



# National Masters Newsletter



32nd Issue

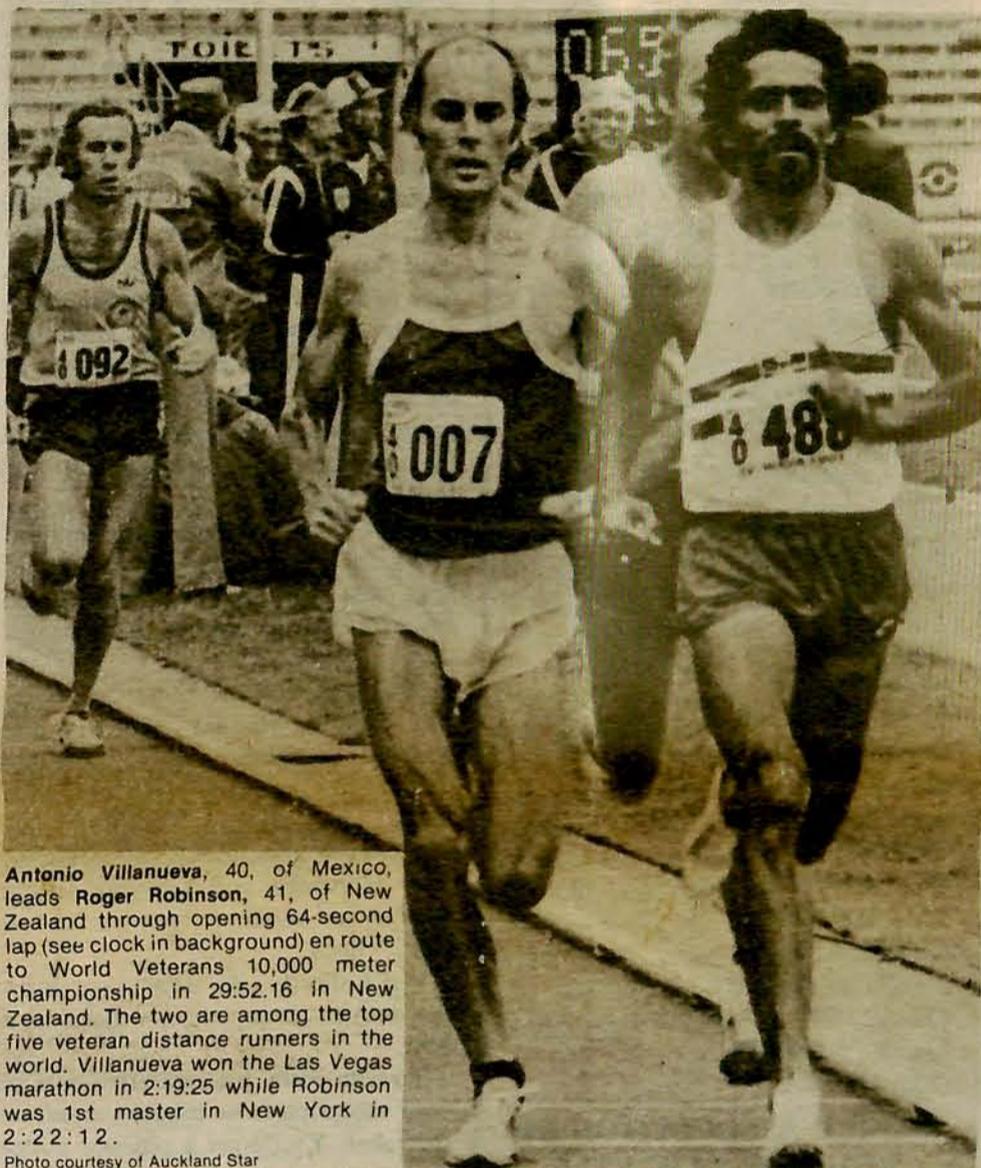
April 1981

\$1.00

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

## ☆ Highlights ☆

- 200 in National T&F Indoor Championships
- Results of Eastern, Midwest and Western Regional T&F Championships
- China to Plan Masters Program
- 1981 Penn Mutual Masters T&F Budget
- Davies Sets Two Distance Marks
- 1980 Postal Relay Results
- New Regional T&F Chairmen
- Results of:
  - Metropolitan T&F Meet
  - TFA National T&F Champs
  - Hong Kong Marathon
  - Cincinnati T&F
  - TFA Eastern T&F Champs
  - 30 LDR and T&F Events



Antonio Villanueva, 40, of Mexico, leads Roger Robinson, 41, of New Zealand through opening 64-second lap (see clock in background) en route to World Veterans 10,000 meter championship in 29:52.16 in New Zealand. The two are among the top five veteran distance runners in the world. Villanueva won the Las Vegas marathon in 2:19:25 while Robinson was 1st master in New York in 2:22:12.

Photo courtesy of Auckland Star

## 200 Compete in National Indoor T&F Championships

Ann Arbor, MI, March 1

About 200 masters athletes over age 30 from diverse parts of the nation came together this weekend to compete in the Penn Mutual/TAC National Indoor Masters Track and Field Championships.

The two-day event at the University of Michigan Track and Tennis Building was hosted by the Ann Arbor Track Club and directed by Elmo Morales and a capable crew of volunteers.

Competition was held in 5-year age divisions, but attendance was down from the 400 who took part in the 1980 championships in Syracuse, New York.

"The word didn't get out in time," National TAC Masters Track & Field Chairman Jim Weed said. "The meet wasn't awarded to Ann Arbor until the TAC Convention in December. By the time the entry blanks were printed in the newsletter, people didn't have time to plan properly."

Weed said a couple of years lead time is needed for national championships. "Boston has already expressed an interest for 1982," he said. "Even though we can't officially award

*continued on page 9*

## Grissom Sets High Jump Mark in Midwest Regional

by WENDELL MILLER  
ELK GROVE, IL, FEBRUARY 15

Everyone had a great time at the Midwest Regional. We featured an event unheard of in most Indoor Meets—its called "find the track." To keep everyone on their toes, we told everyone the meet was at Forest View High School. It was really at Elk Grove High School. Funny huh? Most people nearly died laughing. Ron (man of broad shoulders) Fox, bravely and rightfully accepted most of the blame. Furthermore, Miller was too busy ripping off the public with his latest venture, a fruit stand in back of the long jump pit. I won't say things were overpriced but he had the bananas displayed in a jewelry case. In the spirit of our money crunch, he graciously accepted food stamps.

Joanne Grissom of Indianapolis, TAC Female Masters Athlete of the Year in 1980, set a new American record in the high jump at 4-8. Mike Davis continued to sparkle as a truly gifted all-around athlete. We had good scraps in the sprints with Eugene Thomas (Ann Arbor) and Wayne Anderson (Des Plaines) blazing. Dolan Street (Ann Arbor) ran a remarkable 56 flat for 440 and an easy 2:10 for 880. Ernie Billups, on schedule, was 2:10 and 4:41. Steve Currins (Beecher, IL) ran stride for stride with Ernie for everything but the last 200. Sound familiar?

*continued on page 11*

## Eastern Regional Lures 200

by PETE TAYLOR  
BETHLEHEM, PA, FEBRUARY 22

The Philadelphia Masters dominated the team competition in the 9th Annual Eastern Regional Masters Track & Field Championships held at Lehigh University's Rauch Fieldhouse today.

The meet, which was sponsored by the Penn Mutual Life Insurance Company, Susse Chalet Motor Lodges & Inns, and Nike, attracted 200 competitors.

Outstanding submasters and masters performers turned in some excellent performances on Lehigh's 220-yard track.

### Highlights:

- Jim Waters of the Philadelphia Masters double win in the 30-34 1000 (2:19.7) and mile (4:20.9).
- George Vernosky of the Potomac Valley Seniors won both the mile (4:51.8) and 2-mile (10:27.8) in the 50-54 division.
- S. Richardson of the New York Masters took the mile (5:25) and 2-mile (11:40) in the 60-64 bracket.
- Boo Morcom of the Philadelphia Masters vaulted 13-0 in the 55-59 grouping.
- Good 600 yard runs were turned in by Ed Small of the New York Pioneer Masters (1:18:40 in 40-44); Kelsey Brown of the North Jersey Masters (1:25.0 in 50-54); and Milt Bass of the Richmond TC (1:30.7 in 60-64).
- Chris McKenzie of the New York Masters won the women's 45-49 60 yard dash in 8.9 and the 300 in 44.9. She placed 2nd in the mile (6:00.6). Results on page 17

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National Masters Newsletter  
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Cos Cob, CT 06807

## From the Editor

by AL SHEAHEN

You may notice a different look in the paper this month. We've made some major changes. In the past, the "typesetting" and "layout" was done by Bill and Judy Cockerham of Fresno, who also produce the popular California Track and Running News. In spite of the logistical problems of being 90 miles away, their expertise with the sport, and willingness to work literally night and day to put out a rush issue like the February World Games edition, made it a good way to go.

But we've had trouble with the mailing. It's taken up to 34 days for the paper to reach the east coast. From time to time, the computer would drop a name or two from the list. Then, last month, the Fresno printer went out of business. The March issue only got printed because Bill threatened to hold the printer's family hostage until he finished the job.

So we've moved the whole operation down to Los Angeles, where we can keep closer tabs on it. I thank Bill and Judy for their dedication and cooperation.

The paper is now being typeset by the capable Martha Benedict and Richard Weisskopf. We've increased the type size slightly to make it easier to read. The printing, mailing and subscription-control will be handled by Phil Horowitz and Lorraine Beaty, who've had years of experience in this sort of thing.

We'll shortly take steps to cut down the delivery time from 34 days to 6 days.

To trim costs, the expiration date of your subscription no longer appears on the label. You'll get a renewal notice about a month in advance. Please send it in promptly, as we won't be sending a series of notices.

We've divided the schedule into track & field and long distance running. We've listed the national TAC championships on top, then a regional breakdown.

We're still searching for a focus on LDR. We'll cover the 10 national TAC LDR national masters championships, but only 6 are masters-only events. Hal Higdon quit Brooks, so there aren't any more Brooks Master Runs. The Nike/Penn Mutual Masters Grand Prix series is over. There are no regional LDR masters championships as there are in track & field.

An over-age-30 individual who wants to run a 400 or throw the discus needs the masters program for competition. But someone who wants to run a 10k can find a local race any weekend. Since we can't publish every local race, we've added to the LDR schedule some of the biggest national races—Boston, Bobby Crim, Cherry Blossom, Cascade Run-Off,

etc.—where up to two or three thousand masters take part.

In January, we published masters results of 68 races, but we're down to about 30 races this month. You've sent in some results. Each month, we also send out about 50 requests to race directors for results, but we get back only about 12. Bob Martin of the National Running Data Center says: "We have the same problem. We write and call for results, but don't get them. Too many race directors don't care about results. Once the race is over, that's it as far they're concerned."

Yet the numbers are obviously there. The subscriptions to the newsletter are stuck at around 1600. I thought we'd be at 3000 by now. We still need a subsidy from Penn Mutual and TAC to survive at this level of quality. We should be self-sustaining by now. We're not. Despite sending out thousands of freebies this year to races, the subscriptions aren't coming in as they might. Maybe the papers don't get passed out.

So we need your help. It's your paper. See if you can sign up just one person. Pass out NMN flyers at events. Ask your club newsletter editor to publish our small subscription blank. Write to us and we'll send the material to you.

Keep sending in results from your area. We need a long distance correspondent in each region. And we're looking for a long distance editor to coordinate the whole thing.

The 1981 track & field age-record books should be available soon. In the May issue, we'll begin publishing the 1980 LDR masters rankings, specially prepared for NMN by the NRDC.

#### National Masters Newsletter

32nd Issue

April, 1981

#### Editor

Al Sheahen

#### Production

Express Publishing

#### Subscription Rates

\$12 for 1 year (12 issues)

\$17 1st-class airmail

Canada \$17; Overseas \$20

#### Additional Information

(213) 785-1895

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Van Nuys, CA 91404

# schedule

A purpose of this schedule is to identify masters-only competition. Track and field events offer competition for men and women over age 30 unless otherwise noted. Masters long distance events generally feature competition for men and women over age 40. Most LDR races are open to all ages. Entry blanks for national and regional masters championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.

## TRACK & FIELD

1981 PENN MUTUAL/ATHLETICS  
CONGRESS NATIONAL MASTERS  
CHAMPIONSHIPS  
Age 30 and over

☆**June 6-7 (Sat-Sun):** Penn Mutual/TAC National Masters Decathlon Championships, San Antonio, Texas. Steve Smith, 126 Brightwood, San Antonio TX 78209. (512)822-7964.

☆**August 15-16 (Sat-Sun):** Penn Mutual/TAC National Masters Track & Field Championships, Los Gatos High, Los Gatos, CA (near San Francisco). Bruce Springbett, P.O. Box 1328, Los Gatos CA 95031. (405) 354-2005.

## EAST

Every Tuesday from **April 27 thru September 1.** MSA, Metro AC and NYRRC open and masters development T&F meets and long distance runs, Randall's Island, Bronx, NY. 6:30 p.m.

**May 23 (Sat):** Masters Sports Association T&F Championships, Weight Pentathlon Championships and Pentathlon Championships, Randall's Island, Bronx, NY. Jim Barber, 5 Pine Dr., Stonypoint NY 10980.

**May 23 (Sat):** 1st Annual Heart Senior Olympics, Hudson, NY. 10-year age groups. American Heart Association, 75 Lucas Ave., Kingston NY 12401.

**June 13 (Sat):** Dual meet: New York Masters vs. Philadelphia Pioneer Masters, Philadelphia. Closed; club members only.

**June 20 (Sat):** Open and masters relay carnival, Philadelphia. Bert Lancaster, P.O. Box 29541, Philadelphia PA 19138

**June 21 (Sun):** Metropolitan Association TAC Masters T&F Championships, Staten Island, NY. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

☆**June 28 (Sun):** Penn Mutual/TAC Eastern Regional Masters Track & Field Championships, New York. Contact: Manfred d'Elia, 144 Spencer Place, Ridgewood NJ 07450.

☆**July 4-5 (Sat & Sun):** North American Master Track & Field Cham-

pionships, Philadelphia. Fred Mannis, P.O. Box 29541, Philadelphia PA 19138.

**July 18 (Sat):** New York Masters Relay Carnival. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

## SOUTHEAST

**April 11 (Sat):** TFA Southern Masters Track & Field Championships, Orlando FL. SASE to: Masters Championships, 3800 Stonewall Terrace, Atlanta, GA 30339.

☆**May 8-10 (Fri-Sun):** 11th Annual Penn Mutual/TAC Southeast Regional Masters Track & Field Championships, Raleigh NC. Stu Northup, P.O. Box 590, Raleigh NC 27602. (919) 755-6640.

**May 16 (Sat):** TAC Southern Masters Meet. Greenville SC. Merchandise awards for 1st place. Tom Malik, 104 Pinewood Dr., Greenville, SC 29651. (803) 879-4549.

☆**June 13 (Sat):** TFA U.S. Masters Track & Field Championships, Atlanta, GA. SASE to: Masters Championships, 3800 Stonewall Terrace, Atlanta, GA 30339.

## MIDWEST

**May 30 (Sat):** Mini All-Comer T&F Meet, Dyche Stadium, Northwestern University, Evanston, IL. Bill Smith (312) 346-1797 days; (312) 256-2714 nights.

**June 13 (Sat):** Indiana Masters T&F Championships, Indianapolis. Bob Coughlin, 305 S. Barton, Indianapolis, IN 46241. (317) 241-5446.

**June 27 (Sat):** All-Comer T&F Championships, Dyche Stadium, Northwestern University, Evanston, IL. Bill Smith (312) 346-1797 days; (312) 256-2714 nights.

**July 11 (Sat):** Mini All-Comes T&F Meet, Dyche Stadium, Northwestern University, Evanston IL. Contact Bill Smith (312) 346-1797.

☆**August 1 (Sat):** Penn Mutual/TAC Midwest Regional Masters Track & Field Championships, Dayton, OH. Charles Dudley, 313 Walton, Dayton OH 45417.

**August 8 (Sat):** All-Comer T&F Meet, Dyche Stadium, Northwestern University, Evanston IL. Bill Smith (312) 346-1797.

## MID-AMERICA

**June 6 & 20 (Sat):** All-comers T&F meets, Aurora Central High School, Aurora, CO 10 a.m.

**June 27-28 (Sat-Sun):** Denver Track Club Open Decathlon. (303) 388-8180.

☆**July 4-5 (Sat-Sun):** Penn Mutual/TAC Mid-America Regional Masters Track & Field Championships, Lincoln, Nebraska.

**July 11 (Sat):** All-comers T&F meet, Aurora Central High School, Aurora, CO. 10 a.m.

**July 25 (Sat):** TAC Colorado Open and Masters T&F meet.

**September 6 (Sun):** Triangular Masters T&F Meet: Kansas, Nebraska and Colorado. Others welcome. (Masters 10K next day)

## SOUTHWEST

**May 30 (Sat):** New Orleans Masters Track & Field Meet. Contact: Danny Thiel, 2609 Canal St., New Orleans, LA 70119.

## WEST

**Each Sunday thru April 11:** Masters Track & Field Meet, Kaiser High School, Honolulu. 8 a.m. Stan Thompson, 1549 Ipukula St., Honolulu HI 96821. (808) 373-4181.

**April 4 (Sat):** 22nd Sacramento Relays, Cal State Univ., Sacramento. Full slate of individual and relay events for masters and submasters. SASE to: Roy Wigginton, 3012 Scenic Hts. Way, Carmichael, CA 95608.

**April 11 (Sat):** 3rd Annual Northeast Masters Track & Field Relays, Cal State Los Angeles. Skip Loera, 3111 W. Ramon Blvd., Alhambra, CA 91803. (213) 576-9341.

*continued on page 4*

## On Tap for April

### TRACK & FIELD

Masters track & field activity gets underway this month with the 22nd Sacramento Relays on the 4th, featuring a full slate of submasters and masters events along with an open meet.

On the 11th, you have your choice: the TFA Southern Masters T&F Championships in Orlando, Florida, or the 3rd Annual Northeast Masters T&F Relays in Los Angeles.

The 6th annual Hawaii International Masters T&F Meet will be a 3-day affair from the 17th thru the 19th in Honolulu.

The month's T&F action concludes on the 25th with a handful of masters events at the Mt. SAC relays in Los Angeles.

### LONG DISTANCE RUNNING

The eight-race Nike/Penn Mutual Masters Grand Prix series comes to fruition on the 11th in Philadelphia when winning masters teams from each race meet in the 15K NIKE/U.S. Roadracing Championship.

Women long distance masters can enter the Avon 10k in Atlanta on the 4th and the Avon 10k in Kansas City on the 26th.

The prestigious Cherry Blossom 10-mile run through the flower-bedecked Washington streets is set for the 5th.

The 85th annual Boston Marathon goes on Monday, the 20th. The New York Trevira Two-some is set for the 26th.

In addition, there are the usual number of long distance local races.

There are no national masters long distance championship runs this month. Next one's May 10 in Raleigh—the 1981 masters (and open men) marathon championship.

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# schedule

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**April 17-19 (Fri-Sun):** 6th Hawaii International Masters Track & Field Meet, Kaiser High School, Honolulu. Stan Thompson, 1549 Ipukula St., Honolulu, HI 96821. (808) 373-4181. Decathlon included.

**April 25-26 (Sat-Sun):** Mt. San Antonio College Relays, Walnut, CA. Some masters events (40 and over). Hal Smith, 18750 Oxnard St., Suite 904, Tarzana, Ca 91356. (213) 342-1174.

**May 2 (Sat):** 5th Annual Golden State Masters T&F Meet, Porterville, CA. Allen Nelson, Porterville College, 900 E. Main St., Porterville CA 93257.

**May 9 (Sat):** 11th Annual Grandfather Games, Los Angeles Valley College, Van Nuys, CA. George Ker, 8220 Langdon Ave., #36. Van Nuys, CA 91406. (213) 785-3770.

**May 16 (Sat):** 6th Annual Striders Relays, Los Angeles CA. Ann Smith, 22736 Mulholland Dr., Woodland Hills, CA 91364. (213) 348-6352.

**May 23 (Sat):** Redlands Masters T&F meet, Redlands U., Redlands, CA. Buzz Wagner, 1522 Margarita Dr., Redlands, CA 92373. (714) 793-2638.

**May 30 (Sat):** Pacific Association TAC Masters T&F Championships. Los Gatos High School, Los Gatos, CA. Bruce Springbett. P.O. Box 1328, Los Gatos, CA 95031.

**May 31 (Sun):** Herbert Hoover Relays, Stanford University, Palo Alto, CA. Van Parish, 148 Hedge Rd., Menlo Park, CA 94025. (415) 325-7275.

☆**June 20-21 (Sat-Sun):** 7th Annual Penn Mutual/TAC Western Regional Masters Track & Field Championships Los Gatos High school, Los Gatos, CA. Bruce Springbett, P.O. Box 1328, Los Gatos, Ca 95031. (408) 354-2005.

**June 27-28 (Sat-Sun):** 12th Annual Senior Olympics, University of Southern California, Los Angeles. Elmer Douglas, 5670 Wilshire Blvd., #360, Los Angeles CA 90036. (213) 292-5536.

**July 11 (Sat):** CDM vs. Striders Duel Meet, Los Angeles.

**July 18 (Sat):** TFA Western Masters Track & Fields Championships, UCLA, Los Angeles. Michael Sims & Assoc., 5419 Sunset Blvd., Los Angeles CA 90029. (213) 462-7360.

**August 1 (Sat):** 9th Annual corona Del Mar Track Club "Don Palmer Memorial" Relays, Santa Ana College, Santa Ana, Ca. Seven relays plus individual fields events. Dave Jackson, 19103 S. Andmark Ave., Carson CA 90746. (213) 638-7125.

☆**August 8-9 (Sat-Sun):** 5th Annual Home Savings & Loan Pan-American Masters Track & Field Championships, USC, Los Angeles. Hilliard Sumner, 22713 Ventura Blvd., Woodland Hills, CA 91367. (213) 884-1349.

**October 3 (Sat):** 8th Annual Santa Barbara Masters Track & Field Meet, Univ. of California at Santa Barbara, Goleta, CA. George Adams, P.O.Box K, Goleta, CA 93017. (805) 687-6323.

**December 4-8:** Annual TAC Convention, Reno, Nevada. P.O. Box 120, Indianapolis IN 46206. (317) 638-9155.

## NORTHWEST

☆**July 24-25 (Fri-Sat):** Northwest Seniors Track Classic. Gresham, OR. 6-11 p.m. Ideal conditions. Jim Puckett, Mt. Hood College, 26000 SE Stark, Gresham, OR 97030.

## CANADA

**June 13-14 (Sat-Sun):** Ontario Masters Outdoor T&F Championships 1981, Ottawa, Ontario.

**July:** Ontario Pentathlon Championship.

**August 8 (Sat):** Prairie Masters T&F Meet, Winnipeg, Manitoba.

**August 15 (Sat):** Inter-Club T&F Championships, Northview, Toronto and other provinces.

☆**August 22-23 (Sat-Sun):** Canadian Masters Track & Fields Championships, Richmond, British Columbia.

## FOREIGN

**December 12 to January 6:** Masters tour to South Africa.

## LONG DISTANCE RUNNING

**1981 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS (Age 40 and over)**

**May 10 (Sun):** TAC National Open Men and Masters Marathon Championships, Raleigh, NC. North Carolina TAC, P.O. Box 10825, Raleigh NC 27608. (919) 851-5752.

**June or July:** Penn Mutual/TAC National Masters 25K Road Championships, Denver, CO. Joe Arrizola, 12336 E. Kentucky Ave., Aurora CO 80012. (303) 343-0887.

**Sept:** TAC national Open and Masters 50 Mile Track Championships, Buffalo, NY. Niagara TAC, 3925 Harlem Rd., Buffalo NY 12246. (716) 839-3936.

**Sept. 13 (Sun):** Penn Mutual/TAC National Masters 50K Road Championships, Brattleboro, Vermon. Ann Parry, Famolare AA, 4 E. 54th St., New York, NY 10022.

**Sept:** TAC National Junior and Masters 20K Road Championships, Catskill, NY. Dick Vincent, Jct. 9W & 23A, Catskill NY 12414. (518) 943-4767.

**Sept. 26 (Sat):** Penn Mutual/TAC National Masters 10K Road Championships, Kent, WA. Mike Thould, 15929 NE 141st Place, Woodlinville WA 98072. (206) 485-4679.

**October 4 (Sun):** Penn Mutual/TAC National Masters 15K Road Championships, Washington DC (Hains Point). SASE to Larry Noel, 105 Northway Rd., Greenbelt MD 20770. (301) 474-9362.

