



# NATIONAL MASTERS NEWS

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



68th Issue

April, 1984

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## 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 Wisconsin 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

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Guenter Mielke, 40, W. Germany, and Jacqueline Hansen at the Los Angeles International Marathon, Feb. 19. Mielke was 10th overall in 2:17:59, winning his age group by 27 minutes. Hansen was 1st 35-39 woman in 3:04:34.

Photo by Richard Lee Slotkin

## SPECIAL INTERNATIONAL SECTION

A special added feature of this issue is a 12-page, international section, covering masters athletics throughout the world. We will publish a special worldwide edition quarterly. We hope you enjoy this first edition, which begins on page 29. □

## 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° 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

Continued on Page 12

## 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 21-second, 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-or-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 Betz, 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  
Continued on Page 11

## Lucero, Melfi Win New Mexico 5-Miler

The Masters Fairground Run-A-Round 5-Miler, the only road race exclusively for masters in New Mexico, drew eighty-five runners in Albuquerque, February 12. Andy Lucero, 41, finished first in 30:44, while David Lard, 46, nipped Dale Goering, 52, by three seconds in 31:20 for second place.

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 Hueter, 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 third place in the 40-44 group.

The 5-Miler, which consists of a double 2½ mile loop through the state's scenic fairgrounds, was directed by Tom Bell in association with Masters Runners Unlimited of Albuquerque. □



Participants in the Masters Fairground Run A Round, Albuquerque, NM, Feb. 12. From left, Skip Dougherty, Master Runners Unlimited president; Christa Melfi, 52, 1st woman, 37:55; Sharon Craft, 41, most improved award winner, 46:41; Andy Lucero, 41, 1st man, 30:44; and Tom Bell, 43, race director, 37:06.

Photo by Peggy Rocha



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## NATIONAL MASTERS NEWS

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## NATIONAL 10K X-C

The February NMN contained a complaint from Dan McCaskill relating to the organization of the TAC National Masters 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 us 60+ guys are always scored last.

Bob Hull  
Basking Ridge, New Jersey

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 worse 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 eyeballs. 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 makin' it in that city, they haven't got time for no one. And that's from me: 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 anything so insignificant as real human contact. The pits, pal, the pits.

Herb Parsons  
Seattle, Washington

I'd like to thank Dan McCaskill (a veteran of "500-plus races") whose letter in your February issue made me realize how terribly deprived I've been when running and watching X-C races at Van Cortlandt Park over the last 22 years. I had not understood how difficult it is to walk 50 yards from the finish line to any of the two dozen coffee shops, luncheonettes, pizza palaces, hamburger stands, delis, gas stations and bars which line upper Broadway opposite the park. Do those in Solano Beach, California feel it necessary to drive on a freeway to reach so cosmopolitan and varied an oasis of toilets and drink? Or has my mind been numbed from too many post-race celebrations at the Terminal Bar & Grill?

I don't know what may have caused the award ceremony mixup Dan complains of. I wasn't at the race. But I reckon that if race organizers didn't have to deal with so many "age categories," all post-race ceremonies would go more smoothly.

Hugh Sweeney  
Jersey City, New Jersey

## HURDLE 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.

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

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## 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.

Don Gammie, 53, (2:43:59), beat out Robert Fletcher, 51, (2:45:41) for the M50 title, while John Brooks, 56, (3:12:05), bested Reivers Faul, 57, by 43 seconds in the M55 group. Charles Ogilvie, 66, was the best M60+ in 3:14:58.

Sharon Cooper, 44, won the W40+ in 3:13:04, and Betty Conover, 35, made the Olympic Trials, beating the 2:51:16 qualifying time with a 2:50:18.

The race produced, if not the closest marathon finish ever, at least the most controversial, when the leaning

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## Ten Records Fall in Virginia Indoor

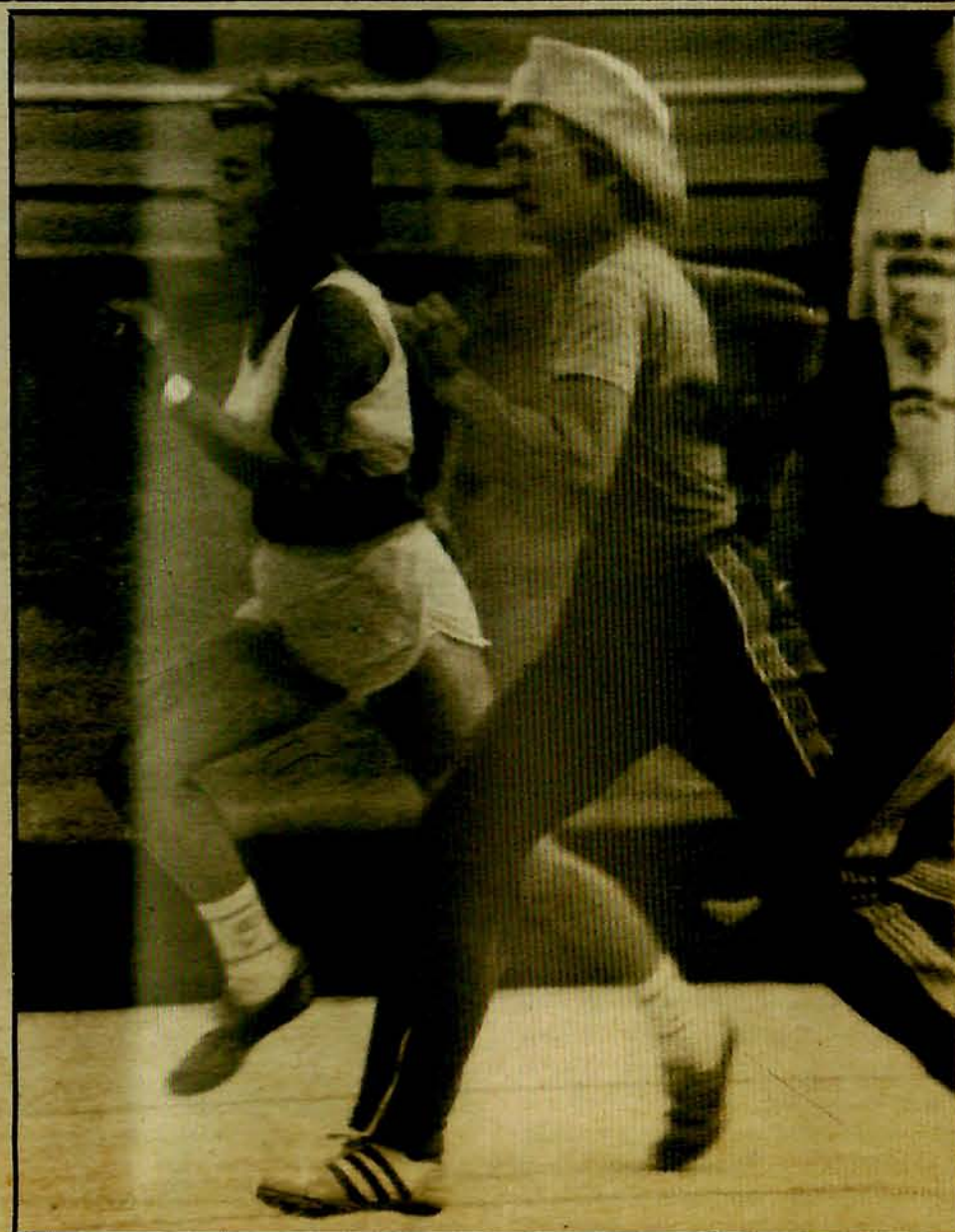
By JOE MARTIN

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 75.2, 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 with 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 18:07.9.

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Shirley Dietderich, W55; Jo Kolda, W60; and Joe Packard, M80; doing intervals on the U. of California track at Berkeley.

Photo by Gretchen Snyder

## Double Winners Highlight NY Masters Meet

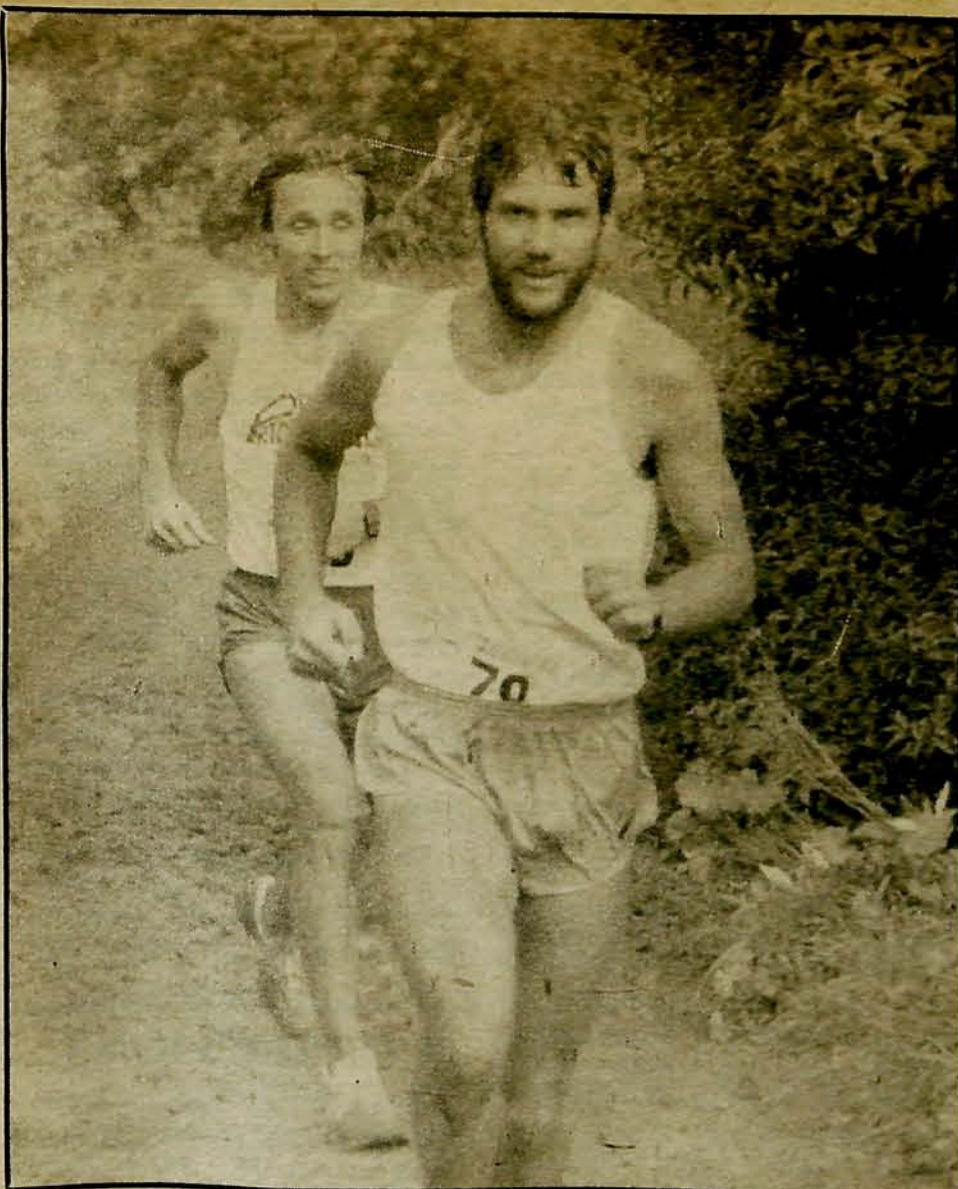
The New York Masters Fifth Annual Indoor Track and Field Meet at Fordham University, Bronx, NY, February 19, produced several double winners in the M40+ divisions, some with marks that were better than those in the younger age groups.

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 Klehm, 45, doubled in the shot (39'8")

and the weight throw (36'6 1/2") 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.

Continued on Page 15



Charlie Hoover getting ready to pass a determined runner at the Lasse Viren 20K.

Photo by Richard Lee Slotkin

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## 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 70'6½". Schoterman is the 11th-ranked U.S. Olympic contender in the hammer with current mark of 221'10". Fifty-seven-year-old Bernice Holland of the Cleveland Masters put the 8# shot 29'3½" 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" and 45y hurdles mark of 8.5; 82-year-old Everett Hosack's mark of 21'11¼" in the shot. Sallie Stiegelmeier, 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. □



L to r: Warren Jackson, M50, 4'8" HJ; Bernice Holland, W55, 29'3½" SP; Josh Culbreath, M50, 6.7 45yH. All winners in the Lake Erie Indoor Meet, Cleveland, January 8.

Photo by People's Photography

## ORANGE BOWL ACTION

### Rouiller Wins Masters Marathon

Roger Rouiller, 45, Atlanta, took advantage of temperatures in the low 50's with low humidity to win the age-40-or-over title over younger masters in the Orange Bowl Marathon in Miami, January 7. Rouiller'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 Kupczyk, 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 divisions.

Bonnie Foster, 43, Miami Springs, Fla., was the first W40+ in 3:26:21. Arlene Boyle, 48, Miami; Sylvia Weiner, 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

Kirk Randall, 42, Wellesley, Mass., defeated the touring Ron Hill, 45, Cheshire, England, for the M40+ title in the Orange Bowl 10K, Miami, February 4, in the time of 32:15. Hill's time of 33:07 bettered that of another visitor, Norman Green, 51, Wayne, Penn., who finished at 33:31.

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, Crawfordville, Fla., was the first forty-and-over woman, defeating younger entrants in her division by over three minutes. Jenni Seid, 48, Homestead, Fla., was the second W40+ in 43:46. Sylvia Weiner, 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

Continued on Page 11

## 16 Marks Fall In West Penn Meet

Masters entrants at the Western Pennsylvania Indoor Track and Field Championships compiled 16 meet records at Slippery Rock University, February 5.

Among the record setters were Barry Kline, who took the M40-49 50y hurdles in 7.2; Grover Coates, who captured the M40 300y in 37.0; Mike Collopy, who took the M30 600y in 1:17.9; and Bill Reilly with two records in the M40 1000y (2:31.6) and mile (4:32.6).

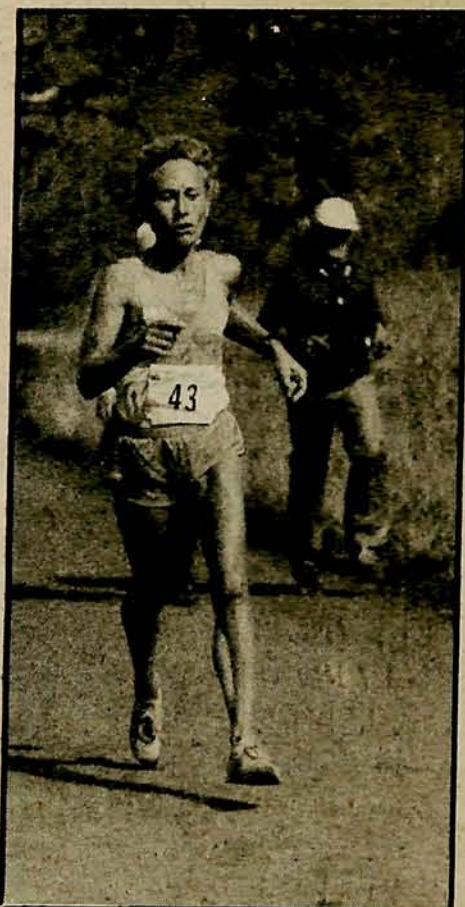
Kline upped the meet M40 high jump mark to 5'8", while Sam Prentice vaulted to an M30 13'6" record.

Everett Hosack was a one-man 60+ team for Cleveland's Over-the-Hill TC, scoring 20 points in the 50y, high jump, shot and 25# weight.

The West Penn teams won the M30, M40, M60+ and women's masters titles, with Over-The Hill winning the M50 division. □

## 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.



Christa Romppanen at Lasse Viren 20K. Husband/race director Eino in background. Photo by Richard Lee Slotkin



# 1984 NIKE MASTERS SERIES.

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.

<u>Date</u>	<u>Location</u>	<u>Race</u>	<u>Distance</u>
May 13, 1984	Syracuse, NY	Dynamis	15k
May 20, 1984	Michigan City, IN	RRCA Championship	15k
May 28, 1984	Huntsville, AL	Cotton Row Run	10k
June 24, 1984	Portland, OR	Cascade Run Off	15k
Sept. 30, 1984	Minneapolis, MN	Twin Cities Marathon	Marathon
Oct. 13, 1984	El Paso, TX	Run Against Crime	15k

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.







# THE GUN LAP

by MIKE TYMN

## Fitch Had His Own Chariots of Fire in 1924

It 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 luck to number 216 in the fifth lane, Fitch. At the gun, Liddell jumps into the lead with Fitch in close pursuit. Liddell leads all the way and breaks the tape a few strides in front of Fitch.

"I had no idea he would win it,"



Horatio M. Fitch at his home.

Fitch, 83, said by phone recently from his mountain cabin about 75 miles northwest of Denver. "I knew he was a good sprinter, but I didn't know until afterward that he was a quartermiler also. Coard Taylor (the other American in the race) had been the favorite until the semifinal when I ran 47.8 and broke the world record. That surprised me as much as anyone, especially since I eased up the last 30 yards to save myself for the finals. People began to look at me as the favorite and I thought I had a pretty good chance to win it. Our coach told us not to worry about Liddell because he was a sprinter and he'd pass out 50 yards from the finish."

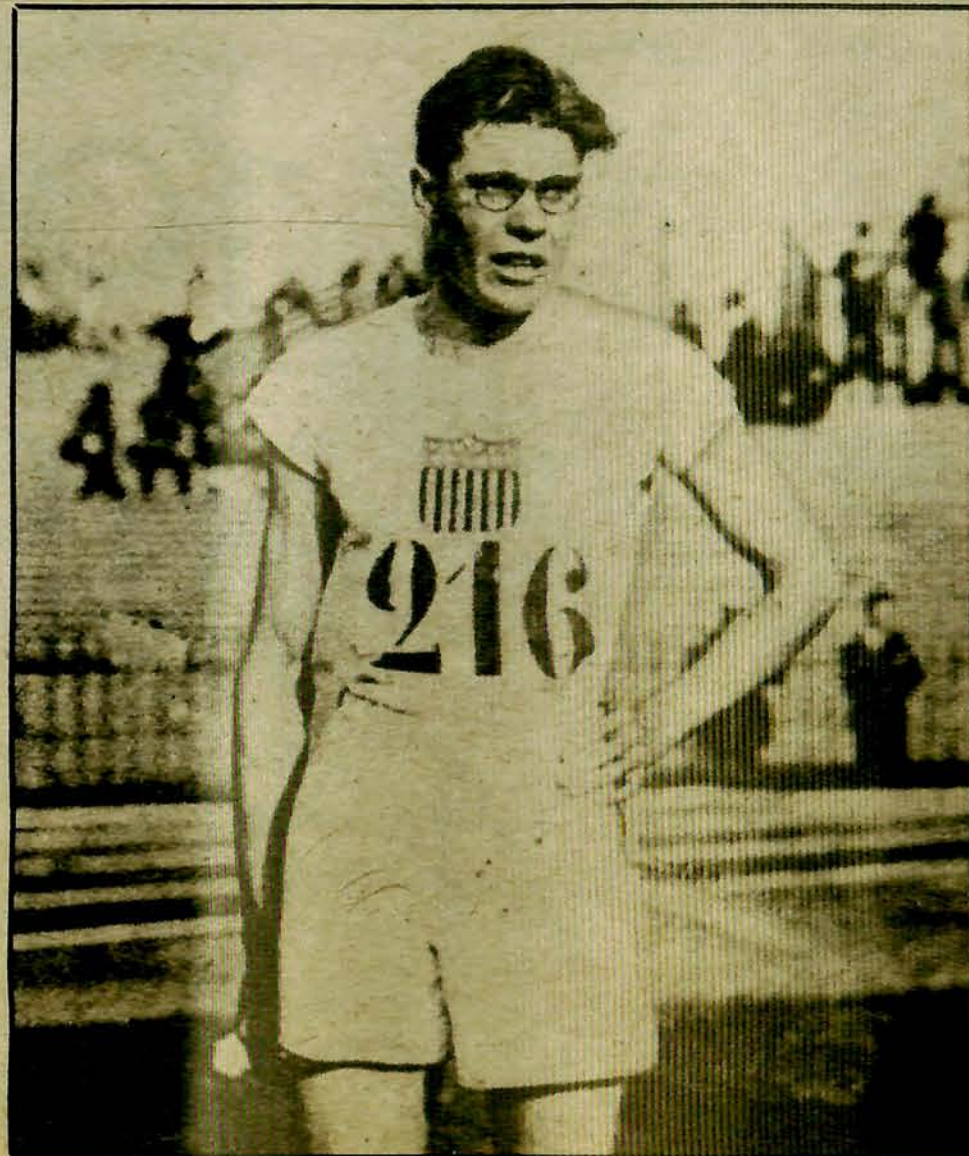
Fitch's 2½ hour old world record was erased as Liddell recorded 47.6. Fitch followed in 48.4, while Guy Butler, another British runner, captured the bronze in 48.6. Taylor fell a few yards from the finish, but crawled over the line for fifth place before collapsing.

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 had fond memories of his Olympic participation, he got 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



Horatio Fitch, taken five minutes after the 400m at Paris Olympics in 1924 by the French official photographer.

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."

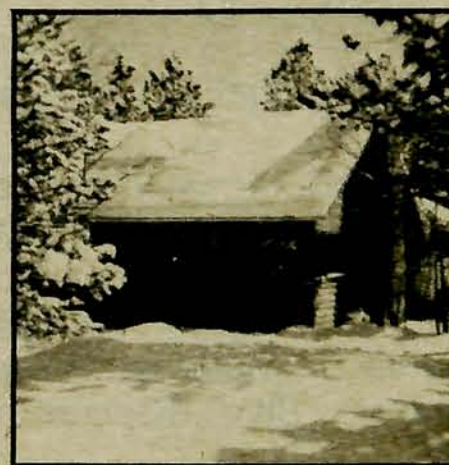
Fitch recalled that it took eight days to make the trip to Paris. On the ship, the *Amerika*, the team trained by running around the deck. "We were

jogging around all the time," he said.

"The relay runners were running up and down passing the baton 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 or 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 dock 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



Fitch's cabin near Allenspark, Colorado.



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 was assigned to the 13th and final heat in the first round and there were only two of us, so 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 psyched out by the stakes and tapes dividing the lane. "I had never seen those things before and I was worried about running into one of them," he remarked. "I think I was more concerned 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 slowing 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 congratulated Liddell, but Liddell seemed very reserved and replied with nothing more than a simple "thank you."

The awards ceremony did not resemble 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 captain of the team 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 as he had hoped to make the team for the '28 Olympics. "But it wasn't like it is now. You didn't go to Colorado Springs and spend all your time training. You had to work back then. I had a job that kept me on the road quite a bit and I didn't have much time to train. After I failed to make the team for 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 could retire 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 bigger peaks near his home. Until recently he did a lot of reading, but because of failing eye-sight, he now finds that difficult, 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. □

## MARATHON

DATE: Sunday, May 6, 1984

TIME: 7:00 a.m.

REGISTRATION FEE: \$10.00 by April 25

LATE REGISTRATION FEE: \$25.00

Early registration must be postmarked by April 25. NO REFUNDS — Entries will not be accepted on the day of the race.



NATIONAL  
MASTERS  
CHAMPIONSHIPS

The Lincoln Marathon has been chosen as the 1984 National Masters Championship by the Masters LDR Committee of The Athletic Congress. Championships for men and women will be contested in 5 year age divisions with team competition in 10 year age divisions. We believe that this will make the 1984 Lincoln Marathon a special race for masters competitors (40+).

AGE DIVISIONS: For men and women — 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, etc.

TEAM COMPETITION: Masters teams consist of three to five runners with the top three scoring. Masters teams must represent a TAC club. Team divisions will be 40-49, 50-59, 60-69, etc. Team entry forms must be requested and returned by April 25, 1984. All team members must be individual competitors. The team entry fee is \$6.00.

AWARDS: TAC National Championship Medals will be awarded to the top 3 men and women finishers in each age division and to the members of the top 3 teams in each division. These awards are presented in addition to any awards that may be won in the usual Lincoln Marathon age divisions.

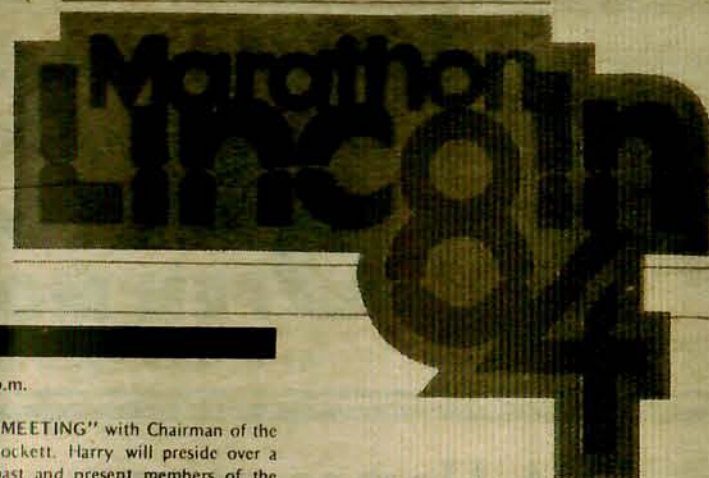
TAC MEMBERSHIP: Although TAC membership is not required to enter the Lincoln Marathon, it is required in order to be considered a part of the National Masters Championship. To obtain a TAC membership card, contact the membership chairman of your local TAC Association. In Nebraska, the address is Midwestern/TAC, 804½ East 7th, McCook, NE 69001. Please include a stamped self-addressed envelope.

You may purchase a TAC membership when you pick up your race packet.

AID STATIONS: Runners will find aid stations about every three miles during the race. Water and ERG will both be available. There will also be medical assistance at each aid station and there will be a medical tent at the finish line. The final aid station at the finish line will provide water, ERG, Pepsi, and fruit for runners.

Portable toilets will also be available on the course.

SPLIT TIMES: Split times will be given at each mile mark throughout the race.



## SEMINARS

1:00 p.m. — 2:00 p.m.

"OVER 50 CLUB MEETING" with Chairman of the Board, Harry Crockett. Harry will preside over a group of 108 past and present members of the Lincoln Marathon's Over 50 Club. All are invited to attend this spirited meeting with a special welcome to those anticipating joining "the club" this year by running the 1984 Lincoln Marathon.

2:00 p.m. — 3:00 p.m.

"RECORDS, RECORD KEEPING, COURSES & RELATED ISSUES" with Ken and Jennifer Young. Ken is the founder of the National Running Data Center and Ken and Jennifer are currently directors of the NRDC. Today the National Running Data Center is the definitive source of information on records, record keeping, course measurement and related issues.

3:00 p.m. — 4:00 p.m.

"MASTERS RUNNING" with Ruth Anderson. Ruth is the holder of numerous single age and age group national records ranging from 800 meters to 100 miles. Among her most incredible performances is an age 48 national record for 100 miles on the track of 16:50:47. She is also a veteran of the grueling Western States 100. Ruth has run in masters competition virtually all over the world representing the United States and the American Masters Movement.

4:00 p.m. — 5:00 p.m.

"RUNNING FOREVER" with Dr. Alex Ratelle, M.D. Alex is a 59 year old running marvel from Edina, Minn. He holds the 10 best and 15 of the top 20 marathon times recorded in the United States through 1982 in age group 55-59. He also holds marathon age group records for ages 53 through 58 and clocked a 2:35:51 in 1982. Alex's personal best is an amazing 2:30:41 set at age 56 just 3 years ago.

SANCTIONS AND CERTIFICATIONS: The Lincoln Marathon is sanctioned by The Athletic Congress (TAC) and the Road Runners Club of America (RRCA). The course is certified by the National Standards Committee of TAC.

No entry confirmation will be sent unless a written request is received and a self-addressed, stamped envelope is included.

DISTINGUISHED ACHIEVEMENT: Runners beating the listed times for their division and category will earn a running accessories bag imprinted with the Lincoln Marathon logo. These are awarded as special recognition of individual effort and personal victory.

Men under 40	2:50
Men 40-49	3:10
Men 50+	3:20
Women under 40	3:20
Women 40+	3:30

## LODGING INFORMATION

This chart gives rate information quoted for May 5 & 6th. Please confirm these rates when making reservations. Please identify yourself as a participant in the Lincoln Marathon; some rates are special for the Marathon. Rates do not include tax.

MOTEL	SINGLE	DOUBLE
*Thrifty Scot Motel 2920 NW 12th (402) 475-3616	22.90 (D) 24.90 (Q)	26.90 (D) 28.90 (Q)
Villager Motel (Best Western) 5200 "O" Street (402) 464-9111	36.50	41.50
*Cloverleaf Motel 1300 N. 10th (402) 435-2191	17.00	19.00
*Motel 6 3001 NW 12th (402) 475-9502	15.95	19.95
Harvester Motel Junction Hwy 2 & 77 (402) 423-3131	26.00	29.00
*Airport Inn (Best Western) 1-80 & Airport Exchange (402) 475-9541	26.50	30.50
Super 8 Motel 2635 West "O" (402) 476-8887	21.88	24.88
Nebraska Center for Continuing Education 33rd & Holdrege (402) 472-3435	25.00	30.00

FILE ☐ RACE ☐ CLASS ☐

NAME LAST  FIRST  INITIAL

ADDRESS  CITY  STATE  ZIP

PHONE  AGE AS OF 5-6-84  BIRTHDAY  SEX  T-Shirt Size

☐ National Guard Runner Indicate State

Number Lincoln Marathons Completed  Total Marathons Completed

Marathon PR  Best Time In Last 12 Months

Please make reservations in my name for the following:

Check Below

- ☐ Marathon Participation  
(\$10.00 per runner) (\$25.00 after Apr. 25, 1984) .....\$
- ☐ Runner Course Tour  
(Indicate Time ☐ 11:00 ☐ 1:30 ☐ 3:30) .....\$ (No Charge)
- ☐ Non Runner Course Tour: .....at \$2.00 ea. ....\$
- ☐ Spaghetti Dinner: .....at \$3.50 ea. ....\$
- Make Check Payable to: Lincoln Marathon
- I have enclosed my check for. ....\$
- (Send a separate entry form for each runner)

In consideration of your acceptance of my entry, I hereby for myself, my heirs and executors, waive and release any and all rights and claims for damages against the Lincoln Track Club, local sponsors, the City of Lincoln, Lancaster County, meet officials, volunteers and workers for any injuries suffered by me in connection with the LINCOLN MARATHON. I further certify that I am in good enough physical condition to participate in this event. At least one of these three items must be checked: ☐ I will have prepared for this race by training at least 40 miles per week for 6 weeks. ☐ I have successfully completed a previous marathon and am aware of the physical requirements. ☐ Enclosed is a Doctor's certificate allowing me to compete in a marathon. \*Open to all runners 12 years of age and older on May 6, 1984.

Date  Signature  Signature of parent or guardian





## On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

### A Homecoming

**Y**ou 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 (LAIM) 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 incidentals 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 politics, let alone all 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.

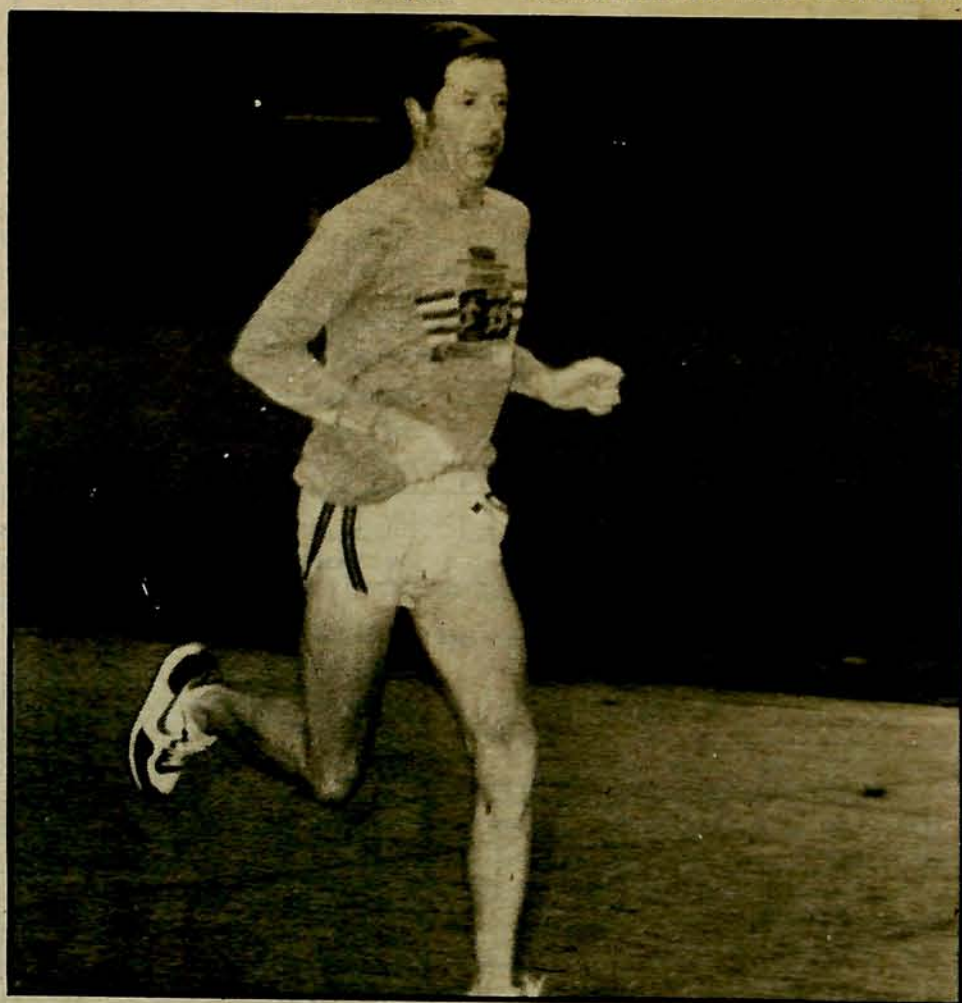
Anyway on Friday night they have a great party for the race officials, invited runners and important people. A Japanese company has bankrolled the marathon with over a million dollars, complete with prize money, appearance money and, from all outward indications, an excellent marathon. A Trial run, so 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 seersucker jumpsuit and white bucks entertained until the wee hours. Jim Bush introduced people. What a class guy. 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 great just 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 Sheahen 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 fami-

ly, 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 clean 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 about my finish 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 halfback 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 I haven't done a little of that myself on occasion, but this was fairly brazen. Do you think football players lie about the score of their games too? Now, that takes a real athlete. They're so big and strong, though, what could a person say? Gee, Dick, it's hard to remember these days, with all the different sports, but didn't the other team win that game? And to think that, in addition to all this, they go around patting one another on the buns, too. □



Fred Kiddy, running a 50K US age-45-49 record, 3:16:12, Dec. 17 in Tallahassee, Florida at the National Light Ultra Distance Classic.

Photo by Kent Vann



# WRITE ON!

Continued from Page 3  
are to muscle pulls.

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 NMN would like to put to rest, once and for all. We tried the lower heights. They didn'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 kinds 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 T&F 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 53, then official World Championships for submasters should have a green light. Rule 53 defines "professionalism" and pro-

Continued on Page 11

LECO

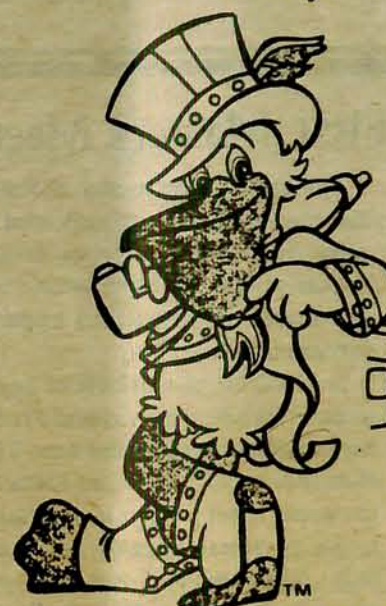


# LOUISIANA WORLD EXPOSITION



## Masters Track & Field Championships

♦ MAY 26, 1984 ♦



NEW ORLEANS, MAY 12-NOV. 11, 1984

Date: Saturday May 26, 1984 Time: 2:00pm

Eligibility: Open to all men and women of 30 years of age and over, who are registered in the Athletics Congress. TAC applications will be available at the meet. All participants must have proof of age.

Age Divisions: 0A - 30-34; 0B - 35-39  
1A - 40-44; 1B - 45-49  
2A - 50-54; 2B - 55-59  
3A - 60-64; 3B - 65-69  
4A - 70-74; 4B - OVER

Awards: Medals or Ribbons three deep depending on sponsorship.

Meet Facility: The Muss Bertolino Track in Kenner, La.

The track and runways are composed of synthetic rubber and the Javelin approach is grass. 1/8 inch spikes are permissible on track.

Housing: Call Abbott Tours at 800-535-8550 (out of state) or 504-525-2391 (in state calls).

Entry Fee: \$5.00 first event, \$3.00 subsequent events, \$12.00 per relay team. MAKE CHECKS PAYABLE TO: LOUISIANA LIGHTNING TRACK CLUB

Order of Events: Sections may be run seeded and age groups combined as needed. Schedule is subject to change as needed. Events will be run with women first, then oldest to youngest age groups. Events will begin at 2:00pm and remainder of schedule will follow in order as quickly as possible...running ahead of schedule if possible.

2:00pm	100m trials, Discus (Shot follows), High Jump Javelin, Long Jump (Triple follows)
2:30	200m trials
3:30	400m Relay, Pole Vault
3:45	1500m Run
4:15	110m Hurdles
4:30	400m Dash
4:55	100m Dash
5:10	800m Run
5:30	400m Hurdles
5:45	200m Dash
6:00	5000m Run
7:00	1600m Relay

ENTRIES MUST BE RECEIVED NO LATER THAN MAY 21, 1984. PLEASE ENTER EARLY!

