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 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 (2:19.7) and mile (4:20.9).

• George Vormsky of the Potomac Valley Seniors won both the mile (4:51.8) and 2-mile (10:27.8) in the 50-54 division.

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LONG DISTANCE RUNNING

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P.O. Box 80512
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(714) 281-5585 (Office)

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Indianapolis, IN 46268
(317) 872-2900

Masters Sports
Associate:
Thomas Talbott, President
55 Frontier Road
Cos Cob, CT 06807
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 NNM, P.O. Box 2372, Van Nuys, CA 91404.

<table>
<thead>
<tr>
<th>TRACK &amp; FIELD</th>
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<tbody>
<tr>
<td><strong>1981 PENN MUTUAL/ATHLETICS</strong></td>
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<tr>
<td><strong>CONGRESS NATIONAL MASTERS CHAMPIONSHIPS</strong></td>
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<tr>
<td><strong>Age 30 and over</strong></td>
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<td>**☆ June 6-7 (Sat-Sun): Penn Mutual/TAC National Masters Decathlon Championships, San Antonio, Texas. Steve Smith, 126 Brightwood, San Antonio TX 78209. **</td>
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<tr>
<td>**☆ August 15-16 (Sat-Sun): Penn Mutual/TAC National Masters Track &amp; Field Championships, Los Gatos High, Los Gatos, CA (near San Francisco). Bruce Springbett, P.O. Box 1328, Los Gatos CA 95031. (408) 354-2005. **</td>
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<tr>
<td>Every Tuesday from April 27 thru September 1. MSA, Metro AC and NYFRC open and masters development T&amp;F meets and long distance runs, Randall’s Island, Bronx, NY. 6:30 p.m.</td>
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<tr>
<td>June 20 (Sat): Open and masters relay carnival, Philadelphia. Bert Lancaster, P.O. Box 29541, Philadelphia PA 19138</td>
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<tr>
<td>June 21 (Sun): Metropolitan Association TAC Masters T&amp;F Championships, Staten Island, NY. Bob Bob Thompson, 1549 Ipukula St., Honolulu HI 96821. (808) 373-4181.</td>
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<tr>
<td><strong>MIDWEST</strong></td>
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<td>May 30 (Sat): Mini All-Comer T&amp;F Meet, Dyche Stadium, Northwestern University, Evanston, IL. Bill Smith (312) 346-1797 days; (312) 256-2714 nights.</td>
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<td><strong>June 6 &amp; 20 (Sat): All-comers T&amp;F meets, Aurora Central High School, Aurora, CO 10 a.m.</strong></td>
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<td><strong>June 27-28 (Sat-Sun): Denver Track Club Open Decathlon. (303) 388-8180.</strong></td>
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<td><strong>July 4-5 (Sat-Sun): Penn Mutual/TAC Mid-America Regional Masters Track &amp; Field Championships, Lincoln, Nebraska.</strong></td>
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<td><strong>July 11 (Sat): All-comers T&amp;F meet, Aurora Central High School, Aurora, CO. 10 a.m.</strong></td>
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<tr>
<td><strong>July 25 (Sat): TAC Colorado Open and Masters T&amp;F meet.</strong></td>
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<tr>
<td><strong>September 6 (Sun): Triangular Masters T&amp;F Meet: Kansas, Nebraska and Colorado. Others welcome. (Masters 10K next day)</strong></td>
</tr>
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**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 Ipuikula St., Honolulu HI 96821. (808) 373-4181. |

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

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| On Tap for April |
| TRACK & FIELD |
| Masters track & field activity is 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. Road Racing 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 26th. The New York Trevira Two-ssome 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.

Subscribe now!
schedule
continued from page 3

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


May 2 (Sat): 5th Annual Golden State Masters T&F Meet, Porterville, CA. Allen Nelson, Porterville College, 900 E. Main St., Porterville CA 93267.


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.


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.


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


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


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 93107. (805) 687-5423.

November 24-25 (Sat-Sun): Annual TAC Convention, Reno, Nevada. P.O. Box 120, Indianapolis IN 46206. (317) 383-9155.

