MIDWEST INDOOR DRAWS 160

From RICH CERONIE

The second edition of the TAC Midwest Regional Masters Indoor T&F Championships at the University of Cincinnati on February 26 brought together 160 athletes from nine states and Canada. In all, 101 masters fieldhouse records were set by all age groups.

In the M30 60y dash, two-tenths of a second separated first from last with the top three sprinters all recording the same time; Morris Blueford was picked the winner in 6.4. Other fast 60y times on the dyna-turf surface were run by Canada’s Scott Tyler, M40, (6.8), and Paul Dorsey, M45, (6.9).

The 300y dash proved to be all M35 Stan Druckrey’s as the Wisconsan blazed to a 32.7 to beat the challenge of Gordon Reiter’s 34.8. In the much awaited M50-300y duel between Missouri’s Dr. Lee Blount and Philadelphia’s Josh Culbreath, Blount edged ahead to win in 36.8 over Culbreath’s 37.5. Blount came back to win the 600y in 1:24.4.

In the 1000y run, Louisiana’s Charles Wimberly ran to an M50 meet record 2:46.3, and Indiana’s Bob Coughlin, M60, was a victor in 3:41.8. The fastest mile time was registered by Cincinnati’s Scott Miller, M30, with a 4:33.5. Michigan’s Al Ravenscroft, M50, turned in a good 5:03.1 to win his third place in the 40-44 group.

Stewart, Dalrymple Do A Repeat At Gasparilla

from JOE BURGASSER

TAMPA, February 11. Billed as one of the top five road races in the United States, the Gasparilla 15K Distance Classic today produced a field of male masters competitors that easily lived up to that title. Despite a February morning that could only be found in Florida (70°F and 80% humidity), ten masters finished the out-and-back course in under 51 minutes. A mild breeze coming off Tampa Bay helped to keep the sunny shoreline course at a reasonable temperature.

Michigan’s Bill Stewart, 41, didn’t approach his national Masters record (45:57 set here last year), but he still won the men’s 40+ race in 47:29, with Kirk Randall, 42, of Massachusetts second in 48:32, duplicating their finish in the previous week’s TAC National Masters 5K Championships in Clearwater, Florida. George Keim, 41, outlasted Jack Bachler, 40, for third place.

In the M45 division, Ron Hill, 45, rated the world’s best marathoner over a decade ago, traveled from Manchester, England, to beat Joe Burgasser, 45, who traveled twenty miles from St. Petersburg. Baptist minister Norman Green, 51, of Pennsylvania, preyed on the 50+ group, and most of the 40+ers also, with a 2:17:59 Marathon For Mielke in L.A.

LOS ANGELES, February 19. Over 600 runners set out this crisp, cool morning in the first race ever to be run over the exact 1984 Olympic marathon course.

An unseasonable Santa Ana wind (east-to-west) blew in the runners’ faces over the final 13 uphill miles, destroying the possibility of a new world marathon record, which might have occurred had yesterday’s 20mph tail wind held.

Nevertheless, Tanzania’s Gidamis Shahanga, 26, reaffirmed his role as a favorite in the Olympic Marathon with an impressive 2:10:19 victory over Kenya’s Joseph Nzau.

West Germany’s Gunter Mielke, 40, captured the first place masters prize of $500 with a superb 2:17:59, the fastest age-40-over-marathon in the world this year, and the sixth fastest veteran marathon performance of all time.

Canada’s Jacqueline Gareau, 30, outkicked New Zealand’s Ann Audain after a 26-mile duel to prevail by ten seconds in the women’s division in 2:32:57.

Margaret Bez, 47, of Conklin, N.Y., annexed the women’s age-35-and-over crown — worth $500 — with a solid 3:00:49.

Sponsors forked over about $1.50

Lucero, Melfi Win New Mexico 5-Miler


The 50-54 division produced both the first and second places overall in the women’s race when Christa Melfi, 52, ran 37:55, and Kenny Goering, 50, ran 40:13. Beverly Huetter, 47, was third in 40:22.

The coveted award of “Most Improved” runner went to Sharon Craft, 41, who took 5 minutes and 9 seconds off of her last year’s time with a 46:41, 2nd in the women’s race when Christa Melfi, 52, ran 37:55, and Kenny Goering, 50, ran 40:13. Beverly Huetter, 47, was third in 40:22.

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Write On!

Address letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

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NATIONAL MASTERS NEWS Apr^, 1984

HURDLE SNAFU

I agree one should be reluctant to knock meet and race directors, but, sometimes, something can be worse than nothing. I won't say the 1983 TAC National 10K Cross-Country Championships were the worst event I've ever attended, but, hey gang, they were right up there.

The Bronx Van Cortlandt Park course was real cross-country with hills that left your guts hanging from your eyelids. The competition was hot. But, the rest, folks, was the pits. No toilets, no liquids, award screw-ups, no results mailed out three months after the race. Arrive. Compete. Leave. No opportunity to enjoy the company of the other competitors. Who cares if you've traveled across the country, or even from the next borough?

It was a typical New York production: everyone's so damn busy making it in that city, they haven't got time for no one. And that's from a native New Yorker; Manhattan, already.

Yeah, I know we're supposed to be absolutely thrilled to be in the Big Apple, seeing the Statue of Liberty, the filth and poverty, and risking our lives on the subways, that we won't miss something so insignificant as real human contact. The pits, pal, the pits.

Barry Kline
Washington, Pa.
(Word filters down slowly. NMN won't refuse such ads, but we hope all meet directors will use the hurdle and implement standards adopted by both WAVA and TAC. Otherwise, confusion at best, and injury at worst, will result. The standards are again printed in this issue.—Ed.)

I was disappointed to read in the January NMN that the TAC Masters T&F Committee had adopted the WAVA hurdle and implement standards.

In 1981, questionnaires were mailed and a long discussion about hurdle heights and implement weights was held at the meeting in Los Gatos. We rejected being dictated to by WAVA, and kept the hurdles at the lower heights. Now without much, if any, regard to that decision, the committee has decided to raise the hurdles three inches. This is unwise. First, there are not many participants in the hurdles now. At the higher heights, there will be considerably less participation. Second, and more important, the chance of injury is much greater. The higher the hurdles, the more susceptible you are to injury.

In the February, NMN contained a complaint from Dan McCaskill relating to the organization of the TAC National 10K X-C in Van Cortlandt Park, November 13. I was there and it is not quite as bad as he indicates.

The locker rooms at the stadium, two blocks south of the starting area, were open and I used the toilets there. Granted, there was no water, but then, I always carry a thermos of water, one of coffee, and a few doughnuts in the car for whatever I may desire before or after the race. The weather was cold and breezy - there was ice on the puddles - so water was not a serious problem. Most importantly, there were course monitors at the trail junctions to direct the runners so they wouldn't get lost. The week before, I got lost in Holmdel Park and ran about seven miles. The start was late, because there were two races on the course before ours, and another after us. Tabulating results was slow and tedious because of the weather which forced everything into the front seat of a station wagon. Delays seemed to be caused by team scoring. This was only my second X-C so maybe this is not unusual. I'm used to waiting around anyway since we 60+ guys are always scored last.

Hurdles SNAFU

Even though WAVA and TAC both have officially set specific hurdle heights for each age group, two major meets — the Southeastern Meet in Raleigh and the Olympic Legends in Los Angeles — come out with the old heights. We voted for uniformity, so let's have it.

Maybe non-conforming meets should not be allowed to advertise in NMN.

Bob Hull
Basking Ridge, New Jersey

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In January NMN, the TAC Masters T&F Committee adopted the WAVA hurdle and implement standards.
Hobbs Best
In Houston

John Hobbs, 42, captured the masters title in the annual Houston-Tenneco Marathon January 15 with a dramatic 26-second victory over Tom Mayfield, 45. Hobbs time was 2:37:48.

Mayfield took the early age-40-and-over lead in the race, generally regarded as one of the top 25 road races in America. Hobbs took over at the nine-mile point, as Mayfield slowed to tend to leg cramps.

At 23 miles, however, Mayfield regained the Masters lead and opened up 10 yards. Hobbs slithered closer when Mayfield took a wide turn at 24, then went to the front for good at the 25-mile point and drew out for the win.

Hobbs' triumph earned him a trip to Grandma's Marathon in Duluth in June.


Sharon Cooper, 44, won the W40-49 400m dash in 55.9, the 800m run in 2:45.7, and the 1500m in 5:22.2.

The Weckstein family garnered three records between them when father Norb, 60, long jumped 3.94m and put the shot 11.69m in winning these events in the M60 division, while son Dan, 30, high jumped 1.78m. The other father-son combination in the meet consisted of Dillon and Keith Witherspoon: father Dillon, 53, took second in the M50 long jump and third in the shot, while son Keith, 30, set a record in the submasters triple jump 14.21m and tied the 55m dash record in 6.5. Keith also won the long jump, the 55m hurdles and the 400m dash, and finished 3rd in the high jump. He was voted outstanding performer in the meet.

Other outstanding performances were Ronald Cook's 13' pole vault in the submasters. Ken Lampert's 4:05.0 1500m, also in the submasters, and John Hosner's 4:51.9 1500m. Hosner, 59, also won the 5000m in 18:09.7.

Ten Records Fall in Virginia Indoor

By JOE MARTIN

Ten meet records fell, and another was tied in the eighth annual Virginia Association TAC State Masters Indoor Track and Field Championships held in the VMI Field House, Lexington, Virginia, March 3rd. Three of these were achieved by Glenna Fink, 44, who won the W40-49 400m dash in 57.2, the 800m run in 2:45.7, and the 1500m in 5:22.2.

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Double Winners Highlight NY Masters Meet

The New York Masters Fifth Annual Indoor Track and Field Meet at Fordham University, Bronx, NY, February 19, produced several double winners in the M40+ divisions, some with marks that were better than those in the younger age groups.

Ed Small, 45, took the 200m (25.0) and the 500m with the best time of the night (1:14.9). Warren Bratter, 41, won the 1500m (4:33.5) and 300m (9:53.7), both meet top times. Carl Kichm, 45, doubled in the shot (90'8") and the weight throw (36'6") with the evening's best marks. But, submaster Neil Steinberg, 30, posted best-time wins in the 55m (6.7) and 200m (24.0).

Other double winners with good times were Rudy Valentine, 60, in the 55m (7.7) and the 200m (27.7) and Mila Kania, 52, in the women's 1500m (5:36.2) and the 3000m in 11:43.1, which would have placed her second in the M30, M45, and M50 races.
Throwers Break Records in Cleveland

by MARY M. CHADBOURNE

Over 200 athletes braved snow and frigid temperatures to travel to the Lake Erie Open Masters Indoor Track and Field Championships, January 8, hosted by the Over The Hill Track Club and sponsored by the Seven-Up Company.

In the meet, two American age-group records were broken. Thirty-three-year-old Al Schoterman of the Chicago TC shattered the 30-34 mark in the 35# weight throw with a mark of 70’6”/2”. Schoterman is the 11th-ranked U.S. Olympic contender in the hammer with current mark of 22’11”/2”.

Fifty-seven-year-old Bernice Holland of the Cleveland Masters put the 8# shot 29’3”/2” to break her own W55 record. Both are former Olympic contenders.

Other outstanding performances include a high jump of 4’8” by 66-year-old Ham Morningstar, Ann Arbor TC; 82-year-old Arling Pitcher’s (Hoosier TC) pole vault of 5’6”/4” and 45y hurdles mark of 8.5; 82-year-old Everett Hosack’s mark of 21’11”/4” in the shot. Sallie Steigemeier, 51, (OTH TC) turned in a 35.1 in the 220, a 1:21.9 in the 440, and a 7:12 in the mile; Mike Persak, 42, Grand Rapids, TC, had times of 2:13.2, 4:45.7, and 10:31 in the 880, mile, and 2 mile.

Another performance of note was that of 1956 Olympic bronze medalist Josh Culbreath, Philadelphia Masters, in both the 45y hurdles (6.7) and the 440 (63.7).

The Over The Hill TC dominated the team scoring, winning all the masters men and women age groups.

ORANGE BOWL ACTION

Rrouiller Wins Masters Marathon

Roger Rouiller, 45, Atlanta, took advantage of temperatures in the low 90’s with low humidity to win the age-40-or-over title over younger masters in the Orange Bowl Marathon in Miami, January 7. Rrouiller’s time of 2:34:56 was about thirty seconds faster than that of second-place William Springer, 44, Ft. Lauderdale, Fla. Michael McCarthy, 40, Miami, was the third master in 2:42:35.

Fifty-one-year-old Miami resident, Henry Kupcik, who is also a track and field pentathlete, won the M50 race in an impressive 2:44:50. Walter Beier, 55, Duluth, Minn., and Dan Biele, 64, Ft. Lauderdale, won the other men’s division.

Bonnie Foster, 43, Miami Springs, Fla., was the first W40+ in 3:26:21. Arlene Boyle, 48, Miami; Sylvia Weinert, 52, Canada; and Joanne Wilson, 61, Ft. Lauderdale, captured division victories. There were no W55 finishers.

The race had a continental flavor with seven foreign marathoners among the top ten men, and five foreigners in the top ten women. Tommy Persson, 29, Sweden, was the winner in 2:13:26, and Joelle De Brouwer, 33, France, was the first female in 2:44:40.

Randall Beats Hill In 10K


Floridians Anthony Ceriale, 56, Pompano Beach, and Dan Biele, 64, Ft. Lauderdale, took the remaining division races. Biele was also the M60+ winner in the Orange Bowl Marathon, Jan. 7.

Patti Sudduth, 44, Crawfordsville, Fla., was the first forty-and-over woman, defeating younger entrants in her division by over three minutes. Jennifer Seid, 48, Homestead, Fla., was the second W40+ in 43:46. Sylvia Weinert, 52, Canada, showed that she had recovered from her Orange Bowl Marathon W50 victory with another one here, in 49:25.

Alene Park, 58, Huntsville, Ala., and Lucille Pincus, 62, Miami, were the other age-group winners. Ruth Rothfarb, 82, Miami Beach, was third in W60+ in 71:56.

John Gregorek, 23, McLean, Virginia, a steeplechase Olympic

CORRECTIONS

In the March 1984 issue, Jim Brownfield was omitted from the results of the Paramount 10K, Jan. 28. He ran 34:52 in the M50 division.
NIKE, Inc., proudly announces our 1984 Masters Road Race Series. For the 7th consecutive year, veteran runners (men 40+, women 35+) will compete for awards and travel to the XVII International Masters Distance Championships. For the first time the Championships (10K and marathon) will be held in the United States—in San Diego, CA, on December 1st and 2nd.

