy Joslin	87-7 1/2

POLE VAULT	
M30 Tim Stills	12-6
M40 Gary Isham	9-0
Wayne Sandvold	9-0
M45 James Holmes	10-0
M65 Harry Koppel	5-6

3000 STEEPLECHASE	
M35 Bary Jahn	10:10.83
M40 Valdemar Schult	11:35.31
M50 Jim Waste	13:25.07

LONG JUMP	
M30 Roger Sandvold	20-4 1/2
M35 Buck Gent	18-8 1/2
M40 Jim Puckett	19-8 1/2
M45 Tony Nasralla	16-6
M50 Bob Higginbotham	14-11
M65 John Satti	15-4 1/2
M70 Buehl Crane	9-2 1/2

TRIPLE JUMP	
M35 Lew Schoenberg	33-2 1/2
M40 Gary Isham	29-2 1/2
M55 Hal Buck	32-3
M65 John Satti	26-8 1/2
M70 Buehl Crane	21-0

HAMMER	
M45 Frank Miller	123-4
M50 Phil Walde	49-6 1/2
M55 Ralph Hassman	93-8
M60 Charles Collins	90-0
M65 Jim York	92-9 1/2
M70 Lou Peresengi	88-2 1/2

JAVELIN	
M30 Courtney Taylor	213-3
M35 Buck Gent	129-3
M40 Larry Stuart	228-8
M45 Don Gray	121-10
M50 Phil Walden	83-9
M55 Bob Roemer	126-5
M60 Charles Collins	88-8
M65 Leon Joslin	72-2
M70 Buehl Crane	68-1

## GREAT BARRINGTON 5TH ANNUAL 15KM ROAD RACE, BARRINGTON, MASS. JULY 27, 1980.

M40 Fritz Mueller	49:40
Norm Goluskin	55:04
Tom Stanley	55:47

M45 John Hanson	54:47
Martin Smith	56:51
Arno Niemand	59:22

M50 Tom Hovey	55:46
James Sparkmann	59:59
Frank Lorey	60:05

M40 Florence Brett	72:49
Marjorie Kroeger	76:52
M50 Toshiko d'Elia	60:40



Nick Newton, World 45-49 record holder in 400 (51.0) signs autograph for Eileen Watson, who broke 5 meet records in Pan-Am Games. Newton is recovering from 2 major operations.

photo by Richard Lee Sitokin

## CALIFORNIA RACES

## BRENTWOOD 10K, MAY 25 Brentwood

Women 35-39: 1. Judy Kewly 40:48; 2. Molly Thayer 42:08; 3. Mela Ferrer 42:13.  
Men 35-39: 1. Michail Mahler 32:28; 2. Eugene Blankenship 34:00; 3. Gerald Berman 34:28.

Women 40-44: 1. Rita Gilmore 43:28; 2. Christa Rompanen 44:41; 3. Jane Doda 45:20.

Men 40-44: 1. Donald Cochran 33:40; 2. George Cohen 34:48; 3. Len Efron 34:58.

Women 45-49: 1. Oleta Dillasorte; 2. Lorraine Johnson; 3. Myra Lemmons.

Men 45-49: 1. James Knerr 33:55; 2. Walt Windsor 35:33; 3. Ted Oviatt 36:09.

Women 50-54: 1. Margaret Miller 38:46; 2. Colleen Jones 44:33; 3. Merle Miller 45:01.

Men 50-54: 1. Jan Fikkas 34:57; 2. Jerrywithers 38:08; 3. Jorge Flores 38:36.

Women 55-59: 1. Helen Dick 42:10; 2. Ruby Taki 42:15.

Men 55-59: 1. Ray Gil 37:03; 2. Avery Bryant 38:42; 3. Paul Jernstrom 39:57.

Men 60 and Over: 1. Edie Lewin 38:52; 2. Monty Montgomery 42:08.

## BIG BROTHERS 10K, MAY 18 Los Angeles

Men 35-39: 1. Jim Minami 33:45; 2. Mike Scott 34:35; 3. Don Hepner 35:01.

Women 35-39: 1. Kip Marin 48:52; 2. Linda Todd; 3. Anna Lewin.

Men 40-44: 1. Don Cochran 33:32; 2. Dig; Pailles 35:41; 3. Tom Carroll 36:08.

