



# NATIONAL MASTERS NEWS

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



60th Issue

August, 1983

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## WORLD GAMES THREATENED

Schellenberg, Gonzalez-Julia Score

### Two World Records Set At U.S. Decathlon

by JERRY WOJCIK

MERCED, California, July 2-3, Harvey Schellenberg's first decathlon in several years resulted in a M50 world record at the TAC/USA Masters Decathlon and Heptathlon Championships. His 5399 IAAF points broke Boo Morcom's eleven-year-old mark of 4951.

Schellenberg, 50, Reedley, Calif., put together ten solid performances, scoring 2739 on the first day and 2660 on the second to outscore the 1982 M50 champion, Al Brenda, by over 1000 points.

Brenda, 54, Turlock, Calif., whose 55th birthday came three days later on July 6, would have easily won the M55 title with his total of 4315.

Puerto Rico's Gilberto Gonzalez-Julia, 70, had a score of 3097 IAAF, which surpassed Claude Hills' one-

(Continued on page 4)

### Midwest Marathoners Like Grandma's

Midwest men and women marathoners took all the firsts in the 40+ divisions at Grandma's Marathon, Duluth, Minn., June 11. Dan Conway, 44, Chetek, WI, ran 2:23:25 for the 40-49 victory over North Carolinian and Boston masters winner Bill Hall, 42, who finished two seconds (2:25:37) ahead of Ralph Zimmerman, 42, N. Tonawanda, NY.

Alex Ratelle, 58, Edina, MN, was the 50-59 winner in 2:40:22. Warren Utes, 62, Park Forest, IL, won the 60+ race by almost seven minutes in 3:06:29.

Jane Buch, 34, Smithville, OH, continued the Midwest domination by winning the 30-39 race, placing third w/overall in 2:36:53.

Three Minnesotans won the other women's races: Carolyn McKasy, 42, St. Paul, finished in 3:10:39; Beverly Anderson, 50, Minneapolis, won in 3:32:10; and Betty Haleen, 60, Minnetonka, MN, ran 4:11:00 in the 60+ group for a Midwest sweep. □



Bob Humphreys, 47, Glendale, CA, '63 Pan-Am winner in discus, throwing at Redlands Meet. Sportsfoto by John Allen

### Birmingham Nips Atlanta For National Title

The Birmingham Track Club outscored the Atlanta Track Club by one point, 406-405, to capture the first National Masters Club Championships, June 11, in Atlanta.

The club competition was part of the TAC Southeast Regional Masters Track & Field Championships, which drew over 100 age 30+ athletes. The Louisiana Lightning TC was a distant third with 135.

The club competition spurred three athletes to new American age-group records. Phillippa Raschker, 36, won the W30 220y in 26.0 to tie the 35-39 mark; Shirley Smith, 48, long jumped 15'1" for a W40 win and a new 45-49 record; Mary Schanzle, 59, won the W50 discus with a 55-59 record 45'10".

Ken Winn, 45, clocked a good 3-mile in 15:16.9. Frank Finger, 68, took two: the 440y in 64.3 and 880y in 2:31.1. Mike Kelly, 36, won the M35 120HH (42") in 15.3.

The perfect weather, Southern hospitality, and Nike-supplied special awards added to the meet's success, which was somewhat jeopardized because two other meets in the region conflicted with the June 11 date. If scheduling conflicts can be avoided and the concept of a national championship catches on, the 1984 meet should be even more competitive. □

### Governor Bans South Africans

by AL SHEAHEN

Because of a dispute over the participation of South Africans, the World Veterans Games are in jeopardy.

Puerto Rico Governor Carlos Barcelo and San Juan Mayor Hernan Padilla said they will withdraw their support if the South Africans compete in the Games scheduled for September 23 to October 1, 1983. That would mean the loss of the use of the main stadium and the withdrawal of government funds needed to put on a first-class event.

The request is at odds with the Constitution of the World Association of Veteran Athletes (WAVA), which states: "Masters competition shall be open to all men over 40 and women over 35. No competitor shall be barred from competition due to race, religion, ethnic background or national origin."

As NMN goes to press, the situation is volatile and up in the air. It is possible that: 1) The governor and mayor will reverse their positions, and the Games will go on as scheduled; 2) WAVA will tell the South Africans to stay home or try to enter Puerto Rico on non-South African passports; 3) A scaled-down version of the Games will be held in secondary stadiums; 4) The Games will be switched to another

(Continued on page 14)

### Eight U.S. Marks Erased At Hayward

by JERRY WOJCIK

EUGENE, Oregon, June 25-26. The 1984 National Masters Track and Field Championships are scheduled for the University of Oregon, and if the results of the Hayward Field Masters Classic are indicative of the quality of the Eugene track, 1984 participants can expect some fast times.

Eight new American age group track records were set: three by Phil Raschker, 36, in the W35 100m, 11.89; the 200m, 24.8; and the 400m, 56.73. Josephine Kolda, 65, lowered the mark for the W65 400m to 1:22.87. Erna Kozak, 38, won the W35 mile in the national record time of 4:55.6.

Among the men record-setters, Harry Koppel, 70, ran the 100m in

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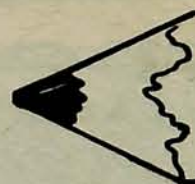
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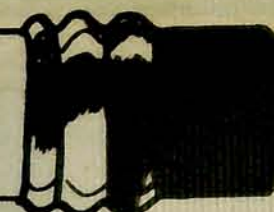
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# Write On!



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

### OUTSIDE LOOKING IN

Your columnist, Mr. Miller, is very much amused by the prospect of new blood in the track and field masters movement. Unfortunately this is no joking matter. Many who write to you respond to newcomers with disdain or outright hostility. TAC itself seems to go out of its way to make it difficult for athletes to join its ranks. For those of us on the outside looking in, this apparent exclusivity is quite infuriating. Let me appeal then to those in the masters movement who are mature enough to encourage newcomers. I offer the following suggestions:

First, publish in every issue of NMN

a registration blank for master athletes wishing to affiliate with TAC. The registration procedure for TAC is a well-kept secret. Even the address of TAC is never published in NMN, in Track and Field News, or in other running publications.

Second, publish in each issue the translations for those exotic class codes, or drop their use altogether. What in the world is a 2A?

Third, as others have often requested, insist that meet results show the weight of the implements thrown, particularly the shot. There are masters records for 8, 12 and 16 lb. implements. If need be, call the meet director.

Fourth, publish meet results and meet announcements in large, clear type, such as ten pitch typewriter pica or courier. Fading near-vision comes with advancing age.

Fifth, advertise and sell the TAC rules book. I am tired of hearing some hotshot quote "TAC rules" without having the foggiest notion whether he speaks with straight tongue or is merely indulging in trackside B.S.

No doubt the masters committee of TAC would not want to project an image of snobbishness, clannishness, or unfriendliness toward newcomers. The solution is simple. Just help us outsiders become members of the club. It's no joking matter.

John Culleton  
Sykesville, Maryland

*(It disturbs us that some newcomers feel like outsiders. The masters program prides itself on welcoming everyone to its competitions, but if that message isn't conveyed, it's of little value. Perhaps all competitors should make it a point to say hello to some of the new faces they see at a masters event. 1) Although most masters events do not require TAC membership, we'll print the registration info on a regular basis. 2) See "Masters Glossary of Terms" in July for explanation of the masters program; NMN has long objected to the confusing "1A, 1B" classifications, and has suggested that meet directors use the clearer M40, M45, etc. 3) We agree that meet directors should include the implement weights in the results but some forget. 4) Most readers say they can decipher the results in their present size/style, but if we get more complaints, we'll re-evaluate. 5) See the form in this issue where you can order TAC/IAAF publications. Thank you for your cogent suggestions. — Ed.)*

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### HOOSIER HOSPITALITY

Those of us who competed in the four day 1983 Indy Senior Classic (Senior Olympics) June 8 through 11, certainly got a great taste of Hoosier Hospitality, and we would recommend that master athletes put this on their calendars for 1984.

The track and field portion of the classic took place on the beautiful new IUPUI Stadium in Indianapolis, June 11, under leadership of Bob Coughlin, a first class master runner and promoter for events involving seniors. He was ably assisted by Dr. Wes Ward, who is also a topnotch master in 70/75 division. With these two at the helm and assisted by fellow Hoosiers, they ran a great meet!

Hugh Yeomans  
Cincinnati, Ohio

### MINNESOTA TAC BOO BOO

As a native Minnesotan and masters competitor I feel compelled to offer my most abject apologies to those fine masters athletes who journeyed great distances to the meet held at the U. of Minnesota, June 24-25. They had responded, in good faith, to the announcement in the NMN which read, "TAC Minnesota Open & Masters Championships."

When they arrived, they immediately met with great frustrations.

In addition to the announced age categories there were numerous youth categories and masters athletes were relegated to starting every event last. The first event for masters started 90 minutes behind schedule and the high jump was completed in darkness at about 9:30 p.m.

Also the highest age group was 50 and up. The utter absurdity of 60 and 70 year olds competing with those 50 years of age requires no further comment.

I did manage to convince officials that older masters athletes threw lighter implements, so they did receive a break there. Among the masters athletes that I know of, Gil Gonzalez, Jack Scott, Chuck Klehm and Harry Guth: To them I express my most sincere regrets. MN TAC has always been retarded with respect to masters athletics. The lone exception to this statement is the meet held by Bob Wax-lax at St. Cloud State U. This is a legitimate masters meet.

Chuck Olson  
Nevis, Minnesota

(Continued on Page 16)



**Rodgers sets 35-39 mark****Swan, Black Win  
Pepsi Challenge**

NEW YORK, July 3. Running with confidence and determination, Ray Swan fought off 90-degree heat and high humidity today to lead all other 40+ runners in the Pepsi Challenge 10,000 Meter Series National Championship.

Swan, a 45-year old from Bermuda, recorded a time of 31:50 in the annual Independence Day weekend race, which began on the George Washington Bridge with a field of 4200 runners.

Swan, the top master in the Boston Marathon a few years ago before Bill Hall made it his private preserve with three straight wins, finished 61st overall with a margin of 28 seconds on Ted Harriman, 40, of Forest Hills, NY. Kirk Randall, 41, of Wellesley, MA, was third master in 32:23.

Pete McArdle, 53, of Teaneck, NJ, captured the 50-and-over crown by a convincing 45 seconds in 33:37 over Bill Foulk, former Montanan now living in West Lebanon, NJ.

Joyce Black, 43, of Plattsburg, NY, topped the 40+ women in 37:54, narrowly turning back, by 11 seconds, Tina Hayward, 42, of Vicksburg, Mich.

Consistent Mila Kania of New York City topped the 50+ females in 39:34.

Bill Rodgers, now 35, continued rewriting the age 35-39 record book with a 28:49, good for 5th overall. The time betters Barry Brown's 35-39 U.S. standard of 29:17. (On Feb. 26, Rodgers smashed the 8K mark in 24:00.)

A pair of New Zealanders — Rod Dixon, 32, and Anne Audain, 27, won the men's and women's open titles in 28:19 and 32:29, respectively. Each won \$5000 of the \$25,000 purse for the race, the annual culmination of the 180-race Pepsi Challenge 10K series. □

**200 COMPETE  
IN LONG BEACH**

LONG BEACH, Calif., July 9. Over 200 over-age-30 athletes turned out today for the annual TAC Southern Pacific Association Masters Track & Field Championships at Long Beach State University.

Meet director Doug Smith provided a large crew of TAC officials — many of them preparing for the 1984 Olympics — to enhance the quality of the meet.

Gary Miller, 45, improved upon his American age 45-49 pentathlon record with a total of 2879 IAAF points; also a world age-45 best.

American age marks were set by: Marilla Salisbury, 75, 10000m 89:49.8; Chesley Unruh, 76, 5000 walk, 36:11.1; Burl Gist, 63, HJ, 5'½"; John Dobroth, 42, HJ, 6'5¼"; Shirley Kinsey, 54, LJ, 12'1½"; Red Doms, 76, DT, 114'9"; Christel Miller, 48, 100, 13.9; Bill Knocke, 43, 400, 51.2.

Smith thanked the TAC officials, Bill Peck, Coach Richardson and his family, and the Millers for their help in running the meet.

Next year's SPA/TAC meet is tentatively set for early June at Occidental College. Woody Studemund will direct. □

**SCHEDULE  
page 21**

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Letty (L.) and Geri Ahern. Mom is 45, daughter, 20. Both ran first marathon at Avon, Los Angeles, finished in tie. Daughter tried to sneak in a kick, but Mom said, "You stay with me!" "Mom" is Geri. Photo by Richard Lee Slotkin

**Villanueva,  
Thomson Lead  
Cascade Masters**

Antonio Villanueva, 42, Jalapa, Mexico, led all over-age-40 entrants at the Cascade Run Off 15K, Portland, OR, June 26, in a time of 46:36. Roger Robinson, 44, New Zealand, was second master in 47:11.

The first American master was Jim Bowers, 44, of Santa Rosa, CA, in 48:54. Gordon Pirie, 52, Sumner, WA, was the first M50 by almost four minutes, 55:33. Sixty-seven-year-old Clive Davies, Tillamook, OR, won the M60+ division with a fine 57:29.

Heather Thomson, 36, New Zealand, was the first woman 35 and over in 52:17. Bette Poppers, 40, Littleton, CO, outran her 40-49 opposition by nearly four minutes, 56:51.

Alice Taggares, 52, Bellevue, WA, and Josephine Hess, 65, Selah, WA, were victors in their age groups.

As 100,000 spectators watched, Kenya's Michael Musyoki, 42:27.55, and Norway's Grete Waitz, 48:43.86, set world records on the fast 15K course, in which all 7,500 runners cleared the start line in 1:57. □

**New York Masters  
MAC Champions**

New York Pioneer sprinter Rudy Valentine's three M55 wins were not enough to disrupt the dominance of the New York Masters in the M50-59 and the combined team competition at the 12th Metropolitan Athletic Congress Masters T&F Championships held at Randall's Island, NY, June 19.

Valentine's victories came in the 100m, 12.7; the 200m, 25.6; and the 400m, 55.9; all very strong performances.

Throwing for the New York Masters, Len Olsen, M50, took the discuss, 143'9"; the shot, 48' 10"; and the hammer events. Mila Kania, W50, added to the NYM's total score with wins in the 1500m, 5:13.3, and the 800m, 2:40.9, on American 800 record for age 50-54.

With team victories in every division but M30-39, the NY Masters amassed a team total 399 points to win over the NY Pioneers, 100, and the NY Athletic Club, 56. □



Philadelphia Masters 400m relay teams, Penn Relays, April 29, 1983; (front, 1 to r): Jim Burnett, Josh Culbreath, Ira Davis, Bill Cosby, (rear, 1 to r): Jim Bantum, Dhamiri Abayomi, Ed Roberts, Larry Wilson.

Photo by Pete Taylor

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Susan Henderson, 36, en route to winning women's title in National Masters 20K in Washington, May 29, appears to be fleeing the clutches of an anti-running "Awakening giant."

## NOW AVAILABLE Masters Age - Records 1983

Compiled by National TAC Masters T&F Records Chairman Pete Mundle with Lori Maynard and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1983.
- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1983.
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## National Decathlon

Continued from page 1

year-old M70 world record of 2513. Gonzalez-Julia scored 1477 on the first day and 1620 on the second, when he ran the 110m hurdles in 19.7 for 468.

Three of the seven M30 competitors had totals well over 6000. Jeff Hines, 31, Arvada, Colo., won the division, scoring 955 of his 6549 with a vault of 15'½", a national masters decathlon meet record.

Phil Raschker, 36, Atlanta, scored 5041 WAVA points, bolstered by a 952 point 14.6 100m hurdle time and a 972 point 24.8 200m.

Shirley Kinsey, 54, La Crescenta, Calif., had a 162 point lead over Alice Leicht, 50, San Diego, after the javelin, going into the final heptathlon event, the 800m, but lost the title by seven points when Leicht ran a 2:54.2 (822) to her 3:15.3 (653).

Meet director A.J. Puglizevich, 75, found enough time to score 866 IAAF/1812 WA VA for a victory in the M75 group. □

## Palm Beach "Old Timers" Turn Out

by JOHN BUTLER

Unfortunately, the 18th Old Timers Track Meet in West Palm Beach was scheduled for June 11, the only date available this year, and some athletes opted for the Southeast Regional/Club Championships in Atlanta or the Northwest Classic in Miami. Nevertheless, a good turnout of local athletes set 58 meet records.

Buzz Porter, 47, Daytona Beach, ran the 42" high hurdles in 16.55. Nat Heard, 65, Sarasota, erased Gilberto Gonzalez's meet record in the shot and discus. Max Quackenbos, 66, a local runner, ran a good 6:24 mile and 13:10 two-mile.

The Palm Beach T&F Association's 4x110 over-35 relay team ran a fast 49.2 against the clock as there were no challengers. Running the relay were W. Palm Beach Police Captain Ron Albright, 38, meet director John Butler, 43, Granville Green, 40, and Wayne DeYoung, 42. □



Norm Green (304), 50, en route to 1:05:50 victory in Masters 20K in Washington, D.C. May 29, with Herb Lorenz (176, 4th), George Keim (186, 3rd) and Tony Gerrity (behind Green, 2nd).

## U.S. NATIONAL MASTERS WEIGHT PENTATHLON AND THROW-A-THON

**Date:** August 28, 1983  
**Site:** Ware Road and Route 47, Woodstock, IL  
**Events:** Pentathlon (Hammer, Shot Put, Discus, Javelin and 35 lb. Weight Throw)  
6 Throws in each event.  
**Eligibility:** Open to men and women above 30, 5-year age groups  
**Awards:** Medals to three highest scorers in each division  
**Entry Fee:** \$6.00  
**Time:** 10:00 A.M.  
**Meet Director:** Chuck Klehm, 2 East Algonquin Road  
Arlington Heights, IL 60005  
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*The El Paso Times*



# 4th Annual International

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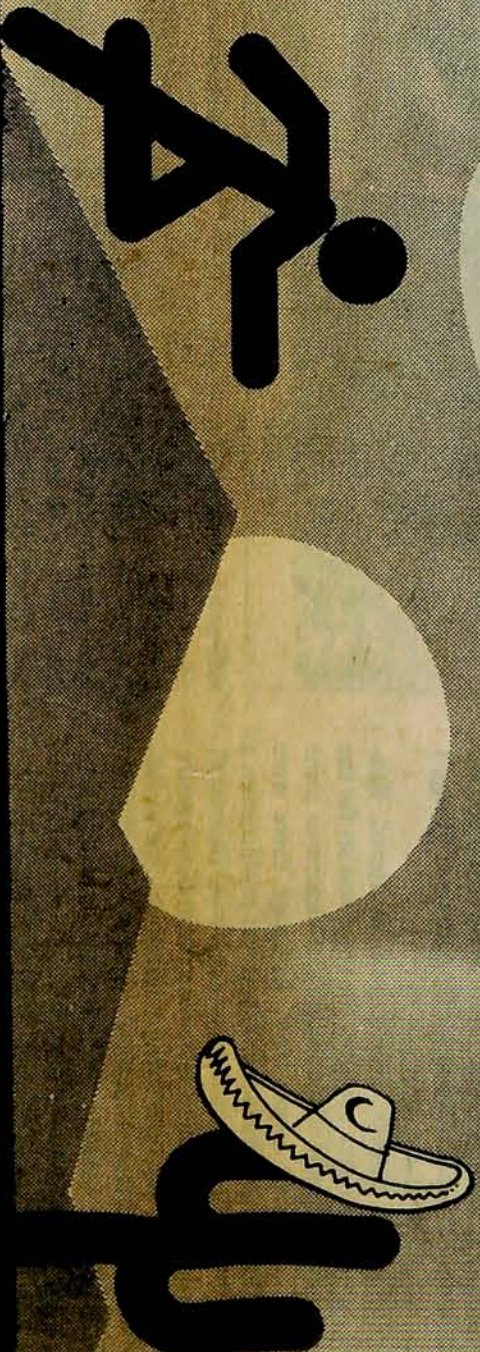
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# THE GUN LAP

by MIKE TYMN

## JOHN LANDY LOOKS BACK

How does it feel to be an athlete who is remembered more for his defeats than his victories?

"I feel that I'm lucky enough to have run at that time. I have no regrets," said John Landy, a man who is memorialized in defeat. The memorial is a large statue that stands at the Empire Stadium in Vancouver, B.C. It shows Landy being overtaken by another runner in the mile run of the 1954 British Empire Games at the stadium. The race was billed as the "Mile of the Century."

Landy stopped in Honolulu recently on his way home to Melbourne, Australia. He had taken part in a special ceremony in Vancouver — perhaps befitting the world's most celebrated loser — for the condemnation of the stadium.

Landy's second-place finish in the

### At the very moment Landy glanced back, Bannister charged by on the outside and continued on to victory.

memorable race 29 years ago followed a race of another kind, one in which he also placed second. It was a race for a certain immortality, the honor and glory of being the first person in recorded history to run a mile in less than four minutes. He lost that race by 46 days to Roger Bannister, the other runner depicted in the Empire Stadium statue.

It was on May 6, 1954, that Bannister did what many people had come to feel was beyond human limits. Paced by Chris Brasher and Chris Chataway for the first three-quarters of the race, he cracked the four-minute "barrier" with a 3:59.4. Then, on June 21, Landy further amazed the sports world by clocking 3:57.9. His performance came without the aid of pacers.

As a high-school miler at the time, I closely followed the pursuit of the first sub four-minute mile. The record of 4:01.4 by Gunder Haegg of Sweden had stood since 1945, but Landy, Bannister, and Wes Santee of Kansas were rapidly closing in on it. The sports pages of the day carried regular reports of their races. Landy had become the favorite of many, including myself, to be the first to break four minutes. I adopted him as one of my sports heroes, and I recall feeling a little

disappointed when a special bulletin came over the radio announcing that Bannister had broken the four-minute barrier.

"Landy had made no secret of the fact that the four-minute mile was his goal," Bannister wrote in his autobiography. Landy, however, denies this. "That's not true," he told me as we sat near the pool of his Waikiki hotel. "I didn't really consider myself capable of breaking four minutes that year. I had been around the 4:02 mark several times and felt that I might improve by just a second or so. I was looking more at Haegg's world record."

After Landy had shattered Bannister's record, the stage was set for the Mile of the Century in Vancouver some six weeks later. Although there were others in the race, it was promoted as a two-man duel — Landy vs. Bannister, the smooth-striding Australian against the high-flying Englishman, the world-record holder against the barrier breaker. The race was page one news around the world.

Landy led through a 58.2 first quarter with Bannister seven yards back. Landy continued to force the pace, opening a 15-yard lead on the second lap. Bannister closed the gap on the third lap and as the bell rang for the final quarter, the two were running together, well ahead of the rest of the field.

"I knew that he was a strong finisher, so I started to move away with about 300 (yards) to go," Landy recalled, using an oval placemat on the table to demonstrate. He wanted to put enough distance between them to nullify Bannister's finishing kick.

As they came off the final turn and headed into the stretch, the historic moment depicted by the Empire Stadium statue took place. Landy glanced over his left shoulder, hoping to see Bannister still back on the middle of the turn. This would have given Landy the confidence to maintain his rhythm to the finish and not tie himself up in a choppy, perhaps futile sprint.

"On the other side of the track I was able to see his shadow, but because of the curve I could no longer see it," Landy recalled. "There was no way to hear him over the noise of the crowd, and that's why I looked back."

At the very moment Landy glanced back, Bannister charged by on the out-



John Landy

side and continued on to victory with a time of 3:58.8. Landy followed in 3:59.6.

Many observers speculated that had Landy not looked back, he would have won the race as Bannister would not have been able to "jump" him at that very strategic point. "No, it wouldn't have made any difference," Landy said. "It was a look of hope. I was completely spent and couldn't have run any faster. Bannister was the better man. I ran according to my plan, and I simply wasn't good enough to beat him."

"There were some people who were critical of me, saying that I had no acceleration, that I had to run from the front, and that I couldn't run a tactical

### "Landy will be remembered for his running form. He was a symphony in motion."

race with a strong finish. That's not true. I had fairly good acceleration. I just wasn't that kind of runner. My approach was to run a hard, steady pace from the very start, and finish knowing that I had run my absolute fastest."

"Landy had shown me what a race could really be at its greatest," Bannister wrote. "He is the sort of runner I could never become. His boldness forced me to abandon my time schedule and lose myself quite completely in the struggle itself. After this experience, I felt that I could never be interested

(Continued on page 11)



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## One of America's Shortest Running Smash Hits Is Back.

**Washington National**  
**Fitness Classic** **3**  
**September 11/Evanston, Illinois**

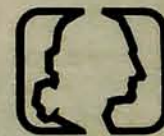
Seldom in the history of distance running has an event gained such critical acclaim in so short a period of time. Runners from around the country are calling it the Midwest's premier 10K race. In fact, the participation for the first two Fitness Classics was so enthusiastic that this year the number of entrants will have to be limited to insure a quality run.

The Fitness Classic 10,000 meter course is certified by the Athletic Congress and the race is held in cooperation with the Illinois Governor's Council on Health and Fitness. It's an event endorsed by the national Women's Sports Foundation, numerous running clubs and Northwestern University's Athletics and Recreation Department. In keeping with Washington National's commitment to promote health and physical fitness, all proceeds from the Fitness Classic will go to the American College of Sports Medicine.

This year, our special guest of honor will be physician, runner and noted author and speaker, Dr. George Sheehan.

Registration deadline is September 1. So if you want to participate in one of the best organized, most scenic 10 kilometer runs in the country, you'd better get started. For a race application and more information, call 312/866-2851 or write to: Washington National Fitness Classic, 1630 Chicago Avenue, Evanston, IL 60201. Special accommodations are available for out of town runners.

Enter soon. If you put it off too long, registration may become a race in itself.



**Washington  
National**  
INSURANCE COMPANY





## On Approaching Every Problem With an OPEN MOUTH

by W. MacDonald MILLER

### Beautiful People

I must admit — my first reaction to turning the NMN into an open want ad for sex, drugs, religion, politics and out-and-out fooling around on the run was shock. However, now that I've had time to think over all the interesting ramifications, I love it. Like "Flashdance," this new direction of our hollowed mouthpiece is the "legitimate child of various new GENRES." Me? I feel I'm totally capable of staying neutral through it all. I pretty much gave up sex several years ago. I do my Jane Fonda exercise cassettes once a week and everything seems to be working out fine, no involvement, no messy breakups. Mine is a very mature situation.

In light of my status, it seemed appropriate for me to both critique and set certain guidelines for this new direction of the NMN. I can't stop thinking, if we really do fill a need, maybe we'll get our own coin operated news stand right there with LA at NIGHT and SUCK Magazine on the corner of Pico and La Cienega. I never have been able to figure out why only California realized the beauty and grace of forty or fifty newspaper stands on every corner. In the meantime, here's a sample of what's come in so far plus my reaction and recommendations.

#### Personals

NMN 7161

For a good time call 201/765-0856. Ask for Tanyablue.

**Comment:** Your classic rifle shot approach. I don't, however, think it's a good idea for people to use their real names.

NMN 0172

Are you into leather? Bondage? Send pictures, couples only. Bill and

Mary, Leisure Village Nursing Home, Council Bluffs, Iowa, 61265.

**Comment:** A good ad. It asks questions and it provides valuable information on who, what and where. Nice job, Bill and Mary.

NMN 1141

Rolfing as a substitute. Pain clinics, body oiling and deprivation. New instruction in servitude. No smoke. Write Mavis Kush, 219 Oak, Kilgore, TX, 34142.

**Comment:** The no-nonsense military approach. Suitable only in a narrow range of interests.

NMN 1143

Lonely? Why not call Vicky? Tell her all about your latest run or jump. She will listen to anything you have in mind. call 503/645-2954

**Comment:** Obtuse and smutty, I think.

NMN 7891

Action photography on T/F and Road Running. Models for semi-nude, nude and erotic photos. No pink. Valet parking, Master Charge OK. Emil, Box 112, Yreka, CA.

**Comment:** Somewhat restrictive but acceptable. Emil is obviously happening.

#### Meetings & Organizations

NMN 0161

Touch Seminar. Sensitivity encounter involving touching and fondling. No food or drink or weirdos. Ray's Sunoco Station, Weaverville, AZ. 85362.

**Comment:** Good and bad. Good in that it does have a certain curiosity appeal and bad in that it's vague — like what exactly is weird, man?

NMN 1174

Latest from California! Dress Up

and Exposure. Costumes from all over the world dating back to Middle Ages. Mace and chain, armour, Robin Hood, loin cloths, etc. No animals! Inquiries: Box 2617, Winona MN 22147.

**Comment:** Not enough detail, are the mace balls smooth or the ones with pricklers? Is there a variety of size in the armour?

NMN 4261

Perverts without Partners, Race Walking and Ludes. Also body painting, Sadism and hill running. Sub Masters and Masters only. Not available to 4A, 4B, 5A, and 5B. Box 219, Ames Iowa, 64710.

**Comment:** A pot pourri of happenings, pleasant mix.

NMN 1727

Bi-Sexual married men sprinters for reviews and dance routines. ¼ inch spikes only, Julius Axelbolt, MD, C301 4017 Via Marina, Venice CA 90219.

**Comment:** Not enough information. More detail needed, what kind of surface?

NMN 4167

Master Square Dancing and Exotic Dance. Every Saturday night 6-9 p.m. Instruction, partners available, coffee and cake served, clean rest rooms, limited voyeur facilities, reservations only, no cameras. Central YMCA, Columbus, Ind.

**Comment:** Sounds like good clean fun.

#### Business Opportunities

NMN 47621

Responsible for my debts and signature only as of 8/1/83. Wendell Miller, 109 W. 2nd St., Canby, MN 55083.

**Comment:** A stiff is a stiff, regardless of what his wife may say.

NMN 62251

Need a qualifying time for Boston? Want to get into the New York Marathon? Need a TAC card? How about an MD degree? Also BANKRUPTCY, the fresh start process. No money down, free consultation, call for a free brochure, 24 hour service. Sonny 312/263-7910, 263-1315, 234-5936, 279-1512.

**Comment:** Great ad, we're talking very heavy deals.



Mike Mahler getting back into shape. Brentwood 10K.

Photo by Richard Lee Slotkin.

NMN 14271

Sell exotic running gear, see-through excitement. Work, have fun and share it with others. Write for brochure to do your own house parties. Puckerware, Box 22, Miami, OH 76142.

**Comment:** Maybe a tad commercial but acceptable as a hard sell.

#### For Sale

NMN 4121

Banana colored leisure suit, 42L, Naugahyde belt, worn once, excellent as a warm-up suit. Priced to move. Harry O., P.O. 619, Littleton, Col. 76421.

**Comment:** Strictly a "one buyer needed" situation.

Summary: A fine array of organizations and opportunities for Masters. I'm particularly proud of our readers for their serious approach to this new and exciting forum. Where it could have turned quickly into an endless list of pooh pooh nasties, it stayed tasteful and informative. This is a beautiful sport and a beautiful time of life. □

### HIGH ALTITUDE TRAINING

Run in 8000 - 11000 foot beautiful Sierra Nevada Mountains in Mammoth Lakes, Calif. World famous ski area is ideal for sports-minded vacationers in summer and fall. Unmatched running on roads to 11,000 feet, back country trails to 14,000 plus. Three road races plus a music/arts festival are scheduled for August. (including the world's highest 10K.)

Beautiful summit resort condominiums have mountain view, pool, jacuzzi, saunas and tennis courts. Local area has mountain climbing, hiking, horseback riding, water skiing and California's finest fishing. Write or call for details.

John Cosgrove - Masters finalist, Corporate cup championships 82  
7411 Earldom Ave.  
Playa Del Rey, Calif. 90191  
(213) 823-9448



Bess James in the middle of the start of the Bess James Ramonaland 10K, June 11, 1983. Hemet News photo



# 1983 NIKE MASTERS GRAND PRIX FINALS

10 KILOMETERS  
Santa Barbara, California  
September 11, 1983  
Sunday, 8:30 AM

## ELIGIBILITY:

U.S. Masters (Men 40 + /women 35 +) runners.  
(NOTE: Anyone of any age may run the race, but only U.S. Masters will be eligible for the trip awards and some of the special events.)

## COURSE:

A scenic, moderately rolling course through the affluent community of Montecito, at the eastern end of Santa Barbara. It is accurately-measured and intended to be certified.

## DIRECTOR:

John Brennand, 1983 Avon International Marathon director, and his able crew of Running Systems' staff.

## AWARDS:

All participants receive a beautifully-designed quality tee-shirt for participating.  
(NOTE: Eligible masters will have a reduced entry fee of \$3.00 — open runners pay \$8.00!)

## TRIPS:

Transportation, up to four (4) days' lodging at the race site, and \$150 expense money, will be awarded the first three (3) men over 40 and the first three (3) women over 35 (i.e., international masters or veterans), to the XVI International Distance Running Championships (IGAL) in Perpignan, France, October 15-16, 1983.

## PARTY:

There will be a reception (6-9 pm) on the evening before the race and a gala awards ceremony afterward, at which everybody and his/her uncle/aunt will be recognized, but only some will win the big prizes!

(NOTE: only eligible masters at these events.)

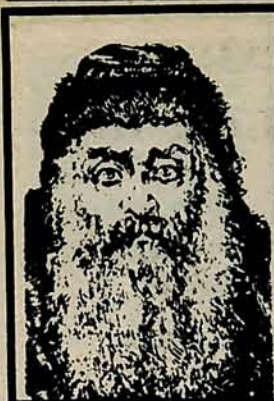
## ENTRIES:

John Brennand  
P.O. Box 6616  
Santa Barbara, CA 93160  
(SASE please!)

## INFORMATION:

For general info about the NIKE Masters Grand Prix Finals, the IGAL races (10K/25K) in Perpignan, or the 1984 NIKE Masters Race Series, contact Valdemar Schultz, NIKE, Inc., 3900 S.W. Murray Blvd., Beaverton, OR 97005, (503) 641-6453.





# Phil the Philosopher

by PHIL CONLEY

## Reflections

"A little over two years ago I began writing this monthly column for NMN. Now, after 25 submittals. I am ending my monthly "Phil the Philosopher" column, at least on an ongoing basis, and would like to share some reflections that I have generated during that period.

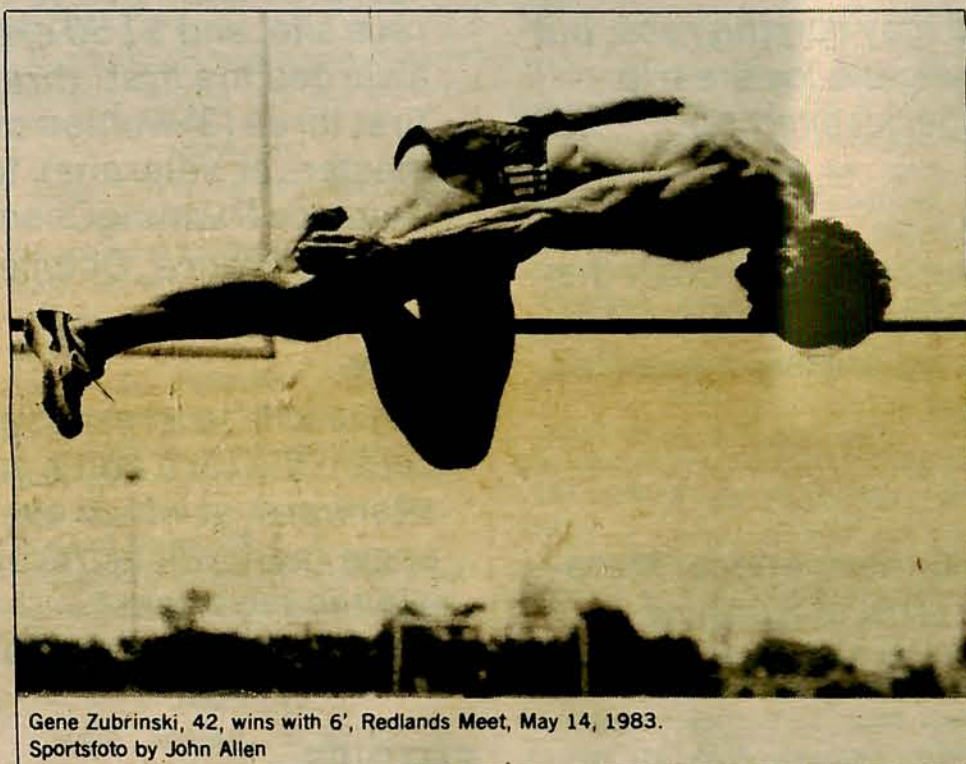
I believe that an analogy would be appropriate in describing my endeavor: the young man living in a small town and setting out to travel to distant places. When the local newspaper editor learned of the boy's trip, he asked the lad to jot down some notes about the places visited and any interesting observations about life and times elsewhere. At first, the boy warmed to the trip and the assignment, and filled his days with enthusiasm, and the mailboxes with copious prose for the editor.

Why not! The boy was away from home for the first time, and there was a whole new interesting life to see and understand. As the lad continued his travels, he found that traveling was tiring and difficult. Besides, he found that many of the answers in life, for which he was searching when he began the journey, were now at hand. The boy ultimately returned home a man, the better for having taken the trip and for having been given the assignment by the editor.

When I shared my original rationale for my "trip" with Editor Al, I cited that I wanted to learn more about The Masters Movement, whether there were efficient methods to relate to reduced absolute performance, and why so few former internationalists were Masters competitors. My private rationale was, of course, to determine whether I could personally find a way to begin enjoying my javelin competition again.

There really is a great deal of difference between track and field in open competition and in the Masters group. Open competition is composed of an anti-social, fiercely-contested physical and mental war where being BEST is the aim. Peripherally, there are also watches, trips, USA uniforms, and, in more recent times, prize money for the victors. Masters competitions tend to focus more on providing something for everyone:—T-shirts for all com-

petitors, age-related potmetal awards, age-related "world records", all set within a socially-oriented atmosphere. It is quite difficult for me as a competitor to come away from a Masters meet knowing that I was the BEST, although meet directors always seem to



Gene Zubrinski, 42, wins with 6', Redlands Meet, May 14, 1983.  
Sportsfoto by John Allen

attempt to establish a plethora of age-related "BEST" awards.

During my "travels" for NMN in these two years, I have found most of the answers for the initial questions that I pondered. The enforced self-scrutiny was most valuable. I have not enjoyed carrying the "burden" of being expected to do well with the javelin; many people have noted my discomfort and have commented on it. I find that I train now in order to avoid embarrassment in competitions, rather than to create an opportunity for success. That approach is all wrong. George Sheehan says the running is therapy; before, throwing the spear was therapy for me, and now it is not!

I also recall Mike Tymn's very notable quote that aging is like easing yourself down the face of a cliff. It can only be pleasant if one does not look up or down while doing so, and one must keep a firm grip. You see, Mike, I have this problem of ACROPHOBIA, and with my case of ARTHRITIS in the hands . . .

So, I have concluded that it is only a matter of time, perhaps just after I turn 50, until I find that I can no longer reach my "threshold of acceptability" and will stop. Will I keep up my running and general conditioning? I'm sure that I will, as I firmly believe that I will continue to find enjoyment.

On my assignment for NMN I have also learned something about writing. I have come to respect the columnist who can write interesting columns on a monthly, weekly or daily basis. Having deadlines truly brings out both the best and the worst in mankind. Also being edited, whether it be for grammar, content, continuity, or space limitations, is likewise a difficult thing to accept. Writers write primarily for themselves, and the intrusion between writer and self is a very threatening matter.

I have also learned or reinforced a number of interesting things from others. I am indebted to the following

eloquently to me and for the readership.

As is customary, one can not close a project without thanking everyone who contributed to the results as well as the inspiration. First, a generous "thank you" to each of you who commented favorably and/or actually wrote to me about concerns, feedback or new subjects for discussion. Next I would like to thank the members of the Angell Field Ancients, my Stanford locale track group, and particularly the "slows", for their generous companionship, support and inspiration.

Thanks too to Arcadia Arnie for his counterbalance about our Masters "Phoolish Physical Phitness Phantasies". Perhaps he is right, after all, that we are indeed trying to recapture the ingredients, if not the results, of an earlier career. Maturation, for me, may well involve the acceptance of new challenges.

Thank you, Editor Al, for your able guidance, and thank you fellow NMN columnists for your efforts that I study instead of skim or simply read. Finally, and most importantly, thank you, Fran, for your constant conceptual and editorial guidance and critique.

Now, as we in the media business like to say, "That's 30 from here, folks!" □

Copyright  
1983  
Phil Conley

for these valuable lessons: Judy Fox Eddy-for stressing how important the enjoyment of training or competition must be; Phil Larson-for providing such a valid definition of "good" and "bad" runners (the "good" ones beat you, and the "bad" ones are the ones you beat); Ken Lorell—who says that one only remembers the finish in a race, and thus you should make sure that you "save" a little and sprint by others toward the tape; Paul Dungan—who showed me that one with a disability or medical condition can indeed survive and thrive.

Other lessons have come from Don Carpenter—who relishes competitions and organizes contrived contests and relays for our track group; Marilyn Leighton—who demonstrates that one can enjoy running while near the back of the pack; Ron Laird—whose athletic history has been a series of commitments, relaxations and recommitments; and finally the two college professors, Frank Bowles and Sid Gendin, who both wrote so profoundly and



Ken Winn grinding out another win in the 45-49 division, Cotton Row, May, 30.

Photo by Jim Taylor,  
Huntsville News.



## JOHN LANDY

(Continued from page 6)

again in record-breaking without the thrill of a competitive struggle."

In his final two years of running (1955-56), Landy changed his race tactics somewhat, frequently letting others set the pace and thereby running more for the win than for time.

Now 53 and employed as an agricultural research manager for a large chemical company in Melbourne, Landy carries 20-25 pounds more on the 5' 11" frame that supported 150 pounds in his racing days. He no longer runs or jogs because of leg problems, which he feels may be related to the heavy stress of the running career.

Landy looks back on the 1950-55 period as a revolutionary era, kicked off by Emil Zatopek. "Prior to 1950, runners seemed to be afraid to really stress themselves. Everything was done in moderation. It was a very conservative approach," he said. Intervals, as popularized by Zatopek, were the essence of Landy's training. He estimates that he ran 40-50 miles a week when in serious training, most of

it on the track. Because there were no cushioned running shoes then, he seldom ran on the roads.

Landy said that Percy Cerutti, who later gained fame as the coach of Herb Elliott, was not really his coach, as some accounts have it. In fact, he did not like or agree with some of Cerutti's methods, specifically mentioning the sand dune training which Cerutti is often identified with and his animalistic running gaits.

"The sand dunes destroyed my rhythm," Landy explained. "Take away my rhythm and I was nothing. I found myself floundering in the sand dunes the one time I visited Cerutti's Portsea training camp, and I seemed to lose the flow of my running."

Landy said, however, that Cerutti was a motivating force in his life. He first heard about Cerutti when he was a 4:40 school-boy miler. Cerutti, then in his 50's, was gaining attention by doing 100 mile runs and other such unusual distances. "He was a motivator. He got out and did things, sort of showed us that we're a lot tougher than we had realized," Landy said. This influence, Landy feels, incited him to greater heights.

Asked how much faster he might have run in his heyday had he the benefit of modern training methods, synthetic tracks and better shoes, Landy thought reflectively for a few seconds and then responded: "I don't think there is any question I could have run faster, but I'm not sure I would want to be a runner under the conditions we have today. Running was an all-embracing hobby for me, but there were other things in my life."

"Today, there is no room for part-time runners. Runners today must be supported, and the entire lifestyle must be changed to meet the demands of training and racing. I don't think I'd want that."

The sports history books may focus more on Landy's defeats than on his victories, but to me, and I'm sure to many others who saw him run, "He (Landy) will be remembered for his running form. He was a symphony in motion." Bannister writes that while following Landy through the third lap of the Vancouver mile he was "almost hypnotized" by Landy's easy shuffling stride — "the most clipped and economical I have ever seen."

Landy took us to the very core of running. He showed many of us that running is an art form. There is a picture vividly etched in my memory bank of Landy moving along in perfect harmony. Feeling a little bad about dwelling on his defeats, I mentioned this to him in an attempt at some sort of consolation.

"Yes, but I had to work at it," he said with a smile. It was clear, however, that John Landy needed no consolation. In victory or in defeat, he knows that he gave it everything he had and he did it his way.

Anyway, what so bad about being second in the world? ☐



Donna Funkhouser, Shore AC, 1st WOA, 2-mile Walk, 21:16.9, 1983 Indoor Nationals, Lehigh, Penn.