**October:** Penn Mutual/TAC National Masters 15K Cross-Country Championships, New York, NY. New York RRC, Box 881, FDR Station, New York NY 10150. (212) 580-6880.

**November 21 (Sat):** Penn Mutual/TAC National Masters 10K Cross-Country Championships, Houston. Pete League, 2043 Round Spring, Kingwood, TX 77339. (713) 358-2515.

**November 28 (Sat):** Penn Mutual/TAC National Masters 5K Cross-Country Championships, San Diego (Balboa Park). Bill Stock, 7160 Baldrich Rd., La Mesa CA 92041. (714) 466-8700.

## EAST

**April 5 (Sun):** 9th Cherry Blossom 10-mile, Washington, DC (3200). P.O. Box 4711, Arlington VA 22204. (703) 979-0358.

**April 11 (Sat):** 15K NIKE/U.S. Roadracing Championship, with winning teams from eight Nike/Penn Mutual Masters Grand Prix races, Philadelphia.

**April 20 (Mon):** 85th Boston Marathon. P.O. Box 223, Boston, MA 02199. (617) 236-2322.

**April 26 (Sun):** 3rd Trevira 10-Mile Twosome. Couples only. NYRRC, Trevira 10-mile, P.O. Box 881, New York, NY 10022.

**May 3 (Sun):** Newsday-Long Island Marathon, New York. (4000) Sports Unit, Eisenhower Park, East Meadow, Long Island NY 11554. (516) 292-4284.

**May 31 (Sun):** Eastern Regional Open and Masters Marthon Championships. Holyoke, Mass. Walter Childs, P.O. Box 1484, Springfield, MA 01101. (413) 566-3145.

## SOUTHEAST

**April 4 (Sat):** Avon Running Women's 10K, Alanta. Bob Brennan, 5104 Ashmont Ave., Dunwoody GA 30338.

**May 25 (Mon):** Cotton Row 10K, Huntsville AL. 3000 limit. Ray Roberts, 10100 Shades Rd., Huntsville, AL 35803.

**July 4 (Sat):** Peachtree Road Race, 10K, Atlanta (25,000). Royce Hodge, 3224 Peachtree St. NE. Atlanta GA 30305.

## MIDWEST

**May 9 (Sat):** Old Kent River Bank 25K Run, Grand Rapids, Mich. P.O. Box 2194, Grand Rapids MI 49501.

**May 24 (Sun):** 4th Revco-Cleveland Marathon and RRCA U.S. Masters Marathon Championships, Cleveland (5000). Reno Starnoni, 878 Wellman Rd., Bedford OH 44146. (216) 292-2675.

**June 20 (Sat):** 5th Grandma's Marathon, Two Harbors to Duluth, Minn. Scott Keenan, 1533 W. Arrowhead Rd., Duluth MN 55811. (218) 724-8616.

**July 5 (Sun):** Chicago 20K Distance Classic. Lung Assoc., 1440 W. Washington, Chicago IL 60607. (312) 243-2000.

## MID-AMERICA

**April 26 (Sun):** Avon Running Women's 10K, Kansas City. Avon, 83rd and College, Kansas City MO 64141.

**May 10 (Sun):** 4th Lincoln Marathon, Lincoln, Nebraska. Lincoln TC, 2900 John Ave., Lincoln NE 68502.

**May 3 (Sun):** Mile-High Marathon, Denver. P.O. Box 17382, Denver CO 80217. (303) 861-6113.

## SOUTHWEST

**April 11 (Sat):** Diet Pepsi 10K, Tulsa. (918) 834-3259.

**May 9 (Sat):** River Run 10K, Tulsa. (918) 834-3259.

**June 27 (Sat):** Challenger 8, Tulsa. (918) 834-3259.

## MOUNTAIN

**July 24 (Fri):** 12th Annual Deseret News Marathon, Salt Lake City. P.O. Box 1257, Salt Lake City UT 84110.

## WEST

**May 3 (Sun):** 10th Avenue of the Giants Marathon, Humboldt Redwoods State Park, Weott, CA (2000). P.O. Box 214, Arcata CA 95521.

**May 17 (Sun):** 60th Bay-To-Breakers 7.6 mile, San Francisco. Len Wallach, San Francisco Examiner, 110 Fifth St., San Francisco CA. (415) 593-2788.

**June 7 (Sun):** Sri Chinmoy Marathon, Foster City, CA. Sundari Michaelian, 2438 16th Ave., San Francisco Ca 94116.

**July 4 (Sat):** Coronado Half-Marathon, San Diego. George Green, 626 5th St., Coronado CA 92118. (714) 435-3633.

**July 12 (Sun):** San Francisco Marathon. P.O. Box 27385, San Francisco CA 94127. (415) 564-4771.

continued on page 11

# Write On!

Address letters to:

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

## AGE-RECORDS

In the Feb. letters column, Stan Thompson made a good point that those at upper ends of age groups are usually shut out of group records. While grouping is necessary for competitions (and makes some of us actually look forward to turning certain ages), it need not apply to the record lists. Record listing could be simplified by discarding records which are inferior to those of higher ages, i.e., if the HJ age 40 record exceeds that of ages 37-39, it should stand for all four years, with the others noted parenthetically if at all.

Another recordkeeping concern is certification. There should be thorough attention to wind, timing methods, altitude, etc. Two or three "record" listings would be preferable to one uncertified one.

A question concerning national masters championship meets: is there anywhere that money could come from for possible travel aid for far-away participants? If there were funds, they could be disbursed to those who a) placed highest and b) travelled farthest, with no one within 500 miles eligible.

A thought on two events deserving of it: do the scoring tables for masters pentathlon and decathlon meet everybody's approval? As with the Olympic tables, the scoring is weighted unevenly, the least scoring almost always in the 1500. In 30 and over competition, this should be just the opposite. All good competitions come down to a decisive 1500 meters, so a change in scoring tables—or events—could serve to attract more participants in both indoor and outdoor pentathlons and decathlons.

Bill Forsyth  
Pecos, NM

## NO WEST COAST ACTION

I really enjoy your publication. I notice that a great deal of the sponsored runs (Penn Mutual) and the national meets are held back East and are out of my area of interest. However, I find the publication very comprehensive with good updates on meets and interesting biographies.

John F. Cover  
San Rafael, CA

(Most National LDR runs are in the East this year, but several major track & field meets are in the West, including the 1981 National Masters T&F Championships on August 15 in Los Gatos, right in your back yard. —Ed.)

## PENTATHLON

Let's upgrade our Pentathlon.

Two years ago I discovered the Masters program and fell in love again with T&F after a 30-year lay off. Then I heard about an event called the "Pentathlon." I remember asking three different people which five events this event consisted of; and guess what, I got three different answers. Finally I checked with Mel Buschman, a Pentathlete from way back and he told me it was long jump, javelin, 200 M, discus and 1500 M.

I then started checking all issues of the Newsletter to get more information in regards to the Pentathlon, attempting to find out what a person my age would have to do to at least be respectable, and all I could find was a name and a number—like #1 - John Doe - 3100, which doesn't say much.

Now that I've been in a few "Pents" I realize how hard you have to train, and how tough the competition can be, so why not give each Pentathlete credit for what he does in each event? In the December '80 issue the results of Sac Five Pentathlon in San Diego, listed the results of each event, but this is the only time I can ever remember seeing them listed this way.

I realize it will take a little more work on the part of meet directors getting this information to you, but I can't help feeling the event is important enough to warrant a little extra effort.

In closing, I would like to add I feel our Pentathlon is too much fun to be restricted to the outdoor season only. Why not an indoor Pentathlon? Go ahead—pick five events and let's go!

Jack Scott  
Joliet, IL

The reason for the "tremendous records" in the pentathlon in Christchurch is: In the U.S., the point totals used by Pete Mundle in tabulating the world and American records for the decathlon and the pentathlon are taken from the I.A.A.F. track and field scoring book. This is the same table used all over the world to score multi-event competition. What the Veterans movement has done is develop its own scoring table, which it used in Christchurch. The table changes for every five-year age increment. So with the veteran table, a 60 or 70 year old can, theoretically, score as many points as a 40 year old. That's because it takes less of an effort (performance), to score points as one gets older. In the U.S. we have always used the I.A.A.F. tables in scoring our decathlon championships. But in the last two National pentathlon cham-

pionships, the veteran tables were used.

Americans have been slow to switch to the veteran tables because each performance in a meet must be computed separately. This can be quite a task. Whereas if the I.A.A.F. tables are used, it is very easy to just look in the book for the points corresponding to a particular performance.

The veterans tables haven't been around as long either, so they may not be as "fair" as the I.A.A.F. tables.

Another reason for the veteran tables is that the older fellows can score points using them and can't score using the I.A.A.F. tables. It doesn't make much difference up to age 50 but the age 50 and over should definitely use the vet tables for multi-event competition. Hope this clears it up.

Ed Oleata  
La Jolla, CA

## INDOOR AGE RECORDS

The National Indoor Championships in Ann Arbor this past week had a very poor turnout. I was the only competitor from California that I know of. The meet was well run. Two days was much better than last year's one day meet in Syracuse.

Now that we are having a Western Regional Master Indoor Track & Field Championship, I would like to see some indoor records. I talked to guys in Ann Arbor who said they broke an indoor record in this and that, but there seems to be nowhere to check it out. For example what is the 60-64 high jump record (indoors)? I don't think Pete Mundle does these. Must be someone in the East. Hope you could check it out and possibly have them printed in the Newsletter.

Burl Gist  
San Marcos, CA

(Haig Bohigian is compiling the indoor marks. —Ed.)

## STANDARDS

Everyone will be glad to see the WAVA standards table (on page 25 in February's NMN), but I don't see anything on the 400 hurdles, which was on the agenda.

Stan Thompson  
Honolulu, HI

(Word is, they didn't discuss it. Which means the heights stay the same. 40-49, 36"; 50-59, 33"; 60+, 30". —Ed.)

## INSPIRED

The January issue is outstanding. The article by Al Sheahan on the SF Brooks run inspired me to go on a campaign to lose that extra 10 lbs. I've been threatening to do for several years and embark on a speed and hill program.

James Gerard  
Centerville, Ohio

## WORLD GAMES

I really want to congratulate you on the magnificent job you did writing up the World Championships. You seem to have caught so well the wonderful feeling of friendship extended all of us by the wonderfully hospitable New Zealanders, which, indeed, more than compensated for the unfortunate demonstration of HART. Everyone who has seen the February issue expresses much the same opinion as mine; especially the timely reporting with so much depth.

Ruth Anderson  
Oakland, CA

You've done a superb job with the February 1981 Newsletter.

Red Doms  
Los Angeles, CA

You did a terrific job getting all the results and other articles together in such a short time, and in such detail. Amazing. Unfortunately, the results of the pole vault for the 70's was missing.

Stan Thompson  
Honolulu, HI

(We're still waiting for the complete World Games results —Ed.)

I could hardly wait for the World Games issue and you did not disappoint anyone. You were thorough and careful. As a person with considerable background in publications, I observe the labor involved in NMN, and congratulate you on your consistent superior efforts.

Charles Espy  
Danedin, FL

I am full of admiration at the way you got such a terrific issue out so quickly. Only someone who has tried it has any idea. I really don't know how you do it.

Don Farquharson  
President

World Association of Veteran Athletes  
Toronto, Canada

(We appreciate the kudos. The World Veterans Games only come along every other year. They're clearly the high point of the Veterans movement—a magnificent achievement in sports, bringing together thousands of people from different nations. It takes months of work by hundreds of people to put on these Championships. NMN is happy to be a part of all that.)

continued on page 7

## From the T&F Chairman

by JIM WEED  
TAC National Masters Track & Field  
Chairman

This National Masters Newsletter is the most effective way to keep masters competitors informed. Each month in this space, I'll answer questions and pass along information on things like how to bid for a meet, and how to get money or other help from Penn Mutual. I'll make comments on the direction of masters track and field, and what I think are the important areas to expand our efforts. Let me have your comments.

### VOTING:

Your National Master T&F Chairman is elected by the vote of the Masters representatives of each of the associations of The Athletics Congress (TAC) at the National TAC convention. This is also where decisions are made for the following year by the vote of those association representatives.

In the 1980 TAC convention in Atlanta in December, T&F and LDR were each given a separate representative on the TAC Board of Directors. This gives each association *two* masters representatives--one for T&F, one for LDR. In many cases, this means electing or appointing a new masters T&F representative. If you are presently the masters T&F rep in your association, please send me your name and address for the mailing list.

In an effort to get input from the maximum number of masters, meetings will be held at all TAC National Masters T&F Championships, as in the past. However, as long as we're affiliated with TAC, the national masters T&F committee (which is composed of the association reps) will have the vote at the national convention. If you want input to the direction of masters T&F, get your opinions to your association rep, or *become* your association rep. Then get your rep to Reno for the 1981 Convention in December. This convention could have a great effect on the direction of masters T&F.

### PENN MUTUAL:

As you know, the Penn Mutual Life Insurance Co. of Philadelphia is the national sponsor for the following masters sports: T&F, LDR, Swimming, Cycling. A committee was appointed by Ken Bernard, as acting T&F chairman, in Atlanta to develop a budget to be presented to Penn Mutual. Before the budget was submitted to Penn Mutual, we learned the amount was already set at \$15,000 for 1981 for the T&F committee.

The proposal for the allocation of the \$15,000 is National Outdoor \$5000;

National Indoor \$1500; National Decathlon \$250; National Weight Pentathlon \$250; Regional Meets \$5000 (\$500 for each of 10 meets); Newsletter \$2000; contingency \$1000. These are limits.

It is very important to increase the circulation of the newsletter (Ed. note. Current circulation is 1593) so that we can continue to have this quality without subsidizing it.

I met with George Hatzfeld of Penn Mutual during February, and was most impressed with his comprehension of the masters programs. Penn Mutual general agents throughout the U.S. have a \$250 allotment each from the home office. The General Agents may sponsor any or all masters sports in their areas. If you have a local masters meet, and would like to work with your local agent, call Jon Buzzard, 1-317-297-2900 to coordinate plans.

### REGIONAL CHAIRMEN:

I am dissolving the budget committee formed in Atlanta, because it is the regional chairmen who should be involved in the decision-making between now and the December TAC convention. I have appointed seven regional chairmen. These seven, plus Bob Fine, Tom Sturak and the five masters officers will act as a 14-person committee to make important decisions this year. (Names and addresses on page 2)

### DECATHLON:

A motion was passed in Atlanta forming a Decathlon Games committee headed by Ed Oleata. Anything to do with the Decathlon should be sent to Ed. I have also appointed a weight-games committee headed by Chuck Klehm.

### NATIONAL MEETS:

To have a smooth running program, national meets must be awarded two years in advance. The 1982 National Outdoor T&F meet will be in Wichita, Kansas. We would like bids from the East or South for the 1983 national T&F outdoor. We also need bids for the indoor 1982 & 1983 meets.

### STANDARDS:

In the interest of standardization, I feel all masters meets run in the U.S. should use W.A.V.A. standards. I also feel the W.A.V.A. decision on hurdle spacing is unfair to our elite hurdlers. Those of us who run 16 seconds or slower prefer the 28'6" spacing, but I am proposing that, at the National T&F meet, we run an Elite hurdler class: 42" (30-39); 39" (40-49); 36" (50-59); with 30-feet between hurdles. The elite would run in their normal 5-year age groups or could go to lower

age groups to get competition. We would have W.A.V.A. 110m HH as well as Elite 110m HH. You could enter only one 110m HH race.

As our meets get larger, another problem is the pole vault. The pole vault is a very time-consuming event. Now, with the large number of vaulters, meet directors need to split the field. I would suggest two pits or two different starting times. Possibly the 45+ in one group.

The weight men have a problem in some of the large meets. They don't get enough throws. All regional and national meets should go by IAAF rules on the number of throws.

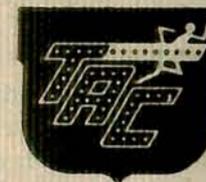
### SUBMASTERS:

I feel that if the submasters are going

to compete in the masters age-group competition, they should register as masters with TAC so their monies go to the people who make the meets happen.

Penn Mutual is designing a TAC Penn Mutual Masters medal to be used at local and regional meets. By quantity buying, the price can be kept comparable to regular stock medals.

More comments and information next month.



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NATIONAL ATHLETICS CONGRESS-PENN MUTUAL  
MASTERS DECATHLON CHAMPIONSHIPS

Northside Stadium  
7001 Culebra Rd. at Interstate 410  
San Antonio, Texas

June 6th & 7th, 1981

ENTRY BLANK AND RELEASE FORM

ENTRIES MUST BE IN OUR HANDS NOT LATER THAN JUNE 1ST, 1981

(please Print)

Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

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

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

Signature in full of athlete \_\_\_\_\_

Entry fee: \$10.00 Athletics Congress # \_\_\_\_\_

Make checks payable to: San Antonio Track Club

Mail checks to: Steve Smith AC 512-822-7964  
Meet Director  
126 Brightwood  
San Antonio, Texas 78209

Friday Night Banquet: Will attend \_\_\_\_\_  
won't attend \_\_\_\_\_

Dinner at Banquet: Yes \_\_\_\_\_ No \_\_\_\_\_

Sunday Evening Video: Will attend \_\_\_\_\_  
won't attend \_\_\_\_\_

# MASTERS SCENE

## NATIONAL

- **Val Schultz** has replaced **Tom Sturak** as Nike masters rep. Sturak moved up to Director of Running promotions. Both are working out of Nike's HQ in Beaverton, Oregon.
- The 1981 Honolulu Marathon will offer 30-minute videotapes of the race, which can be played on home video cassettes.
- Speaking of Honolulu, don't miss **Hunter Thompson's** hilarious, off-beat, gonzo-journalism account of the 1980 event in the April issue of the new *Running Magazine*.
- World Cup III will be held in September in Rome. 8-day tours leave August 30. Contact: Ventana, 555 Fifth Ave., New York 10017.

## EAST

- The 1981 Spaulding for Children Run-Athon will be held May 3rd at Tamaques Park in Westfield, NJ. It's not a race, but a run with a purpose: to raise funds for children. Spaulding-for-Children (no relation to the Sporting Goods Co.) is an adoption agency which finds parents and homes for hard-to-place children. It covers all adoption costs for the families. Runners can raise money by contacting sponsors, who donate x dollars for each mile run. Contact: Spaulding for Children, 36 Prospect St., Westfield NJ 07090.
- **Pat Bessel**, 43, was a triple winner at the Ontario Masters Indoor Championships at York University in Toronto: 1500 (5:12); 800 (2:35); 3000 (11:30).
- The 12th Annual NYC Marathon will be held on October 25, 1981 at 10:30 a.m. Requests for entry forms must be postmarked no earlier than 12:01 a.m. June 2nd. Send a self-addressed, stamped envelope (business size, #10), to marathon Entries, P.O. Box 1388 GPO, New York NY 10001. Due to planned construction on First Avenue, and possible construction on the Queensborough Bridge, only 16,000 entrants will be accepted, instead of a proposed increase to 17,000. 8,000 will be accepted on a first-come, first-served basis, and 8,000 will be drawn from a lottery on July 30.
- **New York City Marathon 1980** is a 13-minute color film produced by Salmini Films, Inc. in cooperation with the New York Road Runners Club. The film is distributed through: Transit Media, P.O. Box 315, Franklin Lakes, NJ 07417. (201) 891-8240.
- The 1981 Manufacturers Hanover Corporate Challenge schedule will include three summer races in Central Park and a

series of running and training classes. To get details, send a note on company letterhead to MHY Corporate Challenge, NYRRC, Box 881, FDR Station, New York NY 10150.

- 5-mile fun runs are set for May 2 and June 6 at the Valley Green Inn, Fairmont Park. Masters awards. \$3 to: Germantown YMCA, 5722 Greene St., Philadelphia 19144.

## SOUTHEAST

- **Ken Winn**, 43, showed the youngsters his heels at the Chattanooga Marathon, winning overall in 2:37:07.
- **Harold Tinsley** edged **Robin Hines**, 35:29 to 35:53, to take masters honors in a Chattanooga 10K.
- The Atlanta Track Club adopted an official policy on support of athletes. The budget (\$10,000 in 1981) will be equally divided among 3 competitive teams: 1) men's open; 2) men's masters; 3) women's. Explicit qualifying and expense guidelines are set down in a comprehensive policy brochure.
- **Jack Rice** of Wimauma, Florida won the 60+ division of the Gasparilla Distance Classic 15K February 7 in 1:05:11.
- **George Sharp**, 40, won the masters division of a Ft. Gillem, Georgia 20K race January 25 in 1:18:26, topping **Royce Hodge** by 4 minutes.
- **Adrian Craven**, 44, of Greenville, South Carolina was 1st master and 9th overall in the 1981 Carolina Marathon in 2:43:20. **Al Becken**, 52, of San Antonio flew in cop 50+ honors in a good 2:48:06. **S.H. Wilson** of Bethesda, 41, was 2nd master in 2:47:20.

## SOUTHWEST

Three major races are slated for Tulsa this spring: 1) Diet Pepsi 10K April 11; 2) River Run 10K May 9; 3) Challenger 8 June 27.

**Joe Leake** of Tulsa may have been the first Oklahoma runner over 40 to run a sub-3-hour marathon in his first try. Leake ran 2:59:27. **Hewlett Nash** ran 10:56 for 2 miles January 24.

Hundreds of runners annually flock to New Orleans for the Mardi Gras Marathon, in search of personal records and Boston qualifying times on the world's "fastest course." On February 1, the MGM was the world's slowest course. 40 mph headwinds over a white-capped Lake Pontchartrain, with intermittent hard rain and a drastic temperature drop at the 3½ hour point. Tulsa's **Bob Doenges**, 40, still clocked 2:58:36 for 5th M40 place.

- **Don Longenecker** of Silver City, New Mexico traveled west to run a swift 3:04:43 and win the 60-64 division of the 1981 Tucson Marathon January 25.

- In that same race, **Tom Bailey** reportedly clocked a remarkable 2:37:31 in the 50-54 category, one of the fastest over-50 marathons ever recorded, and only two minutes off the U.S. record 2:35:24 of the great **Alex Ratelle**.



## WEST

- **Ibrohim Clark** reports the 50 Plus Runners Association has a membership of 500 after its first year. They will commence small studies on health and aging which will appear in *Runner's World* magazine. It's a non-profit institution which will seek government grants for studies. About 90 50+ runners showed up for the run at Stanford New Year's Day. To donate, or join, write: Fifty-Plus Runners, P.O. Box 7063, Menlo Park CA 94025.

- The Southern California Striders announce they'll be "using the WAVA By-laws Heights and Standards at all our meets hereafter." (See page ) The by-laws were adopted at the World Games in New Zealand in January.

- Correction to the schedule in last month's *NMN*. **Van Parish's** Herbert Hoover Relays Meet in Palo Alto is on May 31, not May 17. It's an open track & field meet, with limited masters events. Parish suggests travelers enter the TAC Pacific Masters meet in Los Gatos on May 30, then stop by Stanford Stadium on the 31st.

- Los Angeles television personality, **Keith Berwick**, 52, won the 50-54 division of the Hidden Valley Marathon February 8th. The in-depth interviewer, host of the prestigious "At One With" 60-minute TV program, clocked a good 3:26:18 to win the division by 8 minutes over **Phil Wood**.

- **Jim Scannell**, coach of the strong Impala Racing Team reports quiet activity in February. Only **Karen Scannell**, 42, was 3rd woman and 1st master in the Valentine's Day 10K in Oakland on February 14 in 37:49.

- **Michael Heffernan**, 40, was 1st master and 12th overall in the Governor's Trophy Half-Marathon Run in Salem, Oregon January 11, in a time of 1:10:55. **George Wilson**, 44, was 2nd master in 1:17:11.

## Write On!

continued from page 5

### SOUTH AFRICA

Sylvester Stein has appointed himself arbiter of discrimination and the mixing of politics in sport.

He objects to discrimination, but at the same time discriminates against South African athletes, both black and white.

His false statement about the South African Government paying for master athletes to travel and compete abroad sounds like an echo of Pravda's editorials.

Fortunately, by his own admission, only half the world agrees with him. In practice it would appear that that half have it so good that their governments have to build a wall around eastern Europe to stop them from leaving; hence Zatopek could not participate in the World Masters Championships in Sweden, 1977.

Let us get the facts right.

South Africa spends more money per capita on black education and sport, than any black country in Africa.

Athletics in South Africa is fully integrated under a single administrative body representative of all sectors of the population—blacks, coloureds and whites.

At present there are reigning black champion athletes at Marathon, five and ten thousand metres. Black athletes have been awarded national colours—the coveted springbok blazer; and both Sydney Maree, currently studying and competing for Villanova, and Matthews Motshwarateu, studying at and competing for the University of Texas, El Paso, have been accorded this distinction.