Women 40-44: 1. Lotte Drause 48:28.

Men 45-49: 1. Walt Windsor 35:09; 2. Ted Oviatt 36:35; 3. Buford Harris 36:59.

Women 45-49: 1. Betty Flood 45:05; 2. Lorraine Johnson.

Men 50-59: 1. Patrick Devine 38:20; 2. Paul Jernstrom 39:37; 3. Bill Winstanley 40:00.

Men 60 & Over: 1. Eddie Lewin 39:24; 2. Jon Baldwin 48:07.

## SRI CHINMOY MARATHON, June 1, Menlo Park.

Men 40-49:	
1 Norm McAbee(S.F., 47)	2:39:46
2 Siegfried Mattern(S. Bruno, 43)	2:45:42
3 Don Huff(EI Cerrito, 43)	2:51:13
4 Walt Van Zant(Sunnyvale, 41)	2:51:25
5 Pete Castellanos(Oakland, 40)	2:51:54
Men 50 & Over:	
1 Ross Smith(Reno, NV, 52)	3:02:26
2 Fred Dunn(S.F., 51)	3:05:03
3 Link Lindquist(Cupertino, 52)	3:12:00

## PALOS VERDES MARATHON June 14

Masters 40-49:	
1. Joe Burgess	2:40:24
2. John Rudberg	2:46:54
3. Mel Glauser	2:47:08
Seniors 50-59:	
1. Tracey Brown	2:55:21
2. Patrick Devine	3:00:44

Veterans 60 & Over:	
1. Martin Lipstein	3:43:46
2. Jon Baldwin	3:43:48
3. Tom Hillman	3:55:16

Women 30-39:	
1. Kathy Martin	3:14:27.5
2. Susie Weems	3:21:41.9
3. Emily Brun	3:28:33.3

Veteran 40 & Over:	
1. Sue Hutchison	3:17:37.4
2. Wilma Maddock	3:33:41.1
3. maruanna McMullen	3:37:33.3

## FATHER'S DAY 6-MILE June 15. Fresno.

Men 35-39: 1. Bob Lindsay 32:55; 2. Ian Lange 33:00; 3. Art Ramos 33:10.

Men 40-44: 1. Frank Delgado 33:44; 2. David Saylor 34:16; 3. Joe Delgado 35:06.

Men 45-49: 1. Len Thornton 33:07; 2. Jim Harris 35:05; 3. Dick Cain 35:54.

Men 50-54: 1. Bob Fries 35:10; 2. Jess Rivera 36:48; 3. Franz Weinschenk 37:58.

Men 55-59: 1. Sid Toabe 35:59; 2. Don Cross 40:51; 3. Payson Taylor 42:26.

Men 60 & Over: 1. Harry Harder 38:34; 2. Joe Carey 39:09; 3. Frank Horn 43:26.

Women 35-39: 1. Mary Ann Barroso 43:36; 2. Jo Ann Lange 44:19; 3. Margie Timberlake 45:18.

Women 40-44: 1. Lynn Lindsay 39:14; 2. Jeannette Burke 41:35; 3. Ramona Diaz 43:49.

Women 45-49: 1. Isabel Verdusco 44:16; 2. Liz Demonte 45:15; 3. Eileen Lohse 47:24.

Women 50 & Over: 1. Dorothy Thomas 45:55; 2. Sue Takayama 50:17; 3. Evelyn Krumbein 53:20.

"I think the worst thing you can tell a person is to grow up. Those are the people who end up at the psychiatrist's. You've got to be youthful, have fun, do childish things....as long as you don't hurt anybody."

