250 Compete in National 5K

By DANNY THIEL

NEW ORLEANS, October 18—After months of indecision as to the confirmation of the race and a lack of communication with the National Chairman, the TAC-Masters National 5K Road Race became a reality.

Limited funds and lack of general knowledge about Masters sports predicted a small turnout. But a persistent effort, on the part of many, spread the word nationally and saturated the local area with information on the “30 & over” age group race.

The race seemed to be in good shape, at least locally, until another event surfaced using multiple-media advertisement. The opposition was running the same date and time; and only miles away.

With only 35 entrants pre-registered, everyone was concerned that our first National Championship would be an embarrassment.

Start of National Masters 5K in New Orleans Oct. 18. Oliver Marshall (1480) was 1st in 30-34 group in 15:15; Ken Winn (Atlanta jersey, far right) was 1st 40-44 in 16:01; Jim McClatchie (2805) 2nd 40-44; Phil Baker (2802) 3rd 40-44.

Continued on page 11

Packard, Kinsey
Set U.S. Bests

Jackson, Kolda, Thatcher Set World Marks

SANTA BARBARA, Cal. Oct. 3—Three world and 3 American age-division records were set today in the 8th annual Club West Masters track & field meet.

Dave Jackson, who turned 50 right after the national masters T&F championships in August, smashed the world triple jump record for men aged 50-54 with a leap of 43 1/8". The leap broke the old mark of 42 9/16" set by Carlos Vera-Guardia of Venezuela in 1979.

Josephine Kolda, 62, of San Francisco, cut nearly a second from her U.S. women's 60-64 100 meter mark of 16.3, speeding to a 15.5 triumph to break the world standard of 16.01, set by West Germany's Elizabeth Haule at the 1981 World Games in New Zealand.

Continued on page 16

★ Highlights ★

- Results of:
  - New York Marathon
  - National Masters 5K
  - Canada vs. USA X-C
  - Santa Barbara T&F Meet
  - 1981 Postal One-Hour Run
  - Skylon Marathon
  - Avon 20K
  - Chicago 50-Miler
  - And more

- Masters/Women
  - Mythical Meet
  - 1980 Masters
  - 10K Rankings
  - How to Apply for Records
**National Masters Newsletter December 1981**

**Write On!**

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

MORE ON RACE WALK JUDGING

Dr. Spangler (Oct. 1981) is apparently unfamiliar with the rules of race walking as set out in the TAC rule book, and whose rules take precedence in the TAC Masters Championships. In sum, rule 150 requires 1) continuous contact with the ground, and 2) during each step, the supporting leg be straightened at the knee. Often, the older novice walker has difficulty complying with the 2nd rule.

Rule 39 requires a minimum of 3 judges, all acting independently to either warn or disqualify a competitor. It also specifies that only the Head Judge communicates with the walker. I'm sure it is because of this latter requirement that Spangler feels he and the others were disqualified by only one man.

I recommend that novices to race walking participate in several walking events, not just in the "big ones." They can then receive some training hints from other seasoned walkers. Regular training is necessary for race walking as well as any other "technique" event.

Ron Daniel
Pasadena, Calif.

(Ed. note. Daniel is a member of the TAC Rules Committee, the TAC Board of Directors and is the 1981 5k and 20k national masters 40-44 race walk champion.)

The Masters are bound by both the National and International Race Walking Rules. I see no reason why an athlete of any age cannot lock his or her knees, to do otherwise would not, by definition, be race walking. I would strongly oppose any change in the basic rules because of an age. It just so happens that one can walk faster if you lock your knees for an instant, since at that instant, you would also start rotating your opposite hip forward. The action is basic to race walking as it increases your stride.

There is a serious problem in obtaining competent walking judges. On too many occasions violations of the rules are not penalized. But in international competition, the rules are strictly enforced.

Race walking takes time to get used to. However, it's like riding a bike. Once you learn it, you'll never forget it.

Bob Fite
Brooklyn, NY

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**KUDOS**

Wendell Miller's column is worth the NMN subscription price alone.

Tom Tuohy
Lima, Ohio

My hat is off to Phil Conley for his excellent contributions to NMN. Phil raises many good questions concerning the motivational factors of why we still compete.

Bob Youngs
Tolland, Conn.

We're enjoying NMN, especially Wendell Miller's Open Mouth.

Tom Jordan, Assistant Publisher
Track & Field News
Los Altos, Calif.

I really liked some of Phil Conley's ideas in his opening column.

Charlie Buchta
Skillman, NJ

Glad to see old friend Phil Conley on board. Looking forward to his columns.

Leon Trout
Union, NJ

**SHAKESPEARE MISSING**

I'm unable to locate the results in NMN of the Shakespeare Festival Masters T&F Meet held in Ashland, Oregon August 28-29. I was looking forward to seeing the results, which include several friends from this area.

Jack Jensen
Bend, Oregon

(In spite of written requests, we never received the results. We heard of a few top efforts which we mentioned in "Masters Scene." We depend on meet and race directors to send us results. Sometimes they don't.—Ed.)

continued on page 12
**December 1981 National Masters Newsletter page 3**

**Track & Field**

1982 Penn Mutual/Athletics Congress National Masters Championships

(Age 30 and over)


Southeast

December 19 (Sat): Mini T&F meet, Manatee Junior College, Bradenton, FL, 10 a.m. Kent Wiley (313) 922-3561.

December 27 (Sun): Holiday Weight & Regular Pentathlon, Delray Beach, Fla. Randy Cooper, Atlantic H.S., Delray Beach, FL.

Midwest


Mid-America

January 16 (Sat): Penn Mutual/TAC Mid-America Regional Masters Indoor T&F Championships, Lincoln, Nebraska. Forest Dining, 6030 S. 65th St., Lincoln, NE 68516. (402) 481-4842.

January 22-23 (Sat-Sun): TFA Indoor T&F Invitational; Junior, Masters, Open, Invitational sections. TFA, 10202 Ambassador Drive, Suite 302, Kansas City MO 64153.


International

December 12-January 6: Masters tour of South Africa. Sports Travel, PO Box 7823, San Diego CA 92107. (714) 973-4844.

Long Distance Running

New England

April 19 (Mon): Boston Marathon, for qualified runners only. Entry information from: Will Cloney, Box 223, Boston, MA 02199. Travel and hotel information from: Roadrunner Tours, 301 W. Highway 20, Michigan City, IN 46360, (219) 872-7217.

About This Newspaper

The National Masters Newsletter is the only national publication devoted exclusively to track & field, long distance running, and race walking for men and women over age 30.

Thousands have adopted the hobby of competing in "masters" athletic events throughout the nation. "Masters" are men and women over age 40. "Submasters" are those aged 30 to 39.

Our readers include not only masters participants, but those interested in following the achievements of the age-30 performer.

There are no qualifications needed to join the masters program—except to be over the age of 30.

You don't have to spend a lot of money to get started. About all you need is a pair of shoes. Most masters participants work out on their own or with friends, there are also several clubs with organized workout programs.

There are many masters track & field meets for men and women over age 30. Competition is held in 5 or 10 year age groups. You compete against people your own age.

There are long distance runs, which are generally open to runners of all ages. Prizes by age-categories are awarded.

A good way to get started is to call your area representative. Most are listed in this paper. Or just show up at a track & field meet, or at a road race. Sign up and participate. Or just come and watch and see what it's like. You'll find many friendly people eager to answer your questions.

Masters are serious competitors, yet there is little pressure. You rarely find the winning-is-the-only thing attitude among masters. Health and friendship are as important as the excitement of the competition.

In Europe, masters are called "veterans." Many masters combine their vacations with trips to national and international veterans competition.

The National Masters Newsletter is the central source of information of masters athletics throughout the nation. Published monthly, it features results, schedules, entry blanks, age-records, rankings, profiles, training tips, inside stories, world news and local information for each region. It's the bible of the masters program.

The paper is written by active masters participants. It depends on its readers for reports of results, upcoming events, photos and comments.

The National Masters Newsletter is an official publication of the Athletics Congress (TAC), the national governing body for athletics in the U.S.

It is financially supported by subscriptions, advertising, donations, TAC and the Penn Mutual Life Insurance Co., the national sponsor of all masters sports.

A book of masters track & field age records is published each year. The book lists the world and American record for both men and women over age 35, for every event, at every age. Another book covers long distance records.

To get involved, just fill out the form on this page. For only $12 you will receive a full year's subscription to the National Masters Newsletter.

MOving?

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

Subscribe Now!

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

- $12 for 1 year/12 issues
- $20 for Canada
- $24 for 2 years (beat inflation!)
- $22 for overseas
- $20 for 1 year 1st-class air-mail
- $34 for Age Record Book

Name:

Address:

City State Zip

Send to: National Masters Newsletter
P.O. Box 2372
Van Nuys, CA 91404
**EAST**

**December 6 (Sun):** 4th Annual Brian’s 10K Run, West Chester, Pa., 1 p.m. Larry Brandon, 206 Brooke Dr., West Chester PA 19380. (215) 692-5643. 3000 runners.