Our masters meetings and championships always enjoy black participation; and some of our most distinguished competitors abroad have been black.

Changes are going on apace. If Stein is unhappy with the rate of progress, then why does he not return to South Africa and make his contribution here instead of masquerading in the colours of the United Kingdom?

Discrimination, like justice, is indivisible. We want no part of it whether it be in South Africa or elsewhere; and that applies equally to boycotts.

I would like to believe that we in masters athletics are our own men and women, not beholden to anyone, and hence will continue to strive for the true brotherhood of man.

Harry Lampert  
Johannesburg, South Africa



# THE Gun Lap

by MIKE TYMN

## Hal Chapson— Approaching 80 and Still Moving Out

Everyone knows the name of the first man to run under four minutes for the mile. But who can name the first man on record over the age of 70 to run the mile under six minutes?

If you guessed Harold "Hal" Chapson, you're right. It was in 1973, when Chapson was 71, that he clocked a 5:54.0. If anyone had done it before, it was not official. In 1975, he lowered his record to 5:51.7. A 70 year-old "youngster" by the name of "Monty" Montgomery has since taken the record down to 5:48 and change.

home in Honolulu after winning three events in the 4th World Veterans Games held in Christchurch, New Zealand in January.

Up against top age-class competitors from around the world, he won his division in the 400 meters (1:12.2), the 800 meters (2:45.5), and the 1,500 meters (5:44.8).

Back in the mid-1920's, Chapson ran for Colorado A & M and was one of the leading competitors in the Rocky Conference with a 4:30 mile and a 10 minute two-mile to his credit.

"Those times don't sound like much now," Chapson chuckled, "but they were pretty respectable back then. We didn't know how to train in those days, I just went out and ran a hard mile or



Chapson winning 800 at 2nd World Veterans Championships in Goteburg, Sweden in 1977 in World Age 75+ record 2:41.

For some younger competitors, it may be difficult to put a sub-six minute mile in perspective. But when you consider that if you went to an average American high school and lined up all the students for a one mile race, keeping out the competitive distance runners, you may not find one student capable of breaking six minutes, it is unquestionably an amazing feat.

Now just a couple of months shy of his 79th birthday, Chapson is back

two every day and that was about it. Somewhere along the line, I was told that I should run ten miles once a week and I did that for awhile."

Chapson's first running career ended with college. He moved to Hawaii in 1929 to teach shop and agriculture at a junior high school. He later opened his own business and then retired in 1964.

"After retiring, I felt a need for exercise and I started hiking with the Trail and Mountain Club," he explain-

ed. "It was in 1968 that I started running again. I live right across the street from Ala Moana Park and it just occurred to me one day that I should get out there and run. The running boom hadn't got off the ground then, and I'd sometimes be the only one running in the park. I liked the way I felt after I ran and so I started doing it regularly, maybe two or three miles a day.

In was in April 1973 that Chapson heard about the Hawaii Masters Track Club and age-class competition. Although there was no one his own age to run against, he found that he could outrun many people 20 and 30 years his junior.

"As I learned more and more about how to train, I continued to improve," he said. "I had my best years from 1975 to 1977, but somewhere around age 75 I began to slow down a little.

Chapson considers the 800 meters his best event and his time of 2:35.4 recorded in 1977, still stands as a 70+ world record and is the one he is most proud of.

In addition to being the first 70-year-old under six minutes for the mile, he is the first person on record to have run the 400 meters in a time under his own age. That was a 67.2 sec. clocking in 1974.

Chapson ran the Honolulu Marathon two years ago and finished it in 3 hours, 57 minutes, but he has no plans to run another one.

"I had the urge to run one, just to see what it was like," he remarked, "but when you're my age your body won't permit the high mileage training necessary for a good performance in the marathon."

A typical week training for Chapson involves around 25-30 miles a week at an average pace of 7½ minutes a mile. He runs intervals on the track once a week and does a three mile time trial, usually between 21 and 22 minutes, every week.

A bout with polio at age five left Chapson with limited use of his left arm. While he has adjusted his running form to his handicap, one has to wonder how fast he might be if he could make full use of his arm.

As for the future, he hopes to compete in the 5th World Veterans Games to be held in Puerto Rico in 1983, but he says that he no longer sets any goals for himself.

"Let's face it, I'm on borrowed time," he offered, "I just take them one race at a time now."

## Mexican Madness

At the other end of the Master's spectrum is Antonio Villanueva, a 40-year-old Mexican, who blitzed the 10,000 meter field in New Zealand with a 29:52.6, while hitting the first 5,000 meters in 14:45, seven seconds under the winning time for that distance.

When Nike representative Tom Sturak phoned me to ask if I could meet Villanueva on his eight hour stopover in Honolulu enroute to New Zealand and help him get a workout in, I didn't know what I was letting myself in for. I expected a nice leisurely pace of 6½ to 7 minutes for the 10 kilometer training run that the Mexican wanted to do. However, he started out at about 5½ minute pace, picked it up to 5:15 at about two kilometers, and by five kilometers he was cruising along at around five minute even pace. At that point I let him go. As he left me, it seemed as if he accelerated to well under a five minute pace.

My two years of high school Spanish and Villanueva's limited English didn't make for easy communication, but I did manage to ask him if he ever trained at a slower pace.

"Slow no good," he responded. "Some fast, some moderate, no slow."

A high school coach and a taxi driver in his native Vera Cruz, Villanueva has been running since age 18. He was a member of the Mexican Olympic team in 1972, eliminated in the semi-finals of the steeplechase. His best time for that event was an 8:36 at Bakersfield, Ca. in 1971. His most memorable race was a relatively slow 14:01 5,000 which he lost to Gaston Roelants in a driving rain in Prague following the '72 games.

As reported in NMN in January, Villanueva won the 1980 Las Vegas Marathon, his second attempt at that distance, in 2:19:25. In New Zealand, he dropped out of the Marathon at 30 kilometers after hitting the first mile in 4:41, five kilometers in 14:46, 10k in 30:56, 15k in 46:55 and the half way point in 1:07 flat.

"He lives in a relatively provincial city and doesn't have the opportunity to compete very much," commented Sturak when I talked to him upon his return from New Zealand. "With a little more experience he could be down under 2:15. He feels that with a few months of 140 mile a week mileage that he can go 28:50 for 10k and 2:13 in the marathon. We'll see."

## National Masters Decathlon Set

from STEVE SMITH

The 1981 Penn Mutual/TAC National Masters Decathlon Championships will be held in San Antonio, Texas June 6-7 at Northside Stadium.

The San Antonio Track Club and the South Texas TAC will host the event and invites all masters to par-

ticipate.

The best possible facilities have been arranged, including a special group rate of \$47.50 single or double at the La Mansion Del Norte, ¼ mile from San Antonio International Airport. There'll be a Friday evening banquet and a get-together on Sunday, featuring a video replay of the competition.

The WAVA scoring table will be used for the 60+ age groups. The track, runways and high jump apron are new Chevron 400.

**THE UNIVERSITY OF MICHIGAN DEAL**

**“For the Weekend and This Weekend Only”**

by WENDELL MILLER

The National Indoor Championship was a very nice place to visit—but you certainly wouldn't want to live there. And I don't mean the people or the place. The Ann Arbor Track Club people should be fitted for halos in this life. And although I wouldn't call Ann Arbor a garden spot, it beats where most of us are from.

I'm referring to the pain inflicted on the organizers and volunteers who make a meet like this possible. Money dictates these meets to be traditionally under-advertised. First, it usually requires the 11th hour to flush out a host club. Unfortunately, now that they've agreed to do the meet, they learn it's to be held in three weeks. There's never enough time to spread the word and even if there was, there's no money to spread it with.

Onward they plunge, sharing the false hope of it all coming together just the same. This, of course, is before some fine institute of higher (or lower) learning, with a facility for hire, gives you the news. “Love to have the masters gang over. You know we've always been 110% behind you guys. Our normal rental fee calls for a \$25,000-a-day charge, but tell ya what I'm gonna do. For you guys, and you guys only, we're going to give it to you for just \$2,000 a day. Such a deal!”

Then you find out about the nine janitors at time-and-a-half who come with the deal. These are the guys who usually sit around puffing cigarettes during the meet. “Of course we do require you carry a billion dollar liability policy holding the University totally harmless and the masters guilty, if anything happens.”

Concessions pose absolutely no problem, the University will be glad to sell our always popular cold popcorn (\$1.50 a bag) and the 100% all-gook hotdog for just \$2.75. Kids especially love 'em!

On one hand I'm totally thankful for a place to run and jump. On the other, it all seems a big rip off. People over 30 staying fit—it sounds like such a good idea. I always felt it worthy of someone's support. Maybe some university will do something they all heavily promote—think. Maybe an insurance company will decide to really promote the program. It would be nice if people like Elmo Morales, Larry Steel and all the Ann Arbor Track Club gang were left holding something other than the bag.

**200 Compete**

continued from page 1

anyone the site until the 1981 TAC Convention in Reno in December, perhaps we can all agree to unofficially designate a site shortly, so organizers and athletes can start planning.”

The quality of the event, however, was high, as usual. Among the outstanding performances:

- Eileen Phillipa-Watson of Atlanta won six events in the women's 30-34 division, including a 5-1 high jump, 17-9 long jump, and 38.2 300.
- Chicago's Ernie Billups won the mile in 4:32.1 and 1000-yard run in 2:21.8 in the 40-44 (1A) bracket.
- Gerge Vernosky of Washington captured the mile in 4:52.4 and 2-mile in 10:21 in the 50-54 (2A) class.
- World Games gold medalist Wilfred Sokolowski of New York vaulted 15 feet to win the 1A title.
- Larry Colbert of New York garnered the 300 in 34.0 and 600 in 1:18.3 in the 1A group.
- Sandra Knott doubled with wins in the mile (5:48.8) and 2-mile (12:00.3) in the women's 1A category.
- Rich Richardson high jumped 5-10 to win the 45-49 title.
- Gary Carr took the 600 (1:16.1) and 1000 (2:18.5) in the 35-39 class.
- Rudy Enders of Philadelphia long jumped 19-3/4 and doubled with a 600 win in 1:21.6 in the 1B competition.
- Miki Hervey of Dallas captured the 300 in 41.8 and 600 in 1:33.3 in the women's 35-39 division.
- Carl Klehm of Chicago took the 1A shot and 35 lb. weight, while Jack Scott of Joliet won the shot, weight and high jump in his new 2A division.
- New Jersey's Kelsey Brown won titles in the 2A 600 in 1:24.6 and 1000 in 2:37.5
- Rush Jacobs of East Lansing, Michigan, won the 50 (6.88) and 300 (38.7) in the 2B class.
- Bill Toomey, 1968 Olympic Decathlon Champion and national masters spokesman for the Penn Mutual Life Insurance Co., placed 3rd in the 40-44 high jump with a leap of 5-6.
- Ino Canto journeyed from Texas to capture a double victory in the 1B mile (4:52.7) and 2-mile (10:01.6).

**1980 Postal Relay Winners**

from BOB FINE

The Corona Del Mar Track Club of Southern California won three of the nine contested relays in the 1980 Postal competition.

“Postal” means teams may run against the clock in their own area, at a time of their own choosing. The times are mailed through the “Post Office” and the winners are tabulated accordingly.

CDM won the 400, 800 and 1600 meter relays in the 40-49 division with five men: Al Henry, Gary Miller, Doug Smith, Ken Dennis and Percy Knox.

**Sabino Clocks**

**2:32:35**

from LARRY NOEL

BELTSVILLE, MD, FEB. 16

Mike Sabino, 41, of Baltimore placed 2nd overall and 1st master today in the George Washington's Birthday Marathon in a time of 2:32:35.

The Ellicott City, Maryland physical Education teacher set a masters race record by four minutes. “Pacing is the secret,” he told the Washington Post. “Especially on this course. I've seen so many fellows blow out here at Beltsville that the last five miles you're almost picking people up off the ground.”

Sabino is 118 pounds and has run 11 Beltsville marathons, finishing in the top eight each time. Jim Ulvestad, 25, won the race in 2:28:38. Herb Chisholm, 54, was 2nd master in 2:39:36. Richard Jamborsky was 3rd in 2:43:41.

Results on page 16.



Mike Sabino, 41, of Baltimore placed 2nd overall and 1st master in Washington's Birthday Marathon February 16 in 2:32:35. Photo by Larry Noel

**NATIONAL MASTERS POSTAL RELAYS 1980**

Y = yards (.4 sec. subtr. in 4 x 100; .8 in 4 x 200; 1.6 in 4 x 400; 3.2 in 4 x 600)

40-49		
4 x 100		
Corona Del Mar	Henry-Smith-Miller-Dennis	43.7
New York Masters	Jackson-Bohigian-Bertrand-Riddick	44.5
Potomac Valley	Williams-Colbert-Enders-Crutchfield	47.0
San Diego Track Club	Oleata-Nacozy-Wagner-Hunter	48.7

4 x 200		
Corona Del Mar	Miller-Knox-Henry-Smith	1:33.1 Y
New York Masters	Deere-Budd-Rizzo-Riddick	1:36.9 Y
Potomac Valley	Enders Crutchfield-Colbert-Williams	1:35.1 Y
San Diego Track Club	Oleata-Nacozy-Wagner-Hunter	1:39.3

4 x 400		
Corona Del Mar	Dennis-Henry-Smith-Miller	3:23.2
Potomac Valley	Enders-Saunders-Colbert-Williams	3:35.0 Y
Southern Calif. Striders	Smith-Carrington-Elliott-Cohen	3:36.8 Y
New York Masters	Rizzo-Zipper-Bohigian-Riddick	3:39.2 Y

4 x 800		
West Valley	Cathcart-Donaldson-Knebel-Richardson	8:22.2 Y
ACTUAL TIME FOR 4 x 800 YARDS 8:25.4 NATIONAL RECORD		
Potomac Valley	Dennis-Bradley-Elliott-Enders	8:31.2 Y
New York Masters	Kernan-Bohigian-Krebs-Pauling	9:02.7 Y

DISTANCE MEDLEY (1320-440-880-1 mile)		
Southern Calif. Striders	Smith-Carrington-Witt-Cohen	11:28.1
Potomac Valley	Green-Sanders-Bradley-Dennis	12:01.3
New York Masters	Feld-Zipper-Bohigian-Cordero	12:25.9

SPRINT MEDLEY (440-220-220-880)		
San Diego T.C.	Oleata-Nacozy-Wagner-Hunter	3:30.9
Potomac Valley	Colbert-Crutchfield-Williams-Dennis	3:53.2
Southern Calif. Striders	Smith-Barrows-Carrington-Cohen	3:58.0
New York Masters	Talbott-Lentzer-Bohigian-Fine	4:41.0

AGE MEDLEY MILE RELAY		
New York Pioneers	Barnes-Valentine-Barnwell-Zayas	4:12.3
Potomac Valley	Bradley-Martin-Dennis-Fairbanks	4:21.5
Shore Athletic Club	Williams-E. Kelly-Rush-Greenberg	4:24.4
New York Masters	Feld-Bradley-Cordero-McArdle	4:40.6

50+		
4 x 100		
New York Masters	Lentzer-Bradley-McArdle-Dowling	58.5 Y
Shore Athletic Club	Rush-Greenberg-J. Kelly-E. Kelly	59.2 Y
4 x 200		
Shore Athletic Club	Rush-Greenberg-J. Kelly-E. Kelly	2:03.4 Y
New York Masters	Bradley-Lentzer-Dowling-McArdle	2:03.5 Y

In other 40-49 contests, the West Valley Track Club of Northern California set a national record of 8:25.4 in winning the 2-mile relay. The Southern California Striders took the distance medley relay in 11:28.1. The San Diego Track Club won the sprint

medley relay in 3:50.9, and the New York Pioneers captured the age medley mile relay in 4:12.3.

Two relays were contested by 50+ quartets. The New York Masters took the 400 relay in 58.5, while the Shore Athletic Club won the 800 event in 2:03.4.



## On Approaching Every Problem With An Open Mouth

by WENDELL MILLER

## Getting the Advantage

(The 2nd in a series titled: "Marathon Madness")

I've always prided myself in not being overly malicious; as just being moderately jealous, capable of only a healthy level of hate. Because of this somewhat stable frame of mind, I was rather shocked at my reaction to a recent happening. Members of the uninformed have been pontificating of late, about the end of an era. The era that found runners traversing the Globe in search of the great race—that end-all happening, perfect setting, never-to-be-forgotten relationship made on the run. I would overhear people talking as if they were players on a Shakespearean stage: "In April we'll do Boston, in September New York and then in December we'll do Honolulu." In the vernacular of Show Biz, as it applies to running, to do means to run.

Anyway, this kind of talk never fooled me a minute. Can't fool an 'ol fooler, right? All of this kind of chatter had to do with one thing; finding a point-to-point, downhill marathon run with a strong wind at your back on a course that was short. Believe me, the era of traversing the globe in search of a "wave", hasn't, and never will, end. I don't care what the price of gasoline.

Back to my "I could have laughed all night" story. In 1980, word got out—the ultimate had been found. The rumors became fact. In a matter of weeks, it spread like wildfire. Embellished upon. Retold. The anticipation and desire made a runner almost salivate in his orthotics. Personal experiences became legend: "They were renting sails at the starting line. My feet barely touched the ground between 10 and 17!" "I took a drink of ERG at 5, dropped the cup and then tried to catch the cup for the next 8 miles." I took all this talk in

good spirits, then the finish times started to roll in. My friend Harry M., with a previous best of 4:19 does 2:52. Shirley B., with a best of 5:50 does 3:03 and is all bent out of shape over not breaking 3 hours. I couldn't handle it, I grew resentful, I was humiliated. I'm totally pissed-off because I wasn't there.

Now it's 1981 and in spite of all the pontificating, people from all corners of the universe are descending upon New Orleans. "IT'S PR TIME BABY!" I'm going to rent a lavender cape, use it as a sail and my only fear is, I might go under 2 hours.

Runners leaving Chicago for the Mardi Gras Marathon resembled a group tour to Lourdes—I saw a guy with one leg in a cast. I saw people who hadn't run since last fall. The latter were easy to recognize, they looked healthy. An absolutely disgusting display of "getting the advantage". I loved it. In the 11th hour I can't go, 19 year old son converts to Judaism and decides to have a belated Bar Mitzvah. He may be Jewish now and he may be his mother's son, but he's still a schmuck, just the same.

Could there in any way be a happy ending to this story? Is there possibly a modicum of justice left in life? Does fair play exist beyond TV? You better believe it, sports fans. On race day the marathon starts one hour late, there's a 35 MPH head wind in your teeth (later estimated as high as 100 MPH) and half the field grabs themselves a great big DNF. Sorry folks, just have to indulge in a bit of good old malice. All kidding aside, I'm not jealous or miserable anymore and as someone much wiser than I once said, "It couldn't have happened to a nicer bunch of folks."

## Kline Named Top West Penn Athlete

The Western Pennsylvania Track Club named Barry Kline as its outstanding athlete for 1980. The 40-year-old won the TAC national Indoor Masters age 40-44 50-yard hurdle championship in Syracuse in 7.0.

He won or placed in the Philadelphia Masters, National Masters and other meets. Kline was elected 1981 President of West Penn.

## Wallace, Maynard Named Top 1980 Walkers

by ALAN WOOD

Lori Maynard and Gordon Wallace have been selected by the Master Walker as Master Walkers of 1980.

Both swept all before them. Lori received little competition from female masters.

### AGE-GROUP CHOICES:

40-44: *John Knifton*. Set three AR's. Only master ranked by T&F News. Honorable mention: *Ron Kulik*. 45-49: *Bill Ranney*--5 AR's. Honorable mention: *Sal Corrallo* and *Jack Boitano*. 50-54: *Fred Dunn*. Won both 2A T&F titles. 55-59: *Bob Mimm*. 4 AR's. 60-64: *Don Johnson*. 6 AR's. 65-69: *George Knox*. Set the only AR's in 3B. 70+: *Gordon Wallace*. 5 AR's. Two firsts in European Vet Championships. 2 Outdoor and 2 Indoor titles.

For more information on masters race walking, write Alan Wood, Regency House, Room 255, Pompton Plains NJ 07444.



## Metropolitan Indoor T&F Meet

by BOB FINE

STATEN ISLAND, NY, FEB. 15

The Third Annual Metropolitan Athletics Congress Indoor Masters Track & Field Championships were held today at Cromwell Center, a reconvered pier in Staten Island facing the New York skyline.

The floors were highly polished for basketball, and the turns were unusually sharp for the 200 meter track. The times were deceptively slow, since the running around the curves became an adventure. There seemed to be a direct correlation between the extent of the cursing by the competitors and the speed in which they were going.

There were four triple winners in the meet: Ivan Black, 30, of the New York Athletic Club who won the hurdles, walk and high jump; Cliff Pauling, 46, New York Masters, who won the 50, 300, 600; Bob Fine, 49, New York Masters, winning the mile, 2 mile and walk; and Maurice Lentzer, 55, New York Masters who won the 100, 300 and walk.

The Outstanding Individual Performance was turned in by Billy Krebs, 46, New York Masters, in winning the 1000 in 2:37:8.

Chris McKenzie scored the most points amongst the women in winning the 50, 300 and mile.

Results on page 22

## Bowers Wins Seaside Marathon in 2:24

SEASIDE, OREGON, FEB. 28

Jim Bowers, 42, of Santa Rosa, California achieved the not-so-rare-anymore feat of a masters runner winning a race overall, as he easily defeated a good Seaside Marathon field today in a time of 2:24:18.

The U.S. American masters marathon record holder (a pending 2:22:23) defeated his nearest rival, Bill McIntosh, 29, by nearly 4 minutes (2:28:15).

The time betters the official listed U.S. masters marathon mark of 2:27:30 set by Jerry McNeal of Minnesota in 1978. It also improves Herb Lorenz' aided (point-to-point) time of 2:24:41 in 1979. (Lorenz clocked a 2:21:00 in the short National TAC Marathon Championships in 1980. His time was adjusted to 2:22:03, but could not be accepted by the National Running Center as a new American mark.

Bowers, a TWA pilot and former 4:16 Illinois high-school miler, also holds the U.S. masters 25-kilometer mark of 1:22:39.

Michael Heffernan, 40, of Portland was 2nd master in a good 2:34:46. He was followed by Reed Miller, 42, of Longview, Washington in 2:37:26; Maurice Pratt, 44, of Federal Way, Washington in 2:39:29; and David Haugen, 42, of Cheney, Washington, in 2:41:01.

Howard Miller ran a good 2:49:53 to take honors in the 50-59 age bracket. Clive Davies set a new U.S. age 65+ best in 2:51:27. (see separate story)

Rose Gardner, 41, of Tacoma led the over-40 women in 3:16:02.

## Davies Sets Two Distance Marks

Portland, Oregon's Clive Davies, 65, one of a handful of masters runners in America to whom the work "great" can aptly apply, broke the U.S. record for men over age 65 in both the marathon and half-marathon during the first quarter of 1981.

On February 28, in the Seaside Marathon in Oregon, Davies clocked a 2:51:27 to narrowly better Monty Montgomery's 9-year standard of 2:53:03.

On January 11, in Salem, Davies sped the half-marathon in 1:18:36 to demolish the old mark of 1:36:01, set by 1980 TAC award Winner Bill Brobston of New York in 1979. That race was the 4th annual Governor's Trophy Run.

Both marks are pending, subject to official approval by the National Running Data Center, the official record-granting long distance running organization in the U.S.

## Brown Sets World High Jump Mark in TFA/USA National T&F

from JIM SHOEMAKER & TED GLENN  
Meet Directors

LIBERTY, MISSOURI, FEB. 15

J.C. Brown, 51 of Gladstone, Mo., today established a new world record in the high jump for men age 50-54 with a leap of 5-feet, 10-inches to highlight the 2nd Annual TFA/USA National Masters Indoor Track & Field Championships at the Maybee Physical Education Center at William Jewell College.

Brown's effort bettered his own world standard of 5-9, set in the 1980 TAC National Masters T&F Championships in Philadelphia.

The meet drew full fields in many events. Tom Thorne, of Eureka, Kansas was named men's overall champion. Competing in the rugged 35-39 division, Thorne won the three jumps and the hurdles, took 2nds in the shot and pole vault, and 3rd in the 60 yard dash.

Liz McBlain of Rochester, Minnesota was named overall women's champion. She took four 1sts—long and high jump, shot, hurdles—and a 2nd in the 60 in the 30-39 bracket.

The event was sponsored by David N. Moore and Associates, the Penn Mutual Life Insurance Company, Converse Athletic Footwear and the Sheraton Kansas City Airport Hotel. Berny Wagner, Executive Director of TFA/USA, provided excellent assistance in planning the meet.