--Richmond (Boo) Morcom

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4TH ANNUAL PAN AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIPS 1980. UNIVERSITY OF SOUTHERN CALIFORNIA. LOS ANGELES, CALIFORNIA. AUGUST 16-17, 1980.			Gary Miller Lewis Smith CA 24.18 Abidala Salim CA 24.58 Robert Jones CA 25.19			M70-74 Walt Frederick CA 89.7 Lucian Salazar CA 94.5			M40-44 Ernie Billups IL 4:00.1 George Cohen CA 4:14.3 Perry Leary SA 4:17.6 Mel Elliott CA 4:21.5 Jim Murphy CA 4:21.5 Andries Conradie SA 4:46.2			M65-69 (30") John Satti CA 77.1 Vince Godfrey CA 82.2 Bob Boal NC 85.4		
100 M30-34 Mike Jackson CA 11.0 Reggie Davis CA 11.1 Cliff Jackson MO 11.2 Glenn Johnson CA 11.3 Tom Coleman CA 11.3			M45-49 Monty Hacker SA 24.35 Marion Sanchez CA 24.84 Cliff Pauling NY 24.86 Roy Williams NZ 25.04 Dan Barrows CA 25.29 Bruce Springbett CA 25.41 Juan Pedevilla CA 28.39			M50-54 Don Cheek CA 25.04 Gene Harte CA 25.60 Oswald Dawkins CA 25.66 Dick Marlin CA 25.97 Lincoln Ling CA 26.92 Dick Martin CA NT			M55-59 Dick Stolpe NM 25.93 Albert Johnson OR 27.21 Wilbur Buchanan CA 27.44 Pete Fetter CA 27.56 Tom Clayton CA 27.68 Don Watt CA 28.69			M60-64 Bob Hunt CA 28.09 Henry Fairbank CA 28.24 Bill Fairbank CA 29.98 George Poloyinis CA 31.26 Erich Jordan CA 34.98		
M35-39 Ruben Whitney TX 11.0 Walt Butler CA 11.1 Sam Robinson CA 11.3 Paul Dungan OR 11.4 Joe Leserwane SA 11.5			M40-44 Doug Smith CA 11.1 Leon Hacker SA 11.1 Lewis Smith CA 11.6 Joe Mocny CA 11.8 Abidala Salim CA 11.9 Robert Jones CA 12.6			M45-49 Marion Sanchez CA 12.2 Roy Williams NZ 12.2 Monty Hacker SA 12.3 Percy Knox CA 12.3 Dan Barrows CA 12.7			M50-54 Jose Tenreiro MX 12.1 Dick Marlin CA 12.1 Don Cheek CA 12.6 Bob Watanabe CA 12.6 Tom Twitchell IL 12.9 Gene Harte CA 13.3			M55-59 Dick Stolpe NM 12.5 Tom Patsalis CA 12.7 Pete Fetter CA 13.2 Nori Milicevic AZ 13.2 Albert Johnson OR 13.4 Don Watt CA 13.7		
M60-64 Clarence Killion CA 13.4 Al Guidet CA 13.5 Henry Fairbank CA 13.9 Byron Walls CA 14.1 Erich Jordan CA 16.6			M65-69 Harry Koppel CA 13.4 John Satti CA 13.5 Louis Craig SA 16.3 Phil Carey CA 16.8			M70-74 Fred Reid SA 13.7 MR Anthony Castro CA 14.1 Joe Caruso CA 14.3 A. Puglizevich CA 16.2 Lucian Salazar CA 22.2			M75-79 Lamar Jackson CA 15.7 Win McFadden CA 16.1 Willard Benton CA 21.0 R. Turna CA 23.9			W30-39 Eileen Watson NC 13.0 MR Barbara Ellner CA 16.0		
W40-49 Irene Obera CA 12.9 MR Cherrie Sherrard CA 13.2 Felicity Skaris SA 13.4 Almeta Parish CA 13.4 SuSu Levy CA 15.9			W50-59 Shirley Kinsey CA 16.1 MR Martha Fairbank CA 18.8 Diana Smith CA 19.0			W60-69 Winifred Reid SA 16.8 MR Josephine Kolda CA 17.1 Sheila Evans SA 17.9 Edith Mendyka CA 21.3			W70-79 Marilla SalisburyCA 30.5					
200 M30-34 Lee Evans CA 22.28 Reggie Davis CA 22.64 Mike Jackson CA 22.73 Glenn Johnson CA 23.00 Joe Evanish CA 26.04			M35-39 Matt Pruitt CA 22.07 Ruben Whitney TX 22.14 Paul Dungan OR 22.74 J.M. Cronin CA 24.84 Sam Robinson CA 26.04 Robert Hunter CA 25.16			M40-44 Jim Burnett IL 22.67 Leon Hacker SA 22.94 Doug Smith CA 23.00			M45-49 Matt Pruitt CA 22.07 Ruben Whitney TX 22.14 Paul Dungan OR 22.74 J.M. Cronin CA 24.84 Sam Robinson CA 26.04 Robert Hunter CA 25.16			M40-44 Jim Burnett IL 22.67 Leon Hacker SA 22.94 Doug Smith CA 23.00		