**December 6 (Sun):** Reindeer Run Delhi 10K and 5K Run, 10 Andes, NY. Half-Marathon, Delaware County Runners, 120 Delaware Ave. Delhi NY 13753. (607) 746-6788.

**December 31 (Thurs):** 12 midnight, New Year’s Eve Run, Central Park, NY.

**SOUTHEAST**

**December 6 (Sun):** Maryland State Steele Rocket City Marathon. RRCA 3,000 runners. Larry Brandon, 206 Brooke Dr., West Chester PA 19380. (215) 692-5455.

**December 12 (Sat):** 5th Annual Joe Regional Championship, Huntsville, Alabama. “One of America’s top 25 Road Races.” Fast course. SASE to Huntsville TC, 8811 Edgehill Dr., Huntsville AL 35802.

**December 12 (Sat):** Avon Running Women’s 10K, Deerfield Beach, Fl. 2801 Deer Creek Country Club Blvd., Deerfield Beach Fl. 33441.

**December 27 (Sun):** Sugar Bowl 10K, New Orleans. PO Box 6524, Metairie LA 70009.

**SOUTHWEST**

**December 5 (Sat):** White Rock Marathon, Dallas. 6434 E. Mockingbird #213, Dallas TX 75214. (214) 826-8260.

**December 5 (Sun):** Fiesta Bowl Marathon, Scottsdale. Arizona 3410 E. Van Buren, Phoenix AZ 85005. (602) 952-1280.

**January 9 (Sat):** Avon Half Marathon, Houston. Phidippides, 7689 Clarewood, Houston TX 77036.

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**HOLIDAY PENTATHLONS**

Saturday, December 27, 1981

Atlantic High School 2951 Seaweed Blvd. Delray Beach, Florida

Weight Pentathlon: 10K Run, Shot Put, Discus, javelin, Hammer, 10-mile relay.

Regular Pentathlon: 1 Mile, 200, 800, 1500, 3000m.

5 year age groups

6 throws each in weight Pentathlon; 3 throws each in Regular Pentathlon. Fantastic trophy from Greece to all who complete the five events.

Don’t miss it.

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Please enter me in the weight pentathlon: __. Fee $6.00.

Please enter me in the Regular Pentathlon: __. Fee $6.00.

In consideration of accepting this entry I declare that I am physically able to compete in these events and waive for myself, heirs and administrators all claims for damages which I may sustain against any and all persons or organizations in any way associated with these events.

Signature

Sponsored by Palm Beach Track Club

Randall Cooper, Meet Director

Atlantic Community School

2951 Seaweed Blvd.

Delray Beach, Florida 33483

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**WEST**

**December 6 (Sun):** Oakland Marathon. Cherie Swenson, PO Box 2501, Oakland, CA 94621. (415) 568-8884.

**December 13 (Sun):** 9th Honolulu Marathon, Box 27344 Chinatown Station, Honolulu, HI 96827. (808) 734-7290.

**December 20 (Sat):** Lasse Viren Finnish Invitational 20K, Malibu, Calif. Eino, 32926 Mulholland Hwy., Malibu CA 90265. (213) 889-0800.


**February 7 (Sun):** Las Vegas Marathon. Running Store, 602 S. Maryland Pkwy, Las Vegas NV 89101. (702) 382-3496.

**NORTHWEST**

**January 30 (Sat):**Ultra Oregon 30K and 60K. Corvallis. PO Box 874, Corvallis OR 97339.

**INTERNATIONAL**

**December 18-January 3:** Joggers tour Hawaii. There are 3 events on the 5th and 6th. The following week is the West Coast Weight Pentathlon at the same site.

**LONG DISTANCE RUNNING**

**December 5 (Sat):** Fiesta Bowl Marathon is set for Phoenix on the 5th. Brian’s 10K Run will draw a large field in West Chester, Pa. on the 6th, the same day as one of the major races of the year, the 3rd annual Oakland Marathon and Half Marathon. With 6000 runners expected, the event is the largest combined event in the nation. This year, it has an outstanding masters field.

**December 12 (Sat):** The 12th is another top event, the 5th Joe Steele Rocket City Marathon in Huntsville, Alabama. Recognized as one of America’s top 25 road races, the race spares no expense in providing participants with prizes, merchandise awards, entertainment and a well-run race.

The Honolulu Marathon is the next day, with several thousand expected.

**POSTAL**

**December 15:** Puma-TFA Postal Championships. 3 Mile and 2-person 10-mile relay. TFA Postal, 10920 Am Broadway, Santa Ana CA 92701. (714) 973-4844.

**On Tap For December**

Before the running boom, December was a slow month. Not anymore. The Athletics Congress annual convention is set for Reno from the 5th thru 6th. On the masters agenda are finances, whether to combine T&F and LDR, election of 1982 officers, 1982 schedule and championship sites, hurdle and implement standards, awards, number of medals, submasters identity, direction of the program, and more.

**TRACK & FIELD**

The TFA Winter Decathlon and Weight Pentathlon have been moved from Glendale to Long Beach, Calif. on the 5th and 6th. The following week is the West Coast Weight Pentathlon at the same site.

The masters three-week tour of South Africa gets underway on the 12th. Over 160 veterans from Europe, New Zealand, and America are making the trip.

There are 2 events on the 27th, the Hawaii Masters Christmas T&F meet in Honolulu and the Holiday Pentathlon and Weight Pentathlon in Delray Beach, Florida.

**Smith Receives Cranston Award**

The annual Alan Cranston Award, given for outstanding leadership, sportsmanship, athletic achievement and a commitment to the promotion of masters track & field, has been awarded to Hal Smith.

The award is the highest honor bestowed by the Southern California Striders. Last year’s inaugural recipient was Hilliard Summer.

Smith, 46, is a native Californian. He was a 2nd team All-American from UCLA and played professional football for several NFL teams, ending his career with the Oakland Raiders. He was California junior college decathlon champion, and #3 in the U.S. while at UCLA, running a 9.8 100 yard, 14.6 high hurdles, 23’ long jump and 48’ triple jump.

He is married to current Strider President Ann with 5 grown children. He lives in Woodland Hills and runs a commercial and residential remodeling firm. He is past president of the Tarzana Chamber of Commerce and the American Building Contractors Association.

Since he entered the masters program in 1975, Smith has been totally involved. He served on the SPA for the U.S. masters T&F committee. In 1986, he helped Ann organize the masters trip to Mexico City. As past president of the Striders, he started the Los Angeles Pan American Games in 1977 with Bill Adler and Ray Marini. This will be his 3rd year as masters meet director of the Mt. Sac Relays. He was masters director for 3 years of the Muhammad Ali Indoor track and field meet. He has served as field event coordinator for the Striders relays. He has worked to gain recognition for submasters at the national level. He became a TAC official this year to help add masters’ input into the officials’ organization.

Athletically, he has competed in all major meets since 1975, winning numerous gold medals. His personal highlight came in 1978, when he won the National Masters Decathlon Championship in a thrilling finish with Ed Oleata. He has twice won the Western Regional Pentathlon Championships.

A life member of the Striders, Smith donates his time, money and office facilities to aid the club. He has inspired others by his own program of dieting—running and fasting to bring his weight down from 300 lbs. to 218 lbs., in 8 months time, a weight he has maintained for several years.

He has coached young boys and directed numerous fund raising activities for the San Fernando Valley YMCA, and donated building an addition to the facility.

Hal is enthusiastic and encouraging to his fellow athletes, always there when they need him. He has been a strong leader, a hard worker and a friend.

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**Photo by Jerome McFadden**
Snomish, N. Medford & Seattle Win Postal Titles

The Snomish Track Club of Seattle, North Medford and the Seattle Track Club have been declared masters team winners of the 1981 TAC National Postal One Hour Run championships.

In results compiled from throughout the nation by director Alan Huff, the powerful men's age 40-49 Snomish club successfully defended its national championship. Its 5-man squad of Earl Ellis, Phil Walkden, Derek Malahaffy, Maurice Pratt and Huff covered a distance of 53 miles, 1727 yards, 2 miles ahead of runner-up Snomish's "B" team. Ellis, Walkden and Pratt were holders from the winning 1980 team.

The Seattle Track Club won the women's age 40-and-over masters title, traveling 43 miles, 1069 yards to rout the Spokane Valley club by over 5 miles. Pat Thomas, Christine Curtis, Judy Groombridge, Nola Braun and Fay Stross formed the winning "B" team. Ellis, Walkden and Pratt were holders from the winning 1980 team.

The men's 50-59 crown was captured by North Medford. The squad of Ed DeMarrais, Mike Sullivan, Joe O'Neil, Matt Smith and Connie Murphy covered 9 miles, 382 yards, edging San Diego each placed 2nd in their respective divisions.

DeMarrais, 50, was the top overall master and 45-49 titlist, logging 11 miles, 81 yards, just a yard ahead of Walkden, 40, who claimed the 40-44 crown. John Brennand, 45, of Santa Barbara and Dan McCaskill, 40, of San Diego each placed 2nd in their respective divisions.