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<th>Date</th>
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<td>May 13, 1984</td>
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<td>May 20, 1984</td>
<td>Michigan City, IN</td>
<td>RRCA Championship</td>
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<td>May 28, 1984</td>
<td>Huntsville, AL</td>
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<td>June 24, 1984</td>
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<td>Sept. 30, 1984</td>
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<td>Oct. 13, 1984</td>
<td>El Paso, TX</td>
<td>Run Against Crime</td>
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In addition, some travel credits will be awarded by lottery. Therefore, any runner may be a winner.

NIKE is looking for six additional races to add to the 1984 Series. They must be: 1. NRDC-certified courses, 2. 1000-5000 participants, 3. In cities other than those already on the Series schedule.

For more information on the 1984 Series, or to submit a race for consideration, please contact: Valdemar Schultz, Masters Athletics, NIKE, Inc., 3900 S.W. Murray Blvd., Beaverton, Oregon 97005.
I took nearly 60 years for Horatio "Ray" Fitch to receive any real recognition for the silver medal he won at the 1924 Olympic Games in Paris. The irony is if he had won the gold medal he probably would not be getting the current acclaim.

Fitch was defeated in the 400-meter run by Eric Liddell of Scotland. Liddell, in case you don't know, is one of the two main characters portrayed in the 1982 Academy Award winning movie, "Chariots of Fire." The story centers on Liddell's rivalry with Liddell ran with his head back and his nose pointing to the sky just as they had it in the movie.

Harold Abrahams, another British runner. The two are scheduled to battle it out in the Olympic 100-meter dash when Liddell discovers that the race is on a Sunday. Being a divinity student and holding Sunday as sacred, Liddell withdraws from the 100 and is given the opportunity to compete in the 400 instead.

The movie is doubly climactic. First, Abrahams gloriously wins the 100 over two favored Americans, Charlie Paddock and Jackson Scholz. Then it is time for the 400. Liddell, in the outside sixth lane, digs his starting holes with a trowel, and walks over to wish good time for the 400. Liddell, in the outside sixth lane, digs his starting holes with a trowel, and walks over to wish good time for the 400. Liddell leads all the way and breaks the tape a few strides in front of Fitch.

Between 1924 and 1982, Fitch was asked to speak about his Olympic experience on only two occasions, once in 1928 and again sometime in the mid-30's. While he secretly cherished his silver medal and fond memories of his Olympic participation, he went on with life and seldom mentioned what he had done that July afternoon in Paris. "It wasn't that big of a thing until after the movie," he said, laughing.

Since the movie was released, Fitch has been asked to speak at a number of community and church functions and has been interviewed by several reporters. "I enjoy talking about it. Heck, I don't have that much else to do these days," he said, again with a laugh. But, Fitch wonders if the movie would have been made had he defeated Liddell and taken away the happy ending.

Fitch was born and raised in Chicago. He attended the University of Illinois and was cut from the track team his freshman year. "I had to work and didn't have time to train," he explained. "I did make the team the next year, though. I'm probably the only athlete you've ever heard of named Horatio." After graduating with a degree in engineering, Fitch went to work for a firm building Chicago's new Union Station. He found time, however, to continue to compete for the Chicago Athletic Association. As a result of winning the AAU championship in the 440, he was invited to participate in the Olympic tryouts at Harvard the month before the Paris Games. He finished behind Taylor, a Princeton graduate, who set a new world record of 48.1 in the semifinals and was one of nine quartermilers the U.S. took to Paris. "They selected four for the relay and four for the open and took an extra man as a back-up," Fitch said. "I guess they wanted to give as many people as possible a chance to compete. They didn't have the fastest men come back in the relay like they do today." Fitch recalled that it took eight days to make the trip to Paris. On the ship, the America, the team trained by running around the deck. "We were jogging around all the time," he said. "The relay runners were running up and down passing the baron and yelling out that sprinters were coming. There was no swimming tank on the ship, so they made one about 15-foot square and maybe four of five feet deep. It was crazy to look at guys like Johnny Weissmuller and Duke Kahanamoku with this harness around them and guys outside the tank holding on to them with a rope while they swam in place. I guess it worked."

Although 'Chariots of Fire' depicted the race scenes with accuracy, even to the extent of having the runners in the proper lanes and with the right numbers, Fitch said that the arrival scene in Paris was nothing like that shown in the movie. There were no photographers, reporters, or large crowds as shown in the movie, just the people of France going about their everyday business. It was in this scene, however, that Fitch's name was mentioned the only time. Someone on the deck yelled, "There's Fitch."

The other big inaccuracy in the film, Fitch said, had to do with the U.S. coaches. "They weren't all fired up like it showed. They overdid it a little in the movie, I think. The coaches looked a little ridiculous. Amos Alonzo Stagg was our coach and he just told us to train like we did before and it was fine with him. When it came time for the heats, he told his athletes to save themselves for the next day. I think some of them saved too much as there
were only two of us that got to the
finals in the 400." Fitch had to run in two heats the day before the finals and then in his world-
record breaking semifinal the morning of the
day. "I was a little lucky, though," he said. "I had never seen
those things before and I was worried
about running into one of them," he remarked. "I think I was more con-
cerned about those than I was about
Liddell and I may have run a bit too
cautiously. When we came to the
stretch, I expected to see Liddell slow-
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him to hold that pace. He ran with his
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sky just like they had it in the movie. I gained a few yards on him near the
finish, but it wasn't enough."

Following the race, Fitch con-
gratulated Liddell, but Liddell seemed
very reserved and replied with nothing
more than a simple "thank you."

The awards ceremony did not resem-
ble that of current Olympics. Although
the national flags of the first three
finishers were raised following the race, the medals were not handed out
until the closing ceremony. Then the
captains of the teams collected the medals and distributed them outside
the stadium. "There was no engraving
on the medals, so we just grabbed whatever color we had coming to us," Fitch recalled.

Fitch continued to compete over the
next four years and had hoped to make the team for the '28 Olympics.
"But it wasn't like it is now. You didn't
and Fitch now lives alone in his
division. "I had almost seen those things before and I was worried
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Fitch continued to compete over the
next four years and had hoped to make the team for the '28 Olympics. The '28 Olympics, I said this is it. I'm too old
for this, and I haven't run since."

Fitch later joined the staff of the
University of Illinois as an engineering
professor and retired from that job in
1969. What took him to the mountains in Colorado? "Well, my wife was from Colorado and she said I couldn't live anywhere I wanted as long as it's in
Colorado," he replied. His wife died in
1972 and Fitch now lives alone in his
somewhat isolated cabin. When the
snow clears, he likes to take short
hikes, but finds that he no longer has
the strength to climb some of the big-
ger peaks near his home. Until recently
he did a lot of reading, but because of
failing eye-sight, he now finds that diffi-
cult, so he spends much of his time
listening to classical music.

Fitch said he would like to take in
the Olympics in Los Angeles this year. Trouble is, he can't get a ticket. "I wasn't assigned
II the 13th and final heat in the first
round and there were only two of us,
s0 all we had to do was jog around
the track to qualify for the next heat."

Looking back on the race against
Liddell, Fitch thinks he may have been
psych ed by the stakes and tapes
dividing the lane. "I had almost seen
those things before and I was worried
about running into one of them," he remarked. "I think I was more con-
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stretch, I expected to see Liddell slow-
ning down as it didn't seem possible for
him to hold that pace. He ran with his
head back and his nose pointing to the
sky just like they had it in the movie. I gained a few yards on him near the
finish, but it wasn't enough."

Following the race, Fitch con-
gratulated Liddell, but Liddell seemed
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The awards ceremony did not resem-
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the stadium. "There was no engraving
on the medals, so we just grabbed whatever color we had coming to us," Fitch recalled.

Fitch continued to compete over the
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for this, and I haven't run since."

Fitch later joined the staff of the
University of Illinois as an engineering
professor and retired from that job in
1969. What took him to the mountains in Colorado? "Well, my wife was from Colorado and she said I couldn't live anywhere I wanted as long as it's in
Colorado," he replied. His wife died in
1972 and Fitch now lives alone in his
somewhat isolated cabin. When the
snow clears, he likes to take short
hikes, but finds that he no longer has
the strength to climb some of the big-
ger peaks near his home. Until recently
he did a lot of reading, but because of
failing eye-sight, he now finds that diffi-
cult, so he spends much of his time
listening to classical music.

Fitch said he would like to take in
the Olympics in Los Angeles this year. Trouble is, he can't get a ticket. ____

were only two of us that got to the
finals in the 400." Fitch had to run in two heats the day before the finals and then in his world-
record breaking semifinal the morning of the big race. "I was a little lucky, though," he said. "I had never seen
those things before and I was worried
about running into one of them," he remarked. "I think I was more con-
cerned about those than I was about
Liddell and I may have run a bit too
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A Homecoming

You talk about your nostalgia, this was a bit heavy, even for an old heavyweight. I mean, not just California, the land of my youth; not just LA, the city of my first kiss, or was that in Pedro, damn if I remember just how and when anymore, it actually wasn't that big a deal for me and I don't think it was for Bob either. This was Santa Monica, the town where I spent every summer of my life until things like reading and writing and earning a living made hanging around the Pier a bit awkward. Santa Monica you see, was the home of my rich grandparents. Oh, how I loved my rich grandparents. Not that I didn't love my mother's parents, too, and their unique and humble life style in rural Minnesota. They were wonderful people with stability and reserve. As I recall, they had a very low threshold for nonsense. My grandparents in Santa Monica, however, were really rich. They lived a block from the ocean and had friends on California Blvd. in Pasadena. What memories! There was a drug store a couple of blocks away on Wilshire Blvd. My grandfather would give me a dollar for his paper and the change covered a treat for me. This drug store had a candy section that wouldn't quit. You had your Baked Beans, your Lemon Heads, your Red Hots, your Sugar Babies and, of course, the new sweet sensation, Alexander the Grape. I think I just realized why I don't have my teeth. If only the Communists hadn't controlled fluoridation.

In November of 1983 I received an invite from Tom Sturak and his wonderful Los Angeles Marathon Committee (LAAM) to attend the first annual Los Angeles International Marathon on February 19, 1984. I would pay for my airline ticket, my hotel room and meals as well as the $15 entry fee but these were mere inciden-
tals in the overall spirit of the invitation. Race headquarters was at the historic Sheraton-Miramar Hotel on Ocean Avenue in downtown Santa Monica. The race would start at Santa Monica City Village, wander through Santa Monica and Venice at a delightful downhill pitch before boarding the Marina Freeway and a trip east to the Los Angeles Coliseum adjacent to the USC campus. The race would be run on Sunday, so I arrived on Friday afternoon to take part in the pre-race doings. Santa Monica has undergone a few subtle changes, to say the least. A majority of avowed Communists on the city council, rent controls and a town dubbed by the rest of California as the "Peoples Republic of Santa Monica." Not exactly the stuff that makes downtown Moline click. I don't know if Grandfather could have handled the policies, let alone the jogger weirdos who had run this lush parkway in the middle of San Vicente Boulevard to a near state of baldness. I mean, if you want to run, go to Santa Monica. Anyway, on Friday night they have a great party for the race officials, invited runners and important people. A Japanese company has bankrolled the marathon with over a million dollars, complete with prize money and from all outward indications, an excellent marathon. A Trial run, so to speak, on the course to be used in the LA Olympics in August. The party was a veritable Who's Who in running. Marathon Miller, in a seer, snuck into the party after me. We spent some time together. Bill Adler and his wife were there; what a lovely wife! So was Steve Forest, the star of TV's SWAT TEAM. He made an interesting comment, about who would pose the greater danger to the public during the Olympics, terrorists or SWAT Members. Forest has an older brother and, as a master runner, you should remember — Dana Andrews.

Remember Wayne Collett? It seems like yesterday I saw him break 45 seconds in the 400 meters. He's an attorney now and doesn't run, looks just great the same. The African runners were all walking around with a box of running shoes under each arm. By studying their builds I think I finally realize why I'll always be severely limited as a runner. When standing next to them, I would observe myself to be a full foot taller and they would still have longer legs than me. I felt like Toulouse Lautrec. Man, do they ever have white teeth, as well as being a very nice group of young men. Not too young, mind you, but certainly not old. Al Sheehan spent most of Friday night trying to pronounce their names correctly. I loved Gidamis Shahanga's line after he had been driven over the marathon course, "Is there any bonus for a world record?" Bill Stock was there, disguised with a wig, trying to catch another in the long list of short-cutters from San Diego. I told Bill if he caught the guy red-footed to shoot him on the spot, if he must, but don't let Ken and Jen find out. For God's sake, the man probably has a wife and family, for crying out loud. Frank Shorter was there, I'd see him running down the halls to his room in the hotel. Seemed a little more aloof than usual. Miki Gorman was at the finish line; she looked great so I suppose she's not running. When I first saw Mayor Bradley I thought he was another Kenyan coach; should have known better though, he didn't have complimentary running shoes on.

The race was great! Well run on an excellent course. The clear skies and cool air by the way didn't hurt a bit. I ran the race pretty much as a gesture — take it out at 7's, hold them as long as I could then see what happens — it didn't. At about 10 miles a good looking college type passed me carrying a football. I didn't pay much attention because we were near Venice, this was a beach kid out for a couple of laughs. With about a half mile to go in the marathon I was totally shocked to see the same kid still carrying the same football and still ahead of me. I've been beaten, embarrassed and humiliated by about everyone and everything having to do with a marathon, but damn if this wasn't a first. I took dead aim on the football, sneaked up behind him and then in the spirit of all the Fun Runs held throughout the land, I sprinted by him with five yards to go. Take that, Football! Sometime after the race, my wife asked me about my "finishing time and, unbelievably I didn't even know."

About now, I see the kid and his football and, knowing I had blown him away by a step or maybe more (I was flying), I asked him if he caught his finish time. "3:15 or 3:16, Pop, nice run." He also told me he was a junior ballback at UCLA, had played against Illinois in the Rose Bowl and this was his first marathon. I just knew the kid was dying to tell me why he had just run 26 miles with a football, so, I didn't ask. I already knew it would be some embellishment of an old story, "Here kid," says the coach as he tosses him a football, "Eat with it, sleep with it, don't ever let go of it again for anyone or anything. Then maybe you can be a regular on this team." I let it go and didn't give the football kid another thought until I received my computerized finish time and place in the mail a few days later. 3 HOURS, 18 MINUTES, 15 SECONDS. I immediately thought about getting my time from the football player. He'd run one race, he isn't even out of the stadium and he's already lying about his time. Not that 1 haven't done a little ball players lie about the score of their game, but to other team win that game? And to with all the different sports, but didn't. At about 10 miles a good looking college type passed me carrying a football. I didn't pay much attention because we were near Venice, this was a beach kid out for a couple of laughs. With about a half mile to go in the marathon I was totally shocked to see the same kid still carrying the same football and still ahead of me. I've been beaten, embarrassed and humiliated by about everyone and everything having to do with a marathon, but damn if this wasn't a first. I took dead aim on the football, sneaked up behind him and then in the spirit of all the Fun Runs held throughout the land, I sprinted by him with five yards to go. Take that, Football! Sometime after the race, my wife asked me about my "finishing time and, unbelievably I didn't even know."