Other notable performances:

- Jerry Morrison's 5:19.71 mile and 11:08.01 2 mile in the 55-59 class.
- Gary Carr's 2:05.52 in the 800. 35-39 class.
- Jack Greenwood's 39.52 in the 330 yard dash, and 61.41 in the 440 (55-59 class).

The 3rd Annual TFA/USA National Masters Indoor Track & Field Championships will likely be held at William Jewell College next year at this time.

Results on page 21.

## WANTED!

### LONG DISTANCE EDITOR

Compile schedule info, results, age-records, etc.

Contact:

Al Sheahen, Editor  
NMN

P.O. Box 2372  
Van Nuys, CA 91404  
(213) 785-1895 (after 12 noon PDT)

## China Plans Master Program

by SING LUM

At the 4th World Veterans Games in Christchurch, New Zealand in January, two representatives of the People's Republic of China were on hand.

Mr. Liu and Mr. Chang of the China Sports Service Company were invited by Helen Pain of Sports Travel International, Ltd. to observe the Games. Helen also invited Mae and I to help her entertain them.

They enjoyed the games very much, and were surprised to see how well these old people do it. They were impressed to see people from 44 countries get together in such a friendly way. They want to get in the act, too. We sold them something.

Mr. Liu and Mr. Chang met with Mayor Hay, and invited Helen to China. She will go at the end of March with a few veteran runners on a good will tour. We'll try to help them set up a veterans track & field program. Hopefully, we can set up a track meet tour this year or next.

These track meet tours are the kinds of things that will bring peace to this world.

## NEED BACK ISSUES?

Most back issues of the *National Masters Newsletter* are available for \$1.00 each, plus 50 cents postage & handling for each order

Send to:

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



## Grissom Sets Mark

continued from page 1

Most Masters competitors are somewhat familiar with the name Chuck Klehm. Some people call him Carl and because he's always "out back" with the weight men, his profile is somewhat low. You'll notice in our results, they are now throwing something weighing 98 pounds. As meet director, Fox put his foot down when they tried to get awards for tossing a car bumper around the parking lot. Anyway, congratulations to Chuck, or Carl. He married Sue Klehm between tosses a few weeks ago and as you may have guessed, she too has a shot-put and will travel. And if you know Klehm, I mean travel! 135 contestants, weather was bright and balmy. Wait a minute pal—you don't have to be in Southern California to lie.

## Daintry Records 2:40:02 to Win Masters Title in Hong Kong Marathon

by JAMES D. O'NEILL

HONG KONG, JAN. 31, 1981

Local favorite Gary Daintry, 42, edged out Bahrain resident Peter Rogers by a mere two seconds to win the Masters section of the Hong Kong Marathon today in a fast time of 2:40:02. Both Daintry and Rogers bettered the previous record of 2:44:18 set last year by Californian Jim O'Neil.

Daintry, who only began running two years ago, improved on his previous best marathon time by nearly 18 minutes. Rogers also set a PR in beating his previous best of 2:45:47.

Two other masters runners broke three hours in the race, Charles Darker, 2:50:37, and John Skewes, 2:59:40. Altogether, 33 masters finish-

ed the race.

The open title was won by Japanese runner Yoshinobu Kitayana in a race record 2:19:43. The race attracted most of the top distance runners in Southeast Asia and new national records were set by Philippines runner Leonardo Ellut (2:31:41) and Indonesian Yacob Atarury (2:34:34).

The race has developed into the unofficial marathon championships of Southeast Asia. It's a fixture on the world calendar and deserves recognition as such.

Daintry is still just a beginner and has not even approached his peak. He could well be a factor in top world competition in a year or two.



### National Masters Newsletter

#### 1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width Height
54	Back page	\$400	10" 13"
54	Full page	200	10" 13"
40	3/4 page	170	10" 9 3/4" 7 1/2" 13"
27	1/2 page	130	5" 13" 10" 6 1/2"
14	1/4 page	80	5" 6 1/2" 10" 3 1/4"
7	1/8 page	50	5" 3 1/4" 2 1/4" 6 1/2"
3 1/2	1/16 page	40	2 1/4" 3 1/4"
1		20	2 1/4" 1"

#### 2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions	10%
6 to 12 insertions	15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

#### 4. SPECIAL RATES

50% discount for race and meet notices. No frequency discounts or agency commissions.

#### 5. TERMS

Net 10 days from billing date.

#### 6. CLASSIFIED RATES

50 cents per word. Count name and address as 5 words. Race notices are 25 cents per word. Prepayment required with copy.

#### 7. MECHANICAL REQUIREMENTS

- See display rates for ad sizes.
- Photo offset printing.
- Negative ok. No mats, cuts or plates.
- No color ads.

#### 8. CLOSING DATES

The 15th of month before date of issue.

#### 9. CIRCULATION (Feb. 1981)

Paid: 1750 Distribution: 4000  
Published monthly. Subscriptions \$12/year.

continued from page 4

## NORTHWEST

**May 3 (Sun):** 5th Lilac Bloomsday 7.8 mile run, Spokane, Wash. Box 645, Spokane, WA 99210. (509) 838-6264. 13,000.

**June 20 (Sat):** Mayor's Midnight Sun Marathon, Anchorage, Alaska. Jim Mayo, Pouch 6-650, Anchorage AK 99502.

**June 28 (Sun):** 4th Cascade run Off 15K, Portland, Oregon (6000). 1000 Willamette-Center, Portland OR 97204. (503) 223-9016.

## POSTAL

**January 1 to August 31:** One-hour run. Al Huff, 18127 1st Ave. N.W. Seattle, WA 98177. (206) 542-2930.

## INTERNATIONAL

**July:** International Masters 25K Road Race, Brugge, Belgium.

**August 23 (Sun):** Avon International Women's Marathon Championships, Ottawa, Ontario, Canada, Avon, 9 W. 57th St., New York NY 10019. (212) 593-4257.

## CANADA

**May 3 (Sun):** Canadian Masters Marathon Championships, Vancouver, B.C.

**June 14 (Sun):** Manitoba Marathon, Winnipeg. P.O. Box 53, Winnipeg, MB, Canada R3C 2G1. (204) 453-0931.

**COOK VAULTS 13-6; MILLER**

**SETS MILE MARK**

# 1st Western Indoor Regionals Lure 100

by AL SHEAHEN

SAN FRANCISCO, CA, FEB. 22

The weather outside was so gorgeous, it seemed a shame to go indoors for the 1st Annual Penn Mutual/Nike/TAC Western Regional Masters Indoor Track & Field Championships today at San Francisco's famed Cow Palace.

The swiftly-put-together-by-Jim Terrill meet drew a quality field of about 100 for the 5-year-age-group competition.

The fast, steeply-banked Cow Palace turns produced several good efforts in this first-ever West Coast Masters full indoor meet.

Foremost among them was a new American age 55-59 record in the women's mile by Margaret Miller of Los Angeles, who just turned 55 after sweeping many of the 50-54 records in the past couple of years. Her 5:51.0 obliterated the old U.S. mark of 7:40.3, set by Edith Leiby in 1978. It also bettered the women's 50+ standard of 6:10.7, set by Martha Fairbank in 1976. Whether the mark will be rejected as an official U.S. mark because it was run inside *instead of* outside will be up to the National Records Committees.

Ernie Billups flew in from Chicago to win the 40-44 800 in 2:05.2. Cleveland's Sandra Knott also came in from the midwest cold, to notch a mile triumph in 5:26.7. The night before, Billups and Knott had won the special masters men's and women's 1500-meter runs, respectively, in the open indoor San Francisco Examiner T&F Games before 5000 spectators. (Billups topped World Games 800 gold medalist George Cohen in 4:05.)

Action was furious in the 40 meter dashes. Semi-finals were required in several divisions. Perhaps the most notable race was the quality 50-54 final, where eight false-starts stalled the action. Those too close to the

starter's gun got ear aches and battle fatigue. Dick Marlin finally couldn't stand the tension and double-faulted himself out. Patient Shirley Davisson, however, blasted off his blocks on the 9th try to edge former national 100 champ Bob Watanabe at the tape in a good 5.1. With his momentum Davisson promptly did a half-gainer over the edge of the track and disappeared. Moments later, he climbed back over the incline looking like a second-story man; like the guy in the TV wrestling show who's been thrown into the third row.

Continuing to amaze everyone with his extraordinary comeback after two major operations last year, Nick Newton won the 45-49 300 in a good 40.3, and high-jumped 5-11, two inches better than his bronze medal effort in the World Games in January.

Yet arch rival and world 45-49 high jump record-holder Herm Wyatt (6-2 3/4) won the event with a leap of 6-1, in which he cleared the bar by much daylight. The World Games gold medalist attempted one jump at a new-world-record 6-3, but missed and called it a day.

Clearing 6-3 in the outstanding competition was Jim Brown, only 1/4" off his own U.S. masters record.

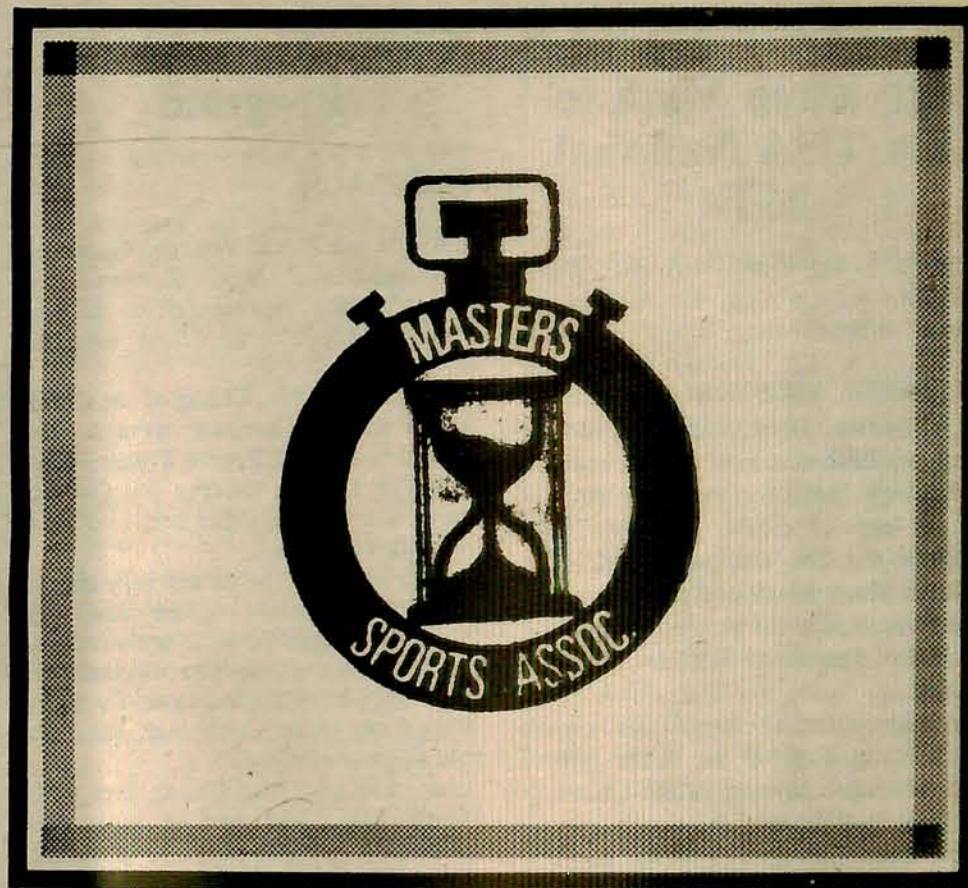
Vic Cook made the trip north from Los Angeles, as did a couple of dozen others, to pole vault 13-feet, 6-inches to top all competitors and claim the 45-49 title.

National champion master walker Bill Ranney gave proof that there may be something to the recent talk that walking is good training for running. Ranney won the 45-49 2-mile in 11:52.4, as well as winning the 2-mile walk in 14:14.

Joan Ulliyot (2:42.6) and Ruth Anderson (2:50.4) won their respective W40 and W50 800's.



Start of World Veterans Distance Running Championship 25 kilometer run in Palmerston North, New Zealand.



**WAVA INTERNATIONAL WEIGHTS AND STANDARDS**  
(in metric and English measurement)

MEN								
	Shot	Discus	Hammer	Javelin	MEN	SHOT	DISCUS	HAMMER
40	7.26	2.00	7.26	800	40	16#	4.4#	16#
50	5.50	1.50	7.26	800	50	12#	3.3#	16#
60	4.00	1.00	6.00	600	60	8.8#	2.2#	13.2#
70+	4.00	1.00	4.00	600	70+	8.8#	2.2#	8.8#

WOMEN				
35	4.00	1.00		600
40	4.00	1.00		600
50	3.00	1.00		400
60	3.00	1.00		400
70+	3.00	1.00		400

Hurdles a=distance to first hurdle  
b=distance between hurdles  
c=distance from last hurdle to the finish

MEN		height	a	b	c
40	110 meters	99.6	13.72	8.7	17.98
50	110 meters	91.4	13.72	8.5	19.78
60	100 meters	84.0	13.00	8.5	10.50
70+	80 meters	76.2	12.00	8.0	12.00 (8 hurdles)

WOMEN		height	a	b	c
35	100 meters	76.2	13.00	8.5	10.50
40+	80 meters	76.2	12.00	8.0	12.00 (8 hurdles)

**STEEPLECHASE**

The steeplechase shall be run at 3000 meters for all age groups except those over 70, for which the distance will be 2000 meters.

MEN HURDLES:		Height	(a)	(b)	(c)
40	110M	39"	45'	28' - 6"	58' - 11 1/4"
50	110M	36"	45'	27' - 10 1/4"	64' - 10 1/4"
60	100M	33"	42' - 7"	27' - 10 1/4"	34' - 5 1/2"
70+	80 M	30"	39' - 4"	26' - 2 3/4"	39' - 5 1/2"
WOMEN'S HURDLES:		Height	(a)	(b)	(c)
35	100M	30"	42' - 7"	27' - 10 1/4"	34' - 5 1/2"
40	80 M	30"	39' - 4"	26' - 2 3/4"	39' - 4 1/2"

# AVON Running

We did it!

A Women's  
Olympic  
Marathon  
in 1984!

Join Us and Celebrate  
at the Avon International  
in Ottawa, August 23rd.



Photo © 1980 Janeart

The Olympic Committee's decision to add the women's marathon to the 1984 Games in Los Angeles was based on widespread interest and participation in the sport—as well as elite performances. Women all over the world—of all levels and abilities—who participated in the Avon International Marathons in London, Waldniel and Atlanta helped convince the IAAF and the IOC that women are ready and willing to go the distance. So even if you cannot run as fast as Lorraine Moller, Joyce Smith, Marty Cooksey and Joan Benoit, you can come out to run and celebrate the victory that women *everywhere* have earned.

Join us this August 23rd in Ottawa for the fourth annual Avon International Marathon, and meet the Olympic hopefuls for 1984. Women athletes from more than 30 countries are expected in Ottawa—one of the world's most beautiful cities and also a runner's paradise.

The official Avon marathon travel agency, Hal Higdon & Roadrunner Tours, has designed programs for all runners from budget weekend packages to one and two week holidays which will permit you to combine participation in this great international event with a Canadian summer vacation. In the last three years, the Avon Marathon has established itself as the single most important race for women as well as an exciting event for those men who support their efforts.

Join us. And vote. Kathrine Switzer  
Director, Avon International Running Circuit  
For schedule of Avon races, write:  
Avon Running, 9 W. 57th St., N.Y., N.Y. 10019

Roadrunner Tours, 301 W. Hwy 20  
Michigan City, IN. 46360  
219-872-7217



Bob Boal of Raleigh, NC chares joy of steeplechase medal with admirer at World Games.



Abe Underwood looking strong in 10,000 meter run in New Zealand World Games.



Start of women's 200 in World Games in New Zealand.



World Games 1500 medalists: S. Griffiths, Australia (bronze); Alan Bradford, Australia (gold); Michael Connolly, Ireland (254) (silver).

## FITNESS GAMES

by DAVE THORESON

National participation in the Short Decathlon and Fitness for Life is available to all people monthly

Ask questions, send in your results and training tips.

### SHORT DECATHLON:

Hamden, CT. Centurions set a new national record for policemen. (Who is the most physically fit, policemen or firemen?) The Centurions' national record of 431 points posted the following marks:

Name	Age	60M	L.J.	S.P.	Disc.	H.J.	Tot. Points
Bill Sirorsky	32	7.0	18'8	40'3	114'2	5'4"	151
Points	6	42	29	28	19	27	
Fred Husband	33	7.3	17'10	39'7	107'6	5'1	146
Points	9	36	27	28	19	27	
Bill Onofrio	26	7.3	17'8	39'3	105'10	5'0	134
Points	0	36	25	28	19	26	
							431

### FITNESS FOR LIFE:

Ron Collins, 48 years old from Santa Barbara, CA, established a new national record at 143 points.

Ron's marks are as follows:

Age	25 yd. swim	S.L.J.	Agility	Crabwalk	3000M	Bike	Tot.
48	12.5	8'0"	16.3	12.5	5.25		143
36	27	18	23	16	23		

### TRAINING TIPS:

Ron Collins at 48 years is one of the most physically fit men I've had the pleasure to meet. Ron was raised in England, establishing the following marks in his earlier years:

Regional Junior High Javelin champion.

Rugby finalist in the country trials.

National finalist in swimming.

Member of the Combined Service gymnastic team.

Ron's present training schedule is consistent and ties his daily routine. A draftsman, commuting 30 miles to work, 5 days a week, Ron still finds time to work out. At 6:45 AM he rides his bike 5 miles to catch his transportation to work and rides another 5 miles on his 5:00 PM return trip.

Two days a week Ron trains from 5:30-6:00 at a local track. He jogs 3/4 of a mile, runs 4 x 110 shake-ups, and runs one of three different interval training sessions--1) 3 x 220, 2) 3 x 165, 3) 440, 330, 220 breakdown.

Three days a week Ron spends 20 min. lifting weights. He uses a circuit training program rotating 3 times through 4 different exercises (bench press, leg extensions, curls and sit-ups).

Ron moves quickly from exercise to exercise building cardiovascular endurance along with muscular strength. Ron's weekends emphasize free time and occasional competition.

If you are interested in participating in Fitness Games monthly competition designate your program preference, Short Decathlon or Fitness for Life. Then write or phone for scoring tables and Fitness Games information to:

Dave Thoreson, 744 D Cieneguitas

Santa Barbara, CA 93110

(805) 964-4514

Send results by the 25th of each month plus \$1.00 handling charges.



## MOVING?

National Masters Newsletter is mailed third class bulk rate and is not forwardable. When you move please let us know at least 3 weeks in advance.

# National Running Data Center

from BOB MARTIN  
Executive Director

Seven new age-group records have been approved in the last month. (See adjacent box) These marks, plus those listed in the March NMN, represent revisions to the official US road running records as of 1 Dec 1980 reported in January's NMN. The records are the official records as recognized by the

Road Runners Club of America and the Athletics Congress. The standards for acceptance of single-age road-running records by the NRDC are generally the same, and these standards are explained in detail in the NRDC book "Running Records by Age," available for \$4.95 from NRDC, Box 42888, Tucson AZ 85733.

### NEW U.S. AGE-GROUP RECORDS OFFICIALLY APPROVED BY NRDC IN PAST MONTH

Dist	Age	Time	Name	Birth-date	Residence	Race Date	State
10K	M85	1:15:49	Ivor Welch	1-19-95	Pacifica	CA 10-19-80	CA
15K	W45	58:18	Dorothy Stock	9-12-32	La Mesa	CA 12-6-80	CA
	W50	1:02:00	Anne Johnson	10-21-28	Del Mar	CA 12-6-80	CA
20K	M60	1:18:42p	Rudy Nimmons		Senneca	SC 9-28-80	DC
20mi	M65	7:46:04p	John Benkovich		Beloit	WI 5-17-80	WI
Mara	W55	3:08:48	Helen Dick	8-4-24	Los Angeles	CA 9-28-80	IL
50mi	M35	4:56:03	Alan Kirik	9-2-43	Flushing	NY 10-26-80	NY

### PENDING U.S. AGE-GROUP RECORDS REPORTED TO NMN DURING THE PAST MONTH

Mara	M65	2:51:27	Clive Davies	8-7-15	Portland	OR 2-28-81	OR
Ignar	M65	1:18:16	Clive Davies	8-7-15	Portland	OR 1-11-81	OR

## Throwing Implements Made to Order

**HAMMER HEAD:** Complete with swivel. Made from 16#, 12# or 8# shot, \$30 plus cost of shot. Or furnish your own shot. Add \$10 for 8 lb. head with 12 oz. removable insert to meet 8 lb. or 4K requirements.

**HAMMER WIRE:** Please state head diameter. \$2.50

**HAMMER GRIP:** \$7.50

**THROWING WEIGHT: 25 lb.** Sinc. \$75 complete.

**THROWING WEIGHT: 35 lb.** Lead. \$85 complete.

**DISCUS:** Two-kilo, \$40. One-kilo, \$30. For approximately 25% more, heavier or lighter weights can be made.

**IMPLEMENT WEIGHTS CORRECTED OR ALTERED AS REQUIRED, WHEN POSSIBLE**

25% deposit on COD mail orders. California residents add 6% sales tax. Add \$2 packing charge.

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South El Monte, CA 91733  
(213) 444-5912



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with Sports Travel Intl.