NORTHWEST


CANADA


July: Ontario Pentathlon Championships.

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 1025, Raleigh NC 27608. (919) 851-5752.


October 26 (Sat): Penn Mutual/TAC National Masters 10K Road Championships, Kent, WA. Mike Thould, 15029 NE 141st Place, Woodinville WA 98072. (206) 382-4879.


November 28 (Sat): Penn Mutual/TAC National Masters 5K Road Championships, San Diego (Balboa Park). Bill Stock, 7160 Balirch Rd., La Mesa CA 92030. (714) 466-8700.

MIDWEST

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


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


MID-AMERICA


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 17828, Denver CO 80217. (303) 661-6113.

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 17 (Sun): 60th Bay-To-Breakers 7.6 mile, San Francisco. Len Wallach, San Francisco Examiner, 110 Fifth St., San Francisco CA. (415) 635-2788.

July 6 (Sun): Sri Chimnoy 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) 425-3633.

July 12 (Sun): San Francisco Marathon. P.O. Box 27385, San Francisco CA 94127. (415) 564-4711.

continued on page 11
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. They 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 score at least 1000 points. That is a pentathlon, 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 San Francisco 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 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 Handbook. 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 score as high as a 25 or 30 year old, due to the heights stay the same. 40-49, 56'; 50-59, 33'; 60+ , 30'. —Ed.

INSPRED

The January issue is outstanding. The article by Al Sheehan 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

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 money, 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 the national convention, please send me your name and address for the mailing list.

In the interest of standardization, I am proposing that, at the National TAC meet, we run an Elite hurdler 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.
MASTERS SCENE

NATIONAL
• Val Schultz has replaced Tom Struk as Nike masters rep. Struk 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 lead up August 30. Contact: Ventana, 555 Fifth Ave., New York 1017.

EAST
• The 1981 Spaulding for Children Run-Athlon will be held May 3rd at Tamaques Park in Westfield, NJ. It's not a race, but a run to 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 family.
• Runners can raise money by contacting sponsors, who donate $10 for each mile run. Contact: Spaulding for Children, 36 Prospect St., Westfield NJ 07090.
• Pat Bassel, 43, was a triple winner at the Ontario Masters Indoor Championships at York University in Toronto: 1500 (5:12); 800 (2:25); 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 December 12. Entries: Write: Entry, 400 W 118 Street, New York 10027 and 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 at 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) 891-5410.
• 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 MHN Corporate Challenge, NYRRC, Box 881, FDR Station, New York NY 10150.
• Five-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.
• World 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) will equally be divided among: (1) 3 competitive teams; (2) meet open; (3) men's masters; (3) women's. Explicit qualifying and expense guidelines are set down in a comprehensive policy brochure.
• Jack Rice of Winmauma, Florida won the masters 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, 50, of San Antonio flew in cod 50+ honors in a good 2:48:06. S.H. Wilson of Bathesda, 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 first Oklahoma 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 bests and to watch 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 Ponchatrain, with intermittent hard rain and a drastic temperature drop at the 31/2 hour point. Tulsa’s Bob Donges, 40, still clocked 2:58:36 for 5th M40 place.

WEST
• 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.

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 editorial.

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 Brazil. We 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 Motshwari, studying and competing for the University of the Witwatersrand, 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
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.

Chapson winning 800 at 2nd World Veterans Championships in Goteburg, Sweden in 1977 in World Age 75+ race 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 he 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 explains. "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. That was 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 outpace 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 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 running 25-30 miles a week: at an average pace of 7½ miles a minute. 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."

For 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 WMA scoring table will be used for the 60+ age groups. The track, runways and high jump apron are new.
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 Philippa-Watson of Atlanta won six events in the women’s 30-34 division, including a 5-1 high jump, 17-9-1/4 long jump, and 58.61 in the 200.

• 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.

• Liberty Colbert of New York garnered the 300 in 3:40.0 and 600 in 1:18.3 in the 1A group.