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WRITE ON!

Continued from Page 3

The best hurdler is going to win, no matter what the height. It is the average hurdler who will have the most trouble. I'll still do it, but it will take a lot of the fun out of it. After all, isn't that what it's all about?

Richard Nordquist
Talent, Oregon

(Prior to 1981, USA Masters used the same higher heights as WAVA. As an experiment, USA heights were lowered to see if participation would increase. It didn't. Still, in 1983, the USA tried to persuade WAVA to adopt the lower heights. WAVA refused. So to obtain uniformity with WAVA, USA Masters voted last December at the TAC Convention to return to the WAVA standards. Some USA hurdlers are pleased, some are not. Some local meet directors are still using lower heights. That's their privilege. The Regionals and Nationals (controlled by the TAC Masters Committee) will be run at the WAVA heights. It's a boring issue to a non-hurdler, and one which MNM would like to put to rest, once and for all. We still don't work. Now let's start using the WAVA standards and move forward. — Ed.)

TRIATHLONING

I planned to drop my subscription to the National Masters News because I simply have no interest in the track and field events you emphasize. However, your Triathlon articles changed my mind. If you're going to cover Masters Triathlons, you've got me.

Jack Esrey
Winchester, Virginia

(Stay with us. We feel we do a pretty fair job covering not only track & field, but also long distance running. With Jim Cullen's regular column on masters triathloning, we hope to further broaden our coverage of masters athletics — Ed.)

SUBMASTERS SLIGHTED

The National Masters T&F Championships Meet in Houston last year was of good quality, but I became disillusioned the way Submasters athletes were treated at awards time. Masters athletes were given patches and medals acknowledging them as national champions. The Submasters were given a medal but no patch. The reason was that "submasters were not really masters."

This makes the submaster second class. There is no reason for submasters not to have the same kind of privileges the Master division enjoys. Submasters must abide by the same rules that the Masters do. Submasters should be equal in all phases of the sport.

The World Championships in San Juan is a fine example of excluding submasters from competition.

The patch shows you and others that you are a part of the masters program. So why are submasters excluded from some competitions when we compile the largest population by far in all masters competitions?

Armand Gibson
Atlanta, Georgia

(The awarding of patches sounds like a simple matter, but, in fact, it's quite complex. Certainly submasters (ages 30-39) should have equal status with masters (age 40+) and receive the same awards, medals and patches as do masters. Submasters comprise a significant portion of any masters meet. Submasters have provided essential leadership to the program.

There is no problem in local meets, where meet directors have traditionally provided competition for anyone age-30-or-over, and generally give equal awards. But the regional and national masters championships are under the official control of the Athletics Congress. Winners receive official TAC championship awards. And here's the point: there are no official TAC submaster championships. The submasters group is officially still under the control of the TAC Open & T&F Committee, whereas the 40-and-overs are controlled by the TAC Masters Committee. The Open Committee only caters to the few submasters who can still compete successfully in open competition. The Masters have always provided a place for these unwanted 30-39 year-olds to compete, but cannot officially hold a TAC submasters national or regional championship. So the competition is held, and the submasters compete, but it is an "unofficial" championship because, legally, submasters don't exist as a separate age group. In race walking and long distance running, for example, there are no submasters championships. (Bob Fine tried to establish such championships at the last TAC convention, but received no support.) There is talk that TAC would like the Masters Committees to provide official submasters championships. It is a legitimate matter which will be taken up at the TAC Convention in San Diego in December.

On an international level, which is governed by the rules of the IAAF. Masters competition starts at 40 for men and 35 for women. That's why there are no submasters championships at the World Games. If the IAAF changes its infamous Rule 33, then official World Championships for submasters should have a green light. Rule 33 defines "professionalism" and prohibits..."

Continued on Page 11
How To Hold Your First Masters Meet

No wonder meet directors like Bob Fine of the New York Masters and Ron Salvo of the Shore A.C. are often regarded as cranky at their meets. They and others like them have held so many, that many of us who regularly compete in Masters track have probably been taking their efforts for granted. If it were not for the efforts of Fine, Salvo and Fred Mannis of the Philadelphia Masters, just how many meets would there be in the Middle Atlantic states for Masters athletes to compete in?

I silently appreciated their efforts for the past two years since I have begun to compete, but now I can share in some of their frustrations after holding a meet. I just recently held the Pennsylvania Masters Indoor Championships in Carlisle, Pennsylvania. During the summer, I thought that if the Masters program is going to maintain its present level of members, let alone attract new ones, that others must begin to take an active role in providing competition in areas outside New York City, New Jersey, and Philadelphia. I learned about Masters track competition by accident in 1981. If I had not stumbled onto the 1981 WAVA North American Championship results in a Philadelphia paper while vacationing at the New Jersey shore, I would be a frustrated tennis player right now. The point is, I believe that if the Masters movement is going to grow, then more of us are going to have to take an active role on its behalf. How many of us live in areas that have no Masters competition available? I am willing to bet that a lot of us in the Middle Atlantic states do not travel to the Philadelphia, New Jersey, and New York City areas to attend meets.

I was willing to bet that, if you advertise nationally through the NMN, through regional Masters track and field clubs, local road racing clubs, and saturate your area with information about a Masters meet, you would receive a fair turnout. I was right. I train regularly at Dickinson College's (Carlisle, PA) indoor and outdoor track facilities. The college's director of athletics is interested in Masters running to some extent, and was willing to offer the college's indoor sports facility if I would run the meet.

The sports center has a four-lane, 200-meter indoor artificial track, complete with long and triple jump pits. Locker room facilities were excellent and there was a spacious upper lobby for spectators.

It was a lot of work from beginning to end, with Ron Salvo and Fred Mannis assisting me along the way. I had no club sponsorship at all, so I was forced to write letters, call businesses, and make personal appeals for sponsorship. After awhile, I was able to come up with $500 from Blosser Beverages of Carlisle, the local distributor for Budweiser-Light beer. Blosser Beverages had been a frequent sponsor of local road races and was interested in exploring other areas for community involvement. You would be surprised how many major local businesses are now required by either their board of directors or national office to provide financial assistance to community activities on a quarterly basis.) In exchange, I was to promote Bud-Light as the sponsor. With the $500 and a free facility, I felt I had most of the major expenses covered. Hopefully, the meet entry fees would cover all remaining expenses.

I contacted the Harrisburg-area newspaper months ahead of the meet so they could assign a reporter to it if they were interested. As luck would have it, a 36-year old reporter/jogger was assigned and was fascinated with the story. It turned out to be his major sports feature for the month of December, with a three-quarter page story appearing in the sports section on Christmas Day. After the story appeared, it seemed like all I did was answer telephone calls requesting information on Masters track for two weeks. One 67-year old woman called who, for two years, had been looking for a Masters meet. She knew the program existed but could not find out about it. Well, she came, stayed the entire day and competed in the 60-yard dash (11.95), 200M (47.07) and 400M. Since she is retired, and has nothing to do but travel and compete, I expect to see her in meets from now on.

Shortly before the feature appeared on Christmas Day, several additional local businesses expressed an interest in providing special prizes to outstanding performers. C.H. Masland & Sons Carpeting of Carlisle donated $200 to purchase running suits so they could be awarded to outstanding performers in each ten-year group. Brooks Shoes provided gift certificates and numbers at no charge (a value of $250). These major prizes, coupled with gift certificates donated by local sporting stores, enabled me to provide over $1,200 worth of awards and prizes to the athletes.

Now these additional awards are really not necessary, but you just cannot refuse offers of free equipment. In fact, the only real problems experienced at the meet were at its conclusion when meet officials had to decide on what to do about the outstanding athletes in each ten-year age group.

About half of the 125 participants had never before heard of Masters track, and I spent what little remained of Sunday afternoon and evening answering my telephone, telling the contestants and spectators that I would hold another Masters meet sometime in the 1984 summer in the Harrisburg/Carlisle area. I could conceivably hold a pentathlon on Saturday and a track meet on Sunday.

Financially, I expect to realize a total profit of $5 to $10; not bad, considering that I could have lost $500 on the meet if it flopped, since there were no additional sponsors, and that all related meet expenses exceeded $1,000.

The meet was an awful lot of work. I could not believe how many things I had to think of and do. No wonder your meet directors do not compete! There just was not enough time, and you are really more concerned about the operational details of the meet than about your own performance. I know

Continued on Next Page

THE RECORDS WON'T BE THE ONLY THINGS FALLING.

Run the time of your life for a piece of our $150,000 purse, or take the time to enjoy our beautiful autumn scenery.
Write On!

Continued from page 9

hints anyone from competing who has "competed for unauthorized pecuniary award," or, with the exception of Veterans meets, "competed in any athletic meeting under IAAF rules in which any competitors in any of the events, were, to his knowledge, ineligible to compete under IAAF rules." That covers a lot of territory, so WAVA limits the World Games to men 40+ and women 35+. Rule 53 may well be changed after the 1984 Olympics. — Ed.

Continued from Page 3

Virginia Indoor

Outstanding performances by competitors from outside the Virginia Association included an 8.4 in the 55m hurdles (31") by Lawrence Pratt, 52, of Cinnaminson, New Jersey, who took only 3 steps between hurdles. Edward McKendry, 50, of Raleigh, N.C., ran a 4:48 1500m, while Susan Houlton, 36, of Atlanta, did the same distance in 5:03.

In team competition, the Virginia Track Club won both the submasters and the M40+ trophies. In all, fifteen different track clubs were represented at the meet; six of these were from the Virginia Association.

John Hobbs

Continued from Page 3

Charles Spedding, London, England, was adjudged the winner over Massimo Magnani of Italy in a dramatic photo-finish. Both were timed in 2:11:54, but Spedding collected $20,000 and Magnani only $12,000. Women's winner, Ingrid Kristiansen of Norway, got a course record, the fifth fastest women-marathoner-ever slot, and $20,000, with a time of 2:27:31.

 Randall Beats Hill

Continued from Page 4

hopeful, held off a host of foreign “snowbirds” (11 of the top 15 men were from other countries), but no female runner could hold off Crete Waitz, 31, of Norway, who won in 31:58.

2:17:59 Marathon

Continued from Page 1

$750,000 to make this a first class race. They succeeded in quality, but not in the hoped-for 3000 quantity. The 600 who competed generally said it was one of the best, if not THE best, race they had ever run in.

Each masters division winner won $100, including Jim Knerr, 49, who turned in a sparkling 2:37:57 to notch the 45-49 title by 20 minutes; John Richards, 52, 2:49:37; Patrick Devine, 55, 2:48:45; Flory Rodd, 60, 3:09:31; Jacqueline Hansen, 35, 3:04:34; and Nancy Buchanan, 40, 3:50:50.

Los Angeles Mayor Bradley presented the awards to the winners at a victory ceremony at the finish line inside the Los Angeles Coliseum.

The top six male and female runners shared $100,000 in total prize money, with $12,500 each going to Shahanga and Gareau. (Shahanga may be forced to decline, however, since he’s still a collegian at Texas El Paso University.)

It was the first-ever confrontation between the two generally regarded top veteran marathoniors in the world — Mielke and Antonio Villanueva, 43, of Mexico, who has a 2:13:41 to his credit as a 40+ runner. But Villanueva dropped out midway, “I went by him around the 12-mile mark,” Mielke said, “and I didn’t see him again. I liked the course very much, and wasn’t bothered by the wind or the incline.”

The race served as the Olympic Trials for the Kenyan and Mexican national teams, so Villanueva is out, even though he had the 3rd best Mexican time prior to the race. The race was organized by Jim Bush, track and field coach for UCLA the past 20 years; Mel Elliott, a world class masters runner; Ed Staley, Tom Surak and David Zelon.

Three runners from the Soviet Union competed, including Polina Grigorenko and Zoya Ivanova, who finished 4th and 5th in the women’s race in 2:38:41 and 2:39:40, respectively.

Margaret Seitz, 47, Coney Island, New York, 1st Woman, age 55-59-60 in 3:00:49 at the Los Angeles International Marathon, Feb, 19, and 10th female overall.

Photo by Richard Lee Slottkin

6th Annual Senior Classic

June 13 - 17

Track & Field, June 16-17

Age Groupings: (Open), (30-34), (35-39), (40-44), (45-49), (50-54), (55-59), (60-64), (65-69), (70-74), (75-79), (80+) up.

Starting time: Saturday, 8 a.m.: Age 55 up.
Sunday 1 p.m.: Open - age 55.

5K Run on Track (All ages) 6:30 p.m., Saturday, June 16.
Sponsored by the TAC-Nike-Hoosier Track Club and the Indianapolis Parks and Recreation Department.


Awards.

Entry Fees: $5.00 for one event, $2.00 each additional event.
Day of Race: $8.00 for one event, $3.00 each additional event.
- no refunds -

TRACK EVENTS: 100M, 800M, 50M, 1500M, 400M, Mile Walk, 80-110 Hurdles, 200M, 400M Hurdles (Up to age 55), 5K Run.

FIELD EVENTS: High Jump, Discus, Standing Long Jump (Age 55 and up), Shot, Pole Vault, Javelin, Long Jump, Football Throw (Age 55 and up) Triple Jump, Softball Throw (Age 55 and up).

EXTRAS FOR THOSE AGE 55 UP: Starting June 13-15, includes basketball, bike races, Swimming in new Natatorium, Bowling, Dancing, Tennis, etc. Check box on entry form for this section of Senior Classic.

Please send entry form to Bob Coughlin, 305 S. Barton, Indianapolis, IN 46281 (317) 241-3446.
RUNNING WITH MARCO POLO, M.D.

BY ALEX RATELLE, M.D.

On Setting Sail For Boston

The passing of time must be a seventh sense. And, like all the senses, it finds some individuals more blessed than others. Preoccupation with family and job and weather sometimes makes the days go all too fast. For runners this is a mixture of a curse and a blessing. Our days are full, but a whole year, even a decade or two can, just fly by. For me, it is Boston time again.

The Boston Marathon was my first experience in long distance racing. With 15 Boats behind me, the pace, the pain and the problems are all too readily recalled. So, I work hard in preparation for my annual trek to Massachusetts.

In the midst of expanding mileage from fifty to eighty miles a week, I left for eight days of sailing in the Caribbean. We had a hard-nosed Swedish captain who dinged me to shore every day — a major disruption of the day's sailing. "No problem," he said.

My first long run began on Virgin Gorda Island. (Virgin Gorda means Fat Virgin.) The captain slowed at the fishing dock only long enough to dispose of the day's garbage and his only crew member — me — crazy enough to run in 100 degree temperature.

As I started the 12-mile run up the sixteen hundred foot "mountain," I was wearing nylon shorts, New Zealand singlet, a broadbrimmed canvas hat, and light weight but firmly solid racing shoes.