Details in May Issue

## New Twist

Take  
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"DISCOVER THE  
DIFFERENCE"  
VACATION WEEK

Haiti, May 31 - June 7

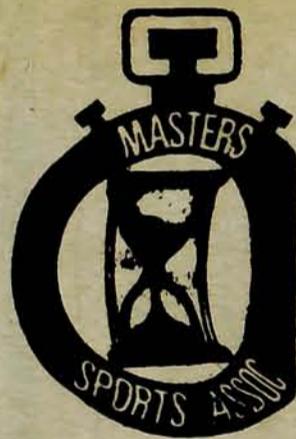
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- Carol Getierrez, of Jane Fonda's Workout
- Howard Jacobson, champion racewalker
- Gail Becker, nutrition consultant, formerly with Weight Watchers International
- Michael Holland, beauty consultant
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## OUT-OF-THIS-WORLD

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Fall '83 - PUERTO RICO

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# LONG DISTANCE RESULTS

Please send masters race results to *National Masters Newsletter*, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

### 3RD ANNUAL SUSAN B. ANTHONY FREEDOM RUN, TUCSON, ARIZ. JANUARY 18, 1981.

<b>W30-39</b>	
Leal-Ann Reinhart	41:57.5
Sue Yoha	45:11.2
Lupe Camberos	45:23.2
<b>W40-49</b>	
Grace Rome	47:07.8
Margaret Mare	47:08.0
Joan DeVecchio	47:11.4
<b>W50+</b>	
Patricia Bowman	51:41.3
Pat Martin	52:04.8
Kit MacInnes	53:56.7

### 1981 TUCSON MARATHON TUCSON, ARIZONA JANUARY 25, 1981

<b>M35-39</b>	
Robert Pratte	2:38:13
Steve Bell	2:42:16
Joe Mensching	2:43:22
<b>M40-44</b>	
Don Branaman	2:42:15
Richard Belliveau	2:42:54
David Mellady	2:46:16
<b>M45-49</b>	
Art Neeland	2:45:34
Joe Cary	2:53:29
Leif Erickson	2:58:39
<b>M50-54</b>	
Tom Bailey	2:37:11
Ruben Vigil	3:01:33
K.D. Nelson	3:02:39
<b>M55-59</b>	
Bill Minturn	3:14:20
Herb Williams	3:16:22
Lionel Ortega	3:21:52
<b>M60+</b>	
Don Longenecker	3:04:53
Bob Martin	3:09:15
Clifton Wilson	3:32:47
<b>W35-39</b>	
Dorothy Lash	3:03:55
Jane Denish	3:28:35
Gail Weaver	3:29:52
<b>W40-44</b>	
Betty Vieyra	3:39:44
Betty Ratley	3:55:58
Ruth Munn	4:15:45
<b>W45-49</b>	
Ginger Baldwin	3:58:05
Phyllis Slinker	4:22:56
<b>W50+</b>	
Adele Milicevic	3:44:38
Althea Wetherbee	3:59:59
Erma Bowman	4:35:46

### SRI CHINMOY 10-MILE RUN FOSTER CITY, CALIFORNIA FEBRUARY 8, 1981.

<b>M40+</b>	
Charles Harris	40 53:57.4
Sal Vasquez	41 54:24.1
Tim Rostege	40 54:40.3
Alvaro Mejia	40 56:31.3
Don Ardell	57:50.7
<b>W40+</b>	
Karen Scannel	42 61:47.6AR
Betsy Frazier-Smith	42 71:36.5
Barbara Carlson	46 76:41.7

### HIDDEN VALLEY MARATHON HIDDEN VALLEY, CALIFORNIA FEBRUARY 8, 1981

<b>M40-49</b>	
Jesse Cook	40 2:50:33
Robert Nations	40 2:56:23
Karl Ryden	41 2:57:02
Philip Weiny	46 2:57:05
Art Boettcher	45 3:01:04
<b>M35-39</b>	
Gary Goettelmann	37 2:31:03
Tom Rothmann	38 2:43:30
Danny Cossairt	35 2:52:21
<b>M50-59</b>	
Keith Berwick	52 3:26:18
Phil Wood	50 3:54:27
Glenn Maxson	52 3:45:22
<b>M60+</b>	
Bill Wick	60 3:54:59
W E Kuester	72 6:46:43

### WASHINGTON'S BIRTHDAY MARATHON, BELTSVILLE, MD. FEBRUARY 22, 1981.

<b>M40-44</b>	
Mike Sabino	41 2:32:35
Richard Jamborsky	44 2:43:41
James Smith	44 2:49:58
Ken Baker	43 2:50:00
Otis Williamson	44 2:55:57
<b>M45-49</b>	
Jerry Hagen	48 2:55:57
Hugh Perry	49 2:58:50
Thomas Shannon	46 3:03:38
Walter Greene	48 3:06:59
Geroge Imes	49 3:07:13
<b>M50-54</b>	
Herb Chisholm	54 2:39:36
Ernie Medaglia	51 3:14:25
Martin O'Neill	51 3:21:47
Richard Good	51 3:23:01
Ted Grenada	54 3:23:48
<b>M55-59</b>	
Charles Christian	55 3:33:32
Walt Washburn	58 3:35:54
Helmut Holzchel	56 3:52:45
<b>M60+</b>	
D.P. McNelly	60 4:21:58
<b>W40-49</b>	
Sue Medaglia	45 3:16:48
Eleanor Clift	40 4:16:07
<b>W50+</b>	
Janet Grenda	54 3:39:39

### 12TH TRAILS END MARATHON SEASIDE, OREGON FEBRUARY 28, 1981

<b>M40-49</b>	
Jim Bowers	42 2:24:18A
Mike Heffernan	40 2:34:46
Reed Miller	42 2:37:36
Maurice Pratt	44 2:39:29
David Haugen	42 2:41:01
<b>M50-59</b>	
Howard Miller	54 2:49:53
Ted Carpenter	52 2:59:50
Dennis Michel	51 3:05:13
Robert Paul	50 3:05:37
Robert Kuepper	52 3:07:53
<b>M60+</b>	
Clive Davies	65 2:51:27A
Frank Grey	61 3:25:31
Blake Hirsh	60 3:49:33
Charlie Swingrover	60 3:49:40
Dick Martholomew	61 3:50:16
<b>W40-49</b>	
Rose Gardner	41 3:16:02
Karen Clement	40 3:34:27
Jan Tuttle	43 3:47:31
Janice McIlroy	47 3:50:44
Barbara Gregg	44 3:56:22
<b>W50-59</b>	
Alice Turkowski	52 3:37:34
Madonna Buder	50 3:39:19

### 4TH ANNUAL GOVERNOR'S TROPHY HALF-MARATHON RUN SALEM, OREGON JANUARY 11, 1981

<b>40+</b>	
T.M. Heffernan	40 1:10:55
44 George Wilson	44 1:17:11
57 Clive Davies	65 1:18:16AR
82 George Tiger	40 1:20:31
97 John Baldwin	43 1:21:38



Harold Daughters in 10000 meter run in World Games. Gail Hanna in World Games.

## SENIOR OLYMPICS

Indianapolis, Indiana  
June 12-13, 1981

SPONSORED BY: HOOSIER TRACK CLUB AND PENN MUTUAL LIFE INSURANCE COMPANY

June 12 (Friday): 10K Cross Country Run - 5:30 P.M. - All age groups, under-16 to 80

June 13 (Saturday): Sub-masters & masters track & field meet. Age 30-and-up in 5-year age groups thru age 80. 8:00 A.M. Excellent all-weather track.

SITE: Ben Davis High School, 1300 N. Girls School Rd., Indianapolis, Indiana.

ENTRY FEES: 10K -- \$4.00 per person. Track & Field -- \$3.00 one event; \$1.00 each additional event.

MEDALS: First 3 places.

HEATS: Events with 8 or fewer contestants will be run as finals at time set for trials.

Added attractions for those 55 and up starting June 10: Bike racing, tennis, basketball, swimming, etc.

### SCHEDULE

\*\* Age 55 up only

8:00 a.m.	3000 meter run	Softball throw**
9:00 a.m.	100 meter trials	Fastball throw**
9:30 a.m.	50 meter trials**	Shot put
10:00 a.m.	80 & 100 meter hurdle trials	Standing long jump**
10:30 a.m.	50 meter finals**	
11:00 a.m.	100 meter trials	Running long jump
12:00 noon	200 meter trials	Pole vault
1:00 p.m.	800 meter run	Discus
1:30 p.m.	80 & 100 meter hurdle final	Javelin
2:30 p.m.	400 meter finals	
3:00 p.m.	1500 meter walk	Triple jump
4:00 p.m.	200 meter finals	
4:30 p.m.	1500 meter run	

### ENTRY FORM

10k  Track & field

Events entering: \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

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

I will not hold the Hoosier Track Club or any of their departments, agents or representatives for my health, safety or any injury resulting from my participation in these events.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Send to: Bob Coughlin, 305 S. Barton, Indianapolis IN 46241. (317) 241-5446.

# TRACK & FIELD RESULTS

Please send masters race results to *National Masters Newsletter*, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

TFA WESTERN PENNSYLVANIA TRACK & FIELD CHAMPIONSHIPS SLIPPERY ROCK STATE COLLEGE JANUARY 18, 1981.

**M30-39**

50 Salupo	OTH	5.93
Finotti	WP	5.93
600 Thomas	OTH	1:22.4
1000 Andrews	OTH	2:23.0*
Mile Andrews	OTH	4:32.0*
Shot Johnson	OTH	45-2*
35wt Bower	Cle	46-8
Re'y Over the Hill		3:57.4
West Penn		4:01.3

**M40-49**

50 Stradley	WP	5.82*
50HH Kline (36")	WP	7.13
600 Coates	OTH	1:24.3*
Mile Rauber	WP	5:27.0
3mi Moorhead	WP	16:46.0*
35wt Alderdice	WP	41-5*
HJ Kline	WP	5-4*
PV Hoyle	WP	13-0*

**M50-59**

50 Ulam	WP	6.57
50HH Roehm	WP	8.65
600 Zalba	UN	1:45.0
Mile Malick	WP	6:19.0
Weiland	WP	10:23.0
HJ Roehm	WP	4-0

**W40+**

50 Cobb	WP	7.10*
220 Cobb	WP	32.20*
440 Cobb	WP	1:17.0*
Mile Crampe	A1	5:48.0
2Mi Crampe	A1	12:44.0

WP=West Penn Track Club  
OTH=Over The Hill TC  
A1= Allegheny/Nike TC  
\* = Meet Record

TFA EASTERN INDOOR MASTERS TRACK & FIELD CHAMPIONSHIPS SLIPPERY ROCK STATE COLLEGE FEBRUARY 8, 1981

**M30-34**

50 McNeil	UN	5.91
300 Slywa	OTH	35.1
600 Andrews	OTH	1:17.1*
1000 Andrews	OTH	2:22.9*
Mile Larnick	PM	5:05.0
3mi Weiser	WP	15:50.0
35wt Bower	OTH	47-3*
M35-39		
1000 Slinger	PM	2:49.0

**M40-44**

50 Kline	WP	5.84*
60HH Kline(39")	WP	8.76*
300 Coates	OTH	36.1
600 Coates	OTH	1:25.7
Mile Bigler	OTH	5:03.3*
Re'y West Penn		
(Kline, Anderson		
Sutton, Hoyle)		4:08.0*
HJ Kline	WP	5-5
SP Klehm	Chi	38-7
35wt Klehm	Chi	38-10
PV Hoyle	WP	13-0*

**M45-49**

50 Sutton	WP	6.1
60HH Bruggeman(36")		9.1
300 Sutton	WP	38.0
600 Sutton	WP	1:26.1
3mi Moorhead	WP	17:04.0
HJ Anderson	WP	5-3*
SP Seitzinger	WP	38-5 3/4*
35wt Seitzinger	WP	46-0

**M60+**

50 Weiland	WP	7.8
60HH Weiland(30")		14.1*

**M50-54**

50 Roehm	WP	6.81
60HH Roehm	WP	10.80
HJ Roehm	WP	4-2
SP Bredenbeck	Cle	40- 1/2*
Wt Bredenbeck	Cle	21- 9

**W40-49**

50 Radigan	OTH	7.90*
220 Radigan	OTH	39.2
440 Rynes	OTH	1:21.6
SP Bredenbeck	Cle	19-3 1/2*

**W30-39**

HJ Klehm	Chi	3-4 *
SP Klehm	Chi	21-5 1/2

PENN MUTUAL/TAC MIDWEST REGIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS ELK GROVE HIGH SCHOOL ELK GROVE, ILLINOIS FEBRUARY 15, 1981.

**50-YARD**

**30-34**

Eugene Thomas	MI	5.5
Thermond Kirkland	MI	5.8
A1 Lucas	IL	6.2

**35-39**

Wayne Anderson	IL	5.5
Jerry Hedgecock	IL	5.7
Lynn Smith	IL	5.9

**40-44**

Ron Dennis	WI	6.1
Jim Lipskey	IL	6.2
Ej Baron	IL	6.4

**45-49**

Jack Scott	IL	6.8
Ross Hardy	IL	7.0
Shelby Alvard	IL	7.0

**50-54**

Tom Twitchell	IL	6.4
R.G. Wolf	MN	6.7
Tom Hinkes	WI	6.8

**M55-59**

Rush Jacobs	MI	6.3
Leon Potter	IL	6.6
Phil Boucher	MI	7.8

**M60-64**

Chas. Northrup	IN	6.8
----------------	----	-----

**M65-69**

John Dick	WI	7.6
-----------	----	-----

**W30-34**

Mary Whatley	WI	7.6
--------------	----	-----

**W40-44**

Joanne Grissom	IN	6.9
----------------	----	-----

**W50-54**

Clara Boucher	MI	8.5
---------------	----	-----

**50-YARD HIGH HURDLES**

M30 Mike Davis	IL	7.4
M35 Doug Willis	IL	8.1
M40 Bruce Mills	IL	8.2
M45 Don Shillinglaw		8.7
M50 R.G. Wolf		8.8
Tom Hinkes		9.0
Don Walsh		9.1

**50-YARD LOW HURDLES**

M30 Mike Davis	IL	7.4
Robell McMiller		7.5
A1 Lucas		7.8
M35 Jim Benston	IL	7.9
John Hess		8.1
Ed Tapper		8.2
M40 Bruce Mills		7.9
Wayne Beach	IL	8.1
M45 Don Shillinglaw		8.3
Avery Anders	KY	8.5
M50 R.G. Wolf		7.7
Tom Hinkes		8.1
Don Walsh		8.4
M55 Rush Jacobs		8.4
M60 Chas. Northrup		8.9
W40 Joanne Grissom		8.7

**220-YARD DASH**

M30 Robell McMiller		23.7
Eugene Thomas		25.0
Rich Steder		25.1
M35 Jerry Hedgecock		27.2
John Hess		29.6
Jim Benston		30.0
M40 Ron Dennis		26.7
Sam Rosendahl		27.5
M45 Jon Nixon		27.2
Ray Warren		27.5
M50 Charles Edmonds		29.5
R.G. Wolf		29.7
Tom Twitchell		30.1
M55 Rush Jacobs		28.8
Phil Boucher		35.4
M65 John Dick		38.5
W30 Marianne Whatley		33.8
W35 Miki Hervey		32.5
W50 Clara Boucher		41.5

**440-YARD DASH**

M30 Dolan Street	56.0
Rich Steder	62.1
Robell McMiller	66.4
M35 Lynn Smith	58.8
Lyle Sandstead	65.2
Jim Benston	66.7
M40 Ron Dennis	59.1
Rud Perschke	66.5
M45 Warren Dunn	60.8
Dave Cole	62.3
M50 Charles Edmonds	65.3
Don Walsh	70.1

M55 Rush Jacobs	65.3
Bob Coughlin	70.6
M65 John Dick	92.7
W35 Miki Hervey	71.9
W50 Clara Boucher	98.2

**880-YARD RUN**

M30 Dolan Street	2:10.4
Bob O'Connor	2:11.2
Bob Sladek	2:13.2
M35 Jim O'Neill	2:13.1
Don Czarapata	2:16.7
Lynn Smith	2:20.1
M40 Ernie Billups	2:10.9
M45 Bill Jacobsen	2:19.1
M50 Al Treichel	2:28.6
M55 Bob Coughlin	2:44.6
Phil Boucher	2:57.2
M65 John Dick	3:48.2
W35 Miki Hervey	2:35.4

**MILE RUN**

M30 Steve Currins	4:41.4
Mark Draklee	5:01.6
Craig Dean	5:07.2
M35 Jim Benston	5:33.1
Bob Collins	6:47.2
Bob Maszak	6:56.7
M40 Ernie Billups	4:41.0
James Bruce	5:04.7
M45 Robert Savage	4:58.1
Ed Byron	5:59.2
M50 Wally Pilney	5:10.7
M55 Phil Boucher	6:10.1
Tom Braid	6:29.3
M65 John Dick	9:02.7
W30 Andrea Harris	5:42.7

**2-MILE RUN**

M30 Dennis Spars	9:55
George Sladek	11:22
M35 Chuck Koeppen	10:01
Dan Czarapa	11:38
Bob Maszak	13:12
M55 George Rasch	12:49

**2-MILE WALK**

M35 Bob Maszak	21:41
M40 Frank Holdgerson	20:44
M5 Tom Braid	22:54

**5000 METER RUN**

M30 Craig Dean	16:07
Doug Wheeler	16:57
M35 Chuck Koeppen	15:46
Werner Mezgolitz	16:41
Bob Maszak	21:24
W40 Janet Mezgolitz	27:16

**10000 METER RUN**

M30 Don Racine	37:09
Russ Edwards	38:19
Duane Hunt	40:17
M35 Bill Hall	36:04
Mike Kohl	37:58
Bob Maszak	41:52
M40 Ed Koven	37:25
Earl Jahn	39:56
John Kindem	40:15
M45 Otto Volkman	36:12
Chris Perry	37:15
M50 Art Mayfield	51:59
M55 Roy Floto	41:27

**HIGH JUMP**

M30 Mike Davis	5- 8
Dick Berger	5- 5
M35 Lynn Smith	5- 4
Lyle Sandstead	5- 2
Jim Benston	4- 6
M40 Mamom Gibson	5- 8
Frank Holgerson	4-10
M45 Tom Langenfeld	5- 6
Don Shillinglaw	4-10
Larry Steinrauf	4-10

450 Tom Twitchell	4- 6
Tom Hinkes	4- 6
R.G. Wolf	4- 4

M55 Leon Potter	4- 6
Leroi Winters	4- 4

M65 John Dick	3- 8
W35 Sue Klehm	3- 2
W40 Joanne Grissom	4- 8AR

**POLE VAULT**

M30 Mike Davis	13- 0
M35 Robert Lucas	11- 2
M40 Frank Dehaven	10- 6
M45 Don Shillinglaw	9- 0
M50 Tom Hinkes	10- 0

**TRIPLE JUMP**

M30 Mike Davis	36-4 1/2
Dave Bechler	30-5
Rory Citizen	29-11
M35 Lynn Smith	35-4
Lyle Sandstead	33-2
Ron August	32-9 1/2

M40 Frank Holgerson	25-7
Ray Oloham	22-1
Al Cash	20-11

M45 L. Steinrauf	28-11
John Wacker	28-7

M50 R.G. Wolf	28-9 1/2
M55 Leon Potter	26-10
M65 John Dick	19-4 1/2

**LONG JUMP**

M30 Thermond Kerkland	20- 1/2
Mike Davis	18-4 1/2
David Bechler	16-9
M35 Lyle Sandstead	16-7 1/2
Ron August	16- 1/2
Jim Benston	14-11

M40 Frank Holgerson	12-7 1/2
Jim Dillon	12-6
M45 Larry Steinrauf	15-11
Jack Scott	13-7

M50 Rush Jacobs	15- 1/2
R.G. Wolf	14-7
Al Treichel	14-3

M55 Leon Potter	15-5 1/2
James Hardy	14-10

M60 Charles Northrup	13-6
M65 John Dick	8-10 1/2
W30 Anita Sunby	12-7

W35 Sue Klehm	10-6
W40 Joanne Grossom	14-7

**SHOT PUT**

M30 Mike Davis	31-6
Doug Barnett	22-11
M35 Ed Johnson	39-9
John Hess	33-6 1/2
Jim Benston	25-1

M40 Carl Klehm	39-2
F. Lee Slick	33-3
Frank Holgerson	25-6

M45 Jack Scott	34-9
Larry Steinrauf	30-4 1/2
M50 R.G. Wolf	25-8 1/2
M60 Charles Northrup	22-7
M65 John Dick	21-6
W30 Marianne Whatley	24-7
W35 Sue Klehm	22-6
W40 Joanne Grissom	35-11

**35 LB. WEIGHT**

M40 Carl Klehm	39-2
Lee Slick	33-0
M45 Jack Scott	39-5

**56 LB. WEIGHT**

M40 Carl Klehm	22-6
Lee Slick	17-3

**98 LB. WEIGHT**

M40 Carl Klehm	10-1
Lee Slick	9-3

9TH ANNUAL EASTERN REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS, RAUCH FIELDHOUSE LEHIGH UNIVERSITY, BETHLEM PENNSYLVANIA. FEBRUARY 22.

SPONSORED BY PENN MUTUAL LIFE INSURANCE COMPANY, SUSSE CHALET MOTOR LODGES & INNS, NIKE  
HOST: PHILADELPHIA MASTERS TRACK & FIELD ASSOCIATION