• Sandra Knott doubled with wins in the mile (5:48.6) and 2-mile (12:00.3) in the women’s 1A category.

• Rich Richardson high jumped 5-10 to win the 45-49 age.

• Gary Cary took the 600 (1:16.1) and 1000 (2:18.5) in the 35-39 class.

• Rudy Enders of Philadelphia long jumped 19-3 1/4 and doubled with a 600 win in 1:21.6 in the 1B competition.

• Miki Hervey of Dallas captured the mile in 4:21.3 and 880 in 2:09.1 in the 1A group.

• Carl Klem 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 1:26.4 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 5-7 1/2.

• 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 “Postal Office” and the winners are tabulated accordingly.

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CWD 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.

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 relay in 4:12.3.

Two relays were contested by 50+ quartets. The New York Masters took 400 relay in 58.5, while the Shore Athletic Club won the 800 event in 2:03.4.
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, 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 1990, 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 sail 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 walk.

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."

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:

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 converted 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 floors were highly polished for basketball, and the turns were unusually sharp for the 200 meter track.

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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 Mac and I to help 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 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.

China Plans Master Program 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 and high jump, shot, hurdles—and a few veteran runners on a good 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.

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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'Neill.

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 finished the race.

The open title was won by Japanese runner Yoshinobu Kiyyana 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 Filipinos runner Leonardo Ellul (2:31:41) and Indonesian Yacob Afatary (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.

NORTHWEST

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


POSTAL


Grissom Sets Mark continued from page 1

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POSTAL

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 5:31.0 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 re

Ernie Billups flew in from Chicago to win the 40-44 800 in 2:05.2. Cleveland's Sandra Knott also came in to notch a mile in 14:14. The night before, Billups and Knott had won the special indoor meet.

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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.

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We did it!
A Women's Olympic Marathon in 1984!

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

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 Mosei, 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 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

April 1981 National Masters Newsletter page 13
Bob Boal of Raleigh, NC shares 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:

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>60M</th>
<th>L.J.</th>
<th>S.P.</th>
<th>Disc.</th>
<th>H.J.</th>
<th>Tot. Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bill Sirosky</td>
<td>32</td>
<td>7.0</td>
<td>18'8</td>
<td>40'3</td>
<td>114'2</td>
<td>5'4&quot;</td>
<td>151</td>
</tr>
<tr>
<td>Points</td>
<td>6</td>
<td>42</td>
<td>29</td>
<td>28</td>
<td>19</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Fred Husband</td>
<td>33</td>
<td>7.3</td>
<td>17'10</td>
<td>39'7</td>
<td>107'6</td>
<td>5'1</td>
<td>146</td>
</tr>
<tr>
<td>Points</td>
<td>9</td>
<td>36</td>
<td>27</td>
<td>28</td>
<td>19</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Bill Onofrio</td>
<td>26</td>
<td>7.3</td>
<td>17'8</td>
<td>39'3</td>
<td>105'10</td>
<td>5'0</td>
<td>134</td>
</tr>
<tr>
<td>Points</td>
<td>0</td>
<td>36</td>
<td>25</td>
<td>28</td>
<td>19</td>
<td>26</td>
<td></td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Age</th>
<th>25 yd. swim</th>
<th>S.L.J.</th>
<th>Agility</th>
<th>Crabwalk</th>
<th>3000M Bike</th>
<th>Tot.</th>
</tr>
</thead>
<tbody>
<tr>
<td>48</td>
<td>12.5</td>
<td>8'0&quot;</td>
<td>16.3</td>
<td>12.5</td>
<td>5.25</td>
<td>143</td>
</tr>
<tr>
<td>36</td>
<td>27</td>
<td>18</td>
<td>23</td>
<td>16</td>
<td>23</td>
<td></td>
</tr>
</tbody>
</table>

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 ¼ 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.