M30-34 Lee Evans CA 22.28 Reggie Davis CA 22.64 Mike Jackson CA 22.73 Glenn Johnson CA 23.00 Joe Evanish CA 26.04			M35-39 Matt Pruitt CA 22.07 Ruben Whitney TX 22.14 Paul Dungan OR 22.74 J.M. Cronin CA 24.84 Sam Robinson CA 26.04 Robert Hunter CA 25.16			M40-44 Jim Burnett IL 22.67 Leon Hacker SA 22.94 Doug Smith CA 23.00			M45-49 Matt Pruitt CA 22.07 Ruben Whitney TX 22.14 Paul Dungan OR 22.74 J.M. Cronin CA 24.84 Sam Robinson CA 26.04 Robert Hunter CA 25.16			M40-44 Jim Burnett IL 22.67 Leon Hacker SA 22.94 Doug Smith CA 23.00		
M30-34 Lee Evans CA 22.28 Reggie Davis CA 22.64 Mike Jackson CA 22.73 Glenn Johnson CA 23.00 Joe Evanish CA 26.04			M35-39 Matt Pruitt CA 22.07 Ruben Whitney TX 22.14 Paul Dungan OR 22.74 J.M. Cronin CA 24.84 Sam Robinson CA 26.04 Robert Hunter CA 25.16			M40-44 Jim Burnett IL 22.67 Leon Hacker SA 22.94 Doug Smith CA 23.00			M45-49 Matt Pruitt CA 22.07 Ruben Whitney TX 22.14 Paul Dungan OR 22.74 J.M. Cronin CA 24.84 Sam Robinson CA 26.04 Robert Hunter CA 25.16			M40-44 Jim Burnett IL 22.67 Leon Hacker SA 22.94 Doug Smith CA 23.00		
M30-34 Lee Evans CA 22.28 Reggie Davis CA 22.64 Mike Jackson CA 22.73 Glenn Johnson CA 23.00 Joe Evanish CA 26.04			M35-39 Matt Pruitt CA 22.07 Ruben Whitney TX 22.14 Paul Dungan OR 22.74 J.M. Cronin CA 24.84 Sam Robinson CA 26.04 Robert Hunter CA 25.16			M40-44 Jim Burnett IL 22.67 Leon Hacker SA 22.94 Doug Smith CA 23.00			M45-49 Matt Pruitt CA 22.07 Ruben Whitney TX 22.14 Paul Dungan OR 22.74 J.M. Cronin CA 24.84 Sam Robinson CA 26.04 Robert Hunter CA 25.16			M40-44 Jim Burnett IL 22.67 Leon Hacker SA 22.94 Doug Smith CA 23.00		
M30-34 Lee Evans CA 22.28 Reggie Davis CA 22.64 Mike Jackson CA 22.73 Glenn Johnson CA 23.00 Joe Evanish CA 26.04			M35-39 Matt Pruitt CA 22.07 Ruben Whitney TX 22.14 Paul Dungan OR 22.74 J.M. Cronin CA 24.84 Sam Robinson CA 26.04 Robert Hunter CA 25.16			M40-44 Jim Burnett IL 22.67 Leon Hacker SA 22.94 Doug Smith CA 23.00			M45-49 Matt Pruitt CA 22.07 Ruben Whitney TX 22.14 Paul Dungan OR 22.74 J.M. Cronin CA 24.84 Sam Robinson CA 26.04 Robert Hunter CA 25.16			M40-44 Jim Burnett IL 22.67 Leon Hacker SA 22.94 Doug Smith CA 23.00		
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			M35-39			Fred Johnston			M60-64			W50-59			OUTSTANDING ATHLETE AWARDS:		
			Sam Robinson			Buz Hamblin			Dan Aldrich			Cissie Malan			M30 Lee Evans		
			Jason Adams			CA 14-7			Bob Stone			Shirley Kinsey			M35 William Mogheregi		
			Mike Smith			CA 13-1			Bill Gilligan			Aida Amoroz			M40 Ernie Billups		
			M40-44			M35-39			Jack Thatcher			M60-69			M45 Cliff Pauling		
			Godfrey Swakala			Doug Wells			Joe Sanz			Edith Mendyka			M50 Don Cheek		
			Al Henry			Edward Hill			Bill Burke			Sheila Evans			M55 Jim O'Neil		
			Al McDaniels			Howard Benioff			Bill Morales			HAMMER			M60 Bob Hunt		