**60 YARD DASH**

**MOA (Men 30-34)**

W. Overby	NYP	6.5
A. Wright	PM	6.6
R. Beale	PM	6.6

**MOB (Men 35-39)**

R. Johnson	NYP	6.7
F. Shabazz	PM	6.7
N. Watson	NYP	6.8

**M1A (Men 40-44)**

R. Weaver	NYM	6.8
B. Stanford	PM	6.8
M. Barnwell	NYP	6.8

**M1B (Men 45-49)**

M. Brown	Shore	7.0
L. Wilson	PM	7.0
E. Sutton	WP	7.1

**M2A (Men 50-54)**

B. Lancaster	PM	6.9
T. Brooks	NYP	7.2
A. Harris	PM	8.2

**M2B (Men 55-59)**

L. Gregory	PM	7.5
M. Lentzer	NYM	7.7
O. Harris	PM	7.7</

# TRACK & FIELD RESULTS

<p><b>M2A</b> G. Vernosky PVS 4:51.8MR E. Mather UN 5:12.2 E. Krawitz Poc 5:36.0</p> <p><b>M2B</b> D. Carter TC 5:24.6 C. Hammen BA 5:30.0 H. Sanderson PM 6:13.4</p> <p><b>M3A</b> S. Richardson NYM 5:25.0 J. McGilvray NJM 6:13.6 J. Sponseller PM 6:18.1</p> <p><b>M3B A Poole M-B 7:22.7</b> <b>M4A H Zachman NJM 7:40.5</b> <b>WOB S Pashkin MFK 5:55.7</b> D Straw UN 6:20.4 A Morris NJM 6:23.9 <b>W1A A Bing NJM 5:39.0</b> <b>W1B L SipprellePVS 5:39.5</b> C McKenzie NYM 6:00.6 H Bedrock NJM 6:15.6</p> <p><b>TWO MILE RUN</b></p> <p><b>OA</b> G. Tompkins RAA 9:49.9 B. Davis Shore11:25.9</p> <p><b>MOB</b> L. Coppens PM 9:57.0 C. Landis PM 10:16.1 J. Frame PM 10:19.3</p> <p><b>M1A</b> T. Engleman RAA 10:01.3 G. Glyde NV 10:05.3 S. Howard CP 10:12.3</p> <p><b>M1B</b> G. Studzinski PM 11:03.9 R. Fine NYM 11:17.0 W. McCarthy NYM 11:26.1</p> <p><b>M2A</b> G. Vernosky PVS 10:27.8 K. Brown NJM 11:25.2 S. Corrallo PVS 12:00.1</p> <p><b>M2B</b> C. Hammen BA 11:56.9 L. Dreher PM 13:06.4 H. Sanderson PM 13:09.0</p> <p><b>M3A</b> S. Richardson NYM 11:40.0M M. Quackenbos Shore12:39.5</p> <p><b>M3B A Poole MB 15:53.3</b> <b>M4A H Zachman NJM 16:22.0</b> <b>WOB S Pashkin MFK 12:54.0</b> <b>W1A A Bing NJM 12:18.5</b> <b>W1B H Bedrock NJM 13:03.1</b></p> <p><b>TWO MILE WALK</b></p> <p><b>MOA</b> W. Norton RAA 16:47.9 R. Salvio Shore17:55.8 K. Beely Shore21:48.5</p> <p><b>MOB</b> R. Jennings PM 19:53.1</p> <p><b>M1A</b> R. Kulik Shore14:44.1 J. Stefanowicz PM 16:16.9 M. Deeney PM 19:42.4</p> <p><b>M1B</b> J. Boitano FCS 14:50.3MR B. Fine NYM 17:34.2 C. Rooney Shore17:50.8</p> <p><b>M2A</b> S. Corrallo PVS 15:55.6MR J. Holman PVS 18:21.6 D. Ross PM 21:42.1</p> <p><b>M3A</b> R. Sorlien URI 13'10 1/2 T. Ille NJM 12' 2 1/2</p> <p><b>M4B</b> M. Feinstein NYM 2' 3</p> <p><b>WOB</b> S. Klehm UC 10'</p> <p><b>TRIPLE JUMP</b></p> <p><b>MOA</b> R. Beale PM 42' 1 3/4 J. Muscara PM 37' 3 1/4</p> <p><b>MOB</b> R. Bury GS 38' 4 1/2 J. Sherrard Pac 36'11 R. Ficker PVS 35' 2</p> <p><b>M1A</b> H. Bohigian NYM 33'11 L. Judd NYM 32'4 P. Eyanson PM 32' 2 1/2</p> <p><b>M1B</b> W. Clark PM 34' 1MR P. Carstensen NYM 32' 1 R. Enders PVS 31' 9 1/4</p>	<p><b>M2A</b> B. Cole Ric 31' 3 MR H. Colen NYM 27'10 1/4</p> <p><b>M3A</b> R. Sorlien URI 29'10 1/2</p> <p><b>HIGH JUMP</b></p> <p><b>MOA</b> A Zacharka Sho 5' 8 J. Muscara PM 5' 6 R. Salvio Sho 5' 0</p> <p><b>MOB</b> M. O'Meara PM 6' 0 R. Bury GS 5'10 E. Myers NYM 5' 4</p> <p><b>M1A</b> R. Ross GS 5'10 B. Kline WP 5' 4 L. Judd NYM 5' 0</p> <p><b>M1B</b> W. Hutchins PM 5' 6 W. Clark PM 5' 0 L. Pratt PM 5' 0</p> <p><b>M2A</b> J. Wallace Ri 4' 9 1/4 B. Lancaster PM 4' 7 1/4 A. Harris PM 4' 3 1/4</p> <p><b>M2B</b> S. Hall Ri 5' 0 B. Morcom PM 5' 0 M3A T Ille NJM 3'10</p> <p><b>M2B M Lentzer NYM 21:42.8</b> <b>M3A J Choy NYM 20:53.2</b></p> <p><b>4 X 220 RELAY</b></p> <p><b>M30-39</b> New York Pioneer 1:34.0 Phila Masters A 1:43.7 Phila Masters B 1:47.5</p> <p><b>M40-49</b> New York Pioneer 1:41.8 New York Masters 1:42.1 Phila Masters B 1:46.1</p> <p><b>M50-59</b> Phila Masters 1:49.3 New York Masters 2:00.3</p> <p><b>Women</b> Manhattan Flight King2:02.3 North Jersey Masters 2:16.6</p> <p><b>4 X 440 RELAY</b></p> <p><b>M30-39</b> New York Pioneer 3:33.2 Phila Masters 3:40.3 New York Masters 3:53.9</p> <p><b>M40-49</b> New York Pioneer 3:37.9 New York Masters A 3:43.2 Phila Masters 4:06.5</p> <p><b>M50-59</b> Phila Masters 4:42.3</p> <p><b>Women</b> North Jersey Masters 5:26.6</p> <p><b>LONG JUMP</b></p> <p><b>MOA</b> R. Beale PM 20' 2 1/2 R. Jackson NYP 19' 5 3/4 R. Warrington PM 18' 3 3/4</p> <p><b>MOB</b> R. Taylor PVS 21' 6 3/4 R. Shank Cum 20' 6 1/4 G. Krow PM 19'11 1/2</p> <p><b>M1A</b> L. Judd NYM 17'10 H. Bohigian NYM 17' 8 G. Ernain NYP 17' 8</p> <p><b>M1B</b> R. Enders PVS 19' 4 3/4 W. Clark PM 19' 4 3/4 P. Carstensen NYM 16' 4 3/4</p> <p><b>M2A</b> B. Cole Rich17' 0 1/4 B. Lancaster PM 16' 4 H. Colen NYM 14' 8 1/4</p> <p><b>M2B</b> O. Harris PM 16' 3 3/4 D. Harris PM 14' 9</p> <p><b>POLE VAULT</b></p> <p><b>MOA</b> B WilliamsonUN 15-0 J Michiline PVS 13-0</p> <p><b>MOB</b> R Shenk Cum 13-6 B Ayton PM 12-0 J Tendall GS 12-0</p> <p><b>M1A</b> P Richard Sho 13-6 E Zuraw GM 13-0</p> <p><b>M2A</b> B Lancaster PM 8-0 G Taylor PM 6-0</p> <p><b>M2B</b> B Morcom PM 13-0</p>	<p><b>1ST ANNUAL PENN MUTUAL/NIKE /TAC WESTERN REGIONAL MASTERS INDOOR TRACK &amp; FIELD CHAMPIONSHIPS, COW PALACE, SAN FRANCISCO, FEB. 22, 1981</b></p> <p><b>40 METER DASH</b></p> <p>M30 Payton 4.5 Davis 4.6 Johnson 4.7 Eckels 4.7 Marshall 4.8</p> <p>M35 Butler 4.6 Pruitt 4.8 Robinson 5.0 Simpson 5.0 Romain 5.1</p> <p>M40 Biancani 4.9 Horne 5.0 Anderson 5.2</p> <p>M45 Springbett 4.4 Newton 5.0 Knox 5.2</p> <p>M50 Davison 5.1 Regier 5.1 Watanabe 5.2</p> <p>M55 Johnson 5.6</p> <p>M60 Jordan 5.2 Gist 5.5 Hoerner 6.0</p> <p>M65 Koppel 5.8 Satti 5.9 Cranston 6.4</p> <p>M70 Puglizevich 6.5</p> <p>M75 Jackson 6.2</p> <p>M30 Kolb 6.6 W35 Storm 6.1 Lanterman 7.1 W40 Parish 5.8 Schreiber 6.0 Burke 6.9 W45 Jyksinski 7.1 W70 Lindgren 9.4</p> <p><b>300 METER DASH</b></p> <p>M30 Rancho 38.7 Driver 39.1 Corona 39.5 Marshall 39.6 Johnson 39.6</p> <p>M35 Romain 39.7 Pruitt 39.7 Simpson 40.8</p> <p>M40 Cohen 40.3 Biancani 40.6 Maresca 41.6</p> <p>M45 Newton 40.3 Bruhner 41.0 Springbett 41.8</p> <p>M50 Washington 45.0 Watanabe 45.0 Marlin 45.8 Schindler 45.8</p> <p>M65 Koppel 49.2 Lopes 54.5</p> <p>M70 Shine 55.0 Puglizevich 65.9</p> <p>W30 Kolb 54.9</p> <p>W35 Duff 49.2 Storm 50.2 Lanterman 56.7</p> <p>W40 Parish 53.0 Ulliyot 56.9 Whittingslow 59.2</p> <p>W50 Anderson 58.0</p> <p><b>800 METER RUN</b></p> <p>M30 Mahon 2:06.6 Weller 2:23.3</p> <p>M35 Mason 2:06.2 Jaquith 2:23.8</p> <p>M40 Billups 2:05.2 Donaldson 2:07.5 Knebel 2:09.9 Gross 2:13.4 Knocke 2:13.6</p> <p>M45 Richardson 2:15.0 Napier 2:19.3 Raney 2:27.1</p> <p>M50 Withers 2:19.7 Hutcninson 2:31.8 Schindler 2:32.8</p> <p>M55 Burg 2:45.9</p> <p>M60 Watermar. 2:44.7 M65 Scott 3:04.0 M70 Shine 3:03.8 W40 Ulliyot 2:42.6 W50 Anderson 2:50.4 W55 Lehman 3:36.4</p>	<p><b>MILE</b></p> <p>M30 Tracy 4:36.1 Morris 4:36.1 Corona 4:39.7</p> <p>M35 Knebel 4:42.6 Gross 4:56.9</p> <p>M40 Moss 5:05.0 M50 Wetzork 5:41.4 M65 Stotsenberg (lap short) 5:13.4</p> <p>W40 Knott 5:26.7 Ulliyot 5:33.2 W45 Eberly 6:11.5 W55 Miller 5:51.0A Lehman 7:09</p> <p><b>2 MILE RUN</b></p> <p>M30 Himmelberger 9:46.0 Stanbridge 10:22.2 Corona 10:23.2</p> <p>M35 Jaquith 11:35.2</p> <p>M40 Meinhardt 9:51.0 Guthrie 10:02.0 Cathcart 10:12.4 Harris 10:17.4 Bowles 10:23.4</p> <p>M45 Ranney 11:52.4 Randolph 13:58.2</p> <p>M50 Withers 11:52.4 Wetzork 12:36.0 Waste 13:20.0</p> <p>M60 Lehman 13:06.0 W40 Skaden-Poyser 12:26.6 W50 Anderson 12:52.2</p> <p><b>40 METER HURDLES</b></p> <p>M30 Webb 5.1 Roberts 5.5</p> <p>M35 Butler 5.1 Johnston 5.4</p> <p>M40 De Stefano 5.3 Adams 5.6 DeWitt 5.8</p> <p>M45 Adler 6.3 Douglass 6.5</p> <p>M50 Brenda 6.3 Waste 8.7</p> <p>M55 Johnson 6.9</p> <p>M60 Gist 6.4 Burke 7.1</p> <p>M65 Satti 7.1</p> <p><b>2 MILE WALK</b></p> <p>M30 Benquist 15:41:0 M35 Jaquith 14:12.2 Gustafson 14:15.2</p>	<p>M40 Marut 15:47.6 M45 Ranney 14:14.6 W35 Sibley (1-mile) 8:40.7</p> <p><b>SPRINT RELAY</b></p> <p>M30 Unattached (Payton, Driver, Brown, Webb) 1:15.1 West Valley TC 1:15.1</p> <p>M40 Fresno TC 1:16.6 So Cal Striders 1:17.0 NCSTC 1:19.0 No Cal Seniors 1:19.5</p> <p>M60 Corona Del Mar 1:31.0 W30 West Valley TC 1:45.8</p> <p><b>1500 METER RELAY</b></p> <p>M30 West Valley TC 3:34.3 M40 No Cal Seniors 3:43.4</p> <p><b>2400 METER RELAY</b></p> <p>M40 Fresno TC 6:26.9 West Valley J&amp;S 6:44.5 West Valley TC 6:50.8</p> <p><b>HIGH JUMP</b></p> <p>M30 Rader 6-1 Eckels 5-1</p> <p>M40 Brown 6-3 Sanchez 4-9</p> <p>M45 Wyatt 6-1 Newton 5-11 Rose 5-3</p> <p>M50 Davison 4-11 M55 Brown 4-9</p> <p>M60 Gist 4-9 Henderson 4-7 Burke 4-5</p> <p>M65 McCarthy 4-3 McDonnell 3-9</p> <p>M70 Peresenyi 3-11 Puglizevich 3-7</p> <p>M75 Van Gelder 3-9</p> <p><b>POLE VAULT</b></p> <p>M40 DeWitt 10-6 M45 Cook 13-6 Bodley 9-0 M50 Brenda 10-0 M55 Brown 9-6 Johnson 9-0 M70 Peresenyi 6-0</p> <p><b>LONG JUMP</b></p> <p>M30 Payton 22-6 Webb 21-1 Eckels 18-4</p>	<p>M35 Johnson 18- 1/2 Ucovich 17-4 Burke 16-8 1/2</p> <p>M40 DeWitt 16-0 Sanchez 15-9</p> <p>M45 Bodley 16-1 1/2 Dawson 12-10</p> <p>M50 Davison 18-10 1/2 Brenda 16-8 Mahany 16-2</p> <p>M55 Johnson, J 16-5 Brown, D 15-5</p> <p>M60 Gist 13-6 Burke 12-6 Henderson 12- 1/2</p> <p>M65 Satti 13-11 McCarthy 10-4 McDonnell 9-11</p> <p>M70 Peresenyi 8-10 M75 Van Gelder 9-10 W40 Schreiber 11-4 1/2</p> <p><b>TRIPLE JUMP</b></p> <p>M30 Eckels 36-7 M35 Ucovich 33-9 M40 Sanchez 31-7 M45 Dawson 35-0</p> <p>M50 Brenda 34-4 Davison 34- 1/2 Mahany 33- 1/2</p> <p>M55 Johnson 31-9 1/2 Brown 31-6 Wolf 29-10</p> <p>M70 Peresenyi 16-0</p> <p><b>SHOT PUT</b></p> <p>M30 Wooten 41-8 Shissler 36-10 Henderson 36-8 1/2</p> <p>M50 Waste 21-6 M55 Wolf 23-1 1/2</p> <p>M35 Johnston 39-8 M40 Hart 44-4 1/2</p> <p>M45 Letcher 36-6 1/2 Douglas 30-5 1/2 Dawson 29- 1/2</p> <p>M60 Henderson 44-11 Stone 42-8 Burke 41-1 1/2</p> <p>M65 York 43- 1/2 McDonnell 31-11</p> <p>M70 Peresenyi 35-5 1/2 M75 Van Gelder 32-1</p> <p>W40 Schreiber 27-6 1/2 Parish 26-8 Burke 20-5</p> <p>W45 Tyksinski 20-4</p>
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Start of women's 50-54 100 meter dash in World Games in Christchurch, New Zealand. Shirley Kinsey of La Crescenta, California is in meddle (dark hair). Photo courtesy of Auckland Star

**TRACK & FIELD RESULTS**

**Eastern Regionals**

continued from page 18

**SHOT PUT**

MOA P Corrigan Sho	42- 6
D Schmeitzler NYP	37-11½
J Barber NYM	32- ½
MOB J Roberson Sho	42- 2½
J Anderson PM	36- 3
M1A K MacKenzie PM	39- 1
C Klehm UC	38- 2
B McKenna NYM	37- 5
M1B L Olson GM	43- 3
P Carstensen NYM	35-11½
T Jackson GS	33-11

M2A R Thomsen PM	30-11
T Brooks NYP	29-10
T Hill GS	29-9½
M2B H Cantor NYM	35- 4
W Poerson PM	25-5 ½
P Flournoy PM	24- 5
M3A B Coleman PVS	45- 5
E Wood PM	38- 1
M4A M d'Elia NJM	26- 8½
M4B M Feinstein NYM	16- 1
WOB S Klehm UC	24- 0
<b>WEIGHT THROW</b>	
MOA J Barber NYM	31- 9
R Salvio Sho	31- 4½
K Beely Sho	19- 3½
MOB J Roberson Sho	26- 3

M1A C Klehm UC	39- 2
K MacKenzie PM	32- 4½
M1B L Olson GM	42- 0
H Brossman RAA	40-11
M2A T Hill GS	27- 1½
R Thomsen PM	18- 8½
M2B H Cantor NYM	30- 2½
WOB S Klehm UC	12-6½
<b>TEAM SCORING</b>	
30-39	
PM Phila Masters	153½
NYP New York Pioneer	57
Sh Shore	56
MFK Manhattan Fl't King	54
NJM No Jersey Masters	41

GS Garden State	27½
PVS Potomac Valley Sr	27
NYM New Jersey Masters	24
UC Univ of Chicago	22
RAA Reading Ath. Attic	16
Cum Cumberland Valley	10
WP West Penn TC	6
Pa Pacer	6
UN Unattached	13
<b>40-49</b>	
Phila Masters	110
New York Masters	109
New York Pioneer	39
Shore	37
Potomac Valley Sr	32½
No Jersey Masters	23
Man. Flight Kings	18
Green Mountain	16
Reading Ath Attic	16
Garden State	15
Univ of Chicago	10
CP Central Park	7
PP Prospect Park	6
FCS Fairfield Cty Strid.	6
GM George Mason	4
NV Nittany Valley	4
LV Lehigh Valley	1
Unattached	3

50-59	
Phila Masters	126
New York Masters	61
Ri Richmond	32
Potomac Valley Srs.	29
No Jersey Masters	16
BA Boston Athletic	10
Garden State	9
New York Pioneer	8
TC Triple City	6
Poc Pocono	5
Shore	2
Unattached	4
<b>60+</b>	
No Jersey Masters	80
New York Masters	42
URI Univ of Rhode Isl.	19
MB Mercer Bucks	12
Phila Masters	10
Richmond	10
Potomac Valley Srs	6
Shore	4
Corona Del Mar	3

New York Masters	16
Philadelphia Masters	8
Potomac Valley Seniors	6
Shore	3
Unattached	4
<b>OVERALL TOTALS</b>	
Philadelphia Masters	399½
New York Masters	236
North Jersey Masters	160
New York Pioneer	104
Shore	99
<b>Competitors by Age Group</b>	
M OA	34
M OB	32
M 1A	40
M 1B	27
M 2A	23
M 2B	13
M 3A	13
M 3B	2
M 4A	2
M 4B	1
Women	13
	200



K.A. McConnell of Australia leaps 11.89 meters (39 feet) to win 55-59 triple jump in World Games in New Zealand. Photo courtesy of Auckland Star

**MASTERS INDOOR TRACK AND FIELD MEET**  
SATURDAY, FEBRUARY 7, 1981  
UNIVERSITY OF CINCINNATI  
ARMORY - FIELDHOUSE

**HIGH JUMP**  
MEN - AGE 30-34: R. Christoph - 5'10", R. Gerber - 4'6"

**LONG JUMP**  
G. PRICE (30-34) - 18' 2½", Bill Black (30-36) - 17' 5 3/4", Mike Ellis (35-39) - 17'0", James Crutcher (30-34) - 16'5½", Tom Allen (35-39) - 15'10½", John Robinson (30-34) - 15'4 1/8", Thomas McNeal (40-44) - 14'8 5/8", Linda Bauer (30-34) - 10'11 3/4", Howard Voegelé (60-69) - 10'3 3/8", Stanley Steinert (60-69) - 9'6½"

**SHOT PUT**  
GREG PRICE (30-34) - 35'4", Bill Black (30-34) - 32'4 3/4", Rick Christoph (30-34) - 32'1½", Thomas McNeal (40-44) - 28'3", John Robinson (30-34) - 27'2½", Dick Schneider (50-59) - 21'9", Mike Boylan (30-34) - 20'5"

**POLE VAULT**  
RICK CHRISTOPH (30-34) - 14'0", Greg Price (30-34) - 11'0"

**MILE RUN**  
MEN - AGE 30-34: PAT HAINES - 4:29.3, Jeff Swartout - 4:39.3, Tom Grogan - 5:03.0, John Wilderman - 5:05.5, Thomas Wall - 5:12.7, William Bogie - 5:13.5, Roy Gerber - 5:14.7, John Robinson - 5:53.8  
MEN - AGE 35-39: RON STERLING - 4:51.48, Jim Bauer - 4:51.7, Ken Dehac - 4:55.0, Dennis Robinson - 5:03.8, R.C. Read - 5:51.9  
MEN - RICHARD JACKSON (40-44) - 5:06.3, Dick Cook (40-44) - 5:08.2, B. McNulty (40-44) - 5:13.5, Don Wahle (45-49) - 5:39.8, Harold Hatter (60-69) - 7:08  
WOMEN - MACKIE PRICE (30-39) 5:39.7, Shelby Gillum (40-49) - 7:11.7

**440 YD. DASH**  
MEN - BILL BLACK (30-34) - 57.79, Harold Schuck (35-39) - 1:03.2, John Robinson (30-34) - 1:05.6, R.C. Read (30-34) - 1:05.7  
MEN - CHARLES DUDLEY (40-44) - 58.8, Dick Cook (40-44) - 1:06.8  
MEN - BOB McVAUGH (50-59) - 1:10.3, Don Wahle (45-49) - 1:12.3, Bob Gardewing (50-59) - 1:20.  
MEN - ZEKI TAMER (70+) - 1:10.3, Howard Voegelé (60-69) - 1:25.6, Harold Hatter (60-69) - 1:36  
WOMEN - MACKIE PRICE (30-34) - 1:09.3, Linda Bauer (30-34) - 1:14.6, Wendy St. John (30-34) - 1:15.3, Laurie Wilderman (30-34) - 1:19.9

**20 YD DASH**  
MEN - MIKE ELLIS (35-39) - 5.8, Woody Brown (30-34) - 6.05, James Crutcher (30-34) - 6.14, Bill Black (30-34) - 6.2, Rick Christoph (30-34) - 6.4, Lulu Marquette (30-34) - 6.8, R.C. Read (30-34) 7.0  
CALEB BROWN, JR. (35-39) - 6.05, Herman Carter (35-39) - 6.2, Pat Finley (35-39) - 6.31  
MEN - CHARLES DUDLEY (40-44) - 6.4, John Gillum (40-44) 7.25  
MEN - ZEKI TAMER (70+) - 7.7, Don Wahle (45-49) 7.7, Harold Hatter (60-69) - 7.7  
WOMEN - LINDA BAUER - 7.7

**800 YD. RUN**  
MEN - PAT HAINES (30-34) - 2:03, Dennis Robinson (35-39) - 2:16.85, Harold Schuck (35-39) - 2:21.92, Tom Wall (30-34) 2:25.8, John Wilderman (30-34) - 2:27.3, Stu Klein (30-34) - 2:27.8  
MEN - LULIE MARQUETTE (30-34) - 2:24.9, Richard Jackson (40-44) - 2:26.47, Dick Cook (40-44) 2:26.93, Norm Taylor (35-39) - 2:39.12, Don Wahle (45-49) - 2:42.9, R.C. Read (30-34) - 2:54.3, Zeki Tamer (70+) - 2:59.6, Bob Gardewing (50-59) - 3:08.3

**20 HURDLES**  
MEN - TOM ALLEN (35-39) - 8.93, Rick Christoph (30-34) - 9.13, James Crutcher (30-34) - 9.22, Greg Price (30-34, exhibition) - 9.3, Pat Finley (35-39) - 9.41, B. McNulty (40-44) - 11.36

**660 YD RUN - NO COMPETITORS**

**2 MILE** - KEN DARMS (35-39) - 10:33.19, Ron Sterling (35-39) - 10:35.9, Jeff Swartout (30-34) - 10:36.66, Bill Bogie (30-34) - 11:24.26, John Wilderman (30-34) - 11:40, Thomas Wall (30-34) - 11:47.13, John Overback (35-39) - 13:55.78  
B. McNULTY (40-44) - 11:29.87, Mackie Price (30-39) - 12:23.92, Wendy St. John (30-34) - 14:02.18, Stuart Klein (30-39) - 14:02.8, Laurie Wilderman (30-34) - 15:40.03

**NORTHWEST SENIORS CLASSIC**

JULY 24 & 25, 1981 (Friday & Saturday)

MT. HOOD COMMUNITY COLLEGE...GRESHAM, OREGON

FILED EVENTS...6-8 PM  
RUNNING EVENTS...8-11 PM

- Held at night...Ideal atmospheric conditions to record personal best performances. Warm, mild temperature-no wind-low relative humidity
- All weather track surfaces.....Maximum 1/4" spikes
- Beautiful, unique, large 2½ diam. AWARD MEDALS with ribbons.
- Held in the scenic Northwest United States. Perfect family vacation area with many activities.

**AMERICA'S FINEST MASTERS-SUB MASTERS MEET FOR QUALITY ATHLETIC PERFORMANCES**

PREPARE NOW AND PLAN TO COMPETE  
YOU'LL BE VERY GLAD YOU CAME TO THIS ONE

CONTACT  
Jim Puckett, Track Coach  
Mt. Wood Community College  
26000 SE Stark St., Gresham Oregon, 97030  
PHONE: 503-667-7354

# SOUTHEASTERN INTERNATIONAL MASTERS TRACK & FIELD MEET

11TH ANNUAL TRACK & FIELD MEET  
AND 1981 TAC SOUTHEASTERN REGIONAL MASTERS CHAMPIONSHIPS  
MAY 8, 9, 10, 1981  
NORTH CAROLINA STATE UNIVERSITY, RALEIGH, N.C.

**SPONSORS:** SOUTHEASTERN U.S. MASTERS TRACK & FIELD, INC., RALEIGH PARKS & RECREATION DEPARTMENT N.C. STATE UNIVERSITY, COOPER GROUP-LUFKIN DIVISION, AND PENN MUTUAL.

**OPERATED BY:** SOUTHEASTERN U.S. MASTERS, BOX 590, RALEIGH, N.C. 27602, 919-755-6640 WILL REACH STU NORTHPUR OR RAY FULGHUM, 9:00 A.M.-5:00 P.M. MONDAY-FRIDAY.

**SANCTION:** THIS MEET IS SANCTIONED BY THE ATHLETICS CONGRESS OF USA INC. ATHLETES MUST BE REGISTERED WITH THE ATHLETICS CONGRESS. ATHLETES MAY REGISTER AT SITE.

**AGE DIVISIONS:** 30-34 (OA), 35-39 (OB), 40-44 (OA), 45-49 (OB), 50-54 (OA), 55-59 (OB), 60-64 (OA), 65-69 (OB), 70-74 (OA), 75 & OVER (OB).

**ENTRY FEE:** \$5.00 INCLUDES FIRST EVENT, COMMEMORATIVE PATCH, SOUVENIR PROGRAM AND FINAL RESULTS. \$4.00 FOR EACH ADDITIONAL EVENT. (LIMIT OF EIGHT (8) EVENTS ON SATURDAY) - NO REFUNDS AFTER APRIL 29, 1981.

**AWARDS:** MEDALS TO THE FIRST THREE (3) PLACES IN EACH EVENT.

**FACILITIES:** NINE LANES TARTAN, MAXIMUM LENGTH OF SPIKES PERMITTED IS 1/4 INCH.

**LATE ENTRIES:** ENTRIES POSTMARKED AFTER APRIL 17, 1981 WILL REQUIRE AN ADDITIONAL \$1.00 LATE FEE PER EVENT. PARTICIPANTS MAY DROP EVENTS AT ANY TIME. ADDITIONS WILL BE MADE AFTER APRIL 17 ONLY AT THE DISCRETION OF THE CLERK OF COURSE. NO ENTRIES WILL BE ACCEPTED IF NOT IN OUR OFFICE (RALEIGH PARKS & RECREATION, BOX 590, 2401 WADE AVENUE, RALEIGH, N.C. 27602 BY APRIL 29, 1981 - NO EXCEPTIONS!

**ENTRY LIMIT:** ATHLETES MAY NOT ENTER MORE THAN EIGHT (8) EVENTS ON THE SATURDAY, MAY 9 SCHEDULE. THIS RULE WILL HELP US MAINTAIN OUR TIME SCHEDULE. ONLY THE FIRST EIGHT (8) SATURDAY EVENTS LISTED ON ANY RETURNED ENTRY FORM WILL BE ACCEPTED!

\*EVENTS FOR WOMEN ONLY: 5-1500 METERS (SAT.) 9-100 METERS (SAT.)  
11-400 METERS 15-200 METERS (SAT.)

**REGULAR EVENTS:**

2-5,000 METERS (SAT.)	10-400 METERS (SAT.)	18-POLE VAULT (SAT.)
3-110 METER HURDLES (SAT.)	12-400 METERS (SAT.)	19-DISCS (SAT.)
4-1,500 METERS (SAT.)	13-3,000 METER STEEPLECHASE (SAT.)	20-HIGH JUMP (SAT.)
6-400 METER HURDLES (SAT.)	14-200 METERS (SAT.)	21-JAVELIN (SAT.)
7-5K WALK (SAT.)	16-HAMMER (SAT.)	22-LODS JUMP (SAT.)
8-100 METERS (SAT.)	17-35 POUND WEIGHT (SAT.)	23-SHOT PUT (SAT.)