Photo by Masters Sports Productions — Finlay



## 1983 TAC National Masters Track & Field Championships

**Date:** Friday, September 16 through Sunday, September 18, 1983

**Time:** See schedule of events

**Site:** Rice Track Stadium  
Rice University (Main and University)

**Awards:** TAC Medals to first three

**Entries:** P.O. Box 740728  
Houston, Texas 77274  
Deadline - postmarked September 1, 1983  
Entries will not be accepted after this day; they will be returned

**Entry Fee:** \$5 for first event \$16 per relay team  
\$3 for each additional event \$10 pentathlon

**Registration:** Pick up packet at stadium prior to event  
No refunds for no-shows  
Report to start when event called

**Results:** Results will be published in the November National Masters News.  
No results will be mailed. Subscriptions to National Masters News are \$15 per year; write to: National Masters News, P.O. Box 2372, Van Nuys, California 91404

**General Information:**

- Order of competition: women first, oldest to youngest
- Events 800 and above will be run as one race. If there are too many competitors, races will be seeded according to times submitted.
- 10,000m will be run in two sections: 1) 50 & over and women, clock stops at 1 hour 10 minutes; 2) 30-49, clock stops at 55 minutes.
- Houston will be warm and humid with temperatures in the 80's. Entrants should only seek participation in distance events if they are well conditioned and cautious in their racing strategy.
- There will be a "get-together" at Roy & Mary Cullen's at 7:00 pm on Saturday, September 17. All athletes and officials are invited. Information will be included in your race package.

**Hotels:**

Tidelands Motor Inn 6500 Main St. Houston, Texas 77030 (Across street from track)	Single - \$39 Double - \$49 (713) 526-4161 (Teresa Flores)
Holiday Inn 801 Calhoun St. Houston, Texas 77001 (Situated downtown, 4 miles from stadium. Transportation to and from track.)	Single - \$32 Double thru Quarter - \$34 (713) 659-2222 (Judy Einbinder)

### Friday, September 16, 1983:

6:00 pm	100m hurdles (prelims, 70+ & women)	Field Events:
	110m hurdles (prelims, 30-69)	5:00 pm hammer
6:30 pm	2000m steeplechase (70+)	6:00 pm long jump (50+ & women)
	3000m steeplechase (30-69)	6:00 pm high jump (30-49)
6:50 pm	100m hurdles (finals)	
	110m hurdles (finals)	
7:30 pm	1500m (finals)	

### Saturday, September 17, 1983:

7:30 am	5000m racewalk	Field Events:
8:00 am	5000m (50+ & women)	8:00 am discus
8:30 am	5000m (30-49)	10:00 am long jump (30-49)
9:00 am	100m (prelims)	12:00 pm javelin
10:00 am	400m (prelims)	2:00 pm shot (30-49)
11:00 am	400m relay	3:00 pm high jump (50+ & women)
	- break -	3:00 pm pole vault
2:00 pm	100m (finals)	
3:00 pm	400m (finals)	
4:00 pm	3200m relay	
5:00 pm	400m hurdles (finals)	

### Sunday, September 18, 1983:

7:00 am	20k racewalk	Field Events:
7:15 am	10,000m (50+ & women) (clock stops 1hr 10 min)	8:00 am triple jump
8:30 am	10,000m (30-49) (clock stops 55 min)	10:00 am shot put (50+ & women)
9:30 am	200m (prelims)	8:00 am pentathlon
10:15 am	800m (finals)	
12:00 pm	200m (finals)	
1:00 pm	1600m relay	

### 1983 TAC MASTERS TRACK & FIELD CHAMPIONSHIPS

(Please print)

Name	(Last)	(First)	(Initial)	Male	Female
Address	(Street)	(City)	(Zip)	Birthdate	Age 9-16-83

Events Entered	Best Mark 1983	Entry Fee
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____

TAC # \_\_\_\_\_ Total Entry Fee: \_\_\_\_\_  
T-SHIRT ORDER: \$5.00 each T-Shirt: \_\_\_\_\_  
Circle shirt size: S M L XL Total Amount: \_\_\_\_\_

TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_ (Make checks payable to HOUSTON HARRIERS)  
Mail to: James McLatchie, P.O. Box 740728, Houston, Texas 77274.

Waiver of Competition: In consideration of acceptance of this entry, I declare that I am physically able to compete in these events and waive for myself, my heirs, and my administrations all claims and damages which might accrue against any and all persons or organizations in any way associated with these events.

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





## RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

### AFTER THE BALL IS OVER! AND WHO NEEDS SORE KNEES!

If you read through the running publications, as thoroughly as I do, you will find a great deal of information about how to run the perfect "whatever" . . . but not a great deal about what happens after the dance.

To the committed runner, preparation for a given race starts immediately after the preceding competition. Among the real degenerates like myself, this preparation gets under way even earlier. At the ten mile check

**And the chisel that engraves the eternal lettering into the marble base of our cortex is pain.**

point in Grandma's Marathon, my split was 57:08. Not bad? BAD. With a brilliant sun overhead and very little breeze, I was overheating. I was drawing heavily from my fluid and electrolyte bank and placing little back. Maintaining 5:40 miles was rapidly becoming more difficult. At this point, my mind was occupied with two issues. The first was to ease back, but not give away the 55-59 class win. But, more important, I began planning for the next marathon. I would do more heat training. I would do more heat training. I would do more heat training.

Perhaps it is the acute nature of our distress during competitions that makes future planning so clear and well illuminated. Having failed ourselves in some small way, we are quick to reflect on the nature of this failure. And the chisel that engraves the eternal lettering into the marble base of our cortex is pain. "Next time I will be ready."

Most runners probably regard their conditioning level, as they start a distance race, as maximal. For most, this level has been achieved with some sacrifice in time and effort. With this in mind, I am reluctant to "fall back" to a lesser level of performance just because the "dance is over".

A good share of the planning for pace and hydration during a race should take into account (1) the person who is going to survive to run another day, and (2) to take care of him or her while the high excitement of the competition is driving the runner closer and closer to the wall.

This attitude of preparing to survive has great merit in the individual runner's long term success. Being able to return to training, however light, immediately or soon after a race diminishes the "downer" that many runners experience when they miss their daily "fix". In addition, the smooth transition back into full training mode preserves that super base that we have worked so hard to obtain.

★ ★ ★

In response to my request for advice and medically related questions, I have received a number of letters and some long distance calls.

The dominant subject from these sources has been knee injuries. Not only are knee injuries the greatest source of problems among my running friends, but they also constitute one of the most difficult "zones" to treat.

As with any athletic injury the key, of course, is prevention. Simple? Not so simple.

In preparation to comment on this subject I sought out information from a variety of available disciplines. Or-



Everett Riggle, M50 winner, Raley's Half-marathon, Sacramento, April 9, 1983.

Photo by Gene Cohn

thopedic surgeons, podiatrists, rehabilitation medicine physicians, track coaches, athletic trainers, physical therapists, internists, family practice physicians, and a number of experienced individuals who might be defined most simply as "runners".

**I am reluctant to "fall back" to a lesser level of performance just because the "dance is over".**

From the scope of sources—and others are available—we may safely assume that matters of the knee are not simple. The structure and function of the knee has helped to minimize injury and to approach existing injuries in some logical fashion.

If there is a single characteristic of the knee that impresses me it is the rather poor circulation. Any of us farm boys who have sacrificed a chicken or two will remember well the extremely pale surfaces of the knee joint, in contrast to the robust character of the rest of the bird. At surgery the human knee takes on somewhat the same appearance. The critical nature of this marginal circulation in the human athlete becomes readily apparent when we become dehydrated or hypoxic or anemic or constrict our circulating blood volumes. This pale but slippery surface loses some of its lubricant nature, and with rapidly increasing resistance, becomes a physiologic ball bearing with falling oil pressure.

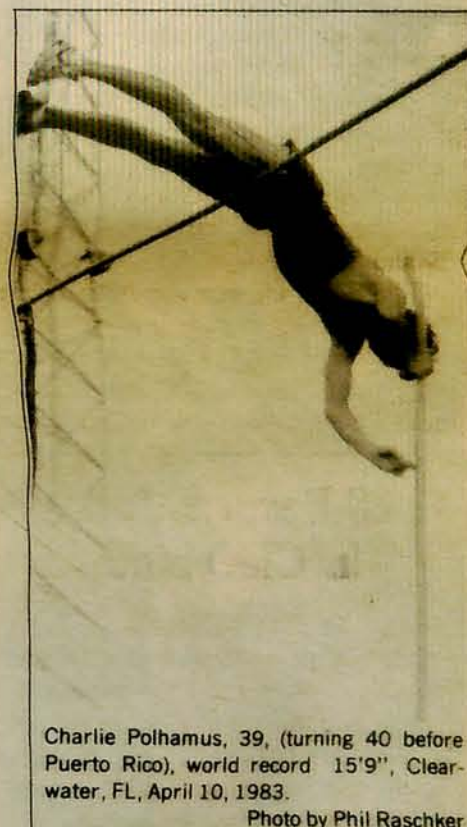
**Injuries of the knee in the middle aged or elderly runner take on special significance.**

Because of the marginal circulation in many of the structural components of the knee, injuries of the knee in the middle aged or elderly runner take on special significance. Circulation varies substantially from individual to individual with aging. One athlete may tolerate substantial over-load to the

knee without significant problems. Another may develop both acute and chronic disabilities with only minor insults.

To add to the problems here, not only is injury proneness extremely variable, but healing is also influenced by variations in circulation. Thus, the individual becomes "a study of one" in the prevention and management of his or her injury. This, too, is why I feel constrained to discuss basics of physiology and pathology of running injuries. Without seeing the individual, and x-rays, and histories, etc., I cannot reasonably ascertain the exact nature of a knee injury . . . perhaps nobody can. But by putting together bits and pieces of information, the runner can lead himself to ultimately correcting his own problem. With intelligent and expert advice, to be sure. But, in the process, avoiding the simplistic diagnosis and treatment that the expert may be quick to provide.

In the next issue, I will discuss several specific kinds of knee injury, from letters received, and attempt to provide some logical approaches to avoidance and therapy. □



Charlie Polhamus, 39, (turning 40 before Puerto Rico), world record 15'9", Clearwater, FL, April 10, 1983.

Photo by Phil Raschker

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## SPEAKER'S CORNER

### Handicapping Races Gain Foothold

by ROB HUNTER

In what may be a significant development in track, the progressive San Diego Athletic Association (SDAA) is blowing away the cobwebs on the local track scene by promoting the concept of handicap races.

In races over various distances, competitors are assigned a handicap — a head start — in meters, based on their best times over the past two years. Accurate and computer-calculated, these head-starts are factored with data gathered during years of handicap racing in other countries.

In the nine opening handicap meets held since 1982, winners of events ranging from 100m to 3000m have come from a wide range of age-groups, including masters. Handicaps have varied from (-2m) to (25m) in the 100m and from (-10m) to (650m) in the 3000m races.

Ed Oleata, 45, won the 100m in the first meet from a handicap of (9m); open runner Mark Belger won the 3000m from the scratch mark; Jock Jocoy, 60+, took the 600m from

(105m); and junior K. Hernandez took a 100m from (11m).

Close finishes have been common. In one 100m race, Bob Sieben, 55, held off a strong open field to win by inches with 0.2 seconds separating the other five finalists.

SDAA is also helping organize road running handicapping events. The next races of this type will be held in conjunction with the San Diego Highland Games August 7th over a 5K and one-mile run, followed on Labor Day with a challenge 5K and mile where runners are challenged to beat the best runners in the area with a head start.

Masters athletes will get a chance to compete in the first U.S. Handicap Championships in the 100m and 800m during the southern California Masters Championships in San Diego August 27.

SDAA will assist any club interested in holding handicap races in conjunction with regular meets, and will oversee them if necessary. Contact: Rob Hunter, 1042 West Spruce, San Diego, CA 92103. 619/299-7672. □

### 28 Records fall in Cleveland

by JEFF GERSON

Near-perfect weather and a strong field of athletes from fifteen states and Canada combined to lead an assault on the meet record book at the 5th Cleveland Track Classic, held June 18, at Cleveland Heights High School.

The outstanding athlete award was given to Rudy Enders, 51, who set meet records in the javelin (135'10"), long jump (18'5½"), high jump (4'11"), and 400m (56.21), as well as winning the 100m (12.10). The 40-49 most valuable athlete was Edward Hill, 40, of Atlanta, who set records in the shot put (48'9½"), discus (147'11"), javelin (160'5"), hammer (152'9"), and 35# weight (51'10").

Clarence Ray took MV honors in the 30-39 division, winning the 400m (50.8) and 200m (22.2), taking second in the 100m (10.71), and running a leg on the record-setting 400m and 1600m relay teams (42.7/3:24.0).

Other outstanding performances were turned in by Nate Robinson, 32, of Boca Raton, Fla., who won the 110m hurdles in 14.21; Rick Christoph, 31, who set records in the pole vault

(15'1") and high jump (6'3"); and Pete Hallop of the Motor City Striders, who won the 30-39 2-mile run in 9:20.84.

In the open women's mile run, Nancy Noonan, 35, won in 5:03.0, an AR.

Over The Hill Track Club of Cleveland won the team championship with 299 points, while Potomac Valley was runner-up with 133. □

### Hatton Breaks Mimoun's 10000m Record

At the Senior Sports Festival in Seattle, June 18, Ray Hatton, 51, Bend, OR, set an age 50-54 world 10000m track record with a time of 32:10.4, breaking Alain Mimoun's eleven-year-old mark of 32:14.

Paul Edens, M40, scored four solid wins in the 50m, 6.4; 100, 11.8; 200, 23.8; and 400, 54.3. Harold Hitt, M50, captured the 50m, 6.8; 200, 25.2; and 400, 55.8.

More than 140 masters from the Pacific Northwest and Canada participated in this fourth annual meeting at the University of Washington's Husky Stadium. □

### Palmer Finds Gold at Eldorado

The bigger-than-life tales that come out of Texas just might be true. Wendell Palmer, 51, of Pampa, Texas, won all the 50-54 throwing events at the Eldorado Masters Classic, June 4: discus 156'11"; shot, 42'1¾"; and javelin, 127'9". And in a rare event-crossover for a weight man, Palmer high jumped 4'11" and long jumped 15'½" for a total of five firsts.

In a more common but still interesting event mix, sprinter Hans Gordon, 41, San Antonio, took three solid firsts, in the 100m, 11.56; the long jump, 19'5½"; and the triple jump, 38'5½".

Besides the traditional track meet events, the Eldorado Classic offered a special chinning competition. Texans Jerry Burnett, 43, Fredericksburg; Francis Johns, 48, Midland; and J.E. Alexander, 63, McCamey, won their divisions with 20 chin-ups.

Only three women athletes competed, all in the 5000m, which was won by Kay Wade, 44, Guthrie, Okla., in 29:25. □



Jaclyn Caselli, 62, W60 winner, 1:15:05, Avon 15K, San Francisco, April 10, 1983.

Photo by Gene Cohn

## SOUTHERN CALIFORNIA MASTERS TRACK & FIELD CHAMPIONSHIPS

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U.S. CHAMPIONSHIP

100M HANDICAP & 800M HANDICAP

SPONSORED BY



AUGUST 27, 1983  
Southwestern College  
900 Otay Lakes Road • Chula Vista, CA  
15 mi. south of San Diego on I-805

HANDICAPPED BY



ENTRY FEE: \$4.00 per event \$10 relays  
PRE-REGISTRATION: All events except relay, deadline AUGUST 22 Late entries \$10 at Meet Director's discretion  
FACILITIES: Artificial Track — ¼" Spikes — Showers — Concrete Rings — Grass Javelin — Runways  
ORDER OF COMPETITION: Women first — oldest to youngest in 5-year age groups starting at 30 years. Races may be combined at meet director's discretion.  
HEATS: Heats will be run first if needed.  
AWARDS: Championship Medals for First Three Places. Commemorative T-shirt for sale at meet site.  
NOTE: Random drawings throughout meet by entry number for donated merchandise.

HANDICAP RACES: All entrants compete against each other regardless of age, with every competitor receiving a handicap or head-start in meters based on runners' best times during the past two years.

SCHEDULE			
10:00 HAMMER	11:00 3000 WALK	1:15 400M PRELIMS	2:30 100M FINALS
11:00 POLE VAULT	11:45 100M PRELIMS	1:30 800M Handicap	3:00 800M FINALS
JAVELIN	12:00 5000 METERS	1:45 100M Handicap	3:30 200 FINALS
1:00 SHOT PUT	12:30 200M PRELIMS	2:00 400 IH	4:00 1500M FINALS
LONG JUMP	12:45 STEEPCHASE		4:20 400M FINALS
3:00 DISCUS			5:00 HIGH HURDLES
HIGH JUMP			5:30 400 RELAY
TRIPLE JUMP			6:00 1600M RELAY

ENTRY FORM

Joe Horn, Entry Coordinator 1147 Agate, San Diego, CA 92109. 619-488-8885

NAME (LAST) \_\_\_\_\_ (FIRST) \_\_\_\_\_ AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

PHONE \_\_\_\_\_ EVENTS ENTERED: \_\_\_\_\_

ADDRESS \_\_\_\_\_ PERFORMANCE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ CLUB AFFILIATION \_\_\_\_\_

CIRCLE ONE: MALE FEMALE AMOUNT ENCLOSED \_\_\_\_\_

(Make checks payable to San Diego Athletic Association)

WAIVER

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, any and all rights, claims or damages I may accrue against San Diego Athletic Association, TAC, Southwestern College, and all sponsors of this meet, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from and while competing.

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





one month to go  
**COUNTDOWN  
TO  
PUERTO RICO**

## World Games

(Continued from page 1)

location, possibly in the United States; 5) The Games will be cancelled.

Bob Fine, North American Representative to WAVA, is asking all concerned masters to write to Governor Barcelo. "We should express the depths of our feeling on this matter," Fine said, "and ask the Governor to reconsider his position."

When the V World Veterans Games were awarded to Puerto Rico, WAVA was assured by the Puerto Ricans that there would be no problems about South African participation. The people of Puerto Rico, through their representatives, gave their word that all veteran athletes would be able to compete.

The Puerto Rican World Games Committee has done its best to prevent the barring of any athlete, but the issue has been simmering all year. Last spring, Don Farquharson, President of WAVA, made a special trip to Puerto Rico to talk with Mayor Padilla and others about South African participation. The mayor agreed that the South Africans could compete, suggesting a low profile to which Farquharson readily agreed. The situation was thought to be under control.

### WORLD GAMES QUESTIONNAIRE

Don:

If Governor Barcelo cannot be persuaded to allow all entrants -- including black and white athletes from South Africa -- to compete in the V World Veterans Games, we should:

- 1) Tell the South Africans to stay home and hold the Games as scheduled
- 2) Tell the South Africans to try to enter Puerto Rico on non South-African passports
- 3) Hold a scaled-down version of the Games in secondary stadiums in Puerto Rico
- 4) Switch the Games to another location, possibly in the USA
- 5) Cancel the Games
- 6) \_\_\_\_\_

Comments: \_\_\_\_\_

Send to: Don Farquharson  
President, WAVA  
269 Ridgewood Road  
West Hill, Ontario  
Canada M1C 2X3

However, an individual letter of protest from Canadian Bruce Kidd, former Olympian, to the head of the Puerto Rico Olympic Committee (PROC), reopened the whole matter.

The PROC approached Governor Barcelo, saying it feared reprisals from the International Olympic Committee (IOC) if South Africans were allowed to compete on Puerto Rican soil; that Puerto Rican Olympic athletes (Puerto Rico has its own Olympic program, despite its close affiliation with the

**"We feel the principle involved is of such importance, that it's better to cancel the Games than to bar anyone from participating.**

**— Don Farquharson  
President, WAVA**

USA) might be banned from the Pan-American Games and even the 1984 Los Angeles Olympics.

For that reason, the Governor asked for the ban on South Africans. Mayor Padilla, who is challenging Governor Barcelo for the Governor's job in next year's election, was placed in a difficult spot. He reversed his earlier decision, and now supports the Governor's ban.

Fine and Farquharson are not optimistic about the Governor switching his position.

"A lot of public statements have been made which will be difficult to retract," Farquharson said.

"It's been all over the San Juan papers," Fine said, "and even hit the New York Daily News on the wire service."

NMN reached Governor Barcelo's office by phone, but none of the five people we spoke to was willing to talk about the subject.

The PROC fear that the IOC will impose reprisals is unfounded, Fine claims.

"I received a letter from the head of the IOC," he said "assuring me that they have no jurisdiction over the masters program. We are a completely separate and self-governing body. The issue is not whether anyone approves of South Africa's racial policies. The issue is whether the masters can run our own program. WAVA has sought to keep the program free from interference by politicians. We don't want the boycotts and hypocrisy that have permeated the Olympic movement."

Few veteran athletes support the South African government's policy of

apartheid. Most are as sympathetic to the suffering in the world as anyone. But most masters are non-political. They would prefer to accept people as individuals rather than as members of some category. They feel that politics do not belong in athletic competition; that sport as an instrument of international policy is a spitball against a battleship. Witness the 1980 U.S. Olympic boycott, which solved nothing.

"I have visited South Africa," three-time World Veterans Games gold medalist Hal Higdon says, "and I have nothing but contempt for the nationalist government. But why pick on the athletes? The world community accepts South African diamonds and gold, which are mined by exploited black labor, but refuses to accept its athletes, despite athletics being one of the few areas of South African life where some integration occurs."

Indeed, of the South African entries to this year's World Veterans Games, 14 are black. All would be barred from the competition.

The International Amateur Athletic

Federation (IAAF), the international governing body for athletics, has agreed that any man over 40 or woman over 35 could compete in Veterans events, South African or otherwise.

Rafael Serrati, V World Games Administrative Officer and a man truly caught in the middle, said he doesn't think there would be any reprisals by the IOC. "We're trying to get the Governor to reconsider his position," he said.

There is another, more subtle, unspoken threat: that if the South Africans compete, the other African nations (Kenya, Uganda, etc.) might boycott the 1984 Olympics unless Puerto Rico was excluded.

Farquharson contacted the WAVA Executive Committee members by phone. "The majority feel we should stick by our Constitution," he said. "They feel the principle involved is of

such importance, that it's better to cancel the Games than to bar anyone from participating."

If there is no support from the governor or mayor, Serrati said "we would lose the main stadium, additional funds, and three or four other government agencies that were going to be involved in staging the Games. All of that will be withdrawn. I think we could still be able to put on the Games, but I don't know how successful they would be."

The main Sixto Escobar Stadium is owned by the state. It needs complete resurfacing, which was scheduled to begin in July to be ready for the September Games. Unless the matter is settled immediately, the refurbishing will be delayed.

What about the secondary stadiums? "They are owned by the Municipality of San Juan," Serrati said. Would the mayor ban us from using those tracks, too? "I don't think so," Serrati said. "They generally are rented to anyone who can pay."

Serrati admitted, however, that if the governor, the mayor and the government agencies were all to wash their hands of the Games, "we wouldn't be able to put them on, because everything was going to be supported by different government agencies."

Serrati feels having the South Africans come in to the island with non-South African passports, as a few were able to do in the 4th World Games in New Zealand in 1981, would not be a good solution. The word would get out, as it did in New Zealand, the press would pick it up, and there would be trouble. Government funds and facilities would possibly be withheld.

While neither the governor or mayor has any legal authority to keep a South African resident out of the country -- to visit, walk down the street, go to a restaurant, etc. -- the minute a South African steps on to a track, trouble begins.

Could the Games be switched at this late date to another location?

"I've talked to Tracy Sundlun, the head of the TAC Metropolitan  
(Continued on page 15)



Herb Lorenz (176), Lew Faxon (147), George Keim (186) and Bill Hall (141) race along Potomac River in Washington, D.C. May 29 in National Masters 20K. Keim finished 3rd in 1:06:24 behind Norm Green and Tony Gerrity. Lorenz was 4th, Faxon 5th and Hall 9th.



## World Games

(Continued from page 14)

Association," Fine said. "He might be able to put it on at Randall's Island. Since Puerto Rico has only received about 1750 entries, it could be run on one track in New York."

Puerto Rico has received about \$70,000 in entry fees. Would that money be given to another meet director, if the Games were switched? Or refunded to the athletes if the Games were cancelled?

"Yes, absolutely," Serrati said. "Down to the last penny. But if the Games are cancelled, it will be WAVA's decision, not ours."

"Another problem is the \$10 WAVA fee paid by each entrant," Farquharson said. "That's WAVA's only source of revenue."

Fine said that part of the transportation deposits will not be returned after July 28. "The hotel deposits are another story," he said. "I don't know what would happen."

He said a lawsuit is another possibility, "but that won't help the Games. The problem is there was nothing in writing, even though everyone knew the South Africans would enter."

The World Games Committee says another 250 entries are in the mail. Many of the total of 2000 are athletes from Australia, New Zealand, Japan, Europe and all over the world, who have made vacation plans to attend.

If the games are cancelled, the Puerto Rican economy will be out about \$3 million.

"WAVA is calling on all masters athletes to write to the Governor of Puerto Rico," Fine urged. "Appraise him of the depth of our feeling; that the Veterans will not compromise on this matter and are prepared to cancel the meet in Puerto Rico if any athlete is barred from the competition. Time is very limited. Please write your letter immediately and send a copy to Farquharson. We still recommend that those who have not entered the meet, do so. The situation is subject to change."

Write to: The Honorable Carlos Barcelo, Governor of Puerto Rico, La Fortaleza, San Juan PR 00936. Send a

copy to Don Farquharson, President of WAVA, 269 Ridgewood Road, West Hill, Ontario M1C 2X3, Canada.

## Hayward Classic

(Continued from page 1)

13.59; Bill McChesney, 55, won the mile in 4:59.75; and Ken Carman, 55, did the steeplechase in 11/12.

Ninety-year-old Collister Wheeler long jumped 6' 1/4' and threw the discus 56'6" for world records for his age.

Other runners had impressive times. Bruce Springbett, 50, tripled, in the 100m, 11.70; the 200m, 24.8; and the 400m 55.5.

George Cohen, 43, had the fastest time of the day for the 800m—1:56.39. Frank Duarte, 41, ran the best 5000m and 10000m of the meet 15:26.63/32:35.34. □



Loren Noyes, M50, practicing hurdles, Glendale, Calif.

## RELAY ENTRY FORM

TO: USMITT  
P.O. Box 7479  
San Diego, CA 92107  
Please include me in the relays for the World Vets Games in Puerto Rico.

40-49 \_\_\_\_\_ 50-59 \_\_\_\_\_ 60 & over \_\_\_\_\_

4x100 \_\_\_\_\_ 4x400 \_\_\_\_\_ 4x800 \_\_\_\_\_

Name: \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_

Telephone \_\_\_\_\_

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ROCKY MOUNTAIN MASTERS GAMES

NATIONAL TRIANGULAR SCORING

EAST vs WEST vs ROCKY MOUNTAIN

DATE September 3rd and 4th

SPONSOR Denver Track Club

PLACE Denver, Colorado 11th and Peoria (Aurora Central H.S.)

TEAMS Any athlete registered with Montana, Wyoming, Colorado, or New Mexico is on the Rocky Mountain team. Anyone registered west of these four states is on the West team. Anyone east on East team.

AGE DIVISIONS 5 year age groups - men and women, 30 and over.

INDIVIDUAL AWARDS First 6 places in each event receive medals. A maximum of 3 medals will be awarded to any entrant, additional medals won may be purchased for \$3.00.

SCORING Scoring will be 8-5-4-3-2-1 for each event including pentathlon and weight pentathlon. The team with the most points will have its name inscribed on the Fern Mutual Rocky Mountain Games Trophy.

TRACK All Weather (1/4" - 7mm Max., Grass for Javelin).

RULES Standard TAC Masters Rules.

TAC registration is required and is available at the meet.

SANCTIONED COLORADO ATHLETICS CONGRESS

FEES \$6.00 first event includes Tee shirt. \$4.00 each additional event. \$21.00 unlimited events. Additional shirts can be purchased.

LATE ENTRIES To guarantee participation, entries must be received on or before September 1, 1983. Late entrants may be allowed to participate at the Meet Director's discretion.

DRESSING No shower facilities available at track.

CONTACTS Jim Weed, 11672 East 2nd Av, Aurora, Co. 80010 (303-341-2980)  
Jerry Donley, 1715 Alamo, Colo Spgs, Co. 80907 (303-635-1264)  
Steve Kaeuper 388-8180

### SCHEDULE of EVENTS

September 3rd  
4pm Pentathlon (L.J. Javelin, 200m, Discus, 1500m)  
4pm Weight Pentathlon (Shot, Dis, Jav, Hammer, 35lb wt)  
6:30 pm 5000 meter run on track

September 4th  
9:00 am 110m HH Long Jump  
9:30 am 100m Javelin, Pole Vault  
10:00am 800m  
10:15am Sprint Medley Relay (400, 200, 200, 800) Mixed ages (30, 40, 40, 50)  
10:45am 200m  
11:00am Predict your time mile\* T.J., S.P., H.J.  
12:00 Hammer  
1:00 pm 400IMH Discus  
2:00 pm 400m  
2:15 pm 4X100 Relay (10 year age groups)  
3:00 pm 4X200 Relay (10 year age groups)  
4:00 pm 1500m

\* this is a fun run for family members and friends. medals will be given but no team points.

7:00 pm Awards ceremony and social

### OFFICIAL ENTRY FORM

ROCKY MOUNTAIN MASTERS GAMES 1983

Please print

NAME \_\_\_\_\_ Address \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ TAC # \_\_\_\_\_

TAC ASSOCIATION \_\_\_\_\_

In order to compete in the 1983 ROCKY MOUNTAIN GAMES, I do for myself, my heirs and administrators waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me or my heirs against the Colorado Athletic Congress, The Athletic Congress, NIKE, Aurora School District and any and all other sponsors and the officers and agents thereof. I certify I am in good physical condition, and recognize that this meet will be held at High Altitude (5,204 feet) and that the weather conditions can vary from extreme heat to cold in short periods of time.

Date \_\_\_\_\_ SIGNED \_\_\_\_\_

Please check, in the space provided to the right of each event, those events you wish to enter. Also, please enter your best time, distance or height for all events you have competed in over the past two years. This will help meet directors seed multi-heated events and may be helpful to team captains in putting strength in various events.

time	entry	height	entry	distance	entry
100m	_____	H.J.	_____	S.P.	_____
200m	_____	P.V.	_____	Dis	_____
400m	_____	Jav	_____	Hammer	_____
800m	_____	L.J.	_____	T.J.	_____
1500m	_____	_____	_____	_____	_____
110mHH	_____	_____	_____	_____	_____
400IMH	_____	5K	_____	_____	_____

Predict your time mile \_\_\_\_\_ (name and age) for family and friends

Pentathlon \_\_\_\_\_ Weight Pentathlon \_\_\_\_\_

Number of events entered \_\_\_\_\_ Amount enclosed \_\_\_\_\_

Please send your entry form, signed waiver, and check payable to the "Denver Track Club" to Jim Weed, 11672 E 2nd Av, Aurora, Co. 80010

Sunday evening an awards ceremony and social will be held. Ramada Renaissance Hotel 1225 at Parker Road Exit

Saturday 5pm to 10pm pick up packets at hospitality room Ramada Renaissance Hotel.

1982 results- send self addressed stamped envelope to Jim Weed



# National Running Data Center

## LORENZ TOPS MASTERS 10-MILERS IN 1982

Herb Lorenz, 44, of Willingboro, New Jersey, turned in the fastest 10-mile run by an American over age 35 in 1982 with a clocking of 50:43.

The time established an American masters (over-age-40) 10-mile record, and was 21 seconds faster than the 51:04 recorded by Pittsburgh's Sam Bair, the leader of the 35-39 age group.

This issue contains the 1982 10-mile rankings in 5-year age groups from age 35+, as compiled exclusively for NMN by the National Running Data Center.

Chicago's Ernie billups topped the 45-49 division with 53:25, while Indiana's Hal Higdon set a new U.S. 50-54 record of 53:40.

Michigan's Jim Forshee led the 55-59 contingent in 58:21, with New Jersey's Jack Start best of the 60-64 crowd in 1:02:26.

New Mexico's Don Longenecker flashed a 1:02:01 to smash the U.S.

65-69 mark by over four minutes. Minnesota's Bill Andberg bested his fellow 70-74 runners in 1:13:46, and New York's Charles Hackenheimer erased the old 75-79 mark by 15 minutes in 1:16:16.

Californians Laurie Binder and Shirley Matson led the 35-39 and 40-44 women, respectively, in 55:22 and 1:02:45. Michigan's Karen Holappa topped the 45-49 bracket in 1:05:10, while New York's Milla Kania sizzled to a U.S. 50-54 record 1:04:16.

Another Empire-Stater, Janet Grenada, ticked off a 1:16:12 as best 55-59 woman, with California's Gerry Davidson leading the 60-64 group in 1:22:30.

New U.S. division marks were set by Colorado's Pearl Mehl, 65-69 (1:30:49); and Anne Clarke of Illinois, 70-74 (1:35:01).

To be listed, marks must have been

Run, don't walk, to the mailbox with your entry form. Make checks payable to the Dayton River Corridor Classic, c/o Stephen Barr, Miami Valley Hospital, 3700 Far Hills Avenue, Kettering, Ohio 45429.

DAYTON RIVER CORRIDOR CLASSIC 1983

DAYTON RIVER CORRIDOR CLASSIC 1983

## Seventh Annual Dayton River Corridor Classic

September 25, 1983

Selected by *Runner's World* Magazine for its list of "25 Top American Road Races,"

National Masters Championship Sanctioned by Athletic Congress

### ENTRY FORM (Please Print)

NAME Last First M I  
ADDRESS No. Street Rd. Ave. S. etc  
CITY STATE ZIP  
COUNTRY PHONE - Area Code Daytime No.  
CATEGORY ☐ Male ☐ Female ☐ Wheelchair ☐ Masters Competition ☐ Team Competition  
AGE-DAY OF RACE BIRTHDATE Mo Day Year  
TAC NUMBER  
T-SHIRT SIZE ☐ Adult ☐ Youth ☐ S ☐ M ☐ L ☐ XL  
Applications available on request

In consideration for the foregoing, I for myself, my executors, administrators and assigns, do hereby release and discharge all sponsors for all actions and whatsoever in any manner arising or growing out of my participation in said run. Signature \_\_\_\_\_ Parent's Signature \_\_\_\_\_

### Entry Fees:

The entry fee is \$6.00 per runner. Payment must be enclosed with the entry blank. The entry fee is non-refundable. All entries must be postmarked (Dayton, Ohio) no later than September 15, 1983.

### Divisions:

- Individual men and women: 19 & under, 20-24, 25-29, 30-34
- Masters: 35-39, 40-44, 45-49, 50-54, 55-59, 60+
- Must have Tac Membership to be eligible for TAC Masters Championship Awards.
- Team Competition: Corporate - Individual

### Awards:

First Place trophies will be awarded to the overall winner in each division and to 1st, 2nd, 3rd place winners. Medallions will be awarded to the first 100 finishers.

### The Run:

Distance: 21.07 Kilometers / 13.1 Miles  
Location: Dayton, Ohio  
Late Registration: 6:30-8:00 a.m. on September 25, 1983  
Late Registration Fee \$7.00  
Start of Race: 10:00 a.m.  
Awards Ceremony: 12:30 p.m.

submitted with complete race results, run on certified courses (certified by the National Standards Committee of TAC, not by the race director or local TAC organization), documented as having been run on the course as originally certified, and been correctly timed at the finish line in order to establish accurate matching of time and place.

Runners who feel their marks should have been included, but were not, should first check with the director of the race in question, not NMN, to make sure the complete race results and supporting documentation were sent to NRDC. If still in doubt, runners can direct questions to NRDC, PO Box 42888, Tucson AZ 85733, or call 602/326-6416.

## Shulin, Hoyt, and Bower Win at West Penn

A small field of competitors at the West Penn Open and Masters T & F Meet, June 11 in Washington, PA, produced all-around good marks capped by several strong performances in each age group.

In the M30-39, Steve Shulin, 32, won the javelin throw with a 191'9" mark. Pete Hoyt, 42, stood out in the 40-49

## Dalrymple Tops in L'legs Mini

Cindy Dalrymple, 41, rolled to a sparkling 34:46 in the L'legs Mini-Marathon in New York's Central Park May 28, only six seconds off her American women's 40-44 age record for the 10K distance.

She easily took over-age-40 honors and placed 15th among the 4681 finishers. Linda Thurston, 41, was second master and 68th overall in 38:36.

Milla Kania, 52, led the 50-59 age-group in 39:01 as the 76th finisher. Toshiko d'Elia, 53, settled for second 50-59 and 108th overall in 40:44.

Althea Wetherbee, 64, won the 60 age-class in 50:37; Lois Schieffelin, 72, took 70+ honors in 1:14:58.

New Zealand's Anne Audain, 27, won the race in 32:23. □

Also in this issue are the U.S. road records by 5-year age groups from 35+ for men and women, as compiled by NRDC. □

### WRITE ON

(Continued from page 2)

### METRIC MEASURES

I'm very confused by what is going on in masters track and field, and the confusion is compounded by the information all being in metrics. They were calling off the distances in meters while we were throwing the javelin in Philly and I don't even know how far we threw. All I could tell was that I was about two feet or so behind the winner, which I determined by walking out to see where the spears were landing.

James A. Murray  
Morrisville, PA

division, winning the 35# weight, with an impressive 43'8", and the hammer, 123'.

Fifty-nine-year-old Ray Bower, ran a 12.95 100m to beat fifty-year-old Sam Sinderson, 13.0. The Over The Hill team won the 30-39 contest; West Penn won all the other division team titles. □



Shirley Matson, after Sub-4 8K, San Diego, 1983.

Photo by Richard Lee Slotkin

## World Masters Championship

### Package

To San Juan \$875.00

Includes round trip air

from LAX to San Juan

(subject to restrictions)

and hotel in San Juan

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Travel

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# JOHNSTON, GREAT BRITAIN WIN EUROPE 25K

by JERRY WOJCIK

Winner Tim Johnston, 1:20:36, fifth place James O'Brien, 1:22:29, and seventh place Ron Hill, 1:23:09, totaled 4:06:14 to win for Great Britain the 1983 International Veterans 25K at Bruges, Belgium, June 26, over the Belgian team (4:09:13). The Netherlands (4:11:02) finished third, followed by West Germany, France, Wales, and Luxembourg.

The club competition was won by Great Britain's Wirral AC team of Alfred Lennon, 15th, 1:25:08; Leo Carroll, 20th, 1:27:16; and Edward Isaacs, 24th, 1:28:24, (4:20:58). Olympic Brugge of Belgium was second (4:30:28); Britain's Salford H & AC runners took the third club place (4:36:18).

Denise Alfvoet, 45-49, of Belgium, won the women's race in 1:33:28, 58th overall. Carol Gould, 35-39, of Great Britain, followed in 1:36:28 for a 90th place finish out of 631 male and female runners. □



Dennis Duffy passes to George Cohen, 4x200 relay, 1:35:6, Mt. SAC Relays.

Sportsfoto by John Allen

## CHILLICOTHE MASTERS and SENIOR OLYMPICS Track & Field Meet August 14, 1983

PLACE: Litton Stadium, Chillicothe, Missouri

TIME: 3:00 PM, August 14, 1983, Sunday

ENTRY DEADLINE: August 8, 1983

ENTRY FEE: \$4.00 first event, \$2.00 each additional event.  
Make checks payable to "Chillicothe Masters"

AWARDS: Medals to first three places in each age group.

AGE GROUPS: open (19-29), sub-masters (30-34)(35-39)  
masters (40-44)(45-49)(50-54) Senior Olympics  
(55-59) (60-64) (65-69) (70-74) (75-79) (80+)  
Age is determined as of day of meet, men & women.

### ORDER OF EVENTS

400m relay	Long jump
100m dash	High jump
1500m walk	Triple jump
800m run	Discus
200m dash	Shot put
1500m run	Shot weight: open = 16#,
400m dash	30-59 = 12#, 60+ and
	women = 8#.

NOTE: Track is Red Dog and runways are asphalt.

400m relay: combined ages of runners must total at least 145 years; and one runner must be female.

-----CUT OFF-----

### ENTRY FORM

NAME \_\_\_\_\_ PHONE ( ) \_\_\_\_\_  
STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
BIRTH DATE \_\_\_\_\_ AGE GROUP \_\_\_\_\_ SEX M( ) or F( )  
EVENTS ENTERED (circle) 110m HH, 100m, 200m, 400m, 800m, 1500m,  
1500m walk, LJ, TJ, HJ, SP, D, 400m relay

I, the undersigned participant, hereby agree to indemnify, save and hold harmless Joseph Shy, Chillicothe Public Schools, or any of their agents or representatives for my health, safety, or any injury resulting from my participation in the Chillicothe Masters track and field meet.

Mail to: Joe Shy  
Box 745  
Chillicothe, MO 64601

SIGNATURE \_\_\_\_\_

Entry fee enclosed \$ \_\_\_\_\_



## TAC WESTERN REGIONAL MASTERS AND SUBMASTERS CHAMPIONSHIP TRACK & FIELD MEET

AUGUST 20, 21, 1983

Los Gatos High School & San Jose City College  
Los Gatos, California

Hosted by

LOS GATOS ATHLETIC ASSOCIATION, TAC/USA, NIKE

ENTRY DEADLINE AUGUST 16, 1983

- FACILITIES:** 8 lane Chevron 400 all weather track. 1/4" spikes only. Concrete throwing rings. Grass javelin runway at San Jose City College.
- ELIGIBILITY:** Men and women in 5 year age groups from age 30 with a 1983 TAC registration number.
- FEES:** \$6.00 per event. \$16.00 per relay team — all from same club.
- ENTRY DEADLINE:** Tuesday, August 16, 1983. No post entries except by phone. \$10.00/event depending on available space in event. Relay teams may enter on meet days with all runners from same club.
- TAC REGISTRATION:** Required registration, 1983 number available at meet for \$6.00.
- AWARDS:** Medals for first 3 places in each age group. Random drawings for merchandise.
- BARBEQUE:** Saturday evening — delicious hamburger BBQ adjacent to track — complete with salad and beverages: \$5.00. Wooded shaded nature area at our Boy Scout facility.
- DECLARATION:** Scratches must be declared by Friday in all events run in lanes or disqualification from all subsequent lined events will result.
- NOTE:** Hammer, javelin, steeplechase will be held at San Jose City College. 20K walk will be held at 7:00 AM Sunday morning at Vasona Park. Course map available race day, or mail self-addressed stamped envelope.
- HOUSING:** Los Gatos Lodge, 354-3300. Los Gatos Garden Inn, 354-6448. Los Gatos Motor Inn, 356-9191. Village Inn, 354-8210.

### SATURDAY, AUGUST 21

#### TRACK

8:00 AM 5 K WALK  
9:00 AM 10,000 m  
10:00 AM 400 m HEATS  
11:00 AM 400 m RELAY  
11:30 AM 100 m HURDLES, MEN 70+ & WOMEN  
11:45 AM 110 m HURDLES  
12:30 800 m  
LUNCH BREAK  
2:00 100 m HEATS & FINALS  
3:15 400 m FINALS

#### FIELD

9:00 AM HIGH JUMP, MEN 60+ & WOMEN  
10:00 AM POLE VAULT, 50+  
10:00 AM HIGH JUMP, 30-59  
11:00 AM LONG JUMP, MEN 50+ & WOMEN  
11:00 AM POLE VAULT, 30-49  
11:30 AM SHOT PUT, MEN 50+ & WOMEN  
11:45 AM LONG JUMP, 30-49  
12:30 PM SHOT PUT, 30-49  
2:00 PM DISCUS  
BBQ 5:00 to 7:00 PM AT SCOUT HUT

### SUNDAY, AUGUST 22

#### TRACK

7:00 AM 20 K WALK — VASONA PARK  
8:00 AM STEEPLE CHASE — SAN JOSE CITY  
8:00 AM 5 K RUN, WOMEN 60+  
8:30 AM 5 K RUN, 40-59  
9:00 AM 5 K RUN, 30-39  
9:00 AM PENTATHALON — SAN JOSE CITY  
9:30 AM 200 m HEATS & FINALS  
10:30 AM 400 IH  
11:15 AM 1500 m  
12:15 PM MILE RELAY  
PENTATHALON WILL COMMENCE AT 9:00 AM AT SAN JOSE CITY COLLEGE

#### FIELD

9:00 AM JAVELIN — SAN JOSE CITY  
10:30 AM TRIPLE JUMP  
11:15 AM HAMMER — SAN JOSE CITY

## TAC/USA WESTERN REGIONAL MASTERS AND SUBMASTERS CHAMPIONSHIP TRACK & FIELD MEET ENTRY DEADLINE AUGUST 16, 1983

BRUCE SPRINGBETT, Meet Director  
P.O. Box 1326, Los Gatos, California 95030  
408/354-2005

Name \_\_\_\_\_ (LAST) \_\_\_\_\_ (FIRST) \_\_\_\_\_ Address \_\_\_\_\_ (NUMBER & STREET)  
Phone \_\_\_\_\_ (CITY) \_\_\_\_\_ (STATE) \_\_\_\_\_ (ZIP)  
Date of birth \_\_\_\_\_ Circle one: MALE FEMALE  
Age as of August 20, 1983 \_\_\_\_\_  
Events entered & best time 1983 \_\_\_\_\_  
Club affiliation \_\_\_\_\_ Your 1983 TAC # \_\_\_\_\_  
Amount enclosed \_\_\_\_\_ BBQ \_\_\_\_\_  
(Make checks payable to Los Gatos Athletic Association, Inc.) NO REFUNDS FOR DEFAULT

### WAIVER:

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, any and all rights, claims or damages I may accrue against Nike, 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/USA Western Regional Masters and Submasters Championship Track & Field Meet held August 20 and 21, 1983, at Los Gatos High School, Los Gatos, California, and at San Jose City College.