A world in one country
Truly EXOTIC
Fantastic VARIETY
Great VALUE
Golden HOSPITALITY
and so REWARDING

SOUTH AFRICA
Come & Compete this December ’81
with Sports Travel Intl.
Details in May Issue

New Twist
Take CLUB MED
THE CLUB MED / PERRIER DISCOVER THE DIFFERENCE VACATION WEEK
Haiti, May 31-June 7
RESERVE TODAY AND ENJOY A FREE CASE OF PERRIER!
Break the mold. Kick up your heels. Try a vacation with a new twist. Discover the all-natural vacation this spring at a specially designed week full of sports, exercise and beauty events. Featuring:
Dr. Bob Amstot, Sports medicine doctor for the Winter Olympics
Carol Gutenberg, champion racquetballer
Howard Jacobson, top ten coach
Gail Ricker, nutrition consultant, former Weight Watchers International beauty consultant
Michael Holland, beauty consultant
Sports tournaments and competitions
 NASCAR events
with prices plus the usual all-inclusive Club Med package.

$430. plus Airfare
with Sports Travel Intl

OUT-OF-THE-WORLD

Fall ’81 - CHINA For RUNNERS
Dec. ’81 - SOUTH AFRICA, T & F
Fall ’82 - CHINA, T & F
Fall ’83 - PUERTO RICO
International Masters
5th WAVA Championships
by Sports Travel International, Ltd.
"The U.S. Masters 1st Travel Agent"
P.O. Box 7823 San Diego, CA 92107
(714) 225-9555

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 by the NRDC as of 1 Dec 1980 reported in January’s NMN. The records are the official records as recognized by the 42888, Tucson AZ 85733.

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

<table>
<thead>
<tr>
<th>Dist</th>
<th>Age</th>
<th>Birth</th>
<th>Race</th>
<th>Time</th>
<th>Name</th>
<th>Date</th>
<th>Residence</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>10K</td>
<td>M85</td>
<td>1:15:49</td>
<td>Ivor Welch</td>
<td>1-19-95</td>
<td>Pacifica CA</td>
<td>10-19-80 CA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15K</td>
<td>W85</td>
<td>50:18</td>
<td>Dorothy Stock</td>
<td>9-12-32</td>
<td>La Mesa CA</td>
<td>12-6-80 CA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>50K</td>
<td>M60</td>
<td>1:02:00</td>
<td>Anne Johnson</td>
<td>10-21-28</td>
<td>Bel Mar CA</td>
<td>12-6-80 CA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20K</td>
<td>M65</td>
<td>1:18:42</td>
<td>Rudy Nimmons</td>
<td>9-28-80</td>
<td>Seneca SC</td>
<td>12-6-80 SC</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20K</td>
<td>W55</td>
<td>2:51:27</td>
<td>C1ive Davies</td>
<td>8-7-15</td>
<td>Portland OR</td>
<td>2-28-81 OR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>50K</td>
<td>M65</td>
<td>1:56:03</td>
<td>Alan Kirik</td>
<td>9-2-43</td>
<td>Flushing NY</td>
<td>10-26-80 NY</td>
<td></td>
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PENDING U.S. AGE-GROUP RECORDS REPORTED TO NMN DURING THE PAST MONTH

<table>
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<tr>
<th>Dist</th>
<th>Age</th>
<th>Birth</th>
<th>Race</th>
<th>Time</th>
<th>Name</th>
<th>Date</th>
<th>Residence</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>40K</td>
<td>M55</td>
<td>2:51:27</td>
<td>Clive Davies</td>
<td>8-7-15</td>
<td>Portland OR</td>
<td>2-28-81 OR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>40K</td>
<td>W55</td>
<td>1:56:10</td>
<td>Clive Davies</td>
<td>8-7-15</td>
<td>Portland OR</td>
<td>1-11-81 OR</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Throwing implements
Made to Order
HAMMER HEAD: Complete with swivel. Made from 16# 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.

Send to:
Randolph Hubbell
2511 No. Rosemead Blvd.
South El Monte, CA 91733
(213) 444-5912

A world
in
one
country

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.
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.

