



National Masters Newsletter



40th Issue

December 1981

\$1.25

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



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.

Photo by Danny Thiel

17,000 Runners

FOSTER, HAMES TOP MASTERS IN NEW YORK

NEW YORK, Oct. 25—On a beautiful autumn morning, with the fall foliage near its peak and 15 television cameras grinding away for a national TV audience, the top over-age-40 runners among the 17,000 participants both turned out to be New Zealanders.

Jack Foster, 49, and Robin Hames, 44, were the top male and female masters in the internationally famous race which saw 10 of the top 18 masters awards go to foreigners.

The great Foster, who, at age 41 in 1973, ran the fastest marathon ever by an over-age-40 individual, 2:11:19, gave away 9 valuable years to his competition, yet still finished as 1st master in an excellent 2:23:55, over a minute faster than Allison Roe, who set a new women's world record of 2:25:19.

A minute behind Foster, in 2:24:55 was Marco Benito, 41, of Italy. A rejuvenated Fritz Mueller, 45, of New York City was the top U.S. resident among the masters in 2:25:49. The first

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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.

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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". The leap broke the old mark of 42'9", 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.

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★ 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

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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 communicate 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 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 Fine
Brooklyn, NY

RELAYS

What fun it was to be in 2 relay races at the National T&F Championships in Los Gatos. We owe a thousand thanks to those who sponsor and promote our track events. Keep planning relay events. But to ask us to know ahead what relays we will enter is unrealistic. With the chance of injury, etc., it's dif-

ficult for us and for a track club to know what teams they can field.

Clarence Killion
Dinuba, Calif.

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.)

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National Masters Newsletter 40th Issue December, 1981

Editor
Al Sheahen

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Additional Information
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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

1982 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS (Age 30 and over)

March 20-21 (Sat-Sun): Penn Mutual/TAC National Indoor Masters Track & Field Championships, Boston University Fieldhouse, Boston. Very fast 200-meter track. Entry form and info in Jan & Feb issue. John Pistone, 186 Commonwealth Ave., Boston MA 02116. (617) 266-4227. (617) 862-7500; 217.

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

January 19 (Sat): 6th Annual Wisconsin Masters Indoor T&F Championship, Madison. Bruce Craig, 238 Alden Drive, Madison WI 53705.

MID-AMERICA

January 16 (Sat): Penn Mutual/TAC Mid-America Regional Masters Indoor T&F Championships, Lincoln, Nebraska. Forest Doling, 5030 S. 65th St., Lincoln, NE 68516. (402) 483-4842.

January 22-23 (Sat-Sun): TFA Indoor T&F Invitational; Junior, Masters, Open, Invitational sections. TFA, 10920 Ambassador Drive, Suite 302, Kansas City MO 64153.

February 13-14 (Sat-Sun): TFA National Masters Indoor T&F Championships, Kansas City. Jim Shoemaker, 10201 West 98th Terrace, Overland Park KS 66212.

WEST

Every other Sunday from October 11 thru Dec 20: Masters track meets. Kaiser High School, Honolulu, 8 a.m. Edie Leiby (808) 946-5670.

December 4-8: Annual TAC Convention, Reno, Nevada. P.O. Box 120, Indianapolis IN 46206. (317) 638-9155.

December 5-6 (Sat-Sun): TFA Winter Decathlon and Weight Pentathlon, Long Beach, Calif. John Tansley, Cal State U., 1250 Bellflower Blvd. Long Beach CA 90840.

December 11, 18, January 15, 22, February 5: All-comers T&F meets, Cal State Long Beach. John Tansley, above.

December 13 (Sun): West Coast Weight Pentathlon, Long Beach. John Tansley, above.

December 27 (Sun): Hawaii Masters Christmas T&F Meet. Jack Karbens, c/o Chaminade U., 3140 Wai'ale'ale Ave. Honolulu HI 96816.

January 2 & 16 (Sat): All-comers T&F meet, Mt. SAC College, 10 a.m. (714) 594-5611.

January 8 (Fri): Challenge of the Ages Invitational Indoor Classic, Long Beach, Cal. H. Lewis Smith, 8306 Wilshire Blvd., #316, Beverly Hills, CA 90211. (213) 650-0060.

January 9 (Sat): All-comers T&F meet, Santa Barbara City College.

February 6 (Sat): All-comers T&F Meet, Northridge, Calif.

CANADA

January 30 (Sat): Ontario Masters Indoor T&F Championships, Metro Toronto Track Centre, Keele and Steeles, Toronto. David Welch, 97 Churchill Ave., Willowdale Ont. M2N 1Z2.

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 over-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 forwardable. When you move please let us know at least 8 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.

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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 to 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 Marathon, Baltimore. PO Box 11394, Baltimore MD 21239. (301) 882-5455.

December 12 (Sat): 5th Annual Joe Steele Rocket City Marathon. RRCA 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, Fla. 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, Ariz. 3410 E. Van Buren, Phoenix AZ 85005. (602) 952-1280.

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

WEST

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

December 13 (Sun): 9th Honolulu Marathon, Box 27244 Chinatown Station, Honolulu, HI 96827. (808) 734-7200.

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

January 2 (Sat): First-of-the-Year Half Marathon, Las Vegas. Running Store, 602 S. Maryland Pkwy, Las Vegas NV 89101. (702) 382-3496.

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 to New Zealand. Travel Reps, 435 S. Broadway, Santa Ana CA 92701. (714) 973-4844.

POSTAL

Thru December 15: Puma-TFA Postal Championships. 3 Mile and 2-person 10-mile relay. TFA Postal, 10920 Ambassador Drive, Suite 322, Kansas City MO 64153. (816) 891-1077.

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 8th. 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 100 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.

LONG DISTANCE RUNNING

The popular 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.

On 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.

The 15th is the final day to compete in the TFA Postal Championships. Then you have a couple of weeks to rest up before New Year's Eve midnight runs in New York and a few other spots around the nation.

Happy Holidays. □

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 end 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 yards, 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-AAU masters T&F committee. In 1976, 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 Manion.

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 cheering them on, always there if they need him. He has been a strong leader, a hard worker and a friend.



Dave Romain winning 35-39 400 heat in nationals.

Photo by Jerome McFadden



HOLIDAY PENTATHLONS

Saturday, December 27, 1981

Atlantic High School 2501 Seacrest Blvd. Delray Beach, Florida

Weight Pentathlon 10 A.M. Shot Discus Javelin Hammer weight Throw

Regular Pentathlon 1 P.M. 200 m Discus Long Jump Javelin 1500 m

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

entry blank

name

birth date

street

city

state

zip

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 accrue against any and all persons or organizations in any way associated with these events.

signature

Send entries to

Sponsored by Palm Beach Track Club

Randall Cooper, Meet Director
Atlantic Community School
2501 Seacrest Blvd.
Delray Beach, Florida 33444

Ellis, Watson Top Masters

Snohomish, N. Medford & Seattle Win Postal Titles

The Snohomish Track Club of Seattle, North Medford of Massachusetts 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 Al Huff, the powerful men's age 40-49 Snohomish club successfully defended its national championship. Its 5-man squad of Earl Ellis, Phil Walkden, Derek Mahaffey, Maurice Pratt and Huff covered a distance of 53 miles, 1727 yards, 2 miles ahead of runner-up Snohomish's "B" team. Ellis, Walkden and Pratt were holdovers 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 Bruhn and Fay Stross formed the winning tandem.

The men's 50-59 crown was captured by North Medford. The squad of Ed DeMarrais, Mike Sullivan, Joe Nee, Matt Smith and Connie Murphy covered 48 miles, 158 yards, 3½ miles farther than the defending champion Potomac Valley Seniors.

Ellis, 45, was the top individual master and 45-49 titlist, logging 11 miles, 81 yards, just a yard ahead of Walkden, 40, who claimed the 40-44 crown. John Brennan, 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.

DeMarrais, 50, was the top over-50 runner in the national competition with a total of 10 miles, 483 yards, just 5 yards farther than San Diego's Jim O'Neil, who claimed the 55-59 title. Len Thornton, 50, of the High Sierra Track Club and Bob Bartling, 54, of the Prairie Striders also covered over 10 miles.

Charles Seekins, 64, of San Luis Obispo, Cal. topped the 60+ runners with 8 miles, 1081 yards.

"Postal" competition means each individual and team competed in their own area sometime between January 1 and August 31, 1981. It's not hard to set up. One person generally picks a standard track, sets a date, and contacts all interested distance runners, who run laps around the track for one hour. At the end of 60 minutes, each

runner stops and his or her distance is measured. The results are mailed ("posted") to a central location (this year, Huff in Seattle) and the distances are compared.

The key benefit to a national postal competition is the chance for all runners and teams to see where they stand in the United States. An individual or team can win a national championship without leaving home. This year, 210 runners took part at 17 different venues.

An unfortunate twist to the competition occurred when the race director for the August 4 San Diego competition reportedly failed to forward the results before the stated deadline. As a result, Dorothy Stock's 9 miles, 374 yards (an age 45-49 U.S. women's record and 3rd best 40+ effort this year) was not included in the results. Moreover, the entire San Diego women's masters team was deprived of a national championship. Four other SDTC runners, Wright, Nicki Hobson, Faye Heldoorn and Elsa Evans had run in a San Diego competition April 25. Had Stock's distance been included, the five would have totaled 43 miles, 1480 yards, a lap farther than the winning Seattle Club.

Dick Beardsley, a 2:09 marathoner, won the individual open championship with 11 miles, 1583 yards to lead his Prairie Striders to the open team championship. Avon International winner Nancy Konz led all women, covering 10 miles, 1290 yards. □

Results in back pages.



Joan LaPierre was the top Masters woman in the Val Nolosco 1/2 Marathon in Honolulu October 18. Photo by Mike Tymn



FROM THE Editor

by AL SHEAHEN

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 if 3 or 5 show up). (7) 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. 59'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 Swim Swim 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 a we do. But, except for 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 later 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. □

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.

Sponsored by the New York Masters

and the Syosset Runners Club, over half the runners were over age 35, Mila Kania set a new U.S. 50-54 women's record of 18:15. Gordon McKenzie, 54, ran a fast 16:22 (5th overall), with Herb Kania, 54, close behind in 16:54.

"Why so many prizes?" someone asked. "Because," said Feld, "we want to have a good race, cover the expenses and turn everything else back to the runners who make all this possible. Isn't that what running is all about?" □

Results in back pages.



THE GUN LAP

by MIKE TYMN

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.

A victim of '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 a 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 Elitism: 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 Anaerobia: 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*.

Vicarious Vengeance: People who harbor a secret desire for athletic recognition and who want to rub elbows with the stars of the sport are sometimes 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.

Clinicitis: 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. □



Kelsey Brown, Andover, New Jersey, wins silver medal in 800 in 50-54 bracket in National Masters T&F Championships in 2:10.6.

Photo by Jerome McFadden

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.

The Kenmore New York resident finished 2nd overall and lowered, by 27 seconds, his time of 2:23:43 in the Nike Marathon Sept. 13. The listed U.S. over-40 marathon record is 2:22:23, set

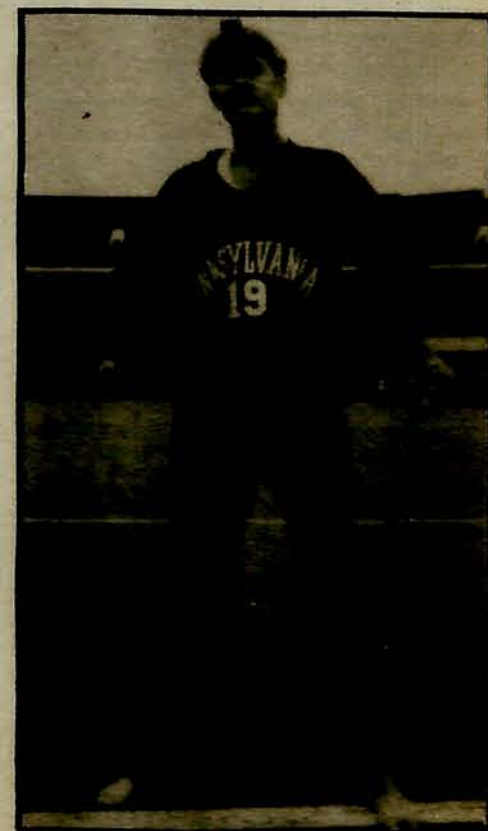
by Jim Bowers in October, 1980.

Local Danny Daddio, 43, was 2nd master—6th overall—in an excellent 2:28:57. Terry Stanley, 29, won the race in 2:18:50.

"I'm really happy with the way I ran today," Zimmerman said. "The weather was great."

About 2200 runners entered the race. □

Results in back pages.



Richmond (Boo) Morcom, 60, 1948 Olympian and Masters pole vault record holder.

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

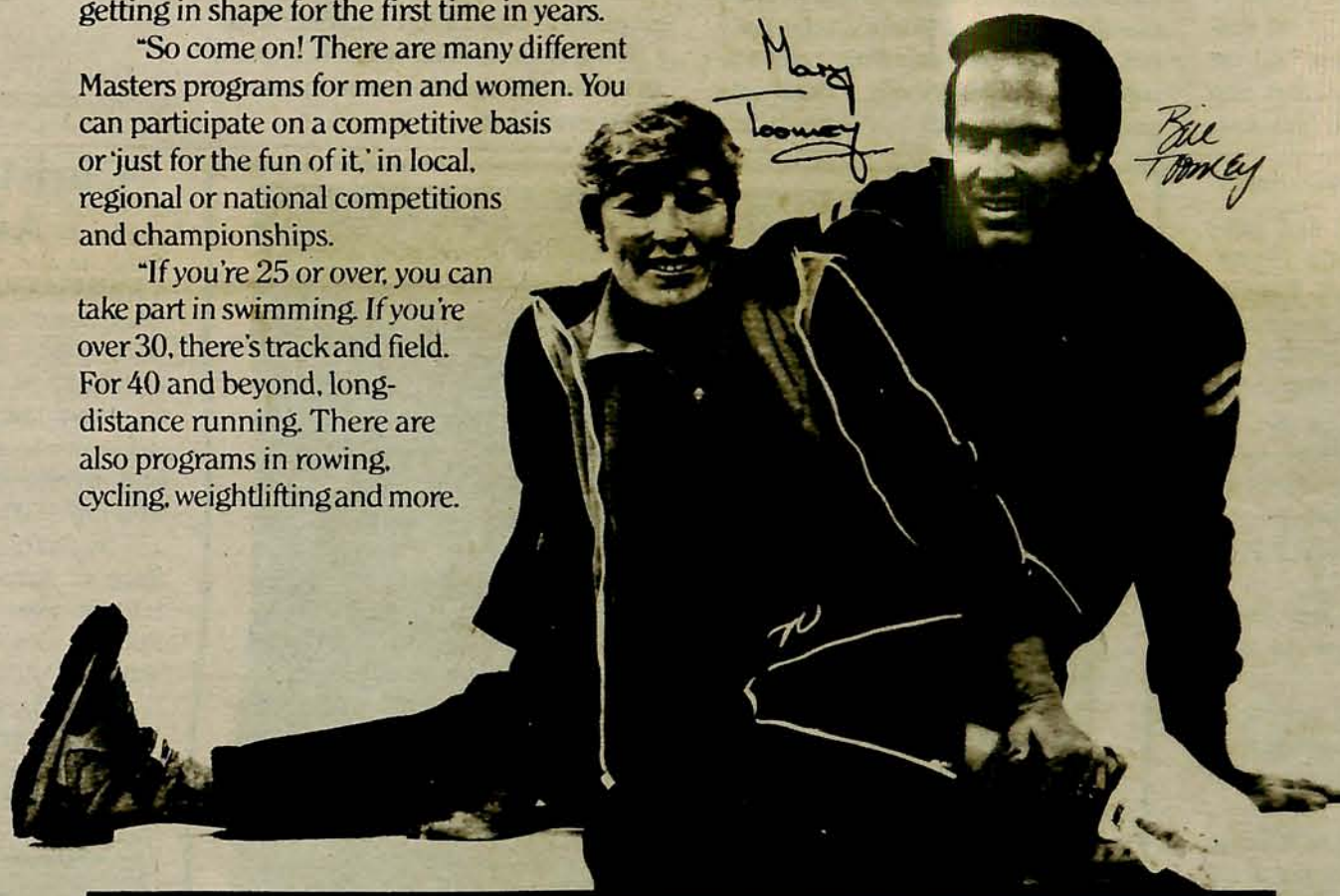
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On Approaching Every Problem With a **O**PEN MOUTH

by W. MacDONALD MILLER

A Turn On

As I sat there watching Alberto Salazar, fighting the feeling all of know us 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 these 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, earn over \$200,000 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 be 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.

It's finding out, at a time when you might think otherwise, that effort and tenacity really do pay off. It's hanging in there for something you want even when it hurts. It's learning how to win, if that's the word for most of us, with magnanimity and lose with grace. It's starting to discover who lives down there in the depths of yourself where the guts and maybe the grandeur come from.

It's exercise. It's a release for mindless energy and unseen tension. It's fun! Who cares about the endless terminology and the nonsense in *Runners' World*? Go run, race or just pound out a couple nines in the neighborhood. You'll be better for it and I guarantee you something else—you'll meet the best people you ever met in your life.

Joyous Holidays and a healthy, happy 1982. May the wind be at your back. □



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 upped her own women's 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.



Jack Thatcher, setting world age 65-69 record with 48'3 3/4" shot put at Santa Barbara, Calif. October 3.

Christman Sets in Avon 20K

CHICAGO, Oct. 11—Matilee Christman of Des Plaines, Ill., established a new American record for women 50-54 today, running 1:28:02 in the Avon 20K in Lincoln Park.

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 1:20:09 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, 77, obliterated the 70-74 record with a clocking of 2:01:08, breaking elicita Salazar's old standard of 2:43 by over an hour. □

Results in back pages.



Shirley Kinsey, 52, La Crescenta, Ca., holds several American records for her age group—200 meters, shot put, discus—and upped her javelin 50-54 mark to 84'11" in Santa Barbara Oct. 3. Says Kinsey: "I'll be in Masters competitions till I drop dead. I haven't hit my peak yet in any of my events." Photo by Liz Daguean

● **Tom Sturak** of Beaverton, Oregon has accepted the post of American Coordinator for IGAL, the International Association for Veteran Long Distance Runners. IGAL Secretary **Bryan Doughty** reports efforts are under way to bring third world countries into the association. **Hideo Okada** confirms that the 1982 races will be around Lake Kawaguchi, at the foot of Mt. Fuji, 100Km north of Tokyo on Sept. 14-15. The 1984 races will be held in the United States, most likely Southern California, near the time of the Olympics.

● **Jim Waters** winning 1500 meter time in the 30-34 group at the nationals in Los Gatos was listed as 3:52.7, but Jim corrects us, saying it should have read 3:57.7.

● The Track and Field Association of the USA has opened a consultation service to businesses and individuals who want to establish road races, track meets, coaching clinics and other related services. Call (816) 891-1077.

● TFA also will hold a Pentathlon Postal Championship, and a series of six TFA race walks. Dates and sites will be announced later.

MASTERS SCENIE

● California's **Tom Laris** was first master (40+) in the National Pepsi 10K pionships in 32:22. Nebraska's **Ray Stevens** was 3rd in 32:42. New York's **Fritz Mueller** was 4th in 32:50.

● An official revision in the women's world age 45-49 best for 5000 meters has been made by National Masters Records Chairman **Pete Mundle**. **Vicki Bigelow's** 18:14.0, run at the Western Regional Masters T&F Championships June 24, was reported as a new world mark. However, **Maria Pia d'Orlando** ran an 18:09.0 in the 4th World Games in Christchurch last January. d'Orlando's time was originally not considered a record because it had been scheduled and reportedly run on a "possibly short" grass course. Mundle recently learned, however, that the race was run on the main track. Thus, d'Orlando's mark goes into the books as the world best. Bigelow's time remains an American record. The confusion has resulted because the official results of the 4th World Games, due out in March, have still not been received. Age records, such as **Dorothy Stock's** age-48 mark of 18:38:44, set in the race will be included in the 1982 Age Record Book.