**24-HOUR PENTATHLON (SATURDAY)**

\*WOMEN MAY ENTER ANY REGULAR EVENT BUT MUST COMPETE AGAINST MEN WITHIN THEIR AGE GROUP USING THE IMPLEMENTS AS SPECIFIED IN THE EVENT SPECIFICATION ON TABLE (SEE REVERSE SIDE)

OFFICE USE	VAC REGISTRATION #	TELEPHONE #	# OF EVENTS ENTERED	# OF BANQUET TICKETS	TOTAL AMOUNT ENCLOSED
34	36				\$ 10.00
AGE	NAME	LAST	FIRST	INITIAL	SEX
37	38	45	50	55	60
AGE DIVISION	STREET ADDRESS	CITY	STATE	ZIP CODE	BIRTH DATE
61	62	63	64	65	66
EVENT #	EVENT TITLE	REG	AMOUNT	EVENT TITLE	FEE
1			6		
2			7		
3			8		
4			9		

**REGISTRATION:** TO PICK UP PACKETS AND FINAL SCHEDULE OF EVENTS ONLY - NO LATE REGISTRATION OR ADDITION EVENTS. (ALL EVENTS ARE CLOSED AS OF APRIL 29, 1981.)  
FRIDAY - 1:00 P.M.-6:00 P.M. - AT THE TRACK. 7 TO 10:00 P.M. MISSION VALLEY INN.  
SATURDAY - 6:00 A.M.-6:00 P.M. - AT THE TRACK.  
SATURDAY - 7:00 P.M.-10:00 P.M. - MISSION VALLEY INN.  
ALL PARTICIPANTS MUST PICK UP PACKETS BEFORE REPORTING TO THEIR FIRST EVENT.

**MISCELLANEOUS:** LOOKERS & SHOWERS AT CARMICHAEL GYM - NCSU - NO CHARGE - BRING TOWEL.

**RECEPTION:** TIME AND PLACE FOR SOCIAL TO BE ANNOUNCED.

**BANQUET:** 8:00 P.M. SATURDAY, MAY 9, 1981 - CIVIC CENTER. TICKETS ARE \$10.00 PER PERSON ON FIRST BASIS - REFUNDS IF SOLD OUT.

**MOTELS NEARBY:** MISSION VALLEY INN, AVANT FERRY ROAD - 919-828-3175  
(150 ROOMS ARE BOOKED HERE UNTIL APRIL 24, 1981).

VELVET CLOAK INN, 1505 HILLSBOROUGH STREET 919-828-0533  
HOLIDAY INN, DOWNTOWN 919-852-0501  
HOWARD JOHNSON, CRABTREE VALLEY 919-782-8718  
NOTE: L.R. HARRILL YOUTH CENTER - N.C. STATE FAIRGROUNDS - \$3.00 (BRING LINDENS AND TOWELS)

**TENTATIVE SCHEDULE:** FRIDAY, MAY 8 - ALL TIMES EASTERN DAYLIGHT SAVINGS TIME

PENTATHLON TIME:	2:00	2:30	3:00	3:30
DIVISION:	III & IV	II	I	OA & OB

**SATURDAY, MAY 9:** 5,000 METER RUN 400 METER RUN

**SUNDAY May 10 - ALL TIME EASTERN DAYLIGHT SAVINGS TIME**

WT. PENTATHLON TIME:	9:00	9:30	10:00	10:30
DIVISION:	0	I	II	IV & III

DISTANCE JAMBOREE  
MAY 10, 1981  
NORTH CAROLINA STATE UNIVERSITY, RALEIGH, N.C.

**FEATURING:** THE MARATHON CHAMPIONSHIP OF THE UNITED STATES OF AMERICA (SPONSORED BY AMERICAN ATHLETICS), THE ATHLETICS CONGRESS/ PENN MUTUAL MASTERS MARATHON NATIONAL CHAMPIONSHIP.

**SPONSORS:** SOUTHEASTERN U.S. MASTERS TRACK AND FIELD, INC., RALEIGH PARKS AND RECREATION DEPARTMENT, N.C. STATE UNIVERSITY, THE COOPER GROUP-LUFKIN DIVISION AND PENN MUTUAL.

**OPERATED BY:** SOUTHEASTERN U.S. MASTERS, BOX 590, RALEIGH, N.C. 27602, 919-755-6640, WILL REACH STU NORTHPUR OR RAY FULGHUM, 8:30 A.M.-5:00 P.M. MONDAY-FRIDAY.

**SANCTION:** THIS MEET IS SANCTIONED BY THE ATHLETICS CONGRESS OF USA INC. ATHLETES MUST BE REGISTERED WITH THE ATHLETICS CONGRESS. ATHLETES MAY REGISTER AT THE SITE.

**AGE DIVISIONS:** OPEN: 18 AND OVER. (USA CHAMPIONSHIP).  
SUB-MASTERS: 30-34 (OA), 35-39 (OB).  
MASTERS: 40-44 (OA), 45-49 (OB), 50-54 (OA), 55-59 (OB), 60-64 (OA), 65-69 (OB), 70-74 (OA), 75 & OVER (OB).

**EVENTS:** USA MARATHON CHAMPIONSHIP (18 AND OVER MEN).  
TAC/PM MASTERS MARATHON CHAMPIONSHIP (DIVISIONS I THROUGH IV).  
SEMTF MARATHON (WOMEN ALL DIVISIONS - MEN DIVISION 0).  
SEMTF 1/2 MARATHON (WOMEN DIVISIONS 0 THROUGH IV).  
SEMTF 10,000 METER (WOMEN DIVISIONS 0 THROUGH IV).  
SEMTF 20K WALK (DIVISIONS 0 THROUGH IV).

**ENTRY FEE:** \$4.00 INCLUDES COMMEMORATIVE PATCH (TO FIRST 600 REGISTRANTS ONLY), SOUVENIR PROGRAM, AND FINAL RESULTS. NO REFUNDS.

**AWARDS:** MEN'S OPEN MARATHON: MEDALS TO THE FIRST TWENTY-FIVE FINISHERS. MEN'S MASTERS MARATHON: MEDALS TO THE FIRST TEN (10) FINISHERS IN EACH DIVISION. ALL OTHER EVENTS: MEDALS TO THE FIRST THREE (3) IN EACH EVENT AND DIVISION. SEPARATE AWARDS WILL BE GIVEN FOR MEN AND WOMEN IN THE RUNNING EVENTS ONLY. IN THE 20K WALK AWARDS WILL BE MADE TO THE FIRST THREE (3) IN EACH DIVISION REGARDLESS OF SEX. (CONTINUED ON BACK PAGE).

OFFICE USE	VAC REGISTRATION #	TELEPHONE #
34	36	
AGE	NAME	LAST
37	38	45
AGE DIVISION	STREET ADDRESS	CITY
61	62	63
64	65	66

EVENT	FEE	LATE	ENCLOSED
	\$4.00	\$1.00	

**LATE ENTRIES:** ENTRIES POSTMARKED AFTER APRIL 17, 1981 WILL REQUIRE AN ADDITIONAL \$1.00 LATE FEE. PARTICIPANTS MAY DROP EVENTS AT ANY TIME. ADDITIONS WILL BE MADE AFTER APRIL 17 ONLY AT THE DISCRETION OF THE MEET MANAGER. NO ENTRIES WILL BE ACCEPTED IF NOT IN OUR OFFICE (RALEIGH PARKS & RECREATION, BOX 590, 2401 WADE AVENUE, RALEIGH, N.C. 27602) BY APRIL 29, 1981 - NO EXCEPTIONS!

**STARTING TIMES:** MARATHON & 1/2 MARATHON 7:00 A.M.  
20 K WALK 7:15 A.M.  
10K RUN 8:00 A.M.

A MAP OF THE COURSE AND STARTING INFORMATION WILL BE IN THE REGISTRATION PACKET.

**COURSE DESCRIPTIONS:**

**MARATHON COURSE:**  
A DOUBLE LOOP TRAVELING THROUGH RESIDENTIAL AND URBAN AREAS. COURSE CROSSES A MAJOR TRAFFIC ARTERY THREE TIMES, WHICH WILL BE COVERED BY LOCAL POLICE. NO RAILROAD CROSSINGS. ROLLING TERRAIN WITH ASPHALT SURFACE.  
AVERAGE TEMPERATURE AT 7:00 A.M. IN MAY IS 60°. AVERAGE TEMPERATURE AT 1:00 P.M. IN MAY IS 75°. EXPECTED RELATIVE HUMIDITY AT 7:00 A.M. IN MAY IS 50% DECREASING AS TEMPERATURE RISES. EXPECTED WIND SPEED AT 7:00 A.M. IS 5 MPH, RISING TO 8 OR 9 MPH BY 1:00 P.M.

**1/2 MARATHON COURSE:**  
ONE LOOP OF THE MARATHON COURSE.

**10K COURSE:**  
AN OUT AND BACK COURSE ON A SEGMENT OF THE MARATHON COURSE.

**20K WALK COURSE:**  
AN 8 TIMES AROUND COURSE ON THE NCSU CAMPUS.

**ATHLETIC RELEASE**

In consideration of the acceptance of this entry, I hereby, for myself, my heir executors, administrators and assigns, release and discharge the promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field Inc., Cooper Group-Lufkin Division, The Athletics Congress, Penn Mutual, and their agents, servants, employees and North Carolina State University at Raleigh whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said races to be held on May 8, 9, 10, 1981, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility.

Detach & Mail to:  
Stu Northrup  
Raleigh Parks & Recreation  
P.O. Box 590  
Raleigh, NC 27602

ATHLETE'S SIGNATURE

CONFIRMATION: Entry confirmation will be self-addressed envelope or post card only.

# TRACK & FIELD RESULTS

2ND ANNUAL TFA/USA NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS, WILLIAM JEWELL COLLEGE, LIBERTY, MISSOURI, FEBRUARY 15, 1981.

**HIGH JUMP**

45 - 49

Larry Fuerst	5' 2"
Phil Milkey	5' 0"
Charles Newman	4' 10"
Dwayne Schwada	4' 10"

50 - 54

J.C. Brown	5' 10"
Forrest Doling	4' 8"
Jerry Reichart	4' 4"
Charlie Cox	4' 0"

55 - 59

Jack Greenwood	4' 8"
Joe Shy	4' 4"
Paul Constant	4' 2"

60 Plus

Bill Dyer	3' 10"
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Women's 30 - 39

Liz McBlain	5' 2"
Eileen-Philippa Watson	4' 8"

**TRIPLE JUMP**

30 - 34

Larry Rodenbeck	43' 9 3/4"
Don Knapp	37' 6 3/4"
Doug Hunter	33' 3"
Harry McDonald	32' 11 1/2"

35 - 39

Tom Thorne	37'
Beau Barrick	34' 6"
Jim Jeffries	27' 9"

40 - 44

Gary Forshee	27' 7"
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45 - 49

Charles Newman	33' 3 1/2"
Phil Milkey	33' 1 1/2"
Don Nail	30' 4 3/4"
Scott Krane	29' 9"
Bill Buchanan	28' 4 1/2"

50 - 54

J.C. Brown	33' 7 1/2"
Charles Cox	29' 10 1/2"
Jerry Reichart	29' 4"
Joe Thomas	26' 8 3/4"

55 - 59

Joe Shy	28' 1"
Paul Constant	26' 7 3/4"

60 Plus

David Shrader	12' 2 1/2"
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Women's 30 - 39

Liz McBlain	32' 2 1/2"
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**MILE RUN**

30 - 34

Tom Logan	4:39
Roger Stucki	4:57
Greg Hartman	4:58
Terry Harms	5:15.31
Craig Czuczejko	5:28.99
George Warmuth	5:31.89

35 - 39

Don Welsh	4:52.99
Jim Howell	4:58.04
Rich Ayers	5:21.67
Dan Hobert	5:52.35
Richard Schuler	5:55.66

40 - 44

Joe Schrag	4:58.65
Charles Cox	5:17.01
James Burgess	5:21.90
Ronald Strader	5:21.91
Roy Freeman	5:44.63
John Evely	5:46.88
Ray Flesher	5:57.19
Philip Spencer	6:56.33

45 - 49

Bill Rhodd	5:25.12
Ken Atwell	5:42.03
Mal Doggett	5:47.20
Audrey Leigh	5:51.95
Don Nail	5:54.70
Edwin Alexander	6:05.92

**MILE RUN**

Women's 40 - 49

Jean Buchanan	6:49.3
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**440 YD. DASH**

30 - 34

Dennis Stewart	1:54.86
Larry Rodenbeck	1:59.88
Don Knapp	1:51.44
Larry Velasquez	1:52.78

35 - 39

James Abrams	1:51.10
James Kelly	1:52.67

40 - 44

Thornton Shelton	1:52.13
Wally Bramer	1:53.50
James Silvers	1:51.08
Henry Jones	1:50.63

45 - 49

William Boggs	1:56.05
Ed Neufeld	1:56.13
Clinton Leon	1:58.70
Gary Jones	1:51.54
Bill Buchanan	1:51.60

50 - 54

Joe Murphy	1:52.89
Gerald Witten	1:55.11
Charles Cox	1:52.25

55 - 59

Jack Greenwood	1:51.41
Jim Uphan	1:54.29
Harold Mann	1:50.75

60 Plus

William Dyer	1:56.43
Art McLendon	1:51.27

**TWO MILE RUN**

30 - 34

Tom Logan	9:57.4
George Warmuth	11:33.03
Ed Lyons	11:35.70

35 - 39

Robert Hughes	10:01.72
Jim Howell	10:20.27
Rich Ayers	11:01
James Abrams	11:25.77
James Chapman	12:17.28

40 - 44

Joe Schrag	10:47.74
Ronald Strader	11:08.99
Charles Cox	11:08.00
Wally Bramer	11:10.53
Wayne Hobeimann	11:14.12
James Burgess	11:16.01

45 - 49

Bill Rhodd	11:44.84
Larry Higgins	11:53.25
Don Nail	11:59.70
Ken Atwell	12:03.76
Mal Doggett	12:09.70
Edwin Alexander	12:59.00

50 - 54

Gerald Witten	11:37.00
Pete Mitchell	11:54.85

55 - 59

Jerry Morrison	11:09.01
Edwin Rice	12:20.63
Harold Mann	15:12.76

**4 x 176 YD. RELAY**

1. Jackson Shelton Rodenbeck Murphy	1:24.70
2. Tom Bassett Larry Harvey Larry Fuerst Forrest Doling	1:26.80
3. Jim Shoemaker Jack Greenwood Hunter Jeffries	1:28.41
4. Gura Constant Maresh Hartman	1:32.86
5. Tom Thorne Tom Thorne Sr. Joe Beckham Jim Walker	1:33.54
6. Larry Holley Rodger Hodap Dr. Crutley Buster DeLaRoche	1:34.80

**35 LB. WEIGHT THROW**

30-34

1. Bradley Muhammad	26'5"
2. Darrell Hessler	20'2"

40-44

1. Carl Klehm	38'9"
2. Gary Forshee	29'11"
3. Pickrell	21'1"

50-54

1. Jerry Reichart	28'9"
2. Joseph Thomas	16'6"

60 plus

1. David Shrader	19'4"
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**HURDLES**

30 - 34

Doug Hunter	1:08.63
Don Knapp	1:08.67
Harry McDonald	1:09.37

35 - 39

Tom Thorne	1:08.41
John Davies	1:08.56
Jim Jeffries	1:10.43

40 - 44

Dave Ellis	1:08.56
Lawrence Bybee	1:09.50
Deane Burgess	1:10.67

45 - 49

Phil Milkey	1:08.97
Jim Walker	1:09.51
Scott Krane	1:12.83

50 - 54

Joe Murphy	1:06.72 *
Jerry Reichart	1:10.93
Joe Thomas	1:15.02

55 - 59

Jack Greenwood	1:08.38 *
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60 Plus

Tom Thorne, Sr.	1:13.53
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**60 YD. DASH**

Women's 30 - 39

Liz McBlain	1:08.52 *
Eileen-Philippa Watson	1:06.87

30 - 34

Clifton Jackson	1:06.50 *
William Howell	1:06.91
Buster DeLaRoche	1:06.95
Dennis Stewart	1:07.11
Doug Hunter	1:07.28
Ken Nevins	1:07.30

35 - 39

Tom Bassett	1:06.79 *
Larry Harvey	1:07.02
Tom Thorne	1:07.19
Ross Jensen	1:07.50
Jim Jeffries	1:07.82
James Kelly	1:07.97

40 - 44

Gary Olyphant	1:06.82 *
Thornton Shelton	1:07.12
Joe Beckham	1:07.17
Jim Mixen	1:07.20
Lawrence Bybee	1:07.39

45 - 49

Duane Schwada	1:07.17
J. Larry Fuerst	1:07.39
Jim Walker	1:07.47
Clinton Leon	1:07.96
Ed Alexander	1:08.11
Gary Jones	1:08.20

50 - 54

Joe Murphy	1:07.60
Gene Clacey	1:07.87
Jerry Reichart	1:07.91
Dee Hoy	1:07.95
Joe Thomas	1:08.11
Charles Cox	1:08.13

55 - 59

Jack Greenwood	1:07.49
Jim Uphan	1:07.59
Paul Constant	1:07.96
Joe Shy	1:08.39
Richard Haun	1:10.00

60 Plus

Tom Thorne, Sr.	1:08.82
Bill Dyer	1:08.85

Women's 30 - 39

Eileen-Philippa Watson	1:07.36 *
Liz McBlain	1:07.68
Margaret Sutter	1:08.15
Carole Brockman	1:08.77
Jessie-Ellen Huxen	1:09.23

**POLE VAULT**

30 - 34

Don Knapp	13' 6"
Harry McDonald	9'
Darrell Hessler	8'

35 - 39

Jim Jeffries	11' 4"
Tom Thorne	10' 6"
Beau Barrick	10'

40 - 44

Joe Beckham	7' 6"
Deane Burgess	7' 6"

45 - 49

Phil Milkey	11'
Jim Walker	10' 6"

50 - 54

Jerry Reichart	8'
Joseph Thomas	5' 6"

55 - 59

Joe Shy	5' *
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**SHOT PUT**

30 - 34 (16 lb)

Bradley Muhammad	43' 11 1/2" *
Harry McDonald	34' 11"
Darrell Hessler	34' 7 3/4"
Don Knapp	34' 4 1/2"
Ken Nevins	31' 10 1/2"

35 - 39 (16 lb)

Dan Gormley	39' 3 1/2" *
Tom Thorne	36' 6 1/2"
Larry Harvey	34' 11 1/2"
Jim Jeffries	31' 4 1/2"

40 - 44 (16 lb)

Tom Wesselowski	41' 11 1/2" *
Chuck Kehn	40' 8 1/2"
Jim Young	38' 6 1/2"
Gary Forshee	34' 11"
Deane Burgess	31' 6 3/4"
Joe Beckman	31' 6 3/4"

45 - 49 (16 lb)

Tom Wesselowski	39' 5" *
Phil Milkey	36' 11 1/2"
Larry Fuerst	35' 3"
Duane Schwada	33' 6 3/4"

50 - 54 (12 lb)

Jerry Reichart	42' 2 3/4" *
Don Holst	38' 5"
Gene Clacey	37' 2 1/2"
Charles Cox	34' 3 1/2"
Joe Thomas	32' 2 3/4"

55 - 59 (12 lb)

Hale McMenamin	26' 7" *
Paul Constant	25' 6 3/4"
Joe Shy	23' 5 1/4"

60 Plus (4 Kilogram)

Phil Kehn	35'
Dave Schroder	34' 10 1/2"
Tom Thorne	28' 6"

**SHOT PUT (4 Kilogram)**

Women's 30 - 39

Liz McBlain	34' 6 1/2" *
Eileen Watson	24' 7 3/4"
Susan Klehm	21' 2"

**880 YD. RUN**

30 - 34

Dennis Stewart	2:01.50 *
Elzy Miller	2:11.31
Larry Velasquez	2:18.89
Graig Czuczejko	2:29.55
Edward Lyons	2:42.88

35 - 39

Gary Carr	2:05.52 *
Don Welsh	2:09.16
Dan Hebert	2:24.21
Jim Abram	2:25.04
Rich Ayers	2:26.23

40 - 44

James Burgess	2:26.90
Ron Strader	2:30.85
George Gura	2:34.67
James Silvers	2:41.34
Henry Jones	2:53.87
Phil Spencer	3:06.28

45 - 49

William Rhodd	2:26.22
Clinton Leon	2:29.43
Mal Doggett	2:32.44
Don Nail	2:35.58
Ken Lancaster	2:48.92

50 - 54

Gerald Whitten	2:32.04 *
Pete Mitchell	2:39.84

60 Plus

William Ayer	3:01.17 *
Art McLendon	3:32.96
Chester Peters	2:39.68 *

**300 YD. DASH**

30 - 34

Larry Rodenbeck	1:55.56
Clifton Jackson	1:56.62
William Howell	1:57.19
Carl Maresh	1:57.81
Peter Woodworth	1:50.61
Buster DeLaRoche	1:41.03

**330 YD. DASH**

55 - 39

Tom Bassett	1:55.45
Larry Harvey	1:59.03
John Davies	1:59.57
James Kelly	1:41.07
Jim Jeffries	1:44.40

40 - 44

Thornton Shelton	1:37.17
Jim Huxen	1:36.77
Joe Beckham	1:39.08
Henry Jones	1:55.03

45 - 49

J. Larry Fuerst	1:38.89
Jim Walker	1:40.99
Ed Neufeld	1:41.43
Edwin Alexander	1:42.48
Clinton Leon	1:42.97

50 - 54

Joe Murphy	1:40.87
Forrest Doling	1:45.12
Charles Cox	1:45.70
Racul Berman	1:46.33
Warren Walker	1:46.47

55 - 59

Jack Greenwood	1:39.52
Jim Uphan	1:40.70
Paul Constant	1:42.87

**LONG JUMP**

30 - 34

Larry Rodenbeck	20' 8 3/4"
Clifton Jackson	20' 5 3/4"
Don Knapp	18' 0 1/2"
Dennis Stewart	18' 4"
Doug Hunter	17' 2 1/2"
Ken Nevins	17' 1"

35 - 39

Tom Thorne	17' 9 1/2"
Beau Barrick	17' 5 1/2"
Jim Jeffries	14' 11"

40 - 44

Gary Olyphant	18' 9 1/2"
Lawrence Bybee	17' 2 3/4"
Dave Ellis	16' 6 1/2"
Joe Beckham	15' 7 3/4"
Wally Bramer	15' 2"
Gary Forshee	15' 2"

45 - 49

Charles Newman	17' 11 3/4"
Phil Milkey	17'
Jim Walker	16' 9 1/2"
Bill Buchanan	14' 8"
Don Nail	14' 1"
Scott Krane	13' 6 3/4"

3rd ANNUAL METROPOLITAN ATHLETIC CONGRESS MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS  
FEB. 15, 1981, CROMWELL CENTER, STATEN ISLAND, NEW YORK

SA= 30-34; SB = 35-39; 1A = 40-44; 1B = 45-49; 2A = 50-54; 2B = 55-59; 3A = 60 - 64 etc.  
\* = meet record