1981 TUCSON MARATHON
TUCSON, ARIZONA
JANUARY 25, 1981

M50-54
Jim Bowers 42 2:24:16
Mike Fieffer 40 2:24:46
Reed Miller 42 2:37:36
Maurie Bur 44 2:50:00
Dave Haugen 44 2:41:01

M55-59
Howard Miller 55 2:49:13
Ted Gardner 52 2:51:05
Donnie Michel 51 2:51:51
Robert Paul 50 3:05:37
Robert Kupfer 52 3:07:14

M60+
Bob Coughlin 52 3:16:57
Bob Linn 50 3:20:24
George Tabor 40 3:20:30
Bob George 53 3:21:38

W50+
Patricia Bowman 51 3:27:13
Karen Clement 40 3:28:35
Betty Vieyra 53 3:29:44

3RD ANNUAL SUGAR B. ANTHONY FREEDOM RUN, TUCSON, AZ
JANUARY 18, 1981

M50-54
Mike Saunders 38 1:20:13
Steve Hullicher 40 1:20:34
Jones 44 1:21:08
Dorothy Lash 47:36:53
Herb Williams 44 1:21:30
Bill Hinton 3:14:20

M60+
Bill Bailey 2:37:11
Joe Cary 40 2:50:32
Mike Heffeman 40 2:34:46

HIDDEN VALLEY MARATHON
HIDDEN VALLEY, CALIFORNIA
FEBRUARY 8, 1981

M40-44
Susan Yee 45 2:50:32
Robert Heffern 40 2:50:32
Karl Ryden 41 2:57:02
Phil Melny 46 2:57:05
Art Bouttiker 45 3:01:04

W40-44
Enna Bovanan 4:35:46
Tim Rostege 55 4:35:22

M40+
Karen Scannel 42 1:04:17
Barbara Carlson 46 1:04:17

W45-49
Betty Ratley 3:55:58
Gail Weaver 3:29:52
Jane Oenish 3:28:35

M50-54
Bob Martin 3:09:15
Clifton Wilson 3:32:47
Dorothy Lash 3:03:55
Ruth Carlson 4:05:10

H50-54
Art Neeland 2:45:34
Ruben Vigil 45:11.2

H55-59
Bob Martin 3:09:15
Clifton Wilson 3:32:47
Dorothy Lash 3:03:55
Ruth Carlson 4:05:10

H60+
Joe Menard 4:05:10
Ruth Carlson 4:05:10

W50+
Patricia Bowman 51 3:27:13
Karen Clement 40 3:28:35
Betty Vieyra 53 3:29:44

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: $5.00 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.

Additional 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
9:00 a.m. 100 meter trials
10:00 a.m. 50 meter trials
11:00 a.m. 100 meter hurdle trials
12:00 noon 200 meter trials
1:00 p.m. 1000 meter run
2:00 p.m. 60 & 100 meter hurdle final
3:00 p.m. 400 meter final
4:00 p.m. 200 meter final
5:00 p.m. 1500 meter run

ENTRY FORM

Events entering:
Name ____________________________ Age ______
Address __________________________
City State Zip ____________

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

Signature ________________________ Date ______

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

**SUNY ROCK STATE COLLEGE**

**January 18, 1981**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Name</th>
<th>Age Crypt</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>5000 Meters</td>
<td>14:47</td>
<td>Michael Smith</td>
<td>45-54</td>
<td></td>
</tr>
<tr>
<td>10000 Meters</td>
<td>30:30</td>
<td>John Doe</td>
<td>35-44</td>
<td></td>
</tr>
</tbody>
</table>

**HSO-59**

* = Meet Record

### TFA EASTERN INDOOR MASTERS TRACK & FIELD CHAMPIONSHIPS

**Pennsylvania Athletic Foundation**

**February 8, 1981**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Name</th>
<th>Age Crypt</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1000 Meters</td>
<td>2:29</td>
<td>Jane Doe</td>
<td>35-44</td>
<td></td>
</tr>
<tr>
<td>1500 Meters</td>
<td>4:39</td>
<td>John Doe</td>
<td>35-44</td>
<td></td>
</tr>
</tbody>
</table>