● Champion masters walker-turned-photographer **John Allen** has a suggestion for "older" novice race walkers. "Slow down until you've learned contact, and straighten your contact leg. The records will come."

● Three of the 30 runners killed by vehicles in one year (1979) were over 40, the U.S. Public Health Service reports. Most of the 30 were young males jogging after dark in dark clothing on roadways while moving with the flow of traffic. Only one was a deliberate rundown, in Martinez, Calif., the study said. With darkness coming at 5 p.m. in the winter months, the report advises wearing light clothing and reflective materials, and running against traffic. Better yet, avoid the roads after dark.

● A few years ago, **Peg Neppel Darrah** was the American 5000 and 10000 record holder and the winner of the 1977 L'eggs Marathon. Today she is fighting a different battle: cancer. Peg's medical bills are enormous and several races are planned as benefits. Contributions are needed by individuals and clubs as well. Any contribution can be sent to the Peg Neppel Darrah Benefit Fund, University Bank & Trust Company, 2546 Lincoln Way, Ames, Iowa 50010.

● The 4th annual 10-day trip to Brazil, with participation in the famous Sao Silvestre race on New Year's Eve, is being handled by Chacour, 46 W. 70th St., NYC 10023. Departure 12/23.

● Micro fractures developed by runners are often too small to be detected by x-rays, but are painful and often develop into major bone injuries. These can generally be detected by acoustic emissions, *Science Magazine* (p. 172, Oct. 9, 1981) reports. The healing process can also be monitored in this manner. Acoustic emissions are characteristic sounds given off by materials when they are stressed. They're widely used to detect cracks in metals, welds, etc., and have recently been successfully tested on animal bones.

NEW ENGLAND

● **Barbara Pike** of Concord, Mass. just turned 40 and promptly won the Bonnie Bell 10K National Championships in the 40-49 division in 38:03.

● The 1982 TAC National Masters Indoor T&F Championships will be held in Boston March 20-21. **John Pistone's** in charge.

EAST

● Two over-age-50 couples, all former Olympians, are waging an interesting duel in the New York area: **Gordon** (54) and **Chris** (50) **McKenzie** of England; and **Herb** (54) and **Mila** (50) **Kania** of Czechoslovakia.

Last spring the Kania's beat the McKenzies in the Trevira Twosome, even though Gordon had the fastest time (58:26 for 10 miles). Since then, both couples are on a record-breaking course.

Gordon clocked a 28:59 5-mile, 34:20 10k, and 16:22 5K. Christine, former world 800 record holder, posted a 27:06 4-mile, 42:47 10k and 19:48 5k. Herb notched a 59:29 10-mile and 16:54 5k. Mila, a hurdler on the Czech Olympic team, set 3 new U.S. age 50-54 marks: a 62:00 10-mile April 26, an 18:15 unofficial 5k mark, and a 36:08 10k in September, which breaks Margaret Miller's official listed record of 38:46 by a phenomenal 2 minutes, 40 seconds.

● 3rd World Games medalist **Leon Trout** of Union, NJ is on the injury list with a bad back.

● **Jacques Lebel** moved from Lincoln, Nebraska to New Jersey and was hoping to crack the U.S. masters decathlon mark when he turned 40 this year. But chronic ankle problems, plus **Dave Thoreson's** 6212-point new American record, ended the dream, for 1981 at least.

● In the North American T&F Championships, the 5000 results for M65 were missed: **N.R. Nilsen** was 1st in 22:58, **A. Poole** 25:58.4, **L. Haywood** 26:24.5.

● **Mel Williams**, 43, was the top masters runner with a 3:54:45 10th place finish in the Dannon Two Bridges 36-mile run Oct. 10 in Alexandria, Va., followed by masters **Charles Ross** (3:59:19), **Mannie Scalia** (4:05:53) and **Tom Sheahan** (4:06).

● **Oscar Moore**, 43, won the 10th Annual Masters Sports Association Cross-Country Championships Oct. 4 in Van Cortlandt Park in the Bronx in 34:45. The race was open to men and women over age 30.

● **Anne Bing**, 42, edged **Helene Bedrock**, 46 by one second in the Avon Women's Half-Marathon Sept. 26 in New York in 1:24:38 to take the 40-44 crown. **Toshiko d'Elia** captured the 50-59 title in 1:32:17. **Evelyn Havens** (2:11:49) won the 60-69 division while **Ruth Rothfarb**, 80, was the lone entrant over 80 in a good 2:30:41.

● Early results indicate **Dick Hipp** (2:34:56) and **Trudy Rapp** (2:57:57) were the top male and female masters in the Marine Corps Marathon in Washington November 1. 725 men and 244 women finished the 6th annual event. Other good masters efforts were by **Charlie Ross** (2:37:03), **Tom Sheahan** (2:39:16) and **Lolitia Bache** (3:09:37).

SOUTHEAST

● **Huntsville**, Alabama Track Club President and Cotton Row Race Director **Ray Roberts** has moved to Washington, DC on a one-year assignment with NASA. Acting president is **Norm Harris**. **Ron Morris** will direct Cotton Row in 1982 on May 31.

● The Labor Day Great Race in Nashville was a "super event," runners said.

● **Wayne Robinson** was reelected President of the Atlanta Track Club.

● **Bill Gentry** reports Florida West Coast runners enjoyed a 5-event runners pentathlon in Clearwater Oct. 24—the 2-mile, 880, 220, 440 and mile run in that order. Meet director **Dick Lacey** gave ribbons for the first 3 in each age group. Named best overall were **Joanne Eicher**, who won all 5 of her events; and **Gary Lyons**, who didn't win a single event but won on overall lower times.

● Georgia's **Charlie Polhamus**, 37, set a U.S. age-37 pole vault mark in the Southeastern Championships with a jump of 15'9".

MIDWEST

● **Sandra Knott**, 44, set a women's course record of 1:16:36 in a Blue Cross race in Cleveland Oct. 11, bettering the old mark by two minutes. **Les Hegedus** topped the over-40 men in 1:07:57 for 14th overall. "I ran in a tight group of men the last 6 miles," Knott said. "I helped at least 2 to PR's and they helped me to the record."

● **Hal Higdon**, back from conducting a tour to the Athens Marathon, is taking a sabbatical from serious training and racing this winter to give some minor injuries time to heal. "I'll try to get in some skiing if it will only snow," he says. He plans to relax and work on a book—not about running. "I've had a hard time getting my motivation back since New Zealand. Maybe this will give me a chance to renew the competitive juices by 1983." Hal says most of the 50-plus records "should be safe from assault by me—at least for a while."

SOUTHWEST

● **Joe McDaniel** is the TAC Oklahoma Masters LDR Chairperson. (918) 834-3259.

WEST

● San Diego's **Gentleman Jim O'Neil**, 56, newlywed and masters runner extraordinaire, has been stopped completely for about 6 weeks due to a groin injury. He's using good sense (not always displayed by athletes) and giving it a rest and time to heal. He and wife **Linda** were on the first masters running tour to China in October.

● More than 6000 runners are expected for the 3rd annual Oakland Marathon and Half Marathon Dec. 6 at 7:45 a.m. Late entrants will be accepted on race day for the fast, flat, scenic course.

● A correction to October's *NMN*: We said **Andy Boyajian** was chairman of the SPA-TAC officials committee. It should have read **Andy Bakjian**. Boyajian is a runner and official in New Jersey.

● **Mort Gray** took up running only 2½ years ago. He just turned 50 and became the 3rd runner in less than a year to break **Don Dixon's** old 50-54 15k record of 53:55. Gray finished 3rd overall of 140 runners and 1st in the 50— class in a time of 53:41. **Hal Higdon** has a pending 51:22 and **Herb Chisholm** a 52:10.

● **Jim Gallup**, a 46-year-old Honolulu pathologist, raced to a third place finish overall in the Val Nolasco Memorial Half-Marathon in Honolulu Oct. 18. His time of one hour, 11 minutes, 10 seconds, bettered his course record of 1:11:36, set while winning the race in 1978. **Rob Beyer**, a 21-year-old Marine sergeant, battled Gallup and three others before breaking away on a hill at six miles. He eased away to win in 1:09:48. **Joan LaPierre**, a 41-year-old housewife, topped the Masters women while clocking 1:31:44.

● Masters decathlete **John Tansley** had achilles tendon surgery by the renowned **Dr. Frank Jobe** in August. Jobe is the Los

Angeles Dodgers surgeon, and the man who put **Tommy John's** arm back together.

● **Edith Leiby** of Honolulu set a world record for women age 58 with a time of 3:38.0 for 800 meters. **Jack Karbens** turned 40 on Sept. 12 and set a Hawaii masters javelin record of 135'2". **Harry Nakama**, 56, set a Hawaii record of 7.4 for 50 meters.

● The Lasse Viren 20K, originally scheduled for November 15 near Malibu, was postponed to December 20.

● After being bothered all season with a bad knee, **Clarence Killion** of Dinuba, Cal. finally had surgery. "I'm hoping to come back strong," he said.

● **Pete Mundle**, 53, still on the comeback trail, logged 39+ minutes over a possibly-long 10k in Los Angeles Nov. 8. "I was hoping for a 37 or 38," the multi-age record holder and National Masters Records Chairman said, "but my legs felt weak right from the start." Mundle's training is going well, however. He's up to 70 "quality" miles a week.

● The 1981 Southern California Striders Awards were presented to:

Track & field: **Mike Jackson** and **Lloyd Higgins** (30-39); **Walt Butler** and **George Cohen** (40-49); **Bill Fitzgerald** (50-59); **Bob Hunt** and **Art Vesco** (60-69); **Tony Castro** and **Red Domes** (70+). Long distance: **Jim Murphy** (40-49); **Walt Atcheson** (50-59); **Harold Daughters** (60-69). Women: **Ann Smith**. Administrator: **Skip Witt**. Communications: **Konnie Johnson**. Most improved: **Ken Stuart**. **Ann Smith** was elected President for 1982.

NORTHWEST

● **Al Clark**, ran a fast 33:57 10k in February. By maintaining his training schedule, he figured he'd be a minute faster by April. Instead, he was a minute slower in 34:59. A familiar story? "I'd get out a mile or two and get tired and tight. I went a doctor, which I don't usually do. The lab tests showed my blood count was too low: not enough vitamins C, E or iron." Clark ran a 36:30 Sept. 7 and a 34:31 Sept. 26. "It's hard starting over, but it shows progress. Serious masters runners should take a daily multivitamin with iron supplement."

● **Lew Thorne** reports the Oregon Track Club now has a masters division. Masters meets and races are being planned.

● **Jack Jensen** (40-44) placed 1st in the 100 and 200 in the Shakespeare Festival Masters T&F Meet in Ashland, Oregon.

INTERNATIONAL

● World Games medalist **Wilf Morgan** of London (51.5 400) and European Vets 45-49 800 champ (2:01) says "the most important training session for me is 4x600 with 7 minutes between each run. I start off doing them in 1:50 and aim to get them down to 1:35 at the start of the season, even though I've never managed it. I do the 600's once a week for two months before the season starts."

continued on page 20

"Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming"

...John Wooden



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 bonds Phil and Judy is that each as 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 naivete?) 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 or I accept those other words as appropriate to describe any of Phil's accomplishments, feelings, or values!) Phil is age 48, married to a non-runner, is an accomplished

by PHIL CONLEY

M.D. and presently is Chief of the Department of Anesthesia at Stanford University Medical Center.

Although he was not exactly "fat", Phil was "uncomfortable" and began running 5 years ago to lose weight, and just perhaps to alleviate a case of mid-40s blahs. He always knew he was competitive by nature, and enjoyed being so, so it was logical to expect that learning, training, improving and competitive involvements have been great fun for Phil. Also he is, by nature, a self-starter and outgoing, so it is not surprising that Phil is very interested in motivating and nurturing others in their running endeavors. He did not know how to get started in running in the beginning, or about the existence of the Angell Field Ancients or its benefits. He feels that it is still difficult to get started today, even with the wealth of publicity about running.

Phil Larson's best times are 37:05 for 10 km., 2:14 for 20 miles, and 2:57 for the marathon. His focus is exclusively on improving his best marks in that range of distances, although he will engage in shorter races from time to time. He trains seven days a week

("no hard/easy, they're ALL HARD—easy for others, but hard for me") and engages in 12-15 races a year, plus the smorgasboard of running activities at Stanford. In Phil's mind spontaneity provided a big plus for running as an activity, and accommodates his unpredictable demanding schedule.

Without having had "an athletic team background", it's probably no wonder that Larson lists "the people you meet, and the people you beat" as by far and away the most memorable

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. □

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No. Dr. Jim Gallop is not on his way to an emergency, but he is enroute to a Masters victory and 3rd place overall finish in the Val Nolosco Half-Marathon in Hawaii October 18. His time of 1:11:10 was a new course record for Masters.



George Polovnis, Bakersfield, Calif. leads off in 400 meter relay in 60-69 age group for Corona Del Mar Track Club. Time was 59.13.

Photo by Jerome McFadden

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., 2nd-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. □

MASTERS MEN vs. OPEN WOMEN

100			
1. Evelyn Ashford	W	11.07	
2. Walt Butler	M	11.13	
3. Bolden	W	11.27	
200			
1. Evelyn Ashford	W	22.30	
2. Jim Burnett	M	22.40	
3. Walt Butler	M	23.00	
400			
1. Jim Burnett	M	49.36	
2. Ralph Lee	M	50.86	
3. Bill Knocke	M	51.06	
4. Deena Howard		51.79	
800			
1. George Cohen	M	1:55.7	
2. Ernie Billups	M	1:56.3	
3. Ralph Lee	M	1:56.7	
4. Madeline Manning		1:58.5	
1500			
1. Ernie Billups	M	3:59.8	
2. George Cohen	M	4:01.9	
3. Tom Laris	M	4:03.0	
10. Jan Merrill		4:14.6	
10000			
1. Tom Laris	M	31:09.0	

2. Kirk Randall	M	32:54.6	
3. Joan Benoit	W	33:37.5	
5000 WALK			
1. Ron Daniel	M	23:43.0	
2. James Moberly	M	23:43.6	
3. Sue Liers-Westerfield	W	24:26.7	
HIGH JUMP			
1. John Dobroth	M	6-6½	
2. Pam Spencer	W	6-4	
3. Debbie Ritter	W	6-3½	
LONG JUMP			
1. Jodi Anderson	W	22-0½	
2. Kathy McMillan	W	21-7½	
3. Lewis	W	21-3½	
4. Dave Thoreson		21-0½	
4 X 100 RELAY			
1. Shaklee TC	W	43.39	
2. Corona Del Mar TC	M	44.03	
3. Naturite TC	W	44.04	
4 X 400 RELAY			
1. Naturite TC	W	3:27.9	
2. Shaklee TC	W	3:29.4	
3. So. Cal. Striders	M	3:29.5	
Scoring: (5-3-1): Masters 59,			
Women 40.			

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



Timothy Morse, San Francisco, wins 30-34 national masters steeplechase title in 9:55.2 in Los Gatos.

Photo by Hans Brunner

mark of 5:25:50, set by Roger Roullier 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 Ratelle, 57, of Edina, Minnesota obliterated the age 55-59 masters 50-mile record with a stunning



Cliff Pauling, Bronx, N.Y. edges Pete Richardson, Berkeley, Ca. in 45-49 800 meter run at nationals, 2:02.4 to 2:02.9.

Photo by Jerome McFadden

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 11:23:54 for men 55-59 with a time of 10:44:29.

The race was the 1981 Road Runners Club of America National 50-miles and 100k Championship.

American open 50-mile record holder, (4:51:25) Barney Klecker, 30, of Hopkins, Minn. won the 50-mile event overall in 5:05:04, five minutes ahead of Heinrich. Klecker did not go on to the 100k point.

Of the 261 starters, 225 (86%) finished the 50-mile distance—202 men and 23 women. 17 finished the 100k—16

men and 1 woman. 87% of the runners were completing their first ultramarathon.

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 an increasing interest in the ultramarathon distances, as marathoners look for new challenges. Slowest time for the 50-mile race was 14:43:02.

Cleo Cassady, 68, of Springfield, Mo. captured the 60-and-over national 50-mile title in 7:49:34. Nicolette Vennaro, 41, of Liverpool, NY was the 1st woman master in 8:35:55. Ann Brown, 50, of Lincoln, Nebraska took 50+ laurels in 11:55:50. John Huckaby, 62, of Leecenter, NY was the oldest 100k finisher in 13:30:20, winning the national title for the 60+ division.

U.S. women's 100k record holder (8:43:14) Sue Ellen Trapp, 35, of Lehigh, Florida won the 50-mile women's division and fell only 7 minutes short of Nina Kuscsik's female open and 35-39 mark of 6:35:54. Karen Nequin, 28, was the only woman to finish the 100k distance, posting 11:50:14.

Among the 50-mile finishers was former Chicago mayor Michael Bilandic, 54. □ Results in back pages.

TOP MASTERS

continued from page 1

40 American citizen to finish was track & field champion Ernie Billups, 44, of Chicago in 2:27:39. Augustin Fernandez, 43, of Spain took 5th in 2:27:56 with countryman George Tunnell, 40, 6th in 2:28:46.

Hames captured the women's masters title in 2:48:13, three minutes ahead of Belgium's Denise Alfoet, 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 Helene Bedrock (3:00:46), 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 good 2:38:49, six minutes ahead of England's Andy Ferguson (2:44:59), who had another 3 minutes on France's Andre Maillot (2:47:36).

Michelle Braud 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 Sheehan, 62, captured honors in the men's 60-and-over division, posting 3:06:43, 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 40:02:58.

Eighty-year old Ruth Rothfarb of Miami, who became the first woman over 80 to ever finish a marathon when she ran 5:40 in the Avon International in 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.

PROFILE



WORLD CHAMPS—former Kansas Wesleyan athlete Stan Herrmann and his wife Dorothy, are gold medal winners in Masters world competition. They are the oldest husband-wife team competing in masters track.

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 coaxing 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-1 1/4 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.

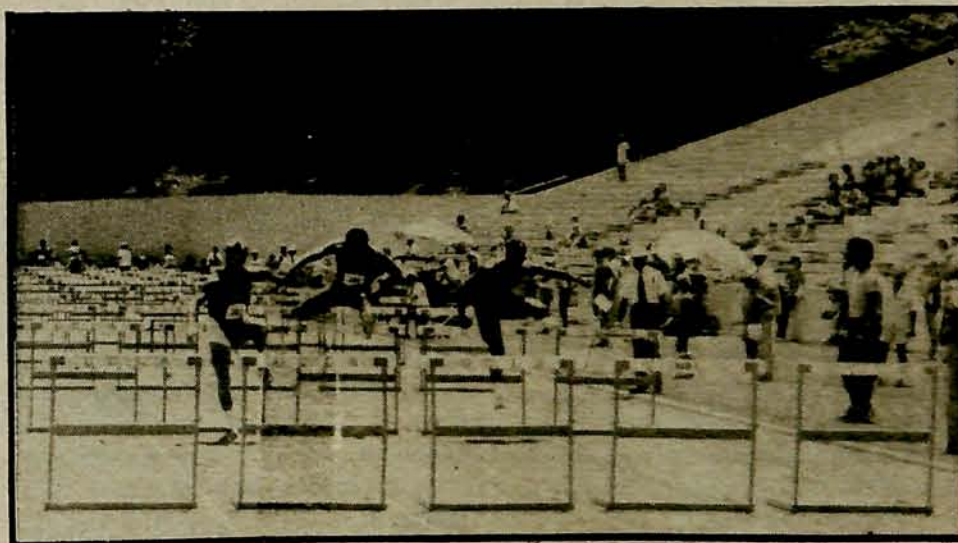
"It takes a lot of vigorous exercise and strict adherence to the right kind of diet," Herrmann explained.