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



# PROFILE

## PAT DIXON DEALS WITH ADVERSITY

There is an old Chinese proverb which holds that a gem cannot be polished without friction, nor man perfected without trials. Patricia Dixon is testimony to the proverb.

Dixon, a 64-year-old native of England, has learned to deal with adversity. From a broken marriage and a broken leg, she went on to become an outstanding runner, currently holding four world age-class records on the track and three American records on the roads. Now recovering from a broken shoulder and a possible ruptured disc, she is anxiously looking forward to returning to running and racing.

"As I sit here, my heart quickens and the old adrenalin flows just remembering the wins, and losses, the excitement of the start, and a relief of the finish. I'll be moving into a new age group next February, by which time I hope to be all mended and hot to trot," she said recently from her Eugene, Oregon home.

Dixon's latest accident was the result of a gutter drain with openings wider than the front wheel of her bicycle. When the wheel went down, Pat went up and over the handlebars. Her

superb physical condition probably mitigated the injuries.

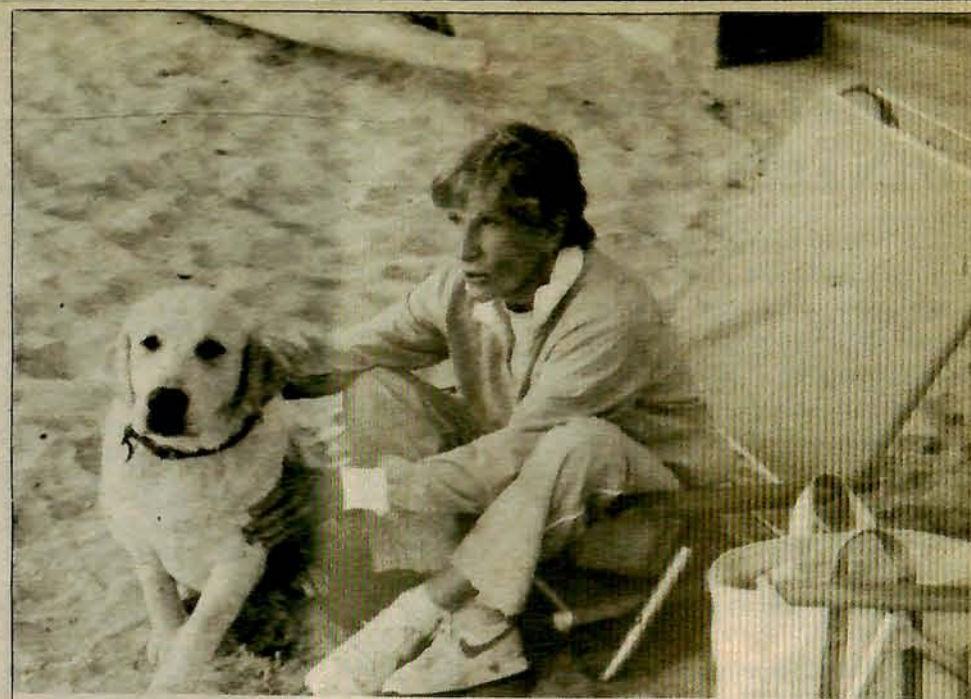
"The love of exercise came late in life for me and the wealth of running followed a heart breaking divorce which left me a mental and physical wreck," says Dixon, who came to the United States from England in 1948 as a war bride. Following her divorce in 1960, she decided to augment her English nursing credentials and earned her RN in preparation for a career. Soon after accepting a job at Aspen, she had a skiing accident, breaking a leg and four ribs.

While recovering at Rancho La Puerta, a well-known health spa in Tecate, Mexico, Pat found that she enjoyed the exercise that was part of the daily regimen there. She accepted an

### "Movement always appealed to me".

offer to stay on and take care of guests. In addition to her nursing duties, she taught exercise classes.

After leaving the Rancho, Pat accepted similar positions at several other



Pat Dixon

spas around the United States before starting her own operation in Corona del Mar, Calif. in 1975. She didn't really get into running, however, until she moved to the island of Kauai in Hawaii five years ago.

"I had little to do and it was a good way to meet the best people in the world — namely runners," she explains. "Movement always appealed to me and 'use it or lose it' is a philosophy I believe in whole heartedly."

Although she consistently won her division and often beat the winners of

younger age divisions in Hawaii races, Dixon didn't really make a name for herself in masters circles until she moved to Oregon three years ago. Her records range from a 6:35 mile on the track, through 10K marks of 44:51 (track) and 45:09 (road) to 1:36:31 for 20K. And she has won her age division in both the Honolulu and Nike Marathons, her best time for the distance being 4 hrs., 16 minutes.

Dixon lived in Bend, Oregon, before moving to Eugene about seven months ago. In Bend, she was coached by Ray Hatton, who holds numerous masters records. Her training routine called for two to three hours a day, six days a week of running, jazzercise class, and yoga. Her weekly mileage averaged about 60, including two interval sessions. After moving to Eugene, she trained with the Lane Community College women's track team.

"What a precious experience that was," Dixon says. "If I can heal from these injuries, I'm eligible to run with

### "I can't wait until I'm able to run again."

the team next year. Wouldn't that be something?"

Dixon says that the 10K is her favorite distance. "It is the most repetitive and takes you more places. It gives one time to warm up, to think, and to be able to enjoy the social aspects when it is over. And, it doesn't leave you too pooped to pop!"

Dixon has had one disconcerting experience in connection with her running. Last summer in Bend, she parked her car, went for a run, and then forgot where she left the car. "I had to call the sheriff to drive me around until I got oriented," she laughs.

"I can't wait until I'm able to run again," she continues. "I feel like a real winner just being able to run through the woods with my dogs while wondering at nature's beauty. You know, I used to lie about my age, but not any more. Aging is fun!" □

—Mike Tymn

## MASTERS BOOK STORE

You may now obtain any of the following publications/items directly from NMN. Indicate the number of copies you want of each item, and please add \$1 per item for postage and handling.

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—	IAAF Handbook (T&F) .....	10.00	_____
—	IAAF Men's T&F Scoring Tables .....	5.00	_____
—	IAAF Women's T&F Scoring Tables ...	5.00	_____
—	Metric Conversion Tables .....	10.00	_____
—	TAC Lapel Pin .....	2.50	_____
—	TAC Patch .....	2.50	_____
—	American Athlete's Annual ..... (world and national T&F rankings for open men and women)	10.00	_____
—	Masters T&F Age-Records 1983 ..... (all events thru Jan. 1, 1983)	3.00	_____
—	Masters T&F Rankings 1981 .....	10.00	_____
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—	Add \$1 per item for postage and handling .		_____
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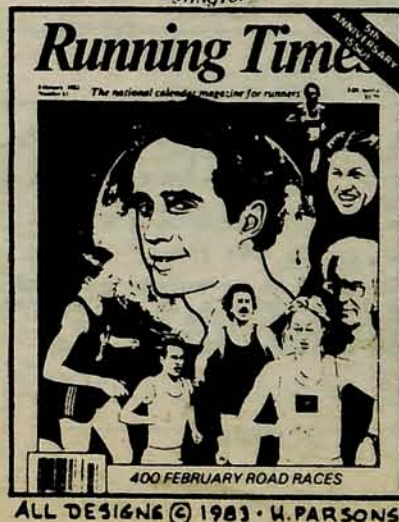
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# MASTERS SCENE

## NATIONAL

• More than 800 entrants are expected for the 16th Annual TAC National Masters T&F Championships in Houston September 16-18 at Rice University Stadium. "Because this event is scheduled only one week before the V World Veterans Games in Puerto Rico," meet director **Jim McLatchie** said, "entries have already begun to arrive from other nations including world veteran record-holders **John Gilmour** of Australia, **Veronica Welgemoed** of South Africa and **Frank Evans** of New Zealand."

• **Mary** and **Roy Cullen** will host a party for all athletes at their home in Houston on the Saturday evening of the Championships. Mary is recovering from orthopedic surgery, but is already back and running well.

• The TAC National Masters 15K Championships in El Paso October 1, will be held as part of the 4th Annual International Run Against Crime. It shapes up as one of the top masters fields ever, with no less than 30 major masters "names" being flown in by race organizers. Among them: **Benham, Conway, Davies, Fischer, Green, Hatton, Stewart, Eddy, Irvine, Scannell, Vasquez** with cash stipends to **Villanueva, Dalrymple** and **Manley**. Over 40 open runners are also being jetted in: **Padilla, Rose, Shahanga, St. Hillaire, Conz, Benoit, Binder, Gomez, etc.** **Dr. George Sheehan** speaks at the pre-race spaghetti feed. The course crosses the Rio Grande into Mexico and back. See ad in this issue for details.

## NEW ENGLAND

• **Ernie Dumas**, M40, logged a 32:00 to win the New England AC 10K Masters Championship, Auburn, MA, June 12. **Anthony Sapienza**, 54, was 1st M50 in 36:20. **Richard Packard**, 55, took the M55 contest in 37:59 over **Matt Smith**, 39:16, and **Carl Hammen**, 43:57, both of whom turn 60 soon. **Central Mass. Striders** dominated 40's competition; B.A.A., the 50's runners.

• **Warren Finke**, 40, turned in a good 5:42:04 in the Connecticut 50-miler.

• **Barbara Pike**, 41, rolled to a 39:01 in Nashua, N.H.



Giovanni Bartolini, 37, winner, Kolekole Half-marathon, Honolulu, June 7, 1:16:25.

## EAST

• "Mr. Marathon" **Don Nierling**, 46, was on pace in his attempt to break **Jay Helgeson's** record for the most run marathons in a year. "Marathon" finished the St. Mary's Marathon, Lexington Park, MD, March 6, in 3:15:07, for his 40th marathon in 35 weeks, and 2nd of the weekend. However, tendon injuries have caused a six week lay-off for Don.

• **Susan Blaisdell**, 42, Danbury, CT, toured the loop course of the Moving Comfort Mother's Day 5000M, SUNY-Purchase, May 8, in 20:41 for 1st 40+ and 18th overall (300 finishers). **Ethel Autorino**, 53, Montgomery, NY, was 1st 50+ and 97th in the largest women's only race ever held in that part of NY.

• In 1976, the Marine Corps Marathon was a relatively small, local race of about 1500 runners. This year, the 8th Annual Marine Corps Marathon, November 6, 1983 will be limited to the first 12,000 entrants, which makes it the third largest marathon in the U.S. The course starts near the Marine Corps War Memorial (Iwo Jima Monument) at Arlington, VA, and takes runners by most of the historic monuments in Washington. The 1983 M.C. Marathon, a qualifying race for the Olympic Marathon Trials, will probably have a large number of top East coast and Southern masters marathoners and is offering over 300 plaques, medals, and trophies in individual and team categories. Marine Corps Marathon, P.O. Box 188, Quantico, VA 22134. 703/640-2225.

• **Cindy Dalrymple** lowered her own U.S. women's masters 10K mark of 34:40 with a pending 34:28 in Rochester, N.Y. And she broke **Shirley Matson's** masters half-marathon mark of 1:20:47 with 1:19:33 in the New Rochelle to White Plains, N.Y. race June 19.

• **Bill Stewart**, 40, blazed to 31:22 in a Tonawanda, N.Y. 10K.

• **Bob Fischer**, 42, clocked a 1:12:47 half marathon in Rochester.

• **Joyce Black**, 42, can't beat Dalrymple, but may be the second best woman master 10K runner around, off her good 38:02 in Plattsburgh, N.Y. and Pepsi win in 37:54.

• **Patty Lee Parmalee** churned a 38:18 10K in New York City.

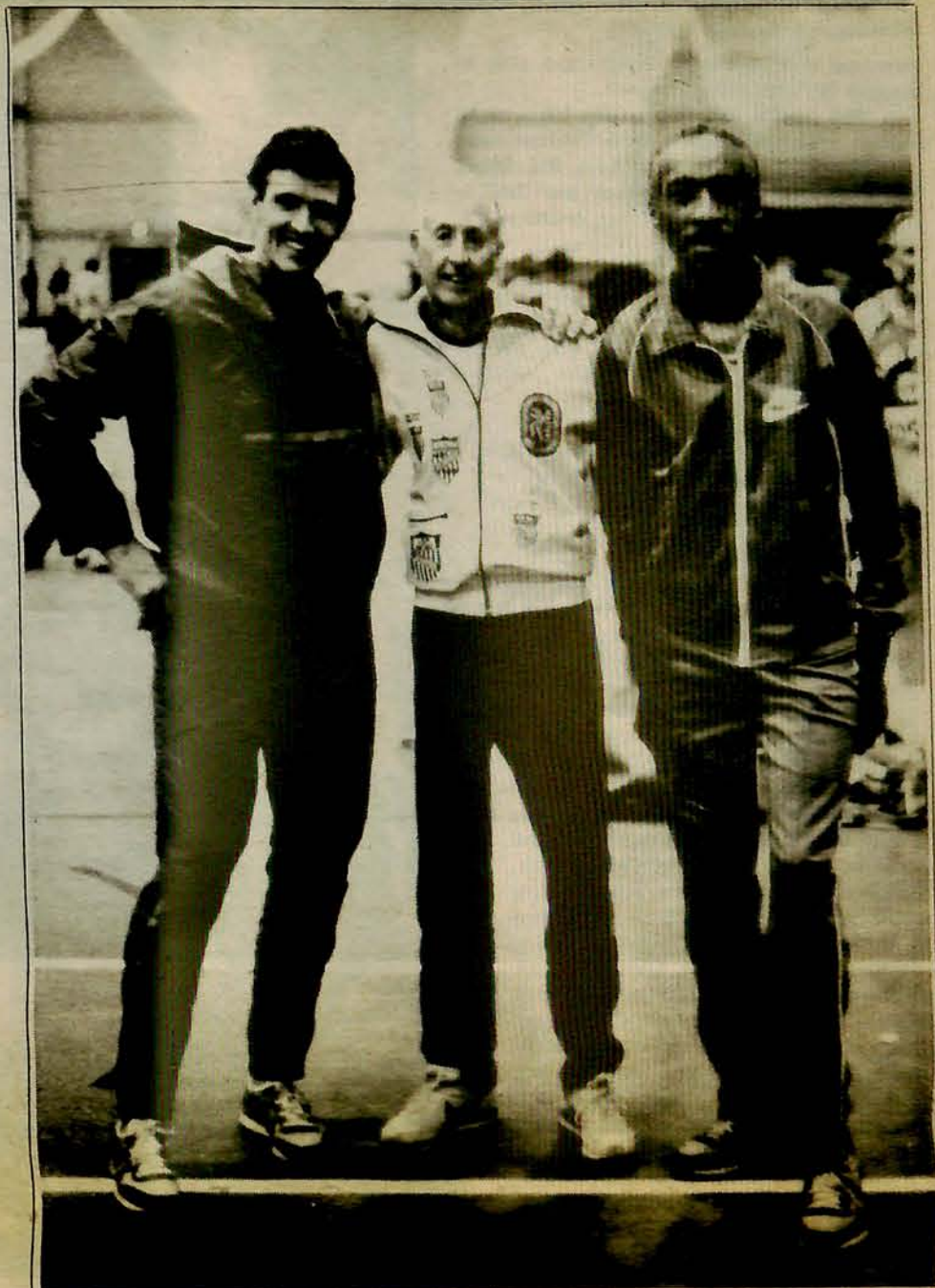
• **Mila Kania** set an age-51 mark of 1:06:31 in a New York 10-miler.

• **Seigfried Bauer**, a 41-year-old German from New Zealand, won the New York Six Day run July 10, covering more than 511 miles in the punishing endurance race which began on July 4. Bauer led at the end of each day as 24 runners, including three women, continuously circled the track at Downing Stadium, pausing only for three or four hours sleep during each 24-hour period. Bauer's 511 miles and 1,440 yards was about a mile better than his previous best. **Stu Mittleman**, a 32-year-old college professor from New York, finished second and set an American record by covering better than 488 miles, including 96 miles in the final 24 hours. ABC-TV featured the race each night on Nightline.

## SOUTHEAST

• **Phil Partridge** invites everyone to his masters weight pentathlon October 2 in Delray Beach, Florida, immediately following the V World Veterans Games in San Juan. Partridge is continuing to call it the "first World Masters Weight Pentathlon," but the event has not received the sanction of the World Association of Veteran Athletes (WAVA). Partridge promises a first class meet, with engraved trophies for the "fast growing weight pentathlon competition."

• **Ken Winn**, 45, posted a 34:03 for 1st M40+ honors in the Dannon 10K, April 23, Atlanta, GA. **Julia Emmons**, 41, placed 1st in the W40-49 group and 4th w/overall in a fast 40:47.



Winners in the 600, (l to r) Ken Baker, M45, Jim Manno, M60, and Kelsey Brown, M55, National Indoor Championships, Lehigh, Penn. All members of New Jersey Masters.

Photo by Hildegard Schuebeler

• **Joe Johnston**, 39, founder of the Apopka Masters and the originator of the 1st masters decathlon in Florida is rounding into shape after knee surgery.

• The West Florida "Y" Club is planning another runner's pentathlon (220, 440, 880, mile, 2 mile) perhaps in October.

• Despite bruised ribs from a bike fall, **Bob Maydole** took two 40+ events at the Charlotte, NC, summer series, June 23, winning the 800m in 2:08.4 and the mile, 4:58.3.

• **Heinz Weigand** made his debut on the 35+ scene with a 25:07 to finish 3rd overall in the slightly long Choo Choo 5-Mile, Chattanooga, TN, May 12. **Dean Godwin** was 1st 40+ and 10th overall in the 637 field with a 28:23 clocking.

• **Leonard Jones**, 5:00.8, edged **Bill Voight**, 5:00.9, to win the 49-49 mile at the summer track series, Charlotte, June 30. **Dave Duncan** won the 50+ 400m in 67.1 and finished 3rd in the mile.

## MIDWEST

• **Fred Hagerman** edged **Dennis Scott**, 2:34:01 to 2:34:02 to capture the masters title in the Revco-Cleveland Marathon, May 15. **Joe Fodor** was a close third in 2:34:49. **Bill Foulk**, 50, checked in with a good 2:41:22.

## MID-AMERICA

• **Jeanie Giles**, 30-39, bested the entire women's field in the Rosebud 10K in her hometown, Oklahoma City, May 1, winning in 39:30.

• **Pat McGuire**, 31, strode to a 2:20:25 1st overall in the Lincoln Marathon, May 15. **Bob Busby**, 33, finished 2nd in 2:23:07. First M40+ was **Lowell Gaither**, 45, in 2:34:45 for 10th overall among over 650 finishers. **Alice Skultety**, 30, churned out a 3:06:24 to beat all

women.

• **Dave Bushard**, 46, Marshall, MN, was 1st master and 16th overall in the Jackrabbit 15-Mile (+356 yds.), Brookings, SD, June 4, in 1:34:08, averaging 6:11 per mile.

## SOUTHWEST

• After a 10-year lay off, **Bob Everoski**, 37, Garland, TX, used a 4-step approach to bound to a 31'4" M35 TJ win at the Hill Country Masters, Mason, TX, June 18. Bob would like to know if other jumpers are interested in standing LJ and TJ as masters events; write him at 2142 Village Crest Dr., Garland, TX 75042.

## WEST

• **Bess James** lived up to her race by finishing 1st W70+ in 1:02:10 in the Bess James 10K, Hemet, CA, June 11. NBC-TV covered the event on its 6 p.m. news program with a 5-minute segment on James and her family.

• **Christa Rompanen**, 40-44, steamed to a 1st w/overall finish in 63:51 in the Basin Blues/Dannon 10-mile at Hansen Dam near San Fernando, CA, June 12. **Eino Rompanen** was 1st M40-44 in 56:59 among 350 starters.

• **Giovanni Bartolini**, 37, U. of Hawaii chemist, outlegged over 1200 entrants in 1:16:25 to win the Kolekole Pass Half-marathon, Honolulu, June 7. First M40 and 7th overall was **Ronald Peroff**, 1:19:31. Leading 40+ lady was **Linda Gallano**, 1:51:27.

• **Frank Duarte**, 41, sailed to his 3rd straight win overall in the MCAS Helicopter 10K in 30:49.

• In May, **Judy Kewley**, 39, Simi Valley, CA, ran a 63:27 windy Breakers 10-Mile San Diego, for 3rd w/overall; a 37:50 at the 4000+ field Olympic Torch 10K, Newport Beach, for a W35

(Continued on page 20)



(Continued from page 19)

win; and a 36:59 at the Brentwood 10K for another W35 and 9th w/overall.

- **Walt Jaquith**, 40, Tahoe City, CA, was 1st overall in the PA/TAC 20K Walk Championship in 1:37:25, San Francisco, June 26. **Chuck Marut**, 45, Oakland, followed for 2nd in 1:42:54, and **Bill Ranney**, 47, San Anselmo, CA, was 3rd, 1:47:36.

**Mavis Lindgren**, holder of 17 of the 25 marks for W70-74 listed by the NRDC, corrects the 4:10:20 time given her for the Portland Marathon, October, 1982, in NMN, June, 1983. Her best is 4:33:08 (Calistoga-Napa, 1982). Mavis adds, "Don't think I'm not going to work to make that 4:10:20 come true! I am!"

- It is now confirmed that the **Derek Clayton** who ran 33:41 for a 3rd 40-49 place in the San Jose Mercury News 10K, March 20, is the real object, but the word is that Derek plans no return to serious competition.

- **Tom Burns** won the Brentwood, Calif., M40 10K title in 32:41 May 29. **Pete Mundle** was 1st 50+ in 38:06. **Linda Sipprelle**, 42:08, and **Helen Dick**, 43:29, were best W40 and W50 runners.

- **Gene Harte**, 57, of Van Nuys, Calif. is back in action after breaking his leg in the 400 meter finals of the World Games in Christchurch in 1981, and then undergoing four operations by masters national sprint champ and orthopedic surgeon, **Bob Watanabe**. Harte required a bone graft from his hip in January, 1982, but appears to have made a complete recovery, with a couple of quick 61-second 400's in early-season competition.

- Hurdler **Bob Hunt**, 63, has retired from the phone company and is coaching the shot and discus at Katella High in Anaheim, Calif. He has attracted the astounding total of 19 girls and 18 boys to his coaching sessions, more than any other school in the Los Angeles area. Hunt's knowledgeable, personable and patient manner obviously appeals to the students.

- **Earl Rippee**, 63 of Laguna Beach, is another who is back running. After six operations in five years for achilles and leg problems, he's turning in some quick 44-minute 10K's.

- **Dorothy Stock**, 50, sizzled to a 39:30 10K in Del Mar, and to a 1:09:59 10-miler in San Diego.

- **Eino**, 43, turned in a 4:35 mile June 19 in an all-comers meet on the new "Olympic" track at Birmingham High in Los Angeles.

- **Shirley Matson**, 41, has been injured since she ran a record 8K in Orlando, Florida, in January. She has a severe case of patella tendonitis in her right knee. Although she has undergone various therapies from all the medical experts in this area, each time she has tried to work the knee through walking, easy jogging, biking, or even strengthening exercises, she has seemed to regress. She is presently doing nothing, except swimming. Frustrated after having a great year in 1982 and looking forward to greater 1983, she has had to turn down several invitational races, which compounds the frustration. "But like all injured athletes," says friend **Dan McCaskill** "she will come back with more drive and determination than ever."

#### NORTHWEST

- **Fred Kiddy**, 49, negotiated a good 5:52:37 in a Yakima 50-miler.

#### CANADA

- **Arnolds Ticmanis**, M75, set age-group WR's at the Southeastern Masters Meet, May 6-8 in the 8# shot (10.60) and the 56# weight (4.54).

- **Brian Merrilles**, 44, vaulted 3.55 indoors, February 25, University of Toronto.

- **Ian Hume** was inducted into the Canadian Amateur Sports Hall of Fame in April. Hume reigned over the Canadian HJ scene from '38 to '50.

- **Charlie Grant**, 48, Greenwood, N.S., fought off hot and windy conditions, May 8, at New Glasgow, N.S., to become 1983 Canadian Masters Marathon Champion in a 8th overall time of 2:55:18, about a minute ahead of second master, **Karl Schott**, 48, Toronto, 2:56:19.

- **Ken Inglis**, 40, turned in one of the fastest



Lolitia Bache, 41, receives winning age 40-44 award from race director Rod Johnson, President of the Potomac Valley Seniors Track Club, at National Masters 20K Championships in Washington, D.C. May 29. Bache clocked 1:25:40.

masters 10K's on record with a sensational 30:33 in St. Catherine, Ontario earlier this year.

#### INTERNATIONAL

- Scotland's **Don McGregor**, 44, moved to 6th on the all-time world masters list with 2:17:24 at the Dundee Marathon, April 24. The Soviet Union's **Anitoly Anisimov**, 41, moved to 9th on the list with a 2:18:28, Moscow, May 14; and Sweden's **Hans Jonsson**, 41, went to 10th, 2:18:40, Debno, Poland, May 1. On the women's all-time masters list, Australian **Dorothy Browne**, 42, moved to the 4th spot with a PR 2:41:24. Sweden's **Eva Palm**, 41, is in 5th after a 2:42:22 in Stockholm, June 5.

- **Denise Alfvoet**, 47, logged a 2:47:31 marathon in Belgium, April 2.



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## JEWELL, HUDSON WIN NATIONAL 100-MILE RUN

by JERRY WOJCIK

**Don Jewell**, 45, Eastslip, NY, ran 100 one-mile laps around Shea Stadium, Queens, NY, June 17-18, in 14:26:28 to win the TAC National Masters 100-Mile Championship and place fourth overall.

The first woman, **Donna Hudson**, 35, New York, NY, running 15:31:57, finished seventh overall and set an American record for the distance. Women's second place was **Sue Medaglia**, 48, Bronx, NY, in 15:55:17, and ninth overall.

**Ray Scannell**, 33, Ipswich, Mass., won the national open title in 13:16:02. Defending champion, **Stu Mittleman**, was injured when hit by a bicycle at a water station and withdrew after 57 miles.

Thirty-three runners out of the 84 starters survived the warm, humid weather to finish; the last, **Sam Freeman**, 62, New York, NY, in 21:07:01. □

## HOW DID YOU DO IN 1980 AND 1981?

How did you compare to former Olympians in those years? Some of the former Olympians still competing in masters track and field are **Ira Davis**, **Josh Culbreath**, **Thane Baker**, **Greg Bell**, **Bud Deacon**, **Boo Morcom**, **Al Oerter**, **Bob Backus**, **Al Feuerbach**, **Joe McCluskey**, **Phil Conley**, **Mac Robinson**, **Bill Toomey**, **Bob Richards**, **Jim Hines**, **Martha Watson**, and **Sandra Knott**.

Here are the M55-59 high jump rankings from Haig Bohigian's 1981 **Masters Ranking Book, Men and Women, 30-89**. Compare your 1981 performance to that of the ex-Olympians.

Other rankings in the 1981 RB are 100 deep. For instance, the M50-54 1500m page lists 100 performers from times of 4:27.5 to 5:43.2. The M30-34 400m list is also 100 deep, starting with **Eugene Driver's** 49.10 to the 100th mark of 60.94.

MEN'S HIGH JUMP 55-59				
RANK	NAME	AGE	HOME	MARK
1	SPOTSWOOD HALL	56	VA	5-4
2	BOO MORCOM	59	PA	5-2
3	DON KAROOK	55	CO	5-2
4	DAVE BROWN	58	CA	4-10
5	JOSE UBARRI	57	PR	4-9
6	HAL BUCK	56	OR	4-9
7	BOB RICHARDS		TX	4-9
8	VICTOR CLAIRMONT		VI	4-8½
9	WILLIAM ARANA		PR	4-8½
10	JOHN VISLOCKY	59	NJ	4-8
11	JACK GREENWOOD	55	KS	4-8
12	LEON POTTER		IL	4-8
13	MARTIN LEGETT	56	TX	4-7½
14	FREEMAN MARR	56	TN	4-7½
15	RICHARD NORDQUIST	55	OR	4-7½
16	ARNOLD SCOTT	59	MT	4-6
17	CHARLES OLSON	55	MN	4-6
18	JOE SHY	59	NE	4-4
19	JAMES JOHNSON	58	CA	4-4
20	SCOVILLE		FL	4-4
21	LEROI WINTERS		IL	4-4
22	MEL BUSCHMAN	59	MI	4-3
23	R V THURSTON	55	MT	4-3
24	ALBERT JOHNSON	58	OR	4-2
25	GLEN ETHIER	58	WA	4-2
26	CLAUDE TRACY	55	CA	4-2
27	PAUL CONSTANT		MO	4-2
28	FRANCISCO MOYA		PR	4-2
29	ROBERT PERRY		CA	4-2
30	TOM DEVAUGHN	58	VA	4-1
31	ARTHUR BRADLEY	55	NY	4-1
32	J WALKER PIERSON	58	NJ	3-10
33	J ROSS		IL	3-10
34	ERIC HUGHES	57	WA	3-3
35	PEDRO POLANCO		PR	3-1

★★★★★★★★★★★★★★★★

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1980 Rankings Book, \$6

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# 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

**August 28.** U.S. National Masters Weight Pentathlon and Throw-a-Thon, Woodstock, Illinois. Chuck Klehm, 2 East Algonquin Road, Arlington Heights IL 60005. 312/437-2880.

**September 16-18.** 16th Annual TAC National Masters Championships, Rice University, Houston. Jim McLatchie, P.O. Box 740728, Houston, TX. 77274.

**August 17-19, 1984.** 17th Annual TAC National Masters Championships, Eugene, Oregon.

### EAST

Each Wednesday thru August 31, Mini-meets, Downing Stadium, Randall's Island, NYC. Masters at 6 p.m.

**August 11-14.** Empire State Games, Albany, N.Y. Open and masters. Residents of New York State only. Entry standards. Deadline July 15, Michael Abernethy. 518/474-8889.

**September 3.** Potomac Valley Masters Games, George Mason U., Fairfax, VA. Sal Corrallo, 5351 N. 37th St., Arlington, VA 22207. 703-241-1854.

**September 10-11.** North American Championships, New York City, Bob Fine, 77 Prospect Place, Brooklyn NY 11217. 212/789-6622.

### SOUTHEAST

Each Tuesday. All-comers meets, Lakewood Stadium, Atlanta. 6 p.m.

**August 6-7.** Virginia TAC Decathlon & Heptathlon Championships, U. of Virginia. Karen Beaver, 311 Westminster Rd., Charlottesville, VA 22901.

**August 13.** Southeastern Track Classic, Greenville, S.C. Tom Malik, 104 Pinewood Dr. SC 29651 (803) 879-4549.

## Need Back Issues?

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**October 2.** Masters Weight Pentathlon, Delray Beach, Florida. Phil Partridge, 337 SW 14th Ave., Boynton Beach FL. 33435.

**December 17.** Sixth annual Holiday Weight Pentathlon, 10 a.m. immediately followed by Hammerfest — all weights of hammers & throwing weights. Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, FL 33444, Randy Cooper, Meet Director.

**December 18.** Fourth annual Holiday Regular Pentathlon, 10 a.m. address and Meet Director above.

### MIDWEST

**August 6.** Heights Summer Track Classic. All ages and masters. Dorothy Davis, c/o Community Services, 2155 Miramar Rd., University Heights, OH 44118. 216-371-7406.

**August 13-14.** North Coast Decathlon, Cleveland, Ohio. James Barrett, 3801 Shannon Rd., Cleveland Hts, OH 44118.

**October 8.** 3rd Annual Chicago Corporate Classic for men, women and masters. CCC, 1423 W. Fullerton Ave., Chicago IL 60614. 312-348-1724.

**October 10.** Great Lakes Masters Weight Pentathlon Woodstock, Illinois. Chuck Klehm, 2 East Algonquin Road, Arlington Heights IL 60005. 312/437-2880.

**October 24.** Midwest Masters Weight Pentathlon and Highland Games, Woodstock, Illinois. Chuck Klehm, above.

### MID-AMERICA

**August 13-14.** Missouri Senior Olympics, Masters & Submasters. Joe Shy, Box 745, Chillicothe, MO 64601.

**September 3-4.** Rocky Mountain Games, Denver. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303-341-2980.

**September 18.** Missouri Valley Masters Championships, Lawrence, Kansas. Clint Leon, 913-842-6240.

### SOUTHWEST

**August 20.** Texas Masters Championships, Dallas, Joe Murphy, 4308 N. Central Expressway, Suite 206, Dallas TX. 75206. 214/826-9650.

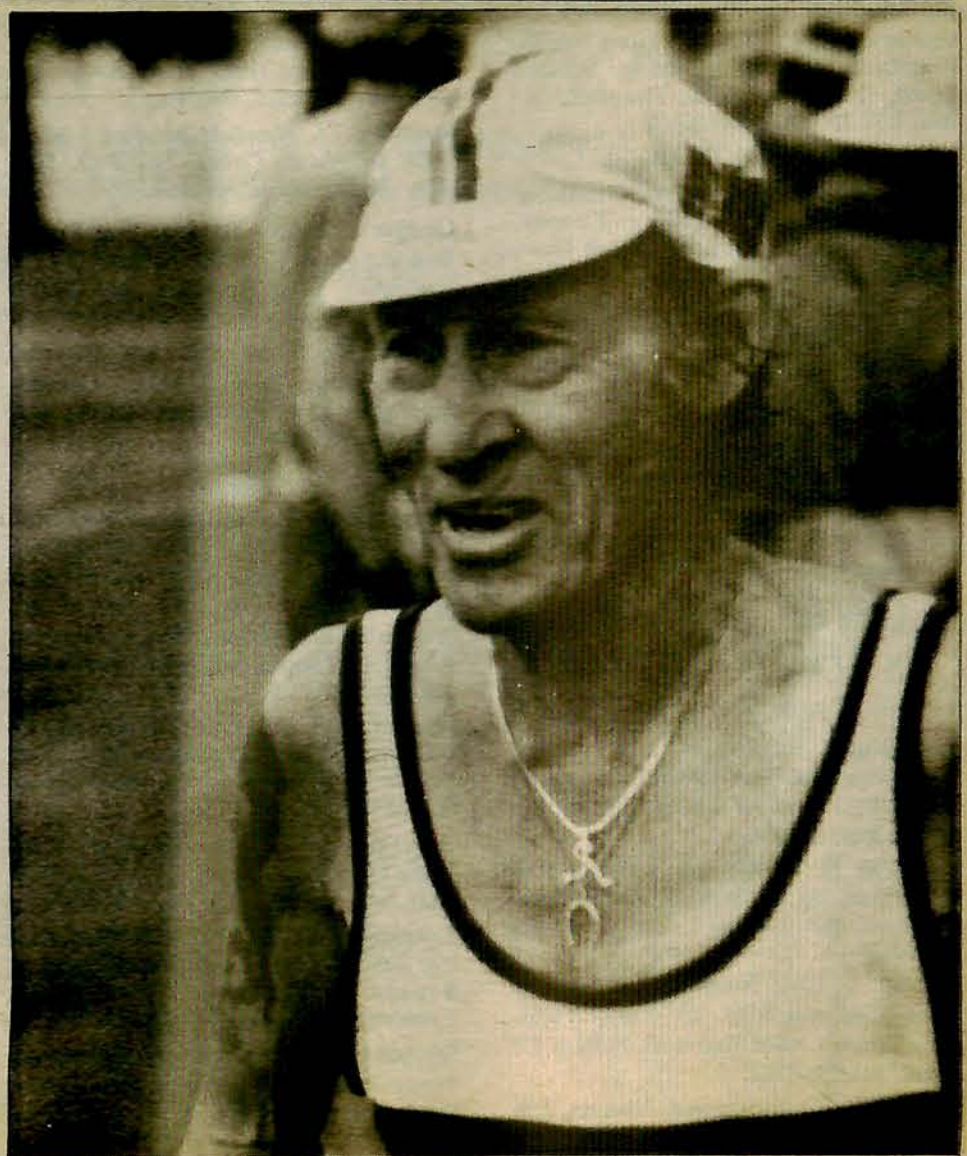
### WEST

**August 6.** CDM, Striders & San Diego AA Tri-Masters Meet, Palomar College, San Marcos, Calif. Joe Horn, 1147 Agate St., San Diego CA 92109.

**August 20-21.** TAC Western Regional Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030.

**August 27.** Southern California Masters Championships. Includes 100/800m handicap championships. Southwestern College, Chula Vista, CA. Joe Horn, 1147 Agate St., San Diego, CA 92109.

**September 10-11.** 14th Senior Olympics, Cal State U at Los Angeles. Senior Olympics, 5726 Wilshire Blvd., Los Angeles, CA 90036. 213/938-5548.



Eddie Benham, 75, took 17 minutes off the previous U.S. age 75-79 record for 20K with a fast 1:30:10 (7:23 per mile) in the TAC National Masters 20K Championships May 29 in Washington, D.C.

## ON TAP FOR AUGUST

### TRACK AND FIELD

With only one month to go before the National Masters Championships in Houston, and the V World Veterans Games in Puerto Rico, masters athletes will be fine tuning their athletic motors at several August meets.

The Heights Summer Track Classic in Cleveland and the Tri-Club meet in San Diego are set for the 6th. The Southeastern Track Classic in Greenville, S.C.; the Empire State Games in Albany, N.Y.; and the Senior Olympics in Chillicothe, Missouri highlight the second weekend.

The Texas Masters Championships in Dallas, and the Western Regionals in Los Gatos, Calif. take place on the 20th.

The Montana Masters Championships are set for Bozeman on the 27th, as are the Southern California Masters Championships in San Diego, featuring unique 100 and 800 meter handicapping competition.

### LONG DISTANCE RUNNING

Some of the finest world class runners will show up at the Falmouth Road Race in Massachusetts on the 14th. On the 20th is the Pike's Peak Marathon in the rarified air in Colorado, while America's Finest City Half-Marathon takes place on the 21st in San Diego.

The Bobby Crim 10-miler goes in Flint, Michigan on the 27th, and you can say hello to NMN columnist and race director W. MacDonald Miller at the Midwest Open and Masters 25K Road Championships near Chicago on the 28th. □

**September 17.** Northern Senior Olympics IV (50+), Laney College, Oakland, CA. Oakland Office, Parks & Rec., 1520 Lakeside Dr., Oakland, CA. 94612. 415-273-3791.

**October 1.** Club West Masters Meet, Goleta, CA. George Adams, PO Box Drawer K, Goleta, CA 93017. 805-687-6323.

**June 16-24, 1984.** U.S. Olympic Trials, Los Angeles.

### NORTHWEST

**August 26-27.** 5th Annual Montana Masters Championships. Bozeman, Mike Carignan, Box 1766, Bozeman MT 59715.

### CANADA

**August 13-14.** Canadian Masters Championships, York U., Toronto. Dave Welch, 97 Churchill Ave., Willowdale, Ontario M2N 1Z2. 416/225-0846.

(Continued on page 22)



(Continued from page 21)

**September 4.** Canadian Masters Weight Pentathlon, Stouffville, Ontario. Jackson Tovell, 183 Duncan Road, Thornhill, Ontario L3T 3N7. 416/889-3392.

### INTERNATIONAL

**August 20-21.** British Veteran Championships, Nelkshan, Wiltshire County, England. Americans welcome. Don Gore, Towbridge 3867.

**August 21-25.** European Veterans Championships, Brighton, England. Closed to Americans except for a few "guest races."

**September 23-October 1.** V World Veterans Games, San Juan, Puerto Rico. Men 40+. Women 35+. Late Entries accepted for some events. GPO Box 336, San Juan PR 00936. 809/783-3113.

**July 28-August 12, 1984.** Olympic Games, Los Angeles.

## LONG DISTANCE RUNNING

### NATIONAL

**Thru August 31.** TAC National Masters Postal One-Hour Run Championships. Al Huff, 18127 First Five, N.W. Seattle WA 98177. 206/542-2930.

**September 11.** NIKE Masters Grand Prix 10K Finals, Santa Barbara, Calif. John Brennand, PO Box 6616, Santa Barbara CA 93160.

**October 1.** TAC National Masters 15K Road Championships, El Paso, Texas. John Hinshaw, 6849 Pino Real, El Paso TX 79912. 915/755-1381.

**October 2.** TAC National Masters 25K Championships, Central Park, New York City. Vince Chiappetta, 3400 Corlear Ave., Bronx, NY 10463. 212/796-5189.

**October 2.** TAC National Masters 20K Racewalk Championships, Dearborn, Michigan. Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127. 313-322-0913.

**October 9.** TAC National Masters 10K Road Championships, North Creek, N.Y. George Regan, 231 4th St., Troy NY 12180. 518/273-5552.

**October 9.** TAC National Masters 40K Racewalk Championships, Ft. Monmouth, New Jersey. E. Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764. 201-222-9213.

**October 15.** TAC National Masters 5K Road Championships, Searcy, Arkansas. Cliff Sharp, Harding U., Searcy AR 72143. 501/268-6161.

**October 30.** TAC National Masters 15K Cross-Country Championships, Penn State Univ. Harry Groves, Penn State U., University Park PA 16802. 814/863-0237.

**November 13.** TAC National Masters 10K Cross-Country Championships, Van Cortlandt Park, Bronx, N.Y. Bob Fine, 77 Prospect Place, Brooklyn NY.

**November 25.** TAC National Masters 5K Cross-country Championships, Raleigh, N.C. Bob Baxter, 800 Purdue St., Raleigh NC 27609. 919/876-5674.

**December 18.** TAC National Masters 30K Championships, Central Park, New York City. Vince Chiappetta, 3400 Corlear Ave., Bronx NY 10463. 212/796-5189.

### NEW ENGLAND

**August 14.** Falmouth Road Race, 7.1 M, Falmouth, Mass. Falmouth RR, PO Box 732, Falmouth MA 02540. 617-548-4417.

**September 4.** Jim Kelly "Over 30" 10 Mile Run, Snow School, Middletown, Conn. Bernie O'Rourke, PO Box 1300, Mid-

dletown, CT 06457. 203-344-3400.

**September 5.** American National Bank New Haven 10K. New Haven Road Race, Box 1893, New Haven, CT 06508.

**September 12.** Westfield Masters 5 Mile. SASE to Walter Childs, Sr., P.O. Box 1484, Springfield, MA 01101.

**October 2.** Saucony Freedom Trail 8-Mile, Boston, Mass. Greater Boston TC, 90 Hampshire St., Cambridge, MA 02139. 617-864-9479.

**October 10.** Bonne Bell 10K National Championship, Boston, Mass. Conventures, Inc., 45 Newbury St., Boston, MA 02116. 617-267-0055.

### EAST

**August 13.** 3rd Annual Asbury Park 10K Classic, Asbury Park, N.J. Good masters field. (750 in '82). Phil Benson, PO Box 2287, Ocean NJ 07712.

**August 14.** Empire State Games Marathon, Albany, N.Y. Open to all. Mike Abernethy, 518/474-8889.

**September 15.** 3rd Annual NIKE Capital Challenge 3-Mile, Washington, D.C. Jeff Darman, 2550 M. Street, Washington, D.C. 20037. 202-775-8740.

**September 18.** Philadelphia Half-Marathon. Bill Jackson, Central YMCA, 1421 Arch St., Philadelphia, PA 19102.

**September 24.** MCP 5-Miler, Philadelphia, PA. Pete Taylor, The Medical College of Pennsylvania, 3300 Henry Ave., Philadelphia, PA 19129. 215-842-4108.

**September 25.** Great Race 10K, Pittsburgh, Penn. Great Race 10K, Public Info. Office, Parks & Rec., 400 City County Bldg., Pittsburgh, PA 15219. 412-391-5539.

**October 16.** Skylon International Marathon, Buffalo, NY. Skylon Marathon, Box SIM, Birdwell Station, Buffalo, NY 14222. 716-883-8141.

**October 23.** New York City Marathon. NY City Marathon, PO Box 1388, GPO, New York, NY 10116. 212-860-4455.

### SOUTHEAST

**September 3.** Charleston Distance Run 15-Mile. Charleston, WV. Tony Gallo, Box 2749, Charleston, WV 25330.

**September 24.** Virginia 10 Miler, Lynchburg, Virg. Marilyn Straub, 3030 Canehill Dr., Lynchburg, VA. 24503.

### MIDWEST

**August 7-13.** Telemark Running Camp, Cable, Wisconsin. 10,000 meter cross-country race, August 13. Roadrunner Tours, 301 W. Highway 20, Michigan City, IN 46360. 219-872-7217.