The scenery was terrific. But the steep inclines and left hand traffic kept me from becoming a true tourist. I had been in the tropics only two days and my concerns were dehydration and hyperthermia. Before leaving the boat, I drank a liter of water and half a liter of orange juice. Patty handed me two cans of lemon-tea with glucose and ten dollars in pocket money.

The first three miles consisted of climbing twisted and cobbled roads. The breeze and view became more pleasurable with the increasing height. A gradual euphoria developed as the extent of the adventure became apparent. The occasional vehicle pulled to the middle of the road, leaving me irregular but firm footing. Every wave was returned. And the native drivers who came to recognize the yellow New Zealand shirt uniformly smiled and even shouted greetings. In the late stages of the run these small tokens distracted me from the mild distress of some "flat out running."

At the six mile mark I drank the first can of lemon-tea ... and immediately felt refreshed. At this time I began using the viewpoints as resting spots and, though the halting times were rarely more than thirty seconds, my tachycardia/tachypnea slowed from 140/50 to 100/30, indicating my core temperature was not rising.

As the road passed through Roadtown and then on to the Baths, I enjoyed a fullblown euphoria. In part because I was being observed with some intensity by the "tourists" and it became increasingly difficult to keep pace at a comfortable six-minutes per mile.

After two hours of this mixed running I was standing on a rocky promontory on the southern-most tip of Virgin Gorda. As I tipped up a beer obtained at a small native store, my boat appeared suddenly in the little cove and hove to. Tying my shoes around my neck I swam out to the dinghy and climbed aboard. Captain Bligh grinned and asked "How did it go?" And without hesitation I replied in the same Swedish brogue, "No problem."
In articles one and two we discussed swimmer's ball game. An athlete who comes from a running background seems to have an advantage over the rest of the Tri-Athletes. Most swim and bike coaches agree that, because of the basic aerobic condition runners are in, it's not that difficult teaching them how to swim and bike. In coaching master athletes in our Tri-club who come from swimming and biking, I find they have a difficult time with the running portion of their muscles. I'm sure you have 1,000 questions as to what makes Triathloning tick, and I welcome them. Send questions to: Jim Cullen, 3821 80th Ave., S.E. Mercer Island WA 98040.

David Harrison takes 2nd M45-49 in Coors Triathlon (1 mile swim, 56-mile bike, half-marathon run) in Olympia, Wash., in 5:05.

Triple Training:
PUTTING IT TOGETHER

In articles one and two we discussed Swimming and Biking. This month we're going to discuss Running and how to blend all three sports together so as to have a complete Triple-Training Physical Fitness Program which I think all runners need to stay injury-free.

Let me say this: triathloning is a runner's ball game. An athlete who comes from a running background seems to have an advantage over the rest of the Tri-Athletes. Most swim and bike coaches agree that, because of the basic aerobic condition runners are in, it's not that difficult teaching them how to swim and bike. In coaching master athletes in our Tri-club who come from swimming and biking, I find they have a difficult time with the running portion of their muscles.

I personally enjoy learning the different techniques in swimming and biking, but feeling you did accomplish something. Swimming can be a very refreshing wrap-up if you E-Z stroke your way to 1 mile afterwards to shake off those pounding feet. We have weekly training schedules set up at the Bellevue Athletic Club that gives the runners and Tri-Athletes a strong solid Triple Training Program which we feel keeps us fit and injury-free — as long as YOU DON'T OVERDO IT!

Here is our Weekly Training Program. Monday: Run five miles at 30-seconds-per-mile-slower-than 10K race pace. For example: If you race a 10K at 6:30 pace (40:00), train at 7:00.

Swim 1 mile: Nice evenly paced swim to loosen up the rock that the run made of your muscles.

Tuesday: Run 8 miles at same pace as Monday night and Swim ½ mile afterwards.

Wednesday: Bike Ride or Turbo Trainer (Stationary Bike) for 25 miles after 1½ hours of running.

Thursday: Run Track Interval: 10 440's at .70 to .80 (of race pace) per lap with 440 jog in-between. Swim ½ to 1 mile afterwards to shake out the Running Rock.

Friday: Bike easy 15 miles or 45 minutes on Stationary Bike.

Saturday: Race or Time Trial: Time Trial at 85% effort. Swim 1½ miles — Bike 35 miles and finish with a 12 mile Run. On Time Trials, push yourself good all the way through. Concentrate especially on your weakest event and give it a maximum effort.

Sunday: Recovery Workout: Long Run. On Time Trials, push yourself good all the way through. Concentrate especially on your weakest event and give it a maximum effort.

TOTAL MILES PER WEEK:

Running: 40 miles

Biking: 80 to 100 miles

Swimming: 4 miles

This is the program we set up for the Tri-Athlete with six months training experience. A beginning Tri-Athlete with a strong running base of 50 miles or more a week should have no problem blending into this training schedule in a few short weeks.

I'm sure you have 1,000 questions as to what makes Triathloning tick, and I welcome them. Send questions to: Jim Cullen, 3821 80th Ave., S.E. Mercer Island WA 98040.

TAC/PACIFIC TRACK & FIELD CHAMPIONSHIPS

for
OPEN MEN & WOMEN, MASTERS MEN & WOMEN

MAY 19, 20, 1984

Los Gatos High School & San Jose City College
Sanctioned by TAC/PACIFIC ASSOCIATION
Sponsored by LOS GATOS ATHLETIC ASSOCIATION

ENTRY DEADLINE WEDNESDAY, MAY 16, 1984

ELIGIBILITY: All Men and Women registered in TAC/Pacific Association, 1984 Tac registration required. Registration available at meet $4.00.

ENTRIES: Pre-entry required before Wednesday May 16. No post entry will be accepted. Phone entry a.k.a. May 16 Day 354-5800, Night 358-5525.

FEES: $4.25 per event, $12.00 for relays. Guest Competitors $5.00 per event. Late entry if space available, $8.00 relay post entry O.K.

NOTE: Hammer, javelin, pole vault, and 5,000 mile will be contested at San Jose City College on Sunday, May 20 (see Schedule).

HEATS: Will be run if entries in 100 and 200. Heats will be contested in all age divisions that they are needed and the time at the end of the 800, 400 will be run in timed sections based on times submitted on entry form.

FACILITIES: All weather track surface 1/4 spikes only. Concrete throwing rings, grass javelin runway.

AGE GROUPS: Open 16-29, 30 and above in 5 year age groups. 30-39 competitors may compete in open events if they so desire, but must stay in that division except in relays. Age on May 15, 1984, determines age group.

AWARDS: TAC/Pacific championship medals to first three places in all events.

TAC/PACIFIC TRACK & FIELD CHAMPIONSHIP
ENTRY DEADLINE MAY 16, 1984

NAME

EAST (FT/M)

STATE (CT)

AMOUNT OF ENTRY FEE

CHAMPIONSHIP

MILLE MARRIATZ, ERIK SPRINGBRETT; Co-Meet Directors;

P.O. Box 1328, Los Gatos, California 95030

408/354-5800 Days

408/354-5525 Evenings

In consideration of your accepting my entry, I hereby agree to hold harmless the TAC/Pacific Track Association, its officers, directors, employees, sponsors and assigns from any and all liabilities for personal injury or damage that may occur to me while participating in the TAC/Pacific Track & Field Championships held May 19, 20, 1984, at Los Gatos High School, Los Gatos, California, and at San Jose City College.

Date

Signature

INFORMATION ON ENTRY FORM

Full Name

Address

Age on May 15, 1984

For Men/Women/Club

Start of 1983 Ironman Triathlon in Hawaii.
The demand for Olympic rental housing is less than expected. The market is flooded with private homes up for rent during the Games July 28-August 12 in Los Angeles, according to Caldwell Banker, the nation's largest realty company, who decided to stay out of the Olympic rental housing business.

- A few hotels are gouging: one downtown LA fly-by-nighter is asking $225 a night, but the going rates now seem to range between $50 and $100 a night per bedroom. An Iowa family of six came up with a unique way to beat the high prices: They'll be pitching their tents in the back yard of a Hollywood Hills home, and bicycling to the events. The rental cost: $25 per night for the whole family. "We'll probably go to a public swimming pool to shower," Jim Walker said. "We agreed we'd let the tourists morning and evening." Walker located the 'campsite' by placing an ad in the LA Times classifieds.

- LAOC President Peter Ueberroth said a large number of Olympic tickets may become available if the IOC decides not to use its allotment. Ueberroth noted the many empty seats at the Winter Games in Sarajevo — seats allocated to the IOC — and says "such an occurrence in Los Angeles in events where people obviously want to attend would not be acceptable." He's asked the IOC to give back the tickets it isn't going to use.

- LAOC's greatest concern, however, is insurance. claims to the LAOOC turned down a request to stage an exhibition masters race during the Olympics are paying their own way. From the East, international carriers.

- Many Prizes T-Shirts
- Tropicana Hotel - HQ
- Nevada CA 89107
- Tel: 1-384-484-4700
- Registration: $1000 — Pasta Dinner: $995
- Easter Run
- March 26-27, 1984
- Registration: $25.00 — Pasta Dinner $15
- TAC Center — Fun & Fair Course
- FOR ENTER: Theme Sports Enterprises, 1052 Sugarine Lane, Las Vegas, Nevada 89107
- 1-384-484-4000
- Nationwide Travel — 1-384-TTR-TRIP
- Treasure Hunt — HO
- Baner River, Perry, Reveal 20, Advance
- 1-384-111-1111, 1111-1993-1234
- Multi-Purpose T-Shirt
- FEATURING:
- Ed Mendolla, Frank Phillips, Randy Espinosa
- Ivan Huff, John Moreno, Duane Harris
- Ed Mendolla, Chuck Curty, Cyndi Cramow
by JAMES WALKER
APRIL 19-20, 1984
EASTER RUN
TO BENEFIT BIG BROTHERS — BIG SISTERS
10K & HALF MARATHON
Las Vegas, Nevada
April 19-20, 1984
Registration: $25.00 — Pasta Dinner: $15
TAC Center — Fun & Fair Course
For Enter: Theme Sports Enterprises
1052 Sugarine Lane, Las Vegas, Nevada 89107
1-384-484-4000
Nationwide Travel — 1-384-TTR-TRIP
Treasure Hunt — HO
Baner River, Perry, Reveal 20, Advance
1-384-111-1111, 1-384-1234-1234
Federally licensed in: Las Vegas, California, Nevada, Hawaii, Fiji, Fiji, Fiji.
Multi-Purpose T-Shirt
Featuring:
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by JAMES WALKER
Richard Stepp's article in the February National Masters News suggests that all major masters championship events should be organized by a paid staff that does not change from year to year; it suggests that we will only get what we pay for; that reason why many of our meets have second-rate. Perhaps a fulltime staff is something to work towards, but, because of our financial limitations, we need another solution.

In 1984, the National Masters T & F Committee is operating on a $10,000 budget from TAC/USA. With this money, we must support not only the regional and national indoor and outdoor meets, but also a portion of the travel costs for meet directors and national TAC representatives. Without question, we are operating on a minimum budget, and we cannot exist without the efforts of volunteers and sponsors.

From the beginning, a basic concept in Masters competition has been to encourage all those who wish to participate. Accordingly, host organizations have been encouraged to keep entry fees small. Perhaps that is one reason why many of our meets have more of a picnic atmosphere than a professionally organized meet.

Stepp presents significant issues which must be addressed. At the National Committee meeting at the end of March, we will discuss: 1) participation by as many competitors as possible; 2) raising money; 3) helping local sponsoring organizations find competent officials and administrative help to run the events.

I was taken with Olympic cross-country skier Bill Koch's attitude towards his performance in Sarajevo. He didn't win. He didn't place. The news media, geared to the exhilaration of winning and depression of losing, seemed shocked by his attitude. Koch explained that, while the public and the media attach great significance to winning, he felt his obligation was to strive for excellence and to do the best he could. If, when he finished a race, he could say, "I did the best I could today," he was successful and had no regrets.

This concept seems appropriate for masters athletes, and perhaps it should also be the over-riding goal for those who are in charge of making the competition happen. Future events may not be run technically perfect, a professional fulltime staff may never be available, and the facilities may not be Olympic caliber. But everyone involved should try to achieve his or her own level of excellence, within his or her own physical, mental, financial and time limits. Acceptance of that concept would do away with the need for anger or criticism at any level of competition, but would in no way reduce efforts to provide a first-rate competitive forum.

The two-mile walk resulted in two American age-group records when Byron Fike, M75, hit a 21:23, and Ernestine Yemans, W60, got a 21:41. Joe Vitucci, M60, primed for the Nationals with a fine 18:18. The night's best time was M45 Jack Blackburn's 16:15.3.

The field events provided many fireworks. Pat Burns, M30, heaved the shot 49'1"; and Joe Chadbourne, M50, continued to throw well with victories in the shot and the 35# weight. Phil Brusca, M55, got off a winning 44'3". Mary Chadbourne used the discus turn to throw 20'8".

The four M50 long jumpers ended up 9" apart, with Calbreath emerging as victor with 16'9" over Larry Steinrauf's 16'7". Leslie Thomas, M70, won with 13'5"; and Vickie Tolleiver, W30, popped a 13'10½" jump for the best in the women's field. Rich Christoph's M30 15'7" pole vault, despite his sore knee, was just inches short of the fieldhouse open record. Arling Pitcher, M80, set an age-group vault height of 6'1¼".

High jumpers Paul Dorsey, M45 and Essie Kea, W45, were the meet's best with 5'10" and 4'0".

The weight throws were held outside, and the welcome sunshine added enthusiasm to the participants. Peter Elmendorf, M30, returned after a 4-year layoff to win the 35# weight with 38'11½". Norm Bower, M35, threw a great 43'1½" for his win. Nolan Fowler, M70, came to the meet to set three American records in the 24, 35, and 56# weights and did just that with 44'5", 34'2½", and 23'½" tosses. Mary Chadbourne, with four consistent throws, set a record of 23'8" with the 256.

Once again, the Over the Hill TC took the team title with 102 points, 20 better than the home club, Clifton TC.

Plans are already underway to make the '85 meet a better and bigger event with the help of this year's participants, who will hopefully spread good news about this year's meet.

Double Winners

Continued from Page 3

Single event masters winners with the meet's top marks were Jack Boitano, 51, in the 3000m walk (14:25.2) and Haig Boghigian, 47, in the triple jump (33'3¼/'). Thirty-three-year-old Ray Harrison was the longest jumper in 19'1½".
Watch out, Clive Davies. Here comes Frank Grey!

On Sunday, February 28, Grey, a 64-year-old fire chief from Poulsbo, Washington, joined the select few runners over age 60 who have run the marathon in under 2:50. In the

"I was brought face to face with what running has become in our culture."

Trails End Marathon at Seaside, Oregon, Grey clocked 2:46:45. Not only did he win his age division, but he defeated the winner of the 50-59 category and placed 37th overall in a field of more than 1,100 runners.