**Kline, Anderson**

* = Meet Record

### 1981 TRACK & FIELD EVENTS

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Name</th>
<th>Age Crypt</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>400 Meters</td>
<td>48:7</td>
<td>Michael Smith</td>
<td>45-54</td>
<td></td>
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<tr>
<td>800 Meters</td>
<td>1:39</td>
<td>John Doe</td>
<td>35-44</td>
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</tbody>
</table>

**Kline, Anderson**

* = Meet Record

### TFA EASTERN INDOOR MASTERS TRACK & FIELD CHAMPIONSHIPS

**Pennsylvania Athletic Foundation**

**February 8, 1981**

<table>
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**Kline, Anderson**

* = Meet Record

### 1981 TRACK & FIELD EVENTS

<table>
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<tr>
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<tr>
<td>800 Meters</td>
<td>1:39</td>
<td>John Doe</td>
<td>35-44</td>
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**Kline, Anderson**

* = Meet Record

### TFA EASTERN INDOOR MASTERS TRACK & FIELD CHAMPIONSHIPS

**Pennsylvania Athletic Foundation**

**February 8, 1981**

<table>
<thead>
<tr>
<th>Event</th>
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<th>Name</th>
<th>Age Crypt</th>
<th>Notes</th>
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<td>2:29</td>
<td>Jane Doe</td>
<td>35-44</td>
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</tr>
<tr>
<td>1500 Meters</td>
<td>4:39</td>
<td>John Doe</td>
<td>35-44</td>
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</tbody>
</table>

**Kline, Anderson**

* = Meet Record
### TRACK & FIELD RESULTS

#### 1ST ANNUAL PERN/MULTI/NAK TRACK WESTERN REGIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS, CON PALACE, SAN FRANCISCO, FEB. 22, 1981

<table>
<thead>
<tr>
<th>Event</th>
<th>Winner</th>
<th>Time/Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>80 METER DASH</td>
<td>M. Payton</td>
<td>9.8</td>
</tr>
<tr>
<td>200 METER DASH</td>
<td>B. Cole</td>
<td>21.3</td>
</tr>
<tr>
<td>400 METER DASH</td>
<td>R. Jennings</td>
<td>49.0</td>
</tr>
<tr>
<td>800 METER DASH</td>
<td>S. Hall</td>
<td>1:44.8</td>
</tr>
<tr>
<td>1000 METER DASH</td>
<td>J. Frame</td>
<td>2:32.8</td>
</tr>
<tr>
<td>1500 METER DASH</td>
<td>R. Ayton</td>
<td>3:41.6</td>
</tr>
<tr>
<td>3000 METER DASH</td>
<td>R. Face</td>
<td>8:01.9</td>
</tr>
<tr>
<td>4 X 100 METERS</td>
<td>M. Payton</td>
<td>42.9</td>
</tr>
<tr>
<td>4 X 200 METERS</td>
<td>B. Cole</td>
<td>1:28.0</td>
</tr>
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<td>M. Jennings</td>
<td>3:05.9</td>
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<td>4 X 800 METERS</td>
<td>S. Hall</td>
<td>7:15.9</td>
</tr>
<tr>
<td>4 X 1500 METERS</td>
<td>R. Ayton</td>
<td>14:02.6</td>
</tr>
<tr>
<td>5000 METER DASH</td>
<td>S. Hall</td>
<td>14:02.6</td>
</tr>
<tr>
<td>10000 METER DASH</td>
<td>R. Ayton</td>
<td>28:28.2</td>
</tr>
<tr>
<td>15000 METER DASH</td>
<td>S. Hall</td>
<td>42:04.9</td>
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#### Long Jumps

<table>
<thead>
<tr>
<th>Event</th>
<th>Winner</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>LONG JUMP</td>
<td>R. Face</td>
<td>7.10</td>
</tr>
<tr>
<td>HAND JUMP</td>
<td>R. Face</td>
<td>6.10</td>
</tr>
</tbody>
</table>

#### Pole Vault

<table>
<thead>
<tr>
<th>Event</th>
<th>Winner</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>POLE VAULT</td>
<td>R. Face</td>
<td>18.6</td>
</tr>
</tbody>
</table>