PLEASE PRINT

NAME ADDRESS PHONE  
AGE (as of day of meet) BIRTHDATE SEX CLUB  
TAC #:

EVENTS: EVENT BEST EVENT BEST  
EVENT BEST EVENT BEST  
RELAY TEAM MEMBERS:

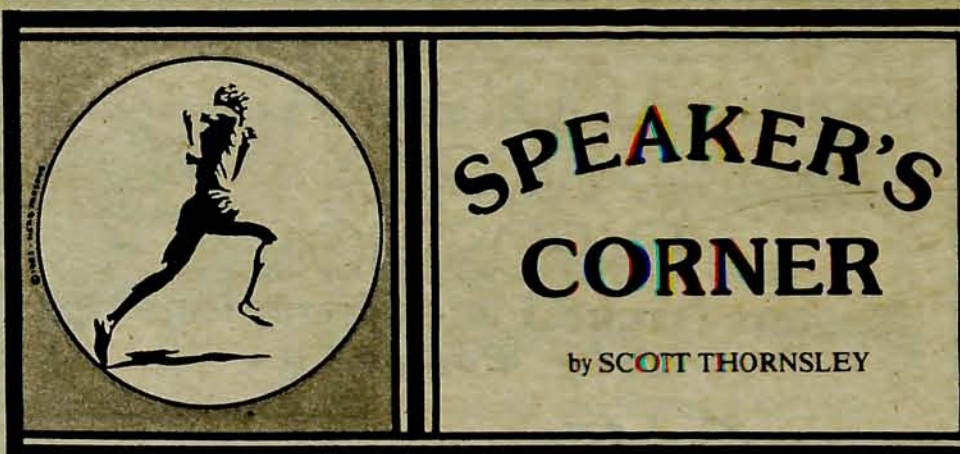
WAIVER:

I HEREBY WAIVE ANY CLAIM I OR MY HEIRS MAY HAVE AGAINST THE LOUISIANA LIGHTNING TRACK CLUB, KENNER PARK & CON DEPARTMENT, TAC, THE LOUISIANA WORLD EXPOSITION, OR ANY OF THE SPONSORS FOR ANY INJURIES OR CLAIMS SUSTAINED BY ME IN PARTICIPATING IN THIS MEET. I ASSUME THE RISK IF ANY AND CERTIFY THAT I AM IN GOOD HEALTH AND HAVE BEEN EXAMINED BY A PRACTICING PHYSICIAN.

SIGNED

DATE





## How To Hold Your First Masters Meet

No wonder meet directors like Bob Fine of the New York Masters and Ron Salvio 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, Salvio 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 a lot of traveling 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 Salvio 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 ac-

tivities 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 expense 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 who were 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.

Minneapolis to St. Paul—September 30, 1984. Entries limited to 8,000. For entry blank, send SASE to TCM, P.O. Box 24193, Minneapolis, MN 55424. Sponsored by The Pillsbury Company and WCCO Radio. REPUBLIC AIRLINES is our official airline. For information on special fares, call toll free 1-800-328-1111 and refer to TCM 222.



Continued from Previous Page  
it affected mine.

The next time you attend a meet, make sure you thank the meet director. Chances are he put in an awful lot of work for your enjoyment, often at the expense of his wife and family, who, hopefully, by this time, either support his interests or are runners themselves. Certainly there are many improvements to be made in each and every meet, but criticisms can be made in a nice manner. □

## 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 Grete Waitz, 31, of Norway, who won in 31:58. □

## 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 2:27:51. □

## Write On!

Continued from page 9

*hibits 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.)*

## Virginia Indoor

Continued from Page 3

Outstanding performances by competitors from outside the Virginia Association included an 8.4 in the 55m hurdles (33") 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. □

## 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 marathoners 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 Sturak 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 Betz, 47, Conklin, New York, 1st Woman, age-35-and-over in 3:00:49 at the Los Angeles International Marathon, Feb. 19, and 10th female overall.

Photo by Richard Lee Slotkin

# 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.

Site: IUPUI Track & Field Stadium. Best facilities in U.S.! Home of the 1982 National Sports Festival. 1985 Masters Championship Meet Site. Motels, hotels, suites nearby. Walking distance from downtown INDY. Awards.

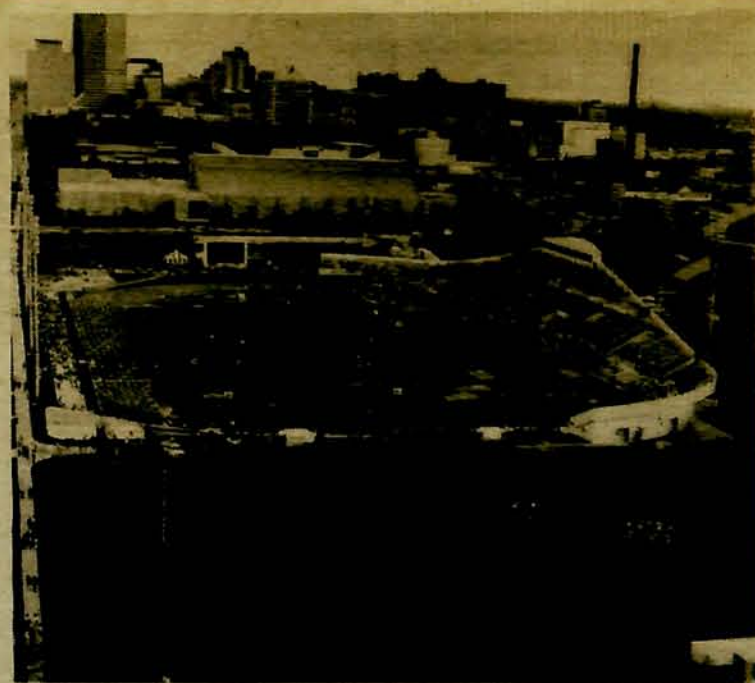
Entry Fees: \$5.00 for one event, \$2.00 each additional event.

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.



Events Entered \_\_\_\_\_

Entry Fee Enclosed \_\_\_\_\_

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

Mailing Address \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Ph. Number \_\_\_\_\_

This form must be signed by each participant. I will not hold responsible the Hoosier Track Club, Indianapolis Parks and Recreation or any of their departments, agents or representatives for my health, safety, or any injury resulting from my participation in this event. I agree and consent to the use of photographs and interviews to be used for publicity and advertising and waive all claims for any compensation for such use.

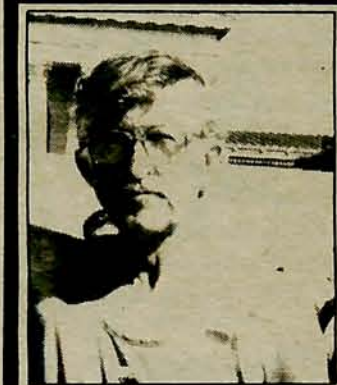
☐ Other events

Signature \_\_\_\_\_

Parent's signature if under 18

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





## 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, or can be filled with our doing and our dreaming. 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 Bostons 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 cap-

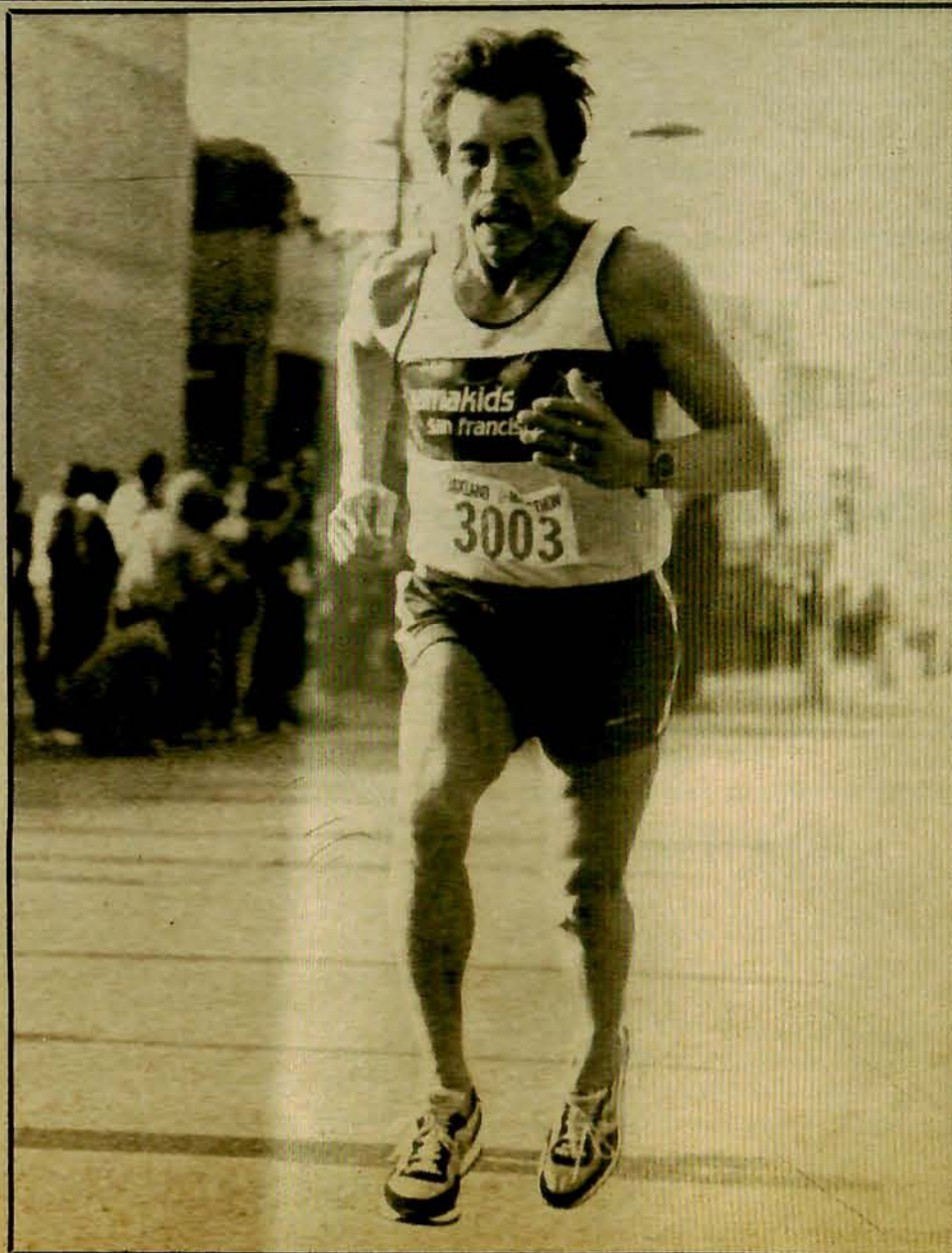
tain who dinghied me to shore every day. — a major disruption of the day's sailing. "No problem," he said.

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 crewmember — 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 soled 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



Sal Vasquez, master winner and 20th overall, Oakland Half-marathon, February 5, in 1:09:59.

Gene Cohn Productions

#### THE SECOND ANNUAL NORTH COAST RELAY CHAMPIONSHIPS

SUNDAY, APRIL 29, 1984 - 12 NOON  
CLEVELAND HTS. HIGH SCHOOL, CLEVELAND HTS., OH. (N.E. CORNER OF CEDAR & LEE RDS.)  
OPEN MEN & WOMEN (ANY AGE UP TO 29) - MASTERS MEN & WOMEN (30-39; 40-49; 50-59, 60+)  
SPONSORED BY THE OVER THE HILL TRACK CLUB INC.

**AWARDS:** Trophies to members of winning relay in each event; Medals to members of second and third place relay in each event; Trophies to the top 3 clubs in overall scoring.

#### SPECIAL NOTES:

1. Entry fee is \$10 for each track event relay and \$5 for each field event relay. Make checks payable to the OVER THE HILL TRACK CLUB. Send entries and checks to: James A. Barrett, 3801 Shannon Road, Cleveland Heights, Ohio, 44118.
2. Entries must be received no later than Wednesday, April 25, 1984. NO POST ENTRIES WILL BE ACCEPTED -- NO ENTRIES WILL BE TAKEN BY PHONE
3. Field event relays will consist of 2 people per relay. Track event relay will consist of 4 people per relay.
4. You may move down in age group, but not up.
5. You need not belong to a club to form a relay, but your scores will not count in overall club team standings.
6. The track is an all-weather track; 4" spikes may be worn
7. Hurdle height in the shuttle hurdles will be 30".
8. Age is of day of the meet
9. Additional information - call Jim or Edith Barrett - 216-932-0049.

#### ORDER OF EVENTS:

10:00 a.m. Shot Put (followed by discus)	12 NOON	6400 Meter Relay
Javelin	12:30 pm	400 Meter Relay
High Jump	1:00 pm	Sprint Medley Relay
Pole Vault		(100m, 100m, 200m, 400m)
Long Jump (followed by Triple jump)	1:30 pm	3200 Meter Relay
Weight Throw (followed by hammer at another location requiring travel)	2:00 pm	Shuttle hurdles
	2:30 pm	800 Relay
	3:00 pm	Distance Medley
	3:30 pm	(800m, 400m, 1200m, 1600m)
		1600 Relay

NAME	CLUB
ADDRESS	
EVENT	EVENT
DIVISION	DIVISION

In consideration of your accepting this entry, I hereby for myself, and my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Over The Hill Track Club, Inc., and Cleveland Heights/University Heights Board of Education, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I give permission for the free use of my name and/or photography in any broadcast, telecast or other account of this event.

I further attest and certify that I am physically fit and have sufficiently trained for competition in the event I am entering.

Signature: \_\_\_\_\_  
(Parents or coach's signature if under 18 years of age)

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

the 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." □

### Gasparilla

Continued from Page 1

sparkling 50:18 performance.

In the women's masters race, Cindy Dalrymple, 41, of Washington, D.C., also repeated her National 5K performance of the previous week, winning easily in 56:05 for her 62nd straight masters victory since turning 40. Forty-seven-year-old Laura Tingle ran an outstanding 1:01:25 to capture the W45 race from Linda Burgasser, 45.

Grete Waitz ran a world best 47:52 in the open women's race, while Mike McLeod won the men's event in 42:54.

Stewart and Dalrymple each won \$1,000 as Gasparilla joined the ever-increasing lineup of races offering cash prizes to masters runners. □



CULLEN'S

CORNER



## INTRODUCTION TO TRIATHLONING

by JIM CULLEN

### 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 program, simply because they don't care for running — too boring. They would rather be swimming or biking at high speeds. Too bad for them because, without a solid 40-mile-per-week running base, you can never be any kind of an accomplished Tri-Athlete. Everything will come apart in the run, the final leg in a Triathlon.

Personally, I enjoy learning the different techniques in swimming and bik-

ing because it's all relatively new. It breaks the in and out, day-to-day monotony of running and takes you 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 or one hour at 80% effort.

**Thursday:** Run Track Interval Training: 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 miler 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 E-Z Aerobic workout at a pace that is comfortable, with minimum effort. **Run** 5 miles. **Bike** 20 miles and wrap it up with a ½ mile **Swim**.

You should come away from this workout feeling somewhat refreshed, but feeling you did accomplish something. Swimming can be a very refreshing wrap-up if you E-Z stroke it.

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



Start of 1983 Ironman Triathlon in Hawaii.

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

<b>ELIGIBILITY:</b>	All Men and women registered in Tac/Pacific Association. 1984 Tac registration required. Registration available at meet \$6.00
<b>ENTRIES:</b>	Pre-entry required before Wednesday May 16. No post entry will be accepted. Phone entry o.k. to May 16. Day 354-5660, Night 395-5825
<b>FEES:</b>	\$4.00 per event. \$12.00 for relays. Guest Competitors \$8.00 per event. Late entry if space available, \$6.00 relay post entry O.K.
<b>NOTE:</b>	Hammer, javelin, steeple chase, and 5,000 walk will be contested at San Jose City College on Sunday, May 20 (See Schedule).
<b>HEATS:</b>	Will be run if required in 100 and 200. Heats will be contested in all age divisions that they are needed and the finals run at the end of allotted time slot. 400 will be run in timed sections based on times submitted on entry form.
<b>FACILITIES:</b>	All weather track surface ¼" spikes only. Concrete throwing rings, grass javelin runway.
<b>AGE GROUPS:</b>	Open 18-29, 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 19, 1984, determines age group.
<b>AWARDS:</b>	Tac/Pacific championship medals to first three places in all events.

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

WILLIE HARMATZ, BRUCE SPRINGBETT: Co-Meet Directors  
P.O. Box 1328, Los Gatos, California 95030  
408/354-5660 Days  
408/395-5825 Evenings

Name _____	(LAST) (FIRST)	Address _____
Phone _____		(NUMBER & STREET)
Date of birth _____		(CITY) (STATE) (ZIP)
Age as of May 19, 1984 _____		Circle one: MALE FEMALE
Events entered and best time 1984 _____		
Club affiliation _____		Your 1984 TAC # _____
Amount enclosed _____		NO REFUNDS FOR DEFAULT

(Make checks payable to Los Gatos Athletic Association, Inc.)

In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, and all rights, claims or damages I may accrue against San Jose City College, Los Gatos Athletic Association, TAC Pacific Association, Los Gatos High School, and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the TAC/Pacific Track and Field Championship held May 19, 20, 1984, at Los Gatos High School, Los Gatos, California, and at San Jose City College.

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



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



# OLYMPIC WATCH

## 4 Months To Go

**T**he 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 Coldwell Banker, the nation's largest realty company, who decided to stay out of the Olympic housing rental 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 backyard 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 could use the owner's toilets morning and evening." Walker located the "campsite" by placing an ad in the LA Times Classified.

• LAOOC President Peter Ueberroth says 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.

• Ueberroth is encouraging crash training courses in languages for those in the Coliseum area, taxi drivers, airline personnel, etc.

• Los Angeles Mayor Tom Bradley's anti-rent gouging bill was defeated by the LA City Council, leaving businesses to charge what the traffic will bear. Many will use restraint, but some want to get rich quick. In Sarajevo, a fancy restaurant charged American actor Kirk Douglas and his seven friends \$440 instead of the listed \$44 for dinner. Unlike free-wheeling America, a magistrate ordered the restaurant closed for a month, and a local judge began court procedures against the owner of the restaurant.

• The Sierra Club will take visitors on a free tour of the scenic portions of "natural Los Angeles."

• All the officials you'll see at the Games are paying their own way. From the East, figure \$500 air fare, plus lodging for 14 days, starting at \$50 to \$75 a night in a dormitory at USC or UCLA, plus meals for 14 days at about \$15.

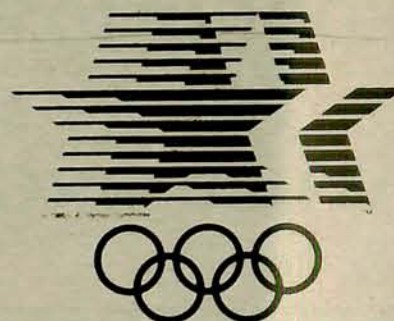
• Some discount air fares during the Games are starting to appear, but the prices will still be steep. Low-cost Capitol Air is upping its Chicago-to-LAX one way fare from \$169 to \$194 during the Games. Its NYC fare goes from \$199 to \$249. Southwest Airlines won't change its fare structure during the Games, nor will the International carriers.

• The Olympic traffic can't be much worse than it was in Westwood (near UCLA) one Friday evening in February. It took 25 minutes to drive two blocks.

• The LAOOC turned down a request to stage an exhibition masters race during the Games. "We considered it," said H.D. Thoreau, "but decided the masters already have their own World Games."

• A suggestion to have masters participate in carrying the Olympic torch, which would demonstrate to the world the

capabilities and spirit of the older individual, was also turned down by the Committee.



• The FBI and LA Police ended their months-long turf war over how to combat possible terrorism. The thorniest issue — how to handle a hostage incident similar to Munich, will be handled on a "case-by-case basis."

• "The threat of terrorism at the Games is very real," according to LA City Councilman Joel Wachs. UCLA has shut down its research nuclear reactor because of the threat.

• However, officials of the American Civil Liberties Union, the Southern Christian Leadership Conference, the Federation of Progress and other local groups contend that a threat to civil liberties during the Olympic period is developing in Southern California as a result of law enforcement's hyping of terrorist dangers. Opposing a bill which would allow Governor Deukmejian to call out the National Guard, even if an emergency did not develop, the groups expressed fear of "an overreaction" to security threats at the Games. "All the rhetoric about terrorism has put the community more on guard than in a spirit of welcoming visitors," said Mark Ridley-Thomas, SCLC director. "A state of siege mentality has been created," said UCLA professor Judy Chu, whose group is seeking a parade permit to demonstrate against Reagan Administration policies on July 28, the day of the opening ceremonies.

• You read it here first. Gidamis Shahanga of Tanzania will win the Men's Olympic Marathon, if he doesn't opt for the 10,000 instead. Why? The Americans will be exhausted from the grueling Olympic Trials in May; and the Europeans won't be able to handle the heat. That leaves the current favorite, Australian Rob deCastella, to beat. Shahanga doesn't mind the heat and, presumably, the smog. It should be about 80-degrees when the runners tackle the final, uphill 13 miles of the course. Shahanga ran a relaxed 2:10:19 into a headwind on the Olympic course to win the LA Marathon February 19. The experience should prove priceless.

• deCastella worries about the smog. A leading biophysicist with the Australian Institute of Sports as well as the world's #1 marathoner, he says "there is no exercise physicist who knows what potential damage a runner subjects himself to by running in pollution. I just know it's a might crazy to ask the world's best runners to run in these conditions. Ron Clarke (the great Australian runner) almost died from trying to run the 10,000 meter in Mexico City. He wasn't used to the altitude. It was considered a prime reason for his eventually undergoing a heart operation."

• The final countdown to the Olympics has begun. A strike, a warehouse fire, an onslaught of rain — any of these or similar unforeseen calamities could play havoc on the Olympic Committee's fragile timetable. The LAOOC's greatest concern, however,

## OLYMPIC CLEARINGHOUSE

If you need a place to stay during the Olympic Games, or if you have available space to rent or donate, or if you want to buy or sell Olympic tickets, send NMN your name, address and phone number. We'll print it here, and you can make your own contacts. No charge.

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Joann Grissom, 4223 Norrose Dr., Indianapolis IN 46226. 317/547-8841.

## TICKETS TO SELL:

Will sell four \$200 tickets to opening ceremonies and six \$200 tickets to closing ceremonies (includes finish of men's marathon). Phillip O'Connell, 178 Willow St., Southport CT 06490. 203/255-2897. Price negotiable.

Opening ceremonies \$400 up. Most other events available at varying prices. For info, send SASE (\$88 postage) to Murray's Tickets, 740 W. King Blvd., Los Angeles CA 90037. 213/234-0123.

All-day Olympic T&F tickets, most expensive section, many finals, August 4-6 and 8th. Al Guidet, 10681 Applewood Dr., California City CA 93505.

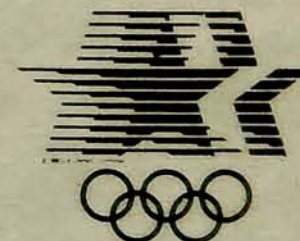
## WANTS TO BUY TICKETS:

Wants six to T&F, boxing, diving, gymnastics, opening & closing ceremonies. Box U-106NA, Time Mirror Sq., LA 90053.

is last-minute interference by local government. "Politicians and government can bring us to our knees," Ueberroth said. "We need thousands of permits for all kinds of little things."

• Between now and opening day July 28, the LAOOC must purchase or construct most of its movable parts; an estimated 70% of the Committee's \$500-million-plus budget will be spent in the next four months. It must then take these fresh pieces and build the Olympics. Finally, it must teach a still largely unrecruited army of 50,000 volunteers how to operate it. The image emerges of a parent scrambling to assemble a frustratingly complex Christmas toy against the deadline of a child's dawn awakening.

• As NMN goes to press, the ACLU lawsuit asking for the inclusion of the women's 5000- and 10000-meter races in the Games is close to settlement in Judge David Kenyon's Central California Federal District Court. □



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19-29	C	LL
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35-39	E	NN
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50-59	H	QQ
60 & over	I	RR

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THE ATHLETICS  
CONGRESS

# MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track &amp; Field Committee

**R**ichard 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 until we are willing to pay significant monies and charge significant entry fees, our meets will be 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.

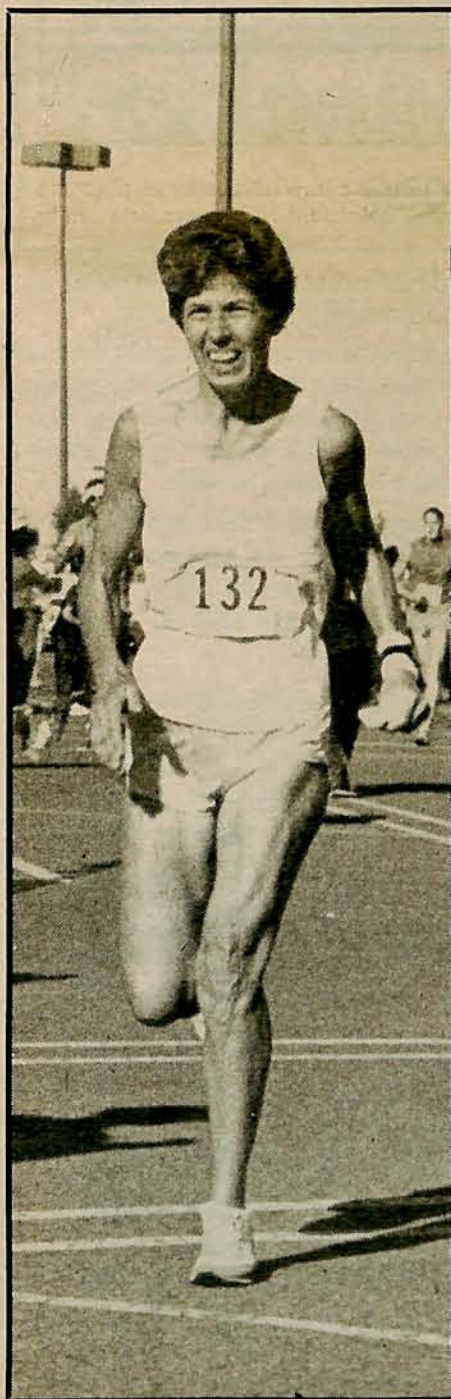
From the beginning, a basic concept in Masters competition has been to encourage all those who wish to participate. Accordingly, host organizations have been encouraged to keep entry fees small. Perhaps that is one reason why many of our meets have more of a picnic atmosphere than a professionally organized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

□



Dorothy Stock at Runner's Den 19K, Phoenix, Ariz.  
Photo by Richard Lee Slotkin

## Midwest Indoor

Continued from Page 1

age group, and Marie Smythe, W35, ran a 6:07.1 for her gold medal.

The 2-mile run came down to a duel between Buddy Harpool, M30, and Chuck Koeppen, M35, with the younger Harpool winning the race in 9:34.3 over Koeppen's 9:35.9.

The two-mile walk resulted in two American age-group records when Byron Fike, M75, hit a 21:23, and Ernestine Yeomans, 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 Culbreath emerging as victor with 16'9" over Larry Steinrauf's 16'7". Leslie Thomas, M70, won with 13'5", and Vickie Tolliver, W30, popped a 13'10 1/2" 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 6'3/4".

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. Pieter Elmendorf, M30, returned after a 4-year layoff to win the 35# weight with 38'11". Norm Bower, M35, threw a great 43'1" 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", 34'2 1/2", and 23' 1/2" tosses. Mary Chadbourne, with four consistent throws, set a record of 23'8" with the 25#.

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 Bohigian, 47, in the triple jump (33'3 1/2"). Thirty-three-year-old Ray Harrison was the longest jumper in 19'1 1/2". □



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# PROFILE

## Frank Grey — 64 Going on 24

**W**atch 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 competitive running until I turned 50," he says.



Carlos Godoy at the Lasse Viren 20K, Nov. 20.  
Photo by Richard Lee Slotkin

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,

**"I expected a 2:55," he says, "but the conditions were ideal and everything just came together for me at the right time."**

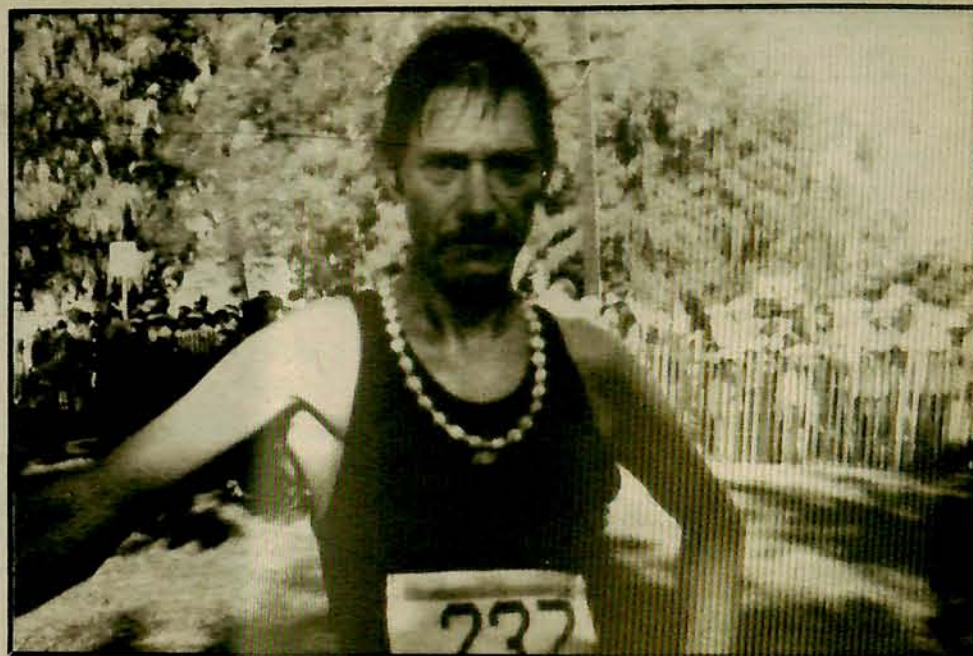
his best until the recent Seaside performance. He returned to Honolulu last December to win again in 2:55:14.

"That's about what I expected at Trails End, a 2:55," he says, "but the conditions were ideal and everything just came together for me at the right time."

As might be expected, Grey considers the marathon his best event. "I don't possess real good speed and I can compete very well in my age group, but most important, I can visit with other runners along the way," he explains.

Grey says that his most memorable running experience is a 24-hour relay he took part in with nine other runners last April. They combined their efforts for a world age mark of 209 miles, 1,583 yards. "It was one of my most gratifying and pleasant experiences," he says. "Surrounded by ten of the greatest running extremists, I was brought face to face with what running has become in our culture."

A typical week of training for Grey looks something like this: Sunday, an easy two miles; Monday, ten miles at race pace; Tuesday, three miles; Wednesday, twelve miles at 6:45 pace; Thursday, five miles; Friday, 12-18 x



Frank Grey

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 run-

ing 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

## National 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.

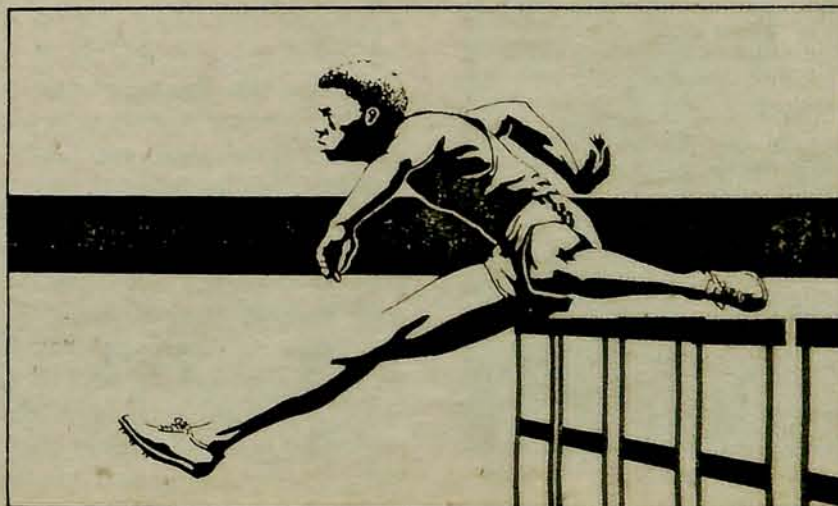
The top age-40-and-over runner in the rankings is Mike Manley with his outstanding 2:17:10 at the Houston-Tenneco Marathon early in the year. Cindy Dalrymple — who else — tops the women masters with her 2:44:01 in Washington October 23. If you count the "international womens veterans" — age 35-or-over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

Fay Bradley, 45, (2:26:46), Norman Green, 50, (2:31:35), Ken Helms, 56, (2:36:01), Clive Davies, 67, (2:55:15), Ed Benham, 76, (3:34:42), Sandra Kid-dy, 45, (2:56:37), Margaret Miller, 57, (3:14:11) and Marcie Trent, 65, (3:47:24) all deserve special mention for their brilliant performances. □



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# 1983 INTERIM MASTERS MARATHON RANKINGS