Thomas, 41, led all female masters with 9 miles, 1044 yards. Curtis covered 9 miles, 382 yards, edging San Diego Track Club's Jennifer Wright, Groombridge and Marilyn Harbin, of Northern California's West Valley Track Club.

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Results in back pages.

Bargain Race in N.Y.

SYOSSET, N.Y., Oct. 10—Over 400 entrants were treated to free beer and bagels, apples and champagne, T-shirts and certificates, raffles of running shoes, shorts, cognac and numerous other items—all for only $3 or $4 entry fee; plus 6 merchandise awards such as radios, $25 certificates, etc. in each 5-year age group, in the Syosset 5K Sprint today.

"It's the biggest bargain on Long Island," race director Geza Feld declared.

In the July issue, I suggested 10 ways by which Masters Track & Field might be improved: age-handicapping, 10-year groups for meets with less than 250 entrants, competition with women and high-schoolers, etc.

Most of the replies, printed in subsequent issues, agreed that more variety is needed if the masters program is to continue to grow. Some, of course, want to keep things exactly as they are.

Since then, the 1st Texas masters T&F handicap meet was held in Dallas. On January 8, masters will compete against high schoolers in Long Beach, California. Age-handicapping may be included in the South African meets this month.

Alan Wood, publisher of The Master Walker, took a survey on the subject. (1) On returning to 10 year groups: 10 said yes, 15 no. (2) If less than 4 show, drop down one group: 10 yes, 12 no. (3) Age-handicap competition: 18 yes, 9 no. (4) Drop some events: 1 yes, 22 no. (5) Cash prizes or gift certificates: 8 yes, 16 no. (6) Guarantee a medal for 1st only: 13 yes, 5 no. (With unengraved medals for 2nd and 3rd) Pay for 2nd earned medal: 4 yes, 17 no.

Wood received these comments: "As ages increase, go to 10 or even 15 year groups to get a decent field. I'm losing some incentive, going against the same persons year after year."—Wallace. "We'd lose people. 55's give away too much advantage to 50's. Use standards for medals."—MacLachlan. "Forget medals, use ribbons."—Dunn. "It won't work. We tried it all already. They compete for medals."—Rodewald.

I recently talked with Mike Gilmore, publisher of SwimSwim Magazine, the Runner's World of the masters swimming community (over age 25). They have a unique way of doing it, which I didn't include in my list of 10 ideas, mainly because I never thought of it.

The swimmers award medals and ribbons in 5-year age groups, just as we do. But, in their national championships, they compete against persons of equal ability, regardless of age.

How? In each swimming race, there are only 8 lanes in the pool. With several hundred competitors in a five or six hour meet, they can't afford the luxury of an empty lane. So all entrants put their expected time on their entry blanks. The fast are seeded against the fast. The slow against the slow, regardless of age. Eight swimmers compete in each race. You don't know if you've "won" your age-division until after when all the times are compared. "This method brings more people out," Gilmore says, "because everyone knows they'll be competing against people of equal ability. No one has to worry about being embarrassed."

Indeed, masters swimming is growing rapidly. 1200 came to the National Championships this year, and up to 500 are not uncommon for regional events.

The swimmers method seems like another simple, workable way to go. It's similar to Alex Pappas' proposal (Sept.). Perhaps we can add it to our list of things to try.

The annual Athletics Congress convention is being held Dec. 5-8 in Reno. I'll be attending, and will report next month on the finances, structure and future plans of the entire masters athletics movements.

FROM THE Editor

by AL SHEAHEH

Results in back pages.
Identifying Running Afflictions

"Are there any normal people here?"

That question was put to me at a post-race running party five or six years ago by my wife, a non-runner. I explained to her that most runners are normal, it's the rest of the world that's abnormal. She didn't buy that. Since then, my wife has helped me recognize and identify a number of specific disorders common to runners. Here are some of them:

- **Jockomania:** This is a common ailment affecting first time marathon finishers. The individual wears his finisher's t-shirt to the office and holiday season parties, expecting recognition as a great athlete. He has his finish line photograph blown up to poster size and mounted next to his finisher's certificate in the living room so that all can see and give acclaim. He might even have the finish line photo made into a Christmas card.

- **Varsity-Letter Syndrome** has graduated from the t-shirt stage and now acquires a warm-up jacket to which he sews numerous award patches and perhaps drapes a few medals.

- **Varsity Sweater Syndrome:** This is the more advanced form of Jockomania and is quite common among masters athletes. This sufferer has graduated from the t-shirt stage and now acquires a warm-up jacket to which he sews numerous award patches and perhaps drapes a few medals. At home, he builds an altar to display his trophies and medals.

- **Ultra Sophisticated Elistism:** Found most often in the upper echelons of the sport, this malady results from the person's need to be identified as "more than just a runner," even though his life is built around running. He avoids running parties, but makes an appearance when his sponsor insists upon it. He prefers not to associate with the "commoners" of the sport so as not to be trapped into a conversation on running. He never wears a running t-shirt and doesn't always stick around to pick up his award. In an attempt to humanize himself, he boasts of his beer drinking prowess and his junk food preferences ("Gee, how good would he be if he really got serious?" is the desired reaction). Stories about him usually begin with, "There is nothing in his home—no trophies, medals, or other memorabilia—to identify him as a great runner." (The writer doesn't know he put them all in the closet before the interview).

- **Born-Again Anaerobilia:** This problem is most often found among older runners who, after years of smoking, drinking, and gluttonizing, achieve some kind of immortality as a result of running a few miles non-stop or finishing a race. It becomes their mission in life to convert all of their friends and associates to this new way of life. They are quick to find fault with others and they know everything there is to know about training and racing. Record Colitis: A product of the age-class record book, this affliction is another one very common among masters athletes. The person who suffers from this is more concerned with seeing his name in the record book than with the quality of the record. No matter that his age 62 American record is two minutes slower than the age 65 record or four minutes slower than the age 68 record, the important thing is that it's a record. There is a story here in Hawaii about an age-class competitor who has a custom-made tape measure (10 inches to the foot) which has been used to garner a few records.

- **Middle-of-the-Pack Marxism:** Sufferers insist that, even though they train only half as hard as the winners, they try just as hard in the race and thus deserve equal awards.

- **Plodder's Syndrome:** I will admit to suffering from this ailment. In fact, I wrote an article in Runner's World a few years ago. It usually hits the hometown stars when numerous out-of-town big guns come in for the big race. Instead of winning or at least finishing in the top three, as usual, the hometown flash doesn't even break into the top ten. His friends ask what happened to him, even though he set a PR in the race. He is made to feel like a plodder and he begins to resent the intrusion of the out-of-towners and their sponsors. This ailment is also known as Big Fish in a Little Pond Syndrome.

- **Vicious Vengeance:** People who harbor a secret desire for athletic recognition and who want to rub elbows with the stars of the sport often become afflicted with this disorder. Realizing they don't have the ability to fulfill their desires, some of them become race administrators and lure world-class runners to the event to take on the hometown favorites. The hometowners go down to defeat and the "VV" sufferer experiences a substitute victory.

**Clinicwts:** Here in Honolulu where we have several doctors putting on weekly marathon clinics, this disorder is fairly widespread. As former Olympic marathoner Kenny Moore once asked upon observing a local marathon clinic, "Don't they ever lift their knees?" The clinic participants are cautioned never to move faster than their leaders. And, they are required to carry canteens and check their dehydration levels every 100 yards. The excess consumption of liquids is thought to cause edema in the knees, which in turn keeps the individual moving at a "safe" pace.

- **Middle-of-the-pack Marxism:** Runners who reach a plateau below the awards level are sometimes affected by this disorder. They demand greater distribution of the awards, insisting that even though they train only half as hard as the winners they try just as hard in the race and therefore deserve equal reward and recognition.

- **Rare is the runner who is not touched by at least one of these disorders. Which leaves us with the question often asked by non-runners: "Are there any normal runners around?" As for me, I prefer to be a normal abnormal.\[3\]

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**Zimmerman Runs 2:23 Marathon**

NIAGARA FALLS, NY, Oct. 17—40-year-old Ralph Zimmerman continued his quest for the American masters marathon mark today, falling only a minute short with a superb 2:23:16 effort in the 8th annual Skylon International marathon.

Bill and Mary Toomey invite you to run, dive, cycle, swim, and jump into fitness with them.

"Join the thousands of Americans who are proving that fitness can last a lifetime."

"In the Penn Mutual Masters Sports Program, age is no barrier to participation. Or competition. You can join in whether you're 25 or 65. Whether you're an athlete seeking the thrill of competition, or a desk jockey getting in shape for the first time in years.

"So come on! There are many different Masters programs for men and women. You can participate on a competitive basis or just for the fun of it, in local, regional or national competitions and championships.

"If you're 25 or over, you can take part in swimming. If you're over 30, there's track and field. For 40 and beyond, long-distance running. There are also programs in rowing, cycling, weightlifting and more.