(Davies holds the 60 & over record at 2:42:44 and, until Grey’s performance, had pretty much been in a class by himself among Americans.)

Born and raised in Pikesville, Kentucky, Grey settled in Washington after meeting his wife there during a tour of duty in the Army. He took up running in 1972 because his job as a firefighter demanded that he be in top physical condition. "I’d played baseball, basketball, and golf for many years, but I’d never really considered my golf game has also improved, down from the 90’s to the low 80’s," he adds. "At 64, I’m probably the oldest firefighter around and I’m enjoying life and my family more than ever before. I guess my running has a lot to do with how I feel and think."

— by Mike Tymn

Frank Grey — 64 Going on 24

During his beginning years of running, Grey was consistently running marathons in the 2:58 to 3:04 range and had his 10-K time down to the low 38’s. But it wasn’t until a few years ago that he experienced a break-through to a higher plateau.

In the 1981 NW Police and Firefighters Olympics he won gold medals in the 1,500 and 5,000 meter runs with times of 5:09 and 19:23 and took the silver in the 10,000 with a 37:57. The following year he took three gold medals and lowered his 5,000 time to 18:56. Last year, in the same meet, he came away with two golds and a silver while taking his 10,000 down to 37:12. In all of these races, he was competing in the 40 & over category even though he was already over 60.

Grey set a new division record in the 1982 Honolulu Marathon with 2:53:13, 440 at 85 seconds and 4 x 880 at 2:40; Saturday, twenty miles at about 7:30 pace.

"I used to put in about 70 miles a week, but I was tired most of the time. So now I total about 50 a week. It’s the same program that Clive Davies uses."

The Trails End race was his 50th marathon. He says his goal is to run 100 marathons and to continue running as long as possible.

"I’m running better than ever and my golf game has also improved, down from the 90’s to the low 80’s," he adds. "At 64, I’m probably the oldest firefighter around and I’m enjoying life and my family more than ever before. I guess my running has a lot to do with how I feel and think."

— by Mike Tymn

Neat Running Data Center

In this issue are the interim marathon rankings for 1983. They represent the distillation of 116,000 performances out of an expected final total of 138,000. Of the major races, only Honolulu, Fiesta Bowl, Philadelphia Independence, White Rock and Seattle are missing. The annual rankings books will go much deeper, but relatively little change in the top ranks is expected.

The top age-40-and-over runner in the rankings is Mike Manley with his outstanding 2:17:10 at the Houston-Tenneco Marathon early in the year. Cindy Dalrymple—who else—tops the women masters with her 2:44:01 in Washington October 23. If you count the "international womens veterans"—age 35-or-over—then Gabrielle Andersen takes the honors with her

2:33:25 in the California International in December.

Sister Marion Irvine’s 2:51:01 at age 54 ranks with the great masters performances of all time, and leads her 50-54 division by 17 minutes over Toshiko d’Elia, no slouch herself.

Four-time New York and three-time Boston winner Bill Rodgers turned 35 last year, and reeled off a 2:11:59 in Boston in April to lead the 35-39’s by six minutes.

## 1983 INTERIM MASTERS MARATHON RANKINGS

(Compiled by the National Running Data Center)

### Men - 35 thru 39

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>City</th>
<th>State</th>
<th>Race Date</th>
<th>Time</th>
<th>Age Category</th>
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<tbody>
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<td>Tony Gerrity</td>
<td>40</td>
<td>Devon</td>
<td>PA</td>
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<tr>
<td>Jim Forshee</td>
<td>57</td>
<td>Ann Arbor</td>
<td>MI</td>
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<td>Ruben Vigil</td>
<td>55</td>
<td>Albuquerque</td>
<td>NM</td>
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<tr>
<td>Alex Ratelle</td>
<td>58</td>
<td>Edina</td>
<td>MN</td>
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<td>Jim Glidewell</td>
<td>56</td>
<td>Fairborn</td>
<td>OH</td>
<td>16 Oct,OH</td>
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<tr>
<td>Martin</td>
<td>51</td>
<td>Covington</td>
<td>OH</td>
<td>23 Jan,AZ</td>
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<td>S W Fugett</td>
<td>57</td>
<td>Sheffield</td>
<td>WA</td>
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<td>Nathaniel Nefzer</td>
<td>57</td>
<td>Parkersburg</td>
<td>WV</td>
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<tr>
<td>Doro DeBuoss</td>
<td>70</td>
<td>San Antonio</td>
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### Men - 40 thru 44

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<th>Name</th>
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<tr>
<td>Tony Lipscomb</td>
<td>66</td>
<td>Sarasota</td>
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### Men - 45 thru 49

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### Men - 50 thru 54

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### Men - 55 thru 59

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### Men - 60 thru 64

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### Men - 65 and 69

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### Women - 35 thru 39

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<td>Steve Cohn</td>
<td>36</td>
<td>Bellevue</td>
<td>WA</td>
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<tr>
<td>Francesco DiMarco</td>
<td>36</td>
<td>South Windsor</td>
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<td>Steve Lott</td>
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<td>San Diego</td>
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<td>Eric Page</td>
<td>25</td>
<td>George Washington</td>
<td>DC</td>
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<td>Michael Holman</td>
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<td>Palm Springs</td>
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### Women - 50 thru 54

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### Women - 55 thru 59

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### Women - 65 and 69

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### Men's and Women's Residency

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### Foreigners

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### Marathon Finishers

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### Residences

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### Competitors

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### Participants

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### Results

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</table>

### Summary

- The chart above provides a comprehensive list of marathon rankings for the years 1983, including male and female participants aged 35 to 79. The listings include the participants' names, ages, cities, and states of residence, along with the race dates and times achieved.
- The chart is organized into age categories for both men and women, allowing for easy comparison of performances across different age groups.
- The data is compiled by the National Running Data Center, ensuring accuracy and credibility in the rankings.

For more detailed information, please refer to the compiled records of the National Masters News.
Continued from Page 17

**NATIONAL**

- A drug use questionnaire in the American Running & Fitness Association’s publication Running & Fitness elicited 63 responses, 17% of which admitted regular use of marijuana, while 57% stated they test positive for 11% used other drugs. Users put in 39 miles per week on average, 29% test 10K times for drug users averaged 44 minutes, while non-users averaged 46 minutes. For incomes of users averaged $41,500 annually, $52,200 for non-users. All drug users had completed four years of college, except for one who had a high school diploma. None of the respondents had a drug conviction with running. Those who had run under the influence stated that drug use impaired performance.

- Can the position of the moon affect your running performance? Steve Durand of Los Angeles thinks so. “Many world records have occurred when the moon was in a 30-45 degree arc directly above,” he says with a straight face. “Emil Zatopek ran the world’s first sub-2:10 mile on a moon phase, certainly rare in the U.S., although quite common in Europe.”

- An added feature of the 1984 TAG National Masters & Indoor Championships in Lincoln, Neb., March 5-6, and running since 1979, also a WR, in 3:59:14, will be held in 41.6 seconds in 1:19.8.

- Older masters finished first in Wendy’s 10K Bowling Green, KY. Now, when Bill Ohrdo, 48, turned in a 3:04.6, and Margaret Norris, 52, logged a 4:33:24, in a tough W50 field, to garner masters honors. Roland Anspsch, 67, won with a 3:57.0. Fleetwood Furniture, 66, took his division race over George Sheehan, 65, by 10-seconds in 41.6.

**MID-AMERICA**

- The Mid-American Masters is hosting, to host the 56th TAMC Masters Indoor & Track Championships.

**SOUTHWEST**

- Cindy Dalymple’s victory in the Gasparilla 15K, Tampa, FL, Feb. 11, extended her string of wins to 62 over a 2-year period.

- One of the top masters races of the year is the 57 marathons in a year made the pages of the Guinness Book of Records, was working on another string with a 3:30:07 for 103rd place, and Sy, Mah 57, completed his 314th career marathon, also in 3:30:14.

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The Tocco led Point Fermin Flyers won the W/overall in 41:55. Steve Berman, 41, scored a ships, Feb. 26. The racing gods have had it in the top of a log barrier set at 70'.


Bill Adier, president of the Los Angeles-Valley Track and Field Assn., went to a M65+ 1 Mile, Malibu, CA, Jan. 27. He ran 5:46, better than last year's 5:50.

The 1981 WR 4665 to.al with a 5028...Games, and a 32.6 200m to lower his own count, highlighted by a 68'9 1/2" SP, which could have measured more but bounced off of...CA, Feb. 25, when he dashed to a 15.4 100m to wipe out Konrad Boas' 16.4, set at the V World.


Top master Bill Clark, the...56:12, also in San Diego.

Mike Holbrook, M40+, successfully defended his Masters Mile title at the Foot Locker Classic, San Francisco Cow Palace, March 2, in the excellent time of 4:27.3, which broke the masters meet record of 4:30.5 set by Tom Cathcart in the '80 meet. Holbrook, of Fair Oaks, CA, won the M40+ mile at the '83 TAC National Indoor in 4:29.9. Second-place Harvey Franklin also broke the old time with a 4:30.2. Holbrook rejected an early surge by the pack and broke Franklin by 50 yards at the midpoint, but went into the lead with a lap and a half left and tailed to a decisive finish, which brought the crowd to its feet. Holbrook credited the win to his coach, John Mansoor, who designed a special interval program for him, and his crew. The other finishers were George Mason (4:35.9), Sal Vasquez (4:38.8), and Gary Goeitemann (4:39.0).

April 28-29, Penn Relays. Masters relays. Fred Mannis, 104 W. Montgomery Ave., Thomas Court No. 4, Ardmore, PA 19003. 215-642-5989.


August 17-19, 19th Annual TAC National Masters Championships, Eugene, Oregon. Oregon Track Club Masters, P.O. Box 10085, Eugene OR 97440. 503-687-0122.

April 7, Old Timers Meet, W. Palm Beach, Fla. 13440. 1-714-319-6111.

May 4-6. 14th Annual Southeastern Masters International Championships, North Carolina State Univ., Raleigh, N.C. Southeastern Masters, c/o Raleigh Parks & Recreation, P.O. Box 590, Raleigh NC 27606.

May 12. Birmingham Classic, Birmingham, Ala. Birmingham TC, P.O. Box 1491, Birmingham, AL 35201.

June 5 to July 31. All-Comers Meets, each Tuesday, 6:30 p.m., Lovett Schools, Atlanta. Championships July 29, 30, 31.

June 9, TAC Southeast Regional Masters Championships, Atlanta, GA. Ken Kirk, 3800 Stonewall Terrace, Atlanta, GA 30339.


July 5, Southeasters Track Classic, Greenville, SC. Tom Matk, 104 Pinewood Dr., Greer, SC 29651.

July 14. Virginia TAC State Outdoor Open & Masters Championships, Charlottesville, VA. Virginia Masters, PO Box 5606, Charlottesville, VA.

July 21-22, Virginia TAC State Outdoor & Masters Championships, Charlottesville, VA.

December 30. Holiday Weight Pentathlon (9 am) and regular Pentathlon (2 pm), Delray Beach, FL. Randall Cooper, Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, FL 33485.
MIDWEST

April 29. 2nd Annual North Coast Relays, Cleveland Hts., OH. May 5. 4th Annual Wolfpack Meet, Whetstone H.S., Columbus, OH. May 27. TAC Ohio Masters Championships, Trotwood, Ohio, Harold Martin, 7531 Arundel Rd Trotwood Ohio 527/834-3261.


August 4. Heights Summer Classic, Cleveland Hts., OH. Dorothy Davis, 2155 N. La Salle St., Chicago IL, 60601.

August 12. Chillicothe Masters and Senior Olympics, Chillicothe, MO. Joe Murphy, 4308 N. Central Expwy, Dallas TX 75206.

Canada


April 15. Mt. SAC Relays, Mt. SAC College, Walnut, CA. Some masters events. Hal Smith, 18720 Oxstand St., No. 404, Tarzana, CA 91356. 213/312-1174.


May 19-20. TAC Pacific Open & Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030. 408/354-7335.


June 27. TAC National Masters 25K Championships, Hains Point, Washington, D.C. VF STC, PO Box 1065, College Park MD 20740.

June 15. TAC National Open and Masters 100 Mile Championships, Toronto. - Art Rappich, 86 Vitoria Dr., Ottawa, ON. June 15. TAC National Open and Masters 100 Mile Championships, Toronto. - Art Rappich, 86 Vitoria Dr., Ottawa, ON.


October 6. Club West Masters, Goleta, CA. George Adams, PO Box K, Goleta, CA 93116.

NORTHWEST

June 1. 70th Annual Senior Sports Festival, Seattle, WA. Brenda Weatherford, 425 S. W. 144th, Seattle, WA 98166.

July 19. Southern Oregon Decathlon, Heceta Head Championship. Frank R. Smith, Masters, Phoenix, Oregon. Don Gray, P.O. Box 119, Phoenix, Oregon 97535.


October 10-11. Six Montana Masters Championship, Bozeman, MT. Mike Carman, Box 1766, Bozeman, MT 97971.

LONG DISTANCE RUNNING NATIONAL

April 21. TAC National Masters 10K Road Championships, Dayton, OH. Don Daniels, R.R. No 3, Carp, Ont. KDA ILO.

May 27. TAC National Masters 25K Championship, Washington, D.C. Dick Good, PO Box 1065, College Park MD 20740.


NEW ENGLAND


August 19. Falmouth Road Race, 7.1 miles. Falmouth Road Race, PO Box 732. Falmouth MA 02541. Entry deadline May 1. 617/540-4417 (after July 1).

Long Distance Running National

April 21. TAC National Masters 10K Road Championships, Dayton, OH. Don Daniels, R.R. No 3, Carp, Ont. KDA ILO.


October 6. Club West Masters, Goleta, CA. George Adams, PO Box K, Goleta, CA 93116.

NEW ENGLAND


ON TAP FOR APRIL

April 1. Nike Cherry Blossom 10 Mile, Washington, DC. Limited to 4500 entries by lottery to Jan. 15. 703/797-0978.


BSDA, N.Y. NY Masters, 77 Prospect Place, Brooklyn, NY 11217.
August 18. Ashbury Park 10k Classic, N.J. Phil Bannor, Box 2287, Ocean City, NJ 08212. 201/531-4156.
October 7. TAC Easter Masters 10k Cross-Country, Van Cortlandt Park, Bronx, N.Y. NY Masters, 77 Prospect Place, Brooklyn, NY 11217.
October 8. Bonnie Bell 10k National Finals, Boston. Bonnie Bell, 185196 Avenue, Lakewood OH 44117.
October 27. NY Masters 5k and 10k Cross-Country, Van Cortlandt Park, Bronx, N.Y. NY Masters, 77 Prospect Place, Brooklyn, NY 11217.
November 11. TAC Metropolitan Masters Cross-Country, NY Masters, 77 Prospect Place, Brooklyn NY 11217.