#### Shot Put

<table>
<thead>
<tr>
<th>Event</th>
<th>Winner</th>
<th>Distance</th>
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</thead>
<tbody>
<tr>
<td>SHOT PUT</td>
<td>S. Hall</td>
<td>13.0</td>
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#### Discus

<table>
<thead>
<tr>
<th>Event</th>
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<th>Distance</th>
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<tbody>
<tr>
<td>DISCUS</td>
<td>S. Hall</td>
<td>43.6</td>
</tr>
</tbody>
</table>

#### Hammer

<table>
<thead>
<tr>
<th>Event</th>
<th>Winner</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>HAMMER</td>
<td>S. Hall</td>
<td>24.0</td>
</tr>
</tbody>
</table>

#### Javelin

<table>
<thead>
<tr>
<th>Event</th>
<th>Winner</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>JAVELIN</td>
<td>S. Hall</td>
<td>60.0</td>
</tr>
</tbody>
</table>

#### Triple Jump

<table>
<thead>
<tr>
<th>Event</th>
<th>Winner</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRIPLE JUMP</td>
<td>R. Face</td>
<td>18.6</td>
</tr>
</tbody>
</table>

#### High Jump

<table>
<thead>
<tr>
<th>Event</th>
<th>Winner</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIGH JUMP</td>
<td>R. Face</td>
<td>6.10</td>
</tr>
</tbody>
</table>

#### Mile Run

<table>
<thead>
<tr>
<th>Event</th>
<th>Winner</th>
<th>Time/Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>MILE</td>
<td>R. Face</td>
<td>2:14.6</td>
</tr>
</tbody>
</table>

### Trips to indoor track and field championships continued on page 19

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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 middle (dark hair). Photo courtesy of Auckland Star.
NORTHWEST SENIORS CLASSIC
JULY 24 & 25, 1981 (Friday & Saturday)
MT. HOOD COMMUNITY COLLEGE...GRESHAM, OREGON

FILED EVENTS...8-8 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 14" 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. Hood Community College
26000 SE Stark St., Gresham Oregon, 97030
PHONE: 503-667-7354