(Compiled by the National Running Data Center)

marathon	Men- 35 thru 39			
2:11:59a	Bill Rodgers	35	Sherborn MA	18 Apr, MA-A
2:17:41a	Gary Tuttle	35	Ventura CA	18 Apr, MA-A
2:18:52a	Ben Wilson	35	Claremont CA	18 Apr, MA-A
2:20:33	Phil Camp	35	Milton FL	24 Apr, KOR
2:21:14	Gordon Minty	35	Laurel MD	6 Nov, DC-A
2:21:45a	Hector Urincho	35	NH	18 Apr, MA-A
2:22:28	Rick Scupham	35	Iowa City IA	16 Oct, IL-A
2:23:46	Robert Rozeski	35		15 May, OH-A
2:24:12	Thomas Bernard	35	Hayes VA	6 Nov, DC-A
2:24:35	Harry Cottrell	37	Eureka CA	1 May, CA-A
resident foreigners				
2:12:53a	Kevin Ryan	35	Wellesley MA	23 Oct, NY-A
2:15:37a	Bernie Allen	37	Boulder CO	18 Apr, MA-A
2:22:15a	Nick Barton	39	Salt Lake City UT	18 Apr, MA-A

marathon	Men- 40 thru 44			
2:17:10	Mike Manley	40	Eugene OR	16 Jan, TX-A
2:23:16a	Jim Bowers	44	Santa Rosa CA	24 Jul, CA-A
2:23:20a	William Hall	42	Durham NC	18 Apr, MA-A
2:23:26a	Dan Conway	44	Chetek WI	11 Jun, MN-A
2:23:34a	Gary Muhrccke	42	Huntington NY	18 Apr, MA-A
2:24:28a	Tony Gerrity	40	Devon PA	18 Apr, MA-A
2:25:28a	Don Coffman	40	Frankfort KY	18 Apr, MA-A
2:25:40a	Ralph Zimmerman	42	N Tonawanda NY	11 Jun, MN-A
2:26:19	David Hayes	41	Grangeville ID	11 Sep, OR-A
2:26:40a	Michael Mahler	40	Santa Monica CA	1 Oct, UT-A

marathon	Men- 45 thru 49			
2:26:46a	Fay Bradley	45	Washington DC	18 Apr, MA-A
2:28:40a	Brian Harris	47	Royal Oak MI	18 Apr, MA-A
2:28:50a	William Johnston	46	Salt Lake City UT	1 Oct, UT-A
2:30:38a	Ardel Boes	46	Golden CO	16 Oct, CO-A
2:32:34	Lowell Gaither	45	Lincoln NE	5 Nov, NE-A
2:33:16	Jim Knerr	48	Simi Valley CA	23 Jan, CA-A
2:33:39	Al Huff	45	Seattle WA	27 Mar, WA-A
2:33:49	Jim Oaks	45	Huntsville AL	10 Dec, AL-A
2:33:54a	Robert Landry	46		18 Apr, MA-A
2:34:02	Fredrick Hagerman	47		15 May, OH-A
resident foreigner				
2:29:17	Fritz Mueller	46	New York NY	27 Mar, WA-A

marathon	Men- 50 thru 54			
2:31:35a	Norman Green	50	Wayne PA	18 Apr, MA-A
2:32:45a	David Salo	50	La Jolla CA	24 Jul, CA-A
2:39:35a	Norman Eastman	52	Lansing MI	9 Oct, MI-A
2:39:59	Al Lawrence	52	Houston TX	16 Jan, TX-A
2:40:14a	Gaylon Jorgenson	54	Highland UT	25 Jul, UT-A
2:40:22a	Edward Stabler	54	Syracuse NY	23 Oct, NY-A
2:41:04	Bill Foulk	50	West Lebanon NH	15 May, OH-A
2:41:32	Jack Cagot	50	E Springfield OH	16 Oct, OH-A
2:41:45	Donald Gammie	53	Centerville OH	15 May, OH-A
2:43:01	Jim Volk	50	Seattle WA	24 Jul, WA-A

marathon	Men- 55 thru 59			
2:36:01a	Kenneth Helms	56	Charlotte NC	18 Apr, MA-A
2:40:23a	Alex Ratelle	58	Edina MN	16 Jan, TX-A
2:42:31	Phil Gross	56	Birmingham AL	6 Nov, DC-A
2:49:57a	Jack Angel	55	Norman OK	9 Apr, OK-A
2:51:53	James Glidewell	56	Fairborn OH	16 Oct, OH-A
2:52:51a	Don Dixon	56	Hastings/Hudson NY	23 Oct, NY-A
2:53:48a	Ruben Vigil	55	Albuquerque NM	23 Jan, AZ-A
2:53:58	Jordan Bisceglia	57	Pittsburgh PA	27 Feb, PA-A
2:54:07	Naum Bers	58	Washington DC	6 Nov, DC-A
2:54:38a	Jim Forshee	57	Ann Arbor MI	9 Oct, MI-A

marathon	Men- 60 thru 64			
2:54:34	Steve Cohn	60+	Bellevue WA	24 Jul, WA-A
2:58:41a	Francesco DiMarco	61	South Windsor CT	18 Apr, MA-A
2:59:16	Gerald Horton	60	Kula HI	3 Jul, HI-A
3:02:03	Warren Utes	63	Park Forest IL	16 Oct, IL-A
3:03:07	Jim McCown	60	San Diego CA	23 Jan, CA-A
3:03:32	Eric Page	60+	Seattle WA	24 Jul, WA-A
3:04:30a	Flory Rodd	60	San Francisco CA	4 Dec, CA-A
3:06:23a	Jim Parker	61	Monterey MA	18 Apr, MA-A
3:07:15a	George Ogara	60	Novato CA	24 Jul, CA-A
3:08:06a	Paul Lackey	60	Arlington VA	23 Oct, NY-A

marathon	Men- 65 and 69			
2:55:15	Clive Davies	67	Tillamook OR	27 Mar, WA-A
3:04:32	Charles Ogilvie	65	Ben Wheeler TX	16 Jan, TX-A
3:13:41	Paul Reese	66	Sacramento CA	1 May, CA-A
3:20:27a	John Archer	68	Oconomowoc WI	18 Apr, MA-A
3:22:12	Wilfredo Rios	67	Queens NY	13 Nov, NJ-A
3:22:36	H T Marshall	65	Decatur GA	12 Feb, GA-A
3:25:42	Louis Preysz	66	Madison WI	20 Feb, AZ-A
3:25:46	Jule Jacobson	66	Cincinnati OH	16 Oct, OH-A
3:26:02a	Tony Lipscomb	65	Demopolis AL	20 Feb, LA-A
3:26:14	Reg Rollason	66	Satsuma FL	20 Feb, FL-A

marathon	Men- 70 thru 74			
3:33:39a	William Brobston	70	Saugerties NY	23 Oct, NY-A
3:53:00a	Vernon Geary	70	Williamsburg VA	18 Apr, MA-A
3:54:52	Roger Furey	73	McLean VA	6 Nov, DC-A
3:59:38	Norman Bright	73	Seattle WA	24 Jul, WA-A
4:00:43a	Bill Andberg	72	Anoka MN	2 Oct, MN-A
4:01:22a	Luis Martin	72	Upr Montclair NJ	23 Oct, NY-A
4:02:18a	Abe Wasserman	71	San Francisco CA	23 Oct, NY-A
4:09:23	S W Fugitt	70	Sheffield AL	10 Dec, AL-A
4:09:57	Nathaniel Hefner	71	Parkersburg WV	9 Jan, LA-A
4:10:15a	Dorse DuBois	70	San Antonio TX	13 Nov, TX-A

marathon	Men- 75 thru 79			
3:34:42	Ed Benham	76	Ocean City MD	6 Nov, DC-A
4:31:18a	Jim Bole	75	Long Beach CA	24 Jul, CA-A
4:46:27	Gordon Sherbeck	77	Vancouver WA	2 Oct, OR-A
4:49:44	Robert Strauss	78	Mayfield Hgts OH	16 Oct, OH-A
4:54:21	James Ramsey	75	Detroit MI	15 May, OH-A
5:03:12	Bernard Dathe	76	Pleasant Hill CA	6 Feb, CA-A
5:09:30a	Walt Stack	75	San Francisco CA	24 Jul, CA-A
5:20:28a	Nat Pisciotta	79	Whittier CA	23 Oct, NY-A
5:28:00a	William McNeil	75	Middletown NY	1 May, NY-A
5:39:19	Theodore Hyde	79	The Dalles OR	2 Oct, OR-A

marathon	Men- 80 thru 84			
4:53:11a	Paul Spangler	84	San Luis Obspo CA	24 Jul, CA-A
5:27:30	Ben Mostow	80	Skokie IL	16 Oct, IL-A
5:42:19a	Noel Jonnson	84	San Diego CA	23 Oct, NY-A

marathon	Women- 35 thru 39			
2:33:25a	Gabriele Andersen	38	Sun Valley ID	4 Dec, CA-A
2:33:36	Laurie Binder	35	Oakland CA	16 Jan, TX-A
2:37:17	Jane Buch	35	Smithville OH	16 Oct, OH-A
2:44:14a	Susan Henderson	36	Boulder CO	18 Apr, MA-A
2:48:03	Jan Bustad	35	Puyallup WA	24 Jul, WA-A
2:48:32a	Nelly Wright	37	Pacific Grove CA	4 Dec, CA-A
2:48:46a	Barbara Filutze	36	Erie PA	18 Apr, MA-A
2:49:12	Dawn Welch	35	Grants Pass OR	11 Sep, OR-A
2:50:06	Rebecca Baum	36	Springfield IL	4 Dec, MO-A
2:50:13a	Melinda Carter	35	Austin TX	11 Jun, MN-A
resident foreigners				
2:41:23a	Gillian Horovitz	28	Gloucester MA	23 Oct, NY-A
2:47:31a	Juana Stavolone	38	San Jose CA	4 Dec, CA-A
2:48:57a	Angella Hearn	37	New York NY	23 Oct, NY-A

marathon	Women- 40 thru 44			
2:44:01a	Cindy Dalrymple	41	Washington DC	23 Oct, NY-A
2:48:34a	Elaine Kirchen	40	New York NY	23 Oct, NY-A
2:49:23a	Bette Poppers	40	Littleton CO	4 Dec, CA-A
2:50:43	Shirley Weaver	41	Great Falls MT	24 Jul, WA-A
2:52:54a	Joan Ulliot	43	San Francisco CA	4 Dec, CA-A
2:59:36	Christa Romppanen	43	Malibu CA	20 Feb, AZ-A
2:59:47	Charlotte Swanson	41	Spokane WA	24 Jul, WA-A
2:59:50a	Tina Hayward	42	Vicksburg MI	9 Oct, MI-A
2:59:56a	Patty Lee Parmalee	43	New York NY	23 Oct, NY-A
3:00:04a	Susan Peters	40	Madison WI	9 Oct, WI-A

marathon	Women- 45 thru 49			
2:56:37	Sandra Kiddy	46	Palm Springs CA	13 Feb, CA-A
2:57:02a	Joan Reiss	46	Sacramento CA	24 Jul, CA-A
3:01:05a	Mimi Lerner	46	St James NY	23 Oct, NY-A
3:02:39a	Helene Bedrock	48	Cliffside Park NJ	23 Oct, NY-A
3:04:24	Nancy Parker	47	Atlanta GA	10 Dec, AL-A
3:06:26	Carolyn Cappetta	47	Concord MA	6 Nov, DC-A
3:06:49	Christine Curtis	45	Seattle WA	11 Sep, OR-A
3:07:15	Laura Tingle	45+	Bradenton FL	16 Oct, IL-A
3:08:08a	Heidi Skaden-Poyser	46	Sacramento CA	24 Jul, CA-A
3:08:11	Sylvia Quinn	46	Spokane WA	11 Sep, OR-A

marathon	Women- 50 thru 54			
2:51:01a	Marion Irvine	54	San Rafael CA	4 Dec, CA-A
3:08:33a	Toshiko D'Elia	53	Ridgewood NJ	2 Oct, MN-A
3:12:09a	Reina Hart	51	CA	5 Jun, CA-B
3:16:30	Beverly Lampe	52	Monona WI	15 Oct, WI-A
3:18:33a	Margarete Deckert	50	Lagrangeville NY	23 Oct, NY-A
3:18:35a	Janet Glassman	54	Allentown PA	18 Apr, MA-A
3:19:27a	Anne Johnson	54	Olivenhain CA	5 Jun, CA-B
3:25:17	Madonna Buder	53	Spokane WA	24 Jul, WA-A
3:26:15	Hildy Fosse	54	Holderness NH	30 Oct, NH-A
3:27:42a	Patricia Johnson	50	Federal Way WA	18 Apr, MA-A

Continued on Page 18



# MASTERS SCENE

## 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 5% stated use of cocaine and 11% used other drugs. Users put in 39 miles per week; non-users, 29. Best 10K times for drug users averaged 44 minutes, while non-users averaged 46 minutes. Incomes for 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 used drugs in connection 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 within a 10-degree arch directly above," he says with a straight face. "Emil Zatopek ran the world's first sub-29-minute 10K under these conditions. **Ron Clarke's** world-record 27:39 10K, **Jim Ryun's** 3:51.1 mile, **Derek Clayton's** 2:08:33 marathon, **Henry Rono's** 8:05 steeplechase, and **Bob Beamon's** 29'2" long jump were aided by the lunar effect. Probably most of your PR's were set under these conditions, although you didn't realize it at the time. If you want to take advantage of this, just compete when the moon is directly overhead."

• An added feature of the 1984 TAC National Masters T&F Championships in Eugene August 17-19 may be a couple of "handicap" races. Not

wheelchair, but a European-Australian style handicap race, with the slowest, or oldest, runner, starting up the track, and fastest, or youngest, runner, starting at scratch. If scheduled, the races will be directed by **Rob Hunter**, who ran a series of successful handicaps last year in San Diego. Four races were held a couple of years ago in the Grandfather Games to enthusiastic response. Hunter just returned from his native Scotland, where his pupil **Kipperr Bell**, 22, became the first American to win the prestigious 114-year-old Skol New Year 110-meter Sprint Handicap. He defeated 163 competitors, including 36 masters. Bell was a 25-1 longshot in the legal betting before the heats, but scorched to a 10.75 victory — the equivalent of a 9.83 100-meters. (Calvin Smith holds the world 100m record at 9.93.) Bell improved dramatically under Hunter's 4-month training program, but has signed with the USFL's Pittsburgh Maulers, so he isn't eligible for the Olympics. Bell will also continue to run on the rich Sprint Handicap circuits in both Scotland and Australia. Coach Hunter, whose methods and sprint techniques helped lower Bell's times to world class levels, plans to promote Sprint Handicap Circuits in California similar to those abroad.

## EAST

• **Bob Thurston**, 40, Washington, DC, covered the 23rd Washington's Birthday Marathon, Greenbelt, MD, Feb. 19, in 2:42:12 for a 5th overall. The race result showed other facts of interest: **Gordon Minty**, 35, who is in training for the Olympic Trails and has run 2:12, won the

event in the second-slowest time in the history of the race, 2:35:06; **Don Marathon**, 47, whose 57 marathons in a year made the pages of the Guinness Book of Records, was working on another string with a 3:37:07 for 103rd place; and **Sy Mah**, 57, completed his 314th career marathon, also a WR, in 3:59:14.

• One of the top masters races of the year is the Dynamis 15K, set for May 13 in Syracuse, N.Y. \$5000 will be awarded to the top ten invited masters finishers. **Villanueva**, **Conway** and **Bowers** will be among the 40+ entries.

• **Perry Leary**, 44, England, finished the Mike Hannon Memorial 20 Mile, Central Park, NYC, in an 11th place 1:56:01.

• **Joe Dugan**, 45, Brentwood, NY, forsook the elevators with 34 other stairclimbers who ran 86 flights of stairs from the stairwell (65°) to the finish (20°) in the 7th Annual Empire State Building Run-Up, sponsored by the NYRR, March 1. Dugan's time of 14:27 placed 11th among the 26 men, the oldest of whom was **Chico Scimone**, 72, Taormina, Italy, who had a 21:13 effort. **Anna Thornhill**, 43, Manhattan, was the 4th female rise-runner of the 9 women finishers in 15:41. Overall winner was **Al Waquie**, 32, of Jemez Pueblo, NM, in 11:29.

• **Elaine Kirchen**, 41, placed 8th of 241 women in 30:05, Central Park 5 Mile, NYC, March 3.

**Ted Haiman**, 41, hit the finish in 26:05 for first M40+ and 22nd place of 581 men. **Bill Brobston**, 71, outlegged half the field in 34:53.

## SOUTHEAST

• **Cindy Dalrymple's** victory in the Gasparilla 15K, Tampa, FL, Feb. 11, extended her unbeaten masters string of wins to 62 over a 2-year period.

• Once a year, Florida "flatlanders" flock to the rural central Florida town of Brooksville to test their hill-running abilities. However, since the 10K loop course is run on what seems like every hill in town, the "flatlanders" are often left struggling in despair, despite numerous attempts to cheer them on by race director **Jim Cuff**, who has the course sprinkled with encouragement placards, high school and bluegrass bands, banjo pickers, and "Burma Shave" signs. Forty-five-year-olds **Joe** and **Linda Burgasser**, who "live" on the hills, stole the show, finishing 12th male and 5th female overall to each win the masters division.

• **Bob Beathard**, general manager of the Washington Redskins, left his team in Tampa on Super Bowl Sunday morning to run a 10K in St. Petersburg, across the bay. Supported by a horde of Redskin fan runners, Beathard finished 2nd in the M45 with a 37:09.

• **Alex Coffin**, 47, placed 3rd in 24:57 for his Dare TC in its dual x-country meet with Resurrection Lutheran Church over a 4-mile course, but Dare lost out, 25-30, on the basis of a 1-2 finish by Resurrection runners in their 30's, Charlotte, NC, March 3. Other master runners on the Dare team were 7th place **Dick McMackin**, 49, (27:51) and 12th place **Chuck Noe**, 43, (31:01). **Don Dowdle**, 47, (30:56) was Resurrection's first M40+. The undefeated Dare TC's women's team won, 7-16, led by **Ann Veeder**, 42, (24:18) and **Shirley Mills**, 42, (24:46) over a 3.1-mile course. The concept of dual meets between local teams is, if not unique, certainly rare in the U.S., although quite common in other countries, particularly the U.K. If it catches on here, it could add an interesting dimension to the U.S. running scene. Another nice twist to these dual meets is that the teams are made up of runners of all ages. The youngest male runner was 11 and the oldest 59; the youngest female was 9.

• **Bill Stanley** churned a 2:44:12 as first master in the Savannah Marathon January 14. **Malcolm Gillis** took 50-59 honors in 2:53:19. **Frances Wildmann's** 3:43:26 led the 40+ women.

## MIDWEST

• **Dean Reinke** has published a 1984 Running Calendar featuring running events in Michigan and Indiana. Complete with pace charts and training tips, it's available from Reinke at Athletic Annex, University Commons, South Bend IN 46635. 219/272-7564.

• Older masters finished first in Wendy's 10K, Bowling Green, KY, Nov. 5, when **Bill Olrich**, 48, turned in a 32:44, and **Margaret Norris**, 52, logged a 43:24, in a tough W50 field, to garner masters honors. **Roland Anspach**, 57, won with a 38:07. **Fleetwood Fesmire**, 66, took his division race over **George Sheehan**, 65, by 10 seconds in 41:16.

## MID-AMERICA

• The Mid-America Masters is bidding to host the '86 TAC Masters Indoor T&F Championships, to be held at Kansas U. in a new facility to be completed for the '86 meet. The Lawrence TC and K.U. are cooperating with the bid and desire a late date to showcase the new track.

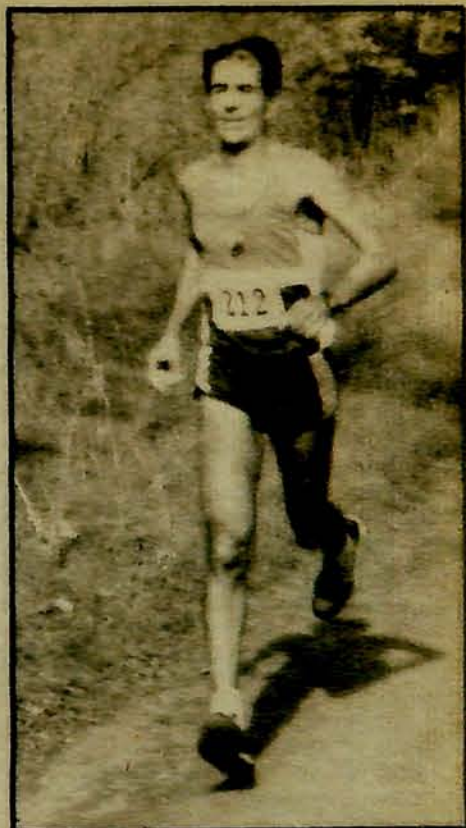
• **Ham Morningstar**, 66, Ann Arbor, MI, was the most sparkling master of the 145 competitors at an all-comers meet, U.S.A.F.A., Colorado Springs, Feb. 11, with three M65 meet records: SP(8#), 39'8 1/2"; HJ, 4'3"; and PV, 7'. **Hugo Hartenstein**, 49, also shone brightly with a 6.74 60y dash and a meet record 34.8 300y.

• In a Feb. 26 meet at the Air Force Academy, **Gilberto Gonzalez**, 70, of Puerto Rico, logged three amazing performances when he ran a 60yHH (30"), 10y spacing in a WR time of 9.9 and broke world indoor marks in the LJ with a remarkable 15'8" leap that demolished the record of 13'5", and in the TJ with a 30' 2 1/4", which erased his own 3-month-old 28' 4 1/2" mark.

• The Shawnee, OK, trio of **John Huddleston**, **Leonard Wray**, and **Earl Sumpter** raided the Lincoln TC Indoor Championships in Lincoln, NB, March 4, and returned safely with 15 medals: 10 gold. Submaster Huddleston, Oklahoma Baptist U. track coach, took a first in the SP (44'2"), second in the 60yHH (7.8) and pentathlon, and third in the 60y dash (6.8), HJ (5'6"), and LJ (19'3 1/2"). Wray, a retired track coach, won the M60+ SP (33' 7 1/2"), HJ (3'11"), PV (6'3"), 60y dash (8.6), and 300y (49.0). Sumpter, 65, finished strong in all of his M60+ victories: mile (6:05.4), 880 (3:24), 440 (82.6), and two mile (13:20). Sumpter started competing only one year ago.

## SOUTHWEST

• **Willie Davenport**, 1968 Olympic gold medalist in the 110-meter hurdles, (and 4th in 1972) is now 40. Running in the LSU Relays, the comebacking Davenport got a rolling start, thought he heard a second gun, and pulled up while the rest of the 60H field hurdled on. The dispirited Davenport dismissed it as a "rookie" error and went back to work on his start. His 7.33 in the heats was the best time of the meet.



Andre Tocco at Lasse Viren 10K.

Photo by Richard Lee Slotkin

Continued from Page 17

marathon		Women 55 thru 59	
3:14:11a	Margaret Miller	57	Thousand Oaks CA 2 Oct, MN-A
3:22:03	Billie Murphy	56	Tacoma WA 24 Jul, WA-A
3:31:13	Mary Storey	58	Riverside CA 23 Jan, CA-A
3:35:46	Adele Milicevic	56	Scottsdale AZ 20 Feb, AZ-A
3:39:05a	Alene Park	57	Huntsville AL 18 Apr, MA-A
3:39:50a	Donna Downs	57	ID 18 Apr, MA-A
3:44:11a	Janet Grenda	57	Stone Ridge NY 23 Oct, NY-A
3:52:42a	MaeAnn Garty	55	San Diego CA 10 Apr, CA-A
3:55:02	Harriet Wilson	55	Eugene OR 11 Sep, OR-A
3:55:07	Elisabet Van Battum	59	9 Jan, LA-A
marathon		Women- 60 thru 64	
3:50:53a	Peggy Norton	61	MA 18 Apr, MA-A
3:54:49	Rita Tomassini	62	Avondale Ests GA 24 Nov, GA-A
4:01:39	Gerry Davidson	61	Fallbrook CA 20 Feb, CA-A
4:03:23	Josephine Hess	64	Selah WA 27 Feb, OR-A
4:09:01a	Betty Haleen	61	Minnetonka MN 2 Oct, MN-A
4:09:44	Lynn Edwards	60	Sylvania IL 16 Oct, IL-A
4:13:47a	Althea Wetherbee	64	Huntington Stn NY 5 Jun, CA-B
4:14:19a	Mary Rodriguez	61	Reno Park NY 5 Jun, CA-B
4:20:46a	Loretta Shehan	60	West Seneca NY 23 Oct, NY-A
4:31:19a	Helen Klein	60	20 Feb, LA-A
marathon		Women- 65 thru 69	
3:47:24a	Marcie Trent	65	Anchorage AK 18 Apr, MA-A
3:53:41a	Edna Laflin	65	Sun City West AZ 5 Jun, CA-B
3:58:17	Josephine Hess	65	Selah WA 24 Jul, WA-A
4:17:44	Algene Williams	67	Park Forest IL 16 Oct, IL-A
4:24:59a	Mary Varani	65	Detroit MI 9 Oct, MI-A
4:36:42a	Judy Simon	67	La Mesa CA 5 Jun, CA-B
4:44:24a	Ada Thomas	69	San Francisco CA 24 Jul, CA-A
4:48:15	Pearl Mehl	69	Boulder CO 8 May, CO-A
4:59:01a	Priscilla Libby	65	Los Angeles CA 24 Jul, CA-A
5:06:06	Evelyn Irvin	65	Spokane WA 27 Mar, WA-A
marathon		Women- 70 thru 74	
4:47:52a	Fenya Crown	70	Beverly Hills CA 5 Jun, CA-B
4:59:28	Anne Clarke	74	Glen Ellyn IL 16 Oct, IL-A
5:11:41a	Bess James	73	San Jacinto CA 5 Jun, CA-B
5:18:06a	Felicita Salazar	74	San Diego CA 5 Jun, CA-B
marathon		Women- 75 thru 79	
4:56:46a	Mavis Lindgren	76	Orleans CA 5 Jun, CA-B
5:00:37	Ida Mintz	78	Glencoe IL 16 Oct, IL-A



• **Ron Kirkpatrick**, 46, was a double winner in the New Mexico Corporate Cup Indoor at Albuquerque, Feb. 12, in the 60y (7.3) and 440 (55.9), as was **Stan Hayes**, 43, in the mile (5:04) and the 2-mile (11:04).

• **Dale Hager**, 40, Dallas, not only improved on his last year's 9th-place time of 5:00 in the Masters Mile at the Dallas Times Herald Indoor, Feb. 4, but won this year's race in 4:39.8. **Robert Abbott** was second in 4:44.9.

## WEST

• **Larry Banuelos'** time of 30:50 in the Sub-4 Caprolan 8K, Newport Beach, CA, Dec. 10, broke the existing age-59 record of 32:42y held by Oscar Burris.

• **Bruce Springbett**, 51, Los Gatos, CA, received the Bud Winter Award at the Greater San Jose Sports Assn. Awards and Scholarship Banquet, Feb. 14, for his work with youth athletic programs. Springbett, who won the M50 100m and 200 in the '83 Nationals in Texas, represented Canada in the '54 British Commonwealth Games and in the '55 Pan American Games.

• **Gary Goettelman**, 40, whizzed through Willy's 5 Mile, Los Altos, CA, Jan. 14, in 25:46 for an M40+ win. **Ulrich Kaempf**, 53, captured the M50 race in 27:32, and **Dennis Egle**, 60, eased home in 31:00 for an M60+ first. **Sister Marion Irvine**, 54, was not contested in a W40+ win in 30:47; **Gail Rodd**, 41, took second w/master in 32:59. Top master **Bill Clark**, the race's organizer, dropped out after running into a first-turn pylon, but came back a week later to run a 32:45 10K in San Jose.

• Submaster **Frank Reilly** amassed the highest total ever for any M30+ contestant in the history of the Gill Weightman's Pentathlon, Northridge, CA, Feb. 1, with a 4026, aided by a 160' HT and a 183'11" DT. **Edward Hill** out-threw the M40 group for 3756, topped by a 35# weight loss of 50'. Olympic hopeful **Lorna Griffin** heaved the shot 55'11" and the discus 188'6" in totaling 3738. John Brenner, UCLA's throwing phenomenon, obliterated Dean Crouser's 1981 WR 4665 total with a 5028 count, highlighted by a 68'9 1/2" SP, which could have measured more but bounced off of the top of a log barrier set at 70'.

• **Eino**, of Malibu, CA, took the 5K masters title of the 5/10K Conejo races at Westlake Village, CA, Feb. 19, in a 7th place 17:14; **Joe Jacobsen** was second M40-44 in a 10th place 17:29. **Rachel Zaragoza** won the W40-49 division in 23:27. **Jesse Cook** scorched a 36:29 for the 10K masters entree, while **Christa Romppanen** raced to a 39:33 W40+ win.

• **Helen Dick**, 59, got an A+ in the Startest 10K, Los Angeles, Feb. 26, by finishing 1st w/overall in 41:55. **Steve Berman**, 41, scored a 37:13 for 1st M40+ and 27th in the 467 field.

• **Andre Tocco** turned in an M40+ first, an M45 win, and a 5th overall (92 finishers) with his 1:54:58 in the SPA/TAC 30K Championships, Feb. 26. The racing gods have had it in for this race, which has been shut down by the police for lack of a permit, run in 100° temps with smog, and hit, last year, by the big rainstorm of the year. This year, the last half was run in a roaring Santa Ana wind gale. Times suffered, but it was a great character builder. The Tocco led Point Fermin Flyers won the M40-49 team trophy. **Jim Brownfield** brought his M50-59 Fleet Feet-Yorba Linda team to victory in 2:03:22.

• **Joe Packard**, 80 last December, set two new M80+ WR's at an all-comers meet, Berkeley, CA, Feb. 25, when he dashed to a 15.4 100m to wipe out Konrad Boas' 16.4, set at the V World Games, and a 32.6 200m to lower his own month-old mark of 33.5.

• **Shirley Matson**, 43, stayed on the roll, with a 37:03 second overall to Karen Chorney (35:22) of Canada in the 1200 women field of the L'eggs 10K in San Diego, Feb. 25. On March 3, Matson bettered Micki Gorman's age-43 AR of 57:15 for the 15K, when she ran a blistering 56:12, also in San Diego.

• **Bill Adler**, president of the Los Angeles-Valley Athletic Club (LA-VAC) and organizer of the April 28-29 Olympic Legends Meet at UCLA,

reports that 20 ex-Olympians have entered thus far, and that teams are coming from the Republic of China, Mexico, Australia, and So. Africa. Plus, Bill Cosby and a group from the Philadelphia Masters will compete on the 29th. Adler expects 500 athletes.

• **Jim Bowers**, 45, won the whole thing with a 1st place 1:42:46 in a 30K at Santa Rosa, CA. His effort better presents M45 times, both loop and point-to-point, but the course, although said to be accurate, is not certified. **Janet Buckendahl**, 49, also had a time (2:12:08) below the W45 record.

• **Paul Spangler** turned 85 in March, so the San Luis Obispo, Calif. physician now begins an assault on a new batch of age-group records. Although slowing slightly in the last few years, Spangler continues to be an inspiration to several generations of younger athletes. He regularly appears on TV, articulating the health benefits of running. "Now that I'm in the 85+ division," he says, "I'll have 3 or 4 years before the kids catch up with me again."

• World-age-record-holder **Dorothy Stock**, W50, of La Mesa, Calif. finds her gravity inversion machine (\$120) helps her sciatica and back trouble. On March 4, she logged a good 40:34, and plans to get under 40 this season.

• The date and site of the TAC Western Regional Masters T&F Championships are still up in the air. The problem is that the LA Olympic Committee is tying up most of the good tracks until after the Olympics. Meet director **Gary Miller** is trying to line up the new Olympic training track at Occidental College sometime in July.

• **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 resisted an early surge by the pack and trailed Franklin by 50 yards at the mid-point, but went into the lead with a lap and a half left and blasted 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 Capitol City Flyer teammates, who pushed him through his final workouts. The other finishers were **George Mason** (4:35.5), **Sal Vasquez** (4:38.8), and **Gary Goettelman** (4:39.0).

## INTERNATIONAL

See Masters Scene  
International Section Page 36



Haroline McLean, 40, goes under 40:00 for the first time.

Photo by Richard Lee Slotkin

# schedule

Track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys CA 91404.

## TRACK & FIELD NATIONAL

**May 4.** TAC National Masters Pentathlon Championships, Raleigh, NC. Raleigh Park & Recreation Dept., PO Box 590, Raleigh, NC 27602.

**July 7-8.** TAC National Masters Decathlon & Heptathlon Championships, Indianapolis. Henry Hopkins, 833 N. Center Rd., Plainfield, IN 46158. 317/839-7736.

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

## NEW ENGLAND

**May 27-28.** Senior Sports Festival, Marblehead, Mass. 55 and over. Many sports. North Shore Jewish Community Center, 4 Community Road, Marblehead, MA 01945.

**June 16.** Waltham Masters & Submasters Meet, Leary Field. Joe Tranchita, 88 Russell St., Waltham, MA 02154

**June 24.** Senior Olympics, Brown Stadium, RI. George Silva, 82 Fowler St., No. Kingston, RI 02852.

## EAST

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

**May 20.** New York Masters Championships, Randall's Island, New York City. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

**May 20.** West Penn TC Masters Championships, Washington, PA. Barry Kline, 1245 Alamae Lakes, Washington, PA 15301.

**May 26.** Potomac Valley Seniors Championships, 9 a.m., College Park, MD. Sal Corrallo, 5351 N. 37 St., Arlington, VA 22207.

**May 26.** Masters Running Pentathlon, Philadelphia. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.

**June 2.** Chariots of Fire Masters Meet, Atlantic City, N.J.

**June 9.** Western Penn. Championships (HS, Open, Masters), Washington, PA. Barry Kline, 1245 Alamae Lakes, Washington, PA 15301.

**June 16.** TAC New Jersey Masters Championships, Rutgers U., Piscataway, NJ. Ron Salvio, Squan Rd., Clarksburg, NJ 08510. 609/259-9268.

**June 17.** TAC Metropolitan Masters Championships, Randall's Island, New York City. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

**June 23-24.** TAC Eastern Regional Masters Championships, Washington, DC. Sal Corrallo, 5351 N. 37th St., Arlington, VA 22207.

**July 7.** New York Masters Relay Carnival, Randall's Island, NYC. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

**July 14.** Quadrangular Meet (NY Masters, Shore AC, Phila. Masters, Potomac Valley Seniors), New Jersey. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 209/259-9268.

**July 21.** Masters pentathlon, Philadelphia. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.

**August 4.** Philadelphia Masters Championships, Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.

**August TBA.** Empire State Games, Albany, NY.

**September 2.** Potomac Valley Masters Games, Washington, DC. Sal Corrallo, 5351 N. 37 St., Arlington, VA 22207.

## SOUTHEAST

**April 7.** Old Timers Meet, W. Palm Beach, Fla., J. Leonard H.S., 1 p.m. Joe Valdez, 305/471-1891.

**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 27602.

**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, CA 30339.

**June 9-10.** Northwest Classic, Miami, Jesse Holt, 1310 N.W. 90th St., Miami, FL. 33147.

**July 7.** Southeastern Track Classic, Greenville, SC. Tom Malik, 104 Pinewood Dr., Greer, SC 29651.

**July 14.** Virginia TAC State Outdoor Open & Masters Championships, Charlottesville, VA. Virginia Masters, PO Box 5696, Charlottesville, VA.

**July 21-22.** Virginia TAC State Open & Masters Decathlon 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 33435.



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## MIDWEST

**April 29.** 2nd Annual North Coast Relays, Cleveland Hts., OH. James A. Barrett, 3801 Shannon Rd., Cleveland Hts., OH 44118. 216/932-0049(h); 687-7133(w).

**May 5.** 4th Annual Wolfpack Meet, Whetstone H.S., Columbus, OH. John White, 4865 Arthur Place, Columbus, OH 43220. 614/424-7011; 459-2547.

**May 27.** TAC Ohio Masters Championships, Trotwood, Ohio. Harold Martin, 7521 Arundel Rd. Trotwood Ohio. 513/854-3261.

**May 27.** 6th Annual Wolfpack Pentathlon, Upper Arlington H.S., Columbus, OH. See May 5, John White.

**June 2.** Athlete's Foot Masters Meet, Augustana College, Rock Island, IL. Kathy Loper, 1029 16th Ave., East Moline, IL 61244. 319/386-9141.

**June 9-10.** Michigan TAC Junior, Open and Masters Championships, Hillsdale, Michigan. Joe Rogers, Hillsdale College, Hillsdale MI 49242. Entry form in May issue.

**June 16-17.** Indy Senior Classic, Indianapolis, IN. Bob Coughlin, 305 S. Barton, Indianapolis, IN. 46241.

**June 30.** Cleveland Track Classic, Cleveland, OH. Jeff Gerson, 6509 Marsol Rd., No. 308, Mayfield Hts., OH 33124.

**June 30.** All-comers meet, York HS, Elmhurst, Illinois, 7 a.m. Race day sign up. Wendell Miller, 312/234-2154.

**July 28.** TAC Midwest Regional Masters Championships, Chicago. W. Miller, 180 N. La Salle St., Chicago IL 60601. 312/234-2154.

**August 4.** Heights Summer Classic, Cleveland Hts., OH. Dorothy Davis, 2155 Miramar Rd., University Hts., OH 55118.

## MID-AMERICA

**May 28-31.** Senior Olympics, St. Louis, Senior Olympics, Jewish Community Centers, 2 Millstone Campus Drive, St. Louis MO 63146. 314/432-5700.

**August 12.** Chillicothe Masters and Senior Olympics, Chillicothe, MO. Joe Shy, Box 745, Chillicothe, MO 64601.

**September 1-2.** Rocky Mountain Masters Games, Denver, CO. Jim Weed, 11672 E. 2nd Ave., Aurora, CO. 80010. 303/341-2980.

## SOUTH WEST

**May 26.** TAC Southern Assn. Masters Championships, New Orleans, LA. Danny Thiel, 1459 Verna Ct., New Orleans, LA 70119.

**June 9.** 6th Annual Hill Country Classic Masters Meet, Mason, TX. Lee Graham, Mason High School, Rucker Rt., Box 31 C, Mason, TX 76856. 915/347-5921 (w); 915/347-5620 (h).

**June 23.** TAC Southwest Regional Masters Championships, U. of Texas-Arlington (Dallas area). Joe Murphy, 4308 N. Central Expwy, S-206, Dallas, TX 75206.

**July 21.** Texas Masters Championships, U.

of Texas-Arlington (Dallas area). Joe Murphy, 4308 N. Central Expwy, S-206, Dallas TX. 75206

## WEST

**April 14.** Central California TAC Assn. Masters Championships, Fresno, CA. Hugh Adams, 7904 S. McCall, Selma, CA 93662.

**April 15.** Mt. SAC Relays, Mt. SAC College, Walnut, CA. Some masters events. Hal Smith, 18720 Oxnard St., No. 404, Tazana, CA 91356. 213/342-1174.

**April 28.** Sacramento Relays. Open and Masters. Calif. St. U. Sacramento, CA. Bob Cooper, 24 College Park, Davis, CA 95616. 916/756-4088.

**April 28-29.** Olympic Legends Masters T&F Meet, Los Angeles, CA. Bill Adler, LA-VAC, 1801 Ave. of the Stars, Suite 415, Los Angeles, CA 90067. 213/557-2422.

**May 5.** West Coast Masters Classic Championships Visalia, CA. Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

**May 12.** Redlands Evening Kiwanis Masters, Redlands, CA. Howard "Buzz" Wagner, 1522 Margarita Dr., Redlands, CA 92373.

**May 19-20.** TAC Pacific Open & Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030. 408/354-7333.

**May 26.** Anteaters Masters Meet, U.C. Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar CA 92625. 714/673-2025.

**June 9.** Trojan Masters Meet, Cromwell Field, USC, Los Angeles. Jim Vernon, 1147 W. Rowland Ave., West Covina CA 91790.

**June 16-24.** U.S. Olympic Trials, Los Angeles. 213/972-5775.

**June 30.** 8th Annual Southern California Striders Relays, Santa Ana College, Santa Ana, California. Lloyd Higgins, c/o Striders, 8306 Wilshire Blvd., No. 316, Beverly Hills, CA 90211.

**July 7.** Northern California Seniors TC Masters Track Classic, Berkeley, CA. Mark Grubi, PO Box 4512, San Francisco, CA 94101.

**July 13-15.** Taco Bell open and Masters Meet, Fresno State U., Fresno, CA. Red Estes, CSUF Athletic Dept., Fresno, CA 93740. 209/294-4097.

**TBA.** TAC Western Regional Masters Championships, Los Angeles. SASE to Gary Miller, 1740 Grandview Ave., Glendale, CA 91201.

**September 8-9.** 15th Annual Senior Olympics, Orange Coast College, Costa Mesa, Calif. Decomposed granite track. Deadline August 23. Senior Olympics, 5726 Wilshire Blvd., Los Angeles CA 90036.

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

## NORTHWEST

**June 2.** Fifth Annual Senior Sports Festival, Seattle, WA. Brenda Weatherford, 425 S. W. 144th, Seattle, WA 98166.

**June 9-10.** Southern Oregon Decathlon, Heptathlon Championships, Jr. High thru Masters, Phoenix, Oregon. Don Gray, P.O. Box 119, Phoenix, Oregon. 97535.

**June 23.** Northwest Pentathlon, Wahtonna High School, The Dalles, Oregon. Open and masters. Robert R. Gent, 4825 Simonelli Rd. W., The Dalles, Oregon. 97058.

**June 30 - July 1.** Hayward Classic, Eugene, OR. Arlene Novello, 1577 Willagilepie, Eugene, OR 97401.

**July 13-14.** TAC Northwest Regional Masters Championships, Gresham, Oregon. Jim Puckett, Mt. Hood College, 26000 S.E. Stark, Gresham, OR 97030. 503/667-7534.

**August 10-11.** Sixth Montana Masters Championship, Bozeman, MT. Mike Carignan, Box 1766, Bozeman, MT 59771.

## CANADA

**June 9-10.** Ontario Masters Championships, Oshawa Civic Fields. Mendal Smith, 26 Lake Driveway East, Ajax, Ont. L1S 3N6.

**July 7-8.** Canadian Masters Championships, Richmond, British Columbia. Don Trethewey, 8451 Dorval Rd., Richmond, B.C. V7C 3J1.

**July 14.** Ontario Masters Pentathlon Championships, Toronto. Art Rappich, 86 Gloucester St., No. 1105, Toronto, Ont. May 2S2.

**August 17-19.** Pan-American Masters Championships, Ottawa, Ontario. Danny Daniels, R.R. No. 3, Carp, Ont. KDA 1L0.

## INTERNATIONAL

See Schedule

International Section Page 36

LONG DISTANCE  
RUNNING  
NATIONAL

**April 21.** TAC National Masters 10K Road Championships, Brooklyn, N.Y. N.Y. Masters, 77 Prospect Place, Brooklyn NY 11217. Entry form in March issue.

**May 6.** TAC National Masters Marathon Championships, Lincoln, Nebraska. Lincoln TC, 2900 John Ave., Lincoln NE 68502. 402/489-3469.

**May 27.** TAC National Masters 25K Championships, Hains Point, Washington, D.C. Charles Desjardins, 5428 Southport Lane, Fairfax VA 22032. 703/250-7955.

**May 27.** TAC National Masters 25K Championships, Hains Point, Washington, D.C. PVSTC, PO Box 1065, College Park MD 20740.

**June 15.** TAC National Open and Masters 100 Mile Championships, Shea Stadium, New York City, NYRR, 9 E. 89 St. NYC 10022. 212/860-4455.

**July 8.** TAC National Masters 15K Road Championships, Utica, N.Y. Earl Rudd, Utica Boilers, Dwyers Ave., Utica NY 13501. 315/797-1310.

**September 23.** TAC National Masters Half-marathon Championships and Dayton River Corridor Classic, Dayton. Steve Barr, Kettering Pro Health Center, 3700 Far Hills Ave., Kettering OH 45429. 513/298-2391.

**September 23.** TAC National Open and Masters 50K Championships, Washington, D.C. Dick Good, PO Box 1065, College Park MD 20740. 301/345-2286.

**November 3.** TAC National Masters 15K Cross-Country Championships, Houston, E.G. Lang, 14 Sandalwood, Houston, TX 77024. 713/781-2810.

**November 17.** TAC National Masters 10K Cross-Country Championships, Holmdel, N.J. Ron Salvio, Squan Road, Clarksburg, NJ 08510. 609/259-9268.

**November 18.** TAC National Masters 50-Mile Championships, Buffalo, N.Y. David Broad, Dept. of Athletics, SUNY-Buffalo, 1300 Elmwood Ave., Buffalo, NY 14222.

**November 24.** TAC National Masters 5K Cross-country Championships, Seattle. Carol Langenbach, 4261 S. 184th, Seattle, WA 98188. 206/433-8868.

## NEW ENGLAND

**July 28.** John Kelley 11.6-Mile Run, New London, Conn. Jack Dempsey, Ocean Beach Park, New London CT 06230. 203/442-9423.

**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).

## ON TAP FOR APRIL

## TRACK &amp; FIELD

The Old Timers Meet in W. Palm Beach on the 7th kicks off Springtime action. In the West, the Central California Masters Championships in Fresno on the 14th and the Mt. SAC relays in Walnut on the 15th highlight the weekend. The Sacramento open and masters relays go on the 28th, with 500 athletes expected for the Olympic Legends Masters Meet in Los Angeles on the 28th and 29th.

## LONG DISTANCE RUNNING

April means Boston. The world's oldest and one of the most prestigious marathons will be run on Monday the 16th. Four races are set for the 1st, the Nike Cherry Blossom 10-mile in Washington, D.C.; the Wolfpack Festival in Columbus, Ohio; the Crescent City Classic 10K in New Orleans and the Bonne Bell 10K in Seattle.

The Midwest Masters 5 mile is in Omaha, Nebraska on the 14th, with the 6th Annual L'eggs 10K in Chicago on the 15th.

April 19-21 finds the Tropicana/Las Vegas Easter Run, 10K & Half Marathon in Las Vegas, while in Brooklyn, one of the top races of the year for masters — the TAC National Masters 10K Road Championships — are on the 21st.

The Trevira Twosome on the 28th in New York finishes off the April activities.

Don't forget to move your clock an hour forward on the night of the 28th for Daylight Savings Time, or you'll be late for the next day's race. □

## EAST

**April 1.** Nike Cherry Blossom 10 Mile, Washington, DC. Limited to 4500 entries by lottery to Jan. 15. 703/979/0358.

**April 8.** 6th Annual Freihofer's 10K Run for Women (TAC National Open 10K Championship), Albany, NY. George Regan, 382 Broadway, Albany, NY 12207. 518/465-4573.

**April 16.** (Monday). Boston Marathon. BAA, 150 Causeway St., Boston MA 02114. (Qualifying standards: M40-49: 3:10; M50-59: 3:20; M60+: 3:30; Women 40+: 3:30).

**April 21.** N.Y. Masters 10K, Prospect Park, Brooklyn. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

**April 28.** Trevira Twosome, New York, NY. Ellen Sweeny, American Hoechst Fibers, Inc., 1515 Broadway, New York, NY 10036. 212/869-3850.

**May 6.** Newsday — L.I. Marathon, East Meadow, N.Y. John Walker, Eisenhower Park, East Meadow NY 11534. 516/542-4440.

**May 13.** Dynamis 15K, Syracuse, N.Y. \$5000 to top 10 invited Masters runners. Michael McBane, 401 Cleveland Blvd., Fayetteville, NY 13066. 315/637-8778.

**May 26.** Men's U.S. Olympic Marathon Trials, Buffalo, N.Y. Qualifying time: 2:19:04.

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Send to:

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



**June 2.** L'eggs Mini Marathon 10K, New York City. NYRRC, P.O. Box 881, NYC 10150. 212/860-4455.

**July 1.** Pepsi Challenge 10K Championships, New York City, NYRRC, PO Box 881, FDR Station, New York, NY 10150. 212/860-4455.

**July 22.** New York Masters 10K Walking Handicap Race, Brooklyn, NY. NY Masters, 77 Prospect Place, Brooklyn, NY 11217.

**August 18.** Asbury Park 10K Classic, N.J. Phil Benson, Box 2287, Ocean, NJ 07712. 201/531-4156.

**October 7.** TAC Eastern Masters 10K Cross-Country, Van Cortlandt Park, Bronx, N.Y. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

**October 8.** Bonne Bell 10K National Finals, Boston. Bonne Bell, 18519 Detroit Ave., Lakewood OH 44107.

**October 27.** NY Masters 5K and 10K Cross-Country, Van Cortlandt Park, Bronx, N.Y. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

**October 28.** New York City Marathon. NYRRC, PO Box 1388 GPO, New York NY 10016. 212/860-4455.

**November 4.** Marine Corps Marathon, Washington, D.C. Capt. Chris Moody, PO Box 188, Quantico VA 22134. 703/640-2225.

**November 11.** TAC Metropolitan Masters Cross-Country. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

### SOUTHEAST

**April 7.** Scovell/YMCA Airport Classic 10K & 1 Mile Fun Run, YMCA, Rt. 92, Deland, Fla. John Boyle, P.O. Box 1824, Deland, FL 32720. 904/0022.

**May 6.** Southeastern Masters Distance Jam-boree, Raleigh, N.C. Marathon, Half-Marathon, 10K, 20K, Walk, Stu Northrop, P.O. Box 590, Raleigh NC 27602.

**May 26.** Elby's Distance Race 20K, Wheeling, West Virginia. Hugh Stobbs, PO Box 1046, Wheeling WV 26003.

**May 28.** Cotton Row 10K, Huntsville, Alabama. John Hickey, 7722 Benaroya Lane No. 303, Huntsville AL 35802. 205/881-5608.

**July 4.** Peachtree 10K Road Race, Atlanta GA. Roy Benson, 3097 E. Shadowlawn, Atlanta, GA 30305. 404/231-9064.

**September 29.** Virginia Ten Miler, Lynchburg, VA. Marilyn Straub, 3020 Cranehill Drive, Lynchburg VA 24503.

### MIDWEST

**April 1.** Wolfpack Festival of Miles: 5, 10, 20, 50; Columbus, OH. 5-year age groups, from 30-up. John White, 4865 Arthur Place, Columbus, OH 43220. 614/424-7011; 459-2547.

**April 15.** 6th Annual L'eggs/YWCA 10K, Lincoln Park, Chicago. Loop Center YWCA, 37 So. Wabash Ave., Chicago, IL 60603. 312/6600.

**May 5.** Old Kent River Bank Run 25K, Grand Rapids Michigan. PO Box 2194, Grand Rapids MI 49501. 616/774-5272.

## DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News, P.O. Box 2372, Van Nuys, CA 91404.*

**May 20.** Revco-Cleveland Marathon & 10K, Cleveland, Ohio. Reno Starnoni, PO Box 46604, Bedford OH 44146. 216/425-9811.

**May 20.** RRCA National 15K Open and Masters Championships, Michigan City, Ind. Dunes Running Club, Box 42, Michigan City, IN 46360.

**June 16.** Grandma's Marathon, Duluth, Minn. Grandma's Marathon, P.O. Box 6234, Duluth, MN 55806. 218/727-0947. SASE.

**July 15.** Lady Wolfpack Classic 20K, Columbus, Ohio. Women only. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

**August 25.** Bobby Crim 10-Mile Road Race. John Harpst, 1101 S. Saginaw, Flint MI 48502. 313/766-7346.

**October 7.** RRCA National 50 Mile Championships, Chicago, IL. Noel D. Nequin, M.D., Swedish Covenant Hospital, 5145 N. California Ave., Chicago, IL 60625.

**October 21.** America's Marathon, Chicago. Bob Bright, 214 West Erie St., Chicago IL 60610. 312/951-0660.

**November 10.** Wendy's 10K Classic, Bowling Green, Kentucky. Dave Mason, 1502 Weston St., Bowling Green KY 42101. 502/781-2834.

**December 30.** RRCA National 50K Championships, Peoria, IL, Paul Appell, R.R., Alton, IL 61414.

### MID-AMERICA

**April 14.** YMCA Midwest Masters 5-Mile Classic III, age 35-and-over. 1 p.m. Omaha, Neb. Nancy McCormick, 5124 Cuming, Omaha, NB 68132. 402/558-2079.

**May 28.** Bolder Boulder 10K, Boulder, Colorado. Bruce McDowell, 3033 Iris Ave., Boulder CO 80301. 303/444-7223.

**June 3.** RRCA National Open & Masters Half-Marathon Championship, Kansas City, KS. Rich Ayers, 2413 North 57 Terrace, Kansas City, KS 66104.

**August 18-19.** Pikes Peak Marathon & Half-marathon, Manitou Springs, Colorado. PO Box 1694, Colorado Springs CO 80901. 303/471-9790.

**September 6.** RRCA National 25K Championships, Minneapolis, MN. Jeff Winter, 3515 Holmes, Minneapolis, MN 55408.

**September 29.** Maupintour Fall Classic, 10K, Lawrence, KA. Tom Leigh, Maupintour, 913/843-1211.

### SOUTHWEST

**April 1.** Crescent City Classic 10K, New Orleans, LA. Crescent City Classic, 5242 Magazine St., New Orleans, LA 70015. 504/895-4705.

**October 13.** International Run Against Crime 10K, El Paso, Texas. John Hinshaw, PO Box 15000, El Paso TX 79998. 915/772-RACE.

**December 2.** White Rock Marathon, Dallas. Phidippides, North Park East, 8822 N. Central Expressway, Dallas TX 75231. 214/361-6493.

### WEST

**April 8.** Avon 15K, San Francisco. Richmond YMCA, 360 18th Ave., San Francisco, CA 94132.

**April 19-21.** Tropicana/Las Vegas Easter Run, 10K & Half Marathon, Las Vegas, Nevada. Las Vegas Special Events, 6528 Sugarpine Lane Las Vegas NV 89107. 702/457-2600; 800-TTA-TRIP.

**May 5.** Bess James Ramonaland Run 10K & 2 mile, Hemet, CA. Bess James Run, Mt. San Jacinto College, 1499 N. State St., San Jacinto, CA 92383.

**May 6.** Avenue of the Giants Marathon, Weott, California. Box 214, Arcata CA 95521.

**May 20.** Bay-to-Breakers 7.8 miler, San Francisco. 80,000 entrants. Terri Robbins, 110 Fifth St. San Francisco CA 94103. 415/777-7770.

**May 27.** Brentwood 10K, Los Angeles. Valerie Johnson, P.O. Box 49913, Los Angeles CA 90049.

**July 4.** Monarch Bank 5K & 10K Run in the Parks, Laguna Niguel, CA. Bill Pascual, 24372 Las Naranjas, Laguna Niguel, CA 92677. 714/831-6618.

**August 19.** San Francisco Marathon, San Francisco, CA. PO Box 27385, San Francisco, CA 94127. 415/681-2322.

### NORTHWEST

**April 1.** Bonne Bell 10K, Seattle. Laurel James, 7210 E. Greenlake Dr., N., Seattle, WA 98115. 206/522-7788.

**April 14.** Pearlblossom 20K, Medford, Oregon. Jerry Swartsley, P.O. Box 146, Medford OR 97501. 503/535-1205.

**May 6.** Lilac Bloomsday 12K, Spokane, WA. Sylvia Quinn, B.O. Box 1511, Spokane, WA 99210. 509/838-1579.

**May 12.** Women's U.S. Olympic Marathon Trials, Olympia, Washington. Qualifying Time: 2:51:16.

**June 2.** Governor's Cup Marathon, Helena, Mont. Governor's Cup, PO Box 451, Helena, MT 59624. 406/442-5450.

**June 3.** "The RACE" 8K Run, Eugene, OR. OTC Masters, 1587 Agate, Eugene, OR 97403.

**June 24.** Cascade Run Off 15K, Portland, OR. Cascade Run Off, 208 S.W. Stark Ave., Suite 304, Portland, OR 97204. 503/226-0717.

**July 24.** Deseret News Marathon, Salt Lake City. Keith West, PO Box 1257, Salt Lake City UT 84110. 801/237-2135.

## CLASSIFIEDS

If you are promoting a race meet, or offer a service or product or wish to place a personal ad, the rate is 25¢ 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.

Arthur Lydiard Westchester Running Camp. June 24-30, 1984. All abilities, Male and Female. 1983 camp included 50% Masters runners. Get individualized instruction from the World's Expert. In 5 months 1983 campers won a national Masters RRC 5K title and North American Women's 50 plus Marathon record using Lydiard's techniques. For brochure, contact: Tom Robinson, 128 Clarence Rd., Scarsdale, NY 10583.

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



Kay Atkinson, W65 age-group record holder in 10K and marathon, did not run the Oakland Marathon, February 5, but lent her spirit to the volunteer corps.

Gene Cohn Productions



# 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.

14th Annual Winter Decathlon Results  
Masters and Submasters Divisions  
Cal State University at Long Beach  
3,4 December 1983

\*New Meet Record

60-69		30-39	
1. Bill Burke	2055	1. John Green	6794*
Trojan Masters		Denver	
2. H. Morningstar	1823	2. Dave Ricks	6734
Ann Arbor TC		Floater TC	
50-59		3. Gary Sarell	5526
1. Al Brenda	3791	unat.	
Turlock		4. Richard Watson	5446
2. Jock Jocoy	2842	Austin, Texas	
SDAA		5. Dave Robinson	5296
40-49		San Diego	
1. Dennis Stempel	5402	6. Miguel Franzoni	4986
Chico		Provo, Utah	
2. Dave Thoreson	4975	7. Chet McGaugh	4856
Santa Barbara		Riverside	
3. Ben Miller	3954	8. Bob Cape	4771
Sparks, Nevada		Garden Grove	
4. Bill Poehler	3534	9. James Hollister	4668
Goleta		Turlock	
5. Thom Jones	2850	10. Jim Ball	4453
WVTC		Hunting Beach	
		11. Bill McGinnis	4101
		RMPB TC	

Lake Erie Track & Field Championships  
Maple Heights High School  
Maple Heights, Ohio  
January 8, 1984

## 30 - 34 MEN

Shot Put  
1. Steve Kaye Wolfpack TC 45'1 1/2"

Weight Throw  
1. Schoterman, Al Chicago TC 70'6 1/2"  
2. Kaye, Steve Wolfpack TC 40'4"

Pole Vault  
1. Prentice Sam West Penn TC 13'8"

2-Mile Relay  
1. Over the Hill 10:18

440 Dash  
1. Street, Dolan Ann Arbor TC 53.8  
2. Gallagher, Mike Over the Hill 59.1

Mile Run  
1. Moneypenny, Dan Summit Ath Clb 4:50  
2. Chappelli, J. Clev. Police TC 5:02  
3. Hatfield, Mike BHM 5:04

Sprint Medley Relay  
1. Over the Hill 4:13.6

45 Hurdles  
1. Walters, Tim Athletes IA 5.8  
2. Street, Dolan Ann Arbor TC 5.8

45 Dash  
1. Young, Bill Sandtown Str 5.60  
2. Reed, Jerry Over the Hill 5.61

220 Dash  
1. Young, Bill Sandtown Str 26.2  
2. Reed, Jerry Unatt 26.3  
3. Walters, Tim Athletes IA 26.4

2-Mile Run  
1. Blankenship, Don Unatt 10:35

Mile Relay  
1. Over the Hill 4:32.7

## 35 - 39 MEN

High Jump  
1. Morgan, Dave Over the Hill 5'6"

Shot Put  
1. Bower, Norman Over the Hill 39'3 1/4"  
2. Morgan, Dave Over the Hill 37'1"  
3. Steiner, Larry Unatt 35'11 1/4"

Weight Throw  
1. Bower, Norm Over the Hill 43'10 1/4"

440 Dash  
1. Lowry, Roger Unatt 62.7

Mile Run  
1. Gerson, Jeff Over the Hill 5:20

45 Hurdles  
1. Morgan, Dave Over the Hill 6.9

45 Dash  
1. Steiner, Larry Unatt 5.50  
2. Soltesz, Frank Unatt 5.95  
3. Lowry, Roger Unatt 6.0

220 Dash  
1. Lowry, Roger Unatt 28.2  
2. Soltesz, Frank Unatt 29.3

880 Dash  
1. Lowry, Roger Unatt 2:29.1

## 40 - 44 MEN

High Jump  
1. Hopkins, H. Hoosier TC 4'6"

Shot Put  
1. Hoyt, Pete West Penn TC 36'5"  
2. Hopkins, H. Hoosier TC 34'2 1/4"  
3. Lemos, Willie Cobra TC 26'10"

Weight Throw  
1. Hoyt, Pete West Penn TC 40'7 1/4"

Pole Vault  
1. Hopkins, H. Hoosier TC 10'6"

Mile Racewalk  
1. Wisner Clev. West RRC 10:07

440 Dash  
1. Crist, Ed OMDTC 60.3

Mile Run  
1. Persak, Mike Grand Rapids TC 4:45.7  
2. Heidman, Bill Unatt 4:48  
3. Ireland, Don Unatt 5:20.2

Sprint Medley Relay  
1. Over the Hill 4:32.8

45 Dash  
1. Vanvoorthis, Tom Minn. Mstrs 5.59  
2. Butts, Charles Unatt 5.68  
3. Gonzales, Robert Eananon Jag 5.72

220 Dash  
1. Vanvoorthis, Tom Minn Mstrs 26.7  
2. Gonzales, Robert Eananon Jag 27.5

880 Dash  
1. Persak, Mike Grand Rapids TC 2:13.2  
2. Jones, Richard Minn Mstrs 2:14.2

2-Mile Run  
1. Persak, Mike Grand Rapids TC 10:31  
2. Jones, Richard Minn Mstrs 10:58

## 45 - 49 MEN

High Jump  
1. Ramlow, Bob Euclid Ath Clb 5'4"  
2. Coats, Grover Over the Hill 5'  
3. Ragland, Tom Over the Hill 4'10"

Shot Put  
1. Mirka, George Over the Hill 39'2 1/4"  
2. Ramlow, Bob Euclid Ath Clb 34'7 3/4"  
3. Ragland, Tom Over the Hill 29'2"

Weight Throw  
1. Ramlow, Bob Euclid Ath Clb 25'5 1/4"

Pole Vault  
1. Hoyle, Ed Over the Hill 11'6 1/2"

Mile Racewalk  
1. Hall, Charlie Over the Hill 9:10

Mile Run  
1. Anderson, Don Geauga Jog 5:34.5  
2. Evelyn, Willard Unatt 5:50.7

45 Dash  
1. Coats, Grover Over the Hill 5.68  
2. Ramlow, Bob Euclid Ath Clb 5.72  
3. Ragland, Tom Over the Hill 6.01

220 Dash  
1. Coats, Grover Over the Hill 26.5  
2. Ware, James Hoosier TC 29.3

880 Dash  
1. Anderson, Don Geauga Jog 2:34.4

2-Mile Run  
1. Evelyn, Willard Unatt 11:23

## 50 - 54 MEN

High Jump  
1. Jackson, Warren Unatt 4'8"  
2. Dahlstrom, Carl Motor Cty Str 3'10"

Shot Put  
1. Bredenbeck, R. Over the Hill 37'11 1/2"  
2. Mann, Dick Over the Hill 37'10 1/2"  
3. Chadbourne, Joe Over the Hill 33'11 1/2"

Weight Throw  
1. Chadbourne, Joe Over the Hill 40' 10 1/4"  
2. Mann, Dick Over the Hill 34'1 1/4"  
3. Bredenbeck, R. Over the Hill 24'

Mile Racewalk  
1. Dahlstrom, Carl Motor Cty Str 10:10

440 Dash  
1. Culbreath, Josh Phila. Mstrs 63.7  
2. Morris, Ken Master Spr Clb 67.5  
3. Dahlstrom, Carl Motor Cty Str 70.0

Mile Run  
1. Ravenscroft, Al Minn. Mstrs 5:41

45 Hurdles  
1. Culbreath, Josh Phila Mstrs 6.7  
2. Morris, Kenneth Master Spr Clb 8.9  
3. Dahlstrom, Carl Motor Cty Str 9.6

45 Dash  
1. Barrett, Jim Over the Hill 5.78  
2. Culbreath, Josh Phila. Mstrs 5.8  
3. Morris, Kenneth Master Spr Clb 6.22

220 Dash  
1. Barrett, Jim Over the Hill 27.2  
2. Morris, Kenneth Master Spr Clb 29.7

880 Dash  
1. Ravenscroft, Al Minn. Mstrs 2:22.8  
2. Dahlstrom, Carl Motor Cty Str 3:10.5

2-Mile Run  
1. Ravenscroft, Al Minn. Mstrs 11:17

55 - 59 MEN

High Jump  
1. Hirsimaki, Fred Unatt 5'  
2. Mays, Carl Unatt 3'10"

Shot Put  
1. Hirsimaki, Fred Unatt 33'4"  
2. Jackson, Allan Over the Hill 31'4"  
3. Mays, Carl Unatt 26'2"

Weight Throw  
1. Hirsimaki, Fred Unatt 22'1"

Mile Racewalk  
1. Mays, Carl Unatt 10:12

Mile Run  
1. Norris, Matt Clev. West RRC 5:53

45 Hurdles  
1. Flowers, Jim Master Spr Clb 7.4  
2. Hirsimaki, Fred Unatt 7.9

45 Dash  
1. Robinson, Hal Findley Rd Rns 5.97  
2. Flowers, Jim Master Spr Clb 6.06  
3. Mays, Carl Unatt 6.50

220 Dash  
1. Flowers, Jim Master Spr Clb 29.6  
2. Robinson, Hal Findley Rd Rns 30.2  
3. Mays, Carl Unatt 33.7

55 - 59 MEN (continued)

440 Dash  
1. Robinson, Hal Findley Rd Rns 69.4  
2. Flowers, Jim Master Spr Clb 70.4  
3. Jackson, Allen Over the Hill 72.8

880 Dash  
1. Jackson, Allen Over the Hill 2:58.3  
2. Mays, Carl Unatt 3:23.2

60 - 64 MEN

High Jump  
1. Weiland, Fred West Penn TC 3'8"

Shot Put  
1. Weiland, Fred West Penn TC 30'9 1/2"

Mile Racewalk  
1. Cavicchi, Dick Over the Hill 7:10

440 Dash  
1. Lacey, Tom Findley TC 68.4  
2. Cavicchi, Dick Over the Hill 76.4  
3. Jamison, Gilbert Master Spr Clb 76.5

Mile Run  
1. Cavicchi, Dick Over the Hill 7:10

Sprint Medley Relay  
1. Masters Sprint Club 5:31.9

45 Hurdles  
1. Cavicchi, Dick Over the Hill 8.3  
2. Weiland, Fred West Penn TC 9.9

45 Dash  
1. Jamison, Gilbert Master Spr Clb 6:35  
2. Cavicchi, Dick Over the Hill 6.40  
3. Weiland, Fred West Penn TC 6.41

220 Dash  
1. Lacey, Tom Findley TC 30.98  
2. Jamison, Gilbert Master Spr Clb 32.3  
3. Cavicchi, Dick Over the Hill 33.2

880 Dash  
1. Cavicchi, Dick Over the Hill 3:25.8

2-Mile Run  
1. Cavicchi, Dick Over the Hill 16:26

Men 65 - 69

High Jump  
1. Morningstar, Ham Ann Arbor TC 4'8"  
2. Pickl, Max Canadian Mst 4'

Shot Put  
1. Morningstar, Ham Ann Arbor TC 42'5 1/4"  
2. Pickl, Max Canadian Mst 29'8"  
3. Yeomans, Hugh Clifton TC 27'9"

Weight Throw - 25#  
1. Pickl, Max Canadian Mst 26'9"  
2. Morningstar, Ham Ann Arbor TC 25'10"

Pole Vault  
1. Morningstar, Ham Ann Arbor TC 8'

Mile Racewalk  
1. Yeomans, Hugh Clifton TC 10:20  
2. Fullerton, L. Over the Hill 10:32  
3. Trugman, Nat Unatt 11:49

440 Dash  
1. Breslin, Jim Latvian TC 78.6

45 Hurdles  
1. Pickl, Max Canadian Mst 8.4

45 Dash  
1. Pickl, Max Canadian Mst 6.57

220 Dash  
1. Pickl, Max Canadian Mst 30.9  
2. Breslin, Jim Latvian TC 33.7

70 - 74 MEN

High Jump  
1. Mlotek, Herman Over the Hill 3'4"

Shot Put  
1. Mlotek, Herman Over the Hill 27' 2"

45 Dash  
1. Mlotek, Herman Over the Hill 6.78

220 Dash  
1. Mlotek, Herman Over the Hill 38.7



<b>75 - 79 MEN</b>		
<b>Mile Racewalk</b>		
1. Fike, Byron	Over the Hill	10:13
<b>440 Dash</b>		
1. Fike, Byron	Over the Hill	79.8
<b>Mile Run</b>		
1. Fike, Byron	Over the Hill	7:18
<b>45 Dash</b>		
1. Fike, Byron	Over the Hill	6.88
<b>220 Dash</b>		
1. Fike, Byron	Over the Hill	34.8
<b>880 Dash</b>		
1. Fike, Byron	Over the Hill	3:23.5
<b>80 - 84 MEN</b>		
<b>High Jump</b>		
1. Pitcher, Arling	Hoosier TC	3'6"
2. Hosack, Everett	Over the Hill	3'6"
<b>Shot Put</b>		
1. Hosack, Everett	Over the Hill	21'11 1/4
<b>Weight Throw - 25#</b>		
1. Hosack, Everett	Over the Hill	16'3"
<b>Pole Vault</b>		
1. Pitcher, Arling	Hoosier TC	5'6"
<b>45 Hurdles</b>		
1. Pitcher, Arling	Hoosier TC	9.8
<b>45 Dash</b>		
1. Pitcher, Arling	Hoosier TC	7.22
2. Hosack, Everett	Over the Hill	7.24
<b>220 Dash</b>		
1. Pitcher, Arling	Hoosier TC	40.3
2. Hosack, Everett	Over the Hill	46.3
<b>30 - 34 WOMEN</b>		
<b>Shot Put</b>		
1. Ogletree, Rosey	Clev. Mstrs	26'5"
<b>45 Dash</b>		
1. Ogletree, Rosey	Clev. Mstrs	6.34
<b>220 Dash</b>		
1. Ogletree, Rosey	Clev. Mstrs	33.2
<b>Weight Throw -- 25#</b>		
1. Chadbourne, Mary	Over the Hill	22'11"
<b>Mile Run</b>		
1. Noonan, Nancy	Hoosier TC	5:25
<b>40 - 44 Women</b>		
<b>Shot Put</b>		
1. Stokes, C.	Cobra TC	20'4 1/2"
<b>45 - 49 WOMEN</b>		
<b>High Jump</b>		
1. Kea, Essie	Clev. Mstrs	3'10"
<b>Shot Put</b>		
1. Kea, Essie	Clev. Mstrs	23'6 1/2"
<b>Mile Racewalk</b>		
1. Gibson, Joan	Over the Hill	10:06
2. Hall, Lola	Over the Hill	11:32
<b>440 Dash</b>		
1. Gibson, Joan	Over the Hill	97.8
<b>Mile Run</b>		
1. Gibson, Joan	Over the Hill	7:51
2. Hall, Lola	Over the Hill	8:55
<b>45 Dash</b>		
1. Kea, Essie	Clev. Mstrs	6.82
2. Gibson, Joan	Over the Hill	8.50
<b>220 Dash</b>		
1. Kea, Essie	Clev. Mstrs	32.9
2. Gibson, Joan	Over the Hill	44.9
<b>880 Dash</b>		
1. Gibson, Joan	Over the Hill	3:51
<b>2-Mile Run</b>		
1. Gibson, Joan	Over the Hill	17:24
<b>Mile Relay</b>		
1. Over the Hill		6:10.3
<b>50 - 54 WOMEN</b>		
<b>440 Dash</b>		
1. Stiegelmeier, S.	Over the Hill	1:21.9
2. Rynes, Mary	Over the Hill	1:22.4
<b>Mile Run</b>		
1. Stiegelmeier, S.	Over the Hill	7:12
<b>220 Dash</b>		
1. Stiegelmeier, S.	Over the Hill	35.1

<b>880 Dash</b>		
1. Stiegelmeier, S.	Over the Hill	3:16
2. Rynes, Mary	Over the Hill	3:23
<b>55 - 59 WOMEN</b>		
<b>Shot Put</b>		
1. Holland, Bernice	Clev. Mstrs 29'3 1/2"	
<b>440 Dash</b>		
1. Reardon, Florence	Toledo Rdrrs	96.3
<b>220 Dash</b>		
1. Reardon, Florence	Toledo Rdrrs	37.2
<b>60 - 64 WOMEN</b>		
<b>High Jump</b>		
1. Yeomans, Ernestine	Clifton TC	3'2"
<b>440 Dash</b>		
1. Yeomans, Ernestine	Clifton TC	2:01
<b>Mile Run</b>		
1. Kughn, Ellie	Over the Hill	7:23
2. Yeomans, Ernestine	Clifton TC	8:30
<b>45 Dash</b>		
1. Yeomans, Ernestine	Clifton TC	8.79
<b>220 Dash</b>		
1. Yeomans, Ernestine	Clifton TC	50.2
<b>2-Mile Run</b>		
1. Yeomans, Ernestine	Clifton TC	18:21
<b>880 Dash</b>		
1. Yeomans, Ernestine	Clifton TC	4:30

## TEAM SCORES

<b>30 - 39 MEN</b>		
1. Over the Hill Track Club - 44 points		
2. Sandtown Striders - 10 points		
<b>40 - 49 MEN</b>		
1. Over the Hill Track Club - 36 points		
2. Euclid athletic Club - 16 points / Minnesota Masters Track Club - 16 points		
<b>50 - 59 MEN</b>		
1. Over the Hill Track Club - 37 points		
2. Minnesota Masters Track Club - 15 points		
<b>60 - 69 MEN</b>		
1. Over the Hill Track Club - 37 points		
2. Canadian Masters Track Club - 26 points		
<b>70 + MEN</b>		
1. Over the Hill Track Club - 69 points		
2. Hoosier Track Club - 25 points		
<b>MASTERS WOMEN</b>		
1. Over the Hill Track Club - 78 points		
2. Cleveland Masters, Inc. - 40 points		

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

## 50yd Hurdles

40-49			
1 Barry Kline	WP	7.2	
2 Ed Sutton	OTH	8.0	

30-39			
1 Geo Smith	UN	6.1	
2 Jim Glessner	WP	6.1	
3 Andy McNeil	WP	6.2	
4 Joe Silverio	WP	6.4	
5 Jeff Gerson	OTH	6.46	

40-49			
1 Grover Coates	OTH	6.2	
2 Bob Gonzales	JAG	6.4	
3 Kline	WP	6.4	

50-59			
1 Jim Barrett	OTH	6.24	
2 Ed Sutton	WP	6.30	
3 Sam Sinderson	WP	6.50	
4 John Ulan	WP	7.10	

60-69			
1 Ray Bower	WP	6.71	
2 Frank Malick	WP	7.8	

70-79			
1 Don Ernst	UN	9.2	
2 Hosack	OTH	9.5	

300yd			
30-39			
1 Mike Collopy	SCS	37.0	
2 Glessner	WP	37.8	
3 Silverio	WP	NT	

40-49			
1 Coates	OTH	37.0	
2 Ed Alexander	WP	41.3	
3 Ken Hurd	UN	43.1	

50-59			
1 Ray Bower	WP	42.5	

600yd			
30-39			
1 Collopy	SCS	1:17.9	
2 Glessner	WP	1:23.6	
3 Geo Smith	JAG	1:28.2	

40-49			
1 Coates	OTH	1:28.00	
2 Kline	WP	1:32.17	
3 Alexander	WP	1:32.70	
4 Hurd	UN	1:38.00	
50-59			
1 Sutton	WP	1:32.6	
2 Sinderson	WP	1:38.2	

## 1000yd

30-39			
1 Gerson	OTH	2:48.9	
2 Guy Piszoferrato	WP	2:54.6	
3 Joe Mascari		2:55.7	
40-49			
1 Bill Rielly	AN	2:31.6	

MILE RACEWALK			
70-79			
1 Ernst	UN	11:12.5	

## MILE -

30-39			
1 Glen Andrews	UN	4:31.4	
2 Thom Bell	UN	4:47.0	
3 John Gidel	WP	5:01.5	

40-49			
1 Rielly	AN	4:32.6	
2 Jim Waldorf	UN	4:59.0	
3 Alexander	WP	5:23.3	

50-59			
1 Sinderson	WP	5:57.5	
2 Buzzy Hood	OTH	6:22.0	

60-69			
1 Fran Albaugh	WP	6:23.0	
2 Malick	WP	6:51.0	

3 MILE			
30-39			
1 Bell	UN	15:45.4	
2 Dudley Brown	ARIE	16:17.0	
3 Gidel	WP	16:36.0	
4 Dick Glessner	WP	19:06.0	

40-49			
1 Lombardi		15:59.3	
50-59			
1 Sinderson	WP	20:37.0	
2 Hood	OTH	NT	
60-69			
1 Albaugh	WP	21:03.0	
2 Malick	WP	23:27.0	

MILE RELAY			
30-39			
1 West Penn (Kline, Glessner, Lemster, Gidel)		4:02.9	
2 Over the Hill (Coates, Gerson, Barrett, Bradenbeck)		4:35.5	

HIGH JUMP			
30-39			
1 Jack Thornton	WS	5'2"	
40-49			
1 Kline	WP	5'8"	
2 Coates	OTH	4'8"	
3 Alexander	WP	4'4"	
80-89			
1 Hosack	OTH	3'4"	

SHOT PUT			
30-39			
1 Norm Bower	OTH	40'6"	
2 Chick Thompson		28'9"	
3 Jeff Gerson	OTH	24'7 1/2"	
40-49			
1 Jim Pauli	WP	39'63/4"	
2 Pete Hoyt	WP	35'7"	
3 Alexander	WP	25'9"	
50-59			
Rudy Bradenbeck	OTH	37'3/4"	
80-89			
1 Hosack	OTH	16'6 1/2"	

35lb WEIGHT THROW			
30-39			
1 N Bower	OTH	41'0"	
40-49			
1 Pauli	WP	42'6"	
2 P Hoyt	WP	39'10"	
3 Coates	OTH	24'1 1/2"	
50-59			
1 Bradenbeck	OTH	25'4"	
80-89			
1 Hosack	OTH	13'9"	

POLE VAULT			
30-39			
1 Sam Prentice	WP	13'6"	

WOMEN 30-39			
220			
1 Cheryl Silverio	WP	36.2	
440			
1 Carol Crouthamel	WP	80.8	

MILE			
1 Crouthamel	WP	6:31.06	
2 Silverio	WP	6:40.00	
2 MILE			
1 Crouthamel	WP	14:06.0	

## TEAM SCORES

## MEN

30-39			
1 West Penn	26		
2 Over the Hill	19		
3 So Calif Str	10		
4 Warren Str	5		
5 Erie	3		
6 Jaguars	1		

40-49			
1 West Penn	30		
2 Over the Hill	22		
3 Allegheny Nike	16		
4 Jaguars	3		

50-59			
1 Over the Hill	26		
2 West Penn	22		

60+			
1 West Penn	29		
2 Over the Hill	20		

WOMEN			
Masters			
1 West Penn	23		

ALL-COMERS MEET; U.S.A.F. ACADEMY; COLORADO SPRINGS FEB. 11, 1984			
60yHJ			
M30-34 39"			
Mike Simpson	8.0		
Ray Beamer	9.0		
M60-64			
Frank Bowles	10.6		

Triple Jump			
M30-34			
R. Beamer	35'11 1/2"		
M35-39			
Bill Knipmeyer	37'7 1/4"		
George Eidinger	32'8 1/2"		

One Mile			
W30-34			
Loraine Green	6:01.3*		
M30-34			
Terry Ferner	5:04.4		
Mike Schenk	5:16.0		
M35-39			
John Garb	5:26.5		
Ed Donovan	5:59.2		
M40-44			
Gene McKelvie	5:16.3		
M45-49			
Russ Baker	5:53.0		
M60-64			
Rodge Rogers	6:28.3*		

Shot Put			
W30-34 8#			
Jacquie Ostrom	20'7"		
M30-34			
John Greene	45'11 1/2"		
Kelly Greiman	32'8 1/2"		
Ray Beamer	32'1 1/2"		
M50-54 12#			
Jack Eighmy	37'8 1/2"		
M60-64 8#			
F. Bowles	38'0"		
M65-69 8#			
Ham Morningstar	39'8 1/2"		

Mike Simpson	8
Ray Beamer	9
0-64	
Frank Bowles	10



## 200 METERS

M 30	
NEIL STEINBERG	30 UN 24.0
ROB RUDROW	33 SH 25.4
RAY HARRISON	33 NJ 26.1
M 35	
JOSEPH KAPKA	38 PC 24.6
M 40	
ROBERT WILLIAMS	44 SH 24.4
TOM TASCANO	40 NY 24.8
ROBERT STANFORD	41 PC 25.2
GENE BALLARD	42 PC 26.2
JIM HODGE	44 PM 27.1
M 45	
ED SMALL	45 PC 25.0
RICHARD RIZZO	46 PC 25.5
MEL BARNWELL	45 PC 25.6
CLIFF PAULING	49 CP 25.7
HAIK BOHIGIAN	47 NY 27.6
M 50	
JOE KELLY	54 NY 28.5
AL COHEN	54 NY 28.6
RUDOLPH BENOIT	51 NY 28.6
SYD SALT	54 UN 29.0
LEO SULLIVAN	54 UN 31.4
AL PUMA	54 PP 33.0
M 55	
GENE KELLY	56 SH 29.9
ELI FUCHSMAN	56 SP 32.3
MAURICE LENTZER	58 NY 33.0
HAROLD COLEN	55 NY 34.2
M 60	
RUDY VALENTINE	60 PC 27.7
JIM MANNO	63 NJ 29.0
OSCAR HARRIS	60 PM 29.4
DON HARRIS	61 PM 32.3
LEO McAVOY	63 NY 36.4
W 30	
LINDA SMITH	32 AT 31.5
W 35	
SKIPPER CLARK	36 PL 28.7
W 45	
MARILYN FITZGERALD	48 UN 31.0
500 METERS	
M 30	
EMANUEL TURNER	34 UN 1:33.0
M 40	
ROBERT STANFORD	41 PC 1:21.8
GENE BALLARD	42 PC 1:40.0
M 45	
ED SMALL	45 PC 1:14.9
HAIK BOHIGIAN	47 NY 1:26.2
M 50	
RUDOLPH BENOIT	51 NY 1:28.9
AL COHEN	54 NY 1:32.8
TOM TALBOTT	51 NY 1:39.2
W 40	
EVELYN HOBBS	44 NY 1:43.9
1,000 METERS	
M 30	
EMANUEL TURNER	34 UN NT
M 35	
MARK ANDERSON	35 SH 2:43.1
BOB BROWNE	38 NY 2:44.5
PAUL JAYSON	37 NJ 2:59.1
RICHARD WRIGHT	37 SI 3:07.1
M 45	
CLIFF PAULING	49 CP 2:56.0
M 50	
LEO SULLIVAN	54 UN 3:19.3
AL COHEN	54 NY 3:19.7
JOE KERNAN	54 NY 3:24.8
AL PUMA	54 PP 3:26.5
TOM TALBOTT	51 NY 4:02.6
M 55	
GEORGE THOMPSON	58 AC 3:17.8
ART BRADLEY	57 NY 3:43.3
M 65	
JOHN POWOWICH	66 NY 4:14.8
M 70	
HENRY ZACHMAN	74 NJ 4:41.8
W 35	
SKIPPER CLARK	36 PL 3:38.7
W 30	
LINDA SMITH	32 AT 4:41.1
W 40	
EVELYN HOBBS	44 NY 4:13.4

## 1500 METERS

M 35	
BERNARD WRIGHT	37 NY 4:38.3
ROBERT FRAIL	35 NY 4:44.5
BILL INDEX	37 CF 4:55.1
M 40	
WARREN BRATTER	41 CP 4:33.5
SETH KAMINSKY	43 NY 4:34.9
CHARLES ELKINS	40 ML 4:39.0
M 45	
EDWARD CAPEON	45 CP 5:03.7
MASON O'NEAL	46 PC 5:15.2
GUNTHER DAUTH	48 NY 5:33.5
M 50	
AL COHEN	54 NY 5:52.2
M 55	
HERB KANIA	55 NY 5:05.0
GEORGE THOMPSON	58 AC 5:05.7
WALTER SIDEROWITZ	56 NY 5:52.8
M 65	
RICHARD HULL	66 SH 6:17.3
JOHN POWOWICH	66 NY 6:17.6
M 70	
HENRY ZACHMAN	74 NJ 7:19.4
W 40	
ROBIN VILLA	40 CP 5:16.3
W 50	
MILA KANIA	52 NY 5:36.2

## 3,000 METERS

M 30	
THOMAS HORN	30 NY 10:46.7
VIRGIL BASSOM	34 SI 12:11.9
M 35	
ROBERT FRAIL	35 NY 9:56.6
M 40	
WARREN BRATTER	41 CP 9:53.7
CHARLES ELKINS	40 ML 9:57.8
M 45	
ROBERT CLARK	46 NY 10:08.5
GUNTHER DAUTH	48 NY 11:56.5
M 50	
GEZA FELD	50 NY 10:31.7
AL COHEN	54 NY 12:13.2
BOB FINE	52 NY 12:15.0
TOM TALBOTT	51 NY 12:46.5
M 55	
HERB KANIA	55 NY 10:01.0
WALTER SIDEROWITZ	56 NY 11:39.0
M 60	
ROBERT HULL	66 SH 13:05.3
M 70	
HENRY ZACHMAN	73 NJ 15:49.8
W 50	
MILA KANIA	52 NY 11:43.1

## 3,000 METERS WALK

M 45	
BERNARD KAUFMAN	49 NY 19:58.5
M 50	
JACK BOITANO	51 NY 14:25.2
MORT MALKIN	51 MR 16:07.5
BOB FINE	52 NY 16:17.0
JIM BARMACK	53 UN 21:25.3
MICHAEL CAVA	53 NY 23:17.3
M 55	
MAURICE LENTZER	58 NY 23:20.6
M 60	
GEORGE HELLER	61 NJ 17:05.4
M 65	
GEORGE LANGERFELD	66 SH 19:26.2
M 70	
CHICO SCIMONE	72 IT 17:11.5
DAVE LAKRITZ	74 NY 19:19.2
DON ERNST	74 UN 23:21.3
W 30	
FLORENCE WIGGINS	31 NY 21:28.0
W 40	
PAULINE KAUFMAN	42 NW 23:30.2
LUCILLE BAUMACK	44 UN 23:50.1
W 60	
MARIE HENRY	60 SH 20:12.1

## LONG JUMP

M 30	
RAY HARRISON	33 NJ 19'11"
M 35	
PAUL ZACHMAN	36 NJ 16'8 7/8"
M 40	
RUSSELL ROBINSON	42 NY 17'10 1/2"
RICHARD KAYE	42 NY 14'10"
M 45	
RICHARD RIZZO	46 PC 17'
LARRY JUDD	45 NY 16'7 3/8"
HAIK BOHIGIAN	47 NY 15'5"
M 50	
SYD SALT	54 UN 14'
M 55	
JACK DOORLAY	58 UN 12'10 1/2"
HAROLD COLEN	55 NY 12'7 1/2"
M 60	
OSCAR HARRIS	60 PM 13'9 1/2"
DON HARRIS	61 PM 12'8"
M 70	
HENRY ZACHMAN	74 NJ 7'5 1/8"

## TRIPLE JUMP

M 35	
PAUL ZACHMAN	36 NJ 32'1 1/2"
M 40	
RICHARD KAYE	42 NY 31'2 1/2"
M 45	
HAIK BOHIGIAN	46 NY 33'3 1/2"
LARRY JUDD	45 NY 31'9 1/2"
M 50	
MORT MALKIN	51 NY 30'8 1/2"
SYD SALT	54 UN 29'10"
M 55	
JACK DOORLAY	58 UN 26'10 1/2"
HAROLD COLEN	55 NY 25'9"

## SHOT PUT

M 30	
RICHARD RUFFALO	32 34'
M 35	
RICHARD DUNPHY	35 39'6"
M 40	
BRIAN McKENNA	43 NY 37'6 1/2"
M 45	
CARL KLEHM	45 39'8"
JACK GOLDSTEIN	45 NY 37'8 1/2"
RICK DEERE	46 PC 36'9"
LARRY JUDD	45 NY 32'6"
M 50	
PAY CARSTENSEN	52 NY 42'4"
TOM BROOKS	54 PC 34'4 1/2"
M 55	
HERB CANTOR	58 NY 39'6 1/2"
DON HENRY	56 SH 32'6"
MAURICE LENTZER	58 NY 25'4"
M 60	
MARIO MINAFRA	63 NY 33'5"
M 70	
AL SKONBERG	70 NY 35'1"
F 30	
FLORENCE WIGGINS	31 NY 31'4"

## M 45

ANN CIRULNICK 49 NY 25'10"

## M 50

JOAN DASH 50 PL 25'6"

## WEIGHT THROW

## M 45

CARL KLEHM	45 36'6 1/2"
RICK DEERE	45 PC 31'9"
M 55	
DON HENRY	56 SH 26'3"
HERB CANTOR	58 NY 29'7 1/2"
M 60	
MARIO MINAFRA	63 NY 23'3 1/2"
M 40	
BRIAN McKENNA	43 NY 36'6"

## CLUB KEY CODE

AT = ATOMS TRACK CLUB

CP = CENTRAL PARK TRACK CLUB

ML = MILLROSE

NJ = NORTH JERSEY MASTERS

MR = METROPOLITAN RACEWALKERS

NY = NEW YORK MASTERS

PP = PROSPECT PARK TRACK CLUB

PM = PHILADELPHIA MASTERS

PC = NEW YORK PIONEERS

AC = NEW YORK ATHLETIC CLUB

PL = POLICE ATHLETIC LEAGUE

SP = SANDPIPER

ALL-CONERS MEET; U.S.A.F.  
ACADEMY; COLORADO SPRINGS  
FEB. 26, 1984

## 60yHH

M30 Mike Simpson	7.8
Ray Beamer	9.1
M60 Frank Bowles (33")	10.1*
M70 G. Gonzalez (30")	9.9*

## One Mile

M30 Mel Edington	6:18.1
M40 Jeff Chance	5:10
J.J. Joule	5:52.2

## 600y

M40 J.J. Joule	1:34.8
M55 Ernie McDonald	1:43.7

## High Jump

M30 Greg Stinson	5'10"
Mike Simpson	5'6"
R. Beamer	5'0"
M60 F. Bowles	4'8 1/2"
M70 G. Gonzalez	4'4"

## Triple Jump

M30 R. Beamer	37'2 1/2"
M35 Rocco Petitto	35'9"
M70 G. Gonzalez	30'2 1/2"

## Long Jump

M30 R. Beamer	17'10 1/2"
M35 R. Petitto	18'2 1/2"
M60 F. Bowles	14'6 1/2"
M70 G. Gonzalez	15'8"

## 60y

M30 Mike Simpson	6.8
M40 J. Joule	7.8
M60 F. Bowles	8.3*
Glenn Dody	8.3*
M70 G. Gonzalez	8.0*

## Pole Vault

M30 Eric Nickerson	14'0"
M50 Jerry Donley	12'6"
M70 G. Gonzalez	8'0"

## Two Mile Run

M30 Jim Weathers	10:38.5
Greg Stinson	11:23
M40 Geoff Chance	11:35.2

## 300y

M30 M. Simpson	34.8
M40 J. Joule	40.4
M60 G. Dody	44.6
E. Bowles	44.8

## Shot Put

M30 R. Beamer	34'23/4"
M50 Jack Eighmy	16 32' 3/4"
M50 Jack Eighmy	12 38'4 1/2"
M60 F. Bowles	38'11"
M70 G. Gonzalez	34'10 1/2"

\* meet record

1984 MIDWEST MASTERS T&F  
CHAMPIONSHIPS, U. OF  
CINCINNATI  
FEBRUARY 26, 1984\* - denotes new meet record  
\*\* - denotes new American record  
# - denotes new World record

## 60 YARD DASH(trials) 30-34

1. Wayne Roberts	Pea	6.4
2. Gary Prentiss	Pea	6.9
3. Tom Rich	Un	7.5
4. Charles Stallworth	FF	fs

1. Dallas Gaines	Hoo	6.4
2. Ron Murphy	Un	6.5
3. Lincoln Ware	Un	6.8
4. Tim Walters	Aia	6.9

1. Morris Blueford	TK	6.7
2. Bob Burnett	Fit	6.8
3. Jim Crutcher	DM	7.2
4. Larry Farrell	Un	7.5

## FINALS 30-34

1. Morris Blueford	TK	6.4
2. Ron Murphy	Un	6.4
2. Wayne Roberts	Pea	6.4
4. Dallas Gaines	Hoo	6.5
5. Bob Burnett	Fit	6.6
6. Lincoln Ware	Un	6.6

## 60 YARD DASH(trials) 35-39

1. Ralph Marinello	Pea	7.0
2. Pat Booth	Un	7.3
3. Ed Larson	Un	7.5
4. Gary Franz	Clif	8.5

1. Cliff Jackson	Tris	6.4
2. Fred Shuttlesworth	Un	6.8
3. John Getrost	Cross	7.6
4. Jim Shoemaker	MAM	nt

## FINALS 35-39

1. Cliff Jackson	Tris	6.4
2. Fred Shuttlesworth	Un	6.8
3. Ralph Marinello	Pea	6.8
4. Pat Booth	Un	7.1
5. Ed Larson	Un	7.4
6. John Getrost	Cross	7.6

## 60 YARD DASH(FINALS) 40-44

1. Scott Tyler	Can	6.8
2. Tom Thorne	DecM	7.3
3. Bill Hopkins	Un	7.7
4. Larry Whiteside	FP	8.0

## 60 YARD DASH(FINAL) 45-49

1. Paul Dorsey	NW	6.9*
2. Joe Beckham	DecM	7.2
3. Charles Kincaid	MD	7.3
4. Jim Ware	Hoo	7.5
5. LeRoy McLain	OTH	7.6
6. Charles Dudley	Un	fs

## 60 YARD DASH(trials) 50-54

1. Jim Barrett	OTH	7.2
2. Burt Saidel	DM	7.6
3. Irv Stewart	Clif	7.8
4. Harry Bolla	Un	9.0

1. Bob Jones	DM	7.6
2. Ray Norris	Un	8.2
3. Bill Finch	Un	9.0

## FINALS 50-54

1. Jim Barrett	OTH	7.2*
2. Burt Saidel	DM	7.4
3. Bob Jones	DM	7.6
4. Ray Norris	Un	8.0
5. Irv Stewart	Clif	8.4
6. Bill Finch	Un	9.6

## 60 YARD DASH(trials) 55-59

1. Rush Jacobs	River	7.3
2. Bill Jordan	OTH	7.4
3. Gordon Seifert	BTC	7.7
4. Ray Raker	DM	8.6

1. Hal Robinson	FTC	7.7
2. Rich Turner	OTH	7.8
3. Charles Clippard	Un	7.9
4. Merle Nickell	Un	7.9

## FINALS 55-59

1. Rush Jacobs	River	7.3*
2. Bill Jordan	OTH	7.3
3. Gordon Seifert	BTC	7.5
4. Rich Turner	OTH	7.7
5. Charles Clippard	Un	8.1

## 60 YARD DASH(FINALS) 60-64

1. Tom Lacey	FTC	7.8
2. Dick Cavicchi	OTH	8.1

## 60 YARD DASH(FINALS) 65-69&lt;/



<p>600 YARD RUN(FINAL) 30-34</p> <p>1. Tom Rich Un 1.32.6</p> <p>2. Tim McNutt MidYMA 1.32.9</p> <p>600 YARD RUN(FINAL) 35-39</p> <p>1. Gary Carr TK 1.17.4*</p> <p>2. Gordon Reiter TK 1.18.3</p> <p>600 YARD RUN(FINAL) 40-44</p> <p>1. Harry Tolliver Cliff 1.25.0</p> <p>600 YARD RUN(FINAL) 45-49</p> <p>1. Charles Kincaid MD 1.26.0*</p> <p>2. Charles Dudley Un 1.30.0</p> <p>600 YARD RUN(FINAL) 50-54</p> <p>1. Lee Blount TK 1.24.4*</p> <p>2. Phil Meyers Cliff 1.41.8</p> <p>3. Dick Stewart Hoo 1.54.7</p> <p>600 YARD RUN(FINAL) 60-64</p> <p>1. Dave McCarthy Cliff 1.37.7*</p> <p>2. Tom Lacey FTC 1.41.1</p> <p>3. Bob Coughlin Hoo 1.41.5</p> <p>4. Dick Cavicchi OTH 2.08.0</p> <p>600 YARD RUN(FINAL) 70-74</p> <p>1. Zeki Tamer UC 1.49.8*</p> <p>2. Leslie Thomas Un 2.06.3</p> <p>600 YARD RUN(FINAL) 75-79</p> <p>1. Byron Fike OTH 2.06.5</p> <p>1000 YARD RUN(FINAL) 30-34</p> <p>1. Vince Peters MV 2.34.6</p> <p>1000 YARD RUN(FINAL) 35-39</p> <p>1. Jim Irwin TK 2.27.7*</p> <p>2. Andy Wolf Un 2.32.8</p> <p>3. Jeff Gerson OTH 2.41.5</p> <p>1000 YARD RUN(FINAL) 40-44</p> <p>1. Don Coffman Con 2.33.5*</p> <p>2. Dennis Walsh Con 2.34.0</p> <p>3. Jim Hoffman Un 2.39.5</p> <p>1000 YARD RUN(FINAL) 50-54</p> <p>1. Charles Wimberly NO 2.46.3*</p> <p>2. Alvin Ravenscroft MM 2.53.8</p> <p>3. Peter Wilton Cliff 3.14.7</p> <p>4. Dick Stewart Hoo 3.51.0</p> <p>1000 YARD RUN(FINAL) 60-64</p> <p>1. Bob Coughlin Hoo 3.41.8*</p> <p>2. Dick Cavicchi OTH 4.01.1</p> <p>1000 YARD RUN(FINAL) 65-69</p> <p>1. Gene Keller Cliff 3.30.7*</p> <p>1000 YARD RUN(FINAL) 75-79</p> <p>1. Byron Fike OTH 4.05.1*</p> <p>WOMENS 1000 YARD RUN(FINAL) 50-54</p> <p>1. Grace Butcher OTH 3.21.0*</p> <p>ONE MILE RUN(FINAL) 30-34</p> <p>1. Scott Miller Cliff 4.33.5</p> <p>ONE MILE RUN(FINAL) 35-39</p> <p>1. Pat Haines Con 4.36.3</p> <p>2. Dave Collins VAC 4.50.2</p> <p>3. Ron Sterling Cliff 5.09.2</p> <p>4. Jeff Gerson OTH 5.14.8</p> <p>5. Gary Franz Cliff 6.55.0</p> <p>ONE MILE RUN(FINAL) 40-44</p> <p>1. Mike Persak GRTC 4.39.2</p> <p>2. Don Coffman Con 4.41.5</p> <p>3. Dennis Walsh Con 4.52.1</p> <p>4. Randall Mount Un 5.06.0</p> <p>5. Warren Elam Cliff 5.14.0</p> <p>6. Larry Whiteside FP 6.07.2</p> <p>ONE MILE RUN(FINAL) 45-49</p> <p>1. Floyd Romack Un 5.03.0</p> <p>2. Jim Steele Cliff 5.23.0</p> <p>3. Charlie Hall OTH 5.43.0</p> <p>4. Kent Friel Cliff 5.43.0</p> <p>ONE MILE RUN(FINAL) 50-54</p> <p>1. Alvin Ravenscroft MM 5.03.1</p> <p>2. Charles Wimberly NO 5.03.6</p> <p>3. Peter Wilton Cliff 5.53.2</p> <p>ONE MILE RUN(FINAL) 55-59</p> <p>1. Ken Carmen AA 5.20.6</p> <p>ONE MILE RUN(FINAL) 60-64</p> <p>1. Don Greenwood AA 5.48.3*</p> <p>2. Dave McCarthy Cliff 5.55.1</p> <p>3. Dick Cavicchi OTH 7.30.5</p> <p>ONE MILE RUN(FINAL) 65-69</p> <p>1. Gene Keller Cliff 6.26.7*</p> <p>ONE MILE RUN(FINAL) 75-79</p> <p>1. Byron Fike OTH 7.14.1</p> <p>WOMENS ONE MILE RUN 35-39</p> <p>1. Marie Smythe GRTC 6.07.1*</p> <p>2 MILE RUN(FINAL) 30-34</p> <p>1. Buddy Harpool VAC 9.34.3'</p> <p>2. Gary Rizzo Cliff 9.46.5</p> <p>3. Dave Collins VAC 10.25.6</p>	<p>2 MILE RUN(FINAL) 35-39</p> <p>1. Chuck Koeppen Hoo 9.35.9*</p> <p>2. Tom Gill Hoo 10.37.9</p> <p>3. Jim Kisling Hoo 11.02.7</p> <p>2 MILE RUN(FINAL) 40-44</p> <p>1. Don Coffman Con 10.05.4*</p> <p>2. Mike Persak GRTC 10.36.0</p> <p>3. Harold Schuck Cliff 11.12.0</p> <p>2 MILE RUN(FINAL) 45-49</p> <p>1. Floyd Romack Un 11.02.3*</p> <p>2. Jim Steele Cliff 11.15.3</p> <p>3. Kent Friel Cliff 12.10.6</p> <p>2 MILE RUN(FINAL) 50-54</p> <p>1. Alvin Ravenscroft MM 11.37.8</p> <p>2. Peter Wilton Cliff 11.56.5</p> <p>3. Don Wahle Cliff 12.13.1</p> <p>2 MILE RUN(FINAL) 55-59</p> <p>1. Ken Carmen AA 11.10.1*</p> <p>2 MILE RUN(FINAL) 60-64</p> <p>1. Don Greenwood AA 12.19.3*</p> <p>2. Byron White Un 13.52.6</p> <p>2 MILE RUN(FINAL) 65-69</p> <p>1. Gene Keller Cliff 14.21.3*</p> <p>2. John Hamblet Un 16.32.5</p> <p>WOMENS 2 MILE RUN(FINAL) 50-54</p> <p>1. Grace Butcher OTH 14.02.0*</p> <p>2 MILE WALK(FINAL) 30-34</p> <p>1. Jim Broomhall Un 18.58.0*</p> <p>2 MILE WALK(FINAL) 35-39</p> <p>1. Gary Franz Cliff 20.54.0*</p> <p>2 MILE WALK(FINAL) 45-49</p> <p>1. Jack Blackburn SpTC 16.15.3*</p> <p>2. Charlie Hall OTH 18.22</p> <p>3. Rich Meyers SpTC 20.39</p> <p>4. Robert Premo Un 20.57</p> <p>2 MILE WALK(FINAL) 50-54</p> <p>1. Jim Higgins Cliff 17.46.0*</p> <p>2 MILE WALK(FINAL) 60-64</p> <p>1. Joe Vitucci Cliff 18.18*</p> <p>2 MILE WALK(FINAL) 65-69</p> <p>1. Hugh Yeomans Cliff 21.24*</p> <p>2 MILE WALK(FINAL) 75-79</p> <p>1. Clair Duckham Un 21.19*</p> <p>2. Byron Fike OTH 21.23**</p> <p>WOMENS 2 MILE WALK 45-49</p> <p>1. Lois Hall OTH 24.20*</p> <p>60-64</p> <p>1. Ernestine Yeomans Cliff 21.41*</p> <p>ONE MILE RELAY(FINAL) 30-39</p> <p>1. Team Kangaroo 3.44.8*</p> <p>(Jim Irwin-Gordon Reiter-Lee Blount-Gary Carr)</p> <p>SHOT PUT FINAL 30-34</p> <p>1. Pat Burns UCTC 49' 1/2"</p> <p>(47'7"-47'11"-49'1/2"-48'11 1/2")</p> <p>2. Steve Kaye CW 43'3"</p> <p>(43'3"-42'6"-41'8"-F)</p> <p>3. Tim Burris Cliff 39'3"</p> <p>(37'7 1/2"-39'3"-36'10"-36'10")</p> <p>4. Rick Christoph Cliff 31'10"</p> <p>(31'2 1/2"-31'10"-31'4"-31'4 1/2")</p> <p>SHOT PUT FINAL 35-39</p> <p>1. Norm Bower OTH 39'3 1/2"</p> <p>(35'7"-38'3 1/2"-37'5 1/2"-39'3 1/2")</p> <p>2. Jim Pearce CW 33'2 1/2"</p> <p>(33'1"-32'4 1/2"-31'6 1/2"-33'2 1/2")</p> <p>3. Jim Sheemaker MM 31'4"</p> <p>(31'4"-F-F-31'2")</p> <p>SHOT PUT FINAL 40-44</p> <p>1. Thomas Thorne DecM 33'0"</p> <p>(32'9"-32'1 1/2"-33'0"-32'6 1/2")</p> <p>SHOT PUT FINAL 45-49</p> <p>1. Carl Klehm UCTC 38'8 1/2"</p> <p>(34'2"-37'2"-37'11"-38'8 1/2")</p> <p>2. Joe Beckham DecM 32'8"</p> <p>(32'2 1/2"-32'0"-F-32'8")</p> <p>3. Carl Thomas Hoo 25'11 1/2"</p> <p>(F-25'7"-25'11 1/2"-25'0")</p> <p>4. Robert Premo Un 25'8 1/2"</p> <p>(25'8 1/2"-F-24'8 1/2"-25'0")</p> <p>5. Jack Blackburn SpTC 25'1"</p> <p>(24'0"-23'2"-23'10"-25'1")</p> <p>SHOT PUT FINAL 50-54</p> <p>1. Joe Chadbourne OTH 36'2"</p> <p>(30'1 1/2"-35'4"-36'2"-F)</p> <p>2. Larry Steinrauf Hoo 35'10"</p> <p>(35'10"-31'10"-35'1 1/2"-35'6 1/2")</p> <p>3. Warren Jackson Un 35'2"</p> <p>(33'10"-35'2"-34'4"-34'6 1/2")</p>	<p>SHOT PUT FINAL 55-59</p> <p>1. Phil Brusca TK 44'3 1/2"</p> <p>(43'0"-43'6 1/2"-44'3"-41'3 1/2")</p> <p>2. Fred Hirsimaki Un 37'1 1/2"</p> <p>(35'10"-35'7 1/2"-37'1 1/2"-F)</p> <p>SHOT PUT FINAL 60-64</p> <p>1. Robert Peters WP 37'0 1/2"</p> <p>(36'3 1/2"-37'0"-36'1 1/2"-34'9 1/2")</p> <p>SHOT PUT FINAL 65-69</p> <p>1. Andy Jones Un 40'7 1/2"</p> <p>(39'5"-39'8 1/2"-40'7"-38'1 1/2")</p> <p>2. Ham Morningstar AA 37'8"</p> <p>(36'11 1/2"-37'2 1/2"-F-37'8")</p> <p>3. Thomas Thorne DecM 26'3"</p> <p>(21'8"-23'2 1/2"-26'3"-25'5")</p> <p>4. Ray Leurck Un 24'10 1/2"</p> <p>(24'3"-F-23'4"-24'10 1/2")</p> <p>SHOT PUT FINAL 70-74</p> <p>1. Woody Faison Un 30'5 1/2"</p> <p>(29'1 1/2"-30'2"-30'5"-29'1 1/2")</p> <p>2. Leslie Thomas Un 28'4 1/2"</p> <p>(25'1 1/2"-26'9"-28'4 1/2"-F)</p> <p>WOMENS SHOT PUT FINAL 35-39</p> <p>1. Mary Chadbourne OTH 20'8 1/2"</p> <p>(18'9"-20'8"-20'1 1/2"-19'1 1/2")</p> <p>40-44</p> <p>1. Datha Cotten CM 23'8 1/2"</p> <p>(23'8 1/2"-21'1"-20'7 1/2"-20'10 1/2")</p> <p>55-59</p> <p>1. Bernice Holland CM 28'6 1/2"</p> <p>(28'6"-27'3 1/2"-26'6"-F)</p> <p>60-64</p> <p>1. Ernestine Yeomans Cliff 18'5"</p> <p>(F-16'3 1/2"-15'4"-18'5")</p> <p>65-69</p> <p>1. Mary Bowermaster Cliff 23'1 1/2"</p> <p>(23'0"-21'7"-23'1 1/2"-22'0")</p> <p>LONG JUMP FINAL 30-34</p> <p>1. Gary Prentiss Pea 21'1 1/2"</p> <p>(20'1"-F-20'3 1/2"-21'1 1/2")</p> <p>2. Tim Walters AIA 20'6"</p> <p>(19'2"-19'9"-19'9"-20'6")</p> <p>LONG JUMP FINAL 35-39</p> <p>1. Cliff Jackson Tris 20'11 1/2"</p> <p>(20'2 1/2"-20'11 1/2"-20'8 1/2"-20'1")</p> <p>2. John Butera DM 19'10"</p> <p>(18'5 1/2"-19'3"-F-19'10")</p> <p>3. Gordon Reiter TK 19'1 1/2"</p> <p>(19'0"-19'1 1/2"-18'10"-18'8")</p> <p>LONG JUMP FINAL 40-44</p> <p>1. Scott Tyler Can 18'10"</p> <p>(18'10"-18'10"-17'7"-18'0")</p> <p>2. Tom Thorne DecM 18'1"</p> <p>(17'1"-F-F-18'1")</p> <p>3. Bill Hopkins Un 17'6 1/2"</p> <p>(16'3"-17'3 1/2"-15'5"-17'6 1/2")</p> <p>LONG JUMP FINAL 45-49</p> <p>1. Paul Dorsey NW 19'2 1/2"</p> <p>(17'4 1/2"-18'2"-18'9"-19'2 1/2")</p> <p>2. Charles Kincaid MD 17'4"</p> <p>(16'9"-16'6"-F-17'4")</p> <p>3. LeRoy McLain OTH 17'0"</p> <p>(17'0"-F-16'9"-F)</p> <p>4. Joe Beckham DecM 15'3"</p> <p>(F-15'3"-F-F)</p> <p>5. Gil Nolan Cliff 14'8"</p> <p>(14'5"-14'8"-14'7"-13'7 1/2")</p> <p>6. Carl Thomas Hoo 10'3"</p> <p>(F-9'0"-9'8"-10'3")</p> <p>LONG JUMP FINAL 50-54</p> <p>1. Josh Culbreath PP 16'9 1/2"</p> <p>(16'9"-16'3 1/2"-P-P)</p> <p>2. Larry Steinrauf Hoo 16'7"</p> <p>(F-15'6"-16'1"-16'7")</p> <p>3. Bob Jones DM 16'7"</p> <p>(15'6"-F-F-16'7")</p> <p>4. Burt Sidel DM 16'0"</p> <p>(16'0"-14'7"-F-15'1")</p> <p>LONG JUMP FINAL 55-59</p> <p>1. Merle Nickell Un 16'6"</p> <p>(15'6"-16'6"-16'4"-15'0")</p> <p>2. Rush Jacobs River 15'9 1/2"</p> <p>(13'8 1/2"-F-F-15'9 1/2")</p> <p>3. Gordon Seifert BTC 15'4"</p> <p>(14'9"-F-15'4 1/2"-14'8")</p> <p>4. Bill Jordan OTH 15'3 1/2"</p> <p>(15'3 1/2"-12'2 1/2"-F-14'5")</p> <p>5. Charles Clippard Un 13'1"</p> <p>(12'9"-11'11 1/2"-13'1"-11'10 1/2")</p> <p>LONG JUMP FINAL 60-64</p> <p>1. Tom Lacey FTC 14'2 1/2"</p> <p>(13'8"-13'1"-14'1 1/2"-142 1/2")</p> <p>2. Dick Cavicchi OTH 14'1 1/2"</p> <p>(13'1 1/2"-13'6"-13'7 1/2"-14'1 1/2")</p> <p>LONG JUMP FINAL 65-69</p> <p>1. Thomas Thorne DecM 10'8 1/2"</p> <p>(10'3 1/2"-10'7"-10'8 1/2"-F)</p> <p>LONG JUMP FINAL 70-74</p> <p>1. Leslie Thomas Un 13'5 1/2"</p> <p>(12'4"-12'2"-13'5 1/2"-P)</p>	<p>LONG JUMP FINAL 75-79</p> <p>1. Byron Fike OTH 9'11 1/2"</p> <p>(9'11"-P-P-P)</p> <p>LONG JUMP FINAL 80-84</p> <p>1. Arling Pitcher Hoo 7'8"</p> <p>(F-7'8"-F-P)</p> <p>WOMENS LONG JUMP FINAL 30-34</p> <p>1. Vickie Tolliver DM 13'10 1/2"</p> <p>(13'10 1/2"-13'4"-9'10"-F)</p> <p>45-49</p> <p>1. Essie Kea CM 11'4 1/2"</p> <p>(10'0"-10'8"-11'4"-P)</p> <p>55-59</p> <p>1. Bernice Holland CM 10'4 1/2"</p> <p>(9'3"-9'5"-10'1 1/2"-10'4 1/2")</p> <p>60-64</p> <p>1. Ernestine Yeomans Cliff 6'5 1/2"</p> <p>(6'4"-6'5 1/2"-6'4"-6'2")</p> <p>65-69</p> <p>1. Mary Bowermaster Cliff 11'1 1/2"</p> <p>(10'1"-10'9"-11'1"-10'4")</p> <p>TRIPLE JUMP FINAL 35-39</p> <p>1. Ralph Marinello Pea 40'5 1/2"</p> <p>(40'4"-37'10 1/2"-38'7"-40'5 1/2")</p> <p>2. John Butera DM 38'3"</p> <p>(37'5 1/2"-36'3 1/2"-37'10"-38'3")</p> <p>TRIPLE JUMP FINAL 40-44</p> <p>1. Bill Hopkins Un 33'4"</p> <p>(33'4"-F-P-P)</p> <p>2. Tom Thorne DecM 33'2"</p> <p>(F-31'2 1/2"-33'2"-32'5")</p> <p>TRIPLE JUMP FINAL 45-49</p> <p>1. Gil Nolan Un 29'7 1/2"</p> <p>(29'7"-F-F-F)</p> <p>TRIPLE JUMP FINAL 50-54</p> <p>1. Larry Steinrauf Hoo 32'3 1/2"</p> <p>(30'0"-F-32'3 1/2"-31'11")</p> <p>2. Bob Jones DM 31'1"</p> <p>(29'8"-31'1"-27'10"-31'1 1/2")</p> <p>TRIPLE JUMP FINAL 55-59</p> <p>1. Fred Hirsimaki Un 30'8"</p> <p>(29'1 1/2"-30'3 1/2"-29'8 1/2"-30'8")</p> <p>2. Merle Nickell Un 30'0"</p> <p>(27'8 1/2"-29'4"-30'0"-P)</p> <p>TRIPLE JUMP FINAL 60-64</p> <p>1. Dick Cavicchi OTH 29'2 1/2"</p> <p>(27'5"-26'5 1/2"-27'8 1/2"-29'2 1/2")</p> <p>TRIPLE JUMP FINAL 65-69</p> <p>1. Thomas Thorne DecM 22'11 1/2"</p> <p>(22'10"-21'10 1/2"-22'11 1/2"-P)</p> <p>TRIPLE JUMP FINAL 70-74</p> <p>1. Leslie Thomas Un 20'8 1/2"</p> <p>(F-F-20'8"-F)</p> <p>TRIPLE JUMP FINAL 80-84</p> <p>1. Arling Pitcher Hoo 17'11"</p> <p>(17'2"-15'10 1/2"-17'11"-17'7")</p> <p>POLE VAULT FINAL 30-34</p> <p>1. Rick Christoph Cliff 15'7 1/2"</p> <p>POLE VAULT FINAL 40-44</p> <p>1. Thomas Thorne Jr. DecM 9'6 1/2"</p> <p>POLE VAULT FINAL 65-69</p> <p>1. Ham Morningstar AA 7'4 1/2"</p> <p>2. Thomas Thorne Sr. DecM 5'8"</p> <p>POLE VAULT FINAL 70-74</p> <p>1. Leslie Thomas Un 6' 3/4"</p> <p>POLE VAULT FINAL 80-84</p> <p>1. Arling Pitcher Hoo 6' 3/4"</p> <p>HIGH JUMP FINAL 30-34</p> <p>1. Rich Kelly Un 5'4"</p> <p>2. Tim Walters AIA 5'2"</p> <p>HIGH JUMP FINAL 40-44</p> <p>1. Tom Thorne DecM 5'6"</p> <p>HIGH JUMP FINAL 45-49</p> <p>1. Paul Dorsey NW 5'10 1/2"</p> <p>2. Mamon Gibson UCTC 5'6"</p> <p>3. Jim Ware Hoo 4'6"</p> <p>HIGH JUMP FINAL 50-54</p> <p>1. Larry Steinrauf Hoo 4'8 1/2"</p> <p>2. Bob Jones DM 4'8"</p> <p>3. Warren Jackson Un 4'6"</p> <p>HIGH JUMP FINAL 55-59</p> <p>1. Gordon Seifert BTC 4'8 1/2"</p> <p>2. Fred Hirsimaki Un 4'6"</p> <p>HIGH JUMP FINAL 60-64</p> <p>1. Robert Peters WP 4'0 1/2"</p> <p>HIGH JUMP FINAL 65-69</p> <p>1. Ham Morningstar AA 4'6 1/2"</p> <p>2. Andy Jones Un 4'2"</p> <p>2. Thomas Thorne DecM 3'6"</p>
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## HIGH JUMP FINAL 80-84

1. Arling Pitcher Hoo 3'4"

## WOMENS HIGH JUMP FINAL 45-49

1. Essie Kea CM 4'0"

## 60-64

1. Ernestine Yeomans Clif 3'0"

## 65-69

1. Sheila Evans Hoo 3'4"

## WEIGHT THROW FINAL(35 lb.) 30-34

1. Pieter Elmendorf Un 38'11"  
(F-P-34'-38'11"-F-F)2. Steve Kaye CW 36'7"  
(F-P-31'6"-36'7"-35'5"-F)3. Pat Burns UCTC 32'6"  
(32'-32'6"-F-F-F-F)

## WEIGHT THROW FINAL(35 lb.) 35-39

1. Norm Bower OTH 43'11"  
(42'3"-41'3"-43'1"-41'2"-41'4"-42'7")2. Jim Pearce CW 38'5"  
(36'4"-38'5"-F-36'10"-33'2"-32'5")

## WEIGHT THROW FINAL(35 lb.) 45-49

1. Carl Klehm UCTC 38'11"  
(36'1"-35'4"-38'2"-F-38'11"-38'6")2. Carl Thomas Hoo 22'0"  
(22'0"-F-F-P-P-P)

## WEIGHT THROW FINAL(35 lb.) 50-54

1. Joe Chadbourne OTH 39'7"  
(39'-39'2"-F-39'2"-F-39'7")

## WEIGHT THROW FINAL(35 lb.) 55-59

1. Phil Brusca TK 28'10"  
(F-17'2"-F-28'5"-28'10"-F)

## WEIGHT THROW FINAL(25 lb.) 60-64

1. Robert Peters WP 36'11"  
(36'11"-34'5"-F-P-33'2"-36'4")

## WEIGHT THROW FINAL(25 lb.) 65-69

1. Ham Morningstar AA 27'11"  
(24'4"-27'7"-27'3"-F-27'11"-F)

## WEIGHT THROW FINAL(25 lb.) 70-74

1. Nolan Fowler VAC 44'5"  
(42'6"-44'5"-F-42'10"-P-P)

## WEIGHT THROW FINAL(35 lb.) 70-74

1. Nolan Fowler VAC 34'2"  
(32'5"-34'2"-33'7"-34'2"-F-P)

## WOMENS WEIGHT THROW FINAL(25 lb.) 35-39

1. Mary Chadbourne OTH 23'8"  
(23'4"-23'4"-22'4"-F-22'1"-23'8")

## 56 lb. WEIGHT THROW FINAL 30-34

1. Steve Kaye CW 23'11"  
(F-20'8"-22'8"-22'6"-22'10"-23'11")2. Pieter Elmendorf Un 23'4"  
(16'10"-21'4"-22'6"-F-22'1"-23'4")3. Pat Burns UCTC 22'2"  
(F-21'1"-22'2"-21'3"-18'4"-21'8")

## 56 lb. WEIGHT THROW FINAL 35-39

1. Norm Bower OTH 25'4"  
(22'5"-22'8"-20'2"-23'1"-25'4"-F)2. Jim Pearce CW 23'2"  
(21'2"-F-F-F-22'8"-23'2")

## 56 lb. WEIGHT THROW FINAL 45-49

1. Carl Klehm UCTC 21'9"  
(21'9"-F-P-P-P-P)

## 56 lb. WEIGHT THROW FINAL 50-54

1. Joe Chadbourne OTH 22'11"  
(20'11"-21'-22'7"-22'11"-21'9"-F)

## 56 lb. WEIGHT THROW FINAL 70-74

1. Nolan Fowler VAC 23'1"  
(22'-23'1"-F-F-F-P)

## TEAM SCORING

## MENS

102	OTH	OVER THE HILL
82	Clif	CLIFTON TRACK CLUB
77	HOO	HOOSIER TRACK CLUB
56	DecM	DECATHLON MIDWEST
47	TK	TEAM KANGAROO
38	AA	ANN ARBOR
35	UCTC	UNIV. OF CHICAGO TC
27	DM	DAYTON MASTERS
22	CON	CONVERSE MIDWEST
20	CW	COLUMBUS WOLFPACK
19	VAC	VICTORY ATHLETIC CLUB
18	FTC	FINDLAY TRACK CLUB
15	TCAN	TEAM CANADA
15	NW	NORTHWEST TRACK CLUB
15	WPTC	WEST PENN TRACK CLUB
14	MD	MASON DIXON TRACK CLUB
13	UC	UNIV. OF CINCINNATI
13	MM	MID MICHIGAN TC
13	PP	PHILADELPHIA PIONEERS
12	Pea	PEABODY TRACK CLUB
12	BTC	BIRMINGHAM TRACK CLUB
11	River	RIVERBEND STRIDERS
11	ALA	ATHLETES IN ACTION
10	TriS	TRI STATE
8	NO	NEW ORLEANS
8	GRTC	GRAND RAPIDS TRACK CLUB

6 SpTC SPRINGFIELD COMMUNITY  
5 MV MIAMI VALLEY STRIDERS  
5 FP FOREST PARK TRACK CLUB  
3 YMCA MIDDLETOWN YMCA  
2 MAM MID AMERICA MASTERS  
1 Fit FITNESS  
0 FF FLEET FEET

## WOMENS

40 Clif CLIFTON TRACK CLUB  
30 CM CLEVELAND MASTERS  
25 OTH OVER THE HILL  
8 DM DAYTON MASTERS  
8 HOO HOOSIER TRACK CLUB  
5 NW NORTHWEST TRACK CLUB  
5 GRTC GRAND RAPIDS TRACK CLUB

VIRGINIA ASSOCIATION TAC STATE  
MASTERS INDOOR TRACK AND  
FIELD CHAMPIONSHIPS

VMI FIELD HOUSE, LEXINGTON, VA, 3 MARCH 1984

## TEAM SCORES

SUBMASTERS: 1. Virginia Track Club (VaTC) 48;  
2. Tidewater Striders (TS) 10;  
3. Charlottesville Track Club (CTC) 8; 4.  
(Tie) Richmond Track and Field Club (RTFC)  
and Shenandoah Valley Track Club (SVTC) 3.

MASTERS I & II: 1. VaTC 35; CTC 28; RTFC 25;  
Lynchburg Roadrunners Club (LRC) 23; TS 15.

## MEN'S RESULTS

SHOT: SUBMASTERS: 1. Ron Cone (32)(VaTC) 12.70m

2. Nick Nichols (37)(VaTC) 12.62m  
3. James Alexander (35)(VaTC) 11.27m  
4. Dan Weckstein (30)(VaTC) 9.12m

MASTERS I: 1. Allan Neville(40)(Un) 11.67m  
2. Palmer Sweet (40)(VaTC) 11.06m

MASTERS II: 1. Bob Seligman(59)(RTFC) 11.91m  
2. Charles Engle (55)(LRC) 11.49m

3. Dillon Witherspoon (53)(VaTC) 10.99m  
MASTERS III: 1. Norb Weckstein(60)(VaTC)  
11.69m \*

LONG JUMP: SUBMASTERS: 1. Keith Witherspoon(31)(VaTC)

6.64m  
2. Louis Johnson(30)(VaTC) 4.72m

MASTERS I: 1. Rich Barnett(42)(CTC) 4.66m  
2. Palmer Sweet(40)(VaTC) 4.51m

MASTERS II: 1. Bill Cole(54)(RTFC) 4.73m  
2. Dillon Witherspoon(53)(VaTC) 4.13m

3. Charles Engle (55)(LRC) 3.90m  
MASTERS III: 1. Norb Weckstein (60)(VaTC)  
3.94m \*

MASTERS IV: 1. Jeremiah Gaines, Sr. (72)  
(Un) 3.36m

TRIPLE JUMP: SUBMASTERS: 1. Keith Witherspoon(31)(VaTC)

14.21m \*

MASTERS I: 1. Palmer Sweet(40)(VaTC) 9.71m  
2. Rich Barnett (42)(CTC) 9.68m

MASTERS II: 1. Bill Cole(54)(RTFC) 9.71m  
2. Charles Engle (55)(LRC) 8.02m

HIGH JUMP: SUBMASTERS: 1. Dan Weckstein(30)(VaTC) 1.780

2. Randall Mathis (31)(RTFC) 1.734m  
3. Keith Witherspoon (31)(VaTC) 1.575m

4. Ron Cone (32)(VaTC) 1.575m  
MASTERS I: 1. Palmer Sweet(40)(VaTC) 1.370m

MASTERS II: 1. Charles Engle(55)(LRC) 1.425  
MASTERS III: 1. Norb Weckstein(60)(VaTC)  
1.095m

POLE VAULT: SUBMASTERS: 1. Ronald Cook (37)(VaTC)

3.965\*(13'0")  
MASTERS II: 1. Charles Engle(55)(LRC)  
2.210m

55-METER DASH: SUBMASTERS: 1. Keith Witherspoon(31)(VaTC)

6.5\*\*  
2. Ben Helmandollar(31)(VaTC) 6.9

3. Ricky Brooks(30)(Un) 6.96  
4. Louis Johnson (31)(VaTC) 7.1

MASTERS I: 1. Rich Barnett(42)(CTC) 7.3  
2. Roger Binkley (40)(CTC) 7.9

MASTERS II: 1. Bill Cole (54)(RTFC) 7.6  
MASTERS III: 1. Joe Martin(62)(VaTC) 8.3

MASTERS IV: 1. Jeremiah Gaines(72)(Un) 11.  
55-METER HURDLES: SUBMASTERS: 1. Keith Witherspoon(31)

(VaTC) 8.3  
2. Ron Cone (32)(VaTC) 9.7

3. Louis Johnson (36)(VaTC) 10.2

ALL ANNUAL GILL WEIGHMAN'S PENTATHLON; WORTHBRIDGE, CALIF.; FEB. 1, 1984

Sub-Masters	Total	Hammer	Shot	Disc	Jav.	35 lb.
Frank Reilly (All Amer.)	4026	160'0"	49'1"	183'11"	181'6"	48'5"
Mike Deller (Unatt.)	3524	151'1"	44'11"	145'2"	162'3"	43'3"
Paul J. Gadbois (Unatt.)	1890	86'4"	33'8 3/4"	86'5"	118'11"	32'2 3/4"

Masters(40-49) Division	Total	Hammer	Shot	Disc	Jav.	35 lb.
Edward Hill (Unatt.)	3756	45'58"	14'67"	146'1"	58'29"	50'0"
James Goff (Unatt.)	1417	61'5"	26'8"	73'11"	96'8"	23'5"
Lloyd Higgins (Striders)	3480	143'6"	41'31"	152'9"	179'7"	40'7"
Jim Hart (W.Valley TC)	3060	123'0"	44'5"	134'1"	118'6"	48'1"

Masters (50-59) Division	Total	Hammer	Shot	Disc	Jav.	35 lb.
F.S. Thomson (Striders)	3076	155'9"	36'7"	129'5"	95'9 3/4"	49'3"
Douglass Dave (SC Strid.)	2,468	117'5"	33'10"	102'11"	99'11"	37'4"

Masters (60-69) Division	Total	Hammer	Shot	Disc	Jav.	35 lb.
Bob Stone (Norcal Seniors)	2270	95'9"	30'11"	96'0"	107'6"	37'9"
Bill Burke (Trojan)	1546	68'11"	27'31"	74'5"	99'7"	25'11"

Masters (70+) Division	Total	Hammer	Shot	Disc	Jav.	35 lb.
Don Pierotti (CDM)	1262	79'1 3/4"	24'10"	58'1"	76'9"	21"
Art Vesco (S. Cal. Striders)	959	64'4"	19'9"	58'4"	65'5 3/4"	23'11 3/4"

## Age Factor Scoring for Submasters/Masters

1) Reilly-4,026; 2) Thomson - 3,794; 3) Hill - 3,756; 4) Higgins-3,559; 5) Deller - 3,524;  
6) Hart - 3,431; 7) Stone - 3,420; 8) Pierotti - 3,180; 9) Vesco - 2,678; 10) Douglas -  
2,566; 11) Burke - 2,248; 12) Gadbois - 1,890; 13) Goff - 1,417

NOTE: It is believed the Olympic Weight Implements were used by all Submasters and Masters  
with the following exceptions: Douglas - 12 Hammer, 1.625 Disc, 12 Shot, 25lb. wt;  
Burke - 25 lb. wt.; Stone - 25 lb. wt.; Pierotti - 8 lb. Shot & Hammer, 14 disc, 600gm  
Jav, 25 ob. wt.; Vesco - same as Pierotti

MASTERS I: 1. Gary Bugg(40)(SVTC) 9.4  
2. Rich Barnett (42)(CTC) 9.6  
3. Roger Binkley (40)(CTC) 11.4

MASTERS II: 1. Charles Engle(55)(LRC) 11

MASTERS III: 1. Joe Martin(62)(VaTC) 9.6

2. Norb Weckstein (60)(VaTC) 11.7

## 400-METER

DASH: SUBMASTERS: 1. Keith Witherspoon(31)(VaTC)

55.4  
2. Ben Helmandollar (31)(VaTC) 55.9  
3. Ricky Brooks (30)(Un) 56.8  
4. Ken Lampert (30)(TS) 57.4  
5. Randall Mathis (31)(RTFC) 61.3

MASTERS I: 1. Rich Barnett(42)(CTC) 65.7

MASTERS II: 1. Bill Cole(54)(RTFC) 67.5

2. Gary Osborne (50)(Un) 67.6

3. Charles Engle(55)(LRC) 75.0

MASTERS III: 1. Joe Martin (62)(VaTC) 66.0

## 800-METER

RUN: SUBMASTERS: 1. Ken Lampert(30)(TS) 2:03.8

2. John Tucker(34)(Un) 2:05.7

3. Miller Allen (30)(CTC) 2:18.0

4. Ron Cone (32)(VaTC) 2:31.4

MASTERS I: 1. Lew Faxon (44)(TS) 2:15.4

MASTERS II: 1. John Hosner(59)(VaTC) 2:27.9

## 1500-METER

RUN: SUBMASTERS: 1. Ken Lampert(30)(TS) 4:05.0\*

2. John Tucker(34)(Un) 4:07.8

3. Allan McLearen(32)(CTC) 4:34.3

4. Miller Allen (30)(CTC) 5:44.2

MASTERS I: 1. Lew Faxon(44)(TS) 4:31.1

MASTERS II: 1. John Hosner(59)(VaTC) 4:51.9

2. Peter Nielsen (50)(SVTC) 5:21.0

3. Gary Osborne (50)(Un) 5:46.6

## 5000-METER

RUN: SUBMASTERS: 1. Allan McLearen(32)(CTC)

16:50.1

2. Bill Mahone (31)(SVTC) 17:18.2

3. Miller Allen (30)(CTC) 17:52.4

4. Dan Lonnquist(38)(Un) 19:30.1

MASTERS I: 1. Lew Faxon(44)(TS) 16:23.6

2. David Bloor(47)(CTC) 16:41.8

MASTERS II: 1. John Hosner(59)(VaTC)

18:07.8

2. Peter Nielsen(50)(SVTC) 19:50.2

MASTERS III: 1. Alvin Smith(62)(Un) 22:39.8

## WOMEN'S RESULTS

## 400-METER

DASH: MASTERS I: 1. Glenna Fink(44)(SVTC) 75.2\*

800-METER RUN: MASTERS I: 1. Glenna Fink(44)(SVTC) 2:45.7

1500-METER RUN: MASTERS I: 1. Glenna Fink(44)(SVTC) 5:22.2

## NON-VIRGINIA ASSOCIATION

## MEN'S RESULTS

CLUBS: Atlanta Track Club (ATC), Carolina  
Godiva (CG), Chambersburg Road Runners  
(CRR), Charleston (S.C.) Track Club  
(ChTC), Greensboro Pacers (GP),  
Knoxville Track Club (KTC), Potomac  
Valley Seniors (PVS), Philadelphia  
Masters Track & Field (PhM), Pinnacle  
Track Club (PintC)

SHOT: SUBMASTERS: 1. Doug Guzman(30)(PVS) 9.990m

2. William Busby(39)(Un) 9.450m

MASTERS I: 1. Mike Valle(43)(GP) 12.000m

2. Rusty Hamilton(47)(ChTC) 8.265m

MASTERS II: 1. Jim Baggett(50)(ATC) 11.050m

2. George Taylor(53)(PhM) 9.395m

## LONG

JUMP: SUBMASTERS: 1. Doug Guzman(30)(PVS) 4.74m

MASTERS I: 1. Mike Valle(43)(GP) 4.58m

2. Rusty Hamilton (47)(ChTC) 4.37m

MASTERS II: 1. Jim Baggett(50)(ATC) 4.62m

2. George Taylor(53)(PhM) 3.89m

## TRIPLE

JUMP: MASTERS I: 1. Rusty Hamilton(47)(ChTC) 9.31

2. Mike Valle(43)(GP) 8.98m

MASTERS II: 1. George Taylor(53)(PhM)

6.83m

## HIGH

JUMP: SUBMASTERS: 1. William Busby(39)(Un) 1.37m

MASTERS I: 1. Mike Valle(43)(GP) 1.37m

2. Rusty Hamilton (47)(ChTC) 1.295m

MASTERS II: 1. Jim Baggett(50)(ATC) 1.425m

## POLE

VAULT: SUBMASTERS: 1. David Smith(30)(Un) 3.660m

MASTERS I: 1. Henry Davenport(48)(Un)

3.660m

2. Rusty Hamilton(47)(ChTC) 3.05m

MASTERS II: 1. Jim Baggett(50)(ATC) 2.745m

2. George Taylor (53)(PhM) 2.290m

## 55-METER

DASH: SUBMASTERS: 1. Arthur Wright(37)(PhM) 6.5

2. Doug Guzman(30)(PVS) 7.3

MASTERS I: 1. Jim Bradley(47)(PVS) 7.4

2. Mike Valle (43)(GP) 8.0

3. Rusty Hamilton(47)(ChTC) 8.1

MASTERS II: 1. Jim Baggett(50)(ATC) 7.4

2. George Taylor (53)(PhM) 9.2

## 55-METER

HURDLES: SUBMASTERS (39"): 1. Arthur Wright(PhM)



400-METER  
DASH: SUBMASTERS: 1. Arthur Wright(37)(PhM)53.2  
MASTERS I: 1. Jim Bradley(47)(PVS)60.8  
MASTERS II: 1. Edward McKendry(50)(CG) 61.9

800-METER  
RUN: MASTERS I: 1. Jim Bradley(47)(PVS)2:33.9  
MASTERS II: 1. Edward McKendry(50)(CG) 2:24.0  
2. Robert Stanhope (55)(CRR)2:32.7

1500-METER  
RUN: MASTERS II: 1. Edward McKendry(50)(CG) 4:48.0  
2. Robert Stanhope(55)(CRR) 5:00.9

5000-METER  
RUN: SUBMASTERS: 1. McRae Sharp(30)(KTC)16:23.4  
MASTERS II: 1. Robert Stanhope(55)(CRR) 18:26.4

## NON VIRGINIA ASSOCIATION

## WOMEN'S RESULTS

400-METER  
DASH: MASTERS I: 1. Jinny Beyer(42)(Pin TC) 70.5

800-METER  
RUN: SUBMASTERS: 1. Susan Houlton(36)(ATC) 2:29.0

1500-METER  
RUN: SUBMASTERS: 1. Susan Houlton(36)(ATC) 5:03.0  
MASTERS I: 1. Jinny Beyer(42)(Pin TC) 5:24.2

## ALL SOUTH WIGHT PENTATHLON

Atlantic High School Delray Beach, Florida March 4, 1984

		Discus	Shot	Javelin	Hammer	Wt Throw	Score
18	G. Karakatsanis	35.35	10.79	28.84	41.18	12.11	
		591	517.5	309.5	674	606.5	2698.5
23	Mike Bowen	30.92	9.77	36.93	no throw	no throw	
		495	443	444	0	0	1382
37	Henry Morroni	35.03	10.62	40.11	50.33	14.42	
		584.5	505.5	492.5	807.5	754	3144
42	Ed Hill	45.66	14.71	50.77	48.26	15.86	
		794.5	799	685.5	791	839.5	3909
52	Austin Baggett	39.13	12.22	36.43	41.08	11.13	
		668.5	614	586.5	669	675	3213
54	Randy Cooper	39.32	12.31	44.06	29.42	10.09	
		672	620	716	475.5	594.5	3078
57	R. Bergenback	31.00	10.48	42.67	43.94	11.44	
		559	554.5	770	779.5	781	3444
58	Bob Richards	39.02	12.70	35.51	39.96	10.60	
		730.5	714	640	716	714.5	3521
67	H. Morningstar	35.52	12.60	29.73	33.34	8.90	
		609.5	811.5	626.5	648	538	3293
67	Stan Leski	28.50	9.53	24.56	40.82	9.45	
		506.5	575	506	780	584	2951.5
67	Pete Gulgin	39.29	11.24	21.78	30.72	8.36	
		750.5	710.5	434	598.5	491	2984
70	John Lieb	29.76	11.38	31.69	28.32	9.90	
		617	721	789	636.5	727	3490
72	Phil Partridge	34.19	9.0	27.08	28.46	8.47	
		725.5	531.5	665	639.5	596.5	3150

Impl. Wts. Ages 0-49: 2K 10# 800g 12# 35# 50-59: 1.5K 12# 800g 12# 35#  
60 and over: 1K 8# 600g 8# 25#

Ed Hill set a super Wt. Pent Age Record of 3909 points.  
Bob Richards scored 3521 points which exactly ties the 8 year old record by Dan Aldrich throwing all Olympic implements. Who says lightning never strikes twice in the same place.

Who would have thought ten years ago there would be 12 Weight Pentathletes over 70 who scored over 3,000 points. Weitz (W. Germ.), Ticonis (Can.), Gonzales (P. R.), Lieb, Pierotti, Partridge, Dons, Vesco, Herrmann, York, Whittemore, Hubbell (Dec.) Hang in there, youngsters. You may get better with age.

M60+  
C.D. Ogilvie 66 3:14:58  
Gene Askew 63 3:17:13  
G. Hoogenboezen 63 3:27:22

W40  
S. Cooper 44 3:13:04  
Mary Kennard 44 3:17:51  
Annette Farid 41 3:20:39

W45  
Mary Cullen 45 3:19:30  
Joyce Bean 46 3:28:27  
Libby Marks 48 3:30:15

W50  
Marge Trenckmann 54 3:41:56  
Joyce McConnell 54 4:12:27  
Ann Moon 53 4:33:34

W55  
Gloria Dulworth 56 4:43:18  
Lida Askew 57 4:43:27

W60+  
Lynn Edwards 60 4:14:50

## FLATLANDERS' CHALLENGE 10K

BROOKSVILLE, FLA; 1/21/84

M40 Dick Thieler nt

M45 Joe Burgasser 34:16

M50 Sam Turnbull 37:00

M60+Millard Shumate 47:00

W40 Linda Burgasser 44:20

W50+Marjorie Arnade nt

## ORANGE BOWL 10K; MIAMI, FLO

FEBRUARY 4, 1984

## 1st Overall

John Gregorek 28:33.07

Joseph Nzau 28:33.09

Grete Waitz 31:58.28

M40-44

Randall Kirk 32:15

Arthur Williams 33:57

William Springer 35:07

Richard Van Scotter 36:00

John Williams 36:18

M45-49

Ron Hill 33:07

Leon Golbin 38:17

Owen Barber 38:59

Thomas Holdcraft 39:18

Ron O'Beirne 39:52

M50-54

Sam Turnbull 36:18

Jim Blount 37:12

M55-59

Anthony Cerialle 41:31

Jerald Ratcoff 44:07

Wesley Reuter 44:28

M60+

Dan Biele 44:27

Alfred Ostrenko 45:32

Robert Schumacker 46:41

W40-44

Patti Sudduth 44:55

Bonnie Foster 44:08

Linda Sparrow 45:26

W45-49

Jenni Seid 43:46

Renate Skinner 46:08

Arlene Boyle 49:44

W50-54

Sylvia Weiner 49:25

Barbara Meyer 55:16

Dolores Dagg 66:13

W55-59

Alene Park 62:58

Teddy Riley 64:54

Barbara Shaffer 70:41

W60+

Lucille Pincus 62:47

Marjorie Zimmerman 64:15

Ruth Rothfarb 71:56

GASPARILLA 15K; TAMPA, FLO.

FEBRUARY 11, 1984

## 1st Overall

Mike McLeod 42:54

Grete Waitz 47:52

M40-44

Bill Stewart MI 47:29

Kirk Randall MA 48:32

George Keim PA 48:36

Jack Bachler NC 48:48

Alan Pilling GA 49:57

Chuck Tucker FL 50:02

Dave Storey FL 50:20

Lloyd Sampson GA 52:16

Greg King FL 52:36

John Toole GA 52:29

M45-49

Ron Hill GB 49:37

Joe Burgasser FL 50:54

Bill Catanese GA 53:24

Bob Bohanan FL 55:15

Dan D'addio CAN 55:34

M50-54

Norm Green PA 50:18

Clyde Barber Jr IL 55:23

Jim Blount FL 56:00

Bob Askea FL 57:25

Don Gorham GA 58:21

M55-59  
Herman Grotheer GA 59:55  
Dick Derenzis PA 62:58  
Joe Petrolino GA 63:18

M60-64  
Bart Ross FL 61:41  
Millard Shumate FL 64:08  
John Ross FL 69:46

M65-69  
Ed Vuolo CT 64:10  
Fred Steadman FL 71:17  
Bill Neely FL 72:06

W40-44  
Cindy Dalrymple DC 56:05  
Elfrieda Wyner FL 59:47  
Judy Pickert NY 60:05

W45-49  
Leah McElroy FL 64:35

W50+  
Laura Tingle FL 61:25  
Linda Burgasser FL 67:18  
Daphne Bell CAN 69:41

## SNOWFLAKE RUN 4 MILE

CENTRAL PARK, NYC

FEBRUARY 11, 1984

## 1st Overall

Philip Brock 23 19:13

Sue Carden 23 22:57

M40

Russell Bassett 43 21:53

Brian Morrissey 42 22:39

Ken Martin 40 22:40

M45

W. Vinson 45 22:29

J. Messerschmidt 47 22:42

C. Clark 45 23:01

M50-59

G. Thompson 58 24:00

Eric Seidl 50 24:08

R. Van Etten 53 25:36

M60-69

T. Gibbons 62 26:12

Al Goldstein 64 26:21

J. McManus 60 26:46

M70+

Max Popper 80 34:48

W40-44

Elaine Kirchen 41 24:03

L. Connors 41 25:31

M. Mulvihill 40 26:59

M45-49

Janet Neidhart 46 29:44

Esther Marcus 48 30:00

W50-59

A. Moore 53 27:58

Bunny Franco 53 29:07

Nancy Tighe 52 29:30

W60+

M. Rodriguez 62 33:09

E. Havens 67 40:25

MASTERS FAIRGROUND RUN A

ROUND; ALBUQUERQUE, NM

FEBRUARY 12, 1984

## 1st Overall

Andy Lucero 41 30:44

Christa Melfi 52 37:55

M40-44

Andy Lucero 41 30:44

Joe Maloney 42 32:37

Buck Schreyer 34:03

M45-49

David Iard 46 31:20

Dick Croghan 48 33:56

Charles Wood 46 34:41

M50-54

Dale Goering 53 31:23

Aaron Goldman 52 33:19

Alvaro Gallegos 52 33:26

M55-59

Kent Jones 55 35:30

Sam Gutierrez 57 38:25

Melvin Titus 55 39:37

M60-64

Bill Burnett 61 37:13

Jim Davis 60 41:55

M65-69

Jason Moore 69 44:20

Virgel Rohrbacher 65 44:47

Ira Levine 66 59:46

M70+

Anthony Denardis 73 48:54

W40-44

Cecilia Dail 41 44:26

Marian Schreyer 44 46:28

Sharon Craft 41 46:41

W45-49

Beverlie Hueter 47 40:22

Landra Pickel 45 51:58

Grace Thompson 47 56:15

W50-54

Christa Melfi 52 37:55

Kenny Goering 50 40:13

Eleanor Smith 52 41:22

W55-59

Pat Waldroop 55 50:57

Petra Montano 58 53:30

W60+

Raye Johnson 60 46:35

Polly Baker 60 50:06

LONG  
DISTANCE  
RESULTS

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

## WENDY'S 10K CLASSIC

BOWLING GREEN, KENTUCKY

NOVEMBER 5, 1983

## 1st Overall



NEW MEXICO CORPORATE CUP  
ALBUQUERQUE; 2/12/84

60y		
M30 Sam Bove	6:86	
D. Powdrell	7:00	
Ken Crouch	7:21	
M40 R. Kirkpatrick	7:30	
Jeff Loubet	7:35	
Bob Jurgens	7:38	
M50+Charlie Orr	7:54	
Gordon Albury	7:95	
W30 K. Schoenfeld	8:3	
F. Singleton	8:5	
Fawn Dolan	8:7	
W40 Linda Graham	9:50	
Arlene Schafer	9:70	
M. Holleman	9:76	

440y		
M40 R. Kirkpatrick	55.9	

Mile		
M30 W. Loudat	4:29.1	
Olen Hedges	4:53.4	
Jerry Martinez	4:54.2	
James Kee	4:56.5	
M40 Stan Hayes	5:04.0	
Dave Young	5:32.9	
Harold O'Hayre	5:33.1	
W30 Mary Nichols	6:14.8	
Robin Ross	6:14.9	
Pat Antonacolo	6:59.6	
W40 Jacki Marr	6:32.6	
W50+Joan McDougal	8:45.7	

Two Mile		
M30 Olen Hedges	10:33.4	
Jerry Martinez	11:02.8	
M40 Stan Hayes	11:04.4	
Dave Warren	11:31.0	
Ed Hale	11:31.2	
M50+Aaron Goldman	12:29.8	
Delmar Bergen	12:49.4	
Duane Bewton	13:04.9	
W30 Pat Allen	13:56.2	
Flo Migliore	14:10.0	
Jan Marker	14:38.2	
W40 Jacki Marr	14:19.8	
Val Gobler	14:52.9	

Mile Relay m&w/mixed ages		
Pong's Catering	4:31.0	
(Mary Nichols, Harold O'Hayre, Dale Goering, Mel Rickkind)		

High Jump		
M30 Ken Crouch	6'0"	
Bill Forsyth	5'5 1/2"	
W30 F. Singleton	4'6"	
Long Jump		
M30 David Powdrell	21'1"	
B. Forsyth	18'9 1/2"	
J. Powdrell	18'7 1/2"	
Marshall Maez	17'9 1/2"	
W30 Fawn Dolan	13'11 1/4"	

Bagel Run  
Central Park, NYC

Sponsored by		
New York Road Runners Club		
Date: February 18, 1984, 10 AM		
Distance: 6.2 Miles		
Check-In: Men-799, Women-327		
Total-1126		
Finishers: Men-702 and 6 racewalkers, Women-276 and 3 racewalkers, Total-987.		
Weather: Overcast, later sunny, mid 40's		

## Order of Finish—Men

Vet A (40-44)		
1. Hugh Sweeney, 40	33:39	
2. Jonathan McNamee, 40	34:55	
3. Brian Morrissey, 42	36:27	
Vet B (45-49)		
1. Jerzy Sulek, 46	36:13	
2. Stan Streich, 45	37:38	
3. Peter Raris, 48	39:14	
Masters (50-59)*		
1. Eric Seiff, 50	38:50	
2. Francis Cryan, 54	40:19	
3. Richard Rogin, 51	40:49	
4. Richard Shaffer, 52	40:58	
Seniors (60-69)		
1. William Peck, 60	40:41	
2. Albert Goldstein, 64	41:14	
3. Tom Gibbons, 62	41:44	
Golden Age (70 and over)		
Max Popper, 80	55:25	

Subvet (30-39)		
1. Katie McDonald, 32	38:07	
2. Christine Hearn Greening, 38	39:10	
3. Christine Avin, 35	40:46	
4. Roslyn Schloss, 35	40:50	
5. Jocelyn Taylor, 33	41:04	
6. Barbara Yardy, 34	43:02	
7. Adrian Hunt, 30	43:28	

Vet A (40-44)		
1. Patty Lee Parmelee, 43	38:57	
2. Lina Connors, 41	40:06	
3. Anna Thornhill, 43	41:04	

Vet B (45-49)		
1. Mimi Lerner, 47	39:21	
2. Betsy O'Neill, 45	40:35	
3. Joan Bonello, 45	44:23	

Masters (50-59)		
1. Bunny Franco, 53	46:24	
2. Nancy Tighe, 53	48:54	
3. Marguerite Logan, 50	52:57	

Seniors (60 and over)		
1. Mary Rodriguez, 52	53:30	
2. Evelyn Havens, 67	1:05:14	

## LOS ANGELES INTERNATIONAL MARATHON, FEBRUARY 19.

PLACE	NAME	HOMETOWN	ST	AGE	TIME	PACE
Open Men						
1	Gidamis Shananga	Tanzania		26	2:10:19	4:58
2	Joe Nzau	Kenya		33	2:10:40	4:59
3	Gerald Nijboer	Netherlands		28	2:10:53	4:59
4	A Herrera	Mexico		22	2:11:00	5:00
5	Hugh Jones	Great Britain		28	2:11:54	5:02

Open Women						
1	Jacqueline Gareau	Canada		30	2:31:57	5:47
2	Ann Audain	New Zealand		28	2:32:07	5:48
3	Mary O'Connor	New Zealand		28	2:33:44	5:52
4	Polina Grigorenko	USSR			2:38:41	6:03
5	Zoya Ivanova	USSR		31	2:39:40	6:04

M35-39						
1	Athol Barton	San Diego	CA	36	2:21:25	5:23
2	Hector Chavez	Mexico		36	2:24:20	5:30
3	Greg Tibgetts	Anchorage	AK	36	2:30:13	5:44

M40-44						
1	Gunter Mielke	West Germany		40	2:17:59	5:15
2	Joe Gassman	Hawthorne	CA	43	2:44:46	6:17
3	Jim Murphy	Burbank	CA	44	2:46:00	6:20
4	Bill Kaye	New York	NY	44	2:48:07	6:25
5	Dan Ashimine	Torrance	CA	40	2:48:10	6:25

M45-49						
1	Jim Knerr	Simi Valley	CA	49	2:37:57	6:01
2	John Bohnet	Calgary	TX	49	2:57:59	6:47
3	George Hirsch	New York	NY	49	2:58:21	6:48
4	Warren Moorman	Culver City	CA	48	2:59:12	6:50
5	Art Sylvester	Goleta	CA	46	3:02:16	6:57

M50-54						
1	John Richards	Ventura	CA	52	2:49:37	6:28
2	John Sadlouskos	Tucson	AZ	51	2:58:47	6:49
3	Warren Osborn	La Mesa	CA	50	3:00:04	6:52
4	Jim Yamanaka	Gainesville	GA	51	3:00:17	6:52
5	Dick Robinson	Bonita	CA	53	3:01:58	6:56

M55-59						
1	Patrick Devine	San Pedro	CA	55	2:48:45	6:26
2	Fred Nagelschmidt	Ventura	CA	59	2:56:53	6:45
3	Don Lucero	Belmont	CA	56	3:09:28	7:13

M60-64						
1	Flory Rodd	San Francisco	CA	60	3:09:31	7:14
2	Jack Kettler	P.V.E.		60	3:16:43	7:30
3	Art Schneider	Encino	CA	62	3:18:55	7:35

W35-39						
1	Jacqueline Hansen	Los Angeles	CA	35	3:04:34	7:02
2	Christina Farrell	Canada		39	3:13:59	7:24
3	Laurel Strand	Oakland	CA	37	3:40:35	8:25

W40-44						
1	Nancy Buchanan	Fountain Valley	CA	40	3:50:50	8:48
2	Marsha Schanke	Scottsdale	AZ	41	3:50:56	8:48
3	Margaret Waldron	Mira Loma	CA	40	3:58:37	9:06

W45-49						
1	Margret Betz	Conklin	NY	47	3:00:49	6:54
2	Atsuko Fujimoto			48	3:36:05	8:14

\$500 awarded to top masters Mielke and Betz.  
\$100 awarded to each age-division winner.

SKYLINE 10 MILER  
BARTLESVILLE, OK  
FEBRUARY 12, 1984

M40 Bill Adams	58:46
L. Emanuelson	59:41
Jay Minor	60:17

W40 None	
M45 Glen Lafarlette	62:11
Dave Kern	63:59
Bill Snyder	69:14

W45 None	
M50 Steve Blanchard	60:24
Arturo Melendez	64:43
Paul Woollett	72:39

W50 None	
M55 Tom Kempf Sr.	66:23
Jim Elmore	70:17
Harold McDonald	72:58

W55 None	
M60+ None	
W60+ M. Chandler	2:12:50
91 finishers	

W60+ M. Chandler	2:12:50
91 finishers	

CONEJO 5/10K RUNS; WESTLAKE  
VILLAGE, CA; FEB. 19, 1984

5K		
1st Overall		
Charlie White	15:22	
Marian Mallory	19:02	

M40-44		
Eino	17:14	
Joe Jacobsen	17:29	
Joe Wells	18:30	

M45-49		
Ken Gaskell	18:30	
Buck Taylor	18:35	
Gary Farnham	19:18	

M50-54		
Will Robinson	19:24	
Jim Mathieson	19:49	

M55-59		
Walt Atcheson	18:37	
Robert Chambers	22:48	

M60+		
Ed Stotsenberg	21:21	

W40-49		
Rachel Zaragoza	23:27	
C. Peterson	23:49	

## 10K

1st Overall		
Stan Mavis	31:15	
Joyce Klausmeier	37:07	

M40-44		
Jesse Cook	36:29	
Ken Hickman	37:38	
Gary Marcyann	39:05	

M45-49		
unidentifiable in results		

M50-54		
Jack Thomas	38:44	
Tu-Huei Su	46:23	
Tom Steele	47:05	

M55-59		
Dick Bunner	43:13	
Orville Bingsley	46:26	
Frank Pinkerton	48:50	

M60+		
Bill Wick	57:27	

W40-49		
Christa Romppanen	39:33	
Margaret Miller	41:58	

WASHINGTON'S BIRTHDAY MARA-  
THON; GREENBELT, MD;  
FEBRUARY 19, 1984

1 G. Minty	35	2:35:06
5 Bob Thurston	40	2:42:12
15 Ben Hyser	48	2:49:16
22 Barry Flamm	50	2:54:27
29 Dick Spencer	46	3:01:13
30 N. MacMillan	42	3:01:27
32 G. Ladas	46	3:01:56
36 Joe Passiotti	45	3:05:21
38 Jerome Hagen	51	3:06:14
74 Dick Good	54	3:21:54
82 J. McIntyre	63	3:25:32
103 Don Marathon	47	3:37:07
111 Bill Osburn	60	3:38:52
117 Jim Lantz	63	3:44:39
131 Sy Mah	57	3:59:14
140 D.P. McNelly	63	4:27:29
1 Suzanne Rohr	33	3:15:42
7 C. Morris	40	3:41:05
13 Ellen Walsh	46	4:39:13
14 Pat David	43	5:11:44
15 K. Miller	41	6:09:45

1st Racewalker		
Sal Corrallo	53	4:20:42

SPA/TAC 30K CHAMPIONSHIPS  
SANTA ANA CANYON, CALIF.  
FEBRUARY 26, 1984

1st Overall		
M. Chambliss	1:49:15	
Sherry Simmons	2:02:35	

M40-44		
Tom Burns	1:57:04	
Alan Johnson	1:58:45	
Dan Ashimine	2:00:33	

M45-49		
Andre Tocco	1:54:58	
Dick Pallies	2:02:11	
Ray Schmidt	2:11:07	

M50-54		
Jim Brownsfield	2:03:22	
Curt Brownfield	2:15:35	
Jack Resh	2:22:11	

M55-59		
Pat Devine	2:08:16	
Fred Nagelschmidt	2:17:08	

M60-69		
Stanley Neufeld	2:37:59	
Paul Jerstrom	2:38:51	

M70+		
Dane Scofield	3:17:09	
Ernest Lyons	3:24:08	

W40+		
Horolene McLeon	2:20:38	
Linda Bird	2:43:05	

STARTEST 10K; LOS ANGELES;  
FEBRUARY 26, 1984

1st Overall		
Steve McCalley	30	32:09
Helen Dick	59	41:55

M40-44		
Steve Berman	41	37:13
Carlos Balbona	40	37:35
Art Nava	43	37:36

Edward Lujan	45 38:
Fred Peters	45 40:
Karl Pearsons	49 41:





# NATIONAL MASTERS NEWS

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



68th Issue

April, 1984

Section II

## 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 Sheahen's offer to produce international issues of the National Masters News whenever 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 devotion of Al Sheahen. I could hardly say much more, but there is one very necessary ingredient — world wide support. Subscribe to it and send your news and views, too. Give it a truly world wide flavour.

This first International issue will, with some WAVA assistance, be sent to many potential readers around the world. If you like it, don't hesitate. Support it with a subscription and keep it coming. Best wishes, NMN.

#### V WORLD GAMES MEDALS

The members of the winning teams



Una Gore, Wiltshire, England won 45-49 100m in World Veterans Games in San Juan.

at the V World Veterans Championships (cross country, marathon and road walk), did not receive their medals but were promised that they would be sent out as soon as possible. Alas for promises. I received a letter from the Puerto Rican Organizing Committee stating they were out of money and could not possibly afford to provide the medals.

Realizing the disappointments this will bring to 128 Veterans around the world, the WAVA Executive Committee has decided to strike a special medal and send it out to the winners. It will not have the same design, but a special

Continued on Page 30

### 200 Compete in Canada

Two hundred 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 Kostic, M45, one of Canada's top field event coaches, soared over the PV standards set at 13'9½". (Only the legendary Roger Ruth has surpassed

Continued on Page 31

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

We've been covering masters track & field and long distance running in the USA since 1977, and have grown to 3300 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. □

### 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. 2-4. He also broke his own WR with a 28'4½" T.J. Garcila Ghelfi, Argentina, sped to W40 wins in the 100m (12.5); the 200 (25.5); and the 400 (59.9) on the fst 400m track.

Continued on Page 33



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

## The International Scene

Continued from Page 29

WAVA medal drawn by Alastair Lynn, our new Treasurer, and his talented daughter, Elspeth. It will take us a month or so to have the die made and the medals sent out, but you will get them.

I am receiving many calls about the V World Games results book. I have written to San Juan urging information without result so far. The organizing committee telephone numbers have been discontinued and re-allocated to entirely different people. I hope to have more positive news by next issue.

### VI WORLD GAMES IN ROME

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 'Farnesina' — '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, 2kms. 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 world-wide 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 0QU, England. All enquiries to Sylvester Stein, 63 Riversdale Road, London N.5, England or by telephone (Monday to Friday) to 01-637 4383. (Europeans only.)

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### WAVA BUDGET - JAN. 1984 to JUNE 1985

ESTIMATED REVENUES:	
Cash on hand .....	\$10,492
1984 dues (40 countries @ \$50) ...	2,000
1985 dues (50 countries @ \$50) ...	2,500
Estimated interest .....	450
<b>TOTAL ESTIMATED REVENUES .....</b>	<b>\$15,442</b>

ESTIMATED EXPENSES:	
Correspondence .....	\$ 2,000
Envelopes .....	300
President .....	700
Secretary .....	700
Treasurer .....	200
Telephone .....	850
President .....	450
Secretary .....	250
Other executive .....	150
Communications .....	1,250
Quarterly WAVA letter .....	480
Women's letter .....	270
National Masters News .....	500
WAVA Handbook .....	3,100
Statistics .....	600
Pete Mundle .....	300
Guys Knoppert .....	300
Other Expenses .....	1,000
Translation .....	300
Liability insurance .....	700
Travel .....	2,100
Women's representative .....	600
Regional reps (5) .....	1500
Team Medals from P.Rico .....	600
Miscellaneous .....	1,000
<b>TOTAL ESTIMATED EXPENSES .....</b>	<b>\$12,500</b>
<b>ESTIMATED SURPLUS .....</b>	<b>\$ 2,942</b>

### 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.

Continued on Page 35



# 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



Fritz Assmy, right, the totally blind West German sprinter, wins the M65 400-meter dash at the V World Veterans Games in Puerto Rico in 63.16. His son, left, acts as guide using a short rope tethered to their wrists.

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 reels him in at a speed faster than his normal pace.

Someone 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).

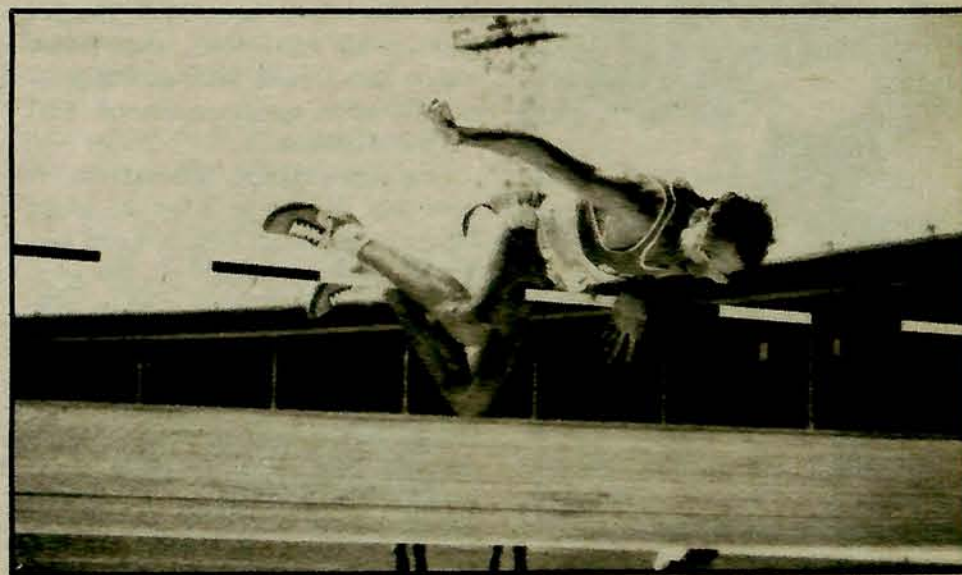
Wheelchairs in marathons are beginning to create controversy. Jim Knaub, the marvelous quadriplegic and former pole-vaulter, "rolls" the Boston Marathon course in their official wheelchair competition, started 15 minutes earlier, in about 1:45.

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?" □

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Leo Benning wins the M45-49 high jump at the Western Province Masters Championships in Cape Town, South Africa in 1.60 meters.



## 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 House, Aldington 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 Bullano	ITA	7.4
M50 C Williams	GBR	7.5
M55 A Jacquemet	ITA	8.00
M60 B Sohero	ITA	8.3
M65 C Fahey	GBR	8.7
M70 S McSweeney	GBR	9.2
M75 G Grasso	ITA	10.43
W35 G Attlene	ITA	8.43
W40 P McNab	GBR	8.3
W45 N Gastaldi	ITA	9.81
W50 W Feldmanis	GBR	10.1
W55 H Farmer	GBR	9.6

#### 200 METERS

M40 B Bianchi	ITA	23.1
M45 R Taylor	GBR	24.2
M50 C Williams	GBR	25.2
M55 S Brooks	GBR	26.4
M60 L Williams	GBR	28.2
M65 G Marabotti	ITA	29.10
M70 S McSweeney	GBR	31.4
M75 G Grasso	ITA	35.81
W35 N Spezzali	ITA	28.26
W40 P McNab	GBR	28.4
W45 N Gastaldi	ITA	31.8
W50 M Vitali	ITA	36.37
W55 E Gianese	ITA	38.78

#### 400 METERS

M40 J Henson	GBR	51.7
M45 C Wooton	GBR	54.2
M50 J Dixon	GBR	55.3
M55 S Brooks	GBR	59.0
M60 A Guzzetta	ITA	65.8
M65 A Parma	ITA	69.85
M70 F Scimone	ITA	78.8
M75 E Hines	GBR	101.5
W35 J Lochhead	GBR	64.2
W40 U Gore	GBR	68.8
W55 A Bennett	GBR	80.2

#### 800 METERS

M40 E Hamer	GBR	2:02.3
M45 K Baker	USA	2:03.2
M50 F Bettella	ITA	2:11.6
M55 G Endrizzi	ITA	2:18.0
M60 C Cicognani	ITA	2:28.87
M65 A Parma	ITA	2:40.43
M70 M Viel	ITA	3:01.25
W35 J Lochhead	GBR	2:32.0
W45 M Pia D'Orlando	ITA	2:33.28
W50 L Muzzani	ITA	3:15.29
W55 L Muzzani	ITA	3:25.3



Start of the 1983 IGAL World Veterans 25-kilometer Championships in Perpignan, France.

#### 1500 METERS

M40 E Billups	USA	4:02.5
M45 B Bartholomew	GBR	4:19.6
M50 B Ashwell	GBR	4:32.9
M65 A Rawlinson	GBR	6:57.2
W35 J Lochhead	GBR	4:59.8
W45 K Koppell	GBR	5:28.5
M45 R Brown	GBR	3.80
M50 R Brown	GBR	3.80
M55 R Tiullias	GBR	2.70
M60 J Johnson	USA	2.58
M65 I Hume	CAN	2.58
M70 C Hills	USA	2.28
M80 A Pitcher	USA	1.82

#### 3000 METERS

M40 R DePalmas	ITA	8:48.9
M45 G Panetto	ITA	9:18.7
M50 L Acquarone	ITA	9:25.5
M55 G Endrizzi	ITA	10:05.5
M60 G Fiorentino	ITA	10:50.6
M65 P Nasi	ITA	11:27.7
M70 G Capoferri	ITA	12:20.6
W35 S Pesando	ITA	11:06.9
W40 G Mantuano	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
M40 C Hyratt	ITA	6.45
M45 A Henry	USA	6.37
M50 D Jackson	USA	5.91
M55 A Compri	ITA	5.34
M60 E Lukens	USA	5.04
M65 G Gonzalez	PR	4.50
M70 C Hills	USA	4.09
M75 A Carta	ITA	3.37
W35 A Lugoboni	ITA	5.21
W40 P McNab	GBR	5.23
W45 C Miller	USA	4.38
W50 W Feldmanis	GBR	3.56
W55 H Farmer	GBR	3.57

#### 2000 METER WALK

M40 E Shillabeer	GBR	8:56.7
M45 D Stevens	GBR	8:38.4
M50 G Chaplin	GBR	9:19.9
M55 D Withers	GBR	10:37.6
M60 A Bullock	GBR	12:39.3
M65 A Poole	GBR	11:39.0
M70 R Evans	GBR	13:43.4
W35 L Millen	GBR	9:29.0
W40 J Harasimiuk	GBR	11:25.5
W45 P Horwill	GBR	11:35.3
W50 M Worth	GBR	11:00.0
W55 R Scott	GBR	12:16.2
M40 A Pizzi	ITA	12.38
M45 T Davis	USA	13.70
M50 D Jackson	USA	12.38
M55 A Compri	ITA	12.01
M60 E Lukens	USA	10.45
M65 I Hume	CAN	9.45
M70 R Evans	GBR	8.18
M75 A Carta	ITA	7.88
W40 J Grissom	USA	9.27
W45 C Miller	USA	8.07

#### HIGH JUMP

M40 J Brown	USA	1.90
M45 T Langenfeld	USA	1.73
G Bortozolli	ITA	1.73
M50 W Hutchins	USA	1.63
M55 A Compri	ITA	1.40
M60 B Morcom	USA	1.53
M65 I Hume	CAN	1.53
M70 V Colo	ITA	1.28
M75 J Searle	GBR	1.10
W35 L Fiori	ITA	1.60
W40 L Nuoli	ITA	1.45
P McNab	GBR	1.45
W50 D Carmichael	USA	1.13
W55 H Farmer	GBR	3.57

#### POLE VAULT

M40 K Ruth	CAN	4.41
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## 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.

#### Hurdles

Age group	Dis- tance of race	Height of hurdle	Distance to first hurdle	Distance between hurdles	Distance from last hurdle to finish
M40-49	110m	.991m	13.72m	*9.14m	*14.02m
M50-59	110m	.914m	13.72m	*9.14m	*14.02m
M60-69	100m	.840m	13.00m	8.50m	10.30m
M70+	80m	.762m	12.00m	8.00m	12.00m
W35-39	100m	*.840m	13.00m	8.50m	10.50m
W40+	80m	.762m	12.00m	8.00m	12.00m
M40-49	400m	.914m	45.00m	35.00m	40.00m
M50-59	400m	.840m	45.00m	35.00m	40.00m
M60+	400m	.762m	45.00m	35.00m	40.00m
W35+	400m	.762m	45.00m	35.00m	40.00m

#### Implements

	Shot	Discus	Hammer	Javelin
M40-49	7.26K	2.00K	7.26K	800gm
M50-59	*6.00K	1.50K	*6.00K	800gm
M60-69	*5.00K	1.00K	*5.00K	600gm
M70+	4.00K	1.00K	*5.00K	600gm
W35-49	4.00K	1.00K	--	600gm
W50+	3.00K	1.00K	--	400gm

#### \*Changes

.991m=39"	9.14m=30'	7.26K=16 lb.
.914m=36"	8.50m=27'10"	6.00K=13 lb. 4 oz.
.840m=33"	8.00m=26'3"	5.00K=11 lb. 4 oz.
.762m=30"	1.00m=3.2808'	4.00K=8 lb. 13 oz.



## Argentina

Continued from Page 29

Lugeborg Pfuller, Argentina, tossed the M55 shot 10.52m. □



The USA's Bob Boal en route to M70 2000-meter steeplechase gold medal in 9:19.90 at World Vets Games.

Please send additions and corrections to Jack Fitzgerald, 6 Tyers House, Aldington Road, London SW 16, England. □



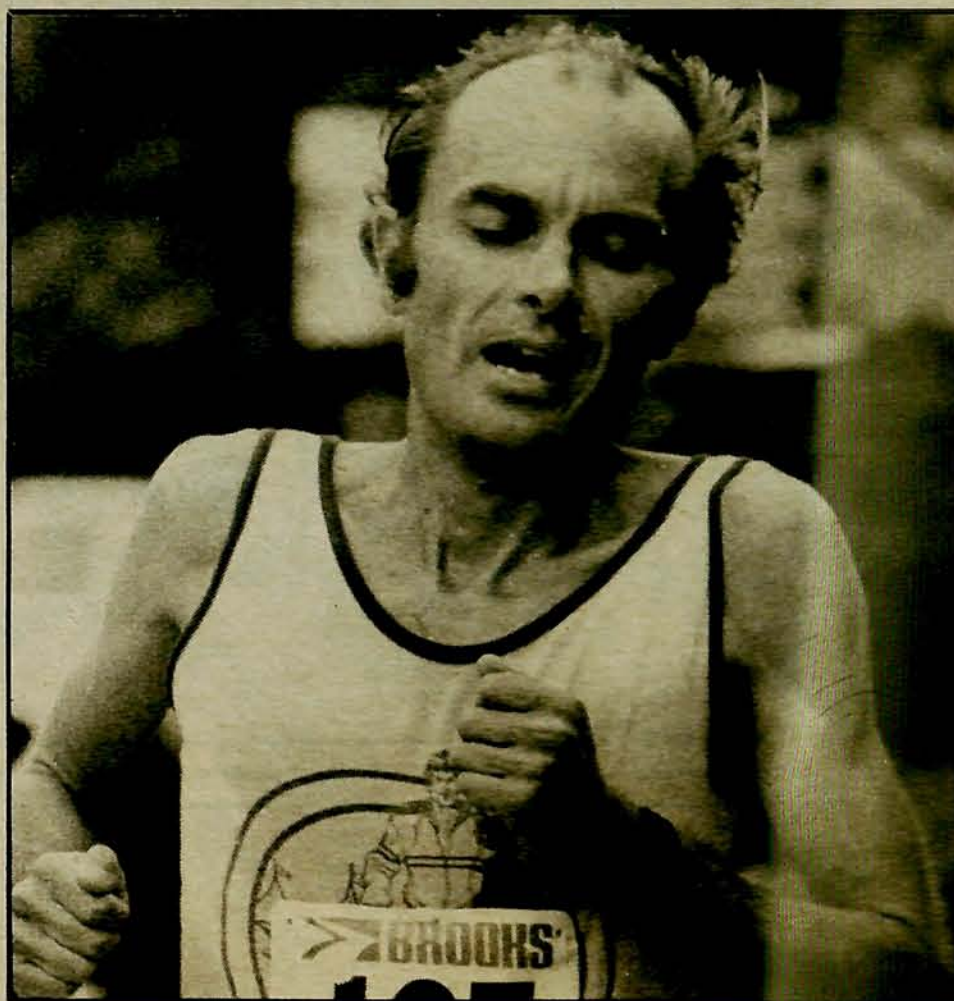
# The Coming Explosion in Veterans Running

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 Vets.

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 strengths precisely, see the right opportunity when it opens up, and your body and will answer the call. Pictures show me crossing the finish line with a hideous snarl on my face and my arms contorted. 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



World Veterans long distance champion Roger Robinson, 44, of New Zealand, won the age-40-and-over division of the New York 20K January 29 in a fast 1:05:10. (That's two 32:35 10K's back-to-back.)

Photo by Mark Luedi

Noon", "I gotta go back and face them, Amy." Consider the line-up: Bendrey, Dravitzki, Jones, Robertson, Robinson, Sirl and Smith, with Manners lurking round the sidelines like 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 veteran 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 ageing with it. A radical change in attitudes toward fitness and exercise is sweeping through the whole of society, ripping down imaginary barriers and wiping out stereotypes. Any moment now some shrewd sponsor will perceive the commercial potential in upper-age-group running, some Avon of the over-forties. Then vets racing will become big business. When it comes, this boom will make upper-age competition less of a "golden oldies" in-group than it has been, more of a competitive pyramid taking its peak from the elite performers, like any other competitive sport. A lot will then be owed to New Zealand's example, and to the pioneer competitors like Derek Turnbull and Jim and John Macdonald, who have

done so much to belie the 'veteran' label and get veteran athletics taken seriously worldwide.

There will always be laughs, of course. There was the appeal heard over the public address of one vets' meet on behalf of a competitor who had lost his teeth at the start; and the announcements for another athlete which always asked his friends to tell him that he was needed for an event or presentation, since he was too deaf to hear the calls himself. My own favourite moment was when I drew alongside a balding runner in a U.S. road race and asked "Are you a vet?" to which he replied, "No, I'm a computer salesman".

The image of veteran sport should, however, 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 bits 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 into 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 will let one of their leaders stand as spokesman. My respected friend Frank Collins of Christchurch is approaching the end of a distinguished school-teaching career. He delighted me recently by saying, "I'm looking forward to retirement, because I shall have more time to train". No sentimental goodbye for Mr. Chips these days. The old codger is no sooner out of the school hall with his gold watch than he shoots out for a hard 15-miler on the hills. The 1983 King Lear is out on the blasted heath doing repetition 800's. They just can't stop shaking their feet. □

Reprinted from the  
New Zealand Runner

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## The International Scene

Continued from Page 30

Secretary: Jack HASLAM June 15-16.\*

1986 19th IGAL World Championships VANCOUVER (CANADA) organizer: KEN RICHARDSON President Vancouver Masters Road Running Society.

1987 20th IGAL World Championships NETANYA (ISRAEL) organizer: Barry SHAW date: 2nd half of December.

1988 21th IGAL World Championships KYUNG-JU (KOREA) date: October.

Further we shall have the IGAL European Championships in Bern on October 13 and 14, 1984 under the guidance of Otto Gurtner, President SLVS.

\*The 1985 IGAL Championships will be held one week earlier than the VI World Games in Rome. In this way, competitors may travel to Blackpool (often described as the "Coney Island" of Northern England) and then proceed to Rome the following weekend. The Rome dates are likely to be June 22 to 29. If this becomes definite, the IGAL races would be June 15 & 16.

### AUSTRALIA

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

### WOMEN VETERANS

WAVA'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 in '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 and opinions, to 269 Ridgewood Road, West Hill, Ontario M1C 2x3, Canada.

### MILE RACES

Finally, I received scant news of a fine Veterans mile race held in Dublin, Ireland, in which former British International Derek Graham, 41, of Northern Ireland ran 4:16.3 to defeat a strong field which included Dublin's Mike Connelly, 44.

Very best wishes to all. ☐



Opening ceremonies at the World Veterans Games in Puerto Rico.

#### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH APR 1984

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
CATIE BURKE (SAN GABRIEL, CA)	4-18-39	45-49
JILLIAN EKSTEEN (RSA)	4-12-39	45-49
G. VAN KOOTIN (HOL)	4-1-39	45-49
BERTHILIA DE PRETER (BEL)	4-26-29	55-59
LENI STUMPF (WG)	4-27-24	60-64
SIGRID SUCKER (DEN)	4-17-39	45-49
AUDREY WOOD (NZ)	4-18-24	60-64
WILBUR ARNOLD (PUEBLO, COLORADO)	4-15-14	70-74
JUPP BERG (WG)	4-3-09	75-79
JIM KNEER (SIMI VALLEY, CA)	4-7-34	50-54
WILLIAM KNUPEL (VISTA, CALIF)	4-22-19	65-69
WERNER KRUCKEN (WG)	4-6-29	55-59
HERB LORENZ (WILLINGBORO, NJ)	4-7-39	45-49
EGISTO PEDERZOLI (ITALY)	4-12-14	70-74
JOIE RAY (US)	4-13-94	80+
TONY SAPEINZA (BRADFORD, MASS)	4-12-29	55-59
COLIN SIMPSON (GB)	4-2-29	55-59
JAROSLAV SMID (CZE)	4-27-34	50-54
FRED SMITH (GB)	4-15-34	50-54
JOHN WELDY (SCOTTSDALE, AZ)	4-23-34	50-54
RAY WILLIS (CHARLEMONT, MASS)	4-1-29	55-59
GLYNN WOOD (WASH, DC)	4-23-34	50-54

World Association of Veteran Athletes APPLICATION FOR TRACK RECORD			
Name of Event	Classification e.g. 40-44 etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN	
Full Name of Athlete	Address of Athlete		Country
Club or Branch	Date of Birth Day / Mth. / Yr.	Date of Event Day / Mth. / Yr.	Place of Competition
I hereby certify that to the best of my knowledge, the above information is correct, that I ran the time listed below and apply for the record indicated.			
Date.....		Signature of Athlete.....	
TIMEKEEPER'S STATEMENT I hereby certify that I was the Official Timekeeper of the above event, that the time shown on my watch was EXACTLY as shown opposite my signature.			
Time	Name of Timekeeper	Address	Signature
STARTER'S STATEMENT I hereby certify that I was the Official Starter of the above event, that it was a fair start, and that no advantage was given to nor taken by any athlete.			
Name of Starter		Address	Signature
REFEREE'S STATEMENT I hereby certify that all officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge, and I recommend the ratification of the record being applied for.			
What were the weather conditions? .....			
Did you examine the Birth Certificate of the athlete? .....			
(If not athlete should send copy)			
Precise Wind Velocity and Direction .....			
Were all hurdles the correct balance and height? ..... Was the track surveyed .....			
List order of finish and approximate distance between each finisher.			
1st. .... who was ..... ahead of .....			
who was ..... ahead of .....			
Name of Referee		Address	Signature
Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, Ca 90291			

World Association of Veteran Athletes APPLICATION FOR FIELD RECORD			
Name of Event	Classification e.g. 40-44, etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN	
Full Name of Athlete	Address of Athlete		Country
Club or Branch	Date of Birth Day / Mth. / Yr.	Date of Event Day / Mth. / Yr.	Place of Competition
I hereby certify that, to the best of my knowledge, the above information is correct, that I made the performance listed below, and apply for the record indicated.			
Date .....		Signature of Athlete .....	
FIELD JUDGES STATEMENT I hereby certify that I was an Official Judge of the above event, and that the measurement was made with a steel tape by me and the other Judges listed below, and that the height/distance achieved was EXACTLY as that shown below opposite my signature.			
Height/Distance	Name of Field Judge	Address	Signature
TECHNICAL MANAGER'S CERTIFICATE I hereby certify that the level and condition of the runway and/or field, and the weight and dimensions of the implement used (if any) fell within the limits prescribed by the I.A.A.F.			
Type of Runway Surface .....		Weight of Shot, Discus or Javelin .....	
Name of Technical Manager		Address	Signature
REFEREE'S STATEMENT I hereby certify that the officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge and I recommend the ratification of the record being applied for.			
What were the weather conditions? .....			
Precise Wind Velocity and Direction .....			
Was the Field surveyed? ..... Did you examine athletes Birth Certificate? .....			
(If not please send copy)			
1st..... 2nd..... 3rd.....			
Name of Referee		Address	Signature
Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, Ca 90291			



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

### SUGGESTED AND RECOMMENDED (NOT OFFICIALLY RULED) PERFORMANCE STANDARDS

MEN	M40	M45	M50	M55	M60	M65	M70 & +
100m	12.7	13.2	13.8	14.4	14.9	15.8	17.0
200m	26.4	27.5	28.8	30.5	32.0	34.0	37.0
400m	58.0	61.0	63.0	66.0	70.0	76.0	82.0
800m	2:17.0	2:23.0	2:28.0	2:33.0	2:42.0	2:52.0	3:12.0
1500m	4:48.0	5:00.0	5:15.0	5:30.0	5:45.0	6:00.0	6:30.0
500m	18.00.0	18.45.0	19.30.0	20.20.0	21.40.0	23.30.0	25.00.0
10000m	39.30.0	41.30.0	43.00.0	45.00.0	48.00.0	51.00.0	55.00.0
110mH	18.8	20.0	21.5	22.5			
199mH					22.0	23.0	
400mH	69.0	73.0	76.0	81.0	85.0	90.0	
3000mST	12.00.0	12.30.0	13.00.0	13.45.0	15.00.0	16.30.0 (no event)	
High Jump	1.50	1.45	1.40	1.30	1.20	1.10	1.05
Pole Vault	3.30	3.00	2.60	2.40	2.20	2.00	
Long Jump	5.40	5.00	4.75	4.30	4.00	3.75	3.50
Triple	10.75	10.00	9.50	8.50	8.00	7.50	
Shot Put	11.00	10.00	9.50	8.75	9.00	8.00	7.00
Discus	30.00	27.00	26.00	24.00	27.00	24.00	22.00
Hammer	38.00	25.00	30.00	25.00	28.00	25.00	25.00
Javelin	42.00	38.00	35.00	30.00	28.00	25.00	22.00

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

WOMEN	W35	W40	W45	W50	W55	W60	W65 & +
100m	14.0	14.7	15.5	16.5	17.5	18.5	20.0
200m	30.0	31.5	33.0	35.0	38.0	41.0	45.0
400m	68.0	72.0	76.0	80.0	85.0	90.0	
800m	2:30.0	2:40.0	2:50.0	3:05.0	3:20.0	3:30.0	
1500m	5:15.0	5:40.0	6:00.0	6:30.0	7:00.0	7:30.0	
500m	20.00.0	21.00.0	22.00.0	23.30.0	26.00.0	28.00.0	
High Jump	1.25	1.20	1.15	1.10	1.05	1.00	0.95
Long Jump	4.50	4.20	3.90	3.20	3.00	2.30	
Shot Put	9.00	8.00	7.50	7.00	6.50	6.00	5.50
Shot Put	9.00	8.00	7.50	7.00	6.50	6.00	5.50
Discus	28.00	24.00	22.00	20.00	18.00	16.00	15.00
Javelin	27.00	23.00	20.00	22.00	20.00	18.00	15.00

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

## SCHEDULE

### INTERNATIONAL

**April 20-23.** Australian and Oceania Veterans Championships, Canberra, Australia, Clem Green, 46 Hargreaves St., Wellington 2, New Zealand.

**May 13.** London Marathon, London, England. London Marathon, PO Box 82, London SE1 7PE, England. 01/633-1721.

**July 28-29.** WAVA Decathlon Championships, Long Beach, California. Gary Bane, PO Box 6089, Orange, CA 92667, 714/758-4142. Ray Fitzhugh, 714/857-2442.

**July 28-August 12.** Olympic Games, Los Angeles.

**July 29-30.** British National Championships, Edinburgh, Scotland.

**August 20-25.** IV European Veterans Track & Field Championships; Brighton, Worthing & Hove, England. Europeans only. Closed to Americans. Barbara Dunsford, 71 Hillside Crescent, South Harrow HA2 0QU, England. Sylvester Stein, 01-637-4383.

**October 13-14.** IGAL European Veterans Distance Running Championships, Bern, Switzerland. Werner Hamm, Theuerbrunnleinsweg No. 55, 8720 Schweinfurt, West Germany.

**October 20-21.** International Masters T&F Meet, Hong Kong. Margaret Brooke, GPO Box 10368, Central Hong Kong.

**December 1-2.** XVII IGAL World Veterans 10K and Marathon Championships, San Diego, Calif. Bill Stock, 7160 Baldrige Rd., La Mesa, CA. 619/286-7867.

**December 11-17.** Running tour of the Holyland, Barry Shaw, PO Box 2143, Netanya, Israel. □

## MASTERS SCENE

### INTERNATIONAL

• **Joyce Smith**, 45, the premier women's Veterans marathoner in the world, sped to a 2:38:55 in the Nagoya, Japan Women's Marathon March 4 to place sixth in the race won by Glenys Quick of New Zealand in 2:34:25.

• **Cesare Becalli**, director of the VI World Veterans Games in Rome next year, will provide travel and accommodation expenses to Italy for six WAVA Executive Committee members next month. Wal Sheppard, Hans Axmann, Jacques

Serruys, Owen Flaherty, Alastair Lynn, and Don Farquharson will attend, along with Women'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.

V TORNEO INTERNACIONAL "CIUDAD DE BUENOS AIRES, BUENOS AIRES, ARGENTINA DECEMBER 2-4, 1983

### 100 METERS

M-30-39			
1 Juan Gomez	Arg	11:3	
2 Daniel Carvalho	Arg	12:5	
3 Alberto Latorre	Arg	14:0	

M-40-44			
1 Ricardo Ricciardino	Arg	11:8	
2 Guido Riquelme	Chi	12:3	
3 Vicente Silvestre	Arg	14:2	

M-45-49			
1 Venancio Caravario	Arg	12:5	
2 Hector Curin	Arg	12:6	
3 Claudio Schudek	Chi	12:6	

M-50-54			
1 Carlos Michelena	Uru	12:5	
2 Jorge Gutierrez	Chi	12:8	
3 Victor Lippi	Chi	13:2	

M-55-59			
1 Jose Figueras	Uru	13:2	
2 Angel Martinez	Arg	13:6	
3 Waldemar Sauc	Arg	14:5	

M-60-64			
1 Juvenal Sandoval	Chi	15:7	
2 Miguel Schinella	Arg	16:9	

M-65-69			
1 Christian Madsen	Arg	14:8	
2 Ernesto Gundlach	Chi	16:1	

M-70-74			
1 Gilberto Gonzalez	PR	13:3	WR
2 Ruben Bonifacio	Uru	14:6	
3 Carlos Diaz	Chi	15:3	

M-80-84			
1 Juan Collado	Chi	20:3	
2 Federico Cordero	PR	23:0	

W-30-39			
1 Rogelia Pusseto	Arg	14:5	
2 Maria Moreno	Arg	14:6	

W-40-44			
1 Graciela Ghelfi	Arg	12:5	
2 Elba Costa	Arg	16:6	

W-45-49			
1 Elba Novello	Arg	14:1	
2 Marta Hermida	Arg	17:1	
3 Estela Guariniello	Arg	17:2	

W-50-54			
1 Adriana Silva	Chi	14:8	
2 Maxi De La Corte	Arg	17:6	

W-55-59			
1 Ana Frega	Arg	16:7	
2 Juana Balbontin	Chi	16:7	
3 Argentina Ghiano	Arg	17:5	

W-60-64			
1 Carolina Molinari	Arg	16:9	

W-70-74			
1 Isidora Carter	Uru	23:0	

### 200 METERS

M-30-39			
1 Juan Gomez	Arg	23:3	
2 Daniel Carvalho	Arg	24:9	
3 Florencio Pineda	Arg	25:9	

M-40-44			
1 Ricardo Ricciardino	Arg	24:1	
2 Guido Riquelme	Chi	24:7	
3 Renato Mouras Santos	Brz	26:5	

M-45-49			
1 Venancio Caravario	Arg	25:3	
2 Claudio Schudek	Chi	25:4	
3 Hector Curin	Arg	25:5	

M-50-54			
1 Jorge Gutierrez	Chi	26:7	
2 Carlos Michelena	Uru	26:8	
3 Luis Casanova	Chi	27:8	

M-55-59			
1 Jose Figueras	Uru	27:2	
2 Angel Martinez	Arg	28:7	
3 Alfonso Silva	Chi	29:9	

M-60-64			
1 Juvenal Sandoval	Chi	32:8	

### 200 METERS CONT'D

M-65-69			
1 Christian Madsen	Arg	30:7	
2 Jose Franise	Arg	33:1	
3 Ernesto Gundlach	Chi	37:9	

M-70-74			
1 Gilberto Gonzalez	PR	29:2	
2 Ruben Bonifacio	Uru	30:1	
3 Carlos Diaz	Chi	32:9	

M-80-84			
1 Juan Collado	Chi	44:5	
2 Federico Cordero	PR	46:5	

W-30-39			
1 Rogelia Pusseto	Arg	30:8	
2 Maria Moreno	Arg	31:9	

W-40-44			
1 Graciela Ghelfi	Arg	25:5	
2 Ana Lopez	Arg	34:7	
3 Ana Borges	Arg	35:8	

W-45-49			
1 Anita Boecke	Arg	34:5	
2 Xenia Buzolic	Chi	36:7	
3 Elena Maldonado	Chi	39:6	

W-55-59			
1 Maria Fontana	Arg	34:0	
2 Carolina Molinari	Arg	34:8	
3 Argentina Ghiano	Arg	34:9	

### 400 METERS

M-50-54			
1 Carlos Odrizola	Uru	59:2	
2 Carlos Michelena	Uru	59:3	
3 Alejandro Villalobos	Chi	1:00.5	

M-55-59			
1 Angel Martinez	Arg	1:04.6	
2 Juan De Las Heras	Arg	1:07.5	
3 Mario Aguayo	Chi	1:08.7	

M-60-64			
1 Amadriel Cortes	Chi	1:05.8	
2 Ricardo Claparelli	Arg	1:11.8	
3 Juvenal Sandoval	Chi	1:19	

M-65-69			
1 Rene Miserendino	Arg	1:15	
2 Jose Frenise	Arg	1:15.1	
3 Arturo Erazum	Arg	1:29	

M-70-74			
1 Gilberto Gonzalez	PR	1:09	
2 Renato Dos Santos	Brz	1:19	

M-80-84			
1 Juan Collado	Chi	1:50	
2 Federico Cordero	PR	1:57	

W-40-44			
1 Graciela Ghelfi	Arg	59:9	
2 Ruby Bravo	Chi	1:12	
3 Levina Borges	Arg	1:22	

W-45-49			
1 Elena Maldonado	Chi	1:32	

W-50-54			
1 Maxi De La Corte	Arg	1:22	

W-55-59			
1 Juana Balbontin	Chi	1:25	
2 Elba Janusa	Chi	1:31	
3 Zulema Soto	Arg	1:38	

W-60-64			
1 Grimaldina Cortes	Chi	1:27	

### 800 METERS

M-30-39			
1 Florencio Pineda	Arg	2:11.0	
2 Carlos Gomez	Chi	2:12.6	
3 Marcos Cisneros	Arg	2:15.6	

M-40-44			
1 Guido Riquelme	Chi	2:09.3	
2 Antonio Hubelli	Arg	2:09.7	
3 Lee Li	Arg	2:17.7	

M-45-49			
1 Jorge Lemos	Arg	2:10.8	
2 Remo Tonello	Arg	2:19.6	
3 Horacio Perez	Arg	2:24.2	

M-50-54			
1 Ramon Sandoval	Chi	2:18.3	
2 Alejandro Villalobos	Chi	2:19.5	
3 Carlos Odrizola	Uru	2:20.2	



M-55-59  
1 Ricardo Mendez Arg 2:18.3  
2 Carlos Sosa Arg 2:36.4  
3 Juan De Las Heras Arg 2:39.6

M-60-64  
1 Florencio Maturro Uru 2:39.8  
2 Orlando Carvallo Arg 2:44.6  
3 Dario Mandaras Arg 2:51.1

M-65-69  
1 Jose Etchemendy Uru 3:04.2  
2 Rene Miserendino Arg 3:15.0

M-70-74  
1 Renato Dos Santos Brz 3:20.8

M-80-84  
1 Federico Cordero PR 4:56.0

W-30-39  
1 Mirtha Paulini Arg 3:34.9  
2 Gladis Diaz Arg 3:47.6

W-40-44  
1 Rosa Gutierrez Chi 2:37.0  
2 Levina Borges Arg 3:13.5  
3 Ana Lopez Arg 3:27.0

W-45-49  
1 Eva Lopez Arg 3:41.1

W-50-54  
1 Maxi De La Corte Arg 3:37.0

W-55-59  
1 Celia Kisser Arg 2:51.2  
2 Zulema Soto Arg 3:48.9

## 1500 METERS

M-30-39  
1 Carlos Luciarde Arg 4:27.0  
2 Carlos Gomez Chi 4:27.5  
3 Arnaldo Bocaccio Arg 4:58.0

M-40-44  
1 Osvaldo Iglesias Arg 4:23.5  
2 Pedro Cortes Chi 4:26.1  
3 Lee Li Corea 4:47.0

M-45-49  
1 Jorge Lemos Arg 4:23.2  
2 Horacio Perez Arg 4:52.0  
3 Remo Tonello Arg 4:52.5

M-50-54  
1 Alejandro Villalobos Chi 4:56.7  
2 Julio Kietzel Arg 4:57.0  
3 Carlos Ordiozola Uru 4:57.2

M-55-59  
1 Ricardo Mendez Arg 5:01.0  
2 Juan Miranda Arg 5:15.6  
3 Alejandro Clementoni Arg 5:25.0

M-60-64  
1 Florencio Maturro Uru 5:44.6  
2 Miguel Schinella Arg 6:29.0

M-65-69  
1 Jose Etchemendy Uru 6:17.0

M-80-84  
1 Jose Suarez Arg 12:04.7

W-30-39  
1 Mirta Paulini Arg 5:26  
2 Gladis Diaz Arg 7:32

W-40-44  
1 Rosa Gutierrez Chi 5:26  
2 Veronica Crespo Arg 5:37.8

W-50-54  
1 Margarita de Rivera Arg 6:14  
2 Maxi Della Corte Arg 6:57

W-55-59  
1 Cecilia Kisser Arg 5:48  
2 Elba Ianusa Arg 6:46  
3 Zulema Soto Arg 7:30

## 3000 METERS WOMEN

W-30-39  
1 Ana Paulini Arg 12:07.4  
2 Mirtha Micarone Arg 13:13.4

W-40-44  
1 Rosa Gutierrez Chi 12:07.0  
2 Veronica Crespo Arg 12:17.0

W-50-54  
1 Celia Kisser Arg 12:17

## 5000 METERS

M-30-39  
1 Victor Diaz Arg 16:25.3  
2 Luis Urrutia Chi 16:32.0  
3 Carlos Gomez Chi 16:38.0

M-40-44  
1 Pedro Cortes Chi 16:31  
2 Miguel Rois Arg 16:34  
3 Julio Castro Arg 16:55

M-45-49  
1 Alberto Rios Arg 16:36.6  
2 Fernando Molina Arg 17:34.3  
3 Jose Mellan Chi 19:08.6

M-50-54  
1 Jesus Morales Arg 17:16.3  
2 Bonaparte Paz Arg 18:54.3  
3 Carlos Vallejos Chi 19:30.3

M-55-59  
1 Alfonso Cornejo Chi 17:53.2  
2 Romero Arg 20:08.5  
3 Pedro Cannonero Arg 21:29.3

M-60-64  
1 Juan Montesinos Chi 19:54.3  
2 Isidoro Terrere Arg 20:11.7  
3 Florencio Maturro Uru 21:14.8

M-65-69  
1 Alfredo Monteros Arg 19:52.2  
2 Agapito Palacios Chi 23:41.7  
3 Arturo Erazum Arg 24:09.7

## 5000 METERS WALK

M-30-39  
1 Alberto Hidalgo Arg 25:14.8  
2 Jorge Linari Arg 25:30.6

M-45-49  
1 Eduardo Franco Arg 28:06.4  
2 Miguel Gallotti Arg 28:30.4

M-50-54  
1 Jorge Alzamora Chi 28:32.8  
2 Jorge O'Ryan Chi 28:50.8  
3 Jorge Lombardo Arg 34:11.2

M-55-59  
1 Mario Aguayo Chi 28:13.8  
2 Luis A. Besteriro Arg 29:51.4

M-60-64  
1 Fernando Hidalgo Arg 28:37.2  
2 Juan Vilches Arg 32:52.8

M-65-69  
1 Manuel Polo Arg 28:39.8  
2 Martin Casas Arg 29:03.2  
3 José Cordiano Arg 33:45.2

## 110 METERS HURDLES

M-40-44  
1 Guido Riquelme Chi 18.5  
2 Victor Rivera Arg 22.6  
3 Cesar Cabrera Arg 10.8  
4 Jorge Alzamora Chi 22.1  
5 Guillermo Scheneider Chi 24.0

## SHOT PUT

M-30-39  
1 Juan Giacosa Arg 10.00  
2 José Saavedra Chi 9.96

M-40-44  
1 Norberto Travaglino Arg 10.12  
2 Serena Arias Arg 9.81  
3 Arturo Frontino

M-45-49  
1 Oscar Bartoli Arg 11.60  
2 Barrera López Uru 9.60  
3 Teixeira Paulo Brz 9.08

M-50-54  
1 Alfredo Cordero Chi 11.74  
2 Anibal González Arg 10.63  
3 Hugo Mancebo Uru 9.90

M-55-59  
1 Alberto Estévez Arg 13.23  
2 Armin Nevermann Chi 12.39  
3 Fernando La Puente Arg 11.32

M-60-64  
1 Alberto Eggeling Chi 12.84  
2 José Cox Arg 12.13  
3 Francisco Mora Chi 11.36

M-65-69  
1 Carlos Gioscia Uru 10.46  
2 Ernesto Gundlach Chi 9.67  
3 Agustín Sauerborn Arg 9.21

M-70-74  
1 Gilberto González-Juliá PR 10.56

M-75-79  
1 Claudio Cacase Brz 6.29  
2 José Muñoz Chi 5.59

M-80+  
1 Omar Vivanco Chi 5.53

## SHOT PUT

W-30-39  
1 Miriam Madrid Arg 7.29

W-45-49  
1 Elvira García Arg 7.96  
2 Lilia Biaggini Chi 7.82  
3 Estela Guariniello Arg 6.26

W-40-44  
1 Mirtha Alvarez Arg 6.33  
2 Levina Borges Arg 6.05

W-50-54  
1 Esmliana Dezulovic Chi 8.46  
2 Felisa Mazzini Arg 5.45  
3 Estela Hermocilla Arg 5.39

W-55-59  
1 Lugeborg Pfuller Arg 10.52  
2 Gladis Espinosa Uru 8.04  
3 Juana Balbotín Chi 6.40

W-60-64  
1 Grimaldina Cortés Chi 7.96  
2 Molly Hofmann Chi 7.57  
3 Sara Roselló Uru 6.73

W-65-69  
1 Marlis Flekner Chi 5.91

W-70-74  
1 Isidora Carter Uru 5.86  
2 Lilly Bell Macleod Chi 5.19

W-75-79  
1 Catalina Paruzzi Arg 3.57

## DISCUS

M-30-39  
1 José Saavedra Chi 23.20

M-40-44  
1 Norberto Travaglino Arg 28.36  
2 Serena Arias Uru 27.24  
3 Arturo Frontino Arg 25.90

M-45-49  
1 Oscar Bartoli Arg 36.42  
2 Paulo Teixeira Moraes Brz 28.76  
3 Raúl Barrera Uru 28.14

M-50-54  
1 Anibal Gonzalez Arg 38.70  
2 Alfredo Cordero Chi 31.40  
3 Hugo Mancebo Uru 30.74

M-55-59  
1 Carlos Estevez Arg 34.96  
2 Armin Nevermann Chi 34.24  
3 Arzenius Myszlenik Brz 32.42

M-60-64  
1 Enrique Kistenmacher Arg 41.30  
2 Francisco Mora Chi 39.82  
3 Alberto Eggeling Chi 34.40

M-65-69  
1 Agustín Sallerborn Arg 36.08  
2 Carlos Gioscia Uru 32.08  
3 Ernesto Gundlach Chi 25.84

M-70-74  
1 Gilberto González-Juliá PR 31.00

M-75-79  
1 Claudio Cacce Brz 15.50  
2 José Muñoz Chi 15.38

M-80+  
1 Omar Vivanco Chi 14.18

## JAVELIN

W-40-44  
1 Ruby Bravo Chi 34.58

W-45-49  
1 Lilia Biaggini Chi 18.20  
2 Mercedes Rivas Arg 14.10  
3 Eva López Arg 13.34

W-50-54  
1 Adriana Silva Chi 30.34  
2 Magdalena García Arg 29.92  
3 Smiliana Dezulovic Chi 27.12

W-55-59  
1 María Cabrera Arg 17.92  
2 Gladis Espinosa Uru 13.16

W-60-64  
1 Molly Hofmann Chi 27.34  
2 Grimaldina Cortes Chi 22.34  
3 Sara Rosello Uru 16.16

W-65-69  
1 Marlis Flechner Chi 10.74

W-70-74  
1 Lilly Bell Macleod Chi 10.44

W-75-79  
1 Catalina Paruzzi Arg 7.04

## HAMMER

M-40-44  
1 Arturo Frontino Arg 20.46  
2 Luis Valenzuela Chi 16.90

M-45-49  
1 Oscar Bartoli Arg 38.68  
2 Paulo Teixeira Moraes Brz 21.60

M-50-54  
1 Anibal González Arg 32.18  
2 Carlos Sabando Chi 30.18  
3 Jorge Alzamora Chi 27.28

M-55-59  
1 Arseniusz Myslenik Brz 35.70  
2 Roque Contreras Arg 32.58  
3 Carlos Estevez Arg 29.30

M-60-64  
1 Francisco Mora Chi 37.94

M-65-69  
1 Ernesto Gundlach Chi 20.50

M-75-79  
1 José Muñoz Chi 17.64  
2 Claudio Cacaca Brz 10.86

M-80+  
1 Omar Vivanco Chi 13.06

## HIGH JUMP

W-45-49  
1 Kenia Buzolic Chi 0.90

W-50-54  
1 Smiliana Dezulovic Chi 1.26  
2 Adriana Silva Chi 1.15

W-70-74  
1 Lilly Macleod Chi 0.80

## LONG JUMP

M-30-39  
1 Carlos Gómez Chi 4.19

M-40-44  
1 Norberto Simontacchi Arg 5.41  
2 Guido Riquelme Chi 5.10  
3 Carlos Mocskos Arg 4.76

M-45-49  
1 César Cabrera Arg 4.95  
2 Carlos Añón Uru 4.83

M-50-54  
1 Carlos Gaete Chi 4.48  
2 Victor Lipi Chi 4.23

M-55-59  
1 José Figueras Uru 4.54  
2 Alfonso Silva Chi 3.96

M-65-69  
1 Ernesto Gundlach Chi 2.98

M-70-74  
1 Gilberto González Juliá PR 4.44  
2 Ignacio dos Santos Renato Brz 2.90

W-30-39  
1 María Moreno Arg 3.54

W-45-49  
1 Anita Boecke Arg 3.26  
2 Xenia Buzolic Chi 2.27

W-50-54  
1 Adriana Silva Chi 3.70  
2 Smiliana Pezulovic Chi 3.65  
3 Magdalena García Arg 3.49

W-55-59  
1 Ingeborg Pfuller Arg 3.54  
2 Juana Balbojín Chi 3.18  
3 Argentina Chiano Arg 3.03

W-60-64  
1 Carolina Molinari Chi 3.09

W-70-74  
1 Lily Bell Macleod Chi 2.14

## TRIPLE JUMP

M-40-44  
1 Simón Tacchi Arg 12.19  
2 Guido Riquelme Chi 12.13  
3 Carlos Mocskos Arg 10.26

M-45-49  
1 Carlos Añón Uru 9.56

M-50-54  
1 Carlos Gaete Chi 10.32  
2 Antonio Hiebra Arg 9.47  
3 Jorge Lombao Arg 8.62

M-55-59  
1 Guillermo Schneider Chi 8.17  
2 Alfonso Silva Chi 8.10

M-70-74  
1 Gilberto González Juliá PR 8.65



## RELAY 4 x 400 METERS

M-30-39		
1 Nicaroné Moreno Paulini Pusseto	Arg.	5:06.3
M-40-44		
1 Costa Borges López Chéfi	Arg.	5:10.7
2 Gutiérrez Bravo Silva Balbotin	Chi.	5:14.3
M-45-49		
1 Dezulovic Biaggini Cortés Maldonado	Chi.	6:08.5
M-50-54		
1 Zanussa Rivera Della Corte Kissner	Arg.	5:37.6
M-55-59		
1 Engels Cabrera Molinari Frega	Arg.	5:58.4

## RELAY 4 x 100 METERS

M-30-39		
1 Luciarde, Gómez, Carballo, Latorre	Arg.	49.5
2 Riquelme, Gomez, Urrutia, Saavedra	Chi.	56.1
M-40-44		
1 Mocskos, Simontacchi, Rivera, Ricciardino	Arg.	51.4
2 Morales, Valdes, Villalobos, Muñoz	Chi.	1:00.2
M-45-49		
1 Ureta Cabrera Curin Caravario	Arg.	49.5
2 Achudec Melian Guerra & Jimeno	Chi.	60.1
M-50-54		
1 Bonifacio Odriozola Piñeras Michelene	Uru.	52.8
2 Gaete Lipi Casanova & Gutiérrez	Chi.	52.9
M-55-59		
1 Sauc Miranda Lasheras & Martínez	Arg.	58.5
M-60-64		
1 Herrero Retamal Aguayo & Silva	Chi.	59.9
M-65-69		
1 Medrano Montero Nadsen & Franise	Arg.	66.7
2 Eggerin Gundlach Mora & Díaz	Chi.	70.5

V TORNEO INTERNACIONAL "JUAN JACINTO TESTA, MONTEVIDEO, URUGUAY  
DECEMBER 9-10, 1983

## 100 METERS

M-30-35		
1 Carlos Gómez	Chi.	13:8
2 José Saavedra	Chi.	14:3
3 José Toro	Chi.	14:0
M-40-44		
1 Guido Riquelme	Chi.	12:8
2 Carlos Moskos	Arg.	13:9
3 Héctor Guerra	Chi.	14:9
4 Víctor Rivera	Arg.	15:2
M-45-49		
1 Chao Sho Yu	Brz.	12:2
2 Claudio Schudeck	Chi.	12:5
3 César Cabrera	Arg.	12:6
4 Dante Gallo	Arg.	13:3
M-50-54		
1 Carlos Michelena	Uru.	12:9
2 Jorge Gutiérrez	Chi.	13:2
3 Víctor Lippi	Chi.	13:5
4 Luis Casanova	Chi.	14:1
5 Hayakawa Massanohu	Brz.	14:1
6 Carlos Gaete	Chi.	14:6
7 Carlos Vallejo	Chi.	18:0
M-55-59		
1 Osamu Wada	Brz.	13:0
2 Yoshiyuki Shimizu	Brz.	13:0
3 José Figueras	Uru.	13:4
4 Mamoru Ussami	Brz.	13:6
5 Romero	Arg.	15:0
6 Sixto Retamal	Chi.	15:4
M-60-64		
1 Amadiel Cortes	Chi.	13:6
2 Massayiki Harada	Brz.	14:5
3 Shuichi Ishio	Brz.	15:5
4 Sandoval Juvenal	Chi.	15:9
5 Renato Silva	Chi.	17:9
M-65-69		
1 Takeru Ussami	Brz.	14:7
2 Ernesto Gundlach	Chi.	15:4
3 Jorge Medrano	Arg.	17:7
4 Agapito Palacios	Chi.	17:9
M-70-74		
1 Gilberto González	P.R.	14:1
2 Rubén Bonifacino	Uru.	14:8
3 Koichi Nishitani	Brz.	17:0
4 Juan Collado	Chi.	20:4
5 Federico Cordero	P.R.	21:7
6 Omar Vivanco	Chi.	21:8

W-30-39		
1 Ana Udini	Uru.	13:9
W-40-44		
1 Vera Alice Silva	Brz.	14:3
2 Lidia Cavalli	Sogypa	16:0
3 Elena Maldonado	Chi.	19:9
4 Yenia Buzolic	Chi.	22:4
W-45-49		
1 Adriana Silva	Chi.	15:4
W-50-54		
1 Nazareth Carmosina	Brz.	17:1
2 Juana Balbontin	Chi.	17:3
W-55-59		
1 María Soublotte	Chi.	20:2
W-65-69		
1 Lilly Bell	Chi.	21:8
2 Isidora Carter	Uru.	23:9

## 200 METERS

M-30-35		
1 José Saavedra	Chi.	30:4
2 José Toro	Chi.	35:0
M-40-44		
1 Guido Riquelme	Chi.	27:8
2 Carlos Moskos	Arg.	28:8
3 Carlos Pinet	Brz.	30:6
4 Eduardo Nieves	Uru.	32:3
M-45-49		
1 Chao Sho Yu	Brz.	25:7
2 Claudio Schudeck	Chi.	26:6
3 Dante Gallo	Arg.	28:2
4 Angel Jimeno	Chi.	33:3
M-50-54		
1 Carlos Michelena	Uru.	26:4
2 Jorge Gutiérrez	Chi.	27:4
3 Luis Casanova	Chi.	28:5
4 Ridel Cadernas	Arg.	28:9
5 Carlos Pereira	Uru.	29:2
6 Víctor Lippi	Chi.	29:7
M-55-59		
1 Osamu Wada	Brz.	27:8
2 José Figueras	Uru.	28:3
3 Mamoru Ussami	Brz.	29:5
4 Job Ferreira	Brz.	29:8
5 Sixto Retamal	Chi.	31:5
M-60-64		
1 Amadiel Cortes	Chi.	30:0
2 Masayuki Harada	Brz.	31:2
3 Juvenal Sandoval	Chi.	33:3
M-65-69		
1 Antonio Antunas	Brz.	32:4
2 Ernesto Gundlach	Chi.	37:3
3 Jorge Medrano	Arg.	38:6
4 Agapito Palacios	Chi.	41:4
M-70-74		
1 Gilberto González-Juliá	P.R.	30:0
2 Rubén Bonifacino	Uru.	31:3
3 Juan Collado	Chi.	48:1
4 Federico Cordero	P.R.	49:1
W-30-35		
1. Ruby Bravo	Chi.	33:5
W-40-44		
1 Vera Alice Silva	Brz.	29:6
2 Lidia Cavalli	Brz.	34:7
3 Elena Maldonado	Chi.	42:4
W-40-44		
1 Adriana Silva	Chi.	34:1
2 Karin Suffert	Brz.	37:2
W-50-54		
1 Carmosina Nazareth	Brz.	36:0
400 METERS		
M-30-39		
1 Carlos Gómez	Chi.	1:01.3
2 Zarza	Uru.	1:02.1
3 Luis Urrutia	Chi.	1:04.3
4 José Toro	Chi.	1:14.5

M-40-44		
1 Guido Riquelme	Chi.	56:8
2 Benecito Malaquias	Brz.	1:01.5
3 Carlos Maneiro	Uru.	1:05.7
4 Filadelfo Do Santos	Uru.	1:07.1
5 Eduardo Nieves	Uru.	1:10.1

M-45-49		
1 Chao Sho Yu	Brz.	59:4
2 Mario Villareal	Uru.	1:09.4
3 Angel Jimeno	Chi.	1:15.9

M-50-54		
1 Carlos Michelena	Uru.	58:8
2 Carlos Odriozola	Uru.	59:4
3 Víctor Lippi	Chi.	1:02.2
4 Ridel Cardenas	Arg.	1:02.8
5 Jorge Gutiérrez	Chi.	1:03.1
6 Milton Cafaso	Uru.	1:05.5
7 Vicente Cubelli	Uru.	1:14.5

M-55-59		
1 Shimizu Yoshiyuki	Brz.	1:01.1
2 José Figueras	Uru.	1:05.0
3 Ussami Mamoru	Brz.	1:05.9
4 Mario Aguayo	Chi.	1:10.6
5 Sixto Retamal	Chi.	1:11.7
6 Pedro Gómez	Uru.	1:14.2
7 Romero Teocimo	Arg.	1:17.2
8 Guillermo Schneider	Chi.	1:19.5

M-60-64		
1 Amadiel Cortes	Chi.	1:08.8
2 Ricardo Chiaparelli	Arg.	1:13.7
3 Juvenal Sandoval	Chi.	1:19.5
4 Antonio Antúnez	Brz.	1:19.6

## 800 METERS

M-30-39		
1 Carlos Gómez	Chi.	2:16.0
2 Julio Benítez	Uru.	2:16.2
3 Luis Urrutia	Chi.	2:20.0

M-40-44		
1 Guido Riquelme	Chi.	2:13.3
2 Benedito Malaquias	Brz.	2:15.2
3 Carlos Maneiro	Uru.	2:23.2
4 Filadelfo Do Santos	Uru.	2:26.8
5 Carlos Pinet	Brz.	2:29.8
6 Eduardo Nieves	Uru.	2:40.0

M-45-49		
1 Héctor Guerra	Chi.	2:32.6
2 Mario Villareal	Uru.	2:37.8
3 José Melian	Chi.	2:42.3

M-50-54		
1 Carlos Vallejo	Chi.	2:33.9
2 Milton Caffaso	Uru.	2:28.6
3 Luis Valenzuela	Chi.	2:40.8

M-55-59		
1 Ferreira Job	Brz.	2:30.1
2 Mario Aguayo	Chi.	2:42.4
3 Sixto Retamal	Chi.	2:52.1

M-60-64		
1 Florencio Maturro	Uru.	2:40.8
2 Masao Isida	Brz.	3:00.6

M-65-69		
1 José Etchamendy	Uru.	2:58.4
2 Antonio Fonseca	Brz.	3:05.8

M-70-74		
1 Hiroshi Hiramatsu	Brz.	3:06.0
2 Kotshi Mishitani	Brz.	3:35.4
3 Federico Cordero	P.R.	5:03.2

W-30-39		
1 Rosa Gutiérrez	Chi.	2:46.5

W-40-44		
1 Vera Alice Silva	Brz.	2:53.1
2 Renate Sinderman	Brz.	3:00.0

W-45-49		
1 Alice Coraza	Brz.	3:27.9
2 Leticia Silva	Brz.	3:37.8

## 1500 METERS

M-30-39		
1 Luis Urrutia	Chi.	4:32.6
2 Carlos Gómez	Chi.	4:34.0
3 Abel Zarza	Uru.	4:39.9

M-40-44		
1 Benedito Malaquias	Brz.	4:30.8
2 Carlos Maneiro	Uru.	4:43.9
3 Filadelfo Do Santos	Uru.	4:54.2
4 Carlos Pinet	Brz.	4:56.0
5 Alfredo Valdez	Chi.	5:13.6
6 Eduardo Nieves	Uru.	5:17.6

M-45-49		
1 Héctor Guerra	Chi.	5:06.2
2 José Kelian	Chi.	5:19.5
3 Mario Villareal	Uru.	s/t

M-50-54		
1 Carlos Odriozola	Uru.	4:55.7
2 Luis Valenzuela	Chi.	5:19.5
3 Carlos Vallejos	Chi.	5:23.9
4 Carlos Sabanda	Chi.	5:29.3
5 Milton Cafaso	Uru.	5:41.4
6 Vicente Cubelli	Uru.	6:12.6

M-55-59		
1 Job Ferreira	Brz.	4:57.0
2 Teotimo Romero	Arg.	5:48.5
3 Pedro Gómez	Uru.	5:59.9

M-60-64		
1 Florencio Maturro	Uru.	5:21.9

M-65-69		
1 Alfredo Montero	Arg.	5:34.5
2 Antonio Antuñas	Brz.	6:22.0
3 Agapito Palacios	Chi.	6:45.1

M-70-74		
1 Ismael Bugani	Arg.	5:59.9

M-75-79		
1 Hiroshi Hiramatsu	Brz.	6:19.2

## 3000 METERS

W-30-39		
1 Rosa Gutiérrez	Chi.	12:19.2

W-40-44		
1 Renate Sinderman	Brz.	12:32.7

W-45-49		
1 Alice Corazza	Brz.	14:24.9
2 Leticia Da Silva	Brz.	15:31.2
3 Ziula Antunes	Brz.	22:27.3

## 5000 METERS

M-30-39		
1 Luis Urrutia	Chi.	16:38.2
2 Abel Zarza	Uru.	17:02.0
3 Carlos Gómez	Chi.	17:15.7
4 Julio Benítez	Uru.	19:05.0

M-40-44		
1 Benecito Malaquias	Brz.	16:21.6
2 Carlos Marreiro	Uru.	17:23.5
3 Filadelfo Do Santos	Uru.	18:00.0
4 Carlos Pinet	Brz.	18:22.2
5 Eduardo Nieves	Uru.	20:02.2

M-45-49		
1 Héctor Guerra	Chi.	19:26.2
2 José Melian	Chi.	19:49.7
3 Mario Villareal	Uru.	20:51.0
4 Angel Jimeno	Chi.	22:01.4

M-50-54		
1 Walter Genesio	Brz.	19:26.2
2 Luis Valenzuela	Chi.	19:34.5
3 Carlos Vallejo	Chi.	19:49.5
4 Marichal J.	Uru.	20:22.1
5 Roberto Lagos	Uru.	20:52.1

M-55-59		
1 Job Ferreira	Brz.	18:33.7
2 Bomero Teorimo	Arg.	21:48.5

M-60-64		
1 Florencio Maturro	Uru.	20:16.7

M-65-69		
1 Alfredo Monteros	Arg.	19:56.8
2 José Etchamendy	Uru.	21:23.5
3 Agapito Palacios	Chi.	24:01.2
4 Antonio Fonseca	Brz.	25:11.1

M-70-74		
1 Ismael Guzani	Arg.	22:07.9

M-75-79		
1 Hiramatsu Hiroshi	Brz.	23:26.0

## 5000 METERS WALK

M-40-44		
1 Santiago Tourreilles	Uru.	31:42.3

M-45-49		
1 Miguel Callotti	Arg.	29:23.0
2 José Melian	Chi.	31:02.5

M-50-54		
1 Walter Genesio	Brz.	31:40.2
2 Jorge O'Ryan	Chi.	32:22.5
3 Roberto Lagos	Uru.	32:57.0
4 Jorge Lombao	Arg.	36:01.0

M-55-59		
1 Mario Aguayo	Chi.	29:59.6

M-65-69		
1 Antonio Fonseca	Brz.	38:25.0

## 400 METERS HURDLES

M-40-44		
1 Guido Riquelme	Chi.	1:11.0

M-50-54		
1 Jorge Alzamora	Chi.	1:17.1



<b>SHOT PUT</b>		<b>M-70-74</b>		<b>M-50-54</b>		<b>2 Ernesto Gundlach</b>		Chi.	3.16
M-30-39		1 Gilberto González	P.R. 33.20	1 Jorge Alzamora	Chi. 29.82	M-70-74			
1 Doncir Lima	Uru. 8.76	2 Carlos Díaz	Chi. 21.98	2 Carlos Sabando	Chi. 29.26	1 Gilberto González	P.R. 4.40		
2 José Saavedra	Chi. 8.61					2 Koichi Nishitani	Brz. 3.30		
M-40-44		M-75-79		M-55-59		W-30-39			
1 Rodolfo Díaz	Uru. 9.87	1 José Muñoz	Chi. 18.40	1 Armin Neverman	Chi. 18.76	1 Ana Udini	Uru. 4.75		
2 Santiago Turrelles	Uru. 8.40	2 Omar Vivanco	Chi. 14.12	2 Alonso Silva	Chi. 14.33	2 Ruby Bravo	Chi. 3.58		
M-45-49		W-30-39		M-60-64		3 Marly Velardo	Brz. 3.36		
1 Raúl López	Uru. 9.50	1 Ruby Bravo	Chi. 22.52	1 Francisco Mora	Chi. 34.66				
2 Héctor Acosta	Uru. 8.49	2 Velardo Marly	Brz. 17.82						
3 Raúl Sensi	Arg. 7.43	3 Junmerly Rosas	Uru. 16.38	<b>POLE VAULT</b>					
M-50-54		W-40-44		M-40-44					
1 Milton PEREIRA	Brz. 13.71	1 Lilia Biaggini	Chi. 22.96	1 Rodolfo Díaz	Uru. 3.50				
2 Alfredo Cordero	Chi. 12.17	2 Lidia Cavalli	Brz. 20.14	2 Guido Riquelme	Chi. 2.00				
3 Saul Zeger	Brz. 11.08	3 Elena Maldonado	Chi. 13.74						
4 Hugo Mancebo	Uru. 10.20	W-45-49		M-45-49					
M-55-59		1 Ana Da Rocha	Brz. 23.68	1 Rodolfo Acosta	Uru. 2.10				
1 Armin Neverman	Chi. 12.61	2 Smiliana Dezulovich	Chi. 22.10	M-50-54					
2 Silva Alfonso	Chi. 9.22	3 Adriana Silva	Chi. 21.14	1 Jorge Alzamora	Chi. 2.50				
M-60-64		W-50-54		M-55-59					
1 Alberto Eggeling	Chi. 12.70	1 Gladys Espinos	Uru. 22.66	1 Suehko Mori	Brz. 2.50				
2 Francisco Mora	Chi. 11.34	2 Dirce Coetho	Brz. 18.52						
M-65-69		3 Miriam Barcelona	Uru. 14.06	M-70-74					
1 Carlos Gioscia	Uru. 11.01	W-55-59		1 Gilberto González	P.R. 2.20				
2 Jorge Medrano	Arg. 9.23	1 Anelise Schmit	Brz. 26.46	<b>HIGH JUMP</b>					
3 Ernesto Gundlach	Chi. 8.88	2 Molly Hofmann	Chi. 21.38	M-30-39					
M-70-74		3 Sara Rosello	Uru. 20.66	1 Doacyr Lima	Uru. 1.35				
1 Gilberto González	P.R. 10.29	4 Grimaldina Cortez	Chi. 19.84	M-40-44					
2 Carlos Díaz	Chi. 7.50	5 María Soublette	Chi. 15.40	1 Rodolfo Díaz	Uru. 1.50				
M-75-79		6 Kiyoca Akiyama	Brz. 14.96	2 Guido Riquelme	Chi. 1.35				
1 José Muñoz	Chi. 5.92	7 Elena Abarca	Chi. 13.80	M-45-49					
2 Omar Vivanco	Chi. 5.79	8 María Navarrette	Chi. 13.18	1 Carlos Añón	Uru. 1.45				
<b>SHOT PUT</b>		W-60-64		2 Raúl López	Uru. 1.40				
W-30-39		1 Marlis Fleckner	Chi. 14.42	3 Héctor Acosta	Uru. 1.20				
1 Ruby Bravo	Chi. 7.05	W-65-69		M-50-54					
2 Marli Velardo	Brz. 6.64	1 Lily Bell Mac	Chi. 10.60	1 Jorge Gutiérrez	Chi. 1.15				
3 Jun marly Rosas	Uru. 4.54	<b>JAVELIN</b>		2 Jorge Lombao	Arg. 1.15				
W-40-44		M-30-39		M-55-59					
1 Lilia Biaggini	Chi. 7.90	1 José Saavedra	Chi. 33.70	1 Hernán Figueroa	Chi. 1.35				
2 Xonia Buzolic	Chi. 6.09	M-40-44		2 Alfonso Silva	Chi. 1.30				
3 Elena Maldonado	Chi. 5.22	1 Guido Riquelme	Chi. 33.00	3 Mamoru Ussami	Brz. 1.10				
W-45-49		2 Rodolfo Díaz	Uru. 29.72	M-60-64					
1 Smiliana Dezulovich	Chi. 8.45	M-45-49		1 Alberto Eggeling	Chi. 1.30				
2 Ana Kabish	Brz. 8.42	1 Raúl López	Uru. 31.38	2 Shoichi Ishio	Brz. 1.30				
3 Adriana Silva	Chi. 7.69	2 Héctor Acosta	Uru. 29.80	3 Takeru Ussami	Brz. 1.25				
4 Karin Suffert	Brz. 6.90	3 Raul Sensi	Arg. 25.12	4 Sueiko Mori	Brz. 1.15				
W-50-54		4 Claudio Schudeck	Chi. 24.96	M-70-74					
1 Gladys Espinosa	Uru. 8.15	M-50-54		1 Gilberto González	P.R. 1.20				
2 María Barcelona	Uru. 7.78	1 Alfredo Cordero	Chi. 30.88	2 Koichi Nishitani	Brz. 1.10				
3 Dirce Coetho	Brz. 7.69	2 Hugo Mancebo	Uru. 28.94	<b>HIGH JUMP WOMEN</b>					
4 Juana Balbontin	Chi. 7.08	3 Fernando García	Uru. 22.82	W-30-39					
W-55-59		M-55-59		1 Ana Udini	Uru. 1.35				
1 Anelise Schmit	Brz. 8.79	1 Armin Neverman	Chi. 29.04	2 Ruby Bravo	Chi. 1.25				
2 Grimaldina Cortez	Chi. 7.89	2 Hugo Herrera	Chi. 28.80	W-40-49					
3 Molly Hoffman	Chi. 7.72	3 Mamoru Ussami	Brz. 25.12	1 Xenia Euzolic	Chi. 0.95				
4 Sara Rosello	Uru. 7.50	4 Alfonso Silva	Chi. 24.72	W-45-49					
5 María Navarrette	Chi. 6.92	M-60-64		1 Karin Suffert	Brz. 1.25				
6 Kiyoca Akiyama	Brz. 6.59	1 Suehiko Mori	Brz. 36.46	2 Smiliana Dezulovic	Chi. 1.20				
7 Elena Abarca	Chi. 5.69	2 Amadiel Cortez	Chi. 33.06	W-55-59					
8 María Soublette	Chi. 5.27	3 Francisco Mora	Chi. 26.82	1 Molly Hofmann	Chi. 1.00				
W-60-64		4 Alberto Eggeling	Chi. 23.42	2 María Soublette	Chi. 0.95				
1 Marlis Fleckner	Chi. 5.66	M-65-69		<b>LONG JUMP MEN</b>					
W-65-69		1 Gilberto González	P.R. 30.84	M-30-39					
1 Isidora Carter	Uru. 5.59	2 Antonio Antunez	Brz. 20.50	1 Dossir Lima	Uru. 5.35				
2 Lilly Bell Mac	Chi. 4.90	3 Ernesto Gundlach	Chi. 20.28	2 Carlos Gómez	Chi. 4.40				
<b>DISCUS</b>		4 Carlos Díaz	Chi. 15.10	M-40-44					
M-30-39		5 Omar Dibani	Chi. 11.20	1 Rodolfo Díaz	Uru. 5.43				
1 José Saavedra	Chi. 25.94	6 César Cacerza	Uru. 11.02	2 Guido Riquelme	Chi. 5.40				
M-40-44		7 José Muñoz	Chi. 9.56	3 Carlos Moskos	Arg. 4.70				
1 Rodolfo Díaz	Uru. 29.26	<b>JAVELIN WOMEN</b>		4 Víctor Rivera	Arg. 3.93				
2 Santiago Turrelles	Uru. 18.98	W-30-39		M-45-49					
M-45-49		1 Ruby Bravo	Chi. 34.96	1 Chao Shu Yu	Brz. 5.30				
1 Héctor Acosta	Uru. 29.90	2 Marli Velardo	Brz. 19.24	2 César Cabrera	Arg. 4.74				
2 Claudio Schudeck	Chi. 26.76	3 Junmarly Rosas	Uru. 13.24	3 Carlos Añón	Uru. 4.72				
3 Raúl Sensi	Arg. 21.30	W-40-44		4 Claudio Schudeck	Chi. 4.52				
M-50-54		1 Lilia Biaggini	Chi. 18.58	5 Héctor Acosta	Uru. 4.16				
1 Milton Pereira	S.Pablo. 38.24	W-45-49		M-50-54					
2 Alfredo Cordero	Chi. 33.76	1 Adriana Silva	Chi. 30.44	1 Carlos Gaete	Chi. 4.54				
3 Hugo Mancebo	Uru. 32.78	2 Smiliana Dezulovich	Chi. 25.62	2 Jorge Gutiérrez	Chi. 4.52				
4 Saul Keger	S.Pablo. 30.22	3 Ana Kabish	Brz. 18.56	3 Víctor Lippi	Chi. 4.49				
5 Carlos Sabando	Chi. 29.68	W-50-54		4 Luis Casanova	Chi. 4.13				
6 Jorge Alzamora	Chi. 29.50	1 Dirce Coelho	Brz. 18.78	5 Carlos Sabando	Chi. 3.90				
7 Jorge Lombao	Arg. 22.88	2 Gladys Espinosa	Uru. 17.50	M-55-59					
M-55-59		W-55-59		1 Osamu Wada	Brz. 4.76				
1 Armin Neverman	Chi. 31.04	1 Molly Hofman	Chi. 26.44	2 Mamoru Ussami	Brz. 4.48				
2 Hernán Figueroa	Chi. 24.20	2 Grimaldina Cortez	Chi. 24.14	3 José Figueras	Uru. 4.44				
3 Alfonso Silva	Chi. 22.40	3 Anelise Schmitt	Brz. 23.64	4 Alfonso Silva	Chi. 4.00				
M-60-64		4 Sara Rosello	Uru. 20.74	M-60-64					
1 Francisco Mora	Chi. 40.96	5 Kiyoca Akiyama	Brz. 13.96	1 Amadiel Cortez	Chi. 4.98				
2 Alberto Eggeling	Chi. 36.54	6 Elena Abarca	Chi. 12.50	2 Suehiko Mori	Brz. 4.40				
3 Suehiko Mori	Brz. 30.12	W-60-64		3 Massao Ishida	Brz. 4.38				
4 Renato Silva	Chi. 23.42	1 Marlis Fleckner	Chi. 12.22	4 Masayuki Harada	Brz. 4.13				
M-65-69		2 Lily Bell Mac	Chi. 11.22	5 Shoichi Ishio	Brz. 3.78				
1 Carlos Gioscia	Uru. 35.30	<b>HAMMER</b>		M-65-69					
2 Ernesto Gundlach	Chi. 28.04	M-40-44		1 Takeru Ussami	Brz. 4.31				
3 Jorge Medrano	Arg. 25.06	1 Sgo. Turrelles	Uru. 15.26						

## Report From Britain

by ALASTAIR AITKEN

Les Roberts and Johnny Baldwin, both Blackheath Harriers, finished one-two in the 8K Veterans Race in Belgium on February 5 in a field of 98 finishers. A new name to Veteran athletics is Guy Ogden, the solid winner over a hilly 10K course at Watford, February 18. Recently turned 40, Ogden, an osteopath from northwest London, out ran three-time National Vets and ex-world cross-country champion, Taff Davies, 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 1979-80 World Vets (IGAL) M50 champion Hugh Foord because of serious knee 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 in 57:06. Priscilla Welch, 35, was sixth in 2:37:19 in the Osaka Ladies Marathon, January 29. Liz Sloan, a 36-year-old teacher, was first of 34 in the Southern Vets Women's championships at New Eltham in Kent, January 21.

Jim Adler, of Morpeth, the ex-international marathon runner, won the North East Vets cross-country championships, January 21, at Jarrow in 34:14 from Ray Curruthers, 45-49 winner, 34:50.

Alan Hughes won the over-50 prizes in the Scunthorpe cross-country, the Rawnmarsh 5½ Mile Road Race, and the Eastern Veterans c.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. □