SOUTHEAST
April 7. Sovell/YMCA Airport Classic 10k & 1 Mile Fun Run, YMCA, Rt. 92, Deland, Fla. John Boyle, P.O. Box 1824, Deland, FL 32720. 904/936-0022.
May 4. Southern Masters Distance Invitational, Raleigh, N.C. Marathon, Half-Marathon, 10k, 20k, Walk, Stu Northrop, P.O. Box 4810, Raleigh NC 27602.
April 15. 6th Annual L'Eggs/YWCA 10k, New Orleans, LA. Crescent City Classic, 10k, Half-Marathon, 20k, Wheeling West Virginia. Hugh Stobbs, PO Box 1060, Wheeling WV 25003.
May 28. Cotton Row 10k Road Race, Atlanta GA. Roy Benson, 309 E. Shadowlawan, Atlanta, GA 30305. 404/231-9064.

MIDWEST
April 7. Woolpack Festival of Miles: 5, 10, 20, 50; Columbus, OH. 5-year age groups, 30-60. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.
April 15. 6th Annual L'Eggs/YWCA 10k, Lincoln Park, Chicago. Loop Center YMCA, 37 So. Wabash Ave., Chicago, IL 60603. 312/660-3000.

SOUTHWEST
April 1. Waco Marathon, Waco, TX.
April 19-21. Tropicana/Las Vegas Easter Run, 10k & Half Marathon, Las Vegas, Nevada. Las Vegas Special Events, 6528 Sugar Pine Lane Las Vegas NV 89107. 702/457-2600. 800-TIT-TRIP.
May 6. Avenue of the Giants Marathon, Eureka, California. Box 214, Arcata CA 95521.

West
May 20. Brentwood 10k, Los Angeles. Valerie Johnson, P.O. Box 9913, Los Angeles CA 90049.

NORTHWEST
April 1. Bonnie Bell 10k, Seattle. Laurel Janes, 710 E. Greendale Dr. N., Seattle, WA 98115. 206/522-7788.
April 14. Peachblossom 20k, Medford, Oregon. Jerry Szwarcne, P.O. Box 146, Medford OR 97501. 503/355-1265.
June 2. Governor's Cup Marathon, Helena, Montana. Governor's Cup, PO Box 451, Helena, MT 59624. 406/442-5450.
June 3. "The RACE" 8k Run, Eugene, OR. DTC Masters, 1574 Again, Eugene, OR 97403.
July 24. Desert News Marathon, Salt Lake City, Utah. P.O. Box 1257, Salt Lake City UT 84110. 801/272-6135.

CLASSIFIEDS
If you are promoting a race meet, or offer a service or product or wish to place a personal ad, the rate is 25c a word. Payable with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.


MAKE NEW RUNNING FRIENDS as you travel. USA/foreign. Send SASE to Jeff Whitmore, Rt. 1, Box 1023, Gerrardstown WV 25420.

CANADA
May 6. Nike Vancouver International Marathon, Vancouver, B.C. Don Basham, 1200 Hornby St., Vancouver BC, Canada. 604/669-3626.

INTERNATIONAL
See Schedule International Section Page 36
### TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

<table>
<thead>
<tr>
<th>Event</th>
<th>Men</th>
<th>45-49 MEN</th>
<th>50-54 MEN</th>
<th>55-59 MEN</th>
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<td></td>
<td>Over the Hill</td>
<td>2. Gallagher, Mike</td>
<td>2. Chappelli, J.</td>
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<tr>
<td></td>
<td>3. Haw, Mike</td>
<td>3. Steiner, Larry</td>
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<td></td>
<td>Over the Hill</td>
<td>2. Ramlow, Bob</td>
<td>2. Halters, Tim</td>
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<tr>
<td>Shot Put</td>
<td>1. Krambo, Bob</td>
<td>1. Davis, Mike</td>
<td>1. Young, Bill</td>
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<td>Over the Hill</td>
<td>2. Ramlow, Bob</td>
<td>2. Breslin, Jim</td>
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<tr>
<td>Weight Throw</td>
<td>1. Krambo, Bob</td>
<td>1. Davis, Mike</td>
<td>1. Flowers, Jim</td>
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<tr>
<td></td>
<td>Over the Hill</td>
<td>2. Ramlow, Bob</td>
<td>2. Morgan, Dave</td>
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<tr>
<td>Pole Vault</td>
<td>1. Haw, Mike</td>
<td>2. Davis, Mike</td>
<td>1. Flowers, Jim</td>
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<td>Mile Run</td>
<td>1. Morgan, Dave</td>
<td>1. Davis, Mike</td>
<td>1. Flowers, Jim</td>
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<td>400 Dash</td>
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<td>1. Flowers, Jim</td>
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<td>Unatt</td>
<td>2. Davis, Mike</td>
<td>2. Morgan, Dave</td>
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### Lake Erie Track & Field Championships

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<th>Event</th>
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<td>2. Breslin, Jim</td>
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<tr>
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<td>1. Davis, Mike</td>
<td>1. Davis, Mike</td>
<td>1. Flowers, Jim</td>
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</tr>
<tr>
<td>Weight Throw</td>
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<td>2. Morgan, Dave</td>
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<tr>
<td>Pole Vault</td>
<td>1. Davis, Mike</td>
<td>1. Davis, Mike</td>
<td>1. Flowers, Jim</td>
</tr>
<tr>
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<td>2. Morgan, Dave</td>
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<tr>
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<td>1. Flowers, Jim</td>
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<td>400 Dash</td>
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This page is a mix of natural text and tabular data. The content includes track and field event results for different age groups, with specific names and details such as positions and over the hill times. The data is presented in a logical and readable format, ensuring clarity and ease of understanding.
April, 1984

National Masters News

page 23

51 + 59 MEN
Mike Resnick
1. Fike, Byron Over the Hill 10:13
440 Dash
1. Fike, Byron Over the Hill 79.8
Mile Run
1. Fike, Byron Over the Hill 7:18
45 Dash
1. Fike, Byron Over the Hill 4.88
220 Dash
1. Fike, Byron Over the Hill 34.8
880 Dash
1. Fike, Byron Over the Hill 1:23.5
80 - 84 MEN
High Amp
1. Pitcher, Arling House TC 3'6"
Hosack, Everett Over the Hill 7:16"
Shot Put
1. Hosack, Everett Over the Hill 21'11"1/4
Weight Throw - 356
1. Hosack, Everett Over the Hill 16'3"

Pole Vault
1. Pitcher, Arling House TC 5'6"
2. Pitcher, Arling House TC 9.8
44 Dash
1. Pitcher, Arling House TC 7.22
2. Hosack, Everett Over the Hill 7.16
270 Dash
1. Pitcher, Arling House TC 40.3
2. Hosack, Everett Over the Hill 46.3

10 - 29 MEN
Shot Put
1. Ogletree, Rosie Clev. Mtrrs 26'5"
65 Dash
1. Ogletree, Rosie Clev. Mtrrs 6.74
2. Ogletree, Rosie Clev. Mtrrs 33.2

Weight Throw — 256
1. Chadbourn, Mary Over the Hill 12'11"1/4

Mile Run
1. Newman, Nancy House TC 5:25
40 - 44 Women
Shot Put
1. Sommer, C. Cobra TC 20'4"1/2
45 - 49 WOMEN

High Jmp
1. Kea, Elsa Clev. Mtrrs 3'10"

Shot Put
1. Kea, Elsa Clev. Mtrrs 23'6"1/2

Mike Resnick
1. Fike, Byron Over the Hill 10:06
2. Hall, Lola Over the Hill 11:12
440 Dash
1. Gibson, Joan Over the Hill 47.8
Mile Run
1. Gibson, Joan Over the Hill 3'51"
2. Hall, Lola Over the Hill 8:55
45 Dash
1. Kea, Elsa Clev. Mtrrs 6.82
2. Pitcher, Joan Over the Hill 6:50
220 Dash
1. Kea, Elsa Clev. Mtrrs 32.9
2. Gibson, Joan Over the Hill 44.9
880 Dash
1. Gibson, Joan Over the Hill 3:51
2-Mile Run
1. Gibson, Joan Over the Hill 17:14
Mile Relay
1. Over the Hill 6:10.3
50 - 54 MEN
440 Dash
1. Sprague, S. Over the Hill 1:21.9
2. McGee, Mary Over the Hill 1:22.4
Mile Run
1. Sprague, S. Over the Hill 3'51"
220 Dash
1. Sprague, S. Over the Hill 55.1

WEST PENNI TC INDOOR
SLIPPERY ROCK, PA
FEBRUARY 5, 1984

TROJAN CLUB

30 - 39 MEN
1. Over the Hill Track Club — 44 points
2. Sandtown Track Club — 40 points
3. Minnesota Masters Track Club — 35 points
1. Pitcher, Arling House TC 4:01
2. Hoosler TC 3:52
2. Bissonete, Chester TC 3:54

KAN SCORES

10 - 29 MEN
1. Over the Hill Track Club — 44 points
2. Sandtown Track Club — 36 points
1. Over the Hill Track Club — 37 points
2. Minnesota Masters Track Club — 35 points

70 - 74 MEN
1. Over the Hill Track Club — 49 points
2. Minnesota Masters Track Club — 37 points

Masters Women
1. Over the Hill Track Club — 78 points
2. Cleveland Masters, Inc. — 40 points

50 - 54 CLASS

WEST PENN TC OUTDOOR
SLIPPERY ROCK, PA
FEBRUARY 4, 1984

West Harris
40 - 49
1. Patty Vines WP 5'2"
2. W. Vines OTM 5'2"

40 - 49 MEN
1. Over the Hill Track Club — 44 points
2. Sandtown Track Club — 36 points
3. Minnesota Masters Track Club — 35 points

HOT SHOT PUT

40 - 49
1. Over the Hill Track Club — 44 points
2. Sandtown Track Club — 36 points
3. Minnesota Masters Track Club — 35 points

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WEST PENN TC INDOOR
SLIPPERY ROCK, PA
FEBRUARY 5, 1984

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### RESULTS

#### One Mile Run (45-49)
- **1. Marie Smythe**
  - GRTC
  - 6:07.10

#### One Mile Run (40-44)
- **1. Harry Tiller**
  - Cliff
  - 6:25.00

#### One Mile Run (55-59)
- **1. Don Greenwood**
  - AA
  - 6:48.30

#### One Mile Run (45-49)
- **2. Dick Cavcchl**
  - OTH
  - 4:01.10

#### One Mile Run (90-94)
- **1. James Irwin**
  - TX
  - 2:27.74

#### One Mile Run (75-79)
- **1. Byron Fike**
  - OTH
  - 2:06.45

#### Women's 1000 Yard Run (45-49)
- **1. Grace Butcher**
  - OTH
  - 3:21.00

#### Women's 1000 Yard Run (40-44)
- **1. Grace Butcher**
  - OTH
  - 3:21.00

#### Shot Put (Final) 40-44
- **1. Carl Klehm**

#### Long Jump (Final) 65-69
- **1. Fred Hirsland**
  - Un
  - 20'5" (6.2 m)

#### Pole Vault (Final) 65-69
- **1. Fred Hirsland**
  - Un
  - 18'11" (5.6 m)

#### Triple Jump (Final) 55-59
- **1. Byron Fike**
  - OTH
  - 20'10" (6.1 m)

#### Women's Shot Put (Final) 45-49
- **1. Marie Smythe**
  - GRTC
  - 6:07.10

#### Women's Long Jump (Final) 60-64
- **1. Grace Butcher**
  - OTH
  - 2:06.45

#### Women's Long Jump (Final) 55-59
- **1. Steve Miller**
  - Cliff
  - 4:35.50

#### Women's One Mile Run (50-54)
- **1. Grace Butcher**
  - OTH
  - 3:21.00

#### Women's One Mile Run (55-59)
- **1. Ken Arnett**
  - AR
  - 6:20.00

#### Women's One Mile Run (60-64)
- **1. Don Greenwood**
  - Vac
  - 4:20.50

#### Women's One Mile Run (65-69)
- **1. Maric Smythe**
  - GRTC
  - 6:07.10

#### Women's One Mile Run (75-79)
- **1. Byron Fike**
  - OTH
  - 7:36.30

#### Women's One Mile Run (80-84)
- **1. Maric Smythe**
  - GRTC
  - 6:07.10

#### Women's One Mile Run (90-94)
- **1. Jan Kieling**
  - Ho
  - 11:02.70

#### Women's One Mile Run (95+)
- **1. Marie Smythe**
  - GRTC
  - 6:07.10

#### Women's One Mile Run (50-54)
- **1. Grace Butcher**
  - OTH
  - 3:21.00

#### Women's One Mile Run (55-59)
- **1. Jack Greenwood**
  - NCA
  - 11:02.70

#### Women's One Mile Run (60-64)
- **1. Jan Kieling**
  - Ho
  - 11:02.70

#### Women's One Mile Run (65-69)
- **1. Don Greenwood**
  - AA
  - 6:48.30

#### Women's One Mile Run (70-74)
- **1. Buddy Harpool**
  - Vac
  - 6:36.30

#### Women's One Mile Run (75-79)
- **1. Charlie Roehl**
  - Mo
  - 1:26.00

#### Women's One Mile Run (80-84)
- **1. Charles Dudley**
  - Va
  - 1:26.00

#### Women's One Mile Run (90-94)
- **1. Marie Smythe**
  - GRTC
  - 6:07.10
WOMEN HIGH JUMP FINAL
1. English Thomas 5'10"
2. Cynde Kean 5'10"
3. Kenova Rains 5'10"

WOMEN WEIGHT THROW FINAL (35 lb.)
1. Nolan Fowler 38'5 1/4"
2. Norm Bower 38'5 1/4"
3. Carl Thomas 38'5 1/4"

WOMEN WEIGHT THROW FINAL (55 lb.)
1. Arlling Pitcher 55'5 1/4"
2. Carl Thomas 55'5 1/4"
3. Phillis Brown 55'5 1/4"

WOMEN WEIGHT THROW FINAL (40 lb.)
1. Phillis Brown 40'11 1/2"
2. Carl Thomas 40'11 1/2"
3. Carl Thomas 40'11 1/2"

WOMEN HIGH JUMP FINAL
1. Arlling Pitcher 6'0"
2. Carl Thomas 6'0"
3. Phillis Brown 6'0"

WOMEN JUMPING HURDLES
1. Nolan Fowler 11.2 in.
2. Norm Bower 11.2 in.
3. Carl Thomas 11.2 in.