MEET FOR QUALITY ATHLETIC PERFORMANCES
continued from page 18

Eastern Regionals

continued from page 18

MEET FOR QUALITY ATHLETIC PERFORMANCES
continued from page 18

TRACK & FIELD RESULTS

SHOT PUT

Mike B. Thomsen PH 30-11

T. Brooks MTP 39-10

T. Hilt ES 29-14

Mike Cantor NYM 35-4

B. Quist ES 29-13

R. Kusman RAA 40-11

MOA M. Corrigan Sho 32-5

M. Colman PYS 45-3

T. Hilt ES 29-13

R. Thomsen PH 18-8

MIA P. Corrigan Sho NYM 32-10

W. Pearson PM 15-4

W. Pearson PM 16-1

C. Klehm UC 12-9

MOB J. Roberson Sho 37-6

MOA J. Roberson Sho 42-2

MOB J. Roberson Sho 26-3

C. Klehm UC 32-7

B. McKenna NYM 37-5

MIA J. Roberson Sho 31-9

M2A R. Thomas PM 18-8

MIA M. Corrigan Sho NYM 30-20

WEIGHT THROW

MIA J. Roberson Sho NYM 32-10

K. Belye SHO 39-11

T. Jackson GS 33-11

P. Carstensen MIA 45-3

J. Barber NYM

D. Schleithen PM 39-11

B. Fauser SHO 31-10

C. Klehm UC 24-0

B. Fauser SHO 31-10

C. Klehm UC 24-0

C. Klehm UC 32-7

MIA K. MacKenzie PM 39-1

MIA K. MacKenzie PM 30-1

M4A M. d'Elia NJH 45-5

M4A M. d'Elia NJH 45-5

M4A M. d'Elia NJH 45-5

M2A R. Thomsen PM 18-8

M4A M. d'Elia NJH 45-5

M2A R. Thomsen PM 18-8

M2A R. Thomsen PM 18-8

MIA K. MacKenzie PM 30-1

M2A R. Thomsen PM 18-8

MIA K. MacKenzie PM 30-1

M2A R. Thomsen PM 18-8

MIA K. MacKenzie PM 30-1

M2A R. Thomsen PM 18-8

M2A R. Thomsen PM 18-8

MIA K. MacKenzie PM 30-1

M2A R. Thomsen PM 18-8

MIA K. MacKenzie PM 30-1

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MIA K. MacKenzie PM 30-1

M2A R. Thomsen PM 18-8

MIA K. MacKenzie PM 30-1

M2A R. Thomsen PM 18-8

MIA K. MacKenzie PM 30-1

M2A R. Thoma...
SOUTHEASTERN INTERNATIONAL MASTERS TRACK & FIELD MEET

12TH ANNUAL TRACK & FIELD MEET AND 19TH SOUTHEASTERN REGIONAL MASTERS CHAMPIONSHIPS

May 19-20, 1981
North Carolina State University, Raleigh, N.C.

SPONSORS:
SOUTHEASTERN U.S. MASTERS TRACK & FIELD, INC., RALEIGH 763-5447; AND RECREATION DEPARTMENT
N.C. STATE UNIVERSITY, COLLEGE ODD-SPORTS DIVISION, AND PCN TOTAL.

OPERATED BY:
SOUTHEASTERN U.S. MASTERS, BOX 590, RALEIGH, N.C. 27602, 919-755-6692 WILL REACH STU O'PETERS, 8:00 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:
8-19 (.hr), 20-29 (hr), 30-39 (hr), 40-49 (hr), 50-59 (hr), 60-69 (hr), 70-79 (hr), 80-89 (hr).

ENTRY FEE:
$6.00 includes first event, compensatory patches, souvenir program and final results. (see fee schedule for each event)

AWARDS:
Medals to the first 3 places in each event.

FACILITIES:
More lines than usual, maximum length of times permitted is 1/4 hour.

LATE ENTRIES:
Entries postmarked after April 17, 1981 will receive an additional $1.00 late fee for each event. Entries postmarked after April 17, 1981 will be the after April 17, 1981, if only at the discretion of the clerk of course. If entries are late, they will be placed in the clerk's office in the order received. No entries will be accepted after April 17, 1981.

REGISTRATION:
20° P.M. to 40° P.M. on site at site.

EVENTS:
200 METER HURDLES (hr), 400 METER HURDLES (hr), 800 METER HURDLES (hr), 3000 METER STEEPLACE (hr), 6000 METER STEEPLACE (hr), 1300 METER STEEPLACE (hr).

TRAVEL INFORMATION:
All facilities are within 3 miles of downtown Raleigh. All facilities are within 5 miles of downtown Raleigh. 3 miles of downtown Raleigh. All facilities are within 5 miles of downtown Raleigh.

REGISTRATION:
In Park of Presidents and final schedule of events only - no late registration or written entries.

SATURDAY, MAY 19, 1981
PARK OF PRESIDENTS - AT THE TRACK.

RECESSION:
8:00 A.M. SATURDAY, MAY 19, 1981 - CIVIC CENTER.

Awards:
For victory and participation.

SOUVENIRS:
1000 METERS STEEPLANCE (hr), 200 METER HURDLES (hr), 400 METER HURDLES (hr), 800 METER HURDLES (hr), 1000 METER HURDLES (hr).

AWARDS:
For victory and participation.

SUNDAY, MAY 20, 1981
PARK OF PRESIDENTS - AT THE TRACK.

AWARDS:
For victory and participation.

TRAVEL INFORMATION:
All facilities are within 3 miles of downtown Raleigh. All facilities are within 5 miles of downtown Raleigh. 3 miles of downtown Raleigh. All facilities are within 5 miles of downtown Raleigh.

REGISTRATION:
20° P.M. to 40° P.M. on site at site.

EVENTS:
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Sandra Knott of Cleveland and Beverly Shingles of New Zealand in 10,000 meter run in World Games in Christchurch.