50 yard dash		600 yd. run		TWO MILE WALK	
SA	E. WATSON 33 UN 5.99	SA	A. OBEY 34 UN 1.37.9	SA	I. BLACK 30 AC 17.14.2
1A	I. BLACK 30 AC 6.00	1A	H. BOHIGIAN 44 NY 1.27.2	1B	R. FINE 49 NY 17.21.9
1B	M. KELLY 30 ST 7.00	1B	C. PAULING 46 NY 1.34.5	2A	E. KAUFMAN 46 LI 21.23.0
2A	M. BARNWELL 42 PC 5.84	2A	J. DOWLING 53 NY 1.38.0	2B	T. COSTIGAN 51 NY 22.49.4
2B	R. BARNES 43 PC 6.00	1,000 yd. run		3A	M. LENTZER 55 NY 22.47.0
3A	H. BOHIGIAN 44 NY 6.04	SA	J. BARBER 33 NY 2.55.8	4A	D. LAKRITZ 70 NY 18.31.6
3B	C. PAULING 46 NY 7.00	SB	K. FINE 39 NY 2.53.9	SHOT PUT	
4A	T. BROOKS 50 PC 6.34	1B	L. GRELLER 38 NY 2.58.0	SA	J. ROMANI UN 37'11.5
4B	E. TERRANOVA 51 NY 6.70	2A	B. KREBS 46 NY 2.37.8	1A	J. BARBER 33 NY 30'8"
5A	J. DOWLING 53 NY 6.8	2A	C. PAULING 46 NY 2.59.3	1B	J. GOLDSTEIN NY 37'11.5
5B	J. KELLY 51 UN 6.8	2B	R. CLARENCE 46 PC 3.26.8	1A	H. BOHIGIAN 44 NY 32'4.5
6A	H. COLEN * 53 NY 6.93	3A	W. SIDEROWITZ 52 SI 3.27.0	1B	L. JUDD 42 NY 31'4.5
6B	M. LENTZER 55 NY 6.91	3B	J. POPOWICH 60 NY 3.34.2	2A	P. CARSTENSEN 48 NY 32'11"
7A	L. ROTHBARI 66 NY 7.4	4A		2B	K. KRASTIN NY 32'7"
7B	M. FEINSTEIN 75 NY 9.5	5A		3A	E. TERRANOVA 51 NY 35'6"
8A		5B		3B	T. BROOKS 50 PC 35'3"
8B		6A		4A	H. COLEN 53 NY 27'9"
9A		6B		4B	H. CANTOR NY 40'75"
9B		7A		4B	M. LENTZER 55 NY 26'8"
10A		7B		5A	M. FEINSTEIN 75 NY 17'6.5
10B		8A		5B	
11A		8B		6A	
11B		9A		6B	
12A		9B		7A	
12B		10A		7B	
13A		10B		8A	
13B		11A		8B	
14A		11B		9A	
14B		12A		9B	
15A		12B		10A	
15B		13A		10B	
16A		13B		11A	
16B		14A		11B	
17A		14B		12A	
17B		15A		12B	
18A		15B		13A	
18B		16A		13B	
19A		16B		14A	
19B		17A		14B	
20A		17B		15A	
20B		18A		15B	
21A		18B		16A	
21B		19A		16B	
22A		19B		17A	
22B		20A		17B	
23A		20B		18A	
23B		21A		18B	
24A		21B		19A	
24B		22A		19B	
25A		22B		20A	
25B		23A		20B	
26A		23B		21A	
26B		24A		21B	
27A		24B		22A	
27B		25A		22B	
28A		25B		23A	
28B		26A		23B	
29A		26B		24A	
29B		27A		24B	
30A		27B		25A	
30B		28A		25B	
31A		28B		26A	
31B		29A		26B	
32A		29B		27A	
32B		30A		27B	
33A		30B		28A	
33B		31A		28B	
34A		31B		29A	
34B		32A		29B	
35A		32B		30A	
35B		33A		30B	
36A		33B		31A	
36B		34A		31B	
37A		34B		32A	
37B		35A		32B	
38A		35B		33A	
38B		36A		33B	
39A		36B		34A	
39B		37A		34B	
40A		37B		35A	
40B		38A		35B	
41A		38B		36A	
41B		39A		36B	
42A		39B		37A	
42B		40A		37B	
43A		40B		38A	
43B		41A		38B	
44A		41B		39A	
44B		42A		39B	
45A		42B		40A	
45B		43A		40B	
46A		43B		41A	
46B		44A		41B	
47A		44B		42A	
47B		45A		42B	
48A		45B		43A	
48B		46A		43B	
49A		46B		44A	
49B		47A		44B	
50A		47B		45A	
50B		48A		45B	
51A		48B		46A	
51B		49A		46B	
52A		49B		47A	
52B		50A		47B	
53A		50B		48A	
53B		51A		48B	
54A		51B		49A	
54B		52A		49B	
55A		52B		50A	
55B		53A		50B	
56A		53B		51A	
56B		54A		51B	
57A		54B		52A	
57B		55A		52B	
58A		55B		53A	
58B		56A		53B	
59A		56B		54A	
59B		57A		54B	
60A		57B		55A	
60B		58A		55B	
61A		58B		56A	
61B		59A		56B	
62A		59B		57A	
62B		60A		57B	
63A		60B		58A	
63B		61A		58B	
64A		61B		59A	
64B		62A		59B	
65A		62B		60A	
65B		63A		60B	
66A		63B		61A	
66B		64A		61B	
67A		64B		62A	
67B		65A		62B	
68A		65B		63A	
68B		66A		63B	
69A		66B		64A	
69B		67A		64B	
70A		67B		65A	
70B		68A		65B	
71A		68B		66A	
71B		69A		66B	
72A		69B		67A	
72B		70A		67B	
73A		70B		68A	
73B		71A		68B	
74A		71B		69A	
74B		72A		69B	
75A		72B		70A	
75B		73A		70B	
76A		73B		71A	
76B		74A		71B	
77A		74B		72A	
77B		75A		72B	
78A		75B		73A	
78B		76A		73B	
79A		76B		74A	
79B		77A		74B	
80A		77B		75A	
80B		78A		75B	
81A		78B		76A	
81B		79A		76B	
82A		79B		77A	
82B		80A		77B	
83A		80B		78A	
83B		81A		78B	
84A		81B		79A	
84B		82A		79B	
85A		82B		80A	
85B		83A		80B	
86A		83B		81A	
86B		84A		81B	
87A		84B		82A	
87B		85A		82B	
88A		85B		83A	
88B		86A		83B	
89A		86B		84A	
89B		87A		84B	
90A		87B		85A	
90B		88A		85B	
91A		88B		86A	
91B		89A		86B	
92A		89B		87A	
92B		90A		87B	
93A		90B		88A	
93B		91A		88B	
94A		91B		89A	
94B		92A		89B	
95A		92B		90A	
95B		93A		90B	
96A		93B		91A	
96B		94A		91B	
97A		94B		92A	
97B		95A		92B	
98A		95B		93A	
98B		96A		93B	
99A		96B		94A	
99B		97A		94B	
100A		97B		95A	
100B		98A		95B	
101A		98B		96A	
101B		99A		96B	
102A		99B		97A	
102B		100A		97B	
103A		100B		98A	
103B		101A		98B	
104A		101B		99A	
104B		102A		99B	
105A		102B		100A	
105B		103A		100B	
106A		103B		101A	
106B		104A		101B	
107A		104B		102A	
107B		105A		102B	
108A		105B		103A	
108B		106A		103B	
109A		106B		104A	
109B		107A		104B	
110A		107B		105A	
110B		108A		105B	
111A		108B		106A	
111B		109A		106B	
112A		109B		107A	
112B		110A		107B	
113A		110B		108A	
113B		111A		108B	
114A		111B		109A	
114B		112A		109B	
115A		112B		110A	
115B		113			

**TRACK & FIELD RESULTS**

**Sub B**

1. Mike Persak	4.46.8
2. Jim Skalski	5.04.2
3. Dan Baxter	5.13.6
4. Bob Beck	5.22.6
5. Bob Whitson	5.24.4
6. Jerry Math	5.40.7

**I-A**

1. Ernest Billups	4.32.1
2. Dan Conway	4.34.8
3. Kurt Berggren	4.40.6
4. Don Sleeman	4.54.8
5. John Bixler	4.57.9
6. Dave Williams	5.10.2
7. Sherm Everett	5.15.5
8. Bill Agresta	5.17.7
9. Al Owens	5.23.7
10. Nat Ehrlich	5.47.5

**I-B**

1. Ino Canto	4.52.7
2. Ed Vanderhevel	5.00.5
3. Robert Fine	5.06.9
4. Bill Barton	5.10.0
5. Wilbur Griffin	5.11.6
6. Al Revencroft	5.11.7
7. Jim Lansfield	5.14.2
8. James Kars	6.07.5

**II-A**

1. George Vernsky	4.52.4
2. Jim Forshee	4.57.7
3. Kelsy Brown	5.01.6
4. Bob Bowman	5.09.2
5. Fred Heller	4.34.6
6. Glen Cunningham	5.37.0

**II-B**

1. Don Greenwood	5.30.6
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**III-A**

1. John Hubbard	5.49.4
2. Tim Dyas	5.53.5
3. Jim McGilvary	6.16.3

**MENS' TWO MILL**

**Sub A**

1. Peter Hallop	9.19.1
2. Terry Furst	9.27.3
3. Jeff Hlinka	9.31.4
4. Ray Ribjha	10.06.3
5. Rex Reitenga	12.01.4

**Sub B**

1. Jim Patton	10.02.4
2. Don Baxter	11.24.8
3. Bill Whitson	11.31.0
4. Randy Oak	11.51.2
5. Rich Baldwin	12.31.0
6. Gordon Larson	12.35.4

**I-A**

1. Dan Conway	9.41.8
2. Don Sleeman	10.35.6
3. David Williams	10.52.0
4. Jerry Bocci	11.11.4
5. Harry Tolliver	11.24.7

**I-B**

1. Ino Cantu	10.01.6
2. Brian Harris	10.04.0
3. Wilbur Griffin	10.55.7
4. Robert Fine	11.08.4
5. Chuck Morton	11.32.2
6. Hank Schmitt	11.58.2
7. James Kahrs	13.12.3

**II-A**

1. George Vernosky	10.21.0
2. Allen Lawrence	10.23.4
3. Jim Forshee	10.35.6
4. Peter Ways	11.12.7
5. Fred Hollapa	11.16.0

**II-B**

1. Don Greenwood	11.21.0
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**III-A**

1. Tim Dyas	12.57.1
2. Jim McGilvary	13.48.0

**MENS' POLE VAULT**

**Sub A**

1. Williamson	15'
2. Michiline	13'
3. Green	12' 6"
4. Rauscher	12'
5. Hinchcliff	11'

**Sub B**

1. Polhamus	15'
2. Seeley	13' 6"
3. Turcheck	13' 6"
4. Hopkins	12' 6"

**I-A**

1. Sokolowski	15'
2. Richard	13' 6"
3. Hoyle	13'
4. Zuran	12'
5. Weed	10' 6"

**I-B**

1. Davenport	12' 6"
2. Mulkey	10'

**II-A**

1. Hinkes	10'
2. Schoon	9'
3. Wolf	8'

**IV-A**

1. Burtho	8' 6"
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**MENS' HIGH JUMP**

**Sub A**

1. Del Littlejohn	5' 10"
2. Buddy Williamson	5' 10"
3. Homer Hinchcliff	5' 8"

**Sub B**

1. James Littlejohn	5' 10"
2. Alonzo Littlejohn	5' 10"
3. Henry Hopkins	5' 4"
4. Charles Polhamus	5' 2"

**I-A**

1. Mamon Gibson	5' 10"
2. Barry Klein	5' 7 1/2"
3. Bill Toomey	5' 6"
4. Larry Judd	5' 4"

**I-B**

1. Richard Richardson	5' 10"
2. Tom Langenfield	5' 6"
3. Phil Mulkey	5' 4"
4. Len Olsen	4' 6"

**II-A**

1. Jack Scott	4' 10"
2. Don Botsford	4' 3"
3. R.G. Wolf	4' 0"

**II-B**

1. Spotswood Hall	5' 2"
2. Chuck Olson	4' 6"
3. Mel Buschman	4' 3"

**MENS' HIGH JUMP cont.**

**III-A**

1. Burl Gist	4' 10"
2. Alonzo Littlejohn	3' 3"

**III-B**

David Schrader	3' 3"
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**MENS' 1000**

**Sub A**

1. Glen Andrews	2.17.9
2. Peter Hallop	2.21.5
3. Terry Furst	2.22.3
4. Elmo Morales	2.22.7
5. Ken Smith	2.27.3
6. Norman Thomas	2.30.7
7. Mike Patterson	2.44.3

**Sub B**

1. Gary Carr	2.18.5
2. Dennis Robinson	2.35.2
3. Don Williams	2.36.4
4. Jim Skalski	2.39.4

**I-A**

1. Ernie Billups	2.21.8
2. Bill Mayer	2.29.5
3. Jon Bixler	2.38.3
4. Dave Williams	2.48.3

**I-B**

1. George Gluppe	2.35.9
2. Ino Canto	2.36.5
3. Bill Barton	2.38.7
4. Ed Vanderhevel	2.39.3
5. Al Revencroft	2.43.2
6. Chuck Morton	2.54.0
7. John Baver	2.59.6

**II-A**

1. Kelsey Brown	2.37.5
2. Robert Bowman	2.42.8
3. Jim Forshee	2.44.3

**II-B**

1. Archie Messenger	2.46.6
2. Don Greenwood	3.08.2
3. Phil Boucher	3.19.7

**III-A**

1. John Hubbard	3.11.4
2. James McGilvary	3.25.4

**MENS' 300 YARD**

**Sub A**

1. Eugene Thomas	32.0
2. Dan Thiel	33.3
3. Ellis Martin	33.4
4. Dolan Street	33.5
5. Tom Malik	35.0
6. Nick Salypo	35.1
7. Dan Moore	37.3

**Sub B**

1. Clarence Ray	32.5
2. Robin Ficker	34.4
3. Don Williams	34.7
4. Lou Tutt	35.2
5. Ralph Wallace	36.6
6. Pat Finley	37.0
7. John Shaw	38.0

**I-A**

1. Larry Colbert	34.0
2. Harry Tolliver	34.3
3. G. Summerfield	34.7
4. Grover Coats	39.0
5. Haig Bohigian	35.7
6. Charles Dudley	37.6

**I-B**

1. George Horton	35.5
2. Matt Brown	35.7
3. Rudy Enders	36.5
4. George Gluppe	36.7
5. Josh Culbreath	37.2
6. William Barton	37.7
7. Larry Watson	38.9
8. Richard Richardson	39.0
9. John Barrie	41.2

**II-A**

1. Robert Bowman	37.8
2. Roger Hocker	39.1
3. Joe Murphy	39.2
4. Don Walsh	42.5
5. Alden Olson	44.4

**II-B**

1. Rush Jacobs	33.7
2. Donald Harris	40.1
3. Oscar Harris	40.3
4. Joe Jenkins	41.4
5. Al Phillips	45.0

**III-A**

1. Jim Manno	39.5
2. Art Obokata	41.2

**IV-A**

1. Manfred D'Elia	46.0
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**MENS' 35-POUND WEIGHT THROW**

**Sub A**

1. Norman Bower	44' 11 1/2"
2. Paul Johnson	35' 4"
3. Jim Kirkpatrick	32' 2"

**Sub B**

1. Edward Hill	42' 5"
2. James Pearce	29' 10"

**I-A**

1. Carl Klehn	39' 2"
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**I-B**

1. Russ Seitzinger	43'
2. Len Olson	40' 1"
3. Ray Carstenson	34' 7"
4. Gene Paasinen	

**II-A**

1. Jack Scott	33' 5"
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**II-B**

1. Bill Walmroth	36' 10"
2. John Ulam	27' 10"

**III-B**

1. David Shrader	20' 6"
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**MENS' TRIPLE JUMP**

**Sub A**

1. Rance Teepie	44' 3 1/2"
2. Lee Myers	43' 1 3/4"
3. Robert Beale	42' 8 3/4"

**Sub B**

1. Mike Ellis	39' 6 1/4"
2. Charles Polhamus	37' 4 1/4"
3. Robin Ficker	36' 9 1/2"
4. Alonzo Littlejohn	35' 4 1/2"
5. Ron August	35' 2"

**I-A**

1. Larry Judd	35' 8"
2. Haig Bohigian	33' 8"

**I-B**

1. Phil Mulkey	36' 9"
2. William Clark	36' 6 1/4"
3. Ray Carstenson	32' 10 1/2"
4. Hank Schmitt	27' 1 1/2"

**IV-B**

1. Sherman Burtho	22' 9 1/4"
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**MENS' TWO MILE WALK**

**Sub A**

1. Martin Kraft	15.34.5
2. John Padrick	16.23.4

**Sub B**

1. Jim Skalski	20.17.9
2. John Shaw	22.17.4

**I-A**

1. Jerry Bucci	16.12.9
2. Hartley Vezina	16.56.0
3. Frank Suby	19.18.3

**I-B**

1. Fine	20.52.2
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**MENS' TWO MILE WALK**

**II-B**

1. Phillips	20.56.6
2. Joe Jenkin	22.35.5

**III-A**

1. Tim Dyas	18.12.0
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**III-B**

1. David Schrader	29.43.2
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**ONE MILE RELAY**

**Sub M**

1. Unattached	3.33.3
2. Over-the-Hill	3.39.5
3. AATC	3.54.1

**I-A**

1. New York Masters	4.40.2
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**TWO MILE RELAY**

1. AATC	8.40.5
2. Macomb Road Runners	9.01.8

**WOMENS' 50-YARD HURDLES**

**Sub A**

1. Eileen Watson	7.90 ATC
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**I-A**

1. Joanne Grissom	8.13
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**WOMENS' 600-YARD RUN**

**Sub A**

1. Jan Fowler	1.34.4
2. Barb Perry	1.41.4
3. Joyce Ward	1.46.4
4. Nan Siemberg	1.46.5
5. Pat Borse	1.47.2
6. Pat Martin	1.47.3

**Sub B**

1. Miki Hervey	1.33.3
2. Frances Baxter	1.47.7

**I-A**

1. Mary Cullen	1.45.7
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**II-A**

1. Barb Neuhaus	1.48.5
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**WOMENS' 50-YARD DASH**

**Sub A**

1. Eileen Watson	6.60
2. Janice Fowler	6.65
3. Joyce Ward	8.12
4. M. Simboer	8.56

**Sub B**

1. Frances Baxter	7.58
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**WOMENS' 50-YARD DASH**

**I-A**

1. Joanne Grissom	7.08
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**I-B**

1. Marie Barrie	8.24
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**II-A**

1. Clara Boucher	9.18
2. Liz Messenger	11.84

**WOMENS' SHOT PUT**

**Sub A**

1. Eileen Watson	26' 10"
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**Sub B**

1. Susan Klehm	23' 9"
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**I-A**

1. Joanne Grissom	36' 7"
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**I-B**

1. Shirley Biedenbeck	20' 8"
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**II-A**

1. Elizabeth Messenger	18' 2 1/2"
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**WOMENS' LONG JUMP**

**Sub A**

1. Eileen Watson	17' 9 1/4"
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**I-A**

1. Joanne Grissom	15' 9 1/4"
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**WOMENS' MILE RUN**

**Sub A**

1. Pat Martin	5.53.7
2. Pat Bourcy	6.23.3
3. Nan Siemberg	6.23.4

**Sub B**

1. Elizabeth Burt	5.50.4
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**I-A**

1. Sandra Knott	5.48.8
2. Mary Cullen	5.51.0
3. Karen Hollapa	5.53.6
4. Cardyn Pryor	6.15.5
5. Mary Lou Viars	6.40.1

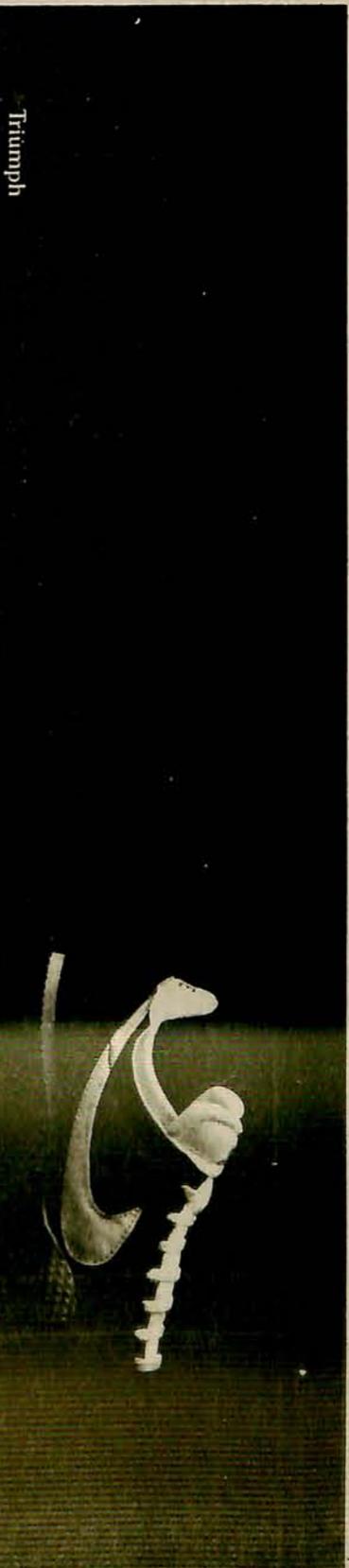
**II-A**

1. Barb Neuhaus	6.35.4
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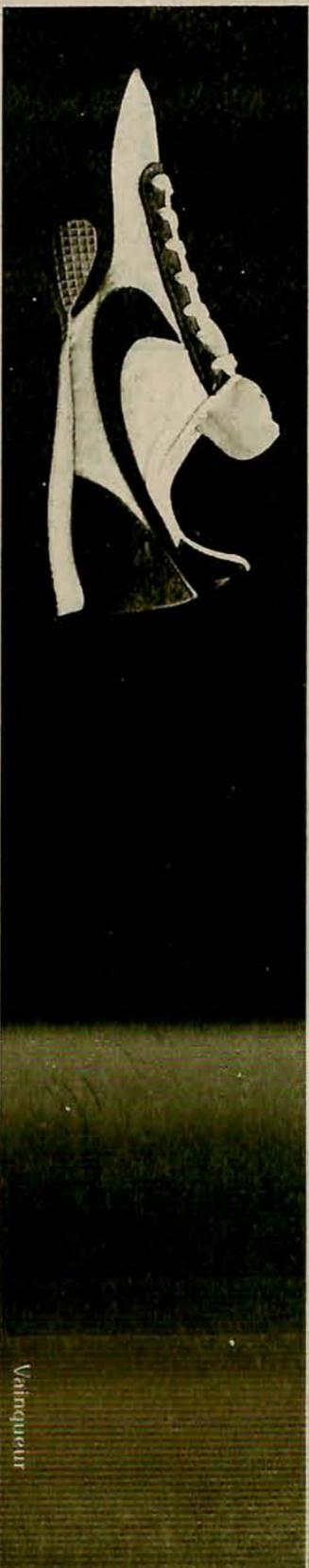
**WOMENS' TWO MILE RUN**

**Sub A**

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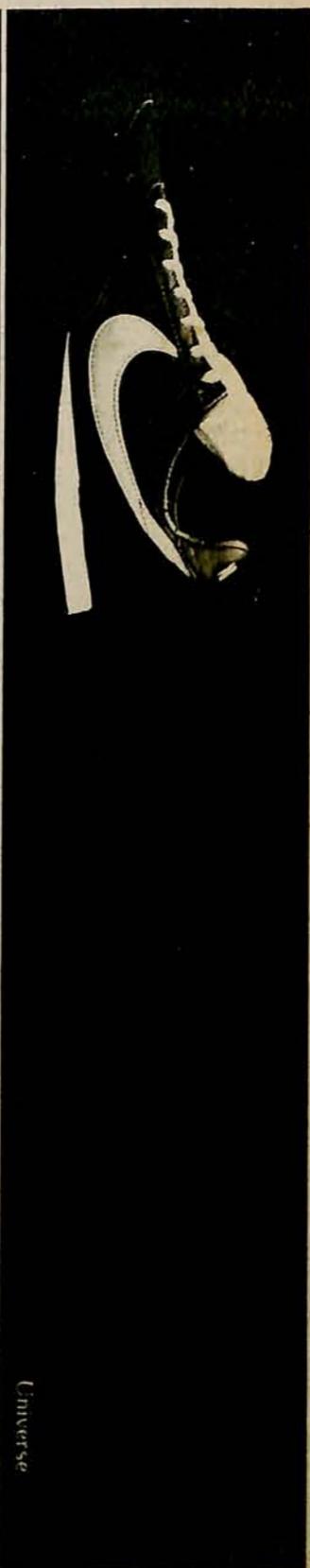
Triumph



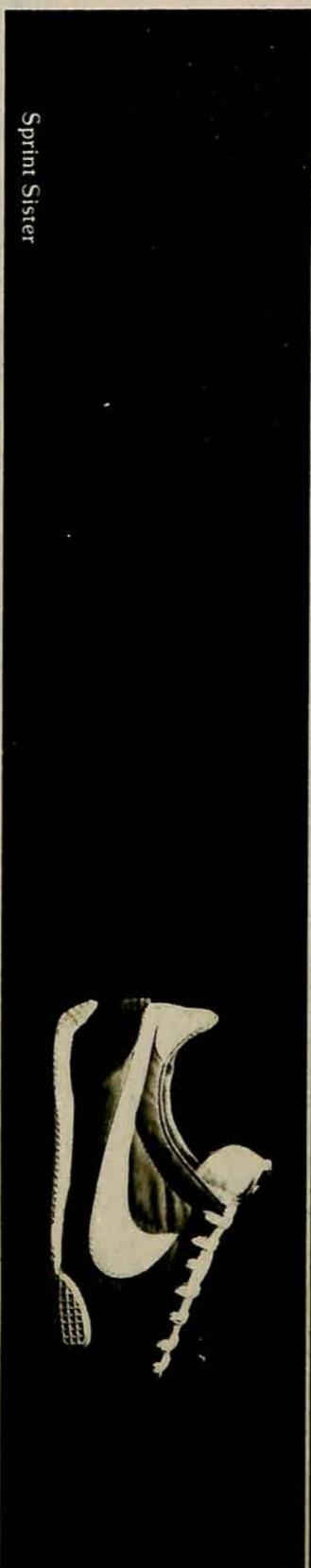
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