"To find out what's happening in your town or city, just call your nearest Penn Mutual general agent listed in the telephone directory or write to: Penn Mutual Masters Sports, Independence Square, Philadelphia, PA 19172."
A Turn On

As I sat there watching Alberto Salazar, fighting the feeling all of us know so very well (you know, the one when every cell and fiber in your entire body screams and pleads in excruciating unison STOP and then this quiet voice from somewhere down where whatever-you-are-is, responds in total defiance NO WAY!), I was thrilled to the tip of my toes.

It's a thrill I've never gotten anywhere but in sports. I couldn't possibly put a price tag on the thrills I've had, from the first time I tried to hit a ball to now, when I battle the feeling painted on Salazar's face. All the side issues that have detracted and defused those unforgettable moments seem far away, merely unimportant and totally in perspective. ALBERTO in a triumph over all the demons who live in every athlete in every sport.

What a truly magnificent and beautiful gift is the human spirit. Combine this spirit with something as positive as sports, and even more specifically with running, jumping and throwing, and your have that part of the fitness boom that flat out turns me on.

As I rode the train to work the other day, I kept trying to figure out why sports all my life, and now running, have been so important to me. I realize this should read, "While on my daily run recently, I was thinking," etc. The truth is, on my daily run, I think only about when my daily run will end. It's those cells and fibers mentioned earlier. Man, they hurt! Anyway, back to sport and its most recent involvement of me—running. It has always been a fairly cumbersome statement to get the handle on. The popular "Why are sports important?" and "Why is running so popular?" explanations have never really done it for me.

What running isn't all about, I do know, is much of its current predicament. The politics are dreadful. How could something so simple as putting one foot in front of the other be politicized you ask? Don't ask, but since you did, it's spelled M-O-N-E-Y.

Big promoters with big bucks have us on the brink of a fiasco. Bill Rogers and Frank Shorter, both in good standing with the lords of amateur sport, are now even considering the idea of running for running in races throughout the land. Julie Horn is banned from amateur running for life because she accepted $100 in prize money. That has to be either hypocrisy or bull—or maybe both. Certainly not what running is all about.

It's also not about people getting rich or famous and definitely not about winning at whatever price or being prepared to come home on your shield.

What running is all about is so basic and beautiful that it comes out corny when you say it.

WORLD MARKS continued from page 1

Jack Thatcher turned 65 and proceeded to raise the world 65-69 8-pound shot best to 48' 3 3/4". The old mark was 46' 1/4" held by England's Konstanty Maksimczyk since 1979.

Bob Packard, 45, of Flagstaff, Arizona, ran the race of his life to establish a new 45-49 American 1500 mark with a superb 4:07.9. Packard broke Bill Fitzgerald's 9-year old record of 4:10.4 and approached Piet Majoor's world best of 4:03.2.

Shirley Kinsey, 52, La Crescenta, Calif., set 50-54 javelin mark of 84' with a throw of 84' 11".

Kolda lowered her own American 60-64 200 standard of 34.7 by over a second with a fast 33.6, a half-second off Haule's world best.

The meet was conducted by George Adams and Club West under the usual ideal conditions in this beautiful Pacific Coast town.

Packard had lost the national 45-49 1500-meter championship in Los Gatos to Amsterdam's Louis Vink, 4:12.3 to 4:12.7. "I nearly gave up chasing Fitzgerald's record after that," Packard said. "But I decided to start a weight program and train intensely for 6 more weeks. It paid off." Packard's splits were 63, 2:11, 3:19, and last 400 in 67.

"It actually felt easy," he said, "although I doubt that I could have gone faster."

Packard is a math professor at Northern Arizona University. He also won the 800 in 2:09.6 and 5000 in 15:54. "I can go faster in the 5000," he promised. "I'm going to aim for Ray Hatton's record of 15:17 next summer."

Results in back pages.

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Christman Sets in Avon 20K


The previous 20 Kilometer mark was held by Rachel Bourne of Virginia, who ran 1:31:57 in January, 1980.

Ann Diaz, 41, came close to Trudy Rapp's American 40-44 mark of 1:20:59 with a swift 1:21:01. Bette Mihalek took 10 minutes off the age-52 standard with a time of 1:28:25.

Ann Clarke, 71, obliterated the 70-74 record with a clocking of 2:01:08, breaking elicitus Salazar's old standard of 2:43 by over an hour.

Results in back pages.

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Jack Thatcher, setting world age 65-69 record with 48' 3 3/4" shot put at Santa Barbara, Calif. October 3.
January 1981 National Masters Newsletter page 9

**MASTERS SCENE**

- California's Tom Laris was first master (40+) in the National PepsI 10k championship in 32:22. Nebraska's Ray Stevens was third in 32:42. New York's Fritz Mueller was fourth in 32:50.
- An official revision in the women's world age 45-49 best for 5000 meters has been made by the National Parkinson's Association. The record is 15:30.84 by vehicles in one year (1979) was 40.4.
- The 4th Annual 10k Run has been scheduled for November 15 near Mailbu, Calif. It is a 10k run with a guaranteed first prize of $10000.
- After being bothered all season with a bad knee, Clarence Kilborn of Dinuba, Calif., finally had surgery. He's hopeing to come back strong.
Phil THE Philosopher

Meet Phil Larson and Judy Fox
(Part I)

In the last issue of NMN, I discussed the role of track clubs in supporting LDR and track competitors. I described the informal organization that I belong to, and suggested that each of you should examine the nature of your own support systems employed in orchestrating improvement. It is obvious to me that having a “WE CARE” support system, which I identified as emanating from the Angell Field Ancients at Stanford University, is a key ingredient to our personal achievement. I believe that it works both for improvement, and in carrying one through recovery from injury and hard times, both on and off the track.

In the December 1981 and January 1982 columns, I would like to share with you the profiles of two masters prototypes who have profited from the “WE CARE” system. Both Phil Larson and Judy Fox are very integral parts of the Angell Field Ancients track club, as each of us has seen and been thrilled by the improvement in their times and capabilities.

I think it is interesting to note that neither Phil nor Judy engaged in any previous athletic activity as youths or until 5 years ago. Thus they had no comparable experience, such as that which we who were high school or college “jocks” probably take for granted. Another common factor which binds Phil and Judy is that each has continued to improve, and thus neither has had to accept a decline in performance levels, whether it be absolute or relative. And in fact, to this reporter there almost appeared to be a denial (and/or naiveté?) that this might occur EVER in the future when I directed questions along those lines to each of them.

PHIL LARSON

Phil Larson represents the classic prototype of the male masters LDR runner who has flourished and popularized the sport over the last 10 years. (Note that I carefully used the word “prototype” to describe Phil, instead of “average” or “typical”, because neither Phil nor I accept those other words as appropriate to describe any of Phil’s accomplishments, feelings, or values!) Phil (age 48, married to a non-runner, is an accomplished

Larson began running 5 years ago to lose weight and to alleviate a case of mid-40s blahs.

elements of his running experience.

I admit I was intrigued by the way he continually defined by inference exactly how a “good” runner differed from a “terrible” runner. It appeared that, by and large, his own capability acted as the boundary. He would talk of so-and-so being a “terrible” runner when he came out last year, and that he (Phil) could and did beat him regularly. Now old so-and-so beats Phil, and although so-and-so may not yet be “good”, he certainly is no longer “terrible”! To me, that particular grading spectrum seems to serve a beneficial purpose. It rewards relative improvement, while maintaining self-esteem for oneself. While one acts as the grading boundary, one can hope to rise with an outstanding effort to a “good”, or punish a sub-par effort with a “terrible”, before one adjusts the “threshold of acceptability” to one’s own new level.

Phil tries to select targeted runners he knows to beat in races, and will often arrange to ride-pool with friends who offer the promise of superior performance and a race-within-a race competition. He admitted that he will try a little harder to beat a friend or a woman in a final sprint.

Phil is enough of a realist to state that he doesn’t feel he could become masters world-class, with say a sub-2:40 marathon, even if he were to train all day. However he does believe that he will keep running all his life with the present emphasis, and that he will become relatively superior with age. Having adequate income he is able to afford whatever shoes and equipment he needs, and travel expenses pose no problem. He states that he would travel anywhere, anytime for competitions if only he were in that superior class now. Phil’s greatest thrill was experienced at his first Boston Marathon in 1978 as the crowd involvement and his own personal performance far surpassed anything he had possibly imagined beforehand. He lists our common enemy, injury, as the most depressing element of his running career, and found, as I think we all have, that the pain, the inactivity, and the uncertainty of recovery all contributed to a malaise which permeated his whole existence.

Stay healthy Phil, and keep up the improvement!

Next issue we profile Judy Fox and see the similarities and dissimilarities with Phil Larson.

Copyright 1981 Phil Conley
Masters Top Open
Women in Mythical "Dual Meet"

By AL SHEAHEN

If the winning marks in the 1981 TAC National Masters Track and Field Championships are compared to the winning marks in the 1981 TAC National Women's T&F Championships, the over-age 40 men win, 6-5, in the 11 events where conditions are virtually the same. If the events are scored like a dual meet (1st-5 pts., 3rd-3 pts., 3rd-1 pt.), the masters win, 59-40.