TRIPLE JUMP: SUBMASTERS
1. Keith Witherspoon 43'11"
2. Mike Hall 43'11"
3. Jim Baggett 43'11"

VAULT: SUBMASTERS
1. David Smith 16'9"
2. Norb Weinstein 16'9"
3. Alvin Smith 16'9"

JAVELIN: SUBMASTERS
1. Ron Cone 227'0"
2. John Hosmer 227'0"
3. David Bloor 227'0"

HIGH JUMP:
1. Jim Hart 8'0"
2. Mike Vallee 7'8 1/2"
3. Doug Isaac 7'6 1/2"

NATIONAL MASTERS NEWS
APRIL, 1984


WOMEN'S WEIGHT THROW FINAL (25 lb.)
1. Nolan Fowler 23'0"
2. Norm Bower 23'0"
3. Carl Thomas 23'0"

WOMEN'S HIGH JUMP FINAL
1. English Thomas 6'0"
2. Cynde Kean 6'0"
3. Kenova Rains 6'0"

WOMEN'S WEIGHT THROW FINAL (35 lb.)
1. Nolan Fowler 35'7 1/2"
2. Norm Bower 35'7 1/2"
3. Carl Thomas 35'7 1/2"

WOMEN'S WEIGHT THROW FINAL (55 lb.)
1. Arlling Pitcher 55'5 1/2"
2. Carl Thomas 55'5 1/2"
3. Phillis Brown 55'5 1/2"

TRIPLE JUMP: SUBMASTERS
1. Keith Witherspoon 31'0"
2. Mike Hall 31'0"
3. Jim Baggett 31'0"

VAULT: SUBMASTERS
1. David Smith 9'10"
2. Norb Weinstein 9'10"
3. Alvin Smith 9'10"

JAVELIN: SUBMASTERS
1. Ron Cone 227'0"
2. John Hosmer 227'0"
3. David Bloor 227'0"

HIGH JUMP:
1. Jim Hart 8'0"
2. Mike Vallee 7'8 1/2"
3. Doug Isaac 7'6 1/2"

NATIONAL MASTERS NEWS
APRIL, 1984

LONG DISTANCE RESULTS

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

MARYLAND MARATHON
Baltimore, Maryland
November 19, 1983

1st Overall
Tom Matthews 2:12:32
Dolores Dagg 2:12:32

10000 Meters (W)
Nancy A. C. Sprague 33:31.4

2000 Meters (W)
Sue Ohlott 2:09:20.4

5000 Meters (W)
Cheryl Kenyon 1:22:30.4

10000 Meters (M)
Jim Maritz 3:07:15

2000 Meters (M)
Bobby Franklin 1:10:46

5000 Meters (M)
Bobby Franklin 13:50.9

Masters News, P.O. Box 757, Janesville, WI 53546

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<td>3:38:52</td>
<td>8:39</td>
</tr>
<tr>
<td>2</td>
<td>Doug Howard</td>
<td>60</td>
<td>3:39:05</td>
<td>8:40</td>
</tr>
<tr>
<td>3</td>
<td>Bob Gooden</td>
<td>40</td>
<td>3:39:32</td>
<td>8:42</td>
</tr>
</tbody>
</table>

**Weather:** Clear, chilly, light winds.

**Full Results:**
- Men: 426 finishers, 294 walkers.
- Women: 106 finishers, 6 finishers walked in.
- First time: 2:02:11, last time: 6:45:22.

**Order of Finish—Men:**
1. Bill Osborn 3:38:52
2. Doug Howard 3:39:05
4. Steve Blanchard 60:24
5. Pat Field 43:07
6. Tom Gibbons 62:59
7. Mike Young 17:29
8. Charlie White 15:22
9. Joe Jacobsen 17:29
10. C. Peterson 26:57

**Order of Finish—Women:**
1. Suzanne Rohr 3:31:57
3. Hector Chavez 3:32:37
4. Helen Dick 3:34:18
5. Hugh Jones 3:35:37
6. Linda Bird 3:36:54
7. Marianne Peck 40:41
8. Elaine Oswalt 40:54
9. Dan Seinfeld 3:41:08
10. Tom Gibbons 62:59

**Top 10 finishers in other age divisions:**
- W30: K. Schoenfeld 3:30:50
- M40: Stan Hayes 3:31:57
- M50: Steve Blanchard 60:24
- W40: Linda Bird 3:36:54
- M55: Tom Kempf Sr. 56:23
- W50: Maye Blount 5:33

**Comments:**
- Strong field of runners and walkers.
- Temperatures ranged from 35°F to 50°F.
- Visibility was excellent throughout the race.

**Sponsors:**
- Los Angeles Marathon Committee
- Los Angeles Road Runners Club

**Relevant dates:**
- February 19, 1984: Washington's Birthday Race at WMAV Village, CA
- February 24, 1984: Open Masters 10K at Westlake Village, CA
- April 1, 1984: Marathon at WMAV Village, CA
- May 21, 1984: Los Angeles International Marathon at Los Angeles International Airport, CA
- June 4, 1984: Empire State Building Marathon at New York City, NY

**Order of Finish—Women:**
1. Suzanne Rohr 3:31:57
3. Hector Chavez 3:32:37
4. Helen Dick 3:34:18
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SPECIAL INTERNATIONAL SECTION

The International Scene

by DON FARQUHARSON
President, World Association of Veteran Athletes (WAVA)

It was with great pleasure that the General Assembly delegates to the WAVA meeting in Puerto Rico last September heard Al Sheehan's offer to produce international issues of the National Masters News wherever appropriate.

Over the 12 years since the first International veterans meets took place, the need for communication has been recognized as essential to our proper development, especially as the enthusiasm of veterans from more and more countries blossoms.

But producing a publication, year upon year, has not been easy. You may remember, with special fondness, the British production 'Veteris,' for which Clive Shippen, Jack Fitzgerald, John Hayward and many others worked so hard for more than six years. When it arrived in the mail, I'm sure that you, like me, avidly read it cover to cover. In the end, rising costs and, oddly, lack of broad support saw it diminish to a section of a commercial athletics magazine.

The void it left was felt immediately by all who loved Masters athletics. It was decided that WAVA would publish a less ambitious quarterly newsletter which I produced from Toronto. For a time, it went well but, alas, after seven issues, it fell prey to the same problems as its predecessors.

Now NMN takes up the gauntlet. It does so with more than an advantage, however. It has already published 67 issues for USA athletes, each better, and usually bigger, than the last. Month by month, it has also increased its global aspect, so it already has two legs up. Finally, it has the 100 percent necessary ingredient — world wide support. Subscribe to it and send your news and views, too. Give it a truly international flavor.

The International Scene

Welcome to this special 12-page international section of the National Masters News.

We've been covering masters track and field and long distance running for the USA since 1977, and have grown to 3500 subscribers. At the V World Veterans Games in Puerto Rico last September, the World Association of Veteran Athletes formally asked NMN to become an official WAVA publication.

It's a big challenge to become an international publication, and one which we eagerly accept.

We first plan to publish a special international edition four times a year. As subscribers and news from other nations increase, we hope to make it a monthly.

In this issue, Don Farquharson, President of WAVA, updates us on the latest happenings on the international scene.

In future issues, we'll publish new 5-year age records, and entry forms for the VI World Games in Rome and the IGAL Championships in San Diego.

NMN is written by and for veteran athletes. It is your paper.

We depend on your sending us news from your area — results, fixtures, photos, stories. Subscribe now, and urge your friends to subscribe. You can get 1 year/12 issues for $15 (2nd class), or $30 (overseas air mail), or just the four international issues for $10 (2nd class). Fill out the form on page 31. The more veterans from around the world who sign up, the better and more frequent coverage we can give.

We welcome your comments and suggestions, and hope you enjoy this special issue.

200 Compete in Canada

Two hundred and four athletes from Ontario, Quebec, and the northern U.S. competed in the Ontario Masters Indoor Championships in Toronto, January 28. Basil Tomlinsen, M40, swept the 200, 400, and 800 (2:03.7). Linda Findley, W35, set Canadian records in the 1500 (4:47.9); and 3000 (10:27.3).

Walter Kostric, M55, one of Canada's top field event coaches, soared over the PV standards at 13'9 1/2". (Only the legendary Roger Ruth has surpassed this in Canada.)

Continued on Page 30

Argentina Meet Draws 150

Gilberto Gonzalez, Puerto Rico, broke his own M70 WR of 13:44 with a 13.3 100m in a meet attended by 150 master athletes in Buenos Aires, Argentina, Dec. 24. He also broke his own WR with a 28'4 1/4" TJ. Garcia Ghelfi, Argentina, sped to W40 wins in the 100m (12.5); the 200 (25.5); and the 400 (59.9) on the 400m track.

Continued on Page 33

Lina Gore, Wiltshire, England won 45-49 100m in World Veterans Games in San Juan.
The International Scene

Only a few short months have passed since the V World Veterans Track and Field Championships were staged in Puerto Rico where it was decided that the next championships would be held in Rome in 1985. Already the organisers have done a great deal of work in establishing close liaison between the Italian Masters International Track and Field Team, the Italian Athletics Federation and the City of Rome. It is expected that national or regional government will also become involved.

The stadia available for the 1985 Championships are most impressive. Within very short walking distance there are three excellent arenas:

Olympic Stadium — tartan, nine lanes, jumping and throwing areas, seating for 72,000, the venue for the XVII Olympiad and, in 1974, the XI European Championships;

Stadium ‘Farresina’ — ‘Sport-Turf Rubber’, six lanes, excellent facilities for jumps and throws;

Stadium ‘Marmi’ — Tartan, six lanes, built in the style of an arena of Imperial Rome, an excellent facility for training and warm-up.

In addition, 2 kms from the Olympic Stadium, there is the Stadium ‘Acqua Acetosa’ with six lanes and jumping areas of ‘Sportflex Super X Rubber’. In all, these stadia include facilities which will certainly be the best enjoyed at any World Veterans Championships. In addition, the Italian Masters International Track and Field Team has much experience over a number of years of staging large athletics meetings. When all this is viewed in conjunction with the opportunity to see Rome in late June, we can look forward to an unforgettable experience.

All matters relating to entries and accommodation will be dealt with by:

Italian Masters International Track and Field Team, Via Martinetti 7, 20147 Milano, Italy. The telephone numbers are — International code 2/4048405 or 2/4048306 and a telex number is expected in the near future. It is hoped that the invitation booklets/programme will be distributed worldwide in August/September 1984.

IV EUROPEAN VETERANS TRACK AND FIELD CHAMPIONSHIPS

... will be held at Brighton, Worthing and Hove, England, 20-25 August 1984, and are organized by the British Veterans Athletic Federation. Entries close on 31st May 1984 and should be sent, with a copy of the entrant’s birth certificate, to Mrs. Barbara Dunsford, 71 Hillside Crescent, South Harrow, Middlesex HA2 OQU, England. All enquiries to Sylvester Stein, 63 Riverside Road, London N.3, England or by telephone (Monday to Friday) to 01-637 4383. (Europeans only.)

Continued from Page 29

Australia’s great John Gilmour leads the M60 pack in evening action at the V World Veterans T&F Championships in San Juan.

Continued from Page 35

INTERNATIONAL RUNNING TOUR OF THE HOLYLAND

... is being organized in December 1984 by the Israel Association of Veteran Athletes and will include an International Breakfast Run around the Walls of the Old City of Jerusalem (11 December), Veterans International Cross-Country Race (13 December) at Netanya and the Sea of Galilee Marathon (17 December) followed by a Farewell Party. Enquiries to Barry Shaw, P.O. Box 2143, Netanya, Israel.

IGAL ROAD RACING FIXTURES

1984 17th IGAL World Championships SAN DIEGO (Mission Bay) USA organizer: TOM STURAK date: December 1 and 2.

1985 19th IGAL World Championships LYTHAM ST. ANNES (Blackpool) ENGLAND organizer: British Veterans Athletic Federation under the rules of the AAA and the IAAF.
IS IT GUIDING OR ‘TUGGING’?

At the V World Veterans Championships in San Juan, Fritz Assmy, the totally blind West German sprinter, came up against America’s Payton Jordan in the M65 100, 200 and 400 meter dashes.

Assmy ran with the guidance of his son, connected to him by a short wrist tether.

Both Jordan and Assmy were unbeaten in veterans competition. It was Jordan’s first World Games, but Assmy had picked up gold medals in Sweden (1977), West Germany (1979) and New Zealand (1981). Both are world age-group record-holders. Each man’s supporters felt their champion was invincible. Their meetings were eagerly looked upon as true athletic classics.

Payton narrowly won the 100. Then Fritz took the 200 and 400 in close decisions.

Assmy is one of the most inspirational athletes in the World Veterans program. At each of his World Games victories, the crowd has stood and applauded. His timing with his guide (he had to switch from his son-in-law to his son for Puerto Rico when his daughter and son-in-law split up) is superb and probably deserving of a special award for grace and athletic balance.

But many have asked the question: is it fair?

Do various forms of aid or deference to handicapped people alter the inherent character of an event?” asks World M45 javelin gold medalist Phil Conley. “I felt there was some undue ‘aid’ (by means of tugging) being provided to Assmy by the stronger, bulkier and younger guide runner.”

After Assmy’s 1979 wins in Germany, fellow M60 sprinter Clarence Killion said: “I’m not complaining, but he’s being pulled by his guide.”

Jordan, one of the most knowledgeable and respected track & field coaches in America, admires “the marvelous ability and courage of Assmy. He is truly a great sportsman and to be blind, and accomplish what he has, is phenomenal, regardless of whether he is, in a sense, being towed.”

Jordan says no competitor objects to Assmy having a guide but, he adds: “in order that the act of guiding, or ‘tugging’ as Conley has aptly put it, be fair, such a guide should be in the same five-year age bracket as the contestant whom he guides. It could even be ten years, but a 29-year-old is just too strong to make for fairness. God knows, I have nothing but great admiration for the great champion, Assmy, and would not wish to say or do anything to hurt him or belittle his marvelous accomplishments.”

After Assmy’s win in the 200 in Puerto Rico, protests were filed over his being “towed” by his son. The WAVA Executive Committee warned the son that he must run parallel to Assmy, not in front of him. In the 400, the son complied, and, indeed, it seemed that, at the finish of the grueling run, Assmy was pulling his son across the line.

Assmy’s defenders say, in addition to being an inspiration to athletes and spectators alike, Fritz could run even faster if he could see and didn’t have the added burden of trying to time his steps and arm-swing to a companion.

Can pulling, or “tugging,” increase speed? Or is it impossible to run faster than your own legs can carry you?

“A new device called the Sprint Master can increase an athlete’s running speed in five weeks,” according to Dr. George Dintiman and Jack Dolan. The Sprint Master is a motorized tow line, powered by a 5-horsepower engine. The unit is anchored, then the athlete grabs the two handles at the end of the tow line. As he or she runs, the Sprint Master reel him in at a speed faster than his normal pace.

Some who runs a 4.6-second 40 yards, for instance, is pulled in at a 3.7-second clip. “After four or five weeks,” says Dintiman, the chairman of physical education at Virginia Commonwealth University, “people can take two or three-tenths of a second off their time.”