			Hal Smith			M40-44			Erich Jordan			M30-34 (16#)			M65 Harry Koppel		
			M45-49			James Hart			Harry Huseny			Ray Manzi			M70 Fred Reid		
			Roy Williams			Carl Klehm			M65-69			CA 142-6 MR			M75 Win McFadden		
			Dave Jackson			Ray Straessle			SA 130-9 MR			M35-39 (16#)			M80 Paul Spangler		
			Roger Tsuda			M45-49			CA 113-8			Ed Hill			W30 Eileen Watson		
			David Yamaguchi			Charles Renfro			CA 96-1			M40-44 (16#)			W40 Irene Obera		
			Ed Martin			Richard Kennerly			CA 69-9			Julian Nunez			W50 Shirley Kinsey		
			S. Lopez			Dave Douglass			NC 69-9			Carl Klehm			W60 Winifred Reid		
			HIGH JUMP			James Devilbiss			CA 28-2			James Hart			W70 Bess James		
			M30-34			M50-54			M70-74			M45-49 (16#)			Track: Jim Burnett		
			Charles Rader			Novi Milicevic			Vernon Cheadle			Dave Douglass			Field: Godfrey Swakala		
			Steve Lang			AZ 19-9 1/2 MR			Red Doms			Clark DeVilbiss			Foreign: Fred Reid		
						IL 16-6 1/2			CA 124-7 MR			M50-54 (16#)			All-Around: George Cohen		
						CA 15-7 1/4			CA 118-5			Paul Evans			NORTH AMERICAN MASTERS		
						CA 14-10 1/2			CA 76-7			Jerry Wojcik			MARATHON CHAMPIONSHIPS,		
						CA 14-10 1/2			CA 68-4			Charles Cox			WINNIPEG, MANITOBA,		
						M55-59			CA 65-6			M60-64 (8#)			JUNE 15, 1980.		
						Tom Patsalis			M75-79			Dan Aldrich			M40-44		
						James Johnson			Stan Herrmann			CA 153-6 MR			John Robinson		
						CA 16-8 1/2			Mert Gambito			Bill Gilligan			2:24:27.8		
						CA 15-3 1/2			Robert Boothe			MA 139-2			Derek Furnee		
						E Barlich			CA 25-4			Bob Stone			2:25:25.7		
						M60-64			M80+			Joe Sanz			2:25:51.9		
						Gordon Farrell			John Whitemore			CA 131-8			Ernie Billups		
						Bill Morales			M30-39			M65-69 (8#)			2:29:07.3		
						Burr Gist			M40-49			James York			Bob Daniell		
						CA 14-10			Yvonne Rojano			CA 121-6			2:30:49.9		
						CA 14-0			Ursula Schreiber			CA 113-2			2:31:53.7		
						Erich Jordan			Alet Ten Tuscher			M70-74			2:32:54.0		
						CA 13-2			Susan Skerke			Randy Hubbell			2:33:34.6		
						M65-69			M50-59			Stan Herrmann			2:35:54.6		
						John Satti			M75-79			M80+			M45-49		
						CA 16-2			Stan Herrmann			John Whitemore			Hal Higdon		
						CA 15-2			Mert Gambito			CA 81-9			2:32:42.1 AR		
						CA 12-5 1/2			Robert Boothe			M40-44			Ed Whitlock		
						SA 11-1 1/2			M80+			So. Cal. Striders			2:38:06.2		
						Art Vesco			M30-39			Corond Del Mar			2:40:07.8		
						M70-74			M45-49			So. Cal. Striders			2:40:15.1		
						CA 12-10 1/2			M50-59			1:29.6			2:46:50.6		
						CA 9-11 1/2			M60-64			M40-49			M50-54		
						M75-79			Yvonne Rojano			M45-49			M55-59		
						Win McFadden			Chris Miller			M50-59			Alex Ratelle		
						CA 12-6 1/2			Alet Ten Tuscher			M60-64			2:34:59.0 AR		
						M30-39			Susan Skerke			M40-44			C. Hill		
						Eileen Watson			IL 24-6			M40-49			3:03:58.0		
						Annelies			M70-74			M45-49			S. Baldry		
						Steekelenburg			W40-49			M50-59			3:11:57.2		
						CA 16-2			Cherrie Sherrard			M60-64			3:17:32.8		