The caliber of competition between masters men and open women is very close. Some experts say a 42-year-old man is the athletic equivalent of a woman in her prime.

Last year, the men also won the events, 6-5, but the women won in points, 53½ to 45½. In 1979, the masters won the events, 5-3, while the women won the points, 37-35.

So the 3-year totals are: Events: masters men 17, open women 13; Points: masters men 139½, open women 130½.

The masters men were stronger this year, compiling a 27-0 point sweep in the 400, 800 and 1500, and a 16-2 margin in the 10,000 and 5K walk. Evelyn Ashford, for the 2nd year in a row, topped the best masters sprinters in both the 100 and 200. Jodi Anderson led a 9-0 women's sweep in the long jump, and only John Dobroth's meet record leap prevented a shutout in the high jump. Two meet records enabled both women's relay teams to triumph.

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261 In Chicago 50-Miler


In Los Gatos. Phoio by Hans Brunner

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His 50-mile time of 5 hours, 10 minutes, 12 seconds broke the old mark of 5:53:07, a full 45 minutes faster than the old mark of 6:38:07, set by Reinard Mostow in 1979 in the race, posting 11:22:43. Mostow is the oldest person on record known to cover 50 miles. His time establishes a new U.S. record for the 70-and-over masters men 50-mile record with a stunning performance.

The race was the 1981 Road Runners Club of America National 50-miles and 100k Championship. 23 women. 17 finished the 100k—16 women won the points, 37-35. So the 3-year totals are: Events: masters men 17, open women 13; Points: masters men 139½, open women 130½.

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TOP MASTERS

continued from page 1


Hames captured the women's masters title in 2:48:13, three minutes ahead of Belgium's Denise Alfote, 46, who clocked 2:52:01. Top U.S. woman was Sue Stricklyn of San Francisco, posting a 2:59:29 to edge New York's Nina Kuscsik, 42, by only 10 seconds.

Ann Bing (2:59:53) and Helen Bedrock (2:00:46), both of New Jersey, rounded out the top six. The men's 50-59 competition went to a native, Don Dixon, 54, of New York, who logged a 2:39:29, six minutes ahead of England's Andy Ferguson (2:44:59), who had another 3 minutes on France's Andre Maillet (2:47:36).

Michelle Baud of France defeated Toshiko d'Elia of New Jersey, 3:07:55 to 3:14:09 in the women's 50-59 class. d'Elia is the only woman over 50 to ever run a marathon under three hours—a 2:57 in 1980 in Glasgow.

The legendary Dr. George Sheahan, 62, captured honors in the men's 60-69 division, posting 3:09:43, less than a minute ahead of Steve Richardson, 61, New York's Wilfredo Rios was 3rd in 3:10:07, less than a minute in front of California's Harold Daughters.

Judith Kazdan of Ontario, Canada led the 60+ women in 4:02:58.

Eighty-year old Ruth Rosehart of Miami, who became the first woman over 80 to ever finish a marathon when she ran 5:40 in the Avon Internacional Montreal August 24, improved upon her world record today with a time of 5:37:28.

And, of course you know that Alberto Salazar, 23, won the race overall with a new world record time of 2:08:13. Results in back pages.

Heinrich, Ratelle, Rostow Mah Set Marks

261 In Chicago 50-Miler

CHICAGO, Oct. 4—Bernd Heinrich, 41, of Burlington, Vermont, set a new U.S. masters (over-age-40) record for 50 miles and bettered the listed U.S. open record for 100 kilometers today in the 3rd Annual AMJA (American Medical Joggers Association) Ultramarathons, which drew 261 starters.

His 50-mile time of 5 hours, 10 minutes, 12 seconds broke the old mark of 5:25:50, set by Roger Rouiller of Lockport, Illinois a year ago in this same race.

Heinrich, the first master in the 1980 Boston Marathon, continued on to the 100 kilometer point (62.5 miles) in a time of 6:38:20 to better the listed U.S. open 100k standard of 6:51:20, set by Frank Bozanich in January, 1979.

Alex Raisel, 57, of Edina, Minnesota obliterated the age 55-59 masters 50-mile record with a stunning performance and set a new world record time of 5:53:07, a full 45 minutes faster than the old mark of 6:38:07, set by Reinard Ackermann last year in this race.

Ben "Chick" Mostow, 78, of Skokie, Illinois, was the oldest finisher in the race, posting 11:22:43. Mostow is the oldest person on record known to cover 50 miles. His time establishes a new U.S. record for the 70-and-over age group, "I never stopped," he said, "I put some cookies, crackers and granola bars in my pocket. I ate on the run." The week before, Mostow ran in Chicago's America's Marathon, finishing in a respectable 4½ hours. "It was a great race. I was never kissed by so many young women runners," he beamed.

Sy Mah, 55, of Toledo, Ohio broke the 100k standard of 11:33:54 for men and 1 woman. 87% of the runners were completing their first ultra-marathon.

Over half the entrants came from out of state in a race that has grown from 94 starters in 1979 to 198 in 1980 to 261 this year. The growth portends look for new challenges. Slowest time for the 50-mile race was 14:43:02. Of the 261 starters, 225 (86%) finish.

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Stan Herrmann—“Comeback Kid”

So you thought the Oakland Raiders’ Jim Plunkett was the comeback story of the century. Then, you must not have heard about Santa Barbara’s Stan Herrmann. Dubbed “the comeback kid” by a Santa Barbara sports writer, Herrmann is now gearing up for his fifth comeback in 53 years.

Having suffered a stroke last August 7, the 77-year-old retired educator and real estate broker is determined to compete again, even if it isn’t until he moves into the 80+ division.

Herrmann made his first comeback in 1970 at the age of 66. That came some 42 years after his last college competition at Kansas Wesleyan where he was one of the top shot and discus men in the state. He also played guard on the school’s football team.

It took some coaching by a friend, but Herrmann finally gave in and decided to give masters track a try. He weighed 240 pounds at the time.

It took two years for Herrmann to get down to his “playing” weight of 195. In the 1972 Mt. Sac Relays, he put the 8 pound shot out 44-feet-1¼ inches, an age class mark that stood for nine years.

Shortly after setting that mark, Herrmann suffered a ruptured achilles tendon and required surgery. It took months of leg strengthening to comeback from that injury, but he had no sooner returned to competition when a drug addict broadsided his car at an intersection. This time it was a back injury.

But the “comeback kid” was back in time to set numerous age marks between his 71st and 74th years.

In 1977, Herrmann’s diabetes acted up on him and another lengthy layoff followed. He was able to work himself off of insulin, something very rare among diabetics.

“It takes a lot of vigorous exercise and strict adherence to the right kind of diet,” Herrmann explained.

By 1980, his recovery was complete and he again started attacking the age records in all four of his specialties.

Midway through his second athletic career, Herrmann started coaching his wife in the discus. It paid off as Dorothy took first place in the 60-65 age bracket in the Third World Masters meet in Hanover Germany in 1978.

That makes the Herrmanns, who have six grandchildren, the only husband and wife in the world to hold both world championship titles.

“I bought a shot to practice with,” he said. “I knew that I would be bad, but not as bad as I was. I decided to quit right there after my first practice. I was going to try to sell the shot back to the sports store, but then I noticed that it had some scratches on it from the sandy soil. Anyway, I decided to keep it and give it another try. I entered the Senior Olympics meet a few weeks later and won the shot by nearly 12 feet. I was hooked.”

The following year, Herrmann added the discus and javelin to his arsenal and after another year he took up the hammer.

“I think everyone thinks I’m an extraordinary, healthy old man,” Herrmann said, “but my love of track & field gives me the incentive to keep my diseases under control.”

One of Herrmann’s most formidable opponents was one of the infamous “wolf pack gangs” of Philadelphia teenagers. The gangs roam the streets of Philadelphia, stealing from and even killing tourists and shoppers.

At the TAC national masters T&F championships last year, Stan and Dorothy were walking outside their Holiday Inn near Franklin Field one night after the competition. They were surrounded by one gang, who undoubtedly took the couple to be an easy mark.

Stan Herrmann an easy mark? No way.

All those years of football, basketball, track, boxing, wrestling and lifting weights came into play.

“There were 20 or 30 young thugs surrounding us,” Herrmann recalled. “I started swinging in all directions. I bounced them off the sidewalk and Dorothy hugged her purse and jewelry so fiercely, they were unable to take anything away from her. They took off, and we were just lucky they didn’t have any knives, or at least didn’t use them. We had never been mugged before, so we didn’t know how to act. We just did what came naturally, and fought for our possessions.”

Herrmann’s courage and physical strength is testimony to physical fitness and the masters program. But Herrmann has a suggestion: “When picking sites for national championships, we should get a guarantee from the host cities to furnish sufficient police protection for visiting athletes and their families. Besides our mugging, pockets were picked, several California vans broken into and robbed of hundreds of dollars worth of property. I don’t think it’s asking too much.”

Herrmann’s latest setback could present him with his greatest challenge yet. He says that the stroke caused no brain damage, but he has lost contact with some of his muscles. He’s working out four times a day to “reawaken the old connections or to develop new ones.”