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



Masters hurdlers in action at 1981 TFA Pacific Regionals at UCLA.

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 ex-

traordinary, 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 Hilfon Hotel 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

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.

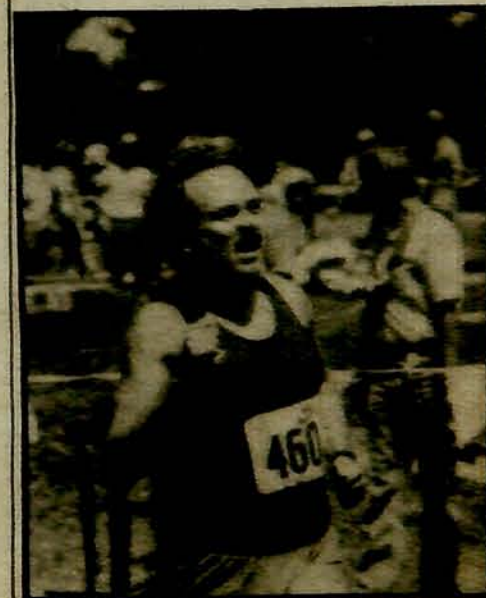
The USA 50-59 4 x 100 relay team, comprising Oscar Harris and Bert Lancaster of Philadelphia, and Bob Watanabe and Ozzie Dawkins of Los Angeles, faced one Puerto Rican team.

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.



Dick Schupback, 40, placing 4th in 800 in 1:59.7 in National Masters Championships.
Photo by Jerome McFadden

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. □

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 Dereck Wood. They finally met head-to-head in the 10,000 national track race at Luton, with Wood the winner in a tactical 33:29 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 Wooton, 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, Robin 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 33:23.3.

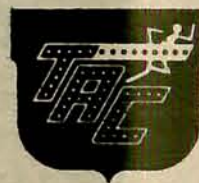
Alan Hughes, 51, has been dominating his age group on the roads in Northern England and beats most of the 40+ men as well.

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

Charlie Hunn, 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. □



Suzie Bartels, 44, was the top Masters woman finisher in the Hui Halo Wahine 10K Run in Hawaii Nov. 1.

She covered the roller coaster type course in 41:43, finishing 15 overall among 737 participants in the women only event. Photo by Mike Tymn

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 38 points in the unpopulated 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.



Dave Hambly, of Seattle at half-way point in Canada vs. USA cross-country match in Vancouver, B.C. Oct. 10. Hambly was the 1st finisher as Canada won the match.

POINT TOTALS IN 4TH WORLD GAMES.
SILVER = 3 PTS. BRONZE = 1 PT.
GOLD = 5 PTS.

BY INDIVIDUAL

M40		PTS.	M35		PTS.
H Thomann	GER	13	V Foltz	USA	20
R Austin	AUS	11	P McNabb	GBR	18
R DePalmas	ITA	11	D Browne	AUS	11
M45			M40		
JK McDonald	NZ	14	H Searle	AUS	15
D Sanwamade	SA	13	K Holland	AUS	15
H Thomas	AUS	13	S Knott	USA	10
			B Shingles	NZ	10
M50			S Miller	AUS	10
D Turnbull	NZ	18	V Young	NZ	10
A Taylor	CAN	16			
L Snelling	AUS	15	M45		
			M DiOrlando	ITA	15
M55			I Obera	USA	13
G Hesselmann	GER	20	K Diener	GER	11
A Findelli	FRA	11	H Werner	GER	11
J Ubarri	PR	10	D Stock	USA	11
F Evans	NZ	10			
M60			M50		
J Gilmore	AUS	20	M Suominen	FIN	23
FG McGrath	AUS	16	B Vine	NZ	13
R Rainio	FIN	15	M Homm	GER	13

M65	PTS.	M55	PTS.
I Hume CAN 25	K Hveem NOR 21		
G Porteous SCO 15	A McKenzie SA 15		
F Finger USA 13	I Pieuger GER 11		
F Assmy GER 13			
M70	PTS.	M60	PTS.
S Thompson USA 23	B Tibbling SWE 22		
J Farrell SCO 15	E Hauke GER 18		
M Jenkinson AUS 14	D Callan USA 16		
M75	PTS.	M65	PTS.
H Anderson USA 30	A Reille GER 21		
A Ticmanis CAN 20	J Luther GER 18		
H Meyers USA 19	W Reid SA 15		
M80	PTS.	M70	PTS.
S Falk SWE 38	B James USA 28		
E Zemljak YUG 29	M Salisbury USA 14		
P Spangler USA 23	A Forbes NZ 10		
	J Butcher GER 10		
M85	PTS.	M75	PTS.
	R Rothfarb USA 26		
	I Sarnama FIN 25		

BY COUNTRY

MEN	WOMEN	TOTAL
1 USA 361	Germany 303	Germany 604
2 Australia 308	USA 201	USA 562
3 Germany 301	Australia 184	Australia 492
4 N Zealand 127	N Zealand 160	N Zealand 281
5 Sweden 113	Sweden 80	Sweden 193
6 Canada 89	in n 48	Canada 111
7 Yugoslavia 48	Britain 39	Holland 72
7 Britain 48	Holland 35	Finland 66
9 Holland 37	Canada 22	Britain 48
10 India 32	Norway 22	Yugoslavia 48
11 Scotland 30	Italy 15	Italy 40
11 Japan 30	Belgium 15	Belgium 37
13 Austria 26	Denmark 8	India 35
14 Italy 25	Brazil 7	Scotland 33
15 Denmark 23	Chile 7	Norway 33
16 Belgium 22	India 3	Denmark 31
17 France 20	Scotland 3	Japan 30
18 Finland 18	Argentina 1	Austria 26
19 Puerto Rico 12		France 20
20 Norway 11		Puerto Rico 12
20 Brunei 11		Brunei 11
22 Venezuela 10		Venezuela 10
23 Ireland 8		Ireland 8
24 Argentina 6		Argentina 7
25 Mexico 5		Mexico 5
25 Switzerland 5		Switzerland 5
27 Taiwan 3		Taiwan 3
27 Singapore 3		Singapore 3

BY DIVISION

M40 Germany 56	Australia 46	USA 24
M45 N Zealand 50	Australia 43	Holland 22
M50 Australia 47	Germany 38	USA 30
M55 USA 44	Germany 43	N Zealand 22
M60 Australia 62	USA 37	Germany 18
M65 Germany 44	USA 42	Australia 36
M70 USA 57	Germany 56	Australia 22
M75 USA 85	Germany 27	Canada 21
M80 Sweden 38	Yugoslavia 29	USA 23
W35 Australia 35	Germany 31	USA & NZ 26
W40 N Zealand 49	Australia 35	Germany 31
W45 Germany 49	USA 36	N Zealand 18
W50 N Zealand 33	Germany 32	Aus & Fin 23
W55 Australia 37	Germany 26	USA 23
W60 Germany 48	Sweden 32	USA 22
W65 Germany 66	New Zea'd 24	Holland 15
W70 USA 42	N Zea. 16	Germany 10
W75 USA 26	Finland 25	

Next month: U.S. National Championship Point Totals.



Members of American team in Canada vs. USA cross-country match in Vancouver, B.C. Oct. 10. From left: Hugh Ainslie, Bob Langenbach, Jim Murphy, Al Huff, Earl Ellis, Dave Hambly, Norm Clark Maurice Pratt.

Canada Tops USA in Cross-Country Match

by CAROLE LANGENBACH

VANCOUVER, B.C., Oct. 10—The Canadian Masters bested the U.S. Masters, 38-30, in the annual USA vs. Canada 12K Cross-Country Match today in Stanley Park.

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 Trethaway. □

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 quick 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(i), (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 Jordache 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 Gilmour, 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.

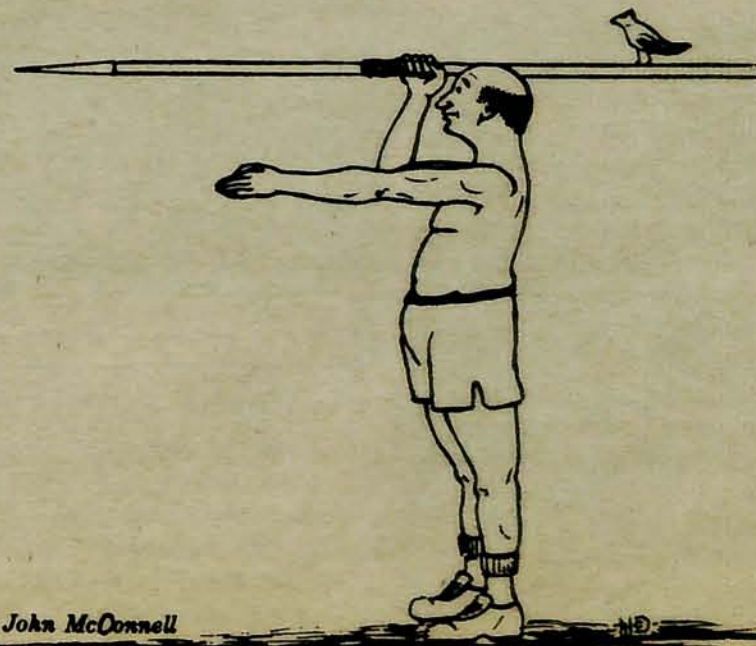
These superior seniors are always full of enthusiasm and fun, yet they train with the dedication of Olympic athletes. For the first time in my life I recently doubled up. I ran a 12Km rugged cross-country on a Saturday, and the next morning a tough 9Km Veteran Fun Run, both bringing in the M55 award. 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, took 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 cube laws.

The point being that as we get older we become more enthusiastic. But, more 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) more time to train and 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 McConnell

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.



Tom Laris, Palo Alto, Calif. wins the national masters 40-44 10000 meter run in 31:09.
Photo by Hans Bruhner

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 California's Edith Mendyka in the shot.

Reid broke records in the 65-69 bracket in the 100 (15.6), 200 (32.2) and 400 (77.5), bettering her own marks of 33.5 in the 200, and 79.6 in the 400. Her 100 time bettered Polly Clarke's world mark of 16.1, set in 1978.

(All marks are subject to approval by the WAVA Records Committee.)

Van As also won the discus in 27.56, nearly double the winning throw in the 4th World Games in New Zealand (14.40). Reid's times also surpassed her

winning performances in Christchurch.

The oldest performer, L. Van Rensburg, 83, won the 100 and 200 in times which would have netted golds in New Zealand. The youngest master, Stan Wald, came within a tick of Thane Baker's world veterans 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 Masters Newsletter
P.O. Box 2372
Van Nuys, CA 91404

APPLICATION FOR FIELD RECORD

Name of Event	Classification e.g. 40-44, etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN	
Full Name of Athlete	Address of Athlete		Country
Club or Branch	Date of Birth Day/Mth./Yr.	Date of Event Day/Mth./Yr.	Place of Competition

I hereby certify that, to the best of my knowledge, the above information is correct, that I made the performance listed below, and apply for the record indicated.

Date Signature of Athlete

FIELD JUDGES STATEMENT I hereby certify that I was an Official Judge of the above event, and that the measurement was made with a steel tape by me and the other Judges listed below, and that the height/distance achieved was EXACTLY as that shown below opposite my signature.

Height/Distance	Name of Field Judge	Address	Signature

TECHNICAL MANAGER'S CERTIFICATE I hereby certify that the level and condition of the runway and/or field, and the weight and dimensions of the implement used (if any) fell within the limits prescribed by the I.A.A.F.

Type of Runway Surface Weight of Shot, Discus or Javelin

Name of Technical Manager	Address	Signature

REFEREE'S STATEMENT I hereby certify that the officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge and I recommend the ratification of the record being applied for.

What were the weather conditions?

Precise Wind Velocity and Direction

Was the Field surveyed? Did you examine athletes Birth Certificate? If not please send copy.

1st..... 2nd..... 3rd.....

Name of Referee	Address	Signature

Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, Ca 90291
World Association of Veteran Athletes

APPLICATION FOR TRACK RECORD

Name of Event	Classification e.g. 40-44 etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN	
Full Name of Athlete	Address of Athlete		Country
Club or Branch	Date of Birth Day/Mth./Yr.	Date of Event Day/Mth./Yr.	Place of Competition

I hereby certify that to the best of my knowledge, the above information is correct, that I ran the time listed below and apply for the record indicated.

Date..... Signature of Athlete.....

TIMEKEEPER'S STATEMENT I hereby certify that I was the Official Timekeeper of the above event, that the time shown on my watch was EXACTLY as shown opposite my signature.

Time	Name of Timekeeper	Address	Signature

STARTER'S STATEMENT I hereby certify that I was the Official Starter of the above event, that it was a fair start, and that no advantage was given to nor taken by any athlete.

Name of Starter	Address	Signature

REFEREE'S STATEMENT I hereby certify that all officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge, and I recommend the ratification of the record being applied for.

What were the weather conditions?

Did you examine the Birth Certificate of the athlete? (If not athlete should send copy)

Precise Wind Velocity and Direction

Were all hurdles the correct balance and height? Was the track surveyed?

List order of finish and approximate distance between each finisher.

1st. who was (Distance) ahead of
who was ahead of

Name of Referee	Address	Signature

Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, Ca 90291

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

Bob Letson, 4369 Hamilton ST. #4, 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 com-

difference in time between each age group and the next lower one is also shown.

Marks are shown through the highest age group for which marks to the indicated place were recorded. The rapid increase in times as the higher age groups are reached is apparent. For these events the increase appears to be greater for women than for men. In the past it has been calculated that the slowdown from age 64 to 69 is about four times as great as it is from age 34 to 39. The shown table might lead you to believe that the slowdown is even greater. Such information brings out the difficulty of any but the national-class runners to compete with runners much more than five years younger.

Most readers will also notice that there have been no new age records reported since March. All this is due to

National Running Data Center

from BOB MARTIN
Executive Director

U.S. records maintained by the NRDC for the RRCA and TAC, the NRDC compiles and recognizes marks made on certified marks in the "U.S. Distance Rankings", since each runner's best mark on any type of certified course or the track is ranked. Point-to-point marks that surpass the official records are listed in the annual book "Running Records by Age" and are reported in the monthly "NRDC News".

Road-running course certification procedures—the National Standards Committee serves as the body to review course measurements and officially approve certification of courses for all of U.S. road running. It is the only body whose approval is accepted by the RRCA and TAC for the recognition of official records, which must be set on certified courses. Certain members of 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.

plete applications which follow established measurement procedures. Other types of applications and all ap-

	10th	25th	50th
10km			
Men 35-39	32:23	33:22	34:15
" 40-44	32:40	34:02	34:58
" 45-49	34:59	36:03	37:25
" 50-54	36:06	37:12	38:50
" 55-59	38:42	40:48	43:22
" 60-64	41:41	43:54	47:27
" 65-69	45:32	52:54	1:10:07
" 70-74	52:25		22:40
Women 35-39	38:36	40:40	42:26
" 40-44	39:56	41:32	43:24
" 45-49	42:43	45:14	47:22
" 50-54	46:03	49:21	50:50
" 55-59	50:56	55:22	58:40
" 60-64	59:07	1:08:49	1:31:27
Marathon			
Men 35-39	2:26:48	2:29:36	2:33:57
" 40-44	2:34:01	2:35:50	2:39:00
" 45-49	2:38:50	2:43:18	2:47:24
" 50-54	2:47:24	2:51:25	2:56:22
" 55-59	2:58:46	3:05:09	3:10:04
" 60-64	3:11:56	3:23:08	3:30:24
" 65-69	3:37:33	3:57:15	4:20:51
" 70-74	4:34:18		50:27
Women 35-39	3:00:29	3:07:49	3:15:06
" 40-44	3:03:55	3:11:19	3:19:45
" 45-49	3:18:58	3:35:02	3:50:10
" 50-54	3:38:43	3:55:18	4:19:48
" 55-59	4:20:56	5:41:18	
" 60-64	5:19:40		

plications 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 10463.

Times by age-group compared—the 50-deep rankings by age group for 1980 provide some interesting comparisons. Using the two most popular events, the 10Km and marathon, the following table gives the 10th, 25th, and 50th ranking runner's time for 1980. The

the installation of the new computer system at the NRDC. Programming and entering of data into the new system is taking a lot longer than we had hoped. Consequently, we have a large backlog of unprocessed race results, individual marks, and other information which must go into the new system. Only after processing all of this data can we produce up-to-date age records and other information.□

Laris, Kania 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 NMN.

The 10k is the most popular distance run in America. The fastest over-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 30:02 led the 35-39 contenders, with Howard Moody's 34:15 copping the 50th spot.

Hal Higdon's 33:10 was the best 45-49 time, as Scott Workyns took 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'Neil's U.S. record 34:06 led the 55-59 pack, a full 9 minutes ahead of Dick Walsh'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 Dolan 50th in 47:22.

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

A 41:54 by Mary Storey dominated the 55-59 contingent.□

BOSTON QUALIFIERS

Hal Higdon's Roadrunner Tours is organizing a no-frills trip to the Boston Marathon for those qualified. (No bandits 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: 219/872-7217).

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 bustling with runners all waiting to register for the race. Present registration lines grew; we added more, and still they remained backed 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.

Oliver 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.

Georgette Green, also in the 30-34 age group, clocked the women's best

time in 18:54. Gene Timberlake, 16:13, and Miki Hervey, 21:13 annexed the 35-39 titles.

The men's 40-44 group was hotly contested by Ken Winn of Atlanta, Jim McLatchie and Phil Baker, both of Houston. McLatchie hounded Winn from the start and Baker did likewise to McLatchie. Winn came home the winner in 16:01 as he out-kicked McLatchie by 5 seconds and Baker by 20 seconds.

Shirley Morris captured the women's 40-44 division in 21:57.

Local favorite, Larry Fuselier, won the 45-49 bracket in 16:39 edging Fennner McConnel by three seconds.

Mary Czarapata, of Wisconsin, was the first 45-49 lady in 19:42.

Two-time Olympian from Australia, and now of Houston, Al Lawrence ruled over his 50-54 division, racing to a

16:49 clocking. Loretta Whyte captured the women's crown in 26:05.

But perhaps, the best race of the day came in the oldest division: The 55-59 age group. Only seconds separated the top 3 runners: Doug Joycess, Lloyd Held and Tom Garvey. Joycess won it in 19:54, only 3 seconds ahead of Held.

Alma Hemelt claimed the senior ladies title in 27:51.

The overcast weather conditions finally gave way to rain, just in time for the award ceremonies. This might have been a problem, but the crowd was already two kegs into a four keg allotment of a "Deep South" brew called "Dixie Beer". Dixie was a participating sponsor in the race.

All in all, the race was a huge success, raising money for the local masters movement and more impor-

tantly, educating many of the New Orleans area runners to the Masters Sports program.□

Results in back pages.

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.