						10-7 1/2			Ursula Schreiber			M40-44			O. McGrew		
						M40-49			Yvonne Henry			M45-49			M60-64		
						CA 14-6 MR			Alet Ten Tuscher			M50-59			2:59:28.8		
						CA 12-1 1/4			M75-79			M60-64			2:58:10.7		
						CA 11-8 1/4			W40-49			M40-49			3:05:34.9		
						M50-59			M45-49			M45-49			3:13:25.3		
						Sheila Evans			M50-59			M45-49			W45-49		
						SA 8-7 1/2			Edith Mendyka			M45-49			P. Ratelle		
						TRIPLE JUMP			M75-79			M45-49			3:58:17.2		
						Steve Lang			Stan Herrmann			M45-49			W50-54		
						CA 41-1 1/2			Mert Gambito			M45-49			E. Williamson		
						CA 40-10 1/4			Robert Boothe			M45-49			5:07:01.3		
						M35-39			M80+			M45-49			W55-59		
						Mike Smith			John Whitemore			M45-49			N. Jonasson		
						CA 27-4 1/2			M30-39			M45-49			4:38:07.2		
						M40-44			M45-49			M45-49			M60-64		
						Godfrey Swakala			M50-59			M45-49			L. Manin		
						CA 45-4 1/4 MR			M60-64			M45-49			4:24:29.5		
						CA 43-2 1/2			Lloyd Higgins			M45-49			LOS ANGELES ALL-COMERS,		
						M45-49			Edward Hill			M45-49			TRACK & FIELD FINALS.		
						Dave Jackson			Doug Wells			M45-49			LOS ANGELES, CAL.		
						CA 41-4 1/2			Cornelius			M45-49			AUGUST 1, 1980.		
						NZ 40-1 1/2			McCormick			M45-49			MASTERS (40+)		
						M50-54			Jerry Eibert			M45-49			100Y		
						Novi Milicevic			Jason Adams			M45-49			Ken Dennis		
						IL 31-11			M70-74			M45-49			Percy Knox		
						Charles Cox			Red Doms			M45-49			Sal Pratts		
						CA 20-3 1/2			Gary Bane			M45-49			11.2		
						M55-59			M75-79			M45-49			11.3		
						Tom Patsalis			Edward Van Pelt			M45-49			11.5		
						CA 38-4 MR			NZ 129-11			M45-49			220		
						CA 32-8 1/2			Pete Just			M45-49			Ken Dennis		
						M60-64			M75-79			M45-49			George Cohen		
						Bob Ogle			Roy Williams			M45-49			24.7		
						29-1 1/2			CA 131-4			M45-49			Al Biancani		
						Richard Ganslen			CA 126-9			M45-49			440		
						Bill Morales			CA 125-1			M45-49			George Cohen		
						Erich Jordan			CA 96-4			M45-49			26.1		
						CA 26-5 1/2			M45-49			M45-49			WR = World Record		
						M70-74			M45-49			M45-49			AR = American Record		
						Red Doms			M45-49			M45-49			MR = Meet Record		
						CA 21-11 1/4			M45-49			M45-49			(World and American Records		
						M75-79			M45-49			M45-49			are also meet records)		
						Win McFadden			M45-49			M45-49			M45-49		
						CA 28-2 1/2 WR			M45-49			M45-49			M45-49		
						14-2 1/2			M45-49			M45-49			M45-49		
						M30-39			M45-49			M45-49			M45-49		
						Eileen Watson			M45-49			M45-49			M45-49		
						NC 30-2 1/2 MR			M45-49			M45-49			M45-49		
						22-9 1/2			M45-49			M45-49			M45-49		
						Ramysey Huseny			M45-49			M45-49			M45-49		
						M40-49			M45-49			M45-49			M45-49		
						Alet Ten Tuscher			M45-49			M45-49			M45-49		
						SA 16-4			M45-49			M45-49			M45-49		
						M50-54			M45-49			M45-49			M45-49		
						Hal Wallace			M45-49			M45-49			M45-49		
						CA 116-10			M45-49			M45-49			M45-49		
						Tom Allison			M45-49			M45-49			M45-49		
						CA 115-8			M45-49			M45-49			M45-49		