It’s the thought of competing again, he says, that motivates him to work hard to recover.

LETTERS
continued from page 2.

SPORTSMANSHIP
PAR EXCELLENCE

Sportsmanship is not rare in track meets. But in the San Juan Masters T&F Championships, one act was unique.

The USA 50-59 4 x 100 relay team, comprising Oscar Harris and Bert Lancaster of Philadelphia, and Bob Watanabe and Ozzie Dawkins of Los Angeles, faced one Puerto Rican team.

The lead runner of the Puerto Rican team jumped the gun and simultaneously strained a tendon in his leg and fell to the ground. The crowd groaned because they had anticipated an exciting race. Rules indicate a runner cannot be substituted in this case, but he wanted to limp through the first leg so his frustrated teammates could at least get a chance to run.

The gun sounded again and Harris, the lead U.S. runner jogged alongside the stricken runner, handed off the baton to Watanabe and then helped carry the injured runner to the ambulance. Because of this, the race again became competitive and the crowd applauded the winning U.S. team. It then gave a standing ovation to the stricken runner and to Harris.

The team probably lost a chance for a meet record at least, for, although recuperating from recent surgery, Watanabe was “smoking.” Dawkins had won the 200 and Lancaster had just broken the listed world record in the 100 with a 11.59 clocking.

Don Harris
Abington, Pa.

Masters hurdlers in action at 1981 T&F Pacific Regionals at UCLA.

Dick Schupbach, 40, placing 4th in 1:59.7 in National Masters Championships.
January 1981 National Masters Newsletter  page 13

Report From Britain

by ALISTAIR AITKEN

London policeman Amos Seddon, 40, won the national veterans championships 3000 meter walk (13:20.7), 5000m walk (22:34.7) and 10K walk, all U.K. age records. Lillian Miller, 35, who took up jogging, then walking, only 20 months ago, won the women’s 5K walk in 24:48.

The best 50-54 middle-distance men this year were Alan Hughes and Derek Wood. They finally met head-to-head in the 10,000 national track race at Luton, with Wood the winner in a tactical 31:29 to 33:55. John Batchelor won the 40-44 crown in 31:55.5. Johnny Oliver notched the 45-49 title in 32:29.9. Ted Flowers took the M60 in 38:44.

The 1st U.K. “invitational” all-ages veteran 400 meters race in Birmingham Sept. 12 was won by Ronnie Anderson, 44, in 52.78 over Clive Wootton, 52.94, Frank Taylor, 53.40 and Peter Higgins, 52, 53.78.

Tony Mackay, 43, flew to the USA this summer but both his poles were broken at the LA airport. So he did two other events, a 2nd in the javelin at the Pan Am Games and 2nd in the high jump.

Two new U.K. records were set: In the 45-49 bracket, Robbin Ball scored 7064 points in the Decathlon Sept. 19-20, and Alf Woods put the shot 14.20 meters in the 50-54 division.

Ex-international Mike Freary, who won two 40-44 veteran world road titles in July 1979 at Bolton must still be considered one of the finest veteran road runners around for his age, after his sparkling performances in open competition since he turned 40 in 1979.

His latest achievements included his leg on the Bolton team in the National Championships six-stage relay at Crystal Palace Oct. 24. He ran 20:22 for the 4th fastest on his team which finished 5th out of 28 finalists.

Johnny Batchelor, 41, won the Southern Veterans 10,000 championship by over a minute in 31:45.9 at Bromley Oct. 19. Laurie O’Hara, 49, won the 45-49 crown in a tactical 32:34.5 from European vets 5000 champ Johnny Oliver (32:52.5). Derek Wood set a British 50-54 record of 35:23.3.

Alan Hughes, 51, has been dominating his age group on the roads in Northern England and beats most of the 40+ men as well.

Brian Buonvino, 41, the Cambridge Marathon Champion, led his Dartford Harriers to a surprise win in the Southern Road Relay Oct. 10.

Charlie Hum, 41, of the South London Harriers was an outstanding 5th overall in the London to Brighton race in 5:44:10, and 2nd in the Isle of Man 40-miler in 4:14:05.

Graham Hickey of Blackheath equalled the U.K. best of 1.75m (5’9”) for the 45-49 high jump. John Macname, 40, took the Southern Vets Decathlon Championship in atrocious conditions with 4884 points. Tony Rawlinson, 65, scored 5104 points on the ‘older vets’ scoring table.

Yours truly placed 9th of 60 veterans in the first Vets A.C. 5-mile cross-country at Putney Vale Nov. 1. Alex Mineyko, 42, won it.

Who Won in New Zealand?

by STAN THOMPSON

Who was the best athlete in the 1981 World Games in New Zealand? Which country won the unofficial team championship?

I assigned 5 points for each gold medal; 3 points for a silver, and 1 point for a bronze.

No attempt should be made to pick a best performer since there are too many variables. But the figures provide food for thought.

Sven Falk of Sweden was the highest point-getter with 18 points in the populated 80+ division.

The USA “won” the men’s team title. Germany compiled the most points in the women’s division, and also overall.

The totals are listed below.

Canada Tops USA in Cross-Country Match

by CAROLE LANGENBACH


The Snohomish Track Club members who came up had a great time. But, except for Jim Murphy of Burbank who was finishing a vacation, we were the only Americans.

David Hambly was the first of 96 finishers in 45:19 followed by Canada’s Colin Rogers, Seattle’s Earl Ellis and Canada’s Don Trehaw.

Results in back pages.
KIDDY THREATENED WITH "DISCIPLINE"

Few masters athletes have ever had the thrill of receiving a threatening notice in the mail, ominously suggesting "probation," "suspension," "censure" and "discipline" unless they quickly hire a sharp attorney and respond to charges in an official hearing 2000 miles away.

Few masters are good enough to attract that kind of attention. Sandra Kiddy is.

She is a 44-year-old 3-time national masters long distance running champion who has the talent to compete in open women's competition.

To give you the vicarious sensation of how it feels, we reprint the notice she recently received from the Atlanta Congress, and her in-kind reply.

NOTICE OF HEARING

TO: Sandra Kiddy
475 Orchid St.
Palm Springs, CA 92262

SUBJECT: You are charged with having violated Rule 11 of the Operating Rules of The Athletics Congress and Article 19(a) of the By-Laws of the Athletics Congress. You are also charged with violating the following rules and regulations of the International Amateur Athletic Federation: Rule 53(1), (ii), (v), (vi), (x), and (xi).

Specifically, you are charged with having committed the following acts which are detrimental to the objectives and ideals of The Athletics Congress and which are not in the best interests of the sport:

You registered and competed in the professional prize money road race, Nike Marathon, on September 13, 1981, in Eugene, Oregon, competed for prize money based upon your athletic performance and/or participated in an unsanctioned event.

RESPONSE: You are to respond to these charges in writing within ten days of the date set for hearing.

HEARING DATE, TIME AND PLACE: The hearing on these charges will be held:
DATE: November 22, 1981 (Sunday)
TIME: 9:00 a.m.
PLACE: O'Hare Hilton (312) 686-8000

POSSIBLE PENALTIES: If you are found guilty of one or more of the offenses charged, the Board of Review has the power to impose discipline, ranging from censure only to suspension for a definite period of time or for life, and/or various periods of probation, with or without suspension, based on certain conditions of conduct. The Board of Review has the authority to determine the eligibility and right to compete of any athlete within the jurisdiction of The Athletics Congress.

GENERAL INFORMATION: You are entitled to be represented by counsel or by such other representative as you may choose, to have witnesses testify in your behalf, and to submit any and all evidence in your defense, including hearsay and documentary evidence, so long as it is relevant to the issues.

Date: October 23, 1981

RICHARD HOLLANDER
Chairman, National Board of Review
2884 Braidwood Road
Richmond, Virginia 23225

TO: National Athletics Board of Review
2884 Braidwood Road
Richmond, Virginia 23225

SUBJECT: You are charged with having violated the general rules of honesty and fair play. Specifically, Penn Mutual Insurance Company gave the Athletics Congress money to be used to send masters athletes to various championships and/or running competitions.

I won three Athletics Congress championships in 1980. I received no money to help offset my expenses for any of those races, nor was I invited to defend any of my titles in 1981 and/or given any help or encouragement to attend those races. Male masters athletes who won Athletics Congress Championships were given aid and invited to participate in various other championships and/or races, both in 1980 and 1981. I wonder if Penn Mutual is aware of the obvious sexual discrimination shown by the Athletics Congress.

RESPONSE: You are asked to respond to these charges in writing to me or in a running publication which has national circulation.

GENERAL INFORMATION: My husband and I are very proud to say that we did participate in the Nike Marathon on September 13, 1981 in Eugene, Oregon. We also ran in the Jocashoe Rose Bowl Marathon in November, 1980 in Pasadena, California. Here I received $250 as ninth place woman. If my efforts as a runner are good enough to compete with the top athletes in my age group, then I think they should be rewarded either monetarily or with trips to major races.

Your threats to suspend me do not frighten me, but only show the running community the hypocrisy of your rules and the steady crumbling of your lucrative protection racket.