35 THRU 39

30:02A	BAKKY BROWN	35	GAINESVILLE	FL	(3 MAY 80,FL-A)
30:45	RUBERT ANASTASIO	37			(29 MAR 80,NY-A)
31:03	BOB DAY	35	DEL MAR	CA	(5 APR 80,CA-A)
31:29	DAN MCCASKILL	39	CHULA VISTA	CA	(8 NOV 80,CA-A)
31:30	IRELAND SLOAN	38	RJANUKE	VA	(17 MAY 80,NC-A)
31:38	KARL WEISEK	37	PRESTON	WA	(28 SEP 80,WA-A)
31:40	BILL CLARK	36	LOS ALTOS	CA	(19 OCT 80,CA-A)
32:01	DAN MURRAY	35	TARRYTOWN	NY	(27 APR 80,NY-A)
32:22	LEE COURKAMP	37	ARVADA	CO	(4 OCT 80,NY-A)
32:23	TOM VON KUDEN	35	STATELINE	NV	(25 MAY 80,CA-A)
32:25	GEORGE CUBB	36			(22 NOV 80,AL-A)
32:33	RONALD HANSON	36			(6 SEP 80,CA-A)
32:34	KICK RICHARDSON	35			(5 APR 80,AR-A)
32:44A	MIKE GREGURIO	35		CO	(5 OCT 80,CO-A)
32:44	ART WILLIAMS	37			(22 NOV 80,AL-A)
32:45	STAN ANTHUR	37			(22 NOV 80,AL-A)
32:56	JAN FRISBY	36			(4 OCT 80,NY-A)
32:57	CHRIS WINTERK	36	WASHINGTON	DC	(1 NOV 80,VA-A)
33:00	MATTED CUCCHIARA	37		NY	(27 APR 80,NY-A)
33:02A	THOMAS POLK		NICEVILLE	FL	(3 MAY 80,FL-A)
33:10	ROGER PRATT	38			(12 JUL 80,WA-A)
33:11	RAY STEVENS	39	LINCOLN	NE	(5 JUL 80,NE-A)
33:15A	JOHN KAVELING	38			(5 OCT 80,CO-A)
33:17	TED BITTER	36		NY	(4 OCT 80,NY-A)
33:22	KENNETH HENUS	37			(12 JUL 80,WA-A)
33:25A	PHIL WEISER	38		CO	(5 OCT 80,CO-A)
33:38	SCOT HICKMAN	36			(18 MAY 80,MO-A)
33:41	TUM BACHE	37		CA	(6 SEP 80,CA-A)
33:41	JED MAKER	37			(4 OCT 80,NY-A)
33:42	JEFFREY FISCHER	37			(17 AUG 80,CO-A)
33:43A	AL MIGUES		PENSACOLA	FL	(3 MAY 80,FL-A)
33:45	DON COFFMAN	37			(14 JUN 80,KY-A)
33:45	HAL GOFORTH	35	EL CAJON	CA	(15 JUN 80,CA-A)
33:50	DAVID THUMASHOW	35		NY	(29 MAR 80,NY-A)
33:51	DON SHANAHAN	38			(8 NOV 80,CA-A)
33:53	KIRK SIMPSON	36			(18 MAY 80,MO-A)
33:54	STEPHEN CONROY	35	ALBERTSON	NY	(27 SEP 80,NY-A)
33:55	ALLEN MC DANIEL	37			(3 MAY 80,GA-A)
33:56A	BOB GRIFFITH	39			(5 OCT 80,CO-A)
33:57	RICHARD PANKOW	35	ALEXANDRIA	VA	(1 NOV 80,VA-A)
33:58	FRANK BOZANICH	36	BOTHELL	WA	(12 JUL 80,WA-A)
33:58A	ROY HERRING				(11 OCT 80,TN-A)
34:03	STUART TUCKER	38	NEW YORK	NY	(14 SEP 80,NY-A)
34:06	KIRKE WHITE	38			(12 JUL 80,WA-A)
34:08A	GARY GRAY	36	PENSACOLA	FL	(22 NOV 80,FL-A)
34:09	JOHN MAFFI	35	LONG ISLAND	NY	(14 SEP 80,NY-A)
34:11	MURGAN LOONEY	38			(22 NOV 80,AL-A)
34:15A	THOMAS ECKELMAN	37	UNIVERSITY CTY MO		(2 MAR 80,MO-A)
34:15	VICTOR COPELAND	37			(6 SEP 80,CA-A)
34:15	HOWARD MUDDY	39			(6 SEP 80,CA-A)

MEN- 40 THRU 49

33:10	HAL HIGDON	49	MICHIGAN CITY	IN	(2 NOV 80,IL-A)
33:17	ULRICH KAEMPF	49	LOS ALTOS	CA	(19 OCT 80,CA-A)
33:55	JIM KNERR	46	SIMI VALLEY	CA	(25 MAY 80,CA-C)
34:12	LARRY FUSELIER	45	METAIRIE	LA	(4 OCT 80,NY-A)
34:35	BOB ELWOOD	45	LINCOLN	NE	(5 JUL 80,NE-A)
34:39	BEN LUNDEREE	45	COLUMBIA	MO	(27 APR 80,MO-C)
34:42	JOHN RUDBERG	45	PALOS VERDES	CA	(5 APR 80,CA-A)
34:52	GEKALD KUCH	46	CLARKSVILLE	TN	(2 NOV 80,TN-A)
34:58	DONALD COUSINS		BIG BEAR	CA	(16 MAR 80,CA-A)
34:59A	SAL LAMANDRE		METAIRIE	LA	(3 MAY 80,FL-A)
35:01	LYNN WOOD	46	BETHESDA	MD	(26 MAY 80,AL-A)
35:07	CAHIT YETER	45	BRONX	NY	(29 MAR 80,NY-A)
35:09	WALT WINDSOR				(18 MAY 80,CA-A)
35:11	MALCOLM BERTRAM	47	SYOSSET	NY	(27 SEP 80,NY-A)
35:20	RICHARD T MURPHY	46	E NORTHPORT	NY	(27 SEP 80,NY-A)
35:27	JOSEPH ERSKINE	49	BRONX	NY	(29 MAR 80,NY-A)
35:33	JIM CAVINESS	47	NOBLESVILLE	IN	(26 OCT 80,IN-A)
35:34	JOE CARY	48	SIERRA VISTA	AZ	(20 APR 80,AZ-A)
35:39A	FENNER MCCONNELL		GULF BREEZE	FL	(3 MAY 80,FL-A)
35:39A	BERNIE GAY	45		CO	(5 OCT 80,CO-A)
35:44	ROBERT BAUMER	46	CORAM	NY	(27 SEP 80,NY-A)
35:51A	BILL KENWORTHY	47			(5 OCT 80,CO-A)
35:56	GEKALD WARMOCK	46	PORTLAND	OR	(22 MAR 80,CA-A)
35:57	KEN WIDMAN	45		NY	(29 MAR 80,NY-A)
36:03	JIM GREEN	47	BEVERLY	MA	(30 MAR 80,MA-A)
36:05	GEORGE STILLMAN	47	NEW YORK	NY	(29 MAR 80,NY-A)
36:05	GEORGE CONN	45			(22 NOV 80,AL-A)
36:08	KEN ATWELL	45	BONNER SPGS	KS	(27 DEC 80,MO-A)
36:10	KARL PAHL	45	SHEBOYGAN	WI	(8 JUN 80,MI-A)
36:12	GEZA FELD	46	SYOSSET	NY	(27 SEP 80,NY-A)
36:12	JIM GANLEY	48	RENTON	WA	(28 SEP 80,WA-A)
36:21	CHARLES ANDERSON	49	SAN DIEGO	CA	(14 JUN 80,CA-A)
36:30	BILL SCHMIDT	45	FT WAYNE	IN	(26 OCT 80,IN-A)
36:35	LEWIS STERN	45	BROOKLYN	NY	(29 MAR 80,NY-A)
36:35	BILL GOOKIN	47	SAN DIEGO	CA	(5 APR 80,CA-A)
36:35A	BOB DICARLO	46		CO	(5 OCT 80,CO-A)
36:36	ERNIE YOUNG	47			(19 OCT 80,CA-A)
36:38	ARNJ NIEMAND	45		NY	(2 MAR 80,NY-A)
36:43	IAN MACINNES	45	SAN DIEGO	CA	(14 DEC 80,CA-A)
36:49	BEN LUEBBERING	46	JEFFERSON CITY	MO	(27 DEC 80,MO-A)
36:51	D EVANS	45	DEL MAR	CA	(15 JUN 80,CA-A)
37:00	ROBERT WIERMAN	47			(29 NOV 80,CA-A)
37:02	JAMES FOREMAN	46	HUNTSVILLE	AL	(26 MAY 80,AL-A)
37:06	ED GASSAWAY	46			(22 NOV 80,AL-A)
37:13	JERRY RUSHTON	45			(4 OCT 80,IN-A)
37:14	TOM GRIFFIN	45	MERIDIAN	MS	(5 APR 80,MS-A)
37:18	DAVID SEILER	49			(8 MAR 80,AL-A)
37:22	JIM BLANKINSHIP	48			(8 NOV 80,CA-A)
37:23	GRAHAM WELLS	49			(22 NOV 80,AL-A)
37:25	SCOTT WUTKINS	45			(8 NOV 80,CA-A)

MEN- 50 THRU 54

31:31	TOM LARIS	40		CA	(19 OCT 80,CA-A)
31:42	DAVID HAMBLBY	41	SEATTLE	WA	(28 SEP 80,WA-A)
31:54A	JIM EWING	41	JACKSON	MS	(3 MAY 80,FL-A)
31:55	GARY MURKCKE	40	HUNTINGTON	NY	(27 SEP 80,NY-A)
32:00	JEFF PAYNE	42			(4 OCT 80,NY-A)
32:03A	HERB LORENZ	41	WILLINGBURD	NJ	(4 JUL 80,GA-A)
32:10	JIM BUEKES	41	SANTA ROSA	CA	(6 SEP 80,CA-A)
32:25	MIKE TYNN	43	HONOLULU	HI	(5 APR 80,CA-A)
32:25	BOB FISCHER	40	HOLLIS	NY	(14 SEP 80,NY-A)
32:40	DAN CONWAY	41	CHETEK	WI	(8 JUN 80,MI-A)
32:44A	KEN WINN		STONE MTN	GA	(4 JUL 80,GA-A)
33:03	BRYAN HAWLEY	42	VIRGINIA BCH	VA	(7 DEC 80,VA-A)
33:10	EARL ELLIS	44		WA	(5 APR 80,CA-A)
33:12	CALVIN LOMIS	41			(21 JUN 80,NY-A)
33:34	LARRY FUSELIER	44	METAIRIE	LA	(5 APR 80,MS-A)
33:38	DAVID PITKETHLY	44	KIRKLAND	WA	(5 APR 80,CA-A)
33:42	JIM GALLUP	44		HI	(5 APR 80,CA-A)
33:42	JOHNNY FAEBER	44	HONOLULU	HI	(6 SEP 80,CA-A)
33:46	ROGER KUIJLER	41	LOCKPORT	IL	(8 MAR 80,AL-A)
33:47	FRITZ MUELLER	44	NEW YORK	NY	(14 SEP 80,NY-A)
33:46	RAYMOND HUGHES	41	MT BALDY	CA	(5 APR 80,CA-A)
33:55	TOM CATHCART	41		CA	(5 APR 80,CA-A)
33:57	LEONARD DUEY	41	NEW YORK	NY	(14 SEP 80,NY-A)
34:01	ROBERT PACKARD	43	FLAGSTAFF	AZ	(27 SEP 80,AZ-A)
34:02	DICK HIPPE				(5 APR 80,CA-A)
34:10	NORM SECORD	43		CA	(8 NOV 80,CA-A)
34:12	BILL PORTER	41	JULIAN	CA	(22 MAR 80,CA-A)
34:13	CAL HAMREN	CA			(5 APR 80,CA-A)
34:13	BRUCE FREDRIKSON	42		NY	(21 JUN 80,NY-A)
34:13	BILL HENDEY	41			(4 OCT 80,IN-A)
34:13	JAMES MCGUINNESS	41			(4 OCT 80,NY-A)
34:18	OSCAR MOORE	42		NY	(19 OCT 80,NY-A)
34:23	JOE BURGASSER	41	TORRANCE	CA	(5 APR 80,CA-A)
34:31	RUSSELL PICKERING	40	BELLOWS FALLS	VT	(30 MAR 80,MA-A)
34:31	PHILIP WALKDEN	41	SEATTLE	WA	(5 APR 80,CA-A)
34:35	HAROLD TINSLEY	44	HUNTSVILLE	AL	(22 NOV 80,AL-A)
34:36	EINO RUMPPANEN	CA			(5 APR 80,CA-A)
34:38	ANDRE TUCCO	CA			(5 APR 80,CA-A)
34:39	ROGER BRYAN	CA			(5 APR 80,CA-A)
34:39	CHANDLER ROBBINS	42	WASHINGTON	DC	(5 APR 80,CA-A)
34:40	JACK BLAKELY	44	ITHACA	NY	(21 JUN 80,NY-A)
34:41A	CHUCK DUNNEY	41			(5 OCT 80,CO-A)
34:43	RONALD ANDERSON	41			(12 JUL 80,WA-A)
34:51	DAVE PEELE	42	ANN ARBOR	MI	(2 AUG 80,IN-A)
34:52A	JOHN KEARNS	40			(5 OCT 80,CO-A)
34:54A	RUD RUDJERS	40	MAGNOLIA	IL	(2 MAR 80,MO-A)
34:57	WILL RASMUSSEN	40	EL CAJON	CA	(5 APR 80,CA-A)
34:57	RON GOUDEAU	41	NEENAH	WI	(8 JUN 80,MI-A)
34:57	JIM JAKS	42	HUNTSVILLE	AL	(2 NOV 80,TN-A)
34:58	ART GUERRA	40		NY	(4 OCT 80,NY-A)

MEN- 50 THRU 54

34:22	EDWARD SIABLER	51	SYRACUSE	NY	(4 OCT 80,NY-A)
34:27	TOM BAILEY	51	DENVER	CO	(4 OCT 80,NY-A)
34:57	JAN FIKKES				(25 MAY 80,CA-C)
35:21	GEORGE VERNUSKY	50	BETHESDA	MD	(1 NOV 80,VA-A)
35:26	TRACY BROWN	51			(26 APR 80,CA-A)
35:30	KENNETH JONES		LARCHMONT	NY	(5 OCT 80,NJ-A)
35:35	HERB CHISHOLM	53	ALEXANDRIA	VA	(1 JAN 80,DC-A)
35:53	ANTHONY SAPIENZA	50	BRADFORD	MA	(30 MAR 80,MA-A)
36:02	DAVE STEVENSON	52			(19 OCT 80,CA-A)
36:06	BILL FORTUNE		PEARL RIVER	NY	(5 OCT 80,NJ-A)
36:09	JOE BURNS	51	BOGOTA	NJ	(4 OCT 80,NY-A)
36:09	JOSEPH JANICEK		SUGAR LOAF	NY	(5 OCT 80,NJ-A)
36:11	CHARLES ANDERSON	50	SAN DIEGO	CA	(6 SEP 80,CA-A)
36:21	PETER WOOD	51			(19 OCT 80,CA-A)
36:34	TOM HOVLY	50	UTICA	NY	(21 JUN 80,NY-A)
36:42	DAVID DELLAR	51			(6 SEP 80,CA-A)
36:44	MARSHALL HARADEN	50	DEL MAR	CA	(5 OCT 80,CA-A)
36:49	HUMARD MILLER	53	MERCER IS	WA	(28 SEP 80,WA-A)
36:53	MYRON MEYER	53	FT WAYNE	IN	(26 OCT 80,IN-A)
36:57	BILL IKLAND	51			(21 JUN 80,NY-A)
36:57	AL TREICHEL	51	MILWAUKEE	WI	(4 OCT 80,NY-A)
36:58	RUBEN VIGIL	53	ALBUQUERQUE	NM	(5 DEC 80,NV-A)
37:04	HUGO AINSIE	50	SEATTLE	WA	(28 SEP 80,WA-A)
37:08	RICHARD WIENER	53	IRVING	TX	(4 OCT 80,NY-A)
37:12	WALT THORP	52			(12 JUL 80,WA-A)
37:17A	BILL NEACE				(1 SEP 80,GA-A)
37:17	DICK ROBINSON	50			(6 SEP 80,CA-A)
37:21	BILL STOCK	50	LA MESA	CA	(14 JUN 80,CA-A)
37:25A	WILLIAM NICHOLLS	51			(5 JUL 80,NY-A)
37:27	BUSTER TANKERSLEY	50	WAVERLY	TN	(2 NOV 80,TN-A)
37:31	ORLY KENISTON	52	SEATTLE	WA	(28 SEP 80,WA-A)
37:32	BILL PHILLIPS	52	SAN DIEGO	CA	(18 OCT 80,CA-A)
37:43	WILFRED POTTER				(22 NOV 80,AZ-A)
37:44	RODERICK JOHNSON	51	LA MESA	CA	(14 DEC 80,CA-A)
37:46	ALFRED GIVENS	50	E NORWICH	NY	(27 SEP 80,NY-A)
38:00	MAC ELLIOTT	54	PARADISE VALLEY	AZ	(8 NOV 80,AZ-A)
38:18	JAMES STOLTZFUS	53		CT	(2 MAR 80,NY-A)
38:20	JOHN GIANNOTTI	52	STATELINE	NV	(5 DEC 80,NV-A)
38:21	JIM BLOUNT	51	WINTER PARK	FL	(26 OCT 80,IN-A)
38:26	JOSEPH SIMONTE	52	NEW YORK	NY	(14 SEP 80,NY-A)
38:29	MIKE KAST	52	FT WAYNE	IN	(26 OCT 80,IN-A)
38:33	BILL ORLAND	51	GORHAM	NY	(18 MAY 80,NY-A)
38:38	GURJON SEIFERT	52			(22 NOV 80,AL-A)
38:40	FRANK LOREY	50		NJ	(29 MAR 80,NY-A)
38:40	ALFRED WEKMAN	51	SEATTLE	WA	(28 SEP 80,WA-A)
38:41	ROGER WILCOX	51	COLORADO SPGS	CO	(17 AUG 80,CO-A)
38:47	BUD RAWN				(22 NOV 80,AZ-A)
38:48	GUY FROEHLIG	50	GLEN COVE	NY	(27 SEP 80,NY-A)
38:50	DICK COLTRELL		PALM SPRINGS	CA	(16 MAR 80,CA-A)
38:50	R WHITE	50	SAN FRANCISCO	CA	(27 JUL 80,CA-A)

MEN- 55 THRU 59

34:00	JIM O NEIL	55	SAN DIEGO	CA	(19 OCT 80,CA-A)
36:31	JERRY MORRISON	56	KANSAS CITY	MO	(10 MAY 80,KS-A)
37:03	KAY GIL	55	LOMPOC	CA	(25 MAY 80,CA-C)
37:33	EVAN KANE	55	N PROVIDENCE	NJ	(2 MAR 80,NY-A)
37:42	AUGUSTUS PRINCE	56		NY	(4 OCT 80,NY-A)
38:22	HUBERT MORGAN	58	SAYRE	PA	(4 JUL 80,NY-A)
38:24	JAMES MCCOY	58	EVERETT	WA	(28 SEP 80,WA-A)
38:35	ART MULZMAN	57	SAN DIEGO	CA	(29 NOV 80,CA-A)
38:41	NOGUS MCINTOSH	55	TULSA	OK	(16 AUG 80,OK-A)
38:42	AVERY BRYANT	56	PALOS VERDES	CA	(25 MAY 80,CA-C)
38:53	WALTER E BROWN	55	HOWARD BCH	NY	(27 SEP 80,NY-A)
39:20	ELLIOTT GALLOWAY	59		GA	(3 MAY 80,GA-A)
39:21	KEITH ASBKIGHT	56			(6 SEP 80,CA-A)
39:25A	BOB CARLSON	55		CO	(5 OCT 80,CO-A)
39:26A	ROGER CISNEKOS	56		CO	(5 OCT 80,CO-A)
39:30	MILLARD SHUMATE	59	TAMPA	FL	(4 JUL 80,FL-A)
39:33	GEORGE LOCULANO	56	AUBURN	NY	(21 JUN 80,NY-A)
39:35	FRANCIS KELLEY	58	DAKTON	VA	(6 DEC 80,DC-A)
40:08	BOB MARTIN	59	TUCSON	AZ	(23 MAR 80,AZ-A)
40:13	BILL SCHMITT	58	GODFREY	IL	(18 MAR 80,MO-A)
40:27	HAL M JONES	58	FT WALTON BCH	FL	(8 MAR 80,AL-A)
40:31	LUIS OJEDA	56	SAN DIEGO	CA	(6 SEP 80,CA-A)
40:37A	THOMAS GIBBONS	59			(5 JUL 80,NY-A)
40:47	GILES TUMLINSON	55	ANGOLA	IN	(26 OCT 80,IN-A)
40:48A	BOB LEHMERT	58			(5 OCT 80,CO-A)
40:57A	HUGH PASCOE	55			(5 OCT 80,CO-A)
40:59A	LEONARD MOSKOVIT	57			(5 OCT 80,CO-A)
41:09	JOHN WHITNEY	55	SYRACUSE	NY	(21 JUN 80,NY-A)
41:10	VICTOR CONFORTI	56			(29 MAR 80,NY-A)
41:28A	VICTOR STONE	55			(5 OCT 80,CO-A)
41:33	BOB MULLER	55		NY	(11 NOV 80,NY-A)
41:39	STANLEY EDELMAN	55	NEW YORK	NY	(29 MAR 80,NY-A)
41:49	ARNOLD FREIDMAN	58			(3 MAY 80,GA-A)
42:01	JACK MUSES	58			(17 AUG 80,CO-A)
42:05	BEN RUF	55			(18 MAY 80,MO-A)
42:15	JOHN BATES	56	ENDICOTT	NY	(4 JUL 80,NY-A)
42:19	DAVID MIDDLETON	57	SHREVEPORT	LA	(4 OCT 80,AR-A)
42:23	CHARLES HARRINGTON	58	GULFPORT	MS	(5 APR 80,MS-A)
42:29	ELVER GASTON	57			(14 JUN 80,KY-A)
42:46	ROGER BUHMAN	56			(21 JUN 80,NY-A)
42:47	ED STUCKEY	55	CULLMAN	AL	(26 MAY 80,AL-A)
42:54	WALLACE ASH	55	DEWITT	IA	(26 MAY 80,IA-A)
42:56A	ROSS SPECK	55			(5 OCT 80,CO-A)
42:59	ROBERT L COLEMAN	56	CLINTON	MS	(5 APR 80,MS-A)
43:01	JOHN SERRIE	55			(8 MAR 80,AL-A)
43:03	JIM DAWSON	58	WINTHROP	MA	(30 MAR 80,MA-A)
43:03	FRANK HOLBY	55	VESTAL	NY	(22 NOV 80,AL-A)
43:06	BILL STYLE	55	GREEN BAY	WI	(8 JUN 80,WI-A)
43:10	DON CUSHMAN	59	STURGEON BAY	WI	(8 JUN 80,WI-A)
43:22	DICK WALSH	57	LAS VEGAS	NV	(5 DEC 80,NV-A)

MEN- 60 THRU 64

39:59A	JOSEPH SILBER	65			(5 JUL 80,NY-A)
42:43	RAY PEISER	66			(29 MAR 80,NH-A)
43:43A	JOHN HOLYCKE	65			(5 OCT 80,CO-A)
44:14	JOSEPH GALABURRI	69	NEW YORK	NY	(29 MAR 80,NY-A)
44:27	JOHN OKALOSKI	65			(18 MAY 80,MO-A)
44:31	LARRY PATTERSON	65	ST JAMES	MO	(5 DEC 80,NV-A)
45:11A	JOHN DELTMAN	68	FT WALTON BCH	FL	(22 NOV 80,FL-A)
45:13	EAKL WERT	66	MOBILE	AL	(6 MAR 80,AL-A)
45:20E	DAVE J HALL	65	TUCSON	AZ	(23 MAR 80,AZ-A)
45:32	CLEJ CASADY	66	SPRINGFIELD	MO	(14 JUN 80,MO-A)
46:36	BILL DYER	66	MISSION	KS	(27 DEC 80,MO-A)
47:01	JIM FLORES	65			(8 NOV 80,CA-A)
47:40	AL CLARK	66	PRESCOTT	AZ	(27 SEP 80,AZ-A)
47:44	VERNON GEARY	68	WILLIAMSBURG	VA	(11 OCT 80,VA-A)
48:41	ERNEST PIERCE	65			(25 MAY 80,CA-B)
48:47	GERALD SATTERLEE	66	SEATTLE	WA	(28 SEP 80,WA-A)
48:57	WARREN WIGGINS	65	CLINTON	IA	(26 MAY 80,IA-A)
51:05	WALT WESTERHOLM	65		NY	(29 MAR 80,NY-A)
51:10	CARL SCHULER	65			(23 JUN 80,CA-A)
51:17	ALBERT CLAPP	65			(6 SEP 80,CA-A)
51:31	FRED KUSCH	67			(5 OCT 80,CA-A)
51:34	GYPSY BOOTS	69	LOS ANGELES	CA	(5 DEC 80,NV-A)
51:40A	LES PATON	66	ST LOUIS	MO	(2 MAR 80,MO-A)
52:35	HERB PARKER	69	TEXARKANA	AR	(4 OCT 80,AR-A)
52:54	HOWARD CAULKI	69	OREGON	MO	(3 AUG 80,MO-A)
53:02	MILTON WOOD	65	SPRINGFIELD	VA	(1 NOV 80,VA-A)
53:20	DUN REICH	65			(27 SEP 80,CA-A)
53:56	GEORGE JACOBSON	68	RENTON	WA	(28 SEP 80,WA-A)
54:40	NORMAN NAIL	65	ARNOLD	MO	(18 MAY 80,MO-A)
55:35	ED BARNES	66			(25 MAY 80,CA-B)
56:01	JOHN GOODWIN	67			(22 NOV 80,AL-A)
56:03	JOHN WAIT	65			(22 NOV 80,AL-A)
57:22A	WILEY HILL	67	FT WALTON BCH	FL	(22 NOV 80,FL-A)
57:35	DWIGHT CALVERT	65			(16 AUG 80,CA-A)
57:59A	MAX STAUFFER	67			(5 OCT 80,CO-A)
58:02	STANLEY GLYNN	69	NEW YORK	NY	(29 MAR 80,NY-A)
58:15	JAMES HALE	66			(22 NOV 80,AL-A)
58:22	CHANG HO KUNG	68	NEW YORK	NY	(14 SEP 80,NY-A)
59:42	LOUIS KANTER	67	HUNTINGTON	NY	(27 SEP 80,NY-A)
1:00:05	HENRY FRENCH	68	WINTHROP	MA	(30 MAR 80,MA-A)
1:00:31	FRED NICHOLS	68			(3 MAY 80,GA-A)
1:00:36	WILLIAM JONES	69	NEW YORK	NY	(14 SEP 80,NY-A)
1:01:59	JAMES JAY	66		NY	(29 MAR 80,NY-A)
1:02:57	TALHAGE LOVELADY	65			(2 AUG 80,CA-A)
1:03:46	STOKE WESTCOTT	67	CRESTWOOD	MO	(18 MAY 80,MO-A)
1:05:51	ED GRANDWITZ	66	NEW YORK	NY	(2 MAR 80,NY-A)
1:06:00	EMBRY MILNER	66	NASHVILLE	TN	(26 MAY 80,AL-A)
1:07:03	SAM POMERANTZ	67	NEW YORK	NY	(29 MAR 80,NY-A)
1:08:22	CLARENCE MCCOMAS	68			(12 JUL 80,WA-A)
1:10:07	DAVID BREWER	66	CHICAGO	IL	(2 NOV 80,IL-A)

MEN- 65 THRU 69

38:23	DON LONGENECKER	64	SILVER CITY	NM	(17 AUG 80,CO-A)
38:46A	GEORGE SHEEHAN	61	RED BANK	NJ	(5 JUL 80,NY-A)
38:52	ED LEWIN				(25 MAY 80,CA-C)
39:09	ROBERT DELLMO	62	SPOKANE	WA	(12 JUL 80,WA-A)
39:45	BOB HOKMAN	62		VA	(6 DEC 80,DC-A)
39:53A	TAD DOBBS	60	PENSACOLA	FL	(3 MAY 80,FL-A)
40:02	FRANK GREY	60	POULSBORO	WA	(28 SEP 80,WA-A)
40:16	JOHN LAFFERTY	62	SAN DIEGO	CA	(5 DEC 80,NV-A)
41:34	PHIL CASTLE	62			(14 JUN 80,CA-A)
41:41	STEVE RICHARDSON	60	RIVERSIDE	CT	(11 NOV 80,NY-A)
41:46	RUFUS SCHATZBERG	62	BRONX	NY	(29 MAR 80,NY-A)
41:52A	GASTON LIPSCOMB		DEMOPOLIS	AL	(3 MAY 80,FL-A)
41:58	DONALD OILWORTH	61			(25 MAY 80,CA-B)
42:12	BOB MARTIN	60	TUCSON Tucson	AZ	(14 DEC 80,AZ-A)
42:21	ALBERT GULDSTEIN	60	BROOKLYN	NY	(29 MAR 80,NY-A)
42:21	LOUIS ROCHA	60	POWAY	CA	(8 NOV 80,CA-A)
42:30	P DIMITRUK	61	SAN DIEGO	CA	(15 JUN 80,CA-A)
42:36	WENDELL PARSON	60	ANDERSON	IN	(26 OCT 80,IN-A)
42:37	HAROLD ELRICK	62	BONITA	CA	(14 DEC 80,CA-A)
42:50	WAYNE ZOOK	63	SAN DIEGO	CA	(2 AUG 80,CA-A)
42:53	ROBERT MCWICKER	60			(21 JUN 80,NY-A)
43:11	NATHANIEL WHITE	60	FAYETTEVILLE	NY	(21 JUN 80,NY-A)
43:46	ROBERTO RENNY	62		NY	(2 MAR 80,NY-A)
43:49	WILFREDO RIOS	63	LITTLE NECK	NY	(14 SEP 80,NY-A)
43:54	COKEY DAMAN	61	VIRGINIA BCH	VA	(7 DEC 80,VA-A)
44:01	WOODROW DERBY	61	SAN DIEGO	CA	(15 JUN 80,CA-A)
44:18	MERLE ROSE	64	SAN DIEGO	CA	(14 DEC 80,CA-A)
44:40	VIC GRUENING	62	SEATTLE	WA	(28 SEP 80,WA-A)
44:47	R GEORGE	62	WOODLAND HLS	CA	(15 JUN 80,CA-A)
44:47	WILLIAM FARRELL				(22 NOV 80,AZ-A)
44:53	JERRY ROSENTHAL	64			(5 OCT 80,NJ-A)
45:04	WALT KHEIMAN	60			(1 NOV 80,VA-A)
45:17	BOB MASON				(16 NOV 80,AZ-A)
45:19	SEF TORRES	63	SAN DIEGO	CA	(8 NOV 80,CA-A)
45:30A	JOE MCGINNESS	63	LOOMOUT HTM	TN	(11 OCT 80,TN-A)
45:41	OSCAR HARTMANN	63			(18 MAY 80,MO-A)
45:49	ROBERT COWAN	62	SHREVEPORT	LA	(4 OCT 80,AR-A)
45:50	RICHARD ELTON			AZ	(19 OCT 80,AZ-A)
46:07	MAHLOW DECKWITH	60			(14 DEC 80,CA-A)
46:14	MARCEL PATRAS				(27 SEP 80,AZ-A)
46:23A	RICHARD SASSER	63	PENSACOLA	FL	(22 NOV 80,FL-A)
46:27	BERNARD HAMLEY	61	CHESTNUT HILL	MA	(30 MAR 80,MA-A)
46:34	AP ISOM	61	SAN DIEGO	CA	(5 DEC 80,NV-A)
46:36	L LEDNARD	60	SAN DIEGO	CA	(15 JUN 80,CA-A)
46:41	CLIFTON WILSON	60	TUCSON	AZ	(20 APR 80,AZ-A)
46:51A	OLINDO GIRARD	61			(5 OCT 80,CO-A)
47:08	CHARLES DOUGLAS	63			(22 NOV 80,AL-A)
47:09A	HERB SPITTLER				(11 OCT 80,TN-A)
47:24	GEORGE BOULDEN	64			(12 JUL 80,WA-A)
47:27	DONALD DENEEN	61			(8 MAR 80,AL-A)

MEN- 70 THRU 74

42:08	MONTY MONTGOMERY	73	SHERMAN OAKS	CA	(25 MAY 80,CA-C)
43:49	L L DABY	70	PRESCOTT	AZ	(22 NOV 80,AZ-A)
46:37	NORMAN BRIGHT	70	SEATTLE	WA	(28 SEP 80,WA-A)
46:40	ED WIBERG	72	FLINT	MI	(27 APR 80,OH-A)
49:43	CHARLES HACKENHEIMER	73	CENTRAL SQ	NY	(21 JUN 80,NY-A)
50:49	RAY SEARS	73	SHELBYVILLE	IN	(6 SEP 80,IN-A)
51:01	GEORGE SMALL	72	SAN DIEGO	CA	(14 DEC 80,CA-A)
51:26	HENRY BERLIN				(22 NOV 80,AZ-A)
51:44	CARL STROUD	72			(5 OCT 80,CA-A)
52:25	WAYNE MCLEOD				(22 NOV 80,AZ-A)
52:26	GLEN CALMES	72			(3 MAY 80,GA-A)
54:13	WILLARD BENTON	76	SAN DIEGO	CA	(28 JUN 80,CA-A)
54:23	ANTHONY DENARCIS	70	ALBUQUERQUE	NM	(5 DEC 80,NV-A)
54:35	JOE HAASE	71			(14 JUN 80,KY-A)
54:37	JACK GARNER	75	ANGOLA	IN	(26 OCT 80,IN-A)
54:56	LUCIAN SALAZAR	73	SAN DIEGO	CA	(25 OCT 80,CA-A)
55:30	MAX POPPER	77		NY	(14 SEP 80,NY-A)
55:30	DAMON HIERONYMUS	71	SEDALIA	MO	(27 DEC 80,MO-A)
55:54	GREG WHITE	74			(17 AUG 80,CO-A)
56:48	BEN AVERY				(4 OCT 80,AZ-A)
59:10	WADE LEBOLD				(19 OCT 80,AZ-A)
1:00:51	DWAYNE BLAIR				(22 NOV 80,AZ-A)
1:03:25	JAMES MCKEEMAN	71			(12 JUL 80,WA-A)
1:05:18	ROBERT WALLACH	78	NEW YORK	NY	(29 MAR 80,NY-A)
1:06:17	RALPH COCHRANE	72	WINTHROP	MA	(30 MAR 80,MA-A)
1:06:37	REGINALD ARNOLD				(19 OCT 80,AZ-A)
1:07:16	J HANNA	71	SAN DIEGO	CA	(15 JUN 80,CA-A)
1:21:10	AL TUCKER	72	SAN MATEO	CA	(25 MAY 80,CA-A)

MEN- 75 AND OVER

1:07:36	NOEL JOHNSON	81	SAN DIEGO	CA	(14 DEC 80,CA-A)
1:15:49	IVOR WELCH	85	PACIFICA	CA	(19 JET 80,CA-A)
1:22:50	JOSEPH JOHNSON	81			(12 JUL 80,WA-A)
1:24:02	THOMAS PAGAN	81	HILLSBORO BCH	FL	(11 OCT 90,VA-A)

Race Directors

Please submit all results promptly to the *National Masters Newsletter*, P.O. Box 2372, Van Nuys, CA 91404 and to the National Running Data Center, Box 42888, Tucson, AZ 85733. Please be sure to show the date, location and distance, 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 finishers, with name, age, sex, hometown, and finish time of each. It's important that the NRDC get such complete results in order to give all your runners credit in national records and rankings.

WOMEN- 35 THRU 39

34:23	JUDY FOX	39	CA	(5 APR 80,CA-A)
35:56	FORD MADEIRA	35	SHERBORN	MA (13 OCT 80,MA-A)
37:43	MADELINE HARMELING	35	HUNTINGTON	NY (27 SEP 80,NY-A)
37:56	ANNE WRIGHT	35	GA	(4 OCT 80,FL-A)
38:06	MARY J BART	38	CONCORD	NH (13 OCT 80,MA-A)
38:12	SUZANNE HUNTER	37	LINCOLN	MA (13 OCT 80,MA-A)
38:14	SUE PETERSEN	35	LAGUNA BCH	CA (16 MAR 80,CA-A)
38:18A	LILA BRASHER	37	ATLANTA	GA (1 SEP 80,GA-A)
38:26	BOBBY KOTHMAN	35	MILLER PLACE	NY (13 OCT 80,MA-A)
38:36	BARB RASMUSSEN	35	FL	(6 SEP 80,CA-A)
39:08	ANNA THORNHILL	39	NEW YORK	NY (29 MAR 80,NY-A)
39:19	ELIZABETH HARSHBARGER	37	CAMBRIDGE	MA (13 OCT 80,MA-A)
39:29	IRENE RUDOLF	38	SAN FRANCISCO	CA (2 MAR 80,CA-A)
39:43	ANDREA HATCH	37	HINGHAM	MA (13 OCT 80,MA-A)
39:46	BETTE POPPERS	37	LITTLETON	CO (4 OCT 80,NY-A)
39:47	LINDA THURSTON	38	SOMERVILLE	NJ (6 JUN 80,NY-A)
39:48	DURJITH LASH	37	PHOENIX	AZ (19 OCT 80,AZ-A)
39:54	HIDEKO PIRIE	35	FAIRFAX	VA (6 JUN 80,NY-A)
39:57	CHERYL MARTIN	36	SAN DIEGO	CA (14 DEC 80,CA-A)
40:07	MAUREEN BATEMAN	36	NEW YORK	NY (29 MAR 80,NY-A)
40:12	BARBARA PIKE	39	CONCORD	MA (13 OCT 80,MA-A)
40:13	ELFRIEDA WYNER	38	FL	(4 OCT 80,FL-A)
40:20	RUTH BLAKESLEE	35	NEW YORK	NY (6 JUN 80,NY-A)
40:39	LOLITIA BACHE	38	SAN DIEGO	CA (5 APR 80,CA-B)
40:40	CAROL STROUD	37	CA	(2 MAR 80,CA-A)
40:41	ROBIN VILLA	37	NEW YORK	NY (13 OCT 80,MA-A)
40:42	SUSAN GUERTIN	39	MARBLEHEAD	MA (13 OCT 80,MA-A)
40:53	CAROLE HERRICK	39	MCLEAN	VA (6 JUN 80,NY-A)
40:54	CATHERINE FARRELL	35	ARLINGTON	MA (6 JUN 80,NY-A)
41:16	CATHY FOGARTY	38	FL	(29 NOV 80,CA-A)
41:17A	NANCY GOSIL	37	NY	(5 OCT 80,CO-A)
41:18	DIANE PAGE	36	MA	(4 MAY 80,SO-A)
41:23	KAARINA UUTINEN	38	NEW YORK	NY (13 OCT 80,MA-A)
41:28	CHOD CURFIELD	38	NEW YORK	NY (29 MAR 80,NY-A)
41:28	MARY SCHERR	36	BUSTON	MA (13 OCT 80,MA-A)
41:41	CAROL NEWBY	35	FL	(4 OCT 80,FL-A)
41:43	KATHERINE BLAKE	36	NEWBURYPORT	MA (13 OCT 80,MA-A)
41:44A	PENNY KAISER	36	MA	(1 SEP 80,GA-A)
41:47	DOTTY FINE	36	BOSTON	MA (13 OCT 80,MA-A)
41:51	DONNA M McDONALD	35	MIDDLEBURY	MA (13 OCT 80,MA-A)
41:52	PATSY MARGOLIN	39	NEW YORK	NY (29 MAR 80,NY-A)
41:59	DIANE STOCKLIN	39	CA	(5 APR 80,CA-B)
42:02	ELAINE FREDRICKSON	37	WOODINVILLE	WA (28 SEP 80,WA-A)
42:06	DIANE HUMPHREY	37	MOLINE	IL (26 MAY 80,IA-A)
42:10	BARBARA A WILLIS	36	LEVERETT	MA (13 OCT 80,MA-A)
42:15A	CAROL DILLON	37	CA	(1 SEP 80,GA-A)
42:19	BARBARA PORTER	37	SAN DIEGO	CA (14 DEC 80,CA-A)
42:22	PAT WHITTINGSLOW	39	CA	(2 MAR 80,CA-A)
42:22	DONNA PFEFFER	35	ELKHART	IN (26 OCT 80,IN-A)
42:26	LUNA MONTE	38	NEW YORK	NY (6 JUN 80,NY-A)

WOMEN- 45 THRU 49

36:29	MILA KANIA	49	WARWICK	NY (5 OCT 80,NJ-A)
38:31	DOROTHY STOCK	48	LA MESA	CA (5 OCT 80,CA-A)
40:05	MARY CZARAPATA	45	NEW BERLIN	WI (4 OCT 80,NY-A)
41:02	NICKI HUBSON	49	DEL MAR	CA (5 APR 80,CA-A)
41:04	HELENE LAURENT	46	CA	(8 NOV 80,CA-A)
41:16	NANCY MCCORMACK	45	OMAHA	NE (27 APR 80,MO-B)
41:16	HELEN HAMILTON	49	CONCORD	NH (13 OCT 80,MA-A)
41:45	CHRISTA CURTIS	48	DURHAM	NH (13 OCT 80,MA-A)
42:02	MARGARETE DECKERT	47	LAGRANGEVILLE	NY (6 JUN 80,NY-A)
42:43	RUTH WATERS	49	CA	(19 OCT 80,CA-A)
42:44	RUTH JOHNSON	48	WILMINGTON	MA (30 MAR 80,MA-A)
42:45	RUTH KUYKENDALL	45	MA	(22 NOV 80,AL-A)
43:23	CYNTHIA ELLIMAN	47	STOWE	VT (13 OCT 80,MA-A)
43:27	ALICE TAGGARES	49	BELLEVUE	WA (28 SEP 80,WA-A)
43:30	MARTHA MARICLE	46	SAN FRANCISCO	CA (2 MAR 80,CA-A)
43:40	KATHY BRIEGER	48	CA	(19 OCT 80,CA-A)
44:03	SHIRLEY TAYLOR	47	TOLEDO	OH (2 AUG 80,IN-A)
44:06	CHARLOTTE MARTINEZ	46	ARVADA	CO (17 AUG 80,CO-A)
44:13	MARCIA MELLETT	45	STAMFORD	CT (6 JUN 80,NY-A)
44:46	BARBARA ROBINSON	47	NAHANT	MA (13 OCT 80,MA-A)
44:48	KARIN FATE	47	CAMBRIDGE	MA (13 OCT 80,MA-A)
44:53	CYNTHIA FULENWIDER	47	CONCORD	MA (13 OCT 80,MA-A)
44:59	ELSA EVANS	45	LA JOLLA	CA (5 APR 80,CA-A)
44:59	SUZI GILLIS	46	CA	(5 APR 80,CA-B)
45:14	JOYCE FLETCHER	45	NEW YORK	NY (14 SEP 80,NY-A)
45:16	MARIA SHOEMAKER	47	WINDSOR	VT (13 OCT 80,MA-A)
45:23	MARY MACFARLANE	45	RICHMOND	VA (7 DEC 80,VA-A)
45:32	GERI OWENS	45	NEW PALTZ	NY (6 JUN 80,NY-A)
45:37E	MARGARET D MILLER	45	WINCHESTER	MA (13 OCT 80,MA-A)
45:52	JOYCE LAFEBVRE	49	WHITE BEAR LK	CA (5 APR 80,CA-B)
45:55	MARJORIE KRUEGER	46	SYOSSET	NY (27 SEP 80,NY-A)
45:56	JU FORTUNE	47	MA	(25 MAY 80,CA-B)
46:01	FATIMA ALI	46	PHILADELPHIA	PA (6 JUN 80,NY-A)
46:02E	PATRICIA B MILLER	45	E SWANZEY	NH (13 OCT 80,MA-A)
46:10	ANNE BUJD	46	DURHAM	NC (24 MAY 80,NC-A)
46:25	BARBARA FRANCESCHINI	47	YONKERS	NY (6 JUN 80,NY-A)
46:30	SOCORRO REED	46	CA	(3 MAY 80,GA-A)
46:33	FRANCIS ADAMS	47	VIRGINIA BCH	VA (7 DEC 80,VA-A)
46:36E	JOYCE HALS	48	LEXINGTON	MA (13 OCT 80,MA-A)
46:49	ALICE LEIGHT	47	CA	(2 AUG 80,CA-A)
46:53	LAURETTE RINDLAUB	46	RIVERSIDE	CT (6 JUN 80,NY-A)
46:58	KAY FUX	47	CA	(5 APR 80,CA-B)
47:00	LASSIE BRAUTIGAM	47	MA	(4 OCT 80,NY-A)
47:04E	ELISE WALLACE	47	SHERBORN	MA (13 OCT 80,MA-A)
47:10	ANITA MILLER	45	CA	(8 NOV 80,CA-A)
47:13	CARROLL D CONNER	49	CA	(2 MAR 80,CA-A)
47:13E	PAULINE JOHNSTON	48	BOW	NH (13 OCT 80,MA-A)
47:15	KATHERINE KNIGHT	45	NEW YORK	NY (6 JUN 80,NY-A)
47:20	GLORIA NYCUM	45	FT WAYNE	IN (2 AUG 80,IN-A)
47:22	BEATRICE DJLAN	48	W MILLINGTON	NJ (6 JUN 80,NY-A)

WOMEN- 40 THRU 44

38:27	SANDRA KNOTT	42	CLEVELAND	OH (4 OCT 80,NY-A)
38:48	ANNA THORNHILL	40	NEW YORK	NY (27 SEP 80,NY-A)
39:15A	NANCY PARKER	43	ATLANTA	GA (4 JUL 80,GA-A)
39:34	HERMINE BARTEE	41	NEW YORK	NY (6 JUN 80,NY-A)
39:36	SUSAN REDFIELD	41	MARBLEHEAD	MA (13 OCT 80,MA-A)
39:37	JULIANNE GRACE	42	NEW CANAAN	CT (13 OCT 80,MA-A)
39:39	VICKI BIGELOW	41	CA	(2 MAR 80,CA-A)
39:47	CINDY MCELWAIN	41	HARVARD	MA (13 OCT 80,MA-A)
39:51	JENNIFER WRIGHT	44	INDIO	CA (5 APR 80,CA-A)
39:56	POLLY SCHONFELD	41	NEW YORK	NY (6 JUN 80,NY-A)
39:57	CHRISTA ROMPPANEN	41	MALIBU	CA (6 SEP 80,CA-A)
40:17	BETSY D NEILL	41	WANTAGH	NY (27 SEP 80,NY-A)
40:24	JUDITH GROOMBRIDGE	40	SEATTLE	WA (5 APR 80,CA-A)
40:35	AGATHA-SUE LEE	40	CA	(5 APR 80,CA-A)
40:36	JOANNE WICHAY	43	CA	(5 APR 80,CA-A)
40:39	PATRICIA BESSEL	42	GRAND IS	NY (22 JUN 80,NY-A)
40:40	LYNNE LAUCK	41	PITTSFORD	NJ (13 OCT 80,MA-A)
40:45	NOEL MURCHIE	44	HONOLULU	HI (6 SEP 80,CA-A)
40:46	MARY CZARAPATA	44	NEW BERLIN	WI (27 APR 80,MO-B)
40:46	NINA KUSCISIK	41	HUNTINGTON STN	NY (27 SEP 80,NY-A)
40:51	CAROLYN CAPPETTA	44	CONCORD	MA (13 OCT 80,MA-A)
41:03	BETSY HARROWER	42	ARVADA	CO (5 APR 80,CA-B)
41:22	ANNE GYNNIE	40	BOW	NH (13 OCT 80,MA-A)
41:27	DIANE STOCKLIN	40	CA	(2 AUG 80,CA-A)
41:32	FAYE HELDUORN	43	SAN DIEGO	CA (14 DEC 80,CA-A)
41:49A	JUDY TAYLOR	41	CA	(1 SEP 80,GA-A)
41:49	CARRIE PARSI	41	LEXINGTON	MA (13 OCT 80,MA-A)
41:52	PATRICIA WHITTINGSLOW	40	CA	(5 APR 80,CA-A)
41:59	JUDY SPLITGERBER	40	SAN DIEGO	CA (29 NOV 80,CA-A)
42:00	MARILYN ONGLEY	41	SAN DIEGO	CA (14 DEC 80,CA-A)
42:02	JANE RASMUSSEN	43	CONCORD	MA (13 OCT 80,MA-A)
42:12	SUE STRICKLIN	42	SAN FRANCISCO	CA (5 APR 80,CA-A)
42:13	ANNE VANDERHUFF	42	BOTHELL	WA (5 APR 80,CA-A)
42:17	MIHI LERNER	43	NY	(29 MAR 80,NY-A)
42:17	ANITA THOMAS	40	NORTHPORT	NY (27 SEP 80,NY-A)
42:18	MAE CLEVELAND	40	CA	(4 OCT 80,FL-A)
42:27	MARLENA ATAMANUIK	42	TOPSFIELD	MA (6 JUN 80,NY-A)
42:31	PATRICIA QUIANA	40	COLD SPRING	NY (6 JUN 80,NY-A)
42:33	JOAN DON	41	CA	(2 MAR 80,CA-A)
42:48	MARILYN DAVIS	40	CA	(4 OCT 80,NY-A)
42:49	UNA MARIE PIERCE	41	CA	(14 JUN 80,CA-A)
42:57	HELEN REED	44	MURFREESBORO	TN (2 NOV 80,TN-A)
42:59	PATTY LEE PARNALEE	40	NEW YORK	NY (6 JUN 80,NY-A)
43:10	BETTY WOOD	40	SAN DIEGO	CA (5 APR 80,CA-A)
43:12	SANDRA KLEIDERMAN	41	BROOKLINE	MA (13 OCT 80,MA-A)
43:13	NANCY O FALLON	42	NAPERVILLE	IL (2 NOV 80,IL-A)
43:20	SARARA BALFOUR	44	NEW YORK	NY (6 JUN 80,NY-A)
43:21	MARNIE U BRIEN	43	CA	(17 AUG 80,CO-A)
43:23	DIANE HEADDEN	42	VIRGINIA BCH	VA (11 OCT 80,VA-A)
43:24	GLORIA JENKINS	42	MT HOLLY	NJ (6 JUN 80,NY-A)

WOMEN- 50 THRU 54

38:46	MARGARET MILLER	54	THOUSAND OAKS	CA (25 MAY 80,CA-C)
39:46	ANNE JOHNSON	52	OLIVENHAIN	CA (14 DEC 80,CA-A)
40:01	MARION IRVINE	50	SAN RAFAEL	CA (2 MAR 80,CA-A)
40:17	RUTH ANDERSON	50	OAKLAND	CA (5 APR 80,CA-A)
41:00	RUTH WEBBER	52	LONGMEADOW	MA (13 OCT 80,MA-A)
41:30	JANET GREDA	54	STONE RIDGE	NY (6 JUN 80,NY-A)
41:24	PAULINE VIGIL	52	CO	(4 OCT 80,NY-A)
41:45	NOLA BRUHN	51	SEATTLE	WA (5 APR 80,CA-A)
41:46	BERYL SKELTON	51	CA	(4 OCT 80,NY-A)
41:53	KACIEL BOURN	50	FAIRFAX	VA (6 JUN 80,NY-A)
41:59E	JEAN PRENDERGAST	51	FOXBORO	MA (13 OCT 80,MA-A)
41:38	ETHEL MAY COURIAN	52	CA	(5 OCT 80,CA-A)
47:00	MARCIA SPAETH	51	CORTLAND	NY (21 JUN 80,NY-A)
47:09	RUTH PDGUE	54	SAN DIEGO	CA (8 NOV 80,CA-A)
47:41	JOAN DODGE	51	LEAVENWORTH	KS (27 APR 80,MO-B)
48:05	LILLIAN MILLER	54	LOMA LINDA	CA (16 MAR 80,CA-A)
48:14	LYA KILLIAN	51	NEW YORK	NY (6 JUN 80,NY-A)
48:17	ALENE PARK	54	HUNTSVILLE	AL (26 MAY 80,AL-A)
48:30	CAROLYN GOSSARD	50	SEATTLE	WA (28 SEP 80,WA-A)
48:39	VIVIAN KAWA	50	BRISTOL	IN (26 OCT 80,IN-A)
48:51	ADELE MILICEVIC	50	GREENVILLE	SC (24 MAY 80,NC-A)
49:02	GARTHEDON EMBLER	52	DENVER	CO (5 OCT 80,CO-A)
49:11A	DORIS LEHNERT	54	MA	(18 MAY 80,MO-A)
49:18	PAT WIESNER	51	SAN DIEGO	CA (8 NOV 80,CA-A)
49:21	MERRY VAN SANT	50	AN DIEGO	CS (5 APR 80,CA-B)
49:28	VIRGINIA MCLAUGHLIN	54	EL CAJON	CA (29 NOV 80,CA-A)
49:51	ALICE SCOTT	52	RUMSON	NJ (6 JUN 80,NY-A)
49:57	ANNA RUSH	50	NEW YORK	NY (2 MAR 80,NY-A)
49:58	CHRISTINE DICKINSON	52	RIVERDALE	NY (6 JUN 80,NY-A)
50:00	JUDY OH	52	SUMMIT	NJ (6 JUN 80,NY-A)
50:08	JOAN NIX	50	TUCSON	AZ (23 MAR 80,AZ-A)
50:35E	PAT MARTIN	50	CA	(1 SEP 80,GA-A)
50:54A	DORIS ROBINSON	50	WANTAGH	NY (6 JUN 80,NY-A)
50:58	FAIRLEE CARROLL	51	RENTON	WA (28 SEP 80,WA-A)
51:04	RENEE KAMINSKINE	54	AZ	(22 NOV 80,AZ-A)
51:17	TAMI MITSUI	54	YORKTOWN	VA (7 DEC 80,VA-A)
51:20	GRACE GAMMILL	51	KANSAS CITY	MO (27 APR 80,MO-B)
51:30	JEANNE NELSON	50	FONTANA	CA (16 MAR 80,CA-A)
52:00	BETTY ROBINSON	51	MORRISTOWN	NJ (6 JUN 80,NY-A)
52:08	BEATRICE LOVELL	50	BROOKLYN	NY (6 JUN 80,NY-A)
52:13	SHIRLEY FORSYTHE	50	EL CAJON	CA (5 APR 80,CA-B)
52:19	MABEL PITTEROFF	53	SAN DIEGO	CA (5 APR 80,CA-B)
52:22	JOYCE KUSCHKE	52	BROOKLYN	NY (14 SEP 80,NY-A)
52:24	LILLIAN LAKRIER	52	BELLPORT	NY (7 AUG 80,NY-A)
52:35	PEGGY NAAS	50	CA	(22 NOV 80,AZ-A)
52:38	TERESA COMPTON	50	CA	
52:43	GUILLERMA BORDONABA	50	CA	
52:45	ANNE NAUMAN	52	CA	
52:46	ANNIE BUCCI	52	CA	
52:50	CAROLINE EARL	52	CA	

WOMEN- 55 THRU 59

41:54	MARY STOREY	56	RIVERSIDE	CA	(2 AUG 80,CA-A)
42:10	HELEN DICK	55	LOS ANGELES	CA	(25 MAY 80,CA-C)
42:11	KAINO SYVARI	56	FITCHBURG	MA	(13 OCT 80,MA-A)
42:15	RUBY TAKI				(25 MAY 80,CA-C)
45:56	ANNE TRIGG	56	ST PETERSBURG	FL	(4 OCT 80,NY-A)
48:51	VIRGINIA TERRY	55	LONG BEACH	CA	(26 APR 80,CA-A)
49:13	LUCILLE SANCHIOLI	55	SAN DIEGO	CA	(6 SEP 80,CA-A)
49:36	JACLYN CASELLI	58	SAN JOSE	CA	(2 MAR 80,CA-A)
50:50	SADIE MORONG	55			(21 JUN 80,NY-A)
50:56E	CONSTANCE WILLIS	55	MEDWAY	MA	(13 OCT 80,MA-A)
51:26	JEAN GRIFFIN	55			(18 MAY 80,MO-A)
51:47	PHYLLIS SCHWANDT	58			(18 MAY 80,MO-A)
51:49A	MARGARET WRIGHT				(1 SEP 80,GA-A)
52:13	TANIA KLEID	56	LA JOLLA	CA	(5 APR 80,CA-B)
52:24	VIRGINIA REINHARDT		ASHBURN	GA	(4 OCT 80,FL-A)
52:46	MARION CULP	55	KANSAS CITY	MO	(27 APR 80,MO-B)
52:52	ANNE BELOVICH	56			(8 NOV 80,CA-A)
53:06E	JEAN PRICE	59	BOXFORD	MA	(13 OCT 80,MA-A)
53:29	JANE NORDSTROM	59	PERU	MA	(6 JUN 80,NY-A)
54:08	NATHALIE COULEY	57	NEVADA CITY	CA	(25 MAY 80,CA-A)
54:12	MARYLOU SPOUNER	58	NUTLEY	NJ	(6 JUN 80,NY-A)
54:32	REBECCA ZEMKE	57	PARKVILLE	MO	(27 APR 80,MO-B)
54:58	LUCY KILLEA	58			(5 OCT 80,CA-A)
55:20	ROBERTA WADSWORTH	57	SAN DIEGO	CA	(5 APR 80,CA-B)
55:22	MARYBELL RUSSELL	58	LAS VEGAS	NV	(5 DEC 80,NV-A)
55:28	MAUREEN SCHMAHL	58			(12 JUL 80,WA-A)
55:34A	SHIRLEY GRIFFIN	55	BOULDER	CO	(5 OCT 80,CO-A)
55:37	GERRY DAVIDSON	59	FALLBROOK	CA	(15 JUN 80,CA-A)
55:42	HARRIETT MALLORY	58	SAN DIEGO	CA	(5 APR 80,CA-B)
55:47	MARY RODRIGUEZ	58	REGO PARK	NY	(29 MAR 80,NY-A)
56:04	NAOMI BARTNUFF	56			(29 MAR 80,NY-A)
56:08	ANNE HOBSON	55	CHARLOTTE	NC	(24 MAY 80,NC-A)
56:22E	PEGGY CADE	58	WINCHESTER	MA	(13 OCT 80,MA-A)
56:27	ANGIE SMITH	57	ENDICOTT	NY	(12 JUL 80,NY-A)
56:31	RISTY WOOD	55	PALOS VERDES	CA	(5 APR 80,CA-B)
56:37	GINNIE WARRENS	55	SAN DIEGO	CA	(5 APR 80,CA-B)
56:46	LOUISE ROSSETTI	58	SAUGUS	MA	(30 MAR 80,MA-A)
56:50	POLLY BAILEY	57	CLAYTON	MO	(18 MAY 80,MO-A)
56:55	CARMEL ROBERTSON	58			(12 JUL 80,WA-A)
56:58E	HELEN YELLE	55	HOLYOKE	MA	(13 OCT 80,MA-A)
57:09	JEANNE MCKINLEY	57			(25 OCT 80,CA-A)
57:11	BARBARA BRUCK	55			(5 APR 80,CA-B)
57:31	LORETTA SHEHAN	57	W SENECA	NY	(22 JUN 80,NY-A)
57:33	RUTH LIPTON	59	SAN DIEGO	CA	(5 APR 80,CA-B)
57:45	LOIS KUSS	59	HOUSTON	TX	(1 MAR 80,TX-A)
57:50A	SHIRLEY MUELLER	56	LA GRANGE	IL	(2 MAR 80,MO-A)
58:10E	MARY MCLAUGHLIN	59	NASHUA	NH	(13 OCT 80,MA-A)
58:15	MAUREEN WILCOX	59			(8 NOV 80,CA-A)
58:30	ROSEMARY MUNROE	55	NEWPORT NEWS	VA	(7 DEC 80,VA-A)
58:40E	KATHRYN RODGERS	57	NEWINGTON	CT	(13 OCT 80,MA-A)

WOMEN- 60 THRU 69

56:44	ALTHEA WETHERBEE	61	HUNTINGTON	NY	(27 SEP 80,NY-A)
59:16	LOIS EDUS	60	IRVINE	CA	(26 APR 80,CA-A)
59:22	MAY ATKINSON	62	SAN FRANCISCO	CA	(2 MAR 80,CA-A)
51:27E	ROSE KUAPIEL	60	ADAMS	MA	(13 OCT 80,MA-A)
54:19	EDNA LAFLIN				(27 SEP 80,AZ-A)
54:37A	PEARL MEHL	66	BOULDER	CO	(5 OCT 80,CO-A)
54:38	CATY HARGUS	61	SAN DIEGO	CA	(5 APR 80,CA-A)
57:56	FLURENCE EWING	61	LA MESA	CA	(5 APR 80,CA-B)
58:24	DOROTHY MENEGHINI	60	NORWAY	MI	(8 JUN 80,MI-A)
58:46	MARIE GLANTZ	61	FAIRFIELD	CT	(6 JUN 80,NY-A)
59:07	JUDY SIMON	64	LA MESA	CA	(15 JUN 80,CA-A)
59:28	ADRIENNE SALMINI	64	YONKERS	NY	(5 OCT 80,NJ-A)
59:38A	MARY LAHAIE				(3 MAY 80,FL-A)
1:00:01	ERMA FIX	63			(8 NOV 80,CA-A)
1:01:10	ELEANOR WAITE	61	OCEANSIDE	NY	(14 SEP 80,NY-A)
1:01:58	GINNY WARDEN	60			(12 JUL 80,WA-A)
1:02:35	TERESA HURLEY	62	OSWEGO	NY	(21 JUN 80,NY-A)
1:04:26	ALICIA MARTINEZ	68	SAN DIEGO	CA	(5 APR 80,CA-B)
1:04:43	DOROTHY PLOWMAN	61	BENNINGTON	KS	(27 APR 80,MO-B)
1:04:53A	EDNA BERG	65	BOZEMAN	MT	(7 JUN 80,MT-A)
1:05:47E	ESTHER SMITH	66	N READING	MA	(13 OCT 80,MA-A)
1:06:07	EUNICE WEBSTER	60	SAN DIEGO	CA	(5 APR 80,CA-B)
1:06:36	ANN SNYDER				(19 OCT 80,AZ-A)
1:06:57	JANE BAIRD	62	EDEN	NY	(22 JUN 80,NY-A)
1:07:13	ANN GILMORE	60	WEST ISLIP	NY	(5 JUN 80,NY-A)
1:07:56E	VIRGINIA TRAFTON	62	AUBURN	ME	(13 OCT 80,MA-A)
1:08:04	MILDRED JUDD	69	SAN DIEGO	CA	(15 JUN 80,CA-A)
1:08:30	EVELYN HAVENS	64	NEW YORK	NY	(21 SEP 80,NY-A)
1:08:49E	ARLENE APPLETON	65	DEDHAM	MA	(13 OCT 80,MA-A)
1:08:50E	ANITA G SMITH	60	CAMBRIDGE	MA	(13 OCT 80,MA-A)
1:11:00	IRENE BROWN	66	NEW YORK	NY	(6 JUN 80,NY-A)
1:11:01	JEAN MALCOLM	60	SAN DIEGO	CA	(25 MAY 80,CA-B)
1:11:27	MARY SKINNER	63	TROY	PA	(6 JUN 80,NY-A)
1:13:05	VIVIAN CHAMPER	61	JACKSON HGTS	NY	(6 JUN 80,NY-A)
1:13:19	MARION EPSTEIN	61	NEW YORK	NY	(6 JUN 80,NY-A)
1:13:34	CAROL COOPER	62	KANSAS CITY	MO	(27 APR 80,MO-B)
1:15:48	MURIEL NOLL	60	BROOKLYN	NY	(6 JUN 80,NY-A)
1:15:54	FRANCES PATTERSON	67	ST JAMES	MO	(5 DEC 80,NV-A)
1:16:12	RUTH JUMAS	65	FT WAYNE	IN	(26 OCT 80,IN-A)
1:16:19	CLEMENTINA THOMSON	68	SAN DIEGO	CA	(6 SEP 80,CA-A)
1:16:23	JANE COVERLEY	62	SAN DIEGO	CA	(15 JUN 80,CA-A)
1:16:44	DOROTHY EDING	61	SEDALIA	MO	(3 AUG 80,MO-A)
1:18:05	ALTHEA JUREIDINI	62	BROOKLYN	NY	(6 JUN 80,NY-A)
1:21:50E	HELEN CORBETT	60	BOSTON	MA	(13 OCT 80,MA-A)
1:25:18	LILLIAN BYRNES	60	SAN DIEGO	CA	(5 APR 80,CA-B)
1:50:36	EVELYN RAMSEY				(4 OCT 80,AZ-A)

WOMEN- 70 AND OVER

57:17E	EILEEN SAUNDERS	73	BOXBROOK	MA	(13 OCT 80,MA-A)
59:45	VEALLYN HIXSON	72	SUN CITY	AZ	(22 NOV 80,AZ-A)
1:01:39E	RUTH ROTHFARB	79	CAMBRIDGE	MA	(13 OCT 80,MA-A)
1:06:20	BESS JAMES	70	SAN JACINTO	CA	(15 JUN 80,CA-A)
1:14:30	FELICITAS SALAZAR	70	SAN DIEGO	CA	(5 APR 80,CA-B)
1:17:05	MARILLA SALISBURY	72	SAN DIEGO	CA	(14 JUN 80,CA-A)
1:19:23	MARION MARKEY				(22 NOV 80,AZ-A)
1:19:50	MIA WILSHUSEN				(22 NOV 80,AZ-A)
1:19:52	TRUDI SPENCER				(22 NOV 80,AZ-A)

TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWSLETTER, P.O. BOX 2372, VAN NUYS CA 91424. When possible, please type single space with minimum of white blank space.

CLUB WEST MASTERS T&F MEET		5000	
SANTA BARBARA, CALIF.			
OCTOBER 3, 1981			
100		M30 B Horiguchi	16:35.0
M30 A Craddock	12.3	M35 F Filbin	16:57.6
M40 T Cannon	12.4	M40 A Mortell	16:32.8
M45 P Knox	12.3	M45 B Packard	15:54.2
M50 W Robinson	12.9	M50 J Waste	19:22.7
M55 H Parks	14.2	M60 J Carney	20:18.9
M60 R Parkinson	13.9	W30 C Horiguchi	24:34.7
M70 S Lum	16.1	W50 P Frankus	24:48.6
M45 I Obera	13.5		
M50 S Kinsey	15.6	110H	
M55 D Smith	19.4	M30 M Gouch	21.5
M60 J Kolda	15.5	M40 M DeStefano	15.7
W70 B James	19.5	M50 D Douglass	18.7
		M55 L Noyes	23.6
		M70 A Vesco	23.3
200		HIGH JUMP	
M35 D Romaine	23.1	M30 C Rader	6-4
M40 W Boggan	23.0	M35 L Higgins	5-10
M45 P Knox	24.8	M40 J Dobroth	6-2
M50 W Robinson	26.6	M45 D Rose	5-2
M55 H Parks	27.8	M50 D Douglass	4-8
M60 R Parkinson	28.3	M55 D Brown	4-8
M80 P Spangler	43.8	M60 J Vernon	4-6
W40 J Carter	30.1	M65 J Damski	3-10
M45 I Obera	28.3	M70 T Hatlen	4-0
M50 S Kinsey	32.5		
M55 D Smith	42.5	POLE VAULT	
M60 J Kolda	33.6	M30 G McGaugh	11-6
W70 B James	42.0	M35 D Peck	10-0
		M40 M Connelly	13-0
		M45 T Woodring	11-6
		M50 D Douglass	10-0
		M55 D Brown	10-0
		M60 J Vernon	10-6
		M65 E Seigel	8-0
		M70 A Vesco	6-0
400		LONG JUMP	
M35 G Mason	50.8	M35 D Peck	16-7
M40 M Elliott	58.5	M40 G Bane	18-8
M45 P Knox	59.4	M45 R Tsuda	17-10
M55 H Parks	70.8	M50 D Douglass	15-9 1/2
M75 W Benton	100.5	M55 D Brown	15-3
W40 J Carter	67.0	M60 G Farrell	16-7
M45 I Obera	64.0	M65 J Damski	14-1 1/2
M60 J Kolda	83.8	M70 A Vesco	11-1
W70 B James	94.0		
		TRIPLE JUMP	
		M30 J Whitfield	39-1
		M45 J Randolph	32-6
		M50 D Jackson	43-1
		M55 D Brown	32-9
		M60 G Farrell	35-5
		M65 J Damski	28-0
		M70 A Vesco	22-3 1/2
800		LONG JUMP	
M35 G Mason	2:00.6	M45 C Miller	13-8 1/2
M40 M DeStefano	2:10.9	M70 E Mendyka	7-11
M45 B Packard	2:09.6		
M50 L Beadle	2:19.4		
M55 R Gil	2:29.0		
M60 J Carney	2:44.6		
1500			
M35 C Elkins	4:36.2		
M45 B Packard	4:07.9		
M50 F Walts	4:44.5		
M55 R Gil	5:05.0		
M60 B Smith	7:11.3		
M65 E Stotsenberg	5:57.2		
M75 W Benton	7:18.1		
W50 P Frankus	6:56.1		
M55 D Smith	7:21.9		
M65 A Werbel	7:35.9		
W70 B James	8:04.3		

RUNNERS PENTATHLON, CLEARWATER, FLA. OCT. 24.

	2-MILE	880	220	440	MILE
Open Gary Lyons	10:22.3	2:12.0	28.1	63.4	5:06.1
M25 Steve Cahall	11:09.9	2:17.5	26.4	59.6	5:12.0
M30 Bill Oliver	10:39.2	2:10.9	26.1	55.5	5:10.0
M35 Pete Farnum	10:29.3	2:17.0	29.6	62.4	5:10.6
M40 Tom Richards	11:36.9	2:18.6	28.5	61.6	5:26.9
M45 Rene Armengol	10:38.9	2:23.6	31.4	66.9	5:22.2
M50 Jack Gough	11:09.4	2:27.9	29.5	66.3	5:33.0
M55 Gordon Kreg	14:01.9	2:58.8	39.8	74.6	7:07.0
M60 Bill Eppright	12:36.1	2:41.6	32.0	71.3	5:55.0
M65 Charles Espy	15:32.0	3:28.2	45.3	92.0	7:43.0
Women Joanne Eicher	11:47.5	2:38.7	31.2	71.9	5:50.7
W30 Carol Spielman	13:54.2	3:04.9	36.8	83.6	7:01.2
W35 Nancy Morgan	15:23.9	3:06.8	37.1	84.4	7:36.3
W40 Marie Smith	13:58.2	3:04.9	36.2	85.0	7:33.3
W45 Marianne Pennhallegon	16:49.0	3:46.2	41.8	97.2	7:57.9
W50 Anne Trigg	14:26.0	3:14.5	38.1	87.0	6:54.0

from Bill Gentry

Masters Scene

continued from page 9

• Aloysius Sibodel of Brunel, East Indies broke Bill Morales' 60-64 javelin mark Oct. 17 in Singapore with a throw of 177' 10", a scant 5 inches further than Morales' best. World vets champ Gulag 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 Danie Burger was the victim of a red-light-crashing, hit-and-run motorist in Johannesburg Sept. 20. Burger's right hip is badly damaged—the socket is shattered and the hip was dislocated. Danie spend 10 painful days in the hospital, then into a plaster cast from the torso down till mid-November.

• 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. 6. Leo and Marie Benning of Cape Town spent a month touring and competing in the US this summer. "The hospitality was incredible," Benning said. "We stayed with Bob and Gloria

Fine in New York. They took us around New York to a show and restaurants. New York was mind-boggling. It was gigantic and grimy, 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 scores of joggers. George Braceland was very kind to us in Philadelphia. He recently became a black belt in karate, at age 68. Diane Palmason showed us around beautiful Ottawa. In Los Angeles, Dave and Cynthia Jackson were most kind to us and arranged a party for us in their home. They took us to Disneyland, an amazing fun-place for all ages. We stayed with Ozzie Dawkins. I am speechless with gratitude for the magnificent reception and kindness to us. We will never forget this genuine friendship. I only hope that when our American friends and other Masters from Europe and New Zealand visit us at the end of the year, we will be able to reciprocate in a similar fashion. In this way we can do our bit to cement the bond of friendship that exists between so many Masters in the world.

WR = World Record
AR = American Record
from George Adams

LONG DISTANCE RESULTS

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

3RD DELTA DELITE 10K OREGON, SEPT. 7, 1981.

M40 Cal Alsleben 35:26
Alvin Clark 36:26
Dennis Glasgow 36:46

M45 Ray Langston 39:45
Bill Martin 39:46
Dick Stevens 40:05

M50 Buz Masters 37:59
Ulf Kahn 40:56
Joe Mallon 41:41

W40 Letha Figg-Hoblyn 39:48
Sharon Sheffield 49:38
Betty Marshall 50:57

W45 Jean Irvin 44:34
Susan Means 49:29
Janet Rodgers 53:56

W50 Ruth Marsh 55:20
Robin Gnoeff 59:01
Vivian Goble 59:17

from Alvin Clark

4TH ANNUAL HISTORIC GETTYS- BURG MARATHON, GETTYSBURG, PA. SEPT. 12, 1981.

1 Bill Celline 24 2:32:43
6 Ben Hyser 46 2:45:54
23 Jack Beisel 43 3:02:51
24 Hugh Ferry 50 3:02:55
28 Bernie Gallagher 40 3:05:23
39 Ben Matthews 43 3:09:58
41 Joe Marbury 43 3:10:46
48 Ray Watlington 40 3:12:49
50 Bill Schwartz 43 3:13:50
52 Phil Freedman 43 3:14:00
45 Bob Grady 50 3:11:28

4TH ANNUAL HISTORIC GETTYS- BURG 5-MILE RUN, SEPT 12

7 Otis Williamson 45 30:17
11 Anthony Gow 49 31:31
25 Clayton Reaser 42 33:37
26 George Bender 46 34:06
27 Larry Bowman 43 34:10
90 Elinor Bender 44 40:02
96 Lula Staley 44 40:40

Marathon - 304 finishers
5-miler - 189 finishers

TULSA, OKLA. 5K. SEPT. 12.

1 Larry Adudell 36 16:20
3 Jim McFadden 42 16:40
14 Walt Gerard 43 18:08
16 Don Antle 44 18:35
31 Ross Waltzer 59 20:59
37 Joy Austin 44 21:25

TULSA, OKLA. 15K. SEPT. 12

1 Gary Madison 35 54:20
6 Glen Lafarlette 45 56:41
15 Nocus McIntosh 56 60:38
79 Sandy Pittman 42 79:59

HARDEE'S TAC/RRCA 10K DAVENPORT, IOWA, SEPT. 19.

Open John Wellerding 28:55

M40 Bill Barber 35:48
Dick Hoff 36:01
Bruce Thorbrun 36:23

W40 Rachel Norton 45:52
Eloise Caldwell 46:02
Carolyn Gerstein 46:27

M50 Phil Caldwell 36:42
John Blair 38:00
Robert Foster 40:37

W50 Jo Gernse NT

M60 Hugo Hansen 40:47
Gene Farrell 43:34
Robert Coleman 45:34

from Cornbelt Running Club
Bettendorf, Iowa

FHP-LOS ALTOS YMCA INTERNATIONAL CITY 10K LOS ALTOS, CALIF. SEPTEMBER 19, 1981

M40 Gabriel Bernal 33:26
M45 Richard Flores 36:59
M50 Tracy Brown 37:09
M60 Norm Ide 46:04
M70 Ernest Lyons 56:13
W40 Mary Elwell 47:44
W45 Mickie Shapiro 46:24
W50 Gloria Hendricks 56:12

COW HARBOR 10K, NORTHPORT, N.Y., SEPT. 19, 1981.

M30 G Wallace 32 30:44
T Donahue 31 30:53
Bob Varsha 30 30:58

M35 A Williams 38 32:21
Steve Conroy 36 32:26
Hal Rothman 35 32:49

M40 Mike Schuster 40 33:17
Dave Wilson 43 33:53
Seth Kaminsky 41 34:49

M45 Richard Murphy 47 34:57
Ray Hagen 45 35:34
Geza Feld 48 35:38

M50 Gordon McKenzie 54 34:20
L Garrison 50 37:32
Bert Jablon 54 38:50

M55 Augustus Prince 57 37:45
Walter Brown 56 38:09
B Gleisten 55 39:43

M60 Wilfredo Rios 64 40:36
Joe Latino 60 41:24
A Neidig 62 43:42

Wom Kathy McIntyre 32 36:09
Gloria Denton 24 36:28
Maddy Harmeling 36 36:46

W40 Anna Thornhill 41 38:19
Mimi Lerner 44 40:54
Anne Krepla 41 42:11

W50 Chris McKenzie 50 42:47
D. Schwartz 56 52:49
I Horn 58 56:10

from Geza Feld

AVON WOMEN'S HALF MARATHON

Sponsored by Avon
Under the auspices of NYRR.
Date: Sept. 26, 1981 9:00 AM
Distance: 13.1 miles
Check-in: 11:03
Finishers: 911 and 7 racewalkers
Total: 918.
Weather: sunny, cool, windy, low fifties.

Val (40-49)

1. Bing, Anne, 42-NJM 1:24:38
2. Bedrock, Helene, 46-NJM 1:24:39
3. Thornhill, Anna, 41-Mill 1:25:26
4. Kuscsik, Nina, 42-GNYAA 1:27:21
5. Decker, Margaret, 48-NY 1:27:43
6. Barthe, Hermine, 42-CPTC 1:28:43

Masters (50-59)

1. Della, Toshiko, 51-Atala 1:32:17
2. Moore, Alicia, 51-NYC 1:43:21
3. Tighe, Nancy, 50-Atala 1:44:16

Senior (60-69)

1. Havens, Evelyn, 65-Is. TC 2:11:49

80+

1. Goldfarb, Ruth, 80-MA 2:30:41

TULSA, OKLA. 6-MILER SEPTEMBER 26, 1981.

1 Larry Adudell 36 33:05
10 Hewlett Nash 41 35:38
25 Harold McDonald 54 38:39
42 Harold Wicks 46 41:07
69 Whit Mauzy 55 44:09

NATURAL LIGHT HALF-MARATHON LAKE OSWEGO, OREGON SEPTEMBER 27, 1981

M40 Mike Heffernan 1:12:01
Vance MacDonald 1:20:38
Cal Alsleben 1:20:58
Jim Bailey 1:21:03
Lew Johnston 1:22:58

W40 Alice Jones 1:37:45
Kay Porter 1:42:14
Martha Jensen 1:42:26
Ann Whiting 1:43:48
Judy Campbell 1:46:12

M50 Clive Davies 1:21:41
Buz Masters 1:24:16
Leo Sherry 1:28:41
John Smets 1:31:54
Joe Cusic 1:31:55

W50 Julie Sterling 2:18:27
Bev Chamberlain 2:26:08
Bonnie Davis 2:37:00

from Alvin Clark

Event: 3rd Annual AMJA (American Medical Joggers Association) Ultramarathons Distances: 50 miles and 100 kilometers Date/Location: October 4, 1981 - Chicago, Illinois Designation: 1981 National Championship for 50 miles and 100K, Road Runners Club of America

TOTALS: Registered - 296; started 261, finished 225 (86.2%); 23 of 25 women finished.

M E N

50 MILE

DIVISION	NAME	TIME
Overall	1st Barney Klecker, 30, MN	5:05:04
	2nd Bernd Heinrich, 41, VT	5:10:12
	3rd Kevin Eagleton, 30, MO	5:39:32
	4th Ray Krolewicz, 26, SC	5:46:05
	5th Marty Sprangelmeyer, 35, IA	5:50:20

29 & under

DIVISION	NAME	TIME
1st	Ray Krolewicz, 26, SC	5:46:05
2nd	Paul Croissant, 26, WI	6:08:50
3rd	Terry Elsey, 28, MI	6:52:18

30-39

DIVISION	NAME	TIME
1st	Barney Klecker, 30, MN	5:05:04
2nd	Kevin Eagleton, 30, MO	5:39:32
3rd	Marty Sprangelmeyer, 35, IA	5:50:20

40-49

DIVISION	NAME	TIME
1st	Bernd Heinrich, 41, VT	5:10:12
2nd	David Worthen, 45, MD	6:14:34
3rd	William Barker, 40, IA	6:35:20

50-59

DIVISION	NAME	TIME
1st	Alex Ratelle, 57, MN	5:53:08
2nd	Donald Hanson, 53, MI	7:06:58
3rd	Wm. Peterson, 58, KY	7:18:28

60-over

DIVISION	NAME	TIME
1st	Cleo Casady, 68, MD	7:49:34
2nd	Pete Casa, 61, IL	9:28:00
3rd	John Huckaby, 62, NY	10:27:15

Youngest

DIVISION	NAME	TIME
David Bassler, 10, CA	14:38:00	
Oldest	Ben "Chick" Mostow, 78, IL	11:22:43

50 MILE

DIVISION	NAME	TIME
Overall	1st Sue Ellen Trapp, 35, FL	6:42:58
	2nd Jeanne Bocci, 38, MI	7:02:12
	3rd Kathy Schubert, 39, IL	7:30:11
	4th Karina Nequin, 28, IL	8:10:57
	5th Lorna Richey, 24, OH	8:17:37

29-under

DIVISION	NAME	TIME
1st	Karina Nequin, 28, IL	8:10:57
2nd	Lorna Richey, 24, OH	8:17:37
3rd	Linda Lawson, 21, IL	8:55:22

30-39

DIVISION	NAME	TIME
1st	Sue Ellen Trapp, 35, FL	6:42:58
2nd	Jeanne Bocci, 38, MI	7:02:12
3rd	Kathy Schubert, 39, IL	7:30:11

40-49

DIVISION	NAME	TIME
1st	Nicolette Vennaro, 41, NY	8:35:55
2nd	Gloria Bassler, 45, CA	9:58:26
3rd	Patricia O'Neill, 47, IL	10:37:35

100 KILOMETERS

DIVISION	NAME	TIME
Overall	1st Bernd Heinrich, 41, VT	6:38:20
	Kevin Eagleton, 30, MO	7:21:03
	Ray Krolewicz, 26, SC	7:28:21
	Jim Yost, 36, IL	7:56:23
	Park Barner, 37, PA	8:12:51

29 & under

DIVISION	NAME	TIME
1st	Ray Krolewicz, 26, SC	7:28:21
2nd	-	-
3rd	-	-

30-39

DIVISION	NAME	TIME
1st	Kevin Eagleton, 30, MO	7:21:03
2nd	Jim Yost, 36, IL	7:56:23
3rd	Park Barner, 37, PA	8:12:51

40-49

DIVISION	NAME	TIME
1st	Bernd Heinrich, 41, VT	6:38:20
2nd	Clarence Richey, 49, WI	9:42:01
3rd	Martin Weinstein, 49, IL	9:56:01

50-59

DIVISION	NAME	TIME
1st	Sy Mah, 55, OH	10:38:55
2nd	Ben Squires, 56, IL	12:38:55
3rd	-	-

60-over

DIVISION	NAME	TIME
1st	John Huckaby, 62, NY	13:30:20
2nd	-	-
3rd	-	-

Youngest

DIVISION	NAME	TIME
Ray Krolewicz, 26, SC	7:28:21	
John Huckaby, 62, NY	13:30:20	

50 MILE

DIVISION	NAME	TIME
Overall	1st Karina Nequin, 28, IL	11:50:14
2nd	-	-
3rd	-	-

50-MILE TEAM RESULTS

*1st - Minnesota Distance Runners Assn. (Klecker, Ratelle, Naslund) = 14 pts
2nd - St. Louis Track Club (Eagleton, Krosch, G. Johnson) = 66 pts
3rd - Cornbelt Running Club (Sprangelmeyer, W. Barker, J. Bassman) = 79 pts

THANKS to Hinckley & Schmitt Water Co.,
Athlete's Foot Stores of Chicagoland,
and Chicago Area Runner's Association.

TENTH ANNUAL MASTERS SPORTS ASSOCIATION CROSS-COUNTRY CHAMPIONSHIPS OCT. 4, 1981 VAN CORTLANDT PARK, BRONX, N.Y. Awards by five year groups from age 30 to 69. Position in age group noted in (). * = Female.

NAME	AGE	TIME
OSCAR MOORE	PC 43	34:45.6 (1)
BRIAN SULLIVAN	PP 32	36:16.3 (1)
PAT BURKE	ML 41	37:39.0 (2)
WM. CUEBAS	UN 35	37:45.1 (1)
PAUL INGRASSIA	UN 30	38:11.5 (2)
JIM SUTHERLAND	ML 49	38:56.7 (1)
JOHN FRAIL	NY 32	39:12.1 (3)
JERALD KRAUTHEIMER	UN 31	39:59.1 (4)
TOM SCELZO	UN 32	40:13.4 (5)
WALTER MCCARTHY	NY 49	40:14.3 (2)
AL MEEHAN	VC 40	40:34.5 (3)
HENRY EPSTEIN	UN 42	40:40.8 (4)
FRANCIS BYRNE	UN 42	41:04.6 (5)
JACK SEXTON	VC 42	41:24.0 (6)
JOHN HURREY	NH 44	41:27.7 (7)
TOM CAMERON	ML 51	41:38.6 (1)
ART LEBOPSKY	NY 39	41:47.7 (2)
PAUL JAYSON	UN 35	42:06.9 (3)
THATCHER WHITE	WY 47	42:15.1 (3)
EDWIN KRALES	NY 39	42:18.8 (4)
MICHAEL WILSON	PC 35	42:38.0 (5)
TOM BUTTERFIELD	UN 45	43:10.7 (4)
GUNTHER DAUTH	NY 46	44:04.7 (5)
KELSEY BROWN	NJ 54	44:16.1 (2)
GEORGE COLON	UN 40	45:19.3 (8)
TOM GIBBONS	ML 60	45:23.0 (1)

NAME	AGE	TIME
DES MARGETSON	UN 55	46:13.7 (1)
PETER FLEMING	NY 50	46:38.6 (3)
ROBERT HOWARD	NY 46	47:11.8 (6)
JOHN MULLER	UN 48	48:09.9 (7)
KENNETH LANE	NJ 53	49:34.5 (4)
GEORGE HOY	PN 31	49:57.7 (6)
HARLOW UNGER	? 50	50:02.8 (5)
VINCENT COIRO	NY 47	50:09.6 (8)
JAMES REID	UN 46	50:17.0 (9)
JOE KERNAN	NY 51	50:25.8 (6)
DONALD SPITZER	PC 52	51:46.1 (7)
STEPHEN GOODWIN	LI 30	52:14.3 (7)
HARVEY STRAUSS	UN 40	52:41.0 (9)
WALT WESTERHOLM	ML 67	53:35.1 (1)
JACK WILSON	UN 32	54:09.3 (8)
JOHN BOUNTREE	UN 37	54:53.8 (6)
NEIL JAFFEE	UN 38	55:00.2 (7)
ERNEST STROM	UN 42	55:00.7 (10)
COLLEEN WHEELER	PD 40	58:13.1 (1) *
MONA BU	UN 30	58:21.1 (1) *
WARNER COLBERT	UN 47	58:28.8 (10)
A		

1981 TAC NATIONAL POSTAL ONE HOUR RUN CHAMPIONSHIPS

PLACE	ASSOC	DATE	CONDITIONS-TRACK	COORDINATOR	ENTRANTS
SPOKANE, WA	SPOK	082281		LEE FUNKHOUSER	13
VISALIA, CA	CCA	053181	CHEVRON 440 75F	DAVID BRONZAN	19
AMHERST, MA	SHAC	082281		JEFFREY LEE	2
CAMBRIDGE, MA	NE	081281		FRED BROWN SR	5
BROOKINGS, SD	SB	100580	400 42F WIND 10MPH	BOB BARTLING	6
SAN LUIS OBISPO, CA	SPA2	071181		STAN ROSENFELD	10
ANCHORAGE, AK	ALSK	071881		BEN HABLUTZEL	14
BETHSEDA, MD	PV	050281		CHARLES DESJARDINS	21
SANTA BARBARA, CA	SPA1	072881	CHEVRON 440 65-75F	JOHN BRENNAND	38
SAN DIEGO, CA	SDAC	042581	440 ALL WEATH 72F	BILL STOCK	7
BROOKINGS, SD	SB2	040581		BOB BARTLING	3
SAN MATEO, CA	PA	100580	ALL WEATHER 55-60F	JACK LEYDIG	8
HOUSTON, TX	GULF	020781	55F	PHIL BRADLEY	1
ORLANDO, FL	FLOR	053081	95F	DOM SOBANKO	18
SEATTLE, WA	PNV1	061681	ALL WEATH RAIN 55F	AL HUFF	14
SEATTLE, WA	PNV2	073081	ALL WEATH 65 F	AL HUFF	22
SEATTLE, WA	PNV3	082281	ALL WEATH 75 F	AL HUFF	18

NEWS OPEN TEAMS

1. PRAIRIE STRIDERS TC	56 1158	1 4 9 17 30
2. SANTA BARBARA AA	56 792	5 7 11 12 23
3. HIGH SIERRA TC	52 1633	16 34 38 63 71
4. SNOHOMISH TC A	52 173	27 42 44 78 81
5. SAN LUIS DISTANCE CLUB	49 1160	35 60 62 101 159
6. SNOHOMISH TC B	48 492	82 102 104 110 133
7. PULSATORS	48 126	20 97 100 111 184

JUNIOR MENS

1. SPOKANE VALLEY RUNNERS	51 1626	29 33 50 79 84
2. SPOKANE VALLEY B	46 444	114 117 127 129 154

WOMENS MASTERS

1. SEATTLE TC	43 1069	113 135 141 186 187
2. POTOMAC VALLEY SENIORS	34 83	175 194 201 207 210

NEWS MASTERS (40-49)

1. SNOHOMISH TC A	53 1727	18 19 36 39 46
2. SNOHOMISH TC B	51 126	54 58 69 76 93

NEWS MASTERS (50-59)

1. NORTH WEDFORD	48 158	64 90 92 139 143
2. POTOMAC VALLEY SENIORS	44 1181	122 126 149 158 161

CLUB ABBREVIATIONS

SVR	SPOKANE VALLEY RUNNERS	NOMED	NORTH WEDFORD
HSTC	HIGH SIERRA TRACK CLUB	PSTC	PRAIRIE STRIDERS T.C.
VIS	VISALIA RUNNERS	SLDC	SAN LUIS DISTANCE CLUB
BRT	BARTLETT RACING TEAM	PULS	PULSATORS
FTC	FRESNO TRACK CLUB	PMVSC	POTOMAC VALLEY SENIOR TC
SNAC	SUGARLOAF MT A.C.	WRC	WASHINGTON RUNNING CLUB
NBTC	NEW BALANCE T.C.	BS	BELTWAY STRIDERS
		SBAA	SANTA BARBARA AA
		TIT	TEAM INSIDE TRACK
		AZTL	AZTLAM T.C.
		CCAC	CULVER CITY A.C.
		OF	ORANGE FLYERS
		STC	SENIORS TRACK CLUB
		TD	TEAM OUTFOOTERS
		NW	NORTHWEST
		SDTC	SAN DIEGO T.C.
		WVTC	WEST VALLEY T.C.
		PMTC	PACIFIC WEST T.C.
		PR	PANAKID RUNNERS
		NCSTC	NOR CAL SENIORS T.C.
		NATC	NAPLES T.C.
		DBTC	DAYTONA BEACH T.C.
		SSS	SUN STATE STRIDERS
		SNTC	SNOHOMISH TRACK CLUB
		FALTC	FALCON TRACK CLUB
		CNU	CLUB NORTHWEST
		SEATC	SEATTLE TRACK CLUB

SPONSORS -- THE SNOHOMISH TRACK CLUB
MEET DIRECTOR AL HUFF
18127 1ST AVE NW
SEATTLE, WA 98177
206-542-2930

THE RESULTS REFLECT THOSE MEETS HELD
9-1-80 THRU 8-31-81 AND SUBMITTED
PRIOR TO THE 9-20-81 DEADLINE.

CHAMPIONSHIP MEDALS WILL BE SHIPPED AS
SOON AS POSSIBLE TO THE TOP FINISHERS
AND TEAMS.

IT IS OUR INTENTION TO HOLD THIS
EVENT FOR THE 1982 CHAMPIONSHIP YEAR.
MEET DIRECTORS CAN EXPECT THE
SAME FORMAT AND DATES TO
PREVAIL IN THE CASE WHERE THE TAC
AWARDS THE EVENT TO US AGAIN.

USA vs. CANADA MASTERS
CROSS-COUNTRY MATCH.
VANCOUVER, B.C., OCT. 12.

1 Dave Hambly	SNO	45:20
2 Colin Rogers	CAN	45:37
3 Earl Ellis	SNO	46:02
4 Don Trethaway	CAN	46:54
5 Garth Ball	CAN	47:29
6 Keith Mitchess	CAN	47:36
7 Al Huff	SNO	47:41
8 Jim Murphy	CAL	47:46
9 Hylke Vanderwal	NT	
10 Maurice Pratt	SNO	47:57
11 Bob Langenbach	SNO	48:14
16 Frank Reynolds	CAN	49:42
35 Hugh Ainslie	SNO	53:31
40 Stan Baldry	CAN	55:26
45 Walt Campbell	CAN	56:55
48 Marie Gutierrez	CAN	58:01

96 finishers.
from Carole Langenbach

8TH ANNUAL SKYLON MARATHON
NIAGARA FALLS, N.Y.
OCTOBER 17, 1981.

Open Terry Stanley	2:18:50
M35 James Knox	2:24:11
Ray Valey	2:25:55
Bill Stewart	2:32:10
M40 Ralph Zimmerman	2:23:16
Danny Daddio	2:28:57
Brian Drewett	2:39:04
M45 Jack Blakely	2:39:56
Gene Myers	2:42:31
Dave Wallace	2:47:26
M50 Bob Bowman	2:45:42
Jim McIlwain	2:46:51
Dick Kendall	2:50:20
M55 John Benzoni	2:58:43
Don McWilliams	3:01:11
Bill Hawver	3:12:01
M60 Bill Koopman	3:21:51
Dan McDermott	3:24:56
Ron Rieder	3:25:58
M40 Nanette Blakely	3:16:45
Lenis Tucker	3:23:08
Francine Currier	3:30:23
M50 Sylvia Weiner	3:22:10
Rose Lister	3:39:33
Pauline Vigil	3:53:24

VAL NOLOSCO HALF-MARATHON
HONOLULU, OCTOBER 18, 1981

M40 Jim Gallup	1:11:10
M40 Joan LaPierre	1:31:44
M50 Carl Ellsworth	1:19:48
M50 Joan Flynn	1:51:22
M60 Fred Schraefer	1:31:19
M60 Margaret Lee	2:05:20

from Mike Tymn

PENN MUTUAL/TAC NATIONAL
MASTERS 5K ROAD RACE
CHAMPIONSHIP. OCT. 18.
NEW ORLEANS.

M30-34	
OTiver Marshall	75:15
Charlie Meaux	16:19
Delfino Perez	17:35
Steve Gilbert	18:57
Steve Dit	19:07
M30-34	
Georgette Green	18:54
Patti Harris	19:14
Susan Houlton	19:50
M35-39	
Gene Timberlake	16:13
Juan Perez	16:30
Mark Scheid	16:42
W. Schavael	16:53
Billy Savant	16:59
M35-39	
Miki Hervey	21:13
Sandy Gibson	22:20
Donna Rubenstein	24:25
M40-44	
Ken Winn	16:01
Jim McLatchie	16:06
Phil Baker	16:24
Bill Mayer	16:35
Bob Muhler	16:36
M40-44	
Shirley Morris	21:57
Linda Gill	22:44
Loretta Delaney	25:42
M45-49	
Larry Fuselier	16:39
Fenner McConnel	16:42
Charles Wimberley	17:36
M45-49	
Mary Czarapata	19:42
M50-54	
AT Lawrence	16:49
Leonard Walts	18:27
J.C. Fuselier	19:07
M50-54	
Loretta Whyte	26:05
M55-59	
Doug Joycess	19:54
Lloyd Held	19:57
Tom Garvey	20:01
M55-59	
Alma Hemeit	27:51



LACE RUNNER CLUB AGE DISTANCE DIVISION

1 DICK BEARDSLEY	PSTC	24 M 11	1583	1 OP	SD 100580
2 BILL STOLP	WVTC	23 M 11	1387	2 OP	PA 100580
3 HUGH STAHL	PMTC	27 M 11	1214	3 OP	PA 100580
4 MIKE DUNLAP	PSTC	23 M 11	1085	4 OP	SD 100580
5 EDWARD CALLAWAY	SBAA	18 M 11	985	1 JR	SPA1072881
6 DONALD OCAÑA	TIT	30 M 11	902	5 OP	SPA1072881
7 ERIC L. SAPPENFIELD	SBAA	19 M 11	667	2 JR	SPA1072881
8 TERRANCE ZERZAN		24 M 11	595	6 OP	PNV3082281
9 RANDY FISCHER	PSTC	23 M 11	578	7 OP	SD 100580
10 MIKE ENGLEMAN	WVTC	22 M 11	548	8 OP	PA 100580
11 BOB BRENNAND	SBAA	20 M 11	547	9 OP	SPA1072881
12 ROBERT HOLLISTER	SBAA	22 M 11	510	10 OP	SPA1072881
13 ED TAYLOR	BRT	25 M 11	297	11 OP	CCA 053181
14 BOB BLUME		27 M 11	261	12 OP	PNV3082281
15 PHILIP WELCH	CNU	32 M 11	226	13 OP	PNV2073081
16 DAVID BRONZAN	HSTC	33 M 11	157	14 OP	CCA 053181
17 DWAIN MILLSLAGLE	PSTC	30 M 11	118	15 OP	SD 100580
18 EARL ELLIS	SNTC	45 M 11	81	1 M45	PNV2073081
19 PHIL WALKDEN	SNTC	42 M 11	80	1 M40	PNV2073081
20 DAVE CICH	PULS	26 M 11	50	16 OP	ALSK071881
21 MICHAEL FRIESS		19 M 11		3 JR	ALSK071881
22 KENNETH KENDALL III		31 M 10	1645	17 OP	SPA1072881
23 DANIEL DAVIES	SBAA	24 M 10	1563	18 OP	SPA1072881
24 JOHN BRENNAND	SBAA	45 M 10	1514	2 M45	SPA1072881
25 DAN MIKA		23 M 10	1489	19 OP	SD2 040581
26 DAN MCCASKILL	SDTC	40 M 10	1471	2 M40	SDAC042581
27 KEN NEVILLE	SNTC	38 M 10	1396	20 OP	PNV1061681
28 DONALD FAITH	SBAA	27 M 10	1368	21 OP	SPA1072881
29 BRITT BREWER	SVR	18 M 10	1350	4 JR	SPOK082281
30 DON OBERLE	PSTC	20 M 10	1314	22 OP	SD 100580
31 MANCEY CONZ	NBTC	24 F 10	1290	1 W0	SMAC082281
32 JOHN BOTKE	SBAA	38 M 10	1288	23 OP	SPA1072881
33 JOHN KNIGHT	SVR	17 M 10	1237	5 JR	SPOK082281
34 DON CHAPIN	HSTC	34 M 10	1216	24 OP	CCA 053181
35 PAUL LEE	SLDC	20 M 10	1198	25 OP	SPA2071181
36 DEREK MAHAFFEY	SNTC	47 M 10	1188	3 M45	PNV2073081
37 FRANK BOZANICH	CNU	37 M 10	1178	26 OP	PNV3082281
38 SCOTT DURHAM	HSTC	17 M 10	1144	6 JR	CCA 053181
39 MAURICE PRATT	SNTC	44 M 10	1117	3 M40	PNV3082281
40 