						CA 103-7			M45-49			M45-49			M45-49		
						Paul Evans			M45-49			M45-49			M45-49		
						IL 94-9			M45-49			M45-49			M45-49		
						Charles Cox			M45-49			M45-49			M45-49		
						CA 81-7			M45-49			M45-49			M45-49		
						Bob Paysinger			M45-49			M45-49			M45-49		
						CA 67-5			M45-49			M45-49			M45-49		
						Robert Perry			M45-49			M45-49			M45-49		
						CA 51-10			M45-49			M45-49			M45-49		
						Emson Grimm			M45-49			M45-49			M45-49		
						CA 51-10			M45-49			M45-49			M45-49		
						M50-54			M45-49			M45-49			M45-49		
						Hal Wallace			M45-49			M45-49			M45-49		
						CA 116-10			M45-49			M45-49			M45-49		
						Tom Allison			M45-49			M45-49			M45-49		
						CA 115-8			M45-49			M45-49			M45-49		
						CA 103-7			M45-49			M45-49			M45-49		
						Paul Evans			M45-49			M45-49			M45-49		
						IL 94-9			M45-49			M45-49			M45-49		
						Charles Cox			M45-49			M45-49			M45-49		
						CA 81-7			M45-49			M45-49			M45-49		
						Bob Paysinger			M45-49			M45-49			M45-49		
						CA 67-5			M45-49			M45-49			M45-49		
						Emson Grimm			M45-49			M45-49			M45-49		
						CA 51-10			M45-49			M45-49			M45-49		
						M50-54			M45-49			M45-49			M45-49		
						Hal Wallace			M45-49			M45-49			M45-49		
						CA 116-10			M45-49			M45-49			M45-49		
						Tom Allison			M45-49			M45-49			M45-49		
						CA 115-8			M45-49			M45-49			M45-49		
						CA 103-7			M45-49			M45-49			M45-49		
						Paul Evans			M45-49			M45-49			M45-49		
						IL 94-9			M45-49			M45-49			M45-49		
						Charles Cox			M45-49			M45-49			M45-49		
						CA 81-7			M45-49			M45-49			M45-49		
						Bob Paysinger			M45-49			M45-49			M45-49		
						CA 67-5			M45-49			M45-49			M45-49		
						Emson Grimm			M45-49			M45-49			M45-49		
						CA 51-10			M45-49			M45-49			M45-49		
						M50-54			M45-49			M45-49			M45-49		
						Hal Wallace			M45-49			M45-49			M45-49		
						CA 116-10			M45-49			M45-49			M45-49		
						Tom Allison			M45-49			M45-49			M45-49		
						CA 115-8			M45-49			M45-49			M45-49		
						CA 103-7			M45-49			M45-49			M45-49		
						Paul Evans			M45-49			M45-49			M45-49		
						IL 94-9			M45-49			M45-49			M45-49		
						Charles Cox			M45-49			M45-49			M45-49		
						CA 81-7			M45-49			M45-49			M45-49		
						Bob Paysinger			M45-49			M45-49			M45-49		
						CA 67-5			M45-49			M45-49			M45-49		
						Emson Grimm			M45-49			M45-49			M45-49		
						CA 51-10			M45-49			M45-49			M45-49		
						M50-54			M45-49			M45-49			M		





## A MATTER OF CONSCIENCE.

The day running became big business it started down a questionable, but predictable path.

We can't go along.

Maybe it's because we remember how it all began. We don't feel comfortable with mass marketing. We bristle at the idea all runners are created equal, and all shoes should be made to a single standard.

Then judged.

Because the more we learn – in the laboratory, in working with podiatrists, orthopedists, in studies of biomechanics – the less we see of this so-called "average" runner.

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