DATE: November 3, 1981

Sandra Kiddy
475 Orchid Tree Lane
Palm Springs, CA 92262

Kiddy was one of 11 runners asked to attend the hearing. At an earlier hearing on August 22, four athletes were cleared while 8 were suspended.

"TAC's policy is to effect change through the system—that is, through the IAAF," a TAC statement said. "If TAC were to unilaterally abolish the present rules, the IAAF would probably replace TAC with another national governing body in the U.S. This would only serve to divide the U.S. track program, something contrary to TAC's aims."

Meanwhile, the leadership of the 100,000-member Road Runners Club of America (RRCA) is encouraging its 400 nationwide chapters to allow all runners to compete, regardless of TAC pressure. RRCA President Jerry Kokesh said in a letter to TAC Executive Director Ollan Cassell, "We have encouraged our almost 400 chapters to allow, as in the past, all athletes to compete in their RRCA-sanctioned races, including all suspended professionals, 'contaminated' amateurs, foreigners, and all those under investigation."

While the IAAF Rule 53 does not apply to veterans (over-age 40) athletic events, its abolition would permit submasters (age 30-39) to compete in world veterans championships.

Veterans Perform More Often

by JACK PENNINGTON

I became a Veteran in 1962, and in the late 1960's I ran in several Mile races in Melbourne. In one of these while waiting for the gun, I remember a competitor mumbling "I don't think we should be doing this, it's bad for the heart."

I competed in the first Australian Veteran Athletics meeting and in Internationals at Cologne, San Diego, New York, Toronto, London, Hanover and Christchurch. I have never thought to run races on consecutive days, yet I have seen the likes of John Gilmore, Merv Jenkinson and Syd Hesketh, aged 60 to 75, compete in ten races in one week, from 800m to 10K, which included heats and finals.

These superior seniors are always full of enthusiasm and fun, yet they train with the dedication of Olympic athletes. For the first time in my life recently I doubled up. I ran a 12Km rugged cross-country on a Saturday, and the next morning a tough 9Km Veteran Fun Run, both bringing in the M55 award. Later in the week I ran a 6Km Fun Run, a 7Km cross-country and a 7Km Fun Run. None of these races caused the slightest after-effects.

In the prime of life as a State class distance runner, I well remember that it took a week to get over a race. I now realize that the reason for this was that I was able to run faster and, therefore, train more out of myself.

The energy equation is Speed x distance x weight for distance running, in Middle distance running, the speed causes the energy consumption to obey the laws.

The point being that we get older we become more enthusiastic. But, most importantly, we maintain our racing weight. So that the only part of the equation which changes is the SPEED. Therefore, the energy consumed in old age is greatly reduced, despite our best efforts. So races are little more taxing than hard training runs. As you get older, you can perform more often. Or, to put it another way, "As your performance level drops off, your ability to repeat them improves". The over 65 year olds perform much better, more often, for the following reasons: (1) less time to rest; (2) they are absolutely confident that they are extending their life span, because their contemporaries are already dead. (3) They have the incentive of competing in their own age-group, with men from all walks of life and in an atmosphere of the Olympics. By the way, I will be 60 in 1982.

from John McDowell
How to Apply for Records

On this page are printed standard application forms for 5-year world and/or American masters track & field age-division records.

These forms must be properly submitted by the athlete or meet director for the record to be accepted. They should be sent to National Masters Records Chairman Pete Mundle, who coordinates with the World Association of Veteran Athletes Records Committee to verify and properly record the mark.

Meet directors should keep a supply of these forms—along with a copy of the current 5-year records (printed semi-annually in NMN; July, 1981, January, 1982, etc.) handy at each meet. Pass them out to your track and field officials so they can fill out the form right after a new record is set.

An athlete can bird-dog the officials by carrying a few of the forms in your bag. If you set a new mark, make sure you get a form filled out and signed. Then send it to Mundle.

For a single-age record, not as much data is usually required. However, the more data you provide, the easier it is to verify. Particularly important are the wind velocity for sprints and jumps, the exact implement weights and the exact hurdle heights.

6 World Marks Set in South Africa

Mrs M. Van As and Winifred Reid each set 3 new world 5-year age-group records in the South African Games this year.

In the 60-64 division, Van As set marks in the 100 (15.2), 200 (33.1) and Shot (11.74 meters), breaking the old standards of 16.01 and 33.16 by Germany’s Elizabeth Haule in the sprints, and the 9-year-old 9.55 mark of Clarke’s world mark of 16.1, set in the 100-meter mark (10.7) in a stunning 10.8. He also copped the 200 in a swift 22.3.

Eighteen participants turned in efforts that would have placed in the top 3 in Christchurch. □

Need Back Issues?

Most back issues of the National Masters Newsletter are available for $1.25 each, plus 50¢ postage and handling for each order. Send to:

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

December 1981 National Masters Newsletter page 15
Official U.S. road running records as recognized by the Road Runners Club of America and the Athletics Congress must be set on certified loop or out-and-back courses. Such courses must have their start and finish within 10% of the race distance (2.6 miles straight-line distance for a marathon) and must not drop more than 10 feet per mile (260 feet for a marathon) in elevation. In addition to the official procedures—the National Standards Committee handle course certifications for certain states, while all others are handled through the chairman. Requests for information, as well as applications for certification, should be submitted as follows: Allan Steinfeld, Box 881, FDR Sta., New York, NY 10022—CT, ME, MA, NH, RDI, and VT. David Katz, Box 822, Port Washington, NY 11050—IL, IN, MI, NJ, OH, PA, and WI. A.J. Vander Waal, 75 E. Wayne Ave, 310, Silver Springs, MD 20901—DE, DC, MD, VA, and WV.

250 COMPETE continued from page 1

The morning of the race was warm, very humid and overcast. It seemed as though the day of gloom had arrived. And then the unpredictable happened. The park area was suddenly bursting with runners all waiting to register for the race. Fortunately, the registration lines grew; we added more and more people kept back up. At 8:55 a.m., registration closed and 230 plus runners had entered. It is estimated that 250+ runners participated in the race. They had come from all over the U.S., with the bulk being a local crowd.

Olive Marshall was the first runner to cross the finish line in 15:15. A Sub-Master, Oliver claimed he was tired and didn't run his best race.

Bob Letson, 4369 Hamilton ST., San Diego, CA 92104—AZ and southern CA.

For courses in the states named, applications should now be sent directly to the individual designated. These persons should be contacted for information on how to measure a course and how to prepare a course certification application. These four persons will be able to handle to conclusion all complete applications which follow established measurement procedures. Other types of applications and all applications for courses in other states and in foreign countries should be sent to Ted Corbitt, Apt 8H, Sect. 4, 150 W 225 St., New York, NY 10063.

The 10k is the most popular distance run in America. The fastest ever age-40 performer in 1980 was Tom Laris of Palo Alto, Calif, with a time of 31 minutes, 31 seconds. It took a 34:58 by Art Guerra of New York to make the top 50 in the 40-44 division.

Barry Brown's 39:02 led the 35-39 competitors, with Howard Moody's 34:15 coming the 50th spot.

Hal Higdon's 33:10 was the best 45-49 time, as Scott Work's 50th in 37:25.

A 34:22 by Ed Stabler topped the 50-54 group, over 4 minutes faster than R. White's 38:50 in 50th place.

Jim O'Neill's U.S. record 34:06 led the 55-59 pack, a full 9 minutes ahead of Dick Waller's 43:22.

Judy Fox led the 35-39 women in 34:23, over 8 minutes ahead of 50th place, Lona Monte's 43:26.

Sandra Knott captured female 40-44 laurels in 38:27, as Gloria Jenkins' 43:24 made the list.

Mila Kania's American record 36:29 was best 45-49, with Beatrice Doran 50th in 47:22.

Margaret Miller's 38:46 headed the 50-54 list with Caroline Earl's 52:50 squatting onto the list by 4 seconds.

A 41:34 by Mary Storey dominated the 55-59 contingent.

BOSTON QUALIFIERS

Hal Higdon's Roadrunner Tours is organizing a non-affiliated trip to the Boston Marathon for those qualified. (No hand-outs please.) They'll offer you an air ticket at lowest available rates, two or three nights in a convenient hotel, company at a pasta restaurant the night before, and support during the race. If interested, contact ROADRUNNER TOURS, 301 West Highway 20, Michigan City, IN 46360 (Tel: 219/872-7271).

Larum, Kenia Top List

1980 Masters 10K Rankings

In this issue are the 50-deep 1980 rankings for the 10 kilometer run for all men's and women's 5-year age groups from 35 and up. It's a more detailed list than the one printed in July's NNR.

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### 1980 Masters 10 Kilometer Rankings

**Top 50 in each 5-year age group from age 35 up.** Compiled by the National Running Data Center exclusively for the National Masters Newsletter.

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<td>JUN 80</td>
<td>MI-A</td>
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</table>

### December 1981 National Masters Newsletter page 17
Race Directors

Please submit all results promptly to the National Masters Newsletter, P.O. Box 2372, Van Nuys, CA 91404 and to the National Masters Newsletter, P.O. Box 18, National Standards committee, 59 San Diego, CA.