Dolan and Dintiman can’t explain exactly how it works physiologically. “Some say there’s a transfer of muscle fiber from slow-twitch muscles (commonly found in long distance runners) to fast-twitch (thicker fiber, found in top sprinters) We do know that the leg muscles contract faster after being forced to contract faster.”

The Dallas Cowboys, Chicago Bears and University of Maryland football teams have each bought a unit (retail: $995).

Wheelchairs in marathons are beginning to create controversy. Jim Knaub, the marvelous quadruplegic and former pole-vaulter, “rolls” the Boston Marathon course in their official wheelchair competition, started 15 minutes earlier, in about 1:45.

Conley says: “At some races, I have seen Knaub awarded first place overall. It takes a ‘big man’ to accomplish what Knaub has done. It would take a bigger one, in our sociological setting, to stand up and say: ‘that isn’t fair.’ Payton does not think it fair. Other competitors do not think it fair. What does the world at large think, and is it ready to do anything about it?”

Sports America NEW MASTERS IMPLEMENTS

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Orders being taken for April or June delivery. Shipping charges are in addition to above prices. Equipment descriptions may be found in our 1984 catalog.
To order call 1-800-633-7777 toll free or write Sports America, Inc. 101 Glover St., Barton, VT 05822
World Indoor T&F Records

Below is the first official list of known world veterans indoor track and field marks ever developed.

It was compiled by Jack Fitzgerald, one of the five members of the Records Committee of the World Association of Veteran Athletes, the official international governing body for masters track and field.

Most of the marks seem to be British or Italian, suggesting there may well be superior marks set in other nations which Fitzgerald is unaware of.

If you know of any better marks, either your own or someone else's, please send documentation to Fitzgerald at 6 Tyers Road, Aldrington Road, London SW 16, England.

WORLD VETERANS INDOOR T&F RECORDS
Compiled by Jack Fitzgerald of the Records Committee of the World Association of Veteran Athletes
as of January 12, 1984

60 METERS
M40 K Dennis USA 7.08
M45 G Gullano ITA 7.4
M50 G Williams GBR 7.5
M55 A Jacovietti ITA 8.00
M60 S Schiavo ITA 8.3
M65 C Falvey GBR 8.7
M70 S McSweeney GBR 9.2
M75 G Grasso ITA 10.43
W40 U Gore GBR 68.8
W45 A Liggia ITA 12:01.4
W50 S Pesando ITA 11:06.9
W55 H Farmer GBR 9.67
W60 W Nuvoli ITA 1.13

200 METERS
M40 A Blanchi ITA 23.1
M45 R Taylor GBR 24.2
M50 G Williams GBR 25.2
M55 S Brooks GBR 26.4
M60 L Williams GBR 28.2
M65 G Marabotti ITA 23.10
M70 S McSweeney GBR 31.4
M75 G Grasso ITA 35.81
W35 J Lochhead GBR 2:32.0
W40 J Grissom USA 9.27
W45 K Koppell GBR 5:28.5
W50 L Muzzano ITA 3:15.29
W55 H Farmer GBR 3:25.3

800 METERS
M40 J Henslo GBR 7:04.1
M45 C Wooton GBR 7:08.4
M50 J Dissen GBR 7:50.9
M55 S Brooks GBR 59.0
M60 A Guzzetta GBR 65.8
M65 A Parma ITA 65.85
M70 E Schiavo ITA 78.8
M75 E Hines GBR 101.5
W35 J Lochhead GBR 64.2
W40 U Gore GBR 68.8
W55 R Bennett GBR 80.2

1500 METERS
M40 E Billups USA 4:02.5
M45 B Bartolomey GBR 4:19.6
M50 B Rawlinson GBR 4:22.9
M55 A Rawlinson GBR 4:59.0
M45 K Koppell GBR 5:28.8

3000 METERS
M40 R DePalmas ITA 6:48.9
M45 G Panetto ITA 6:18.7
M50 L Acquarone ITA 6:25.3
M55 G Endrizzi ITA 10:05.5
M60 G Giolimenti ITA 10:50.6
M65 P Nasi ITA 11:27.7
M70 G Capoferri ITA 12:20.6
W35 J Lissi ITA 11:06.3
W40 J Mantusano ITA 10:56.9
W45 A Liggia ITA 12:01.4
W50 L Muzzano ITA 13:28.8
W55 L Muzzano ITA 14:11.4

3000 METER WALK
M40 J Shillabeer GBR 8:56.7
M45 J Stevens GBR 9:36.4
M50 G Chaplin GBR 9:19.9
M55 J Withers GBR 10:37.6
M60 A Ballock GBR 12:39.3
M65 A Pool GBR 11:39.0
M70 R Evans GBR 13:43.4
W35 J Lissen ITA 9:29.0
W40 J Marinfluk GBR 11:25.5
W45 J Horwitt GBR 11:35.3
W50 N Worth GBR 11:00.0
W55 B Scott GBR 12:16.2

HIGH JUMP
M40 A Brown GBR 1.90
M45 T Langenfeld GBR 1.73
M50 S Stevens GBR 1.73
M55 J Huchinins GBR 1.63
M60 A Compri ITA 1.40
M65 B Horcum GBR 1.53
M70 J Comnen GBR 1.59
M75 V Golo GBR 1.25
W35 J Searle GBR 1.10
W40 L Florio GBR 1.10
W45 J Nuvoli USA 1.41
W50 M Carmichael GBR 1.15
W55 H Farmer GBR 3.57

Pole Vault
Mau & Ruth (USA 4.41

No Change in Heights
WAVA Changes Hurdle Spacings

In a compromise between European and American hurdlers, the WAVA Technical Committee in San Juan agreed to change the spacings of the age 40-49 and 50-59 110-meter hurdles back to the standard Olympic distance of 30 feet between each hurdle.

It left all other WAVA hurdle spacings as is, and rejected a U.S. request to lower the heights of the hurdles to conform to U.S. standards.

The Committee also changed the weights of the shot put and hammer in some age divisions.

The new measurements will be used in the 1985 World Veterans Games in Rome.

Hurdle Spacings

No Change in Heights

The USA's Bob Boa! en route to M70 3000-meter steeplechase gold medal in 9:19.90 at the World Vets Games.

Implants: Shot: Discus: Hammer: Javelin

Argentina

Continued from Page 29
Lugeborg Pfuller, Argentina, tossed the M55 shot 10.52m.

Shot: Discus: Hammer: Javelin
The Coming Explosion in Veterans Running

by ROGER ROBINSON

The National Veterans Road Championship at New Plymouth, was more than just a race; it was the Gunfight at the O.K. Corral. For the first time since the new wave of 40 and 41-year-olds moved up, they were all there, all the top guns together on the same day, all "mean and hungry". Eight would go in, and only one come out — the fastest gun in the West.

The great heavyweight boxer Joe Louis was once shown the film of a title-fight he had won on knock-out and was asked what he thought of it. "It had a real nice ending," he said. For once, unlikely as it seems, I felt like Joe Louis. Now and then, a race goes perfectly. You judge your own might, but in sheer curiosity and fact that no-one could predict how the shootout in New Plymouth, however will not be the result but the fact that winners are waiting for the opportunity when it opens up, and your body will answer the call. Pictures show me crossing the finish line with a hideous snarl on my face and my arms extended. I should like to place on record that I was actually trying to do my Rod Dixon imitation, dazzling smile and arms aloft in triumph. But I was too tired to get them up that high.

The real significance of that shootout in New Plymouth, however will not be the result but the fact that any one of four or five men could have won on the day. The drama lay in the fact that no-one could predict how the race would develop, let alone the outcome. I had chewed my fingernails all week, not in fear of failure or the necessary pain, as a younger athlete might, but in sheer curiosity and suspense, knowing only, as Gary Cooper said to Grace Kelly in "High Noon", "I gotta go back and face them, Amy." Consider the line-up:

Bendrey, Dravitzki, Jones, Robertson, Robinson, Sirl and Smith, with Manns lurking round the sidelines as a voyeur at an orgy and Johnny Robinson away in Puerto Rico.

With a field of such depth and quality, veteran running came, as it were, of age. The still-classy runner who turns 40 can from now on no longer expect to win vets’ prizes as a matter of course. The competition is tough — tough as old boots, most of them — and increasing all the time.

New Zealand, of course, leads the world at present, with almost half of the world’s top 20 male veterans, but that will change. In America, especially, I believe we are about to see the same explosion in participation, public interest and quality of performance in the veterans grades, male and female, as we are currently witnessing in women’s running. It has to happen. The population is ageing and the running boom is sweeping through the whole of society, ripping down imaginary barriers and increasing group of elite runners who can make an impact at senior level, yet are choosing also to turn veteran events in to real races worthy of the title of championship. Like John Wayne in his eye-patch years they bring a combination of hardened fitness and sheer cunning which is terrifying to encounter. And they are the best of friends, which is another bonus.

Behind these, and equally important to the development I am predicting, is that potential multitude for whom I have more time to train. No senior would be looked to at this crucial point (as I believe) in its development. The title Masters is now perfectly acceptable elsewhere for men and women, and much less suggestive of antique motor cars. The women should consider raising their qualifying age from 35 to 40.

When Antonio Villaneuva (43) led this year’s New York City Marathon, he was bidding seriously for 2:11 and a place in Mexico’s Olympic team. He misjudged it, of course, and I was longing to be there, to kick the hits into the gutter at 18 miles, but that’s not the point. Nor is it even the point whether there ever is another Jack Foster or Joyce Smith, footing it internationally in their mid-forties, for I am not Canute enough to deny the inevitability of senescence. What is important, and new, is that there is a strong and increasing group of elite runners who can make an impact at senior level, yet are choosing also to turn veteran events in to real races worthy of the title of championship. Like John Wayne in his eye-patch years they bring a combination of hardened fitness and sheer cunning which is terrifying to encounter. And they are the best of friends, which is another bonus.

Reprinted from the New Zealand Runner
The International Scene

Continued from Page 30

WOMEN VETERANS

WAVER'S women's representative, Bridget Cushen, will be sending out a pilot information sheet for women. If successful, she will send future issues to women delegates around the world. Input would be most welcome. For a copy, send Bridget an addressed envelope to: 156 Mitcham Rd., West Croydon, Surrey, England.

HURDLING

Over the years, it has been impossible to gain agreement among Masters on the hurdle heights and distance between high hurdles. At Puerto Rico, decisions were made which will hold good for Rome '85 but the distance between the 110-meter hurdles in the men's 50-59 division still produces discontent. We would welcome input which could be considered for 1987. I would like to hear from hurdlers only on this matter. Should the distance between each hurdle for the M50 and M55's be 9.14 meters (30 feet), or 8.50 meters (27'10 1/2")? Please write to me on this matter giving your reasons.

AUSTRALIA

The 1984 Australian Veterans T&F Championships will be combined with the Oceania Veterans Championships at Canberra, Australia, April 20-23.

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH APR 1984

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Opening ceremonies at the World Veterans Games in Puerto Rico.

World Association of Veteran Athletes

APPLICATION FOR TRACK RECORD

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APPLICATION FOR FIELD RECORD

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The IV Track and Field Championships European Veteran Athletes
Brighton, Hove and Worthing 1984

SUGGESTED AND RECOMMENDED (NOT OFFICIALLY RULED) PERFORMANCE STANDARDS

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Marathon, T&R Walk, Pentathlon, Relays: No recommendation

WOMEN

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Marathon, Pentathlon, Relays, Hurdles and Walking Events: No recommended performance

SCHEDULE INTERNATIONAL

- April 20-23, Australian and Oceania Veterans Championships, Canberra, Australia
- April 28-29, WAVA Decathlon Championships, Long Beach, California
- July 28-August 12, Olympic Games, Los Angeles
- July 29-30, British National Championships, Edinburgh, Scotland

MASTERS SCENE INTERNATIONAL

- Joyce Smith, 45, the premier women's marathoner in the world, sported 2:38:35 in the Nagoya, Japan Women's Marathon March 4 to pace sixth in the race won by Glynnys Quick of New Zealand in 2:34:25.
- Cesare Becalli, director of the World Veteran Games in Rome next year, will provide travel and accommodation expenses to Italy for six WAVA Executive Committee members next month. Wal Shepard, Hans Arnaun, Jacques Serruys, Owen Flaherty, Alastair Lynn, and Don Farquharson will attend, along with WAVA's delegate Bridget Cushen, whose fare will be paid by WAVA.
- Becalli suggests no competitor in Rome be allowed more than 5 events (plus relays), or perhaps charge double fees for 7 events or more. Becalli feels the "ridiculous medal hunting" aspects of entering too many events disrupts the "good running of the meet." A decision will be made at the Rome meeting next month.

TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.
### 1500 METERS

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## 400 Meters

### Men's 400 Meters

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### Women's 400 Meters

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## 500 Meters

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### Women's 500 Meters

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## 1500 Meters

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### Women's 1500 Meters

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## 5000 Meters

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### Women's 5000 Meters

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## 10,000 Meters

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**Report From Britain**

by ALASTAIR AITKEN

Les Roberts and Johnny Baldwin, both Blackheath Harriers, finished one-two in the 8K Veterans Race in Bahrain on February 5 in a field of 27 finishers. A new name to Veteran athletics is Guy Ogdin, the solid winner over a hilly 10K course at Watford, February 18. Recently turned 40, Ogdin, an osteopath from northwest London, out ran three-time National Vets and ex-world cross-country champion, Taif Davey, 29:33 to 29:58. Davies, 46, was first M45. Les Roberts, was third, 30:11; Fred Bell, fourth, 30:16; and Dave Clarke, the marathon runner, fifth, 30:24. Blackheath Harriers were first team; 223 finished.

In the over-50's race on the same course, 127 finished, with Belgrave's team and Laurie O'Hara the winners. Fifty-two-year-old Maurice Baker was second; Andy Ferguson, 56, was first in the M55.

Two recent retirements from Vets competitions are Highgate Harrier and 10K/20K World Vets M75 walker Alf Roberts because of arthritis, and 1975-80 World Vets (IGAL) M50 champion Hugh Ford because of serious injury.

Margaret Lockley, despite a cyst on her leg, was first Veteran and woman in a 25K road race in 1:33:25, after an earlier first in the Tadworth 10 Mile road race in January 1984. Pritcilla Welch, 35, was sixth in 2:37:19 in the Osaka Ladies Marathon, January 29. Liz Sloan, a 36-year-old teacher, was third. MOSA Veterans' championships at New Eltham in Kent, January 21.

Jim Alder, of Morpeth, the international marathon runner, won the North East Vets cross-country championship, January 21, at Barnard by 14:42 from Ray Curruthers, 14:49 winner, 34:50.

Alan Hughes won the over-50 prizes in the Scunthorpe cross-country, the Rawmarsh 5 1/4 Mile Road Race, and the Eastern Vets o.c. championships. Two other Vets running well recently are M40-44 Mike Turner, the Cambridge University professor, who has been winning in East Anglia, and Pete Flatman, also 40-44, who has been winning in the north.