**August 27.** Bobby Crim 10-M for Special Olympics, Flint, MI. Deadline Aug. 10. Lois Craig, Box 981, Flint, MI 48501. 313-767-7903.

**August 28.** 25K Road Midwest Championship (Open run), Lake Bluff Jr. H.S., Lake Bluff, IL. Wendell Miller, 180 N. La Salle, Chicago, IL 60601. 312/234-2154 (evenings).

**September 25.** America's Marathon, Chicago, IL. Mary McCall, 1676 N. La Salle, Chicago, IL. 60610. 312/951-0660.

**Sept. 25.** Dayton River Corridor Half-marathon, Dayton Ohio. Stephen A. Barr, 3700 Far Hills Ave., Dayton, OH 45429. 513/298-2391.

**October 3.** RRCA National 100K/50 miles Championships, Chicago, Noel Nequin, Swedish Covenant Hospital, 5145 N. California Ave., Chicago, IL 60625.



Valdemar Schultz, of Nike, right, congratulates Norm Green, left, for winning 1st Annual Val Schultz look-alike contest in Washington May 29. Ross Smith, center, dejectedly views runner-up certificate. But, seriously, folks, Green, 50, was the first American 50 years or over to ever win a national masters championship race. His time of 1:05:50 set a new age 50-54 20K record. Smith, 55, was 3rd 50+ in 1:13:23.

**October 9.** Columbus/Bank One Marathon, Columbus, Ohio. Dr. William DeJong, 7645 Foxboro Court, Worthington, OH 43220. 614/889-9070.

**November 20.** Midwest Masters TAC 5-Mile Cross-Country, Crystal Lake, IL. Wendell Miller, 180 N. LaSalle, Chicago, IL 60601. 312-236-1315.

**December 3.** TAC National Masters 8K Championships, Indianapolis (at TAC Convention).

**December 18.** RRCA National 50K Championships, East Peoria, IL. Paul Appel, RR, Alton, IL 61414.

### MID-AMERICA

**August 20-21.** Pikes Peak Marathon, Manitou Springs, Colo. Marge Carter/YMCA, Manitou Springs, CO 80829. 303/471-9790.

**August 28.** 6th Jim Emmerich 15K, Brookings, S.D. SDSU, Brookings SD 57007.

**August-November.** Oklahoma Grand Prix Races. Harry L. Deupree, Allied Oklahoma Bank PO Box 75250, Oklahoma City, OK 73147. 405/943-5711.

**September 3-4.** Black Hills 10K and Marathon, Rapid City, S-D. PO Box 9243, Rapid City, SD 57709.

**September 5.** 3rd Annual Garry Bentley 20K, Brookings, So. Dak. SDSU, Brookings, SD 57007. 605/688-5526.

**September 11.** RRCA National 25K Championships, Minneapolis. Jeff Winter, 3515 Holmes, Minneapolis, MN 55408.

**October 8.** Maupintour Fall Classic 10K, Lawrence, KA. Lawrence Track Club, P.O. Box 3743, Lawrence, Kansas 66044.

**November 5.** Omaha Riverfront Marathon and 1983 RRCA National Championship for Men, Women & Masters. Kathy Loper, 3177 Golden Blvd., Omaha NE 68123. 402/291-1895.

### WEST

**August 21.** America's Finest City Half-Marathon, San Diego, CA. Deadline July 21. Jack E. Damson, Box 3879, San Diego, CA 92103. 714-297-3907.

**August 28.** RRCA National 10 Mile Championships, San Francisco. Henry Bunsow, The Guardsmen, 12 Geary St., San Francisco, CA 94108.

### NORTHWEST

**September 11.** Nike-OTC Marathon, Eugene, OR. Deadline mid-June. Jerry Settelmeier, Box 10412, Eugene, OR 97440. 503-687-2477.

**September 17.** Prefontaine Memorial Run 10K, Coos Bay, Ore. Bob Huggins, PO Box 1019, Coos Bay, OR 97420. 503/269-1103.

### CANADA

**September 24.** 5th Annual Women's Masters 5K Road Championships, Sunnyside Park, Toronto. 1:30 p.m. Christine Walker, 34 Rodda Blvd. West Hills, Ontario M1E 2Z6.

**October 15.** Canadian Masters Cross-Country Championships, Vancouver, B.C. Shirley Smith, 965 Poirier St., Coquitlam, B.C. V3J 6C4.

**October 15.** USA vs. Canada Cross-Country Championships, Ottawa. Danny Daniels, 1145 Ambleside Drive, Ottawa, Ontario K2B 8E2.

### INTERNATIONAL

**October 15-16.** XVI World Veterans (IGAL) 10K and 25K Championships, Perpignan, France. Maurice Nozerand, ASPPT Perpignan 66020, France. 68/61-66-11.

## 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.*



# AMERICAN FIVE-YEAR AGE-GROUP LONG DISTANCE ROAD RECORDS AS OF JULY 1, 1983

(Compiled by the National Running Data Center, and recognized as the official U.S. road records by the Athletics Congress (TAC) and the Road Runners Club of America (RRCA).

a = point-to-point course

p = pending mark

y = mark set at the next longer English distance

## Open Men

8 km	22:04v	Alberto Salazar	(22,OR)	4 Jan 81	at	CA
10 km	28:01v	Alberto Salazar	(24,OR)	5 Mar 83	at	AZ
15 km	43:09	Greg Meyer	(27,MA)	5 Feb 83	at	FL
10 mi	46:00	Herb Lindsay	(25,CO)	27 Apr 80	at	NY
20 km	58:27	Greg Meyer	(26,MA)	6 Sep 82	at	CT
Hf Mar	1:01:47	Herb Lindsay	(26,CO)	20 Sep 81	at	VT
25 km	1:14:09	Herb Lindsay	(26,CO)	9 May 81	at	MI
30 km	1:33:56	Alex Kasich	(27,OR)	1 Aug 82	at	OR
	1:29:04a	Bill Rodgers	(28,MA)	28 Mar 76	at	NY
20 mi	1:40:14	Peter Pfitzinger	(23,NY)	22 Feb 81	at	NY
Marath	2:10:20	Tony Sandoval	(25,OR)	9 Sep 79	at	OR
	2:10:20	Jeff Wells	(25,OR)	9 Sep 79	at	OR
	2:08:13a	Alberto Salazar	(23,OR)	25 Oct 81	at	NY
50 km	2:50:46	Chuck Smead	(24,CA)	21 Mar 76	at	CA
50 mi	4:51:25v	Barney Klecker	(29,MN)	5 Oct 80	at	IL
100 km	6:38:21	Bernd Heinrich	(41,VT)	4 Oct 81	at	IL
100 mi	12:56:34	Stuart Mittleman	(31,NY)	5 Jun 82	at	NY

## Open Women- women only races

8 km	26:52y	Ellen Hart	(24,CO)	7 Aug 82	at	NC
10 km	32:04	Jan Merrill	(25,CT)	12 Oct 81	at	MA
15 km	52:31	Julie Isphording	(21,OH)	5 Mar 83	at	DC
10 mi	59:09	Kiki Sweigart	(28,CT)	29 Mar 80	at	GA
20 km	1:09:31	Nancy Konz	(24,MA)	6 Mar 82	at	DC
Hf Mar	1:11:40	Kathy Mintie	(21,CA)	15 Mar 81	at	CA
25 km	1:26:34	Nancy Konz	(25,MA)	13 Jun 82	at	MA
30 km	1:50:46	Martha Cooksey	(25,OR)	10 May 80	at	CA
20 mi	none					
Marath	2:34:59f	Laura DeWald	(24,VA)	24 Jan 82	at	JP

## Open Women- mixed races

8 km	25:48y	Patricia Catalano	(27,MA)	22 Mar 81	at	MA
10 km	32:30	Jan Merrill	(24,CT)	4 Oct 80	at	NY
	32:09a	Patricia Catalano	(27,MA)	5 Apr 81	at	LA
15 km	49:34v	Patricia Catalano	(27,MA)	14 Mar 81	at	FL
10 mi	53:18	Joan Benoit	(25,ME)	21 Aug 82	at	MI
20 km	1:08:45	Nancy Konz	(25,MA)	6 Sep 82	at	CT
Hf Mar	1:11:16	Joan Benoit	(23,NH)	7 Mar 81	at	CA
25 km	1:26:21	Joan Benoit	(23,NH)	9 May 81	at	MI
30 km	1:52:45	Jane Welzel	(27,MA)	19 Sep 82	at	NY
	1:47:30a	Ellen Hart	(24,CO)	30 Oct 82	at	AZ
20 mi	2:00:40	Laura DeWald	(25,VA)	26 Dec 82	at	MD
Marath	2:26:11v	Joan Benoit	(25,MA)	12 Sep 82	at	OR
	2:22:43a	Joan Benoit	(25,MA)	18 Apr 83	at	MA
50 km	3:26:31	Janice Klecker	(21,MN)	27 Dec 81	at	IL
50 mi	5:59:26	Marcie Schwam	(29,NY)	3 Oct 82	at	IL
100 km	7:59:59	Sandra Kiddy	(45,CA)	3 Oct 82	at	IL
100 mi	15:31:57	Donna Hudson	(35,NY)	17 Jun 83	at	NY

## Men- 35 thru 39

8 km	24:00	Bill Rodgers	(35,MA)	26 Feb 83	at	LA
10 km	28:33	Bill Rodgers	(35,MA)	30 Jan 83	at	AZ
15 km	46:43	Jarrett Slaven	(36,FL)	7 Feb 81	at	FL
10 mi	50:59	Jack Mahurin	(35,MA)	2 Apr 78	at	DC
20 km	1:01:16	Barry Brown	(35,FL)	10 Nov 79	at	MS
Hf Mar	1:04:24	Barry Brown	(35,FL)	27 Jan 80	at	LA
25 km	1:21:18	Peter Hallop	(35,MI)	8 May 82	at	MI
30 km	1:41:37	Ron Daws	(36,MN)	23 Sep 73	at	IL
	1:32:22a	Barry Brown	(38,NY)	20 Mar 83	at	NY
20 mi	1:48:34	Gary Goettelmann	(37,CA)	23 Nov 80	at	CA
	1:48:08a	Bruce Mortenson	(36,MN)	17 May 80	at	WI
Marath	2:15:52	Norm Higgins	(35,CT)	5 Dec 71	at	CA
	2:11:59a	Bill Rodgers	(35,MA)	18 Apr 83	at	MA
50 km	2:56:43	John Cederholm	(36,MA)	16 Sep 79	at	VT
50 mi	5:00:30	Alan Kirik	(35,NY)	6 May 79	at	CT
100 km	7:01:43	Frank Bozanich	(35,WA)	26 Jan 80	at	FL
100 mi	13:36:35	Don Marvel	(37,MD)	13 Jun 80	at	NY

## Men- 40 thru 44

8 km	25:32	Frank Duarte	(40,CA)	10 Jul 82	at	OR
10 km	30:31	Mike Manley	(40,OR)	14 Aug 82	at	OR
15 km	45:58	Bill Stewart	(40,MI)	5 Feb 83	at	FL
10 mi	50:43	Herb Lorenz	(43,NJ)	2 May 82	at	NY
20 km	1:04:42	Herb Lorenz	(41,NJ)	28 Sep 80	at	DC
Hf Mar	1:07:54	Herb Lorenz	(40,NJ)	16 Sep 79	at	PA
	1:06:31a	Mike Manley	(40,OR)	22 Aug 82	at	CA
25 km	1:23:18	Ken Mueller	(40,MA)	5 Mar 77	at	MA
30 km	1:40:52	Hal Higdon	(42,IN)	23 Sep 73	at	IL
20 mi	1:48:25	Gary Muhrccke	(40,NY)	22 Feb 81	at	NY
Marath	2:17:10	Mike Manley	(40,OR)	16 Jan 83	at	TX
50 km	3:00:00	Jeff Wall	(40,CA)	6 Nov 82	at	CA
50 mi	5:10:13	Bernd Heinrich	(41,VT)	4 Oct 81	at	IL
100 km	6:38:21	Bernd Heinrich	(41,VT)	4 Oct 81	at	IL
100 mi	14:19:14	Robert VandeKieft	(42,NY)	6 Jun 81	at	NY

## Men- 45 thru 49

8 km	25:33	Ken Winn	(45,GA)	23 Oct 82	at	GA
10 km	31:26	Ray Hatton	(49,OR)	26 Sep 81	at	WA
15 km	49:01	Earl Ellis	(46,WA)	8 May 82	at	WA
10 mi	53:16	Brian Harris	(45,MI)	23 Aug 80	at	MI
20 km	1:06:05	Hal Higdon	(49,IN)	4 Oct 80	at	IN
Hf Mar	1:11:18	James Gallup	(46,HI)	16 May 82	at	HI
25 km	1:22:51	Brian Harris	(45,MI)	9 May 81	at	MI
30 km	1:47:54	Ernest Billups	(45,IL)	26 Dec 82	at	IL
	1:43:56a	Edward Stabler	(49,NY)	18 Mar 79	at	NY
20 mi	1:55:22	Darryl Beardall	(45,CA)	22 Nov 81	at	CA
	1:54:27a	Hal Higdon	(48,IN)	17 May 80	at	WI
Marath	2:28:46	John Brennand	(45,CA)	13 Sep 81	at	OR
	2:26:45a	William A Johnston	(45,UT)	2 Oct 82	at	UT
50 km	3:18:07	Howard Miller	(47,WA)	31 Aug 74	at	WA
50 mi	5:42:19	John L Sullivan	(49,MA)	15 Nov 81	at	NY
100 km	7:41:32	Cahit Yeter	(47,NY)	2 May 82	at	CT
100 mi	13:39:58	Cahit Yeter	(47,NY)	5 Jun 82	at	NY

## Men- 50 thru 54

8 km	27:23	Al Lawrence	(52,TX)	26 Feb 83	at	LA
10 km	31:48	Ray Hatton	(50,OR)	23 May 82	at	OR
15 km	50:07	Norman Green	(50,PA)	5 Feb 83	at	FL
10 mi	53:40	Hal Higdon	(51,IN)	6 Sep 82	at	IL
20 km	1:06:01	Ray Hatton	(51,OR)	9 Apr 83	at	OR
Hf Mar	1:12:47	Hal Higdon	(51,IN)	14 Nov 82	at	MI
25 km	1:29:01	Alex Ratelle	(53,MN)	13 May 78	at	MI
30 km	1:53:16	Don Dixon	(51,NY)	23 Dec 78	at	NY
	1:47:33a	Alex Ratelle	(53,MN)	19 Mar 78	at	NY
20 mi	1:57:25	Jim O'Neil	(51,CA)	28 Nov 76	at	CA
Marath	2:33:12	David Salo	(50,CA)	16 Jan 83	at	TX
	2:29:54a	Norman Green	(50,PA)	28 Nov 82	at	PA
50 km	3:19:33	John L Sullivan	(50,MA)	13 Mar 82	at	DC
50 mi	5:34:01	Ted Corbitt	(50,NY)	18 Oct 70	at	NY
100 km	7:38:43	John L Sullivan	(50,MA)	3 Oct 82	at	IL
100 mi	17:02:03	Herb Fred	(53,TX)	19 Feb 83	at	TX
	16:37:41p	Walter Connolly	(53,NY)	17 Jun 83	at	NY

## Men- 55 thru 59

8 km	27:54y	Jack Angel	(55,OK)	11 Jul 82	at	KS
10 km	33:22	Alex Ratelle	(56,MN)	25 Apr 81	at	MN
15 km	50:57	Alex Ratelle	(56,MN)	29 Aug 81	at	MN
10 mi	57:11	Jim O'Neil	(56,CA)	9 May 81	at	CA
20 km	1:09:51	Alex Ratelle	(56,MN)	4 Oct 80	at	IN
Hf Mar	1:15:04	Jim O'Neil	(55,CA)	7 Mar 81	at	CA
25 km	1:29:43	Alex Ratelle	(55,MN)	10 May 80	at	MI
30 km	1:57:49	Bob Bartling	(55,SD)	27 Sep 81	at	SD
20 mi	1:59:40	Jim O'Neil	(55,CA)	23 Nov 80	at	CA
Marath	2:36:04	Alex Ratelle	(55,MN)	21 Oct 79	at	MN
	2:30:41a	Alex Ratelle	(56,MN)	20 Jun 81	at	MN
50 km	3:20:49	Ed Almeida	(55,CA)	23 Apr 78	at	CA
50 mi	5:53:08	Alex Ratelle	(57,MN)	4 Oct 81	at	IL
100 km	10:25:38	Charles Mersereau	(59,CA)	23 Apr 83	at	WA

## Men- 60 thru 64

8 km	29:35y	Stephen Richardson	(60,CT)	8 Mar 81	at	NY
10 km	37:05	Jack Start	(61,NJ)	7 Aug 82	at	NJ
15 km	54:23	Clive Davies	(62,OR)	25 Jun 78	at	OR
10 mi	1:02:35	George Sheehan	(61,NJ)	16 Dec 79	at	NY
20 km	1:18:42	Rudy Nimmons	(60,SC)	28 Sep 80	at	DC
Hf Mar	1:25:12	Thomas Gibbons	(61,NY)	29 Aug 82	at	NY
	1:24:52a	Don Longenecker	(64,NM)	25 Jan 81	at	AZ
25 km	1:42:22	Warren Utes	(62,IL)	29 Aug 82	at	IL
	1:41:07a	Don Longenecker	(64,NM)	25 Jan 81	at	AZ
30 km	2:03:57	Thomas Gibbons	(61,NY)	18 Dec 82	at	NY
	2:02:57a	Don Longenecker	(64,NM)	25 Jan 81	at	AZ
20 mi	2:09:12	George Sheehan	(61,NJ)	24 Feb 80	at	NY
Marath	2:42:44	Clive Davies	(64,OR)	28 Oct 79	at	OR
50 km	3:48:56	Frans Pauwels	(62,OR)	18 Apr 81	at	OR
50 mi	6:24:18	Frans Pauwels	(60,OR)	29 Oct 78	at	OR
100 km	9:31:25	George Billingsley	(60,CA)	25 Apr 82	at	WA
100 mi	21:07:01	Samuel Freeman	(62,NY)	17 Jun 83	at	NY

## Men- 65 thru 69

8 km	33:48	Reg Rollason	(66,FL)	22 Jan 83	at	FL
	33:25ay	Wilfredo Rios	(65,NY)	14 Mar 82	at	NY
10 km	35:52	Clive Davies	(66,OR)	23 May 82	at	OR
15 km	55:16	Clive Davies	(65,OR)	28 Jun 81	at	OR
10 mi	1:02:01	Don Longenecker	(65,NM)	3 Oct 82	at	AZ
20 km	1:20:53	Norman Bright	(66,WA)	22 May 76	at	DC
Hf Mar	1:21:41	Clive Davies	(66,OR)	27 Sep 81	at	OR
25 km	1:49:35	John Holoubek	(66,CA)	19 Sep 82	at	CA
30 km	2:15:21	Wilfredo Rios	(65,NY)	19 Dec 81	at	NY
	2:13:34a	Robert Boal	(66,NC)	18 Mar 79	at	NY
20 mi	2:25:31	Wilfredo Rios	(65,NY)	28 Feb 82	at	NY
Marath	2:42:49	Clive Davies	(66,OR)	13 Sep 81	at	OR
50 km	5:40:22	John Newdorp	(69,VA)	16 Sep 79	at	VT
50 mi	7:49:35	Cleo Casady	(68,MO)	4 Oct 81	at	IL
100 km	15:03:46	George Knox	(69,OH)	12 Apr 81	at	OH
100 mi	18:42:50	Wilfredo Rios	(66,NY)	17 Jun 83	at	NY



## Men- 70 thru 74

8 km	34:09y	Sandy MacLean	(70,NH)	21 Nov 82	at	NH
10 km	42:19	William Andberg	(70,MN)	25 Oct 81	at	IN
15 km	1:04:23	Ray Sears	(70,IN)	2 Apr 77	at	IN
10 mi	1:12:05	Edward Benham	(73,MD)	5 Apr 81	at	DC
20 km	1:27:42	William Andberg	(70,MN)	5 Sep 81	at	MN
Hf Mar	1:39:30	Vernon Geary	(70,VA)	2 Oct 82	at	VA
25 km	1:59:08	Vernon Geary	(70,VA)	22 Jan 83	at	VA
30 km	2:25:55	William Andberg	(70,MN)	26 Sep 81	at	IN
20 mi	2:48:47	Edward Benham	(74,MD)	26 Dec 81	at	MD
	2:47:56a	L L Daby	(70,AZ)	25 Jan 81	at	AZ
Marath	3:07:26	Monty Montgomery	(71,CA)	16 Oct 77	at	CA
50 km	4:34:51	Edward Benham	(74,MD)	13 Mar 82	at	DC

## Men- 75 thru 79

8 km	42:15y	Max Popper	(77,NY)	7 Jun 81	at	NY
10 km	46:42	Charles Hackenheimer	(76,NY)	25 Jul 82	at	NY
	45:38a	Lou Gregory	(75,FL)	3 Jun 78	at	FL
15 km	1:06:34	Edward Benham	(75,MD)	3 Oct 82	at	DC
10 mi	1:16:16	Charles Hackenheimer	(75,NY)	4 Jul 82	at	NY
20 km	1:47:15	Lou Gregory	(75,FL)	29 Oct 77	at	OK
Hf Mar	1:58:54	Max Popper	(79,NY)	29 Aug 82	at	NY
25 km	2:14:55	Charles Hackenheimer	(75,NY)	2 May 82	at	NY
30 km	none					
20 mi	2:42:31	Edward Benham	(75,MD)	26 Dec 82	at	MD
Marath	3:57:49	Harold Chapson	(76,HI)	10 Dec 78	at	HI
50 km	none					
50 mi	11:22:44	Ben Mostow	(78,IL)	4 Oct 81	at	IL

## Men- 80 and over

8 km	none					
10 km	53:35	Paul Spangler	(82,CA)	25 Oct 81	at	CA
15 km	1:40:39	Everett Amos	(80,IN)	13 Jun 82	at	IN
10 mi	none					
20 km	1:58:35	Paul Spangler	(81,CA)	27 Apr 80	at	CA
Hf Mar	2:25:40	Paul Spangler	(84,CA)	17 Apr 83	at	CA
25 km	2:38:59	Paul Spangler	(83,CA)	19 Sep 82	at	CA
30 km	none					
20 mi	4:18:00	Ivor Welch	(84,CA)	18 Nov 79	at	CA
Marath	4:50:00	Paul Spangler	(81,CA)	4 May 80	at	CA

## Women- 35 thru 39

8 km	28:21y	Ford Madeira	(37,MA)	25 Nov 82	at	MA
10 km	34:08	Laurie Binder	(35,CA)	3 Oct 82	at	CA
	33:51a	Laurie Binder	(35,CA)	27 Feb 83	at	CA
15 km	51:57	Laurie Binder	(35,CA)	5 Dec 82	at	CA
10 mi	55:22	Laurie Binder	(35,CA)	21 Aug 82	at	MI
20 km	1:16:07	Betty Hite	(36,IN)	16 Oct 82	at	IN
Hf Mar	1:14:48	Laurie Binder	(35,CA)	11 Dec 82	at	NV
25 km	1:35:17	Betty Hite	(36,IN)	8 May 82	at	MI
30 km	1:59:13	Madeline Harmeling	(36,NY)	19 Dec 81	at	NY
20 mi	2:09:25	Joan Ulliot	(38,CA)	19 Nov 78	at	CA
Marath	2:33:36	Laurie Binder	(35,CA)	16 Jan 83	at	TX
50 km	4:00:05	Barbara Cesal	(37,IL)	27 Mar 82	at	IL
50 mi	6:35:54	Nina Kuscsik	(38,NY)	5 Nov 77	at	NY
100 km	11:41:50	Diane Curry	(36,KY)	3 Oct 82	at	IL
100 mi	15:31:57	Donna Hudson	(35,NY)	17 Jun 83	at	NY

## Women- 40 thru 44

8 km	28:41v	Judy Fox	(40,CA)	4 Jan 81	at	CA
10 km	35:07	Cindy Dalrymple	(40,NY)	16 May 82	at	NY
	34:40a	Cindy Dalrymple	(40,NY)	3 Jul 82	at	NY
15 km	54:46	Cindy Dalrymple	(40,NY)	27 Jun 82	at	OR
10 mi	1:01:48	Karen Scannell	(42,CA)	8 Feb 81	at	CA
20 km	1:18:02	Trudy Rapp	(43,VA)	28 Sep 80	at	DC
Hf Mar	1:20:47	Shirley Matson	(41,CA)	5 Jul 82	at	CA
25 km	1:38:40	Miki Gorman	(41,CA)	12 Mar 77	at	CA
30 km	2:00:10	Linda Thurston	(40,NJ)	19 Sep 82	at	NY
	1:57:41a	Cindy Dalrymple	(41,NY)	20 Mar 83	at	NY
20 mi	2:16:23	Anna Thornhill	(40,NY)	22 Feb 81	at	NY
Marath	2:43:36	Cindy Dalrymple	(40,NY)	26 Sep 82	at	IL
	2:39:11a	Miki Gorman	(41,CA)	24 Oct 76	at	NY
50 km	3:36:50	Sandra Kiddy	(43,CA)	27 Apr 80	at	CA
50 mi	6:24:19	Sandra Kiddy	(44,CA)	3 May 81	at	WA
100 km	8:53:49	Sue Medaglia	(44,NY)	4 May 80	at	CT

## Women- 45 thru 49

8 km	31:32y	Helene Bedrock	(46,NJ)	25 Jul 82	at	NJ
	30:47yp	Kathryn Gifford	(47,MA)	25 Nov 82	at	MA
10 km	36:29	Mila Kania	(49,NY)	5 Oct 80	at	NJ
15 km	58:18	Dorothy Stock	(48,CA)	6 Dec 80	at	CA
10 mi	1:02:00	Mila Kania	(49,NY)	26 Apr 81	at	NY
20 km	1:20:10	Linda Sippelle	(45,PA)	28 Sep 80	at	DC
Hf Mar	1:24:07	Dorothy Stock	(47,CA)	4 Jul 80	at	CA
25 km	1:43:20	Linda Sippelle	(46,PA)	8 Feb 81	at	NY
30 km	2:15:11	Trudy Rapp	(45,VA)	13 Mar 82	at	DC
	2:04:22a	Toshiko D'Elia	(49,NJ)	18 Mar 79	at	NY
20 mi	2:14:57	Toshiko D'Elia	(48,NJ)	26 Feb 78	at	NY
Marath	2:53:22	Sandra Kiddy	(45,CA)	11 Jul 82	at	CA
50 km	3:45:22	Sandra Kiddy	(46,CA)	24 Apr 83	at	WA
50 mi	6:15:47	Sandra Kiddy	(45,CA)	25 Apr 82	at	WA
100 km	7:59:59	Sandra Kiddy	(45,CA)	3 Oct 82	at	IL
100 mi	15:55:17	Sue Medaglia	(48,NY)	17 Jun 83	at	NY

## Women- 50 thru 54

8 km	33:06	Ann Kahl	(53,FL)	22 Jan 83	at	FL
10 km	37:43	Marion Irvine	(52,CA)	31 May 82	at	CA
15 km	58:42	Marion Irvine	(53,CA)	5 Dec 82	at	CA
10 mi	1:04:16	Mila Kania	(50,NY)	2 May 82	at	NY
20 km	1:28:02	Maile Christman	(50,IL)	11 Oct 81	at	IL
Hf Mar	1:23:16	Marion Irvine	(52,CA)	25 Oct 81	at	CA
25 km	1:45:14	Margaret Miller	(54,CA)	2 Mar 80	at	CA
30 km	2:18:39	Alicia Moore	(52,NY)	18 Dec 82	at	NY
	2:15:42a	Anny Stockman	(50,NY)	20 Mar 83	at	NY
20 mi	2:22:41	Ruth Anderson	(50,CA)	18 Nov 79	at	CA
Marath	3:01:23	Marion Irvine	(52,CA)	2 May 82	at	CA
	2:59:55a	Marion Irvine	(52,CA)	6 Jun 82	at	CA
50 km	5:33:05	Jan Newhart	(52,HI)	25 Mar 80	at	HI
50 mi	7:10:58	Ruth Anderson	(50,CA)	17 Feb 80	at	TX
100 km	17:39:18	Myra Linden	(53,IL)	27 Dec 81	at	IL

## Women- 55 thru 59

8 km	34:45y	Mary Storey	(57,CA)	29 Nov 81	at	CA
10 km	39:59	Margaret Miller	(55,CA)	6 Dec 81	at	CA
15 km	1:06:00	Mary Storey	(57,CA)	5 Dec 81	at	CA
10 mi	1:13:02	Mary Storey	(56,CA)	17 May 80	at	CA
20 km	1:36:04	Mary Storey	(56,CA)	5 Apr 81	at	CA
Hf Mar	1:28:39	Margaret Miller	(56,CA)	20 Jun 82	at	CA
25 km	1:52:46	Mary Storey	(55,CA)	2 Mar 80	at	CA
30 km	2:19:00	Helen Dick	(55,CA)	10 May 80	at	CA
20 mi	3:03:29	Mary Rodriguez	(58,NY)	24 Feb 80	at	NY
	2:47:07a	Adele Milicevic	(55,AZ)	24 Jan 82	at	AZ
Marath	3:07:21	Margaret Miller	(56,CA)	11 Jul 82	at	CA
50 km	6:13:42	Carmen Haney	(58,VA)	13 Mar 82	at	DC
50 mi	9:28:57	Helen Klein	(59,KY)	27 Mar 82	at	MS

## Women- 60 thru 64

8 km	37:58	Harriet Wever	(60,MI)	30 Oct 82	at	MI
10 km	45:10	Patricia Dixon	(63,OR)	29 Aug 82	at	OR
	45:01a	Jaclyn Caselli	(61,CA)	27 Feb 83	at	CA
15 km	1:12:46	Patricia Dixon	(63,OR)	27 Jun 82	at	OR
10 mi	1:18:13	Althea Wetherbee	(61,NY)	27 Apr 80	at	NY
20 km	1:36:31	Patricia Dixon	(63,OR)	10 Apr 82	at	OR
Hf Mar	1:42:23	Jaclyn Caselli	(61,CA)	28 Mar 82	at	CA
25 km	2:08:39	Jean Price	(61,MA)	13 Jun 82	at	MA
30 km	3:03:59	Mary Rodriguez	(60,NY)	19 Dec 81	at	NY
	2:35:22a	Althea Wetherbee	(61,NY)	25 Jan 81	at	AZ
20 mi	2:59:13	Kay Atkinson	(62,CA)	18 Nov 79	at	CA
	2:48:19a	Althea Wetherbee	(61,NY)	25 Jan 81	at	AZ
Marath	3:26:16	Marcie Trent	(60,AK)	7 May 78	at	CA
50 km	5:00:29	Josephine Hess	(64,WA)	25 Apr 82	at	WA

## Women- 65 thru 69

8 km	44:08	Judy Simon	(67,CA)	5 Dec 82	at	CA
10 km	47:55	Kay Atkinson	(65,CA)	31 May 82	at	CA
15 km	1:29:16	Judy Simon	(65,CA)	22 Mar 81	at	CA
	1:29:14a	Pearl Mehl	(67,CO)	7 Sep 81	at	CO
10 mi	1:30:49	Pearl Mehl	(68,CO)	31 Jul 82	at	KS
	1:30:49p	Jessica Posey	(67, )	29 Mar 80	at	GA
20 km	2:10:50	Evelyn Havens	(66,NY)	22 Jan 83	at	NY
Hf Mar	1:49:47	Evelyn Havens	(65,NY)	15 Nov 81	at	NY
25 km	2:49:56	Evelyn Havens	(65,NY)	4 Oct 81	at	NY
30 km	3:19:45	Evelyn Havens	(65,NY)	19 Dec 81	at	NY
20 mi	3:35:37	Evelyn Havens	(65,NY)	28 Feb 82	at	NY
Marath	4:21:07	Kay Atkinson	(65,CA)	11 Jul 82	at	CA
50 km	5:11:50	Josephine Hess	(65,WA)	24 Apr 83	at	WA

## Women- 70 thru 74

8 km	50:06	Bess James	(73,CA)	9 Oct 82	at	CA
10 km	53:32	Leona Luggers	(74,MI)	12 Sep 81	at	MI
15 km	1:31:29	Anne Clarke	(71,IL)	16 Aug 81	at	IL
10 mi	1:35:01	Anne Clarke	(72,IL)	9 May 82	at	IL
20 km	1:54:47	Leona Luggers	(74,MI)	23 May 81	at	MI
Hf Mar	2:23:27	Bess James	(70,CA)	4 Jul 80	at	CA
	2:19:58a	Bess James	(71,CA)	22 Aug 81	at	CA
25 km	2:51:54	Bess James	(73,CA)	19 Sep 82	at	CA
30 km	3:40:33a	Veallon Hixson	(74,AZ)	30 Oct 82	at	AZ
20 mi	3:25:59	Mavis Lindgren	(71,CA)	19 Nov 78	at	CA
Marath	4:37:37	Mavis Lindgren	(72,CA)	9 Sep 79	at	OR
	4:34:08a	Mavis Lindgren	(73,CA)	8 Mar 81	at	CA

## Women- 75 thru 79

8 km	50:22	Veallon Hixson	(75,AZ)	23 Jan 83	at	AZ
10 km	53:40	Leona Luggers	(75,MI)	11 Sep 82	at	MI
15 km	1:53:47	Mia Wilshusen	(78,AZ)	22 Nov 81	at	AZ
10 mi	1:50:11	Veallon Hixson	(75,AZ)	2 Apr 83	at	AZ
20 km	1:56:25	Leona Luggers	(75,MI)	22 May 82	at	MI
hf mar	none					
25 km	none					
30 km	none					
20 mi	none					
marath	5:06:22	Mavis Lindgren	(75,CA)	7 Nov 82	at	CA
	4:53:36a	Mavis Lindgren	(75,CA)	6 Jun 82	at	CA

## Women- 80 and over

8 km	none					
10 km	1:03:07	Ruth Rothfarb	(80,MA)	12 Dec 81	at	FL
15 km	1:39:44	Ruth Rothfarb	(80,FL)	22 Nov 81	at	AZ
10 mi	none					
20 km	2:26:34	Ruth Rothfarb	(80,FL)	6 Mar 82	at	DC
hf mar	2:30:41	Ruth Rothfarb	(80,MA)	26 Sep 81	at	NY
25 km	none					
30 km	none					
20 mi	none					
marath	5:28:33	Ruth Rothfarb	(80,FL)	16 Jan 82	at	FL



## 1982 MASTERS 10 MILE RANKINGS

Top 25 in each 5-year age group from age 35 up. Compiled by the National Running Data Center exclusively for the National Masters News. Now available in the book U.S. Distance Rankings, 1982, Vol. II.

10 miles		Men- 35 thru 39	
51:04	Sam Bair	35	Pittsburgh PA 4 Apr,DC-A
51:29	Peter Hallop	35	Ann Arbor MI 21 Aug,MI-A
52:41	Dan Murray	37	Modesto CA 26 Jun,CA-A
52:47	Peter Nye	35	Alexandria VA 29 Aug,MD-A
52:49	Tony Mifsud	38	Allen Park MI 21 Aug,MI-A
52:51	Greg White	37	East Peoria IL 6 Sep,IL-A
52:53	Jack Bacheler	38	Raleigh NC 25 Sep,VA-A
52:54	Tyrone Griffin	35	Flint MI 21 Aug,MI-A
52:55	Dave Foley	35	Cadillac MI 21 Aug,MI-A
53:25	Lou Putnam	35	Short Hills NJ 2 May,NY-A
53:32	Jerry Smith	39	Syracuse NY 4 Jul,NY-A
53:56	Walt Rotkis	35	Seattle WA 21 Mar,WA-A
54:11	Daryl Zapata	37	San Bruno CA 29 Aug,CA-A
54:20	Jeff Galloway	36	Atlanta GA 14 Mar,NJ-A
54:26	Rich Myers	36	Voorhees NJ 4 Apr,DC-A
54:32	Michael Persak	35+	Grand Rapids MI 21 Aug,MI-A
54:35	Lucious Anderson	36	Silver Spring MD 25 Sep,VA-A
54:37	Rod Lechtenberger	38	Lincoln NE 27 Feb,NE-A
54:40	Bill Koehler	35+	Camp Springs MD 29 Aug,MD-A
54:46	Bill Clark	38	Los Altos CA 29 Aug,CA-A
54:47	Joe Vega	37	Chicago Hgts IL 9 May,IL-A
54:52	Richard Lampman	35+	Ann Arbor MI 21 Aug,MI-A
54:54	Paul DelaDurantaye	35+	Southgate MI 21 Aug,MI-A
54:55	John Loughran	38	Sandston VA 25 Sep,VA-A
54:57	Dick True	35	Methuen MA 2 May,MA-A
resident foreigner			
50:03	Tim Hassall	35	Bogota NJ 11 Dec,NY-A/UK
10 miles		Men- 40 thru 44	
50:43	Herb Lorenz	43	Willingboro NJ 2 May,NY-A
52:43	Sal Vasquez	42	Alameda CA 29 Aug,CA-A
53:18	Robert Jenkins	42	Salem VA 4 Apr,DC-A
53:58	William Hall	41	Durham NC 4 Apr,DC-A
54:00	Mike Sabino	43	Baltimore MD 29 Aug,MD-A
54:06	Ken Prior	41	Vandalia OH 21 Aug,MI-A
54:06	Lew Faxon	42	Hampton VA 25 Sep,VA-A
54:14	Don Davis	40+	Woodbridge VA 29 Aug,MD-A
54:33	Bob Fischer	41	Newark NJ 16 Jan,NY-A
54:48	Ralph Zimmerman	40	N Tonawanda NY 4 Apr,DC-A
55:24	Roger Rouiller	44	Lockport IL 6 Sep,IL-A
55:32	John Nair	40	Park Forest IL 6 Sep,IL-A
55:33	Guy Stretton	41	Old Greenwich CT 2 May,NY-A
55:37	Richard Van Scotter	42	2 May,NY-A
55:37	David Biddinger	42	Birmingham MI 21 Aug,MI-A
55:41a	Ken Schei	41	Englewood CO 24 Jan,AZ-A
55:45	Calvin Loomis	43	Campbell NY 4 Jul,NY-A
55:54	Grif Balthis	40+	Elkton MD 29 Aug,MD-A
55:58	Ray Stevens	41	Lincoln NE 27 Feb,NE-A
56:01	Dan McCaskill	41	Solana Beach CA 26 Jun,CA-A
56:06	Bill Keller	40+	Lansing MI 21 Aug,MI-A
56:11	Tim Rostege	42	San Jose CA 29 Aug,CA-A
56:20	Jim Peelen	40+	Milwaukee WI 1 Aug,WI-A
56:23	Lee Wilcox	43	Troy NY 2 May,NY-A
56:24	David R Brown	43	Ft Myer VA 4 Apr,DC-A
10 miles		Men- 45 thru 49	
53:25	Ernest Billups	45	Chicago IL 6 Sep,IL-A
54:09	Brian Harris	47	Royal Oak MI 21 Aug,MI-A
55:01	Rex Perrine	45	Garden City MI 21 Aug,MI-A
55:56	Adrian Craven	45+	6 Mar,SC-A
56:24	David Bloor	46	Staunton VA 25 Sep,VA-A
56:31	Rusty Lamade	45	Staten Island NY 11 Dec,NY-A
56:32	Bob Paklaian	46	Detroit MI 21 Aug,MI-A
56:51	John Dugdale	47	Ridgefield CT 2 May,NY-A
56:51	Darryl Beardall	45	Santa Rosa CA 6 Sep,CA-A
57:01	Vincent Chiappetta	49	New York NY 11 Dec,NY-A
57:04	Karl Killingstad	45	Newport RI 25 Sep,VA-A
57:36	Jerome Riordan	49	Syracuse NY 4 Jul,NY-A
57:44	Bob Trudgeon	48	Detroit MI 21 Aug,MI-A
58:07	Jack Blakely	46	Ithaca NY 4 Jul,NY-A
58:31t	William R Smith	47	San Antonio TX 15 Jan,TX-A
58:33	Richard Jamborsky	46	Reston VA 25 Sep,VA-A
58:50	Ray Harrison	47	Crownsville MD 4 Apr,DC-A
58:58	David Reichert	46	Holland Patent NY 4 Jul,NY-A
58:59	Bob Elwood	47	Lincoln NE 27 Feb,NE-A
59:04	Joe Washburn	45+	Rochester MI 21 Aug,MI-A
59:05	Ben Hyser	47	York PA 4 Apr,DC-A
59:22	Roger Ritsema	45+	Grand Rapids MI 21 Aug,MI-A
59:24	Charles Roy	49	Sicklerville NJ 14 Mar,NJ-A
59:38	Richard Gottshall	46	Altoona PA 4 Apr,DC-A
59:38	Gus Saulnier	46	Gloucester MA 2 May,MA-A
resident foreigner			
54:35	Fritz Mueller	45	New York NY 16 Jan,NY-A/WG
10 miles		Men- 50 thru 54	
53:40	Hal Higdon	51	Michigan City IN 6 Sep,IL-A
55:20	Norman Eastman	51	Lansing MI 21 Aug,MI-A
57:40	Tony Sapienza	53	Bradford MA 2 May,MA-A
57:55	George Vernosky	51	Bethesda MD 4 Apr,DC-A
58:05	James Sutton	50	Whitfield PA 2 May,NY-A
58:27	David Schertz	50	Lombard IL 6 Sep,IL-A
58:29	Morton Gray	50	Santa Rosa CA 6 Sep,CA-A
58:56	Clyde Baker	52	Evanston IL 9 May,IL-A
59:14	John J Kelley	51	Groton CT 2 May,MA-A
59:15	Joe Cary	50	Sierra Vista AZ 3 Oct,AZ-A
59:20	Stephen Rosasco	50	Fallston MD 29 Aug,MD-A
59:20	Kenneth Jones	52	Larchmont NY 11 Dec,NY-A
59:34	Maurice Schepers	53	Philadelphia PA 14 Mar,NJ-A
59:38	Al Treichel	53	Milwaukee WI 1 Aug,WI-A
59:57	Richard Bauman	50	Sterling OH 7 Nov,OH-A
1:00:02	John L Sullivan	50	Holliston MA 28 Feb,MA-A
1:00:18	Ivan Dooley	50+	Baltimore MD 29 Aug,MD-A
1:00:59	Herbert Kania	53	Warwick NY 2 May,NY-A
1:01:09	Ray Riffe	50+	Sidney OH 21 Aug,MI-A
1:01:30	Ephraim Romesberg	50+	29 Aug,CA-A
1:01:30	Huey Long	53	Delaware OH 7 Nov,OH-A
1:01:50	James Ochman	51	Munster IN 6 Sep,IL-A
1:01:59	John Hall	50	Charleston WV 25 Sep,VA-A
1:01:59	George Stillman	51	Bronx NY 11 Dec,NY-A
1:02:04	Raman Menon	50+	29 Aug,CA-A
10 miles		Men- 55 thru 59	
58:21	Jim Forshee	57	Ann Arbor MI 21 Aug,MI-A
59:49	Jim O'Neil	57	San Diego CA 26 Jun,CA-A
1:00:40	Herb Chisholm	56	Alexandria VA 29 Aug,MD-A
1:02:35	John Hosner	57	Blacksburg VA 4 Apr,DC-A
1:02:59t	Bob Bartling	55	Brookings SD 4 Apr,SD-A
1:03:05	Jerome Kerkhof	55	Silver Spring MD 4 Apr,DC-A
1:03:46	Augustus Prince	58	Upton NY 14 Mar,NJ-A
1:04:26	Thomas Walnut	58	Dewitt NY 4 Jul,NY-A
1:04:30	George Thompson	56	New York NY 9 May,NY-A
1:04:36	Jim Stoltzfus	55	Greenwich CT 28 Mar,CA-A
1:04:55	Paul Lackey	57	Arlington VA 4 Apr,DC-A
1:04:55	Bill Lewis	57	Grove City OH 7 Nov,OH-A
1:05:16	Glenn Coleman	58	Alexandria VA 4 Apr,DC-A
1:05:21	Gene McGinnis	57	New York NY 11 Dec,NY-A
1:05:32	Sam Gratch	57	Utica NY 4 Jul,NY-A
1:05:44	John Brooks	55	Edina MN 6 Sep,IL-A
1:05:47	Harry Roberts	59	Homewood IL 9 May,IL-A
1:05:48	John Nottle	55	Londonderry NH 25 Sep,VA-A
1:05:57	Gerry Hopkins	56	Hinsdale IL 6 Sep,IL-A
1:06:10	Lawrence Delaney	56	14 Mar,NJ-A
1:06:14	Don Lucero	55	Belmont CA 29 Aug,CA-A
1:06:22	Bob Thurston	57	Colts Neck NJ 4 Apr,DC-A
1:06:24	Dixon Hemphill	57	Fairfax Stn VA 25 Sep,VA-A
1:06:28	John Peplinski	56	14 Mar,NJ-A
1:06:36	Chester Kwasniewski	55	Chicago IL 9 May,IL-A
10 miles		Men- 60 thru 64	
1:02:26	Jack Start	61	Trenton NJ 14 Mar,NJ-A
1:04:18	Thomas Gibbons	61	Bellerose NY 11 Dec,NY-A
1:04:25	Warren Utes	62	Park Forest IL 6 Sep,IL-A
1:05:27	Oscar Fox	60+	Felton MD 29 Aug,MD-A
1:05:31	Stephen Richardson	61	Riverside CT 16 Jan,NY-A
1:05:32	Ray Chappellear	60	Milford Center OH 7 Nov,OH-A
1:06:58	Michael Bertolini	61	Brigeton NJ 14 Mar,NJ-A
1:07:34	John McIntyre	61	Springfield VA 4 Apr,DC-A
1:07:34	Merle Knox	60	Milwaukee WI 1 Aug,WI-A
1:08:19	Joseph Holland	60	Baltimore MD 29 Aug,MD-A
1:08:21	Albert Goldstein	62	Brooklyn NY 11 Dec,NY-A
1:08:32	Fletcher Hanks	60+	Oxford MD 29 Aug,MD-A
1:08:33	William Main	60+	29 Aug,CA-A
1:08:45	John Fredette	62	Bloomfield NJ 2 May,NY-A
1:09:05	Nat White	63	Payetteville NY 4 Jul,NY-A
1:09:50	John Lafferty	64	San Diego CA 26 Jun,CA-A
1:09:51	Fred Gurol	60+	Farmington MI 21 Aug,MI-A
1:11:00	William Coyne	61	New York NY 11 Dec,NY-A
1:11:16	John Bickerton	60	Pelham NH 2 May,MA-A
1:11:39	Marcel Patras	60+	3 Apr,AZ-A
1:12:06	Floyd Smithberg	63	South Elgin IL 9 May,IL-A
1:12:37	Theron Hodge	60	Flint MI 21 Aug,MI-A
1:12:38	Joseph Martin	61	Lexington VA 25 Sep,VA-A
1:13:00	Reevil Leadbetter	61	Rochester NY 4 Apr,DC-A
1:13:01	Floyd Carley	60+	29 Aug,CA-A
10 miles		Men- 65 thru 69	
1:02:01	Don Longenecker	66	Silver City NM 3 Oct,AZ-A
1:06:29	Wilfredo Rios	65	Bellerose NY 2 May,NY-A
1:16:10	Al Clark	68	Prescott AZ 3 Apr,AZ-A
1:16:49	Roberto Renny	65	Staten Island NY 11 Dec,NY-A
1:18:23t	Lorne Bartling	67	Brookings SD 3 Oct,SD-A
1:18:56	George Jaffe	67	Brooklyn NY 11 Dec,NY-A
1:19:34	John J Williams	68	Park Forest IL 9 May,IL-A
1:21:47	Robert Hull	65	Basking Ridge NJ 2 May,NY-A
1:22:10	Ronald Force	65	Salina KS 31 Jul,KS-A
1:23:45	Steve Cole	68	San Francisco CA 29 Aug,CA-A
1:27:10	Allen Minness	69	Ottawa IL 6 Sep,IL-A
1:28:53	Ed Sienkiewicz	68	Amesbury MA 2 May,MA-A
1:30:02	Joseph Seibert	67	Baltimore MD 4 Apr,DC-A
1:31:45	John Neighbors	65	Winston-Salem NC 25 Sep,VA-A
1:32:09	Robert Bruggink	65	Park Forest IL 6 Sep,IL-A
1:32:48	Changho Kong	69	New York NY 16 Jan,NY-A
1:33:28	Nate Hacker	65	Bernhards Bay NY 4 Jul,NY-A
1:33:29	John Deschambault	68	Dewitt NY 4 Apr,DC-A
1:33:30	Joseph Santori	69	Chicago IL 9 May,IL-A
1:35:53	George Sorokin	65	New York NY 2 May,NY-A
1:38:13	Algene Williams	66	Park Forest IL 6 Sep,IL-A
1:43:26	Charles Holzer	66	Gallipolis OH 25 Sep,VA-A
1:45:33	Arnold Briggs	66	Syracuse NY 4 Jul,NY-A
2:30:15	David Phillips	69	San Diego CA 28 Mar,CA-A



10 miles		Men- 70 thru 74			
1:13:46	Bill Andberg	71	Anoka	MN	21 Aug,MI-A
1:15:20	Edward Benham	74	Ocean City	MD	4 Apr,DC-A
1:18:00	Vernon Geary	70	Williamsburg	VA	25 Sep,VA-A
1:22:55t	Nathaniel Hefner	71	Parkersburg	WV	24 Oct,WV-A
1:23:23	Troy Organ	70	Athens	OH	7 Nov,OH-A
1:28:17	Luis Martin	71	Upr Montclair	NJ	11 Dec,NY-A
1:29:58	Henry Berlin	70+			3 Apr,AZ-A
1:30:33	Marvin Streeter	71	Mesa	AZ	3 Apr,AZ-A
1:31:48	Wade Lebold	71	Phoenix	AZ	3 Apr,AZ-A
1:33:44	John Stout	70	Seattle	WA	21 Mar,WA-A
1:35:22	James Ramsey	74	Detroit	MI	21 Aug,MI-A
1:35:43	Joe Marinucci	73	Newburgh	NY	2 May,NY-A
1:35:47	Leon Hayward	70			14 Mar,NJ-A
1:35:56	Stanley Glynn	71			2 May,NY-A
1:39:05	Howard Calkin	70	Oregon	MO	27 Feb,NE-A
1:41:31	George Knox	71	Gahanna	OH	7 Nov,OH-A
1:42:45	Jack Walsky	70			2 May,NY-A
1:45:06	Bill Polen	74	Albany	NY	4 Apr,DC-A
1:47:49	Sam Keith	70	Winslow	AZ	3 Apr,AZ-A
1:49:26	Clifford Schopmeyer	70	Silver Spring	MD	4 Apr,DC-A
1:52:54	Eddie Demock	70+	Flint	MI	21 Aug,MI-A
2:22:03	Quinto Meldonado	73	Lawrence	MA	2 May,MA-A
10 miles		Men- 75 thru 79			
1:16:16	Charles Hackenheimer	75	Central Square	NY	4 Jul,NY-A
1:28:26	Percy Lee Perry	78	Jersey City	NJ	4 Apr,DC-A
10 miles		Women- 35 thru 39			
55:22	Laurie Binder	35	Oakland	CA	21 Aug,MI-A
1:01:33	Mary Ellen Williams	35	Gaithersburg	MD	4 Apr,DC-A
1:02:58	Bobbi Rothman	37	Miller Place	NY	11 Dec,NY-A
1:03:07	Margaret Dessau	35	New York	NY	2 May,NY-A
1:03:24a	Bette Poppers	39	Littleton	CO	24 Jan,AZ-A
1:03:53	Iris Black	39	Spring Valley	OH	21 Aug,MI-A
1:04:07	Judy Greer	35	Orlando	FL	21 Aug,MI-A
1:04:13	Linda Thurston	39	Somerville	NJ	2 May,NY-A
1:04:43	Carolyn Bravakis	38	Windsor Locks	CT	2 May,NY-A
1:05:01	Kate Kalb-Russell	35	Brighton	MI	21 Aug,MI-A
1:05:07	Barbara Rasmussen	36	St Charles	IL	9 May,IL-A
1:05:15	Valerie Nye	36	Alexandria	VA	29 Aug,MD-A
1:05:23	Hideko Pirie	37	Fairfax	VA	4 Apr,DC-A
1:05:43	Kathy Loper	39	Omaha	NE	27 Feb,NE-A
1:06:21	Andrea Harris	35	Glencoe	IL	6 Sep,IL-A
1:06:30	Pat McKay	35	Portage	IN	21 Aug,MI-A
1:07:01	Barbara Cesal	37	Orland Park	IL	9 May,IL-A
1:07:28	Elaine Kirchen	39	New York	NY	2 May,NY-A
1:07:29	Mary Leivers	36	Syracuse	NY	4 Jul,NY-A
1:07:55	Mimi Meyers	39	Brooklyn	NY	2 May,NY-A
1:07:56	Paula Pettorini	35	Randolph	NJ	2 May,NY-A
1:08:07	Susan Peters	35+	Madison	WI	1 Aug,WI-A
1:08:13	Carole Santillo	35			14 Mar,NJ-A
1:08:21	Ann Munster	35	Ann Arbor	MI	21 Aug,MI-A
1:08:38	Judy Friedes	37	Lake Forest	IL	6 Sep,IL-A
resident foreigners					
1:02:39	Angella Hearn	36	New York	NY	11 Dec,NY-A/UK
1:05:32	Christine Grenning	35	New York	NY	16 Jan,NY-A/UK
10 miles		Women- 40 thru 44			
1:02:45	Shirley Matson	41	Solana Beach	CA	26 Jun,CA-A
1:03:41	Ann Diaz	42	Glencoe	IL	6 Sep,IL-A
1:04:07	Patty Lee Parmalee	42	New York	NY	11 Dec,NY-A
1:05:35	Mary Lund	42	Novi	MI	21 Aug,MI-A
1:06:05	Anna Thornhill	42	New York	NY	11 Dec,NY-A
1:06:30	Anne Bing	43	Franklin Lks	NJ	2 May,NY-A
1:06:57	Lolitia Bache	40	Annandale	VA	4 Apr,DC-A
1:07:02	Nina Kuscsik	43	Huntington Stn	NY	2 May,NY-A
1:07:13	Lynne Lauck	42	Pittstown	NJ	14 Mar,NJ-A
1:07:20	Irma Lorenz	40	Willingboro	NJ	2 May,NY-A
1:07:56	Louise Dooley	40	Lexington	VA	25 Sep,VA-A
1:08:05	Lona Monte	41	New York	NY	11 Dec,NY-A
1:08:19	Patricia DeLotto	43			14 Mar,NJ-A
1:08:25	Cathy Fogarty	40	San Diego	CA	28 Mar,CA-A
1:09:11	Carole Herrick	41	McLean	VA	4 Apr,DC-A
1:09:27	Polly Schonfeld	43	New York	NY	2 May,NY-A
1:09:44	Sandra Folzer	42	Wyncote	PA	14 Mar,NJ-A
1:09:50	Judy Splitgerber	42	San Diego	CA	28 Mar,CA-A
1:09:58a	Margaret Fee	40	Englewood	CO	24 Jan,AZ-A
1:10:02	Nanette Blakely	42	Ithaca	NY	4 Jul,NY-A
1:10:25	Pat Dancey	40+	Grand Rapids	MI	21 Aug,MI-A
1:10:44	Kaarina Uutinen	40	New York	NY	2 May,NY-A
1:10:45	Marilyn Morehead	40+	Detroit	MI	21 Aug,MI-A
1:10:47	Judy Allard	40+			3 Apr,AZ-A
1:10:48	Sue Boyd	40+	Madison	WI	1 Aug,WI-A
10 miles		Women- 45 thru 49			
1:05:10	Karen Holappa	46	Ann Arbor	MI	21 Aug,MI-A
1:06:38	Janet Buckendahl	48	Petaluma	CA	6 Sep,CA-A
1:06:52	Helene Bedrock	46	Cliffside Pk	NJ	2 May,NY-A
1:07:30	Dorothy Stock	49	La Mesa	CA	26 Jun,CA-A
1:08:16	Anny Stockman	49	Rensselaer	NY	2 May,NY-A
1:09:51	Nancy McCormick	47	Omaha	NE	27 Feb,NE-A
1:10:22	Estelle Meyding	46	Fairfax	VA	4 Apr,DC-A
1:11:00	Sylvia Shriner	45	Lancaster	PA	29 Aug,MD-A
1:11:11	Ruth Waters	48	San Carlos	CA	29 Aug,CA-A
1:11:41	Grace Rome	45	Tucson	AZ	3 Oct,AZ-A
1:12:43	Mary Van Camp	45	Ann Arbor	MI	21 Aug,MI-A
1:12:47	Peggy Acton	46	Rochester	MI	21 Aug,MI-A
1:12:52	Caroline Mountcastle	48	Winston-Salem	NC	25 Sep,VA-A
1:12:59	Jeanie Kayser-Jones	46	San Francisco	CA	29 Aug,CA-A
1:13:01	Frances Widmann	47	Chapel Hill	NC	25 Sep,VA-A
1:13:15	Margaret Peruski	46	Dearborn	MI	21 Aug,MI-A
1:13:52	Mary MacFarlane	46	Richmond	VA	25 Sep,VA-A
1:14:21	Janet Voss	45	Chicago	IL	6 Sep,IL-A
1:14:48	Frances Adams	49	Virginia Beach	VA	29 Aug,MD-A
1:14:50	Sandra Caldwell	46	Mercer Island	WA	21 Mar,WA-A

1:15:34	Peggy Drauglis	46	Columbus	OH	7 Nov,OH-A
1:15:36	Katherine Knight	46	New York	NY	16 Jan,NY-A
1:15:38	Joyce Fletcher	48	New York	NY	11 Dec,NY-A
1:15:50	Samara Balfour	46	New York	NY	11 Dec,NY-A
1:16:14	Natalie Tickner	48	Norwalk	CT	2 May,NY-A

10 miles		Women- 50 thru 54			
1:04:16	Mila Kania	50	Warwick	NY	2 May,NY-A
1:06:59	Toshiko D'Elia	52	Ridgewood	NJ	2 May,NY-A
1:09:50	Anne Johnson	53	Olivenhain	CA	26 Jun,CA-A
1:10:02	Alicia Moore	51	New York	NY	2 May,NY-A
1:11:43	Ruth Anderson	53	Oakland	CA	29 Aug,CA-A
1:11:52	Melba Hatch	54	Canton	MI	21 Aug,MI-A
1:13:17	Bette Mihalek	53	Whitefish Bay	WI	1 Aug,MI-A
1:13:52	Rachel Bourn	52	Fairfax	VA	29 Aug,MD-A
1:13:56	Gloria Brown	50	Grand Island	NY	4 Apr,DC-A
1:15:59	Merry Van Sant	52	San Diego	CA	26 Jun,CA-A
1:18:20	Patricia Nesley	54	Washington	DC	4 Apr,DC-A
1:18:39	Nancy Tighe	51	New York	NY	2 May,NY-A
1:18:51	Barbara Dibble	52	Tucson	AZ	3 Oct,AZ-A
1:18:56	Cecilia Payan	50+			29 Aug,CA-A
1:19:01	San Chastain	50+	Annapolis	MD	29 Aug,MD-A
1:20:05	Eileen Castle	52	Muskegon	MI	21 Aug,MI-A
1:20:29	Guillermna Bordonaba	51	Brooklyn	NY	16 Jan,NY-A
1:21:07	Eileen Klatzky	50+			29 Aug,CA-A
1:21:15	Harriet Locke	50	Bristol	TN	11 Sep,TN-A
1:21:15	Margot Lacher	50	New York	NY	11 Dec,NY-A
1:22:50	Bunny Franco	51	New York	NY	2 May,NY-A
1:23:01	Betty Moore	50+	Annapolis	MD	29 Aug,MD-A
1:23:08	Jessie Lasinsky	50+			3 Apr,AZ-A
1:23:19	Nancy Stokes	54			14 Mar,NJ-A
1:23:47	Charlotte Williams	54	Grand Blanc	MI	21 Aug,MI-A

10 miles		Women- 55 thru 59			
1:16:12	Janet Grenda	56	Stone Ridge	NY	2 May,NY-A
1:20:19	Adele Milicevic	55	Scottsdale	AZ	3 Apr,AZ-A
1:23:46	Grace Gammill	55	Mesa	AZ	3 Apr,AZ-A
1:24:39	Patricia Milligan	56	Slt Ste Marie	MI	21 Aug,MI-A
1:25:30	Alice Scott	55	Spring Valley	CA	28 Mar,CA-A
1:31:08	Dorothy Franklin	57	Sun City	AZ	3 Apr,AZ-A
1:31:40	Pat Bowman	55	Tucson	AZ	3 Oct,AZ-A
1:32:00	Regina Schattnik	56	Chicago	IL	9 May,IL-A
1:33:25	Virginia Hastings	57	San Diego	CA	26 Jun,CA-A
1:33:27	Myrtle Parsons	55+			3 Apr,AZ-A
1:35:34	Marguerette Glynn	56			2 May,NY-A
1:35:45	Carmen Haney	58	Arlington	VA	4 Apr,DC-A
1:36:51	Marilyn Ribyat	56	Dewitt	NY	4 Jul,NY-A
1:39:28	Juanita Goldman	59			2 May,NY-A
1:39:36	Edith Scott	58	Croton/Hudson	NY	2 May,NY-A
1:41:29	Sadie Morong	57	Syracuse	NY	4 Jul,NY-A
1:42:18	Hannah Levin	56	Maplewood	NJ	2 May,NY-A
1:46:27	Bettye Fuzek	57	Kingsport	TN	11 Sep,TN-A
1:50:04	Dorothy Kennedy	56			14 Mar,NJ-A
2:03:13	Anne Alaimo	56	Jamaica	NY	9 May,NY-A

10 miles		Women- 60 thru 64			
1:22:30	Gerry Davidson	61	Fallbrook	CA	26 Jun,CA-A
1:22:55	Harriet Wever	60	Okemos	MI	21 Aug,MI-A
1:25:43	Jaclyn Caselli	61	San Jose	CA	29 Aug,CA-A
1:26:46	Phyllis Schwandt	60	Decatur	IL	4 Apr,DC-A
1:27:03	Els Tuinzing	60	Mill Valley	CA	29 Aug,CA-A
1:27:59	Jean Price	61	Boxford	MA	2 May,MA-A
1:28:33	Mary Rodriguez	61	Rego Park	NY	11 Dec,NY-A
1:34:55	Jane Nordstrom	60			2 May,NY-A
1:36:06	Edna Laffin	64	Sun City West	AZ	3 Apr,AZ-A
1:36:07	Doris D'Andrea	60	Springfield	NJ	2 May,NY-A
1:51:02	Arlene Fitzgerald	60+			29 Aug,CA-A
1:54:20	Jean Politeau	60+			29 Aug,CA-A

10 miles		Women- 65 thru 69			
1:30:49	Pearl Mehl	68	Boulder	CO	31 Jul,KS-A
1:37:12	Evelyn Havens	65	New York	NY	16 Jan,NY-A
1:38:13	Algene Williams	66	Park Forest	IL	6 Sep,IL-A
1:41:41	Ann Snyder	65	Sun City	AZ	3 Apr,AZ-A

10 miles		Women- 70 thru 79			
1:35:01	Anne Clarke	72	Glen Ellyn	IL	9 May,IL-A
1:54:40	Felictas Salazar	73	San Diego	CA	26 Jun,CA-A

## CLASSIFIEDS

AS A PUBLIC SERVICE to the masters community, National Master News will publish all announcements free of charge.

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.

## PERSONALS

**MID 30's SAN DIEGO** female sprinter seeking male companionship. Must have sense of humor. Enjoy interval workouts and cheap beer. Law Office, PO Box 7479, San Diego, CA 92017.

**INVENTIONS, IDEAS, TECHNOLOGY WANTED:** Industry presentation/national exposition. 1-800-528-6050; X831.



# 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.

13th SOUTHEASTERN US MASTERS T & F MEET  
RALEIGH, N.C.  
May 6-8, 1983

5000 METERS		
	AGE	TIME
DIVISION IIA LADIES		
1 CARRIER, RUTH	52	22:49.3
DIVISION OA		
1 WALMSLEY, ALEX	31	15:27.8
2 DRIVER, JAMES	33	16:12.8
3 WOODLIF, MARK	30	16:49.3
4 NEEKE, CHARLES	32	17:11.2
5 HULLINS, TIMOTHY	34	17:25.6
6 AYCOCK, DONALD	31	17:40.2
DIVISION OB		
1 JONES, WALLIE	35	15:37.7
2 VAUGHN, WAYNE	39	16:07.9
3 WHITT, RANDY	36	17:45.9
4 HOLLER, DUSTY	38	18:28.1
5 JONES, LOREN	39	18:46.0
DIVISION IA		
1 CAMPBELL, CHARLIE	40	17:41.7
2 ESSE, WALTER	44	18:35.9
3 GETHWICK, RONALDA	44	20:30.8
DIVISION IB		
1 DESJARDINS, CHARLES	46	17:45.3
2 ROVE, MURRILL	45	18:18.6
DIVISION IIA		
1 WILLIAMS, ON	53	18:04.6
2 FOWLE, DAVID	50	20:00.0
3 SENGSTOCK, WAYNE	54	20:00.9
DIVISION IIB		
1 HACKENBIE, DAVID	55	20:43.3
2 GREY, DONALD	55	22:19.1
DIVISION IIIA		
1 NEWSON, DEULIE	60	20:03.5
DIVISION IIV		
2 DRISCOLL, HAROLD	63	20:57.3
3 LUPP, FRANK	61	23:46.6
4 LLOYD, ELDRIDGE	60	24:16.2
DIVISION IIIB		
1 WOODS, JOHN	65	20:39.0
2 BARTLETT, THOMAS	68	21:49.2
DIVISION IVA		
1 WANG, CHEN-LING	71	25:09.2
2 NIXON, CALDWELL	74	25:53.6
DIVISION IVB		
1 BENHAM, ED	75	21:22.6
2 PIKE, BYRON	75	24:13.8
110 METER HURDLES		
	AGE	TIME
DIVISION OA		
1 ROBINSON, MATE	31	14.97
2 LIPSCOMB, AL	33	16.91
3 BLACK, IVAN	34	19.23
DIVISION OB		
1 KELLY, MICHAEL	36	15.16
2 JOHNSTON, FRED	37	16.29
3 ACKROYD, JAMES	38	19.85
4 BUSBY, WILLIAM	38	19.99
5 SCOTT, ARTIN	35	21.00
DIVISION IA		
1 KLINE, W.	43	16.63
2 ELLIS, DAVE	43	17.04
DIVISION IB		
1 GILMORE, JOHN	48	20.03
DIVISION IIA		
1 PRATT, LAWRENCE	51	16.21
DIVISION IIB		
2 CULBREATH, JCSH	50	17.97
3 HAINSTON, ERIC	51	20.60
4 BARRIE, JOHN	50	20.70
DIVISION IIB		
1 FLOWERS, JIM	55	19.90
2 MARTIN, JOHN	55	20.9
3 JOCOT, JOCK	57	21.50
DIVISION IIIA		
1 MARTIN, JOSEPH	62	19.91
2 CARRAN, WILLIAM	63	21.21
3 HULL, DONALD	64	21.42

DIVISION IIIB		
1 PICKL, MAX	65	22.13
DIVISION IVA		
1 HILLS, CLAUDE	70	20.07
DIVISION VA		
1 PITCHER, ARLING	81	27.34
1500 METERS		
	AGE	TIME
DIVISION OA LADIES		
1 LEMPESIS, CATHERINE	31	5:19.5
DIVISION OB LADIES		
1 LADD, GEORGIA	38	6:21.71
DIVISION IIA LADIES		
1 CALHOUN, DORIS	54	6:53.6
2 ANDERSON, FRANCES	52	8:09.56
DIVISION OA		
1 EDWARDS, RICA	31	4:21.09
DIVISION OB		
2 WILSON, ROBERTL.	34	4:21.89
3 WOODLIF, MARK	30	4:29.66
4 BROADWATER, CCLBY	32	4:44.90
5 KILLIAN, CHARLES	31	4:48.86
6 AYCOCK, DONALD	31	4:49.8
DIVISION OB		
1 DAW, EDWARD	38	4:10.41
2 EVING, RANDALL	37	4:15.54
3 BARE, THOMAS	39	4:16.18
4 ROGERS, PAUL	37	4:17.22
5 VAUGHN, WAYNE	37	4:22.24
6 CARR, JOCK	39	4:24.0
7 WHITT, RANDY	36	4:43.4
8 FORTAN, EDWIN	35	4:50.7
DIVISION IA		
1 McDONALD, MAURICE	42	4:29.24
2 VERDIER, JAMES	41	4:33.35
3 WEEKS, BOB	43	5:03.3
DIVISION IB		
1 PAULING, CLIFFORD	48	4:39.3
2 VOIGHT, BILL	49	4:40.02
3 HOWE, MURRILL	45	4:54.17
DIVISION IIA		
1 DANIEL, STEWART	52	4:58.30
2 WILLIAMS, ON	53	5:10.69
3 HAYES, BOB	52	5:41.15
DIVISION IIB		
1 BROWN, KELSEY	55	4:52.24
2 GREEN, RICHARD	56	5:12.16
3 LONG, BEN	55	5:32.90
4 HACKENBIE, DAVID	55	5:38.22
5 GREY, DONALD	55	6:01.64
6 GREY, JOSEPH	57	6:38.8
DIVISION IIIA		
1 HANSEN, MERRAN	62	5:25.34
DIVISION IIV		
2 LINIT, UBO	62	5:51.24
3 LLOYD, ELDRIDGE	60	6:28.44
LUPP, FRANK	61	dnf
DRISCOLL, HAROLD	63	dnf
DIVISION IIIB		
1 BARTLETT, THOMAS	68	6:43.03
2 BIRCHARD, RALPH	69	7:26.31
DIVISION IVA		
1 WANG, CHEN-LING	71	6:51.48
DIVISION IVB		
1 BENHAM, ED	75	5:50.26
2 PIKE, BYRON	75	6:21.6
FAIRBANK, PAUL	76	dnf
400 METER HURDLES		
	AGE	TIME
DIVISION OA		
1 WITHERSPOON, KEITH	30	58.51
2 LIPSCOMB, AL	33	62.87
3 BLACK, IVAN	34	63.53
4 DANKINS, WILLIAM	34	63.63
DIVISION OB		
1 KELLY, MICHAEL	36	54.32

DIVISION IA		
1 KLINE, W.	43	61.67
2 KINCAID, CHARLES	44	62.30
3 BOLDEN, HAROLD	43	65.45
4 CORN, ROBERT	40	76.7
DIVISION IB		
1 BROWN, MATT	49	61.84
2 GILMORE, JOHN	48	66.9
DIVISION IIA		
1 ENDERS, RUDOLF	51	61.03
2 CULBREATH, JCSH	50	63.20
3 BARRIE, JOHN	50	78.74
DIVISION IIB		
1 VALENTINE, RUDOLPH	59	67.60
2 MARTIN, JOHN	55	73.44
3 FLOWERS, JIM	55	73.59
4 JOCOT, JOCK	57	74.34
DIVISION IIIA		
1 MARTIN, JOSEPH	62	71.14
2 CARRAN, WILLIAM	63	79.68
3 HARRIS, DON	60	80.13
DIVISION IIIB		
1 FINGER, FRANK	68	73.07
2 PICKL, MAX	65	82.47
DIVISION IVA		
1 HILLS, CLAUDE	70	83.88
5K WALK		
	AGE	TIME
DIVISION OA LADIES		
1 FUNKHouser, EDNA	33	33:40.9
2 SALVIO, JEAN	32	35:52.8
DIVISION IB LADIES		
1 LAWYER, RHODA	48	46:08.3
DIVISION IIA LADIES		
1 RUSH, ANNA	54	32:47.6
2 DIX, AUDRY	51	38:07.9
DIVISION IIB LADIES		
1 MICHAELS, DOROTHY	56	33:52.6
DIVISION IIB LADIES		
2 HENRY, MARIE	59	34:31.9
3 LLOYD, EVELYN	57	39:46.9
DIVISION OA		
1 FUNKHouser, LAYNESE	32	24:15.4
2 SPELL, DANNY	33	26:57.4
DIVISION OB		
1 BIGHAN, ERIC	36	26:47.6
DIVISION IB		
1 ROOS, JANN	46	23:39.3
2 CHANDROSS, RONALD	48	32:18.6
DIVISION IIA		
1 CORRALIC, SAL	52	25:10.3
2 WHITE, THOMAS	50	27:03.8
3 MACLACHLAN, JOHN	52	27:16.7
DIVISION IIB		
1 HINN, ROBERT	58	31:20.8
DIVISION IIIA		
1 LINIT, UBO	62	32:07.6
2 LLOYD, ELDRIDGE	60	34:23.6
3 DIX, EUGENE	61	35:59.7
DIVISION IIIB		
1 JOHNSON, DONALD	64	31:29.7
2 DAVIS, WILLIAM	65	34:59.8
100 METER DASH		
	AGE	TIME
DIVISION OA LADIES		
1 HUNT, MELANIE	32	15.00
2 LANE, JO	32	15.5
3 HOLMES, ELIZABETH	34	15.8
DIVISION OB LADIES		
1 BASCHNER, PHIL	34	12.72
2 CLARK, SKIPPER	35	13.77
3 BERLINGER, TINA	35	15.39
4 LADD, GEORGIA	38	16.9
DIVISION IA LADIES		
1 NIENSTRA, AUDREY	42	15.04
DIVISION IB LADIES		
1 KRA, ESSIE	45	15.21
2 CIRULINICK, ALNE	48	15.92
DIVISION IIA LADIES		
1 CARRICHAEL, DOREEN	52	15.90
2 BARRIE, MARIE	50	17.90
DIVISION IIV LADIES		
1 OUTEN, DELLA	72	29.0

DIVISION OA		
1	WALTCH, ALFONZO	32 11.0
2	GIBSON, ARMAND	31 11.3
3	ROBINSON, MATE	31 11.4
4	WITHERSPOON, KEITH	30 11.6
5	LEWIS, JOHNNY	34 12.5
	MARTIN, ELLIS	33 NO TIME
	GUZMAN, DOUG	30 NO TIME
DIVISION OB		
1	PURINGTON, MICHAEL	35 11.48
2	MCCAY, RALPH	39 12.22
3	BRANCH, WILLIAM	38 12.24
4	ATWILL, WILLIAM	35 12.68
5	LYLES, JOEL	37 12.79
6	YATES, WILLIAM	37 13.0
7	WILKINSON, WINSTON	38 13.0
DIVISION IA		
1	RANDOLPH, THOMAS	41 11.34
2	STAFFORD, ROBERT	43 11.99
3	GRANT, CARL	41 12.07
4	CHANG, HOU-HIN	44 12.7
5	SHOAF, JAMES	40 12.9
6	CLIFFORD, JOHN	40 12.9
7	HODGE, JAMES	43 13.1
DIVISION IB		
1	REDDICK, LUCIE	48 11.8
2	COLBERT, LARRY	46 12.0
3	HORTON, GEORGE	49 12.2
4	BROWN, MATT	49 12.4
5	SUMNERLIN, WILLIAM	48 12.6
DIVISION IIA		
1	PRATT, LAWRENCE	51 12.57
2	ENDERS, RUDOLF	51 12.71
3	GREEN, HAROLD	53 12.75
4	CULBREATH, JOSH	50 13.2
5	HAINSTON, ERIC	51 13.29
6	COLE, BILL	54 13.57
DIVISION IIB		
1	VALENTINE, RUDOLPH	59 12.78
2	JORDAN, WILLIAM	57 13.01
3	GUTH, HARRY	58 13.33
4	JOCOT, JOCK	57 13.38
5	HARRIS, OSCAR	59 13.6
6	HALL, DON	57 13.9
7	GREY, JOSEPH	57 14.9
8	LONG, BEN	55 15.2
9	GREY, DONALD	55 16.7
DIVISION IIXA		
1	PIERSON, WALTER	60 13.86
2	HULL, DONALD	64 14.24
3	CARRAN, WILLIAM	63 14.56
4	MARTIN, JOSEPH	62 14.70
DIVISION IIXB		
1	PICKL, MAX	65 14.7
2	SPONSKILLER, JAY	65 14.7
3	HARRIS, MANS	65 14.8
4	BIRCHARD, RALPH	69 21.6
DIVISION IVA		
1	CAIRNS, JEREMIAN	71 14.62
2	HILLS, CLAUDE	70 15.56
DIVISION IIB		
1	PIKE, BYRON	75 15.77
2	WALTERS, FRANK	75 23.68
DIVISION VA		
1	FITCHER, ARLING	81 18.11
400 METER HURD		
	AGE	TIME
DIVISION OB LADIES		
1	BASCHNER, PHIL	36 57.9
2	CLARK, SKIPPER	35 61.0
3	BERLINGER, TINA	35 66.8
DIVISION IA LADIES		
1	PASCHIN, SAMMY	41 67.9
DIVISION IB LADIES		
1	DORION, DOROTHY	49 73.5
DIVISION IIA LADIES		
1	CARRIER, RUTH	52 79.6
DIVISION OA		
1	SHOWERS, JOE	31 50.69
2	RIDDLE, MIKE	34 50.73
3	MARTIN, ELLIS	33 52.50
4	WILSON, ROBERTL.	34 54.20
5	KILLIAN, CHARLES	31 63.44
DIVISION OB		
1	KELLY, MICHAEL	36 50.72
2	PURINGTON, MICHAEL	35 51.96
3	WILKINSON, WINSTON	38 56.11
4	ATWILL, WILLIAM	35 56.86
5	IRVING, ANDREW	35 57.30
6	CARR, JCK	39 57.9



[illegible]



DIVISION VA			DIVISION IB			SHOT PUT			DIVISION IA		
1	ROSACK, EVERETT	81 15.84	1	YOUNGS, ROBERT	49 55.96				1	HANLTH, RAYMOND	42 10:46.0
2	PITCHER, ARLING	81 15.30	2	GILMORE, JOHN	48 41.86	DIVISION OA LADIES			DIVISION IB		
HIGH JUMP			3	HAMILTON, RUSTY	47 38.18	1	HUNT, MELANIE	32 8.05	1	DESJARDINS, CHARLES	46 10:18.6
AGE HEIGHT			4	THOMY, TIMOTHY	48 34.12	2	LANE, JO	32 8.89	2	CURTIS, CASS	49 10:23.1
DIVISION OB LADIES			DIVISION IIA			DIVISION IA LADIES			DIVISION IIA		
1	RASCHNER, PHIL	36 1.52	1	OLSON, LEONARD	51 41.46	1	HIERSTRA, AUDREY	42 6.79	1	WILLIAMS, OR	53 10:33.0
2	CLARK, SKIPPER	35 1.42	2	BERGENBACH, RICHARD	56 41.10	2	CLIFTON, TONI	41 5.51	2	DANIEL, STEWART	52 10:49.3
DIVISION IA LADIES			DIVISION IIB			DIVISION IB LADIES			DIVISION IIB		
1	HIERSTRA, AUDREY	42 1.21	1	BERGENBACH, RICHARD	56 41.10	1	CIRULSICK, ANNE	48 8.77	1	CARMAN, KEN	55 10:12.6
2	CLIFTON, TONI	41 1.06	2	JOCOT, JOCK	57 27.62	2	SEA, ESSIE	45 6.82	2	GREEN, RICHARD	56 11:03.9
DIVISION OA			DIVISION IIA			DIVISION IIA LADIES			3	HOLROYD, CASPER	55 11:26.3
1	CONE, RON	31 1.62	1	SIMMONS, FLOYD	60 45.28	1	JOCOT, KATIE	54 7.47	4	HACKENBIE, DAVID	55 11:50.1
2	BLACK, IVAN	34 1.57	2	MORDGREN, GORDON	64 42.88	DIVISION IIB LADIES			DIVISION IIA		
3	DYE, JOHN	33 1.57	3	GEITER, FRED	63 31.86	1	HOLLAND, BERNICE	56 9.37	1	HENSON, HELEN	60 11:17.9
4	SALVIO, RONALD	34 1.57	4	HARRIS, DON	60 29.38	DIVISION IVA LADIES			2	HANSEN, NORMAN	62 11:19.5
5	WITHERSPOON, KEITH	30 1.51	5	MULL, DONALD	64 25.80	1	OSTER, BELLA	72 5.52	3	LEWIS, UGO	62 12:43.4
DIVISION OB			DIVISION IIB			DIVISION OA			4	LOFF, FRANK	61 13:08.5
1	PURDON, RONALD	35 1.95	1	JOHANNESMEYER, CHARLES	65 35.08	1	WHITE, BARRY	32 13.68	5	LLOYD, ELDERIDGE	60 13:59.8
2	ZACHARAK, ALVIN	35 1.72	2	KULMAN, ERNO	69 20.94	2	OVERTON, JAMES	33 12.01	DIVISION IIB		
3	HOLLER, DUSTY	38 1.52	DIVISION IIA			3	CONE, RON	31 11.95	1	WOODS, JOHN	65 12:06.8
4	ACKROYD, JAMES	38 1.52	1	KIPPEL, WILLIAM	70 28.20	4	CHADWICK, BRUCE	30 9.83	DIVISION IVA		
5	LILES, JOEL	37 1.47	2	TOMPKINS, CHRISTOPHER	73 27.48	DIVISION OB			1	WANG, CHEN-LING	71 13:00.8
DIVISION IA			3	PARTIDGE, PHILIP	72 26.66	1	NEVILLE, ALLAN	39 11.94	2	BOAL, BOB	71 14:04.3
1	KLINE, W.	43 1.67	4	HILLS, CLAUDE	70 25.98	2	JOHNSTON, FRANK	37 10.83	DIVISION IIB		
2	ZURAV, EDWARD	44 1.67	5	DUNNAN, WILLIAM	72 25.38	3	BIANCHI, TONY	36 10.54	1	BENHAM, ED	75 12:23.4
3	VALLI, MIKE	42 1.37	6	TREI, KARL	74 25.10	4	ACKROYD, JAMES	38 10.41	2	PIER, BYRON	75 13:48.6
DIVISION IB			DIVISION IIB			DIVISION IA			DIVISION IIB		
1	WHITE, SAMMY	45 1.67	1	WALTERS, FRANK	75 18.58	1	HILL, EDWARD	40 13.96	TRIPLE JUMP		
2	LANGENFELD, ICH	47 1.67	2	TICHAIS, ARNOLD	77 18.02	2	PRATT, LARRY	41 13.65	AGE DISTANCE		
3	GILMORE, JOHN	48 1.52	DIVISION VA			3	HARRINGTON, MICHAEL	42 11.20	DIVISION OB LADIES		
DIVISION IIA			1	PITCHER, ARLING	81 14.00	4	VALLI, MIKE	42 11.11	1	RASCHNER, PHIL	36 11.20
1	CULBREATH, JCSH	50 1.47	2	ROSACK, EVERETT	81 12.36	5	HICKMAN, BRIAN	42 11.09	DIVISION IA LADIES		
2	GASKIN, DRENER	51 1.42	LONG JUMP			DIVISION IB			1	CLIFTON, TONI	41 5.77
3	JOHNSON, CLARENCE	52 1.37	AGE DISTANCE			1	SCUDIERI, PHILIP	47 11.10	DIVISION IVA LADIES		
4	OLSON, LEONARD	51 1.32	DIVISION OA LADIES			2	HOLM, HARRY	49 10.12	1	OSTER, BELLA	72 3.43
5	HALLSTROM, ERIC	51 1.26	1	HUNT, MELANIE	32 4.00	3	THOMY, TIMOTHY	48 10.08	DIVISION OA		
DIVISION IIB			2	LANE, JO	32 3.77	4	JACKSON, THOMAS	48 9.53	1	WITHERSPOON, KEITH	30 13.95
1	JOCOT, JOCK	57 1.32	DIVISION OB LADIES			5	HARTSELL, RUSTY	46 7.48	2	BLACK, IVAN	34 11.47
2	PETERS, ROBERT	59 1.26	1	RASCHNER, PHIL	36 5.29	DIVISION IIA			3	SALVIO, RONALD	34 9.91
3	GREY, DONALD	55 1.11	DIVISION IA LADIES			1	OLSON, LEONARD	51 14.08	DIVISION OB		
DIVISION IIA			1	HIERSTRA, AUDREY	42 4.27	2	FRANCOIS, CARLOS	51 12.90	1	LILES, JOEL	37 10.59
1	HORCON, BOB	62 1.47	DIVISION OA			3	GASKIN, DRENER	51 11.26	2	SWEET, PALMER	39 10.07
2	SIMMONS, FLOYD	60 1.42	1	ROBINSON, MAZE	31 6.69	4	HENTON, DARWIN	54 10.56	DIVISION IA		
3	JENKINS, RICHARD	61 1.21	2	WITHERSPOON, KEITH	30 6.61	DIVISION IIB			1	CHOWAN, THOMAS	40 11.45
4	MULL, DONALD	64 1.21	3	PANSONS, JAMES	33 5.88	1	LEWIS, JAM	58 11.54	2	PICKER, ROBERT	40 10.69
DIVISION IIB			4	BLACK, IVAN	34 5.55	2	SELIGMAN, ROBERT	58 10.54	3	HOLDER, HAROLD	43 9.77
1	JOHANNESMEYER, CHARLES	65 1.26	DIVISION OB			3	PETERS, ROBERT	59 9.55	4	VALLI, MIKE	42 9.33
2	PICKER, HAT	65 1.26	1	LILES, JOEL	37 6.01	4	HENRY, DON	55 9.21	DIVISION IB		
3	HAO, PAUL	69 1.06	2	TATES, WILLIAM	37 5.26	DIVISION IIA			1	WHITE, SAMMY	45 12.16
DIVISION IVA			3	MCCAY, RALPH	39 5.02	1	SIMMONS, FLOYD	60 14.67	2	HAMILTON, RUSTY	47 9.65
1	KIPPEL, WILLIAM	70 1.26	DIVISION IA			2	TRUVERT, A	62 14.00	DIVISION IIA		
2	HILLS, CLAUDE	70 1.21	1	JAMES, JOHN	44 5.24	3	GEITER, FRED	63 12.92	1	ENDERS, RUDOLF	51 11.06
3	TREI, KARL	74 1.21	2	ELLIS, DAVE	43 5.21	4	BATTICK, GRAC	62 12.86	2	COLE, BILL	54 10.25
4	DUNNAN, WILLIAM	72 1.15	3	HARRIS, FREDERICK	44 5.08	5	COLLEMAN, WILLIAM	64 12.28	3	SCHLEGEL, PHIL	53 10.01
5	TOMPKINS, CHRISTOPHER	73 1.15	DIVISION IB			6	PIERSON, WALTER	60 10.85	4	HARTSFELD, THOMAS	53 8.90
DIVISION IIB			1	WHITE, SAMMY	45 5.56	DIVISION IIB			DIVISION IA		
1	TICHAIS, ARNOLD	77 1.11	2	GILMORE, JOHN	48 4.88	1	OGUSS, HURRAY	66 13.06	1	CROWAN, THOMAS	40 11.45
DIVISION VA			3	HAMILTON, RUSTY	47 4.55	2	JOHANNESMEYER, CHARLES	65 10.65	2	PICKER, ROBERT	40 10.69
1	PITCHER, ARLING	81 1.06	DIVISION IIA			3	WARRAS, JAMES	65 9.64	3	HOLDER, HAROLD	43 9.77
JAVELIN			1	ENDERS, RUDOLF	51 5.67	4	LASKY, STAN	64 8.89	4	VALLI, MIKE	42 9.33
AGE DISTANCE			2	CULBREATH, JCSH	50 5.22	DIVISION IVA			DIVISION IB		
DIVISION OA LADIES			3	SCHLEGEL, PHIL	53 5.18	1	KIPPEL, WILLIAM	70 10.87	1	WHITE, SAMMY	45 12.16
1	HUNT, MELANIE	32 22.06	4	COLE, BILL	54 4.87	2	TREI, KARL	74 9.65	2	HAMILTON, RUSTY	47 9.65
DIVISION IB LADIES			5	JOHNSON, CLARENCE	52 4.62	3	TOMPKINS, CHRISTOPHER	73 9.57	DIVISION IIA		
1	DORION, DOROTHY	49 14.64	DIVISION IIB			4	PARTIDGE, PHILIP	72 8.91	1	ENDERS, RUDOLF	51 11.06
DIVISION IIA LADIES			1	BICKELL, MERLE	56 4.76	DIVISION IIB			2	COLE, BILL	54 10.25
1	CARRICHAEL, DOREEN	52 15.10	2	JOCOT, JOCK	57 4.63	1	TICHAIS, ARNOLD	77 10.60	3	SCHLEGEL, PHIL	53 10.01
2	JOCOT, KATIE	54 13.22	3	HARRIS, OSCAR	59 4.62	DIVISION VA			4	HARTSFELD, THOMAS	53 8.90
DIVISION IIB LADIES			4	JORDAN, WILLIAM	57 4.45	1	ROSACK, EVERETT	81 6.62	DIVISION IIB		
1	HOLLAND, BERNICE	56 23.80	5	GUTH, HARRY	58 4.44	3000 METERS			1	BICKELL, MERLE	56 9.80
DIVISION OA			6	LEWIS, JAM	58 4.42	AGE TIME			2	GUTH, HARRY	58 9.69
1	CORRIG, ROBERT	33 62.66	7	HARTIS, JOHN	55 4.03	DIVISION OA LADIES			DIVISION IIA		
2	PELLERIN, STEVEN	31 51.90	8	GREY, DONALD	55 2.85	1	LEMPY, CATHERINE	31 11:06.3	1	CARMAN, WILLIAM	63 8.80
3	PERDUE, DARRYL	32 47.06	DIVISION IIA			DIVISION OB LADIES			2	MULL, DONALD	64 8.58
4	GUSMAN, DOUG	30 43.86	1	JENKINS, RICHARD	61 4.31	1	BOONE, ANNA	38 11:19.8	DIVISION IIB		
5	ROEDUCK, GARIAND	32 39.64	2	CARMAN, WILLIAM	63 4.06	2	HOLROYD, HART	39 12:53.7	1	PICKER, HAT	65 8.89
DIVISION OB			3	MULL, DONALD	64 3.94	3	HOUSTON, BECK	35 13:06.5	2	HAO, PAUL	69 8.45
1	JOHNSTON, FRANK	37 48.32	DIVISION IIB			4	LADD, GEORGINA	38 13:21.6	DIVISION IVA		
2	BUSBY, WILLIAM	38 46.80	1	JOHANNESMEYER, CHARLES	65 4.58	DIVISION OA			1	HILLS, CLAUDE	70 8.51
3	ACKROYD, JAMES	38 38.68	2	PICKER, HAT	65 4.18	1	DRIVER, JAMES	33 9:11.9	2	TREI, KARL	74 8.15
4	LILES, JOEL	37 37.42	3	LASKY, STAN	64 3.55	2	SHERID, LARRY	30 9:16.9	DIVISION VA		
5	BIANCHI, TONY	36 35.88	4	HAO, PAUL	69 3.46	3	WOODLIEF, HARR	30 9:27.2	1	PITCHER, ARLING	81 6.06
DIVISION IA			DIVISION IVA			4	DANIELS, WILLIAM	34 10:06.3	DIVISION IIB		
1	HILL, EDWARD	40 54.64	1	GAINES, JAMERIAN	71 4.09	DIVISION OB			DIVISION IIA		
2	DANSON, GLENN	40 41.84	2	HILLS, CLAUDE	70 4.00	1	JONES, WALLIS	35 8:56.3	1	ENDERS, RUDOLF	51 11.06
3	HARRIS, FREDERICK	44 38.34	3	TREI, KARL	74 3.74	2	VAUGHN, WATTS	37 9:09.6	2	COLE, BILL	54 10.25
4	JAMES, JOHN	44 33.56	4	TOMPKINS, CHRISTOPHER	73 3.37	3	COTANEN, STEPHEN	36 10:18.9	3	SCHLEGEL, PHIL	53 10.01
5	LANCASTER, WALTER	43 33.38	DIVISION IIB			4	PERNA, ALFRED	35 11:51.3	4	HARTSFELD, THOMAS	53 8.90
DIVISION IB			1	TICHAIS, ARNOLD	77 2.80	DIVISION OA			DIVISION IIB		
1	PITCHER, ARLING	81 2.64	2	WALTERS, FRANK	75 2.01	1	DRIVER, JAMES	33 9:11.9	1	PICKER, HAT	65 8.89
DIVISION IIA			DIVISION IVA			2	SHERID, LARRY	30 9:16.9	2	HAO, PAUL	69 8.45
1	YOUNGS, ROBERT	49 55.96	1	GAINES, JAMERIAN	71 4.09	3	WOODLIEF, HARR	30 9:27.2	DIVISION IVA		
2	GILMORE, JOHN	48 41.86	2	HILLS, CLAUDE	70 4.00	4	DANIELS, WILLIAM	34 10:06.3	1	HILLS, CLAUDE	70 8.51
3	HAMILTON, RUSTY	47 38.18	3	TREI, KARL	74 3.74	5	BROADWATER, COLBY	32 10:06.3	2	TREI, KARL	74 8.1



10,000 METERS RUN			WEIGHT PENTATHLON											Triple Jump	
	AGE	TIME		SHOT	PUT	HAMMER	DISCUS	JAVELIN	35 LB WT	TOT					
			AGE	M	PTS	M	PTS	M	PTS	M	PTS	M	PTS	PTS	
DIVISION OPEN LADIES			DIVISION OA											30-34	
1 GREENE, ANNE	26	45:57.0												G. Twilligear, 32	36'4 1/2"
2 PIKE, ELLEN	25	45:40.2												K. Jernigan, 31	34'4 1/2"
3 HARRIS, LISA	21	53:02.2												Ed Jones, 38	35'9"
4 ADAMS, ROSE	38	55:17.8												D. Tervoorren, 39	26'11"
5 SHAY, SAUNDRA	44	56:34.0												J. Petty, 39	26'6"
6 HARRIS, VILETA	51	68:54.0												40-44	
DIVISION OB LADIES														H. Gordon, 41	38'5 1/2"
1 MOORE, ANNA	38	41:46.3												J. Burnett, 43	30'10 1/2"
DIVISION IA LADIES														Richard Carr, 44	24'2 1/2"
1 WALLEN, CHRISTINE	44	42:35.4												45-49	
2 GRINSTEAD, LINDA	40	46:48.8												J. Head, 45	32'8 1/2"
3 PETTYJOHN, ALICE	42	48:22.6												Chuck Miller, 45	24'3/4"
4 MILLER, NANCY	42	51:47.9												F. Johns, 48	22'6 1/2"
5 LINS, ELAINE	41	53:45.6												Long Jump	
DIVISION IB LADIES														35-39	
1 WILFERT-KATZ, CATHERINE	46	45:58.8												Ed Jones, 38	19'11"
DIVISION IIA LADIES														J. Hagler, 36	17'2"
1 CARRIER, RUTH	52	46:36.0												M. Young, 38	16'1 1/2"
DIVISION IIB LADIES														S. Smith, 37	15'1"
1 CHASTAIN, ROSIE	56	70:23.2												D. Tervoorren, 39	14'5"
DIVISION OPEN														J. Petty, 39	13'8"
1 PETERSON, ROBERT	29	35:39.2												40-44	
2 RIDGE, MICHAEL	34	36:07.9												H. Gordon, 41	19'5 1/2"
3 WARREN, GORDON	25	37:42.2												J. Burnett, 43	15'7 3/4"
4 BOST, BEN	27	35:10.1												Rudy Martinez, 40	13'0"
5 ISBELL, STEPHEN	32	39:49.9												45-49	
6 WATTS, JIM	34	40:13.0												J. Head, 45	17'7"
7 PIKE, JEFF	24	40:27.6												C. Miller, 45	16'10"
8 KNAPP, BEN	20	41:20.7												F. Johns, 48	14'5"
9 HANSEKILL, BILL	18	41:50.5												50-54	
10 BENFORD, FRANK	38	42:23.6												Wendell Palmer, 51	15'1 1/2"
DIVISION IIAA														Chinning	
11 GREENE, RUDY	31	43:57.4												35-39	
12 POWELL, JERRY	31	44:47.6												Phil Edmiston, 36	14
13 RHODES, PATRICK	29	44:50.4												Ed Jones, 38	12
14 SELLAR, DONALD	43	45:26.4												40-44	
15 OLIVER, PAUL	37	46:30.9												J. Burnett, 43	20
16 LEE, BRIAN	24	47:08.8												Lester Vollmar, 44	12
17 PHARR, HAZEN	52	47:14.0												Monte Nolen, 42	9
18 DARE, STEPHEN	37	48:10.1												45-49	
19 HATSON, ROBERT	36	48:43.1												F. Johns, 48	20
20 SLOAN, ROBERT	36	49:07.4												60-64	
21 GARRETT, WILLIAM	48	50:46.7												J.E. Alexander, 63	20
22 BOND, ANDREW	36	52:25.9												Discus	
23 MCDANIEL, GEORGE	31	52:51.2												30-34	
24 HEND, DANIEL	26	54:15.5												Jeffrey Young, 31	112'8"
25 MIXES, B.	49	56:10.9												A. San Miguel, 33	107'7"
26 HONE, PAUL	79	77:14.3												35-39	
DIVISION OA														Mike Wuest, 35	126'10"
1 ALEXANDER, ANDREW	31	46:54.2												Jerry Poulson, 38	112'2"
2 FRANK, WILLIAM	33	55:26.4												S. Smith, 37	83'7"
DIVISION OB														J. Petty, 39	70'1"
1 HARE, THOMAS	39	34:11.3												40-44	
2 CLARK, RONALD	39	46:14.6												J. Burnett, 43	108'1"
3 CURTIN, THOMAS	37	47:44.1												Lester Vollmar, 44	77'11"
4 WEISS, ROBERT	36	49:44.6												R. Carr, 44	61'5"
DIVISION IA														45-49	
1 CAMPBELL, CHARLIE	40	37:10.2												Carlton Gibson, 49	109'4"
2 ESSER, JALTE	44	39:09.6												Jim Hardy, 46	93'4"
3 JORDAN, BOB	40	42:29.8												F. Johns, 48	79'3"
4 SMITH, CHARLES	44	47:46.4												50-54	
5 WILES, JAMES	40	56:35.2												W. Palmer, 51	156'11"*
DIVISION IB														*Pending national age record)	
1 PAULING, CLIFFORD	48	40:09.0												Shot Put	
2 PETTYJOHN, JAMES	47	40:10.3												30-34	
3 VOLGERHUTH, JAMES	47	44:08.0												Jeff Young, 31	40'3 3/4"
4 BUNN, BILL	45	46:48.5												A. San Miguel, 33	38' 3/4"
5 BROOKHOUSE, CHRIS	45	51:51.8												Palmar Lowery, 33	26'10 1/2"
DIVISION IIA														35-39	
1 BEREKICH, GUY	50	36:20.2												Mike Wuest, 35	40'1"
2 FOWLE, DAVID	50	40:45.4												Jerry Poulson, 38	35'11"
3 KING, DAVID	54	42:18.3												S. Smith, 37	26'0"
4 SENGSTOCK, WAYNE	54	43:47.6												J. Petty, 39	25'6 1/2"
5 HAYES, BOB	52	45:46.3												40-44	
6 YATES, JAMES	52	51:32.9												J. Burnett, 43	37'2 1/2"
7 BROWNE, RICHARD	52	51:51.8												L. Vollmar, 44	27' 1/2"
8 CAMSTAIN, JOYCE	54	55:55.2												R. Carr, 44	24'4 3/4"
DIVISION IIB														45-49	
1 BROWN, KELSEY	55	42:06.4												Carlton Gibson, 49	31'5 1/2"
2 JOCOT, JOCK	57	44:38.6												F. Johns, 48	30'2"
3 GREY, DONALD	55	46:59.9												50-54	
4 FLOWERS, JIM	55	55:17.5												W. Palmer, 51	42'1 3/4"
5 GREY, JOSEPH	57	61:00.2												Jack Erickson, 52	41'3"
DIVISION IIIA														60-64	
1 HANSEN, NORMAN	62	41:23.2												Ed Meador, 61	25'4"
2 DRISCOLL, HAROLD	63	45:15.2												Doug Yates, 16'3/4"	
3 TRENT, JAMES	62	47:59.7												Javelin	
4 BALLEW, BEST	61	49:24.6												30-34	
5 GREENE, VERNON	60	59:01.4												A. San Miguel, 33	129'7"
DIVISION IIIB														Jeff Young, 31	114'10"
1 WARREN, JAMES	65	58:53.6												G. Twilligear, 32	94'11"
2 MILLER, MARCELLOS	67	60:13.8												35-39	
DIVISION IVA														J. Poulson, 38	144'11"
1 WANG, CHEN-LING	71	50:20.5												Mike Wuest, 35	140'5"
DIVISION IVB														S. Smith, 37	91'7"
1 BENHAM, ED	75	44:26.3												P. Edmiston, 36	79'6"
2 PIKE, BYRON	75	53:51.6												40-44	
														J. Burnett, 43	103'7"
														R. Carr, 44	65'3"
														45-49	
														C. Gibson, 49	86'0"
														F. Johns, 48	79'6"
														50-54	
														W. Palmer, 51	127'9"
														60-64	
														Ed Meador, 61	68'2"
														Doug Yates, 16'3/4"	
														WOMEN	
														5000m	
														35+	
														Kay Wade, 44	29:35
														Frankie Hardy, 36	32:38
														Rita McWhorter, 49	36:00



TAC SOUTHEASTERN  
CHAMPIONSHIPS

June 11, 1983

## ATLANTA

## 100 (MEN)

30-34	
W Hardy	9.8
J Sincere	10.0
A Gibson	10.0
D Thiel	10.2
L Jones	10.2
35-39	
J Young	10.3
M Puriton	10.4
J Dunn	10.8
J Grider	11.1
40-44	
R Stanford	10.4
V Bell	10.7
F Galbraith	11.1
F Palmer	11.3
45-49	
R Summerlin	11.2
J Unstell	11.6
P Reeder	11.8
J Branch	13.6
50-54	
L Pratt	11.3
A Clark	11.6
B Wilson	11.7
J Bethea	12.0
55-59	
E Schuler	11.5
D Hall	13.0
J Grey	14.1
60-64	
D Hull	12.8
65-69	
J Sponseller	13.3
M Miller	15.1
J Eklund	16.1
70-74	
C Tompkins	15.5

## 100 (WOMEN)

30-39	
P Raschker	11.5
C Ozah	14.3
M Grider	15.0
40-49	
S Smith	13.3
G Richards	13.7
50-59	
F Smith	20.1

## 220 (MEN)

30-34	
D Thiel	22.8
J Sincere	23.2
A Gibson	23.3
G Marcantel	23.7
35-39	
M Puritan	23.3
J Dunn	24.4
J Liles	24.9
K Kelly	26.4

## 40-44

R Stanford	23.7
V Bell	24.2
R Ficker	24.5
F Palmer	25.5
45-49	
S White	24.4
R Summerlin	24.8
J Tunstell	26.4
J Branch	30.3

## 50-54

L Pratt	25.6
B Wilson	26.7
J Bethea	27.0
G Seifert	27.3

## 55-59

E Schuler	26.5
B Deprano	26.9
D Hall	29.0
L Trubey	29.2

## 60-64

N Pierson	28.3
D Hull	28.6
W Ray	36.5

## 65-69

J Sponseller	29.5
W McRoy	37.0
J Eklund	37.7

## 70-74

O B Poole	38.2
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## 220 (WOMEN)

30-39	
P Raschker	26.0
J Seward	30.1
C Ozah	32.4
B Whitt	32.8
40-49	
S Smith	30.6
G Richards	32.5
D Dorion	33.7
O Hein	35.0
50-59	
F Smith	44.8
60-69	
R Tomassini	42.7

## 440 (MEN)

30-34	
D Thiel	50.7
W Smith	51.1
B Hicks	52.5
G Marcantel	52.8
35-39	
G Carr	51.8
M Kelly	52.0
R Wood	55.5
J Liles	60.8
40-44	
R Stanford	53.1
R Ficker	53.3
V Bell	54.8

## 45-49

R Summerlin	55.1
C Wimberly	58.1
J Branch	66.9
50-54	
L Blount	56.9
G Seifert	62.5
T Taylor	65.1
C Jones	65.6

## 55-59

V Spaulding	73.6
60-64	
D Hull	72.2
P Curry	84.6
65-69	
F Finger	64.3
J Sponseller	66.3
W McRoy	87.1
J Eklund	90.0

## 440 (WOMEN)

30-39	
P Raschker	62.2
L Aldrich	98.8
40-49	
D Dorion	75.8
O Hein	77.2
C Clark	94.3
50-59	
F Smith	1:43.8
N South	1:47.9

## 880 (MEN)

30-34	
M Embler	1:57.7
D Harris	1:58.1
B Hans	1:58.8
L Harrison	1:59.9
35-39	
E Daw	1:57.7
G Carr	1:58.1
J Irwin	2:03.8
S Hagar	2:04.2

## 40-44

A McDaniel	2:05.9
J Brocksmith	2:14.2
S Arthur	2:17.0
J Steele	2:18.5
45-49	
B Bowling	2:08.5
C Wimberly	2:09.6
K Winn	2:14.8
50-54	
L Blount	2:08.8
J Fuselier	2:26.7
S Daniel	2:27.9
B Whitsitt	2:31.4

## 55-59

H Johnson	2:34.3
V Spaulding	2:39.5
G English	2:43.3
P Gross	2:57.2

## 40-44

P Curry	3:06.8
65-69	
F Finger	2:31.1
J Sponseller	2:34.0
W McRoy	3:14.0
J Eklund	3:33.2
70-74	
O B Poole	3:34.1

## 880 (WOMEN)

S Houlton	2:22.3
J Seward	2:26.1
T Martin	2:42.6
40-49	
O Hein	2:50.7
D Dorion	2:57.7
50-59	
F Smith	3:43.7
N South	3:48.5

## ONE MILE (MEN)

30-34	
L Harrison	4:26.7
B Hans	4:34.4
L Hillis	4:40.3
J Donovan	4:44.8
35-39	
P Rogers	4:38.0
D Micale	4:39.2
J Irwin	4:44.2
G McWaters	4:48.1

## 40-44

E Looney	4:37.7
A Pilling	4:40.2
A Williams	4:45.0
R Bliss	5:00.7

## 45-49

K Winn	4:47.9
L Fuselier	5:02.3
V Voight	5:08.6
50-54	
J Schriber	4:58.8
B Gross	5:19.4
J Fuselier	5:22.6
D Shoup	5:23.4

## 55-59

K Carman	5:05.5
J Petrolino	5:55.4
G English	5:55.7
H Johnson	5:57.4
60-64	
C Lewis	6:41.0
P Curry	6:56.9
65-69	
W McRoy	6:56.9
M Miller	8:23.3

## ONE MILE (WOMEN)

30-39	
S Houlton	5:25.4
J Seward	5:37.7
L Aldrich	6:18.2
40-49	
O Hein	6:25.8
C Howard	7:20.8
C Clark	7:23.2
50-59	
N South	8:21.4
F Smith	8:25.4

## THREE MILE (MEN)

30-34	
J Donovan	15:59.5
J Cash	16:05.3
F Haberle	16:47.0
35-39	
W Vaughan	19:50.4
40-44	
M Looney	15:08.8
A Pilling	15:12.5
A Williams	15:15.3
E Whitt	17:03.9

## 45-49

K Winn	15:16.9
L Fuselier	16:32.9
C Hill	17:51.3
50-54	
B Gross	17:57.2
D Shoup	18:43.8
W Culpepper	18:55.2
H Bernard	19:02.4

## 55-59

G English	18:24.1
J Petrolino	19:12.1
P Gross	19:18.9
60-64	
C Lewis	21:17.0
P Curry	21:17.8
65-69	
W McRoy	22:58.7
M Miller	26:12.5
J Eklund	27:30.1

## 70-74

O B Poole	25:16.1
THREE MILE (WOMEN)	
30-39	
L Aldrich	22:58.3
40-49	
N Parker	18:21.7
C Howard	23:00.5
50-59	
N South	26:35.7

## 4 X 100 (MEN)

30-34	
Lousiana LTC	44.4
Atlanta TC	44.8
Blazers	46.7
Birmingham TC	50.3
40-44	
Potomac Val	46.3
Atlanta TC	48.8
Birmingham TC	53.6
Birmingham TC	54.6

## 50-54

Birmingham TC	54.8
55-59	
Birmingham TC	68.5
60-64	
Birmingham TC	67.1
4 X 100 (WOMEN)	
30-39	
Birmingham TC	67.5
40-49	
Birmingham TC	81.1

## 4 X 440 (MEN)

30-34	
Lousiana LTC	3:32.8
Team Kangaroos	3:39.4
Lousiana LTC	3:40.8
Birmingham TC	3:55.9
40-44	
Atlanta TC	4:00.0
Birmingham TC	4:12.7
45-49	
Birmingham TC	4:35.2
Atlanta TC	5:02.9
50-54	
Atlanta TC	4:32.8

## 55-59

Birmingham TC	5:12.2
60-64	
Birmingham TC	5:59.5
4 X 440 (WOMEN)	
30-39	
Birmingham TC	6:07.1
40-49	
Birmingham TC	7:16.0

## SPRINT MEDLEY (MEN)

30-39	
Lousiana LTC	3:42.2
Atlanta TC	3:46.6
Birmingham TC	4:01.8
40-49	
Potomac Val	3:59.8
Atlanta TC	4:02.9
Birmingham TC	4:18.9
50-54	
Atlanta TC	4:23.0
Birmingham TC	4:39.8
Atlanta TC	4:58.9
55-59	
Birmingham TC	5:38.3

## 60-64

Birmingham TC	5:45.6
SPRINT MEDLEY (WOMEN)	
30-39	
Atlanta TC	4:49.8
Birmingham TC	5:47.7
40-49	
Birmingham TC	6:54.7

## FIELD EVENTS

## HAMMER THROW

30-34	
R Sabbatine	143'11"
W Anderson	110'6"
L Foster	93'9"
35-39	
P Martinez	127'1"
T Bianchi	122'9"
J Grider	58'7"
40-44	
E Hill	151'7"
M Valle	111'2"
L Boots	68'7"
45-49	
T Twomey	127'9"
M Hamilton	50'1"
50-54	
D Gaskin	124'7"
T Taylor	62'0"
R Harris	55'7"
60-64	
D Hull	93'4"
70-74	
R Schanzle	70'1"

## HIGH JUMP (MEN)

30-34	
W Smith	6'2"
J Jones	5'10"
J Brasell	5'8"
L Foster	5'6"
35-39	
R Purdum	6'5"
M Muxton	5'10"
C Polhamus	5'6"
J Liles	5'2"
40-44	
O Thompson	5'0"
45-49	
S White	5'6"
J Gilmore	5'0"
P Reeder	4'2"
50-54	
G Seifert	5'4"
A Clark	4'8"
60-64	
D Hull	4'0"
W Ray	3'8"
70-74	
W Dunham	3'10"
C Tompkins	3'8"

## HIGH JUMP (WOMEN)

30-39	
P Raschker	5'0"
40-49	
S Smith	4'0"
G Richards	3'10"
LONG JUMP (MEN)	
30-34	
W Smith	21'1"
L Vollmer	20'10"

## 50-54

W Curry	20'1"
J Jones	19'4"
35-39	
J Liles	19'9"
R Wood	18'11"
C Polhamus	18'3"
D Burkett	18'1"
40-44	
G Graham	16'4"
45-49	
S White	18'4"
J Gilmore	17'11"
P Reeder	16'4"
M Hamilton	14'8"

## 50-54

A Clark	16'2"
G Seifert	16'0"
N Revoñ	15'11"
T Bartenfeld	15'2"
55-59	
E Schuler	16'10"
B Diprano	14'9"
60-64	
D Hull	13'1"
65-69	
J Eklund	7'10"
70-74	
C Tompkins	11'11"

## LONG JUMP

(WOMEN)	
30-39	
P Raschker	17'5"
L Aldrich	11'4"
M Grider	10'3"
40-49	
S Smith	15'1"
G Richards	12'4"

## TRIPLE JUMP MEN

30-34	
J Jones	39'9"
L Vollmer	35'10"
W Smith	33'8"
35-39	
K Brauman	41'3"
R Wood	37'11"
J Liles	34'8"
P Martinez	31'4"
40-44	
R Ficker	34'3"
45-49	
S White	36'6"
R Hamilton	32'5"
M Hamilton	28'9"
50-54	
T Bartenfeld	31'5"
G Seifert	30'5"
60-64	
D Hull	27



## TRIPLE JUMP (WOMEN)

30-39

P Raschker 33'11 1/2"

## JAVELIN (MEN)

30-34

L Foster 140'11 1/2"

W Anderson 131'1 1/2"

35-39

P Martinez 169'10"

R Schell 157'4 1/2"

T Bianchi 125'3"

J Liles 122'3 1/2"

40-44

E Hill 175'0"

O Thompson 132'11"

M Valle 127'4 1/2"

L Boots 111'6"

45-49

J Gilmore 150'5 1/2"

T Twomey 123'1 1/2"

R Hamilton 115'4"

50-54

J Shields 156'8 1/2"

N Revon 134'10"

J Bethea 112'10"

55-59

B Diprano 109'6"

G English 61' 1/2"

V Spaulding 48'3 1/2"

60-64

F Simmons 143'1"

G Nordgren 139'4 1/2"

D Hull 78'3 1/2"

65-69

J Eklund 51'2 1/2"

70-74

C Tompkins 97'7"

W Dunham 81'2"

R Schanzle 79'5 1/2"

## JAVELIN (WOMEN)

30-39

P Henson 84'5"

C Kaiser 61'3 1/2"

M Grider 49' 1/2"

B Harris 46'1 1/2"

40-49

S Smith 92'2"

G Richards 87'1"

C Howard 46'1"

D Dorion 43'0"

WEST PENN OPEN & MASTERS  
WASHINGTON, PENN.  
JUNE 11, 1983

## W30-39

100m Debi Page 31 WP 16.3

200m Sue 31 WP 33.1

SP Sue Kline 35 WP 17'11"

## W40-49

1600m Linda Ehle 41 WashRR 7:56

Team: West Penn 15; WRR 5

## M30-39

110HH (39")

Dave Morgan 35 OTH 18.84

400IH (36")

Morgan 35 OTH 1:12.9

## 100m

George Smith 38 JA 12.11

Nick Salupo 36 OTH 12.20

Joe Silverio 34 Un 12.44

Alan Forney 35 WP 12.60

B. Gonzalez 39 JA 12.70

Jeff Gerson 36 OTH 13.90

## 200m

Salupo 36 OTH 24.89

Gonzalez 39 JA 26.10

Forney 35 WP 26.30

## 400m

Salupo 36 OTH 54.6

Smith 38 JA 56.5

## 800m

Norm Thomas 33 OTH 2:06.01

Gerson 36 OTH 2:25.40

## 1600m

Thomas 33 OTH 4:42.30

C. Yehmert 30 HE 4:47.93

Isiah McCall 33 JA 5:11.70

## 3200 Walk

Steve Benko 30 WP 24:20.0

## 5000m

Yehmert 30 HE 16:50.43

McCall 33 JA 17:34.80

## 4x100

OTH (Salupo, Thomas, Morgan, Gerson) 49.23

## HJ

Morgan 35 OTH tie 5'4"

Rick Kelly 30 Un tie 5'4"

## LJ

Morgan 35 OTH 17'2 1/2"

Silverio 34 Un 16'8 1/2"

Gonzalez 39 JA 13'10"

Thompson 36 Un 11'8"

## TJ

Morgan 35 OTH 37'1"

## OLD TIMERS TRACK MEET

June 11, 1983

## West Palm Beach, Florida

## Men's Events

## SHOT PUT

Open

K. Mason 50'3" - A. Ford, Jr. 45'2-1/2" - F. Valdes 43'2"

30-34 W. Lee 46'4" - W. Watson 36'4-1/2" - S. Bowen 32'3"

35-39 A. Robertshaw 38'1" - F. Pressler 36'9" - D. Conover 32'4"

40-44 G. Green 38'4" - J. Russell 36'10" - J. Manning 31'1"

50-54 R. Cooper 39'9" - K. Foose 27'4" - P. Gauden 24'9"

55-59 W. Carter 34'8"

60-64 A. Knapp 32'1/2" - B. Scoville 29'9"

65-69 N. Heard 46'1" - J. Lieb 40'3" - J. Russell 31'1"

## JAVELIN

Open

D. Gammons 177'8" - F. Valdes 148'11" - L. Staley 123'2"

30-34 W. Lee 114'8" - S. Bowen 100'8"

35-39 D. Conover 124'2" - G. Turenne 122'8" - A. Robertshaw 120'2"

40-44 J. Manning 147'9" - G. Green 122'11"

50-54 R. Cooper 133'7" - P. Gauden 80'5" - J. Archbold 68'1"

60-64 A. Knapp 61'3" - B. Scoville 58'10"

65-69 B. Stevens 70'10" - J. Lieb 58'10"

## DISCUS

Open

K. Mason 135'8" - D. Gammons 117'7-1/2" - F. Valdes 117'3-1/2"

30-34 W. Lee 110'5-3/4" - S. Bowen 66'4"

35-39 F. Pressler 99'5" - D. Conover 95'10" - D. Dickey 59'7-1/2"

40-44 G. Green 126'1" - J. Russell 107'5" - J. Manning 81'4-1/2"

45-49 T. Tucker 86'3-1/2" - G. Freyer 62'8"

50-54 R. Cooper 115'1-3/4" - K. Foose 67'3-3/4" - R. Howland 66'5-3/4"

55-59 W. Carter 92'9-1/4" - B. Downey 80'3-3/4" - J. McCoy 50'8-1/2"

60-64 A. Knapp 80'4-3/4" - B. Scoville 76'6-1/2"

65-69 N. Heard 125'7-1/2" - J. Lieb 96'3-1/4" - J. Russell 86'6"

## LONG JUMP

Open

A. Ford, Jr. 21'9-1/4" - L. Staley 21'0" - P. Vickers 20'5-1/4"

30-34 W. Griffith 18'2-1/4" - W. Watson 18'1-1/2" - T. Loudaros 16'4-1/2"

35-39 T. Christie 17'0" - D. Conover 15'1" - E. Martin 15'0"

40-44 G. Green 17'5-1/4" - J. Whelan 16'5" - J. Manning 12'6-1/4"

50-54 R. Cooper 14'4" - B. Cramp 14'2" - J. Archbold 12'5"

55-59 B. Downey 14'9-1/4" - J. McCoy 11'10-1/2"

60-64 B. Scoville 13'11-1/2"

65-69 B. Stevens 11'3-1/2"

## HIGH JUMP

Open

R. Weaver 5'8" - L. Washington 5'8" - D. Gammons 5'6"

30-34 W. Watson 4'8"

35-39 F. Pressler 5'4" - A. Robertshaw 4'10" - T. Christie 4'10"

40-44 J. Russell 5'2" - G. Green 5'0"

45-49 B. Porter 4'11" - T. Tucker 4'7"

50-54 B. Gentry 4'11"

60-64 B. Scoville 3'10"

## POLE VAULT

Open

L. Washington 11'0" - J. Calix 10' - F. Valdes 9'

30-34 S. Bowen 7'3"

40-44 J. Butler 11'0"

50-54 B. Gentry 7'10"

60-64 B. Scoville 7'3"

## 120y HIGH HURDLES

(39") Open

L. Staley 15.27 - R. Weaver 16.10 - J. Wilson 16.14

(39") 30-34 D. Scholl 18.20

(39") 35-39 T. Christie 19.25\* - F. Pressler 21.94

(36") 40-44 J. Butler 19.48\* - D. Compton 20.13

(42") 45-49 B. Porter 16.55\*\*\* - (30") G. Freyer - 31.97

(33") 50-54 B. Gentry 19.77

(33") 55-59 B. Downey 21.27

(30") 60-64 B. Scoville 20.86\*

## 330y HURDLES

(36") Open

L. Staley 41.02 - R. Weaver 43.59 - J. Woodson 44.63

(36") 30-34 T. Loudaros 1:01.05

(36") 35-39 T. Christie 48.95\*

(33") 40-44 D. Compton 50.91

(33") 45-49 G. Freyer 1:18.20

(30") 50-54 B. Gentry 51.49\*

(30") 55-59 B. Downey 56.05\*

(30") 60-64 B. Scoville 53.88\*

## 100y DASH

Open

A. Hill, Jr. 9.77 - I. Drisdorn 10.03 - A. Ford, Jr. 10.05

30-34 W. Griffith 10.34 - W. Watson 10.34 - D. Scholl 11.51

35-39 E. Martin 11.62 - R. Albright 11.74 - A. Robertshaw 12.03

40-44 G. Green 11.11\* - J. Whitehead 11.13 - W. DeYoung 11.20

45-49 T. Tucker 12.34 - B. Middlebush 13.29 - G. Freyer 13.64

50-54 D. Gilman 12.03\* - G. Gentry 12.50 - R. Cooper 12.82

55-59 B. Downey 12.66\*

60-64 B. Scoville 13.25

65-69 N. Heard 13.07

## 220y DASH

Open

A. Hill, Jr. 21.53\* - A. Ford, Jr. 21.74 - W. Tyler 24.84

30-34 W. Watson 23.96 - W. Griffith 24.22 - D. Ramirez 27.83

35-39 R. Albright 26.99 - J. Whitehead 28.27 - D. Black 28.35

40-44 W. DeYoung 24.64\* - G. Green 25.49 - J. Whelan 25.89

45-49 B. Porter 25.73\* - T. Tucker 28.98 - B. Middlebush 30.71

50-54 T. Sharp 28.95 - D. Gilman 29.16 - B. Cramp 30.27

55-59 B. Downey 29.40\*

60-64 B. Scoville 31.07

65-69 N. Heard 30.78

## SP

Morgan 35 OTH 37'3 1/2"

## JT

Steve Shulin 32 WP 191'9"

Morgan 35 OTH 164'9"

Kelly 30 Un 111'9"

## HT

Morgan 35 OTH 76'5"

Gerson 36 OTH 60'1"

Team: Over The Hill 70; Jaguars 16; WP 11; Human Energy 8

## M40-49

400IH (33")

Barry Kline 43 WP 1:05.8

## 100m

John Ford 45 Wh.RR 13.23

## 200m

Kline 43 WP 27.1

Ford 45 Wh.RR 28.2

## 400m

Bob Holmes 40 WP 58.49

Ford 45 Wh.RR 67.80

## 800m

Ted Breault 45 WP 2:38

## HJ

Kline 43 WP 5'4"

Rockne Ehle 47 Wh.RR 4'10"

## SP

J. Allardice 43 WP 38'1 1/2"

Pete Hoyt 42 WP 37'1 1/2"

Ehle 47 Wh.RR 29'11"

## 35# Weight

Hoyt 42 WP 43'8"

Jim Pauli 40 WP 39'2 1/2"

## DT

Allardice 43 WP 110'9"

Hoyt 42 WP 106'10"

Pauli 40 WP 102'10"

## PV

Ehle 47 Wh.RR 9'0"

## HT

Hoyt 42 WP 123'

Pauli 40 WP 108'

Allardice 43 WP 90'2"

Team: West Penn 59; Wheeling RR 20

## M50-59

## 100m

Ray Bower 59 WP 12.95

Sam Sinderson 50 WP 13.00

Vonley Phillips 55 WP 13.70

## 200m

Ed Sutton 51 WP 25.78

Bower 59 WP 28.00

## 400m

Sutton 51 WP 59.10

## 800m

Sinderson 50 WP 2:33.29

## 1600m

Ray Lister 55 WP 5:21.7

Sinderson 50 WP 5:46.5

## 440y DASH

Open

A. Ford, Jr. 50.63 - A. Hill, Jr. 52.21 - T. Jenkins 55.44

30-34 D. Ramirez 1:02.37 - T. Loudaros 1:08.50

35-39 D. Black 1:01.64 - R. Albright 1:01.83 - G. Salfelder 1:06.55

40-44 W. DeYoung 56.29\* - D. Compton 59.65 - J. Edwards 1:06.97

45-49 B. Porter 58.33\*

50-54 D. Gilman 1:03.97\* - B. Cramp 1:07.19

55-59 B. Downey 1:11.02\*

60-64 B. Scoville 1:13.09

## 880y RUN&lt;/



8th ANNUAL T&F CLASSIC  
NORTH MIAMI, FLORIDA  
JUNE 11-12, 1983

<b>M30-34</b>	
<b>100m</b>	
Marvin Dixon	10.6
C. Stillman	10.9
Nate Robinson	11.1
<b>800m</b>	
Hector Pashell	2:21.0
<b>1500m</b>	
Locksley Buchanan	4:22.7
Roy Saunders	4:38.0
<b>3000m</b>	
M. Saunders	9:43.0
L. Buchanan	9:44.0
G. Edwards	10:43.0
<b>Javelin</b>	
N. Robinson	151'11"
Mario Valcarcel	111'5"
<b>M35-39</b>	
<b>100m</b>	
Julio Travieso	12.9
Andy Aprio	14.5
<b>200m</b>	
J. Travieso	25.7
A. Aprio	28.5
<b>800m</b>	
John Nixon	2:05
<b>3000m</b>	
A. Aprio	12:06
<b>HJ</b>	
Jose Dalmaistro	5'10"
<b>LJ</b>	
J. Travieso	18'1½"
<b>SP</b>	
Rudy Vlaardingerbrock	43'8"
Buck Howard	31'7"
<b>Discus</b>	
R. Vlaardingerbrock	125'6"
<b>Javelin</b>	
R. Vlaar'brock	187'3"
<b>M40-44</b>	
<b>100m</b>	
Willie Costa	11.7
Daniel Dwyer	11.7
Jerry Luschak	12.5
<b>800m</b>	
D. Dwyer	2:16
<b>3000m</b>	
George Freyer	12:40
<b>HJ</b>	
John Russell	5'4"
<b>LJ</b>	
Willie Casta	17'8"
John Russell	14'4"
<b>SP</b>	
J. Russell	32'6"
<b>Discus</b>	
J. Russell	99'3"
<b>Javelin</b>	
J. Russell	107'7"
<b>M45-49</b>	
<b>800m</b>	
Tony Aponte	2:17
<b>M50+</b>	
<b>100m</b>	
Brendan Spratt	13.1
Gil Gonzales	13.8
Hank Nottingham	14.0
Donald Deitch	14.9
<b>200m</b>	
B. Spratt	26.9
G. Gonzalez	28.1
H. Nottingham	28.2
<b>800m</b>	
B. Spratt	2:22
Artur Kijer	2:24
<b>HJ</b>	
H. Nottingham	4'2"
<b>LJ</b>	
H. Nottingham	15'1½"
G. Gonzalez	15'0"
<b>SP</b>	
W.E. Carter	33'8"
H. Nottingham	27'3"
John Russell	25'7"
<b>Discus</b>	
G. Gonzalez	114'5"
W.E. Carter	88'5"
J. Russell	86'4"
H. Nottingham	60'11"
<b>Javelin</b>	
H. Nottingham	94'6"
John Russell	83'11"
(from Jesse Holt)	

ANNUAL SENIOR SPORTS FESTIVAL  
T & F MEET; SEATTLE, WASH.

<b>June 18, 1983</b>	
<b>10,000 M RUN</b>	
<b>40-44 MEN</b>	
Frank Fleetham	36:37.9
Gilbert Dorwin	42:08.9
<b>50-54 MEN</b>	
Ray Hatton	32:10.4
Ed Kraemer	37:54.9
Larry Doering	38:47.8
<b>70+ MEN</b>	
John Stout	48:12.0
<b>40-44 WOMEN</b>	
Evette Hackman	36:37.9
<b>65-69 WOMEN</b>	
Shirley Wasser	59:17.3
<b>1,500 M RUN</b>	
<b>40-44 MEN</b>	
Norm Oylar	4:14.9
Paul Hall	4:16.7
Evan Shull	4:18.2
Doug Rustad	4:28.9
Ted Nobe	4:35.7
David Morris	4:44.2
<b>45-49 MEN</b>	
Pon Trethewey	4:28.2
Mike Christensen	4:36.1
Bob Langenbach	4:36.7
Larry Webster	4:55.0
Dean Fournier	5:11.7
<b>50-54 MEN</b>	
Ralph Miller	4:46.7
Bill Cupp	4:53.9
Larry Doering	5:25.3
<b>55-59 MEN</b>	
Bill McChesney	4:49.6
Orlo Keniston	4:54.9
Norman Clark	5:38.3
<b>60-64 MEN</b>	
Norm Hansen	5:20.2
<b>70+ MEN</b>	
John Stout	6:59.8
<b>50-54 WOMEN</b>	
Nola Bruhn	6:09.5
Marcia McChesney	6:28.1
<b>70+ WOMEN</b>	
Helen Stout	12:49.2
<b>50 M DASH</b>	
<b>40-44 MEN</b>	
Paul Edens	6.4
Larry Schwitters	6.6
Pio DeCano	6.9
Emil Torquato	6.9
Fred Howard	6.9
Carl Ege	6.9
Andre Dulce	7.0
Andre Young	7.0
<b>45-49 MEN</b>	
Bob Miller	6.6
Joe Gowdy	7.1
Glen Sweet	7.7
<b>50-54 MEN</b>	
Harold Hitt	6.8
Tony Nasralla	6.9
Jack Fischer	7.0
Don McConaughy	7.1
Alan Maxwell	7.3
Rudy Jones	7.4
Art Afremow	7.4
<b>55-59 MEN</b>	
Joel Pritchard	7.1
Richard Cottingham	7.6
<b>60-64 MEN</b>	
Cal Boyd	7.4
Albert Johnson	7.6
Carl Oates	8.1
Fred Wingo	8.2
Del Hesselstine	8.8
<b>70+ MEN</b>	
Burt Morrow	7.8
Henry Schumacher	10.0
<b>45-49 WOMEN</b>	
Nancy Peterson	9.2
<b>50-54 WOMEN</b>	
Mary Jane McNamara	9.7
<b>60-64 WOMEN</b>	
Marjorie Hunt	11.4

## 100 M DASH

<b>40-44 MEN</b>	
Paul Edens	11.8
Larry Schwitters	12.4
Emil Torquato	12.8
Pio DeCano	12.8
Ross Eberts	13.3
Karl Ege	13.5
Harry Cummins	13.5
<b>45-49 MEN</b>	
Bob Miller	12.5
<b>50-54 MEN</b>	
Tony Nasralla	12.6
Harold Hitt	12.6
Jack Fischer	13.4
Don Fitzwater	13.5
Don McConaughy	13.6
Art Afremow	13.7
Alan Maxwell	13.9
Tony Corvin	14.2
Archie Hennessey	14.4
<b>55-59 MEN</b>	
Tom Norwood	15.2
Dick Cottingham	15.3
Orlo Keniston	15.3
<b>60-64 MEN</b>	
Albert Johnson	14.1
Carl Oates	14.7
<b>70+ MEN</b>	
Bert Morrow	14.8
<b>45-49 WOMEN</b>	
Nancy Peterson	17.0
<b>50-54 WOMEN</b>	
Dorothy Anderson	18.2
Mary Jane McNamara	18.6
<b>64-69 WOMEN</b>	
Marjorie Hunt	22.6
<b>800 M DASH</b>	
<b>40-44 MEN</b>	
Evan Shull	2:05.0
Paul Hall	2:07.8
Jim Cullen	2:16.0
Wayne Hill	2:19.4
<b>50-54 MEN</b>	
Ralph Miller	2:13.4
James Ganley	2:30.4
Tony Corvin	2:31.8
<b>55-59 MEN</b>	
Bill McChesney	2:28.3
Norm Clark	2:38.5
<b>65-69 MEN</b>	
Jerry Satterlee	3:20.9
<b>45-49 WOMEN</b>	
Nancy Peterson	3:02.8
<b>50-54 WOMEN</b>	
Marcia McChesney	3:19.8
<b>200 M DASH</b>	
<b>40-44 MEN</b>	
Paul Edens	23.8
Larry Schwitters	25.3
Emil Torquato	26.0
Harry Cummins	27.5
Karl Ege	28.3
<b>45-49 MEN</b>	
J.C. Hoffman	24.5
Robert Miller	27.2
Dean Fournier	32.4
<b>50-54 MEN</b>	
Harold Hitt	25.2
Tony Nasralla	25.2
Don Fitzwater	27.9
Art Afremow	28.1
Bob Moore	28.3
Alan Maxwell	28.5
Darold Skartvedt	29.0
Tony Corvin	29.7
Archie Hennessey	30.1
Larry Doering	31.3
<b>55-59 MEN</b>	
Tom Norwood	30.9
Dick Cottingham	31.1
Jerry Glazier	35.4
<b>60-64 MEN</b>	
Robert Hunt	27.6
Albert Johnson	28.1
Cal Boyd	28.7
<b>70+ MEN</b>	
Bert Morrow	32.5

## 50-54 WOMEN

Dorothy Anderson	:39.6
<b>65-69 WOMEN</b>	
Betty Joslin	:51.0
<b>1,500 M WALK</b>	
<b>50-54 MEN</b>	
Ed Kraemer	7:53.4
<b>70+ WOMEN</b>	
Helen Stout	13:07.0
<b>3,000 M RACEWALK</b>	
<b>40-44 MEN</b>	
Jay Haauik	14:49.8
Bruce Jackson	16:58.5
<b>50-54 MEN</b>	
Paul Kaald	15:54.4
<b>55-59 MEN</b>	
Bob Wilson	19:18.1
Paul Kavadas	20:16.0
<b>45-49 WOMEN</b>	
Bev Laveck	16:16.0
<b>400 M DASH</b>	
<b>40-44 MEN</b>	
Paul Edens	:54.3
Harry Cummins	:59.0
Jim Cullen	:60.0
Andre Young	:60.2
<b>45-49 MEN</b>	
J.K. Hoffman	:57.9
Don Worral	:59.0
Robert Miller	:59.9
<b>50-54 MEN</b>	
Harold Hitt	:55.8
Bill Cupp	1:02.6
Don Fitzwater	1:05.4
Chadwick Bolender	1:07.1
Paul Kaald	1:10.2
<b>55-59 MEN</b>	
Orlo Keniston	1:06.9
<b>60-64 MEN</b>	
Robert Hunt	1:07.0
<b>70+ MEN</b>	
Carol Johnston	1:25.0
John Stout	1:28.7
Henry Schumacher	1:38.4
<b>5,000 M RUN</b>	
<b>40-44 MEN</b>	
Norm Oylar	16:41.8
Harry Cummins	17:19.6
David Morris	17:39.3
<b>45-49 MEN</b>	
Larry Webster	17:43.0
<b>50-54 MEN</b>	
Bill Cupp	18:24.0
James Ganley	18:26.0
<b>55-59 MEN</b>	
Orlo Keniston	18:10.0
Norm Clark	20:51.9
Al Cowin	23:51.9
<b>60-64 MEN</b>	
Norm Hanson	19:42.0
<b>65-69 MEN</b>	
Jerry Satterlee	25:09.0
<b>70+ MEN</b>	
John Stout	24:44.6
<b>45-49 WOMEN</b>	
Bev Laveck	23:15.9
Mary Fournier	28:41.9
<b>50-54 WOMEN</b>	
Mary Jane McNamara	25:50.0
Janet Kavadas	34:24.0
<b>65-69 WOMEN</b>	
Doris Tanning	31:45.9
<b>HURDLES</b>	
<b>50-54 MEN</b>	
Chadwick Bolender	23:30.0
<b>60-64 MEN</b>	
Robert Hunt	17:75.0
<b>HURDLES</b>	
<b>40-44 MEN</b>	
Wayne Hill	1:13.9
<b>60-64 MEN</b>	
Robert Hunt	1:18.4

## LONG JUMP

<b>40-44 MEN</b>	
Johnny Edwards	16'5-1/4"
Allan Muul	16'0"
<b>45-49 MEN</b>	
Don Worral	16'2-3/4"
Joe Gowdy	14'7-1/4"
<b>50-54 MEN</b>	
Darold Skartvedt	16'6"
Allan Kelly	15'1-1/2"
Robert Morris	12'10-1/2"
Phillip Levine	11'9-3/4"
<b>55-59 MEN</b>	
Laurence Phipps	12'2-1/2"
<b>60-64 MEN</b>	
Fred Wingo	13'8-1/4"
Carl Oates	12'8-3/4"
Gene Harn	11'7-1/2"
Del Hesselstine	10'8"
<b>70+ MEN</b>	
Henry Schumacher	9'4-1/2"
<b>60-64 WOMEN</b>	
Evelyn Lercher	7'10-3/4"
<b>TRIPLE JUMP</b>	
<b>50-54 MEN</b>	
Tony Nasralla	32'9-1/4"
Don McConaughy	30'0"
<b>55-59 MEN</b>	
Laurence Phipps	24'6-1/4"
<b>70+ MEN</b>	
Henry Schumacher	15'10"
<b>HIGH JUMP</b>	
<b>40-44 MEN</b>	
Allan Muul	4'6"
<b>50-54 MEN</b>	
Jack Fischer	5'0"
Philip Levine	4'6"
<b>55-59 MEN</b>	
Harvey William	4'0"
<b>60-64 MEN</b>	
Glen Ethier	4'3"
Gene Harn	3'8"
<b>POLE VAULT</b>	
<b>45-49 MEN</b>	
Don Worral	11'
<b>50-54 MEN</b>	
Don McConaughy	8'
Tony Corvin	8'
<b>70+ MEN</b>	
Carol Johnston	9'1"
<b>SHOT PUT</b>	
<b>40-44 MEN</b>	
Jock McLaughlin	14.70
Allan Muul	10.75
<b>45-49 MEN</b>	
Doug Smart	13.75
<b>50-54</b>	
Paul Kaald	9.76
<b>55-59</b>	
Harvey William	10.80
<b>65-69</b>	
Ross Carter	12.96
Tauno Ottelin	9.78
<b>70+</b>	
Leon Joslin	10.25
<b>3,000 M STEEPLECHASE</b>	
<b>40-45 MEN</b>	
Paul Hall	10:44.7
Jim Cullen	13:21.3
<b>45-49 MEN</b>	
Don Trethewey	10:29.6
Bob Langenback	10:49.1

## DISCUS

<b>40-44 MEN</b>	
Allan Muul	26.31
<b>45-49 MEN</b>	
Fred Boede	30.24



400 meters		
30-34		
DON HOMER	NY 51.0	
P. G. McDONALD	PC 52.0	
DENNIS BROWN	PC 53.0	
35-39		
DENNIS DYCE	PC 51.1	
ERIC COOPER	PC 57.1	
45-49		
EDWARD SMALL	PC 53.6	
MASON O'NEAL	PC 54.8	
50-54		
JOE KELLY	NY 61.5	
ALAN COHEN	NY 61.6	
55-59		
RUDY VALENTINE	PC 55.9	
ARTHUR BRADLEY	NY 75.6	
65-69		
CARL ZAYAS	NY 80.5	
JOHN POPOWICH	NY 83.8	

800 meters		
30-34		
ROB JACKSON	CP 2:01.8	
35-39		
LYN FELTZER	PC 2:07.5	
ERIC COOPER	PC 2:13.0	
30-34		
DON HODGE (2nd)	RI 2:04.4	
40-44		
SID HOWARD	CP 2:04.4	
GLEN SHANE	PC 2:05.8	
ROBERT FITCH	NY 2:25.7	
45-49		
CLIFF PAULING	CP 2:08.4	
GUNTHER DAUTH	NY 2:31.6	
50-54		
HERB KANIA	NY 2:10.1	
JOE KERNAN	NY 2:21.3	
ALAN COHEN	NY 2:31.0	
55-59		
ARCHIE MESSENGER	NY 2:21.4	
JOHN McMANUS	NY 2:42.3	
60-64		
JOHN POPOWICH	NY 3:10.7	

1500 meters		
40-44		
SID HOWARD	CP 4:15.5	
35-39		
FRED CURRY	UN 5:37.9	
45-49		
CLIFF PAULING	CP 4:42.6	
LOU STEPHEN	PC 4:43.4	
GUNTHER DAUTH	NY 5:10.0	
50-54		
HERB KANIA	NY 4:40.6	
ALAN COHEN	NY 4:59.4	
JOE KERNAN	NY 5:03.2	
DON DENIG	NY 5:16.6	

1500 meters		
40-44		
R. KEVLES	UN 5:43.7	
55-59		
JOHN MORAN	SC 5:22.3	

110 meter high hurdles		
TOBIN	PC 15.4	
IVAN BLACK	AC 19.1	
35-39		
LANDRY	UN 17.2	
MIKE DEJESUS	NY 18.3	
45-49		
HAIG BOHIGIAN	NY 23.0	
50-54		
JOE KELLY	NY 19.6	
55-59		
ARTHUR BRADLEY	NY 23.4	

5000 meter walk		
30-34		
NICK BDERA	ES 26:11.2	
45-49		
AUGUSTIN TORRES (2nd)	NY 34:39.9	
GEORGE BRADLEY (1st)	NY 31:00.9	
50-54		
RON VALIENTE	NY 30:07.3	
JOHN HENNIGAN	MR 31:25.5	
65-69		
MAYME BDERA	ES 33:17.5	

5000 meter run		
35-39		
FRED CURRY	UN 21:29.7	
40-44		
SETH KAMINSKY	NY 18:13.1	
AUGUSTIN TORRES	NY 23:21.2	
JOHN MULVEY	NY 23:37.5	
50-54		
DON DENIG	NY 20:01.9	
ALAN COHEN	NY 20:11.3	
WILLIAM SCHWARTZ	NY 21:49.0	

10000 meter run		
45-49		
GEZA FELD	NY 37:47.9	
50-54		
MARVIN STEIN	NY 40:11.1	
RALPH PERRY	ML 42:02.4	
55-59		
DES MARGESTON	PC 41:32.8	
WALTER SIDEROWITZ	NY 46:26.7	

JAVELIN		
30-34		
DENNIS KATSEFES	NY 99'6"	
IVAN BLACK	AC 90'1"	
35-39		
HERB MAY	UN 162'5"	
40-44		
TOM MURPHY	NY 174'2"	
RICHARD KAYE	NY 107'4"	
45-49		
HAIG BOHIGIAN	NY 113'4"	
KURT KRASTIN	NY 97'4"	
SOL BARNETT	NY 73'8"	

TRIPLE JUMP		
30-34		
IVAN BLACK	AC 35'5"	
35-39		
KEVIN SALTER	NY 40'1"	
40-44		
AARAND ROOS	UN 32'7"	
RICHARD KAYE	NY 32'3"	
45-49		
HAIG BOHIGIAN	NY 34'5"	
50-54		
MARSHALL LIPTON	UN 28'	
TOM BROOKS (1st)	PC 28'4"	
55-59		
DES MARGETSON	PC 25'7 3/4"	

DISCUS		
30-34		
IVAN BLACK	AC 85'	
DENNIS KATSEFES	NY 61'5"	
40-44		
BRIAN McKENNA	NY 110'5"	
GEORGE SUTTON	NY 94'6"	
JOHN MULVEY	NY 56'10"	
45-49		
SOL BARNETT	NY 86'8"	
KURT KRASTIN	NY 84'5"	
50-54		
LEN OLSEN	NY 143'9"	
ALBERT LARSEN	NY 122'8"	
WARREN JACKSON	UN 91'2"	
65-69		
MARIO MINAFRA	NY 117'	

HIGH JUMP		
50-54		
RUDY CLARENCE	PC 4'8"	
WARREN JACKSON	UN 4'8"	
LEN OLSEN	NY 4'6"	
55-59		
DES MARGETSON	PC 3'7"	
70-74		
WILLIAM EIPEL	AC 4'4"	
75-79		
KONRAD BOAS	NY 4'2"	

POLE VAULT		
30-34		
IVAN BLACK	AC 5'	

LONG JUMP		
30-34		
IVAN BLACK	AC 16'1"	
35-39		
DENNIS KATSEFES	NY 14'	
40-44		
KEVIN SALTER	NY 17'9"	
45-49		
PLEASANT	PC 17'6"	
RICHARD KAYE	NY 15'9"	
AARAND ROOS	UN 15'6"	
50-54		
HAIG BOHIGIAN	NY 16'8"	
RICK ROBINSON	NY 15'5"	

SHOT PUT		
30-34		
DENNIS KATSEFES	NY 27'8"	
IVAN BLACK	AC 23'8"	
TOBIN (1st)	PC 36'8"	
35-39		
HERB MAY	UN 36'1"	
40-44		
JACK GOLDSTEIN	NY 38'7"	
BRIAN McKENNA	NY 37'8"	
GEORGE SUTTON	NY 29'10"	
45-49		
KURT KRASTIN	NY 32'3 3/4"	
50-54		
LEN OLSEN	NY 48'10"	
ALBERT LARSEN	NY 34'8"	
WARREN JACKSON	UN 28'4"	

HAMMER THROW		
30-34		
IVAN BLACK	AC 79'11"	
40-44		
TOM MILLER	AC 134'1"	
BRIAN McKENNA	NY 103'3"	
45-49		
KURT KRASTIN	NY 89'2"	
50-54		
LEN OLSEN	NY	
ALBERT LARSEN	NY	

WEIGHT THROW		
40-44		
TOM MILLER	AC 47'4"	
BRIAN McKENNA	NY 38'10"	
45-49		
KURT KRASTIN	NY 30'3"	
35-39		
HERB MAY	UN 25'6"	
50-54		
ALBERT LARSEN	NY	
LEN OLSEN	NY	

WOMEN'S RESULTS		
100 meters		
30-34		
SHARON JONES	NY 15.7	
35-39		
SKIPPER CLARK	PL 13.2	
40-44		
C. BROW	AT 12.9	
VALERIE CARTER	PL 13.3	

200 meters		
30-34		
SHARON JONES	NY 34.1	
NAYDUD TORRES	NY 43.2	
35-39		
SKIPPER CLARK	PL 27.8	
40-44		
VALERIE CARTER	AT 28.1	

400 meters		
35-39		
JUNE SMITH	AT 59.5	
SKIPPER CLARK	PL 66.3	
40-44		
BARBARA KIVLES	UN 74.9	

800 meters		
35-39		
SKIPPER CLARK	PL 2:36.8	
50-54		
MILA KANIA	NY 2:40.9	
65-69		
ADRIENNE SALMIN	NY 4:11.2	

1500 meters		
50-54		
MILA KANIA	NY 5:13.3	
40-44		
BARBARA KEVLES	UN 5:43.7	
30-34		
FAYE BARTH	ML 6:27.9	
65-69		
ADRIENNE SALMIN	NY 8:17.0	

180 HIGH HURDLES		
35-39		
SKIPPER CLARK	PL 21.9	

500 meter WALK		
30-34		
NAYDUD TORRES	NY 34:41	
65-69		
MAYME BDERA	ES 33:17	

DISCUS		
45-49		
ANNA CIRULNICK	NY 82'7"	
KATIE KNIGHT	ML 78'5"	
55-59		
BUFF MESSENGER	NY 43'3"	

JAVELIN		
30-34		
FAYE BARTH	ML 33'8"	
45-49		
ANNA CIRULNICK	NY 52'2"	
KATIE KNIGHT (1st)	ML 81'9"	
55-59		
BUFF MESSENGER	NY 33'8"	

LONG JUMP		
35-39		
SKIPPER CLARK	PL 14"	

SHOT PUT		
45-49		
ANNA CIRULNICK	NY 26'7"	
KATIE KNIGHT	ML 24'2"	
55-59		
BUFF MESSENGER	NY 19'1"	

100 meters		
SA		
SIKORSKY	SH 12.5	
2A		
LARRY PRATT	PM 12.9	
SYD SALT	NJ 13.2	
JACK LANCE	SH 14.7	
4B		
MANFRED D'ELIA	NJ 15.4	

200 meters		
1B		
LEON TROUT	SH 25.8	
2A		
LARRY PRATT	PM 25.7	
SYD SALT	NJ 27.7	
2B		
STAFFORD THOMPSON	26.0	
RICHARD NAYLOR	NJ 27.1	
3A		
JIM MANNO	NJ 28.2	
4B		
MANFRED D'ELIA	NJ 32.6	

400 meters		
1B		
KEN BAKER	NJ 53.1	
2B		
S. THOMPSON	SH 57.2	
RICHARD NAYLOR	NJ 60.5	
GENE KELLY	SH 63.9	
2A		
JIM MANNO	NJ 63.4	

800 meters		
SA		
JOHN DALLAO	UN 1:59.1	
1B		
KEN BAKER	NJ 2:03.3	
1A		
DICK SUGGS	NJ 2:09.1	
DELEON GIBSON	NJ 2:16.1	
3B		
R.W. HULL	SH 3:01.7	

1500 meters		
1A		
DICK SUGGS	NJ 4:24.5	
DELEON GIBSON	NJ 4:42.0	
3B		
R.W. HULL	SH 5:56.0	

5000 meters		
SB		
BOB RYAN	SH 18:42.1	
3B		
R.W. HULL	SH 23:51.4	

HIGH HURDLES		
2A		
LARRY PRATT	PM 16.2	
2B		
GENE KELLY	SH 19.6	

5000 meter WALK		
1B		
W. JAMES	SH 29:00.7	
2B		
MARIE HENRY	SH 31:28.2	

LONG JUMP		
SB		
ROBERT RYAN	SH 16'1"	
1B		
LEON TROUT	SH 16'1"	
2A		
SYD SALT	NJ 13'11"	

JAVELIN		
SA		
SIKORSKY	124'3"	
RON SALVIO	SH 113'2"	
SB		
WEAVER	SH 190'6"	
TONY MINNI	SH 166'3"	
BOB RYAN	SH 137'5"	
1A		
RAY BURY	SH 164'7"	
1B		
ROBERT YOUNGS	UN 170'1"	
3A		
P. EBERHARDING	PM 81'9"	

SHOT PUT		
SA		
KEVIN WALLACE	SH 48'3 3/4"	
PAUL CORRIGAN	SH 43'11"	
SB		
K. BIRNS	SH 37'3"	
SA		
W. SIKORSKY (3rd)	SH 34'4"	
SB		
ROBERT RYAN (1st)	SH 27'4 3/4"	

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**30-39 MEN - HAMMER**

1. Tom Kohl - un.....	142'4"
2. Norm Bower - Over The Hill.....	133'3"
3. Jim Pearce - Wolfpack TC.....	119'6"
4. Mike Cavotta - Over The Hill TC.....	115'11"
5. Pinky Johnson - Over The Hill TC.....	105'5"
6. Richard Stepp - Six Rivers TC.....	93'2"

**30-39 MEN - 35 LB. WEIGHT**

1. Norm Bower - Over The Hill TC.....	42'9"
2. Tom Kohl - un.....	42'0"
3. Jim Pearce - Wolfpack TC.....	37'11"
4. Mike Cavotta - Over The Hill TC.....	35'4"
5. Pinky Johnson - Over The Hill TC.....	22'6½"

**30-39 MEN - HIGH JUMP**

1. Rick Christoph - Clifton TC.....	6'3"*
2. Mike Davis - Lincoln-Way TC.....	5'9"
3. Stan Allen - Fitness TC.....	5'7"
4. Richard Kelly - un.....	5'5"
5. Dave Morgan - Over The Hill TC.....	5'3"

**30-39 MEN - LONG JUMP**

1. Bernard Derricoat - un.....	21'10½"*
2. James Evans - un.....	20'10½"
3. Nate Robinson - Boca-Barwood.....	20'10½"
4. Orin Richburg - un.....	19'11"
5. Mike Davis - Lincoln-Way TC.....	18'9"
6. Alfonzo Walton - Potomac Valley.....	18'9"

**30-39 MEN - TRIPLE JUMP**

1. Thomas Kirkland - Fitness TC.....	43'3"
2. James Evans - un.....	42'10"
3. Orin Richburg - un.....	38'3"
4. Dave Morgan - Over The Hill TC.....	34'7½"
5. Stan Allen - Fitness TC.....	28'6"

**30-39 MEN - 100 METER DASH**

1. Alfonzo Walton - Potomac Valley.....	10.70
2. Clarence Ray - Fitness TC.....	10.71
3. Armand Gibson - Atlanta TC.....	10.72
4. Steve Foster - La. Lightning.....	11.32
5. Therman Kirkland - Fitness TC.....	11.61
6. Bill Black - Clifton TC.....	11.90

**30-39 MEN - 200 METER DASH**

1. Clarence Ray - Fitness TC.....	22.20
2. Armand Gibson - Atlanta TC.....	22.41
3. Alfonzo Walton - Potomac Valley.....	23.02
4. Ellis Martin - Potomac Valley.....	23.56
5. Bill Black - Clifton TC.....	24.60
6. Nick Salupo - Over The Hill TC.....	24.60

**30-39 MEN - 400 METER DASH**

1. Clarence Ray - Fitness TC.....	50.86
2. Joe Showers - Pinnacle TC.....	51.32
3. Ellis Martin - Potomac Valley.....	52.94
4. Bill Blankenship - Lincoln TC.....	54.57
5. Nick Salupo - Over The Hill TC.....	55.13
6. Ed Crist - CMD.....	56.04

**30-39 MEN - 800 METER RUN**

1. Joe Showers - Pinnacle TC.....	1:58.01*
2. Mike Collopy - un.....	2:00.03
3. Glenn Andrews - Team Ohio.....	2:02.36
4. Mike Murray - Cleve. West RRC.....	2:04.33
5. Norm Thomas - Over The Hill TC.....	2:05.11
6. Bill Stross - Cleve. West RRC.....	2:07.79

**30-39 MEN - MILE RUN**

1. Joe Knap - Cleve. West RRC.....	4:38.22
2. Glenn Andrews - Team Ohio.....	4:40.75
3. Mike Murray - Cleve. West RRC.....	4:41.85
4. Bill Stross - Cleve. West RRC.....	4:46.30
5. Norm Thomas - Over The Hill TC.....	4:48.89
6. Keith Alley - un.....	4:55.70

**30-39 MEN - 2 MILE RUN**

1. Peter Hallop - Ann Arbor TC.....	9:20.84*
2. Joe Knap - Cleve. West RRC.....	10:13.91
3. Keith Alley - un.....	10:18.86
4. Isiah McCall - Emanon Jaguars TC.....	11:01.71

**30-39 MEN - 3 MILE RUN**

1. Joe Knap - Cleve. West RRC.....	15:51.92
2. Bob Kuebler - Cleve. West RRC.....	16:17.55
3. Bob Thomas - un.....	18:06.63

**30-39 MEN - 110 METER HURDLES**

1. Nate Robinson - Boca-Barwood TC.....	14.21*
2. Dolan Street - Ann Arbor TC.....	14.82
3. James Evans - un.....	15.48
4. Scott Tyler - British Airlines.....	15.94
5. Mike Davis - Lincoln-Way.....	17.48
6. Dave Morgan - Over The Hill TC.....	19.47

**30-39 MEN - 400 METER HURDLES**

1. Dolan Street - Ann Arbor TC.....	56.74*
2. Dave Morgan - Over The Hill TC.....	1:08.43
3. Gary Kidd - un.....	1:38.93

**30 & OVER MEN - MILE RACEWALK**

1. Gary Kidd - un.....	8:30.58
2. Charlie Hall - Over The Hill TC.....	9:23.11
3. Jim Smith - Cleve. West RRC.....	9:58.25
4. Jack Siringer - Over The Hill TC.....	10:39.23
5. Byron Fike - Over The Hill TC.....	10:59.06

**30 & OVER MEN - 400 METER RELAY**

1. Fitness TC (Burnett, Gibson, Thomas, Ray).....	42.70*
2. Potomac Valley TC.....	44.54
3. Second Time Around.....	47.11
4. McNeill TC.....	47.42
5. Over The Hill TC.....	47.73
6. Over The Hill 'B'.....	48.88

**30 & OVER MEN - 1600 METER RELAY**

1. Fitness TC (Burnett, Ray, Thomas, Street).....	3:24.03*
2. Potomac Valley TC.....	3:24.81
3. Over The Hill TC.....	3:47.22
4. Cleveland West Road Runners.....	3:50.67

**50 & OVER MEN - SHOT PUT**

1. Jack Scott - un.....	40'10½"*
2. Pay Carstensen - NY Masters.....	40'7"
3. Rudy Bredenbeck - Over The Hill.....	39'9½"
4. Dick Mann - Over The Hill TC.....	38'11½"
5. Joe Chadbourne - Over The Hill TC.....	36'11½"
6. Fred Hirsimaki - un.....	33'11½"

**50 & OVER MEN - DISCUS**

1. Jack Scott - un.....	119'10"*
2. Rudy Bredenbeck - Over The Hill.....	110'0"
3. Dick Mann - Over The Hill TC.....	108'6"
4. Robert Peters - un.....	96'0"
5. Joe Chadbourne - Over The Hill TC.....	92'9"
6. Fred Hirsimaki - un.....	90'5"

**50 & OVER MEN - JAVELIN**

1. Rudy Enders - Potomac Valley TC.....	135'10"*
2. Jack Scott - un.....	117'0"
3. Pay Carstensen - NY Masters.....	112'4"
4. Dick Mann - Over The Hill TC.....	102'8"
5. Rudy Bredenbeck - Over The Hill.....	91'3"
6. Joe Chadbourne - Over The Hill TC.....	88'10"

**50 & OVER MEN - LONG JUMP**

1. Rudy Enders - Potomac Valley TC.....	18'5½"*
2. Ed Schuler - West Florida Y.....	16'4½"
3. Bill Jordan - Over The Hill TC.....	15'11"
4. Dick Turner - Over The Hill TC.....	15'½"
5. Vonly Phillips - West Penn TC.....	14'8½"
6. Alfonso Wilson - un.....	14'8½"

**50 & OVER MEN - TRIPLE JUMP**

1. Bill Weinacht - Over The Hill TC.....	24'3½"*
2. Jack Siringer - Over The Hill TC.....	20'3½"

**50 & OVER MEN - HIGH JUMP**

1. Rudy Enders - Potomac Valley TC.....	4'11"*
2. Vonly Phillips - West Penn TC.....	4'9"
3. Jack Scott - un.....	4'7"
4. Tom Waddle - Cleve. West RRC.....	4'5"
5. Robert Peters - un.....	4'5"
6. Fred Hirsimaki - un.....	4'3"

**50 & OVER MEN - 100 METER DASH**

1. Rudy Enders - Potomac Valley TC.....	12.10
2. Ed Sutton - West Penn TC.....	12.11
3. Ed Schuler - West Florida Y.....	12.16
4. James Barrett - Over The Hill TC.....	12.47
5. Jesse Johnson - Potomac Valley TC.....	12.59
6. Bill Jordan - Over The Hill TC.....	12.63

**50 & OVER MEN - 200 METER DASH**

1. Ed Sutton - West Penn TC.....	25.30*
2. James Barrett - Over The Hill TC.....	26.02
3. Jesse Johnson - Potomac Valley TC.....	26.51
4. Bill Jordan - Over The Hill TC.....	26.93
5. Herb Kelsey - un.....	27.12
6. Roger Hocker - un.....	28.24

**50 & OVER MEN - 400 METER DASH**

1. Rudy Enders - Potomac Valley TC.....	56.21*
2. Ed Sutton - West Penn TC.....	57.32
3. James Barrett - Over The Hill TC.....	1:00.3
4. Roger Hocker - Wolfpack TC.....	1:03.7
5. Bill Weinacht - Over The Hill TC.....	1:10.14
6. Scrap Zalba - Geauga Joggers.....	1:12.65

**50 & OVER MEN - 800 METER RUN**

1. Scrap Zalba - Geauga Joggers.....	2:49.63
2. Buzzie Hood - un.....	2:49.87
3. Roger Hocker - Wolfpack TC.....	2:53.72
4. John Gullo - Geauga Joggers.....	3:05.98
5. Byron Fike - Over The Hill TC.....	3:27.32

**50 & OVER MEN - MILE RUN**

1. Ken Carman - Motor City Striders.....	5:03.10
2. Robert Fine - NY Masters.....	5:39.32
3. Matt Norris - Cleve. West RRC.....	5:55.82
4. Scrap Zalba - Geauga Joggers.....	6:11.35
5. Buzzie Hood - un.....	6:18.32
6. John Gullo - Geauga Joggers.....	6:47.16

**40-49 MEN - 400 METER HURDLES**

1. Barry Kline - West Penn TC.....	1:00.98*
2. Scott Tyler - British Airlines.....	1:03.66
3. Ray Boyd - West Penn TC.....	1:06.63
4. Alonzo Littlejohn - Ann Arbor TC.....	1:15.56

**50 & OVER MEN - 2 MILE RUN**

1. Ken Carman - Motor City Striders.....	11:02.60
2. Buzzie Hood - un.....	13:38.93
3. Scrap Zalba - Geauga Joggers.....	13:59.01
4. John Gullo - Geauga Joggers.....	14:25.63

**50 & OVER MEN - 3 MILE RUN**

1. Matt Norris - Cleve. West RRC.....	19:37.61
2. Buzzie Hood - un.....	21:01.64
3. Scrap Zalba - Geauga Joggers.....	21:44.63
4. John Gullo - Geauga Joggers.....	22:21.07
5. Dick Smith - Sandtown Striders.....	22:47.54
6. Nike Pristash - Born Again Athletes.....	26:56.92

**40-49 MEN - TRIPLE JUMP**

1. Carl Burgess - Clifton TC.....	38'8"*
2. Grover Coats - Over The Hill TC.....	35'8½"
3. Alonzo Littlejohn, Jr. - Ann Arbor TC.....	34'3½"
4. Robin Ficker - Potomac Valley TC.....	34'2½"
5. John Lewis - un.....	31'6½"

**40-49 MEN - 100 METER DASH**

1. Tom Randolph - Ann Arbor TC.....	11.02
2. Scott Tyler - British Airlines.....	11.11
3. George Horton - Toronto Masters.....	11.55
4. Grover Coats - Over The Hill TC.....	12.21
5. LeRoy McClain - Over The Hill TC.....	12.48
6. John Martinich - un.....	13.55

**40-49 MEN - 200 METER DASH**

1. Scott Tyler - British Airlines.....	24.04
2. Robin Ficker - Potomac Valley TC.....	24.10
3. LeRoy McClain - Over The Hill TC.....	24.62
4. Grover Coats - Over The Hill TC.....	24.85
5. Barry Kline - West Penn TC.....	25.44
6. George Campbell - Over The Hill TC.....	25.92

**40-49 MEN - 400 METER DASH**

1. Robin Ficker - Potomac Valley TC.....	55.33
2. Grover Coats - Over The Hill TC.....	58.92
3. Kurt Berggren - Ann Arbor TC.....	1:00.56

**40-49 MEN - 800 METER RUN**

1. Robin Ficker - Potomac Valley TC.....	2:09.26
2. Randall Mount - un.....	2:11.95
3. Kurt Berggren - Ann Arbor.....	2:13.37
4. Jim Skalski - Wolverine Pacers.....	2:18.86

**40-49 MEN - MILE RUN**

1. Randall Mount - un.....	4:51.58
2. Kurt Berggren - Ann Arbor TC.....	4:52.14
3. Jim Waldorf - Nike Allegheny.....	4:55.63
4. Bob Beyer - Southeast RC.....	5:01.01
5. Jim Forsythe - un.....	5:20.54
6. John Shaw - un.....	5:31.22

**40-49 MEN - 2 MILE RUN**

1. Jim Waldorf - Nike Allegheny.....	10:15.32*
2. Bob Beyer - Southeast RC.....	10:17.70
3. John Shaw - un.....	12:03.01

**40-49 MEN - 3 MILE RUN**

1. Walter McGreevy - un.....	15:58.40*
2. Bob Beyer - Southeast RC.....	16:02.33
3. Jim Waldorf - Nike Allegheny.....	16:12.26
4. Jon Bixler - Over The Hill TC.....	16:40.41
5. James Forsythe - un.....	17:11.23
6. John Shaw - un.....	17:30.87

**40-49 MEN - SHOT PUT**

1. Edward Hill - un.....	48'9½"*
2. Chuck Klehm - UCTC.....	41'7"
3. George Mirka - Over The Hill.....	41'0"
4. John Lewis - un.....	33'2"
5. Tom Ragland - Over The Hill.....	33'1½"
6. Willie Lemos - Cobra TC.....	29'3½"

**40-49 MEN - DISCUS**

1. Edward Hill - un.....	147'11"*
2. George Mirka - Over The Hill.....	137'8"
3. Chuck Klehm - UCTC.....	107'4"
4. John Lewis - un.....	88'6"
5. Tom Ragland - Over The Hill.....	80'0"

**40-49 MEN - JAVELIN**

1. Edward Hill - un.....	160'5"*
2. Tom Ragland - Over The Hill.....	111'0"
3. Chuck Klehm - UCTC.....	96'1"
4. Grover Coats - Over The Hill.....	91'10"

**40-49 MEN - HAMMER**

1. Edward Hill - un.....	152'9"*
2. Chuck Klehm - UCTC.....	120'8"
3. Patrick Wyatt - un.....	107'1"
4. Joe Chadbourne - Over The Hill.....	102'10"
5. Dick Mann - Over The Hill TC.....	101'0"
6. Pay Carstensen - NY Masters.....	82'2"

**40-49 MEN - 35 LB. WEIGHT**

1. Edward Hill - un.....	51'10"*
2. Joe Chadbourne - Over The Hill.....	140'11½"
3. Chuck Klehm - UCTC.....	40'5"
4. Dick Mann - Over The Hill TC.....	35'8"
5. Pay Carstensen - NY Masters.....	35'6"
6. Patrick Wyatt - un.....	31'7"

**40-49 MEN - HIGH JUMP**

1. Alonzo Littlejohn - Ann Arbor.....	5'9"
2. Barry Kline - West Penn TC.....	5'5"
3. Ray Boyd - West Penn TC.....	5'3"
4. Grover Coats - Over The Hill.....	4'11"
5. Paul Luster - Fairgamers.....	4'5"

**40-49 MEN - LONG JUMP**

1. Carl Burgess - Clifton TC.....	20'2½"
2. Scott Tyler - British Airlines.....	19'10"
3. George Horton - Toronto Master.....	19'4"
4. Grover Coats - Over The Hill.....	18'½"
5. Ray Boyd - West Penn TC.....	16'11"
6. Alonzo Littlejohn - Ann Arbor.....	16'11"

**TEAM SCORES - OPEN MEN**

1. Over The Hill TC.....	182
2. Premier TC.....	46
3. Team Ohio.....	32
4. New Image TC.....	21
5. Ohio TC.....	20
6. Brothers.....	19
7. Rebel TC.....	18

**TEAM SCORES - OPEN WOMEN**

1. Lake Erie Comets.....	101
2. New Image TC.....	79
3. Over The Hill TC.....	64
4. Ohio Wesleyan TC.....	48
5. Kent TC.....	32
6. Eastside Striders.....	26
7. Cobra TC.....	23

**TEAM SCORES - MASTERS MEN**

1. Over The Hill TC.....	299
2. Potomac Valley TC.....	133
3. Cleveland West RRC.....	81
4. West Penn TC.....	80
5. Ann Arbor TC.....	69
6. Fitness TC.....	64
7. Clifton TC.....	47

**S&W INVITATIONAL, MASTERS**

100m; MODESTO, CALIF.

MAY 14, 1983

**50-59**

1. Dick Marlin	12.34
2. George Rhoden	12.55
3. Bernie Stevens	12.72
4. Huel Washington	13.04
5. Al Brenda	13.05
6. Carl Orndoff	nt

(All times



70-74	1. Harry Koppel 70 13.59 2. Anthony Castro 73 14.41 3. Bert Morrow 70 14.6	30-34 MILE MEN 1. Thomas Craig 30 4:28.7 2. Thad Kwiecinski 32 4:47.1 3. Robert Brustad 30 4:49.1	50-54 1. John Heppner 51 38:00.4 2. Joe McKim 54 51:27.6	55-59 1. Hal Buck 57 29'5"
75-79	1. Lewis Thorne 78 18.91	35-39 1. Gordon Garlock 35 4:33.32 2. Wayne Douglas 35 4:39.4 3. Michael Daly 35 4:46.4 4. Bill Perry 39 4:51.5 5. Leslie Castle 37 5:04.1 6. Wil Wilhite 37 5:32.57 7. Tom Krumm 35 5:40.35	65-69 1. Maury Cummings 66 45:30.22	30-34 POLE VAULT MEN 1. Dennis Simas 31 13'
30-34 200 METER MEN 1. J. R. Gunlikson 31 22.83	35-39 1. Paul Dungan 38 22.9 2. Larry Mathews 36 28.18	40-45 1. Kirk Randall 41 4:23.08 2. Barry Adams 41 4:23.28 3. George Cohen 43 4:24.27 4. Harvey Franklin 40 4:29.6 5. Norman Oylar 40 4:33.7 6. Harry Cummins 40 4:40.9 7. George Conefrey 40 4:46.5 8. David Morris 44 5:04.4 9. Wayne Vanderhoff 40 5:12.1 10. Tom Balcom 41 5:17.01 11. Allen Phillips 40 5:36.6	80-84 1. Paul E. Spangler 84 59:57.7	35-39 1. Mike Mikos 35 12' 2. Richard Stepp 38 11'6" 3. James O'Connor 37 10'6" 3. James Trujillo 36 10'6"
40-44 1. Paul Edens 42 23.50 2. Robert McIntyre 40 23.55 3. Bill Knocke 43 23.57 4. Herman Kuhfeld 40 25.44 5. David Quinlan 40 27.5 6. Jeff Fund 40 27.7	45-49 1. J. C. Hoffman 48 24.2 2. Gilbert La Torre 46 24.5 3. Donald Gray 48 29.18	45-49 1. Don Trethewey 46 4:44.7 2. Don Worrall 45 5:39.1 3. Rick Tromel 46 5:49.8 4. Larry Powell 46 6:05.8	40-44 1. Dee Dewitt 44 16.52 2. Allen Phillips 40 17.38 3. Bill Knocke 43 17.70	40-44 1. Dee Dewitt 44 11'6" 2. Don McCrea 42 10' 3. John Forsyth 44 9'6"
50-54 1. Bruce Springbett 50 24.8 2. Bernie Stevens 54 26.19 3. Art Afremow 51 27.57 4. Alan Maxwell 53 28.59	55-59 1. Tom Norwood 56 29.85	50-54 1. Clay Puckett 52 4:49.33 2. Jim Primrose 52 5:41.2	45-49 1. Don Worrall 45 17.60 2. Donald Gray 48 19.72 3. Larry Moulton 45 19.82	45-49 1. Don Worrall 45 11' 2. Donald Gray 44 9'6"
60-64 1. Robert Hunt 63 28.3 2. Carl Oates 64 31.08 3. Stan Whipple 60 35.0	70-74 1. Harry Koppel 70 28.9 2. Anthony Castro 73 30.23 3. Bert Morrow 70 31.91	50-54 1. Bill McChesney 55 4:59.75 2. Tom Brinton 55 5:20.3 3. Walter Atcheson 56 5:26.37 4. Harry Perry 59 5:59.88	50-54 1. John Heppner 51 19.20	55-59 1. Richard Nordquist 57 18:06
400 METER MEN 30-34 1. J. R. Gunlikson 31 50.7 2. Stephen Heilman 30 54.21 3. Dennis Simas 31 55.30	35-39 1. George Mason 39 51.70	60-64 1. John Wilson 60 6:41.47 2. Ken Simpson 61 7:39.1	60-64 1. Robert Hunt 63 17.75	35-39 SHOT PUT MEN 1. Charles Chapin 38 51'0" 2. James Trujillo 36 39'11-1/2"
40-44 1. Bill Knocke 43 52.14 2. Robert McIntyre 40 52.59 3. Paul Edens 42 53.4 4. David Crowe 40 55.94 5. Herman Kuhfeld 40 57.1	45-49 1. J. C. Hoffman 48 55.2 2. Gilbert La Torre 46 55.68	80-84 1. Paul E. Spangler 84 8:07.4	70-74 1. Bert Morrow 70 21.59 2. Cdr. B. W. Bud Deacon 72 23.9	40-44 1. Robert Roy 44 37'4" 2. Lee Clark 44 36'11-1/2" 3. Don McCrea 42 34'1" 4. John Forsyth 44 31'11-1/2"
50-54 1. Bruce Springbett 50 55.5 2. Harold Hitt 50 55.91 3. Bernie Stevens 54 58.20 4. Ralph Miller 51 58.81 5. Art Afremow 51 1:03.7	55-59 1. Walter Atcheson 56 1:05.25 2. Tom Norwood 56 1:09.36	3000 METER STEEPLE CHASE MEN 40-44 1. Jim Cullen 44 12:15.49	400 METER INTER. HURDLES MEN 30-34 1. Michael Bennett 31 58.0 2. Dennis Simas 31 58.28	45-49 1. Don Worrall 45 32'1-1/2" 2. Joe Durrenberger 48 29'10"
60-64 1. Robert Hunt 63 1:05.0 2. Cal Boyd 60 1:06.7	70-74 1. Bud Deacon 72 1:20.63	5000 METER MEN 35-39 1. Greg Jacob 37 16:27.8 2. James Noonan 36 16:59.3 3. Les Castle 37 17:01.8 4. Bill Perry 39 17:07.4 5. John Morgan 39 17:17.4	55-59 1. Walter Atcheson 56 1:25.11	50-54 1. Sherrell Sears 53 35'10"
800 METER MEN 30-34 1. Philip Kay 30 1:57.17 2. Thomas Craig 30 1:58.72	35-39 1. George Mason 39 1:57.0 2. Wayne Douglas 35 2:02.29 3. Eugene Borkan 38 2:10.3 4. Wil Wilhite 37 2:28.11	40-44 1. Frank Duarte 41 15:26.63 2. Norman Oylar 40 15:32.0 3. Harvey Franklin 40 15:45.95 4. George Conefrey 40 16:17.5 5. David Morris 44 17:01.6 6. Tom Balcom 41 18:06.99 7. Val Schultz 41 18:51.4 8. Jim Cullen 44 19:10.4	60-64 1. Robert Hunt 63 1:11.14	60-64 1. John Wilson 60 30'2" 2. Leo Kangas 64 28'5"
40-44 1. George Cohen 43 1:56.39 2. Barry Adams 41 2:01.72 3. Bill Knocke 43 2:01.98 4. Wayne Vanderhoff 40 2:19.45	50-54 1. Ralph Miller 51 2:11.5 2. Bernie Stephens 54 2:23.9 3. Robert Rolph 51 2:35.83	55-59 1. Ken Carman 55 11:12.00	70-74 1. Cdr. B. W. Bud Deacon 72 1:27.57	65-69 1. Ross Carter 69 44'10"
55-59 1. Walter Atcheson 56 2:24.34	60-64 1. John Wilson 60 3:06.33 2. Ken Simpson 61 3:39.77	10,000 METER MEN 30-34 1. Steve Berglund 33 35:50.9 2. Thad Kwiecinski 32 35:54.5 3. Robert Brustad 30 36:53.7	HIGH JUMP MEN 30-34 1. Michael Fleer 31 6'3-1/4" 2. Stephen Heilman 30 5'8"	70-74 1. Leon Joslin 71 34'1-2"
80-84 1. Paul E. Spangler 84 3:54.53	35-39 1. Tom Hayes 38 34:48.1 2. John Rupp 37 35:56.0 3. Phil Vaughn 36 37:37.1	60-64 1. Ken Simpson 61 25:58.8	40-44 1. Dee Dewitt 44 5'4" 2. Don McCrea 42 5'4" 3. Allen Phillips 40 5'2" 4. John Forsyth 44 4'6"	DISCUS MEN 35-39 1. Charles Chapin 38 138'9" 2. James Trujillo 36 112'2" 3. Gary J. Kraft 38 92'11"
	40-44 1. Frank Duarte 41 32:35.34 2. Roy Reisinger 42 35:13 3. Frank Fleetham, Jr. 40 37:10.1	65-69 1. Maury Cummings 66 20:53.4	45-49 1. Bob Darling 47 5'6" 2. Don Worrall 45 4'10"	40-44 1. Robert Roy 44 129'2" 2. Lee Clark 44 107'0" 3. John Forsyth 44 105'4" 4. Don McCrea 42 78'2"
	45-49 1. Lawrence Hughes 46 46:23.4	80-84 1. Paul E. Spangler 84 28:36.9	55-59 1. Hal Buck 57 4'6" 2. Richard Nordquist 57 4'4"	45-49 1. Larry Moulton 45 92'8" 2. Wally Olsen 47 84'6" 3. Joe Durrenberger 48 71'2"
			70-74 1. Cdr. B. W. Bud Deacon 72 4'0" 2. Bert Morrow 70 3'10" 3. Leon Joslin 71 3'8"	50-54 1. Sherrell Sears 53 107'2"
			LONG JUMP MEN 30-34 1. J. R. Gunlikson 31 21'4-1/4" 2. Stephen Heilman 30 20'9"	55-59 1. Ralph Hassman 58 103'5" 2. Richard Nordquist 57 93'10"
			40-44 1. Allen Phillips 40 17'10" 2. Don McCrea 42 12'7"	65-69 1. Ross Carter 69 120'8"
			45-49 1. Larry Moulton 45 16'4-1/2"	70-74 1. Leon Joslin 71 98'5"
			60-64 1. Carl Oates 64 12'8"	90-94 1. Collister Wheeler 90 56'6"
			90-94 1. Collister Wheeler 90 6'1/4"	JAVELIN MEN 30-34 1. Kent Molander 31 171'8"
			TRIPLE JUMP MEN 30-34 1. Stephen Heilman 30 41'10-1/2"	35-39 1. James Trujillo 36 144'2" 2. Richard Stepp 38 139'5"
			35-39 1. Wayne Kato 35 33'5"	40-44 1. Michael Harriman 40 191'10" 2. Allen Phillips 40 176'8" 3. Gary Reddaway 42 167'9" 4. John Forsyth 44 130'1" 5. Dee Dewitt 44 112'4"
				45-49 1. Bob Darling 47 175'3" 2. Donald Gray 48 115'10" 3. Joe Durrenberger 48 96'9"



## Results of Southern Pacific Association District Championships at California State University at Long Beach: July 9, 1983 90°F

50-54	1. Ralph Sutton	52	147'1"
55-59	1. Andrzej Kraesinski		139'9"
HAMMER MEN			
35-39	1. Richard Stepp	38	101'9"
45-49	1. Frank Miller	49	122'1"
55-59	1. Ralph Hassman	58	79'7"
100 METER WOMEN			
35-39	1. Phil Raschker	36	AR 11.89
	2. Margo Fund	37	15.60
	3. Paddy Reddaway	38	15.89
40-44	1. Cherrie Sherrard	44	13.17
	2. Jeanne Carter	43	13.58
45-49	1. Almeta Parish	46	14.2
50-54	1. Dorothy Anderson	54	17.16
60-64	1. Sue Kangas	60	20.7
	2. Marjorie Hunt	64	21.22
65-69	1. Josephine Kolda	65	16.25
200 METER WOMEN			
30-34	1. Celeste Roth	33	33.73
35-39	1. Phil Raschker	36	AR 24.8
	2. Margo Fund	37	33.55
	3. Judith Lowery	37	34.03
40-44	1. Cherrie Sherrard	44	28.09
	2. Jeanne Carter	43	29.03
45-49	1. Almeta Parish	46	29.84
	2. Gretchen Snyder	49	30.5
50-54	1. Dorothy Anderson	54	37.34
65-69	1. Josephine Kolda	65	34.7
400 METER WOMEN			
35-39	1. Phil Raschker	36	AR 56.73
40-44	1. Jeanne Carter	43	1:04.93
45-49	1. Irene Obera	49	1:05.0
	2. Gretchen Snyder	49	1:06.75
	3. Almeta Parish	46	1:07.9
	4. Lyn LaGrandier	46	1:11.4
50-54	1. Marcia McChesney	53	1:28.94
55-59	1. Arlene Noviello	56	1:52.91
65-69	1. Josephine Kolda	65	1:22.87
800 METER WOMEN			
30-34	1. Suzanne Simas	34	2:40.6
	2. Celeste Roth	33	2:58.69
35-39	1. Judith Lowery	37	2:55.4
40-44	1. Mary Cullen	44	2:40.85
	2. Lori Schutt	40	2:42.28
45-49	1. Gretchen Snyder	49	2:35.3
	2. Irene Obera	49	2:47.50
	3. Lyn LaGrandier	46	2:48.25

MILE WOMEN			
30-34	1. Kate Wall	34	6:13.7
35-39	1. Erna Kozak	38	AR 4:55.6
40-45	1. Mary Cullen	44	6:01.53
	2. Lori Schutt	40	6:04.5
50-54	1. Marcia McChesney	53	6:38.75
	2. Susan Means	50	6:42.4
55-59	1. Harriet Wilson	55	7:03.34
3000 METER WOMEN			
30-34	1. Kate Wall	34	12:32.42
35-39	1. Kathleen Kaiser	36	11:10.1
	2. Marijke Valencia	39	12:08.4
40-44	1. Lori Schutt	40	12:28.48
	2. Marilyn Osgood-Knight	42	21:27.0
50-54	1. Marcia McChesney	53	13:27.7
55-59	1. Harriet Wilson	55	13:45.2
10,000 METER WOMEN (6 Miles)			
35-39	1. Kathleen Kaiser	36	38:46.1
	2. Marijke Valencia	39	42:43.2
HIGH JUMP WOMEN			
35-39	1. Phil Raschker	36	WR 5'0"
40-44	1. Cherrie Sherrard	44	4'0"

LONG JUMP WOMEN			
35-39	1. Phil Raschker	36	17'8"
40-44	1. Marilyn Osgood-Knight	42	5'3-1/2"
SHOT PUT WOMEN			
40-44	1. Cherrie Sherrard	44	33'5-1/2"
	2. Marilyn Osgood-Knight	42	19'2-1/2"
45-49	1. Connie Wilson	48	24'9"
	2. Almeta Parish	46	24'2-1/2"
DISCUS WOMEN			
30-34	1. Sandra Stepp	33	100'5"
40-44	1. Cherrie Sherrard	44	80'9"
	2. Marilyn Osgood-Knight	42	48'5"
	3. Audi Fleishman	43	44'2"
45-49	1. Connie Wilson	48	68'3"
JAVELIN WOMEN			
35-39	1. Paddy Reddaway	38	81'04"
40-44	1. Marilyn Osgood-Knight	42	43'8"
HAMMER WOMEN (Exhibition)			
30-34	1. Sandra Stepp	33	WR 103'11-1/2"

100m Dash		
W60	Diana Smith	19.4
	M. Hunt	21.5
W55	Shirley Kinsey	15.2
	Magdalena Kuehne	17.1
W45	Christel Miller *AR 48	13.9
W40	Jean Carter	13.8
W35	Chestine Barnes	13.2
W30	Vicki Cregar (G)	15.9
M70	Tony Castro	14.2
	Joe Caruso	14.8
M65	Andy Collins	14.0
	Mack Robinson	14.8
M60	Tom Patsalis	12.4
	Pete Fetter	13.3
	Hayden Parks (G)	14.0
	Byron Walls	14.0
	A. Wingo	14.1
	G. Simon	14.2
	Bo Smith	16.6
M55	Thomas Miller	14.0
	J. Warren	14.1
M50	Dave Jackson	12.1
	Tony Nasralla	12.2
	Bob Radford	12.9
	Juan Pedevilla	14.4
M45	Ken Dennis	11.3
	Nick Newton	11.8
	Al Henry	11.9
	Roger Tsuda	12.2
	Haig Rohigian (G)	12.8
M40	Walt Butler	11.9
	Tony Craddock	12.0
	Dee DeWitt (G)	12.3
M35	Gerald Robinson	11.2
	Darrel Newman	11.2
	M. Thompson	11.2
	R. Morris	11.3
	L. Callahan	11.3
	Wilbur Roberson	11.4
M30	M. McCoy	10.8
	Mike Jackson	10.8
	Reggie Davis	11.1
	Glenn Johnson	11.2
	Mike Black	11.2
	C. Missouri	12.0

TAC NATIONAL MASTERS DECATHLON AND HEPTATHLON CHAMPIONSHIPS  
MERCED COLLEGE, MERCED, CALIFORNIA JULY 2-3, 1983

## DECATHLON

M30	Age	100	LJ	SHOT	HJ	400	110H	DISC	PV	JAV	1500	IAAF
1 Jeff Hines	31	11.6	6.44	10.67	1.80	54.3	16.0	33.54	4.59	44.98	4:36.6	6549
2 Mark Salzman	31	11.4	6.25	11.97	1.88	56.1	15.3	36.44	4.12	53.54	5:46.0	6419
3 Steve Kemp	30	11.6	6.36	12.65	1.65	53.5	15.5	34.85	3.71	49.43	4:51.4	6378
4 Ray Columbo	34	11.4	6.15	10.34	1.70	54.2	16.5	30.45	3.71	39.14	5:06.3	5823
5 Ed Baskauskas	33	12.0	6.04	9.91	1.83	59.4	15.7	24.04	3.56	39.21	6:00.0	5216
6 Gary Schmidt	30	11.8	5.80	12.52	1.60	59.9	16.5	35.11	2.69	42.18	inj	4989
7 Jerry Hougen	30	11.9	6.14	10.67	1.65	99.5	--	--	--	--	--	2285
M35												
1 Ken Roberts	37	11.4	6.12	11.82	1.68	54.7	16.7	33.16	2.69	41.40	5:18.7	5596
2 Dennis Stempel	39	12.3	5.75	10.44	1.63	59.8	18.4	33.58	3.71	44.48	5:44.3	5111
3 James Hollister	38	11.8	6.02	6.41	1.63	56.7	16.9	29.17	2.69	40.63	4:49.9	4980
4 Steve Smith	37	12.7	5.02	7.86	1.37	60.8	23.5	23.31	2.69	28.94	5:19.4	3420
5 Bill Tanner	38	12.5	5.61	7.34	1.44	66.3	19.4	20.08	3.25	25.58	6:43.3	3402
M40												
1 Dave Thoreson	42	12.6	6.28	9.83	1.87	59.2	16.4	32.51	4.17	46.18	5:25.4	5730
2 R.D. McIntyre	40	11.4	6.38	10.96	1.59	54.6	16.5	31.50	3.40	44.72	5:34.8	5680
3 Bill Poehler	41	12.8	3.36	8.63	1.32	dnf	dnf	24.03	--	29.08	dnf	1636
M45												
1 Gary Bane	45	12.3	5.70	8.34	1.63	57.7	16.2	26.76	3.40	42.43	5:07.5	5085
2 Don Worrall	45	12.3	4.96	8.84	1.53	59.5	17.3	24.94	3.40	30.09	5:23.1	4382
3 Jim Weed	46	13.3	4.68	10.00	1.47	62.1	17.6	29.53	3.10	42.31	5:39.1	4201
4 Ray Fitzhugh	48	13.1	5.33	8.67	1.53	67.0	19.4	26.45	3.00	32.67	5:58.0	3768
5 Hector Cisneros	49	12.9	4.70	7.76	1.42	58.7	18.8	23.06	2.80	29.38	5:08.0	3761
6 Mark Bodley	48	13.2	5.11	7.14	1.53	63.1	20.9	26.28	2.80	32.30	5:40.5	3586
7 Donald Gray	48	13.6	4.76	8.99	1.42	67.2	19.4	25.52	3.10	36.73	5:56.0	3537
M50												
1 H. Schellenberg	50	12.4	5.73	12.45	1.70	58.6	16.9	34.72	3.20	43.22	5:23.6	5399 WR
2 Al Brenda	54	12.6	5.21	10.15	1.48	60.6	18.3	29.04	3.30	32.13	5:49.8	4315
3 Fred Gallardo	52	12.9	5.14	10.00	1.42	63.2	17.2	31.77	3.10	34.91	5:46.8	4241
4 Dave Douglass	51	13.5	4.77	10.59	1.32	dnf	dnf	29.33	--	31.55	dnf	2148
M55												
1 R.J. Nordquist	57	12.9	4.29	9.75	1.37	63.1	18.5	29.94	2.90	33.21	6:15.0	3627
2 Jock Jocooy	57	12.9	4.91	9.01	1.32	63.4	21.1	23.17	1.93	28.30	5:41.5	3061
3 Ted Ensslin	56	13.6	4.39	8.11	1.32	70.4	20.1	24.42	2.68	23.82	7:20.6	2616
4 John Hannah	59	14.7	4.10	8.05	1.12	74.6	24.1	23.07	1.70	24.42	7:08.5	1511
M60												
1 Robert Hunt	63	13.2	4.16	10.58	1.27	64.5	17.5	32.08	1.80	28.30	6:23.3	3091/6375
2 Frank Bowles	62	14.3	4.19	11.25	1.32	70.3	20.9	30.85	1.80	33.68	6:20.1	2737/6132
3 Bill Burke	64	15.1	3.91	11.67	1.22	81.3	22.5	33.20	2.30	33.67	dnf	2397/4905
M70												
1 G. Gonzalez-Julia	70	13.3	4.59	10.96	1.27	69.0	19.7*	29.27	2.50	29.67	dnf	3097/8341
2 Bud Deacon	72	16.8	3.51	6.34	1.22	76.5	22.2	23.78	2.30	19.83	6:56.6	1386/5634
M75												
1 A.J. Puglizevich	75	--	--	9.09	1.00	dnf	--	21.03	--	24.12	dnf	866/1812

## HEPTATHLON

35	Age	100H	SHOT	HJ	200	LJ	JAV	800	WAVA
1 Phil Raschker	36	14.6	7.25	1.58	24.8	5.27	20.54	2:25.1	5041
45									
1 Christel Miller	48	18.9	7.64	1.29	29.5	3.72	29.20	2:59.5	3950
50									
1 Alice Leicht	50	17.1+	6.66	1.18	33.4	3.57	20.91	2:54.2	3648
2 Shirley Kinsey	54	17.3+	9.80	1.02	32.6	3.68	25.72	3:15.3	3641

\*110m hurdles. +80m hurdles.

200m Dash		
W60	Diana Smith	42.9
W50	Shirley Kinsey	32.1
W40	Jeanne Carter	28.8
W35	Chestine Barnes	27.3
W30	Tina Stough	28.9
M70	Tony Castro	29.9
M60	Bob Hunt	28.1
	Hayden Parks (G)	28.8
	A. Wingo	29.7
M55	Novi Milicevic (G)	28.0
	Thomas Miller	29.0
	J. Warren	29.0
	Loren Noyes	33.2
M50	Tony Nasralla	24.8
	Dave Jackson	25.0
	Bob Messersmith	25.4
	Bob Radford	26.9
	F. Kishi	27.7
	Juan Pedevilla	29.3
M45	Ken Dennis	23.8
	Nick Newton	24.1
	Roger Tsuda	25.4
M40	Wm. Knocke (G)	23.4
	Tony Craddock	25.0
	Robert Jones	25.6
M35	Wilbur Roberson	23.3
	M. Thompson	23.5
M30	M. McCoy	21.8
	Glenn Johnson	22.1
	Warren Spikes	22.1
	Mike Jackson	22.6
	Reg. Davis	23.0
	C. Missouri	25.1



800m Run		
W35	C. Barnes	2:25.3
W30	Tina Stough	2:32.9
M65	Ed Stotsenberg	2:49.4
M60	Dave Lewis	2:39.4
M55	Bill Fitzgerald	2:14.0
	Walt Atcheson	2:25.0
	Avery Bryant	2:34.9
M50	Tom Sturak	2:16.4
	Leonard Walte	2:18.5
	John Harper	2:21.4
	Bob Holmes (G)	2:22.8
	Lloyd McGuire (G)	2:29.7
M45	Mel Elliot	2:02.8
	Cliff Bedell	2:05.7
	Jesse Carrington	2:09.5
	Fred Karlin	2:18.9
	Steve Webb	2:19.8
M40	G. Panagoulas	2:53.7
M35	Ken Stuart	1:57.1
	John Perry	2:00.2
M30	Nolan Smith	2:02.5
	R. Hall (G)	2:06.5
	Carl Warrell	2:29.8

1500m Run		
W40	Mary Cullen (G)	5:41.6
M70	Alfred Guth	9:13.1
M65	Ed Stotsenberg	5:36.0
M60	Dave Lewis	5:37.0
	A. Wingo	6:01.5
M55	Peter Mundle	4:49.6
	Louis Beadle	5:03.8
	Avery Bryant	5:22.8
M50	Tom Sturak	4:36.8
	Gunnar Linde	4:37.5
	Jerry Withers	4:37.6
	John Harper	5:04.2
	Lloyd McGuire (G)	5:35.5
M45	Beddled	4:31.0
	J. Welby	4:32.5
M40	George Cohen	4:13.0
	N. Towers	4:21.3
M35	W. Summer	4:08.0
	T. Findley	4:35.4
M30	K. Jokela	4:20.0
	R. Rook	4:49.1

5000m Run		
M70	R. Neveau	28:01.7
M50	Pat Devine	17:45.6
M45	J. Weldy	17:19.8
M35	Bill Perry	17:38.0
M30	R. Kilpatrick	16:29.4

10,000m Run		
W75	Marilla Salisbul	1:29:49.8
W35	Stella Grubert	1:29:34.8
M70	Alfred Guth	1:07:05.1
M60	Harold Daughters	40:30.2
M50	Pat Devine	36:48.0
M30	Nolan Smith	34:38.5

110m Hurdles		
M60	Tom Patsalis	16.4
	Bob Hunt	17.4
	C. McFate	20.1
M55	Loren Notes	23.1
M45	Al Henry	15.6
M40	Walt Butler	14.4
	Larry Sallinger	14.7
	Dee DeWitt (G)	16.8
M35	M. Thompson	14.5
	David Johnston	15.2
	Fred Johnston (G)	16.1
	Gary Laine (G)	16.4

400m Hurdles		
M60	Bob Hunt	1:13.1
M55	Loren Noyes	1:27.6
M50	Tony Nasralla	1:05.1
	Al Sheahan	1:06.7
	W. Robinson	1:07.6
	Bob Holmes (G)	1:11.2
M45	Gary Bane	1:03.3
M40	W. Powell	1:05.5
M35	Kevin Sherlock (G)	58.3
	Gary Laine (G)	1:00.8
M30	Williams	1:03.7

3000m Steeplechase		
M62	Harold Daughters	15:56.6
M55	Avery Bryant	12:15.5
	Jack Noble	12:20.9
M30	Henry Lange	10:26.5

5000m Walk		
W65	L. Nicholson	37:58.1
W60	Rose Kash	35:16.6
W40	J. Brown	31:48.1
	J. Mahoney	37:34.9
	Sandy Beam	38:47.7
W35	C. Butler	32:24.8
W30	E. Rowland	38:21.8
M75	C. Unruh (G)	36:11.1
M70	Al Guth	44:35.2
M45	L. Green	26:35.6
	C. Acosta	29:17.6
M40	R. Brewer	27:18.0
	B. Burk	29:46.9
	L. Galleger	31:33.0
	L. Richardson	33:49.0

M30	Carl Warrell	28:55.7
Pole Vault		
M70	Art Vesco	6'0"
M65	Jim Vernon	10'0"
	Elmer Siegel	7'6"
M60	Dave Brown	9'0"
	Bill Burke	7'6"
M55	Don Grosh	9'6"
M45	Gary Bane	11'0"
M44	Mardon Connelly	14'0"
	Dee DeWitt	11'6"
M35	D. Johnston	14'0"

High Jump		
W35	Laytanya Glass	3'9"
M65	Jim Vernon	4'3"
	Elmer Siegel	4'1"
M60	Burl Gist *WR 63	5'1 1/2"
	Bob Ogle	4'7"
	Orv Gillette	4'7"
	Chuck McFate	4'5"
M50	Ed Austin	5'1"
	B. Otzinger	4'5"
M45	Nick Newton	5'9"
M40	John Dobroth WR 42	6'5 1/2"
M35	C. Rader	6'5 1/2"
M30	Steve Lang	6'3"

Javelin Throw		
W70	Edith Mendyka	65'3 1/2"
W50	K. Jacoy	52'2 3/4"
W45	Christel Miller	99'2 1/2"
W40	Ursula Schreiber	69'4 1/2"
	Catie Burk	47'1 1/2"
W35	Sandra Schumacher	58'0"
M75	Red Doms	91'6 1/2"
M70	Don Pierotti	84'1 1/2"
	Art Vesco	70'8"
M60	Pete Fetter	153'8"
	Bill Burke	120'0"
M55	Emson Grimm	48'11 1/2"
M50	Ralph Hudson	149'9"
	Dave Douglass	107'6"
	Jerry Wojcik	107'3"
	J. Clark Devilbiss	105'9"
M45	Hal Smith	128'10"
	Ed Martin	120'11"
M40	Lloyd Higgins	180'7"
	D. Welty	149'8"
	Robert Jones	108'8"
M35	Frank Reilly	169'7"
	R. Rook	130'8"
M30	Ron Rook	128'8"
	Frank Rock	125'0"

Discus Throw		
W70	Edith Mendyka	52'7 1/2"
W50	Shirley Kinsey	85'1"
	K. Jacoy	53'0"
W40	Ursula Schreiber	80'5"
	Catie Burk	50'5"
M75	Red Doms AR 76	114'9"
M70	Vern Cheadle	122'10"
	Don Pierotti	102'3"
M60	Dan Aldrich	153'4"
	George Ker	135'2"
	Bill Burke	112'7"
	S. Lampert	73'10"
M55	B. Bangert	103'1"
M50	Ed Van Pelt	144'7"
	C. Renfro	139'5 1/2"
	Dave Douglass	100'0"
	Jerry Wojcik	93'5"
	Clark Devilbiss	93'1"
M45	Bob Hemphreys	156'8"
	Hal Smith	111'11"
	Ed Martin	94'1"
M40	Lloyd Higgins	169'9"
	P. Toughill	121'7"
	Welty	88'4"
	Abe Sheinker	86'6"
M35	Frank Reilly	174'7"
	Fred Johnston	117'2"
M30	Mike Deller	146'3"

Hammer Throw		
M70	Don Pierotti	106'10"
	Art Vesco	104'7"
M65	Dan Aldrich	111'3"
	Tom Devaughn	102'8"
	S. Lambert	51'6"
M55	Wm. Bangert	119'4"
	Emson Grimm	56'10"
M50	Stuart Thompson	159'7 1/2"
	Dave Douglass	122'0"
	Jerry Wojcik	102'9"
	Clark Devilbiss	90'5"
M45	Hal Smith	98'3"
M40	Abe Sheinker	105'2"
M35	Frank Reilly	158'9"
M30	Mike Deller	146'0"

Long Jump		
W70	Edith Mendyka	5'9 1/2"
W50	Shirley Kinsey AR 54	12'1 1/2"
	Magdalena Kuehne	10'5 1/2"
M70	Joe Caruso	12'3 1/2"
	Art Vesco	10'2"
M60	Tom Patsalis	19'1 3/4"
	Charles Mercurio	13'9 1/2"
	Bill Burke	12'5"
M55	Novi Milicevic	16'8 3/4"

M50	B. Otzinger	16'6 1/2"
M45	Roger Tsuda	16'11 3/4"
M40	Larry Sallinger	18'11"
	Robert Jones	17'7 1/2"
M35	Rufus Morris	21'1 1/2"
	D. Johnston	19'1 1/2"
	L. Callahan	18'11"
M30	C. Williams	20'9 1/2"
	M. Black	19'7 3/4"
	C. Warrell	17'6 1/2"

Shot Put		
W70	Edith Mendyka	26'1 3/4"
W50	K. Jacoy	23'9"
	Magdalena Kuehne	22'9 1/2"
W40	Ursula Schreiber	25'8 3/4"
	Catie Burk	20'5"
W35	Laytanya Glass	28'1"
	Sandra Schumacher	22'3 3/4"
M75	Red Doms	37'1"
	B. Rolis	31'2"
M70	Vern Cheadle	40'4 1/2"
	Don Pierotti	34'5 1/2"
M60	George Ker	51'3 3/4"
	Dan Aldrich	45'8 3/4"
	S. Lampert	34'7 3/4"
M55	Bill Bangert	44'2 3/4"
	Loren Noyes	30'1 1/2"
	Emson Grimm	21'2 1/2"
M50	Dave Douglass	33'11"
	Clark Devilbiss	32'7 3/4"
	Jerry Wojcik	28'5 3/4"
M45	Hal Smith	37'4"
	B. Frahm	37'2 1/2"
M35	Frank Reilly	50'4"
	Fred Johnston	35'7 1/2"
	Dous	21'11"
M30	Mike Deller	46'3 1/2"
Triple Jump		
W50	M. Kuehne	22'9 1/2"
M70	Joe Caruso	24'8"
M65	Elmer Siegel	26'9 1/2"
M60	Tom Patsalis	38'3 3/4"
	Charles Mercurio	30'4 3/4"
M45	Haig Bohigian (G)	35'9 1/2"
M35	Refus Morris	40'6 1/2"
M30	Steve Lang	34'10 1/2"

4X100 Relay		
M50	(CDM) Radford, Jackson, Clayton and Messersmith	50.2
M45	(CDM) Dennis, Smith, Richardson and Henry	46.0
M30	(SCS) Morris, Robertson, Black and Jackson	44.0
	(AATC)	46.2
	(CDM)	49.1

Pentathlon		LJ	JT	200m	DT	1500m	Total
M45	Gary Miller AR	5.98m	47.64m	24.1	35.08	4:51.0	
	45 *WR	19'7 1/2"	156'3"		115'1"		
		600	1201	1835	585	458	2879 IAAF
		833	1599	2489	642.5	753.6	3885 WAVA
					3131.5	3885	
Haig Bohigian (G)		4.98m	33.94m	26.6	29.58m	5:16.5	
		16'4"	111'4"		97'1 1/2"		
		366	734	1164	1629	1952	1952 IAAF
		483	906.5	1546.5	2013	2616.6	2616.6 WAVA
Ed Martin		4.78m	37.66m	27.7	27.64m	5:48.6	
		15'8 1/2"	123'7"		90'8 1/2"		
		301	756	1107	1526	1706	1706 IAAF
		413	929.5	1459.5	1864	2272	2272 WAVA
M35 Jim Ball		4.70m	36.42m	25.7	29.20m	5:21.0	
		15'5"	119'6"		95'9 3/4"		
		296	436	499	456	301	
			732	1231	1687	1988	1988 IAAF
Fred Johnston (G)		5.68m	47.74m	25.2	0m	5:33.7	
			156'7"				
		533	602	540	0	244	
			1135	1675	1675	1919	1919 IAAF

## 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.

DANNON 10K  
ATLANTA, GEORGIA  
APRIL 23, 1983

1st Overall  
Al Swai 20 30:16  
Colleen Joiner 20 39:20

M30-34  
Larry Mayse, 34 34:11  
K. De Santos, 32 34:58  
Billy Collins, 32 34:58

M35-39  
Wes Wesely, 35 32:17  
Mike Hartman 34:33  
Bill Brackin, 35 34:34

M40-44  
Al McDaniel, 40 34:26  
Mike Kelley, 40 36:21  
Tom Cannon, 40 36:34

M45-49  
Ken Winn, 45 34:03  
C. Brasfield, 46 38:32  
Dan Cole, 48 39:17

M50-54  
Don Presley, 50 39:27  
Jim Thomas, 51 39:56  
Ben Gross, 52 40:40

M55-59  
Ray Dubner, 57 44:18  
Jack Moore, 58 45:18  
Wilburn Adams, 58 49:26

M60+  
H.T. Marshall, 65 43:01  
Charles Lewis, 64 48:20  
John Donahue, 61 1:04:05

W30-39  
Irene Schanz, 33 42:32  
Lynda McHugh, 33 43:31  
Louise Trice, 35 45:50

W40-49  
Julia Emmons, 41 40:47  
Lila Brasher, 40 44:42  
Betty Nevel, 44 45:39

W50+  
Bobbie Wright, 52 46:59  
Rita Tomassini, 62 48:47  
Ann-Marie Gotty, 53 56:33

5th JOE GAGLIANO MEMORIAL  
10K; GERMANTOWN, TENN.  
APRIL 17, 1983

1st Overall  
Alan Terrell 32:45  
Lisa Hoskins 38:50

Men  
30 Mike Moffatt 37:32  
Mike Harville 38:53  
David Donahue 39:05

40 Jack Burns 38:40  
James Tigner 40:05  
Jim Lovelace 40:36

50-64  
John Caradine 46:32  
James Phillips 47:54  
Harry Cobb 48:07

65+  
Werner Pludra 48:06  
Preston McDaniel 56:47  
Mike Tochen 59:36

Women  
30 Cathy Laurie 42:47  
Renee Marshall 45:23  
Angela Priscola 48:20

40 Mary Ann Wehrum 41:10  
Pat Love 45:23  
Ramona Pethkoff 50:43

50+  
Ann Wagoner 66:06

LA JOLLA HALF-MARATHON  
LA JOLLA, CALIFORNIA  
APRIL 24, 1983

1st Overall  
Joe League 1:09:59  
Nan Wilkinson 1:21:36

Men  
30 Graeme Shirley 1:14:01  
Jay Jurado 1:14:54  
Barry Mangan 1:15:34

40 Jim Williams 1:17:28  
R. McAndrews 1:18:02  
Francisco Saiz 1:18:24

50 Norm McAbee 1:20:47



5th ANNUAL B&A 10K  
ANNAPOLIS, MARYLAND  
MAY 15, 1983

<b>1st Overall</b>	
Mike van Beuren	34:21
Julie Caprio	41:09
<b>Men</b>	
30 M. van Beuren	34:21
Joe Deak	38:06
40 Ray Harrison	37:29
J. Harvey	41:05
50+ Ralph Bluntschli	46:23
Web Chamberlin	46:44
<b>Women</b>	
30 Jan Stone	41:21
Keeley West	49:10
40 Martha Kinsinger	57:15
Marge Bristow	58:38
50+ Betty Moore	55:09
Yvonne Aasen	58:29

Oldest finisher: John Wall,  
69, 89:48

L'eggs Mini Marathon  
Central Park, New York City

Sponsored by L'eggs Products  
Under the auspices of the NYRR  
Date: May 28, 1983  
Distance: 10 kilometers (6.2 miles)  
Entrants: 6516  
Check-in: 5457  
Finishers: 4681  
Weather: Mid 70's, clear and sunny

<b>Veterans (40-49)</b>	
1 Thurston, Linda	41:38
2 Parmelee, Patty Lee	43:39
3 Kirchen, Elaine	40:39
4 Grace, Julianne	40:04
5 Bedrock, Helen	40:14
6 Gillaspay, Mary	41:20
7 Monte, Lona	41:34
8 Oster, Harriet	41:59
9 Meyers, Mimi	42:27
10 Connors, Lna	42:41

<b>Masters (50-59)</b>	
1 Kania, Mita	39:01
2 d'Elia, Toshiko	40:44
3 Siockman, Anny	41:42
4 Heaton, Phyllis	42:18
5 Moore, Alicia	42:33

<b>Seniors (60-69)</b>	
1 Wetherbee, Althea	50:37
2 Rodriguez, Mary	51:42
3 Hanly, Mary	55:07

<b>70 and over</b>	
1 Schieffelin, Lora	1:14:58

ROLLING START 5/10K  
BLOOMINGTON, CALIF.  
JUNE 5, 1983

<b>5K</b>	
<b>1st Overall</b>	
David Ortiz	15:05
Ariane Ingham	21:29

<b>Men</b>	
30 Brice Hammerstein	17:00
40 Ron Moore	19:25
50 Walter Atchenson	18:45
60+ Karlis Smiltens	22:43

<b>Women</b>	
30 Ariane Ingham	21:29
40 Joyce Reiswig	21:58
50 Dolores Bezenah	28:33

<b>10K</b>	
<b>1st Overall</b>	
Dean King	34:56
Pam Clute	46:41

<b>Men</b>	
30 Dean King	34:56
40 M. Lankarani	37:26
50 Wally Ingram	35:12
60+ John Goodyear	42:14

<b>Women</b>	
30 Pam Clute	46:41
40 Sharon Anderson	53:48
50 No entry	
60+ Jeannie Weissman	58:09

BRENTWOOD 10K  
LOS ANGELES, CALIFORNIA  
MAY 29, 1983

<b>1st Overall</b>	
Chris Shallert	30:00
Patricia Story	34:46
<b>Men</b>	
30 Ron Gee	30:52
Bobby Macias	31:23
Carlos Munoz	32:24
35 Ron Kurrle	31:48
Bill Sumner	32:34
Ricardo Martinez	32:48
40 Tom Burns	32:41
Mike Mahler	33:13
Gene Blankenship	34:43
45 Jim Knerr	33:50
Brian Fernee	34:23
Norman Cohen	34:33
50 Bob Gerlach	38:26
Jack Thomas	39:10
Milton Widen	40:05
55 Peter Mundle	38:06
David Hirschenson	40:56
Marcel Diraison	43:10

<b>Women</b>	
30 B. Balzer	36:44
Darsie Bowden	n/t
Aine Lynam	40:16
35 Judy Kewley	36:59
Mary Campbell	40:06
Marie Stevenson	n/t
40 Susan Stevens	43:08
Rita Gilmore	45:57
Linda Vance	46:05
45 Linda Sipprelle	42:08
R. Elliot	43:49
Joyce Monita	44:15
50 Helen Dick	43:29
Myra Widen	n/t
Joan Kornbluh	n/t
55 R. Childs	
Phyllis Greifinger	
Vivian Whalen	
60 Katherine Wellerau	
Rosie Kash	
from Running Systems	

PRAIRIE STRIDER TC 21st  
JACKRABBIT 15-MILE;  
BROOKINGS, SOUTH DAKOTA  
JUNE 4, 1983

<b>1st Overall</b>	
V. Tjeerdsma	1:18:20
C. Burnison	1:44:50
<b>M40-49</b>	
Dave Bushard	1:34:08
L. Jacobsen	1:36:49
Bob Ritter	1:40:33
Elwood Vetos	1:42:17
Duane Hansen	1:42:52

<b>M50+</b>	
Bob Bartling	1:44:52
Lorne Bartling	1:57:36
Gene Frey	2:19:54
Mel Thorne	3:15:16

<b>W30-39</b>	
Peggy Graff	1:46:58
M.A. Harney	2:00:22
Judy Branum	2:38:44
<b>W40-49</b>	
Jeanne Kirsch	2:23:32
D. Wolkenhauer	4:02:38:38

HOSPITAL HILL HALF MARATHON  
KANSAS CITY, MISSOURI  
JUNE 5, 1983

<b>1st Overall</b>	
Mark Curp	1:03:50
Nancy Goodwine	1:19:22

<b>Men</b>	
40 Clancy Weidel	1:15:46
Bob Smith	1:19:19
Mel Sayers	1:19:19
45 Clyde Davidson	1:14:24
Henry Yeager	1:21:32
M. Shifman	1:22:30
50 Don Nail	1:24:09
Gerald Witten	1:28:08
Leo Epstein	1:31:26
55 Jerry Morrison	1:22:20
Truman Sterrick	1:32:52
Jack Beyer	1:33:09
60 G. Waltzer	1:39:03
Vern Whiteside	1:40:45
Jim Reeds	1:50:30
70+ Dr. H. Calkin	2:05:16

<b>Women</b>	
35 Carol Hafeman	1:25:39
Jane Hutchison	1:28:24
Pauline Roth	1:28:24
40 Joan Ulyot	1:30:47
Chris Shea	1:37:45
Rose Riegelman	1:38:51
45 Norma Sutton	1:40:22
Jean Buchanan	1:58:01
Marilyn Russell	2:02:27
50 Joan Dodge	1:53:36
60+ Imy Ernst	2:11:44

GRANDMA'S MARATHON  
DULUTH, MINNESOTA  
JUNE 11, 1983

<b>M30-39</b>	
Barney Klecker	2:22:01
Bill Gavaghan	2:24:45
Roger Pekuri	2:25:10
Jim Berka	2:25:15
Jim Ferstle	2:26:44
<b>M40-49</b>	
Dan Conway	2:23:25
Bill Hall	2:25:37
R.J. Zimmerman	2:25:39
Stephen Lester	2:28:59
Jared Mondry	2:31:11
<b>M50-59</b>	
Alex Ratelle	2:40:22
Chas. McJilton	2:47:51
Chas. Baxley	2:50:03
Norman Horns	2:54:08
Allan Shufelt	2:55:28

<b>M60+</b>	
Warren Utes	3:06:29
Ralph Pavak	3:13:01
Thomas Regan	3:21:33
C. Sherstad	3:24:14
Mark Sertich	3:32:04

<b>W30-39</b>	
Jane Buch	2:36:53
D. Burge-Roark	2:46:03
Mary Bange	2:49:22
Jan Arenz	2:50:10
Melinda Carter	2:50:12

<b>W40-49</b>	
C.M. McKasy	3:10:39
N.J. McCormick	3:12:14
Nancy Kapps	3:13:31
Holly Fuchs	3:15:36
Susan Boyd	3:18:00

<b>W50-59</b>	
Bev Anderson	3:32:10
Diane Goulett	3:57:51
Mary Bonstrom	3:59:18
Maisie Cromie	3:59:54
Bunice Early	4:11:22
<b>W60+</b>	
Betty Haleen	4:11:00

BESS JAMES RAMONALAND 10K  
HEMET, CALIFORNIA  
JUNE 11, 1983

<b>1st Overall</b>	
Jeff Wilson	31:38
Chris Herbert	41:41

<b>Men</b>	
30 Bob Eiley	32:51
Dean King	34:11
Wayne Stanfield	35:19
40 Juacuin Granado	35:34
Dick Pallies	36:11
Don McLean	38:35
50 Wally Ingram	34:28
Marvin Burnell	41:35
Mike Fortune	42:45
60 Harold Daughters	38:03
Ferdi Gonzales	43:39
Karlis Smithens	47:00
70+ Willard Benton	54:05

<b>Women</b>	
30 Pat Biebertorf	43:25
Melinda Lyon	49:56
Helen Connor	53:08
40 Lorraine Hashey	43:00
Jeanita McColloch	51:55
Diane Arasim	1:01:37
50 Jo Fortune	47:41
Dolores Bezenah	55:05
Jeanne Reno	n/t
60 Gerry Davidson	47:51
Virginia Martin	1:02:38
70+ Bess James	1:02:10
Helen Stanfield	1:18:20
Evelyn Chandler	1:33:26

<b>from Wally Ingram</b>	
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NEW ENGLAND AC 10K CHAMPION-  
SHIPS; AUBURN, MASS.  
JUNE 12, 1983

<b>M40-44</b>	
Ernie Dumas	32:00
Jim Davis	32:57
Paul Grady	n/t
<b>M45-50</b>	
none reported	
<b>M50-54</b>	
Anthony Sapienza	36:20
Louis Smith	39:05
Ray Lussier	39:34
<b>M55-59</b>	
Richard Packard	37:59
Matthew Smith	39:16
Carl Hammen	43:57

<b>M60-64</b>	
none	
from Carl Hammen	

NEW ENGLAND AC 10K CHAMPION-  
SHIPS; AUBURN, MASS.  
JUNE 12, 1983

<b>M40-44</b>	
Ernie Dumas	32:00
Jim Davis	32:57
Paul Grady	n/t
<b>M45-50</b>	
none reported	
<b>M50-54</b>	
Anthony Sapienza	36:20
Louis Smith	39:05
Ray Lussier	39:34
<b>M55-59</b>	
Richard Packard	37:59
Matthew Smith	39:16
Carl Hammen	43:57

<b>M60-64</b>	
none	
from Carl Hammen	

<b>W40-44</b>	
Valerie Howe	1:42:28
P. Scheringa	1:45:23
J. Rubbens	1:46:37
Anne Bland	1:48:46
B. Cushen	1:56:22
<b>W45-49</b>	
Denise Alfvoet	1:33:38
Lilo Kalweit	1:52:25
Brandt-Schimmer	1:46:22
M. Van Gijte	2:10:54
May Hill	2:30:07

<b>W50-54</b>	
B. Sinaeve	1:50:51
B. Norrish	1:56:54
B. De Preter	1:58:43
M. Mingou	2:10:13
B. Rombaut	2:38:33
<b>W55+</b>	
M. Aus'muehle	2:14:26
Jonk-Schalupnik	2:16:58
P. Vanhelmont	2:19:04
B. Royemans	3:15:50

BASIN BLUES/DANNON 10-MILE  
SAN FERNANDO, CALIFORNIA  
JUNE 12, 1983

<b>1st Overall</b>	
Ed Mendoza	49:24
Christa Rompannen	63:51

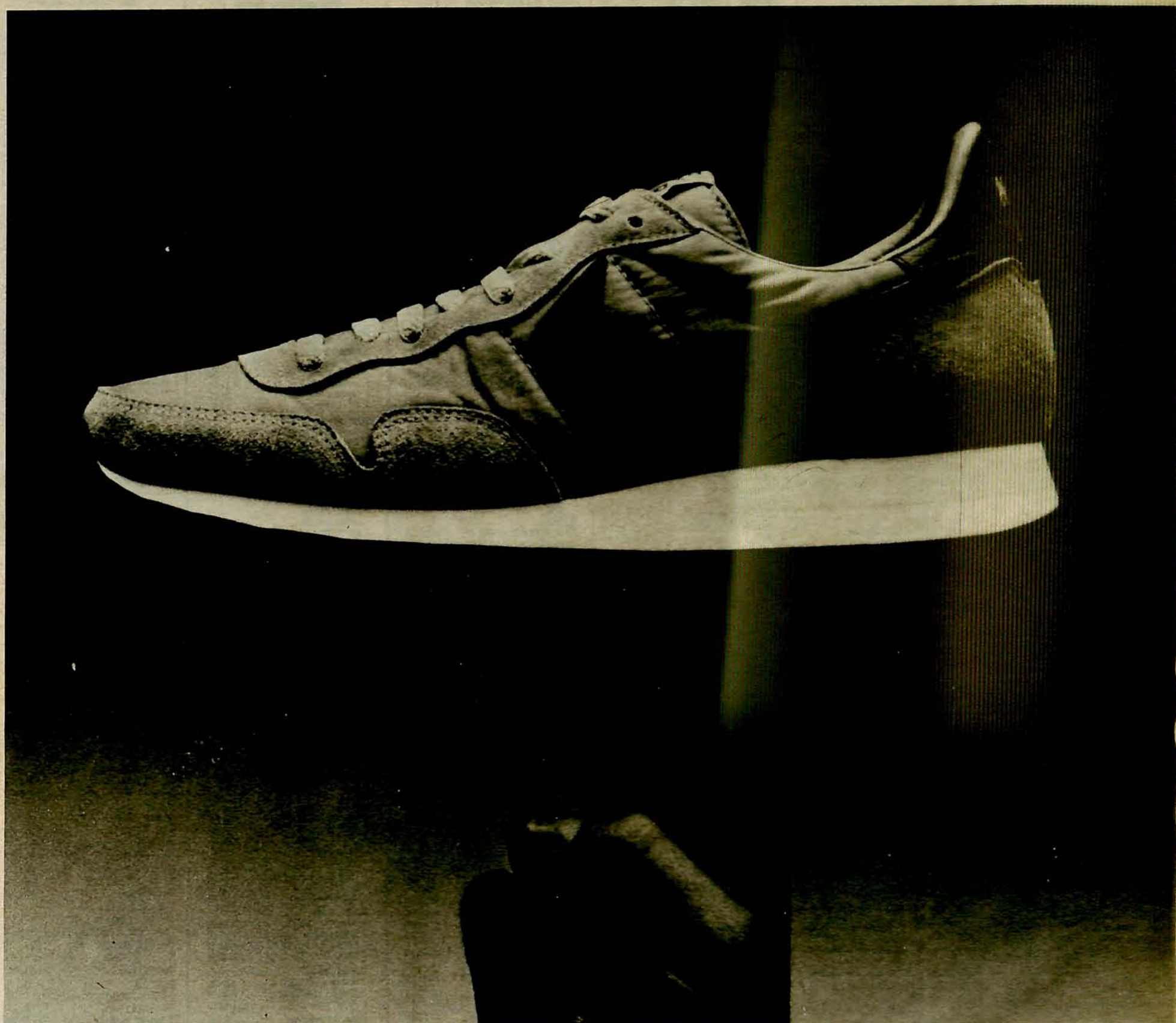
<b>Men</b>	
35 Ricardo Martinez	53:56
Jim Minami	55:49
Pedro Ponce	57:24
40 Eino Rompannen	56:59
Jim Murphy	57:02
Glenn Ward	58:13
45 Len Efron	58:11
Christopher Borke	60:40
Richard Belliveau	61:27
50 Bill Winstanley	64:31
Don Hasek	65:09
Roger Broderick	66:49
60+ John Holoubek	66:24
Stan Neufeld	71:56
Tony Magro	76:35

<b>Women</b>	
35 Candis Flamm	81:56
Denise Vanzyl	82:20
40 Christa Rompannen	63:51
Cecily Parke	75:35
Rita Gilmore	76:23
45 A. Fujimoto	81:32
Beverly Triggs	87:47
Beverly Stundten	88:01
50 Marjorie West	80:31
Joyce Ford	1:45:23
Helen Stearns	1:47:18
60+ Liz Cotton	1:41:05

10th INTERNATIONAL 25K  
MASTERS CHAMPIONSHIPS;  
BRUGES, BELGIUM  
JUNE 26, 1983

40	Christa Romppanen	63:5
	Cecily Parke	75:3
	Rita Gilmore	76:2
45	A Fujimoto	81:3
	Beverly Triggs	87:4
	Beverly Stundten	88:0
50	Marjorie West	80:3
	Joyce Ford	1:45:0
	Helen Stearns	1:47:0
60	Liz Cotton	1:41:0





**NEVER WILL SO MANY  
OWN SO MUCH  
FOR SO LITTLE.**

It was one of those victories that, frankly, took us by surprise.

All we were after was an Air shoe with a slightly more down-to-earth price tag.

The more runners who experience Air, we reasoned, the fewer will settle for anything less. That was the theory.

Pegasus. That was the name.

Then our R&D department proceeded to run amuck. First, they incorporated the Nike Air-Wedge.<sup>™</sup> That was fine. Because it gives the kind of long-lasting cushion you just can't find in any other shoe.

But then they started looking around for other innovations from some of our more specialized models.

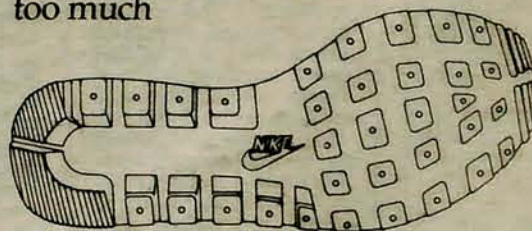
Next thing we knew, the Pegasus was sporting the Waffle<sup>™</sup> Center-of-Pressure<sup>™</sup> outsole. For even more cushion. And greater stability. It also made the Pegasus great for running over any number of different surfaces. From grass to asphalt, to gravel and mud.

Then, they flared the heel for a touch more stability. Notched the suede at the first metatarsal for flexibility. And even went to a lighter EVA formulation in the midsole.

As a result, the Pegasus is not only a great training shoe, but at

roughly 10 ounces in a size 9, it's more than light enough to race in.

We were stunned. And we told them—this is just too much



technology, too much versatility. The Pegasus is simply more shoe than we bargained for.

Then they reminded us. That's what a bargain is all about.



Beaverton, Oregon