Complete results in order to give all complete results.

Women of each age group over age 35.

It's important that the NRDC get such complete results on a certified course, as approved by the National Standards committee.

Box 2372, Van Nuys, CA 91404 and to the National Masters Newsletter, P.O. Box 18, National Standards committee, 59 San Diego, CA.

Please be sure to show the date, location and hometown, and finish time of each.

Race Directors

Please submit all results promptly to the National Masters Newsletter, P.O. Box 2372, Van Nuys, CA 91404 and to the National Standards Data Center, Box 42888, Tucson, AZ 85733. Please be sure to show the date, location and hometown, and whether or not it was run on a certified course, as approved by the National Standards committee.

NMN desires the top five men and women of each age group over age 35. The NRDC requires a listing of ALL complete results in order to give all complete results on a certified course, as approved by the National Standards committee.
## Track & Field Results

Please send meet results to NATIONAL MASTERS NEWSLETTER, P.O. BOX 2372, VAN NUYS CA 91404. When possible, please type single space with minimum white blank space.

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<td>11:36.9</td>
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<td>16:32.8</td>
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<td>M50</td>
<td>17:18.1</td>
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<td>M60</td>
<td>27:8</td>
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<td>M65</td>
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### Women's Results

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<td>13:56.1</td>
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<td>W55</td>
<td>18:16.0</td>
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<tr>
<td>W60</td>
<td>23:33.0</td>
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### Additional Information

- **Over 100 masters athletes from Germany, New Zealand, Holland and the USA will compete in a series of track meets in South Africa from Dec. 12 to Jan. 1 and 3 to 10.**
- **Maurice Benning of Cape Town spent a month touring and competing in the US this summer.**
- **We stayed with Bob and Gloria in New York to a show and restaurants. New York was mind-boggling. It was gigantic and gory, with wall-to-wall people and very large cars. People were friendly. The subways were quite an experience: covered with graffiti, swaying and lurching. They felt very unsafe. Washington is a delightful city with score of jiggers.**
- **George Brassiland was very kind to us in Philadelphia. He recently became a black belt in karate.**
- **It was never our intention to forget this genuine friendship.**
- **We stayed with Ozzie Dawkins. I am speechless with gratitude for the magnificent reception and kindness to us.**

---

**Masters Scenes continued from page 9**

- **Aloysius Sibode of Brunel, East Indies broke Bill Morales' 60-64 javelin mark Oct. 17 in Singapore with a throw of 117'-10", a scant 5 inches further than Morales' best. World vets champ Gileg Singh, 77, of India clocked a good 15.3 to win the 100 in the meet held at the National Stadium.**

- **While riding his motorcycle, WAVA African rep Dane Burger was the victim of a red-light-crashing, hit-and-run motorist in Johannesburg Sept. 20. Burger's right hip was badly damaged—the socket is shattered and the hip was dislocated. Dane spend 10 painful days in the hospital, then into a plaster cast from the torso down till mid November.**
LONG DISTANCE RESULTS

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

3RD OREGON DIST. 10K
OLYMPIA, WA, SEPT. 3, 1981.

M40 Cal Altenberge 35:26
Alvin Clark 35:26
John Day 35:26

M45 Tony Lange 36:59
Darryl Brown 36:59

M50 Norm Ito 40:06
Terry Lyne 40:06
Gordon Smail 40:06

M55 Willy Ewell 47:24
Shuang Yue 47:24
Gloria Hendricks 47:24

W40-49

M60 John Ritter 53:59
Dave Guiterrez 53:59
Bob Brown 53:59

W50-59

M70-79 Howard Schwartz 52:49
Joe Hesch 52:49
Mary Fry 52:49

80+ 

M80-89

M90-99

W80-89

W90-99

H100

H101

20K & under

LANCE WILKINS, 41, ORA 12:01:45

26K & under

LANCE WILKINS, 41, ORA 24:58:40

60K & under

LANCE WILKINS, 41, ORA 79:52:21

100K & under

LANCE WILKINS, 41, ORA 12:01:45

TOTALS: Registered - 296; started 291; finished 225 (86.2%); 23 of 25 winners finished.

Event: 3rd annual MSA (Medical Society Association) Dist. Marathons

Distances: 30 miles and 100 kilometers

Date: September 4, 1981; San Antonio, Texas

Designation: 1981 National Championship for 100 miles" and "Road Runners of America"

TOTALS: Registered - 296; started 291; finished 225 (86.2%); 23 of 25 winners finished.
### Lace Runner

<table>
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<tr>
<th>Club</th>
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<tr>
<td>2. POTTOWAY VALLEY RUNNERS</td>
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<td>3. HIGH SOUTHERN PACIFIC</td>
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### Awards

- The Event to be awarded: **Newcomers**
- The Event to be awarded: **Pottoway Valley Runners**
- The Event to be awarded: **High Southern Pacific**

### Results

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<td>3</td>
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</table>

### 8th Annual Skyline Marathon

- **First Place**: Dick Kendall, 2:50:20
- **Second Place**: J.C. Fuselier, 2:52:01
- **Third Place**: J. C. Stock, 2:54:35

### Newcomers Masters

- **First Place**: Tom Farrow, 1:32:32
- **Second Place**: Tom Farrow, 1:36:19
- **Third Place**: Tom Farrow, 1:36:19

### Lace Runner

- **First Place**: Tom Farrow, 1:32:32
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<td>1:36:19</td>
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### Lace Runner Club Age 31 Distance Division

<table>
<thead>
<tr>
<th>Club</th>
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<tr>
<td>1. SPOKANE VALLEY RUNNERS</td>
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<td>2. POTTOWAY VALLEY RUNNERS</td>
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<tr>
<td>3. HIGH SOUTHERN PACIFIC</td>
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<tr>
<td>Age Group</td>
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**CLASSIFIEDS**

As a public service to the masters community, MM will publish all announcements of changes and additions to events age 55 and up as of Jan 15, 1981. Includes 4th World Veterans Games results. Plus walking and champion records, 44 pages. Lists name, age, state and date of record. Send $3 plus $1 postage and handling to NM, P.O. Box 2372, Van Nuys CA 91410.

As a coach, Bud Winter had many winners at the National Masters & Track Teams in Los Gatos. His new book Relax and Win is now available from AS Barnes Co. $1.175 Finkbener Ave.
SOME OF OUR BEST SHOES ARE ON THE WORST SELLER LIST.

It's a curse we have to live with. Unless, of course, some 30 million folks wake up tomorrow and start throwing the javelin.

That's about the only way these specialty track and field shoes can get the recognition they deserve. Better make that — the sales they deserve.

Because we consider an American record in the triple jump, or a world record for the discus, and a world best at sea level in the long jump... little things like that... to be recognition enough.

If we didn't, we wouldn't invest so much time and technology in a bunch of off-beat shoes. We certainly wouldn't waste money advertising them.

We do. And that's enough of that. Now, for the infamous Nike Seven:

1. PV19. The whole point of this shoe is to give pole vaulters a stable jumping platform. And do it with a minimum of weight. The twocolor jumping/running spike plate and reinforced nylon upper will help get you up there. Getting down is your problem.

2. SD 73. Never was fit so critical. When you're throwing the shot, or the discus, you want the foot held firmly back in the shoe during the powerful turning and lifting phases. That's why the criss-cross straps. You also want a non-stretch nylon upper for lightness and durability. A wrapped, textured outsole for excellent traction. And wear. On any ring surface.

3. HJ 8. Hoppers and straddlers have one thing in common. Namely, the need for superior spring and lift. Here it is, with a full length, one-piece spike plate, good for either style. Plus pyramid rubber outsole for better traction. And a nice snug fit. The HJ 8 also comes with matching non-jumping shoe.

4. TJ 60. It's three shoes in one, actually. With both midsole and outsole wrapped-up at the heel, so triple jumpers can take advantage of its unique "rocker" effect. Reinforced with suede side panels. Metal eyelets for longer shoe life. Impressive, three times over.

5. LJ 29. True, you don't have to be a world-class long jumper to feel the extra traction and lift that come from this six hole spike plate. But it helps. Built for extended flight, the LJ 29 not only has suede side panels for stability and strength, but an extra nylon panel to protect the toe area during take-off.

6. J 300. The serious javelin thrower wants that foot to stick securely in the boot.

Thus the lateral support strap. You also want it to stick in the ground. So the J 300 comes with six spike holes in the forefoot, four in the rear. About the only thing that won't stick is the toe, thanks to a hefty wrap-around guard.

7. El Viento. Built for one of the true minority groups, the El Viento gives race walkers a unique midsole and wedge arrangement to cushion and stabilize the foot. A beveled heel allows for smoother heel strike. Plus longer wear to the Anatomical Outsole.

You have to wear these shoes to appreciate them. That's easier said than done, however. While they may be the most sophisticated models on the market, most places don't want anything to do with them. Which is nice. Because when it comes time for you to buy shoes, it always helps to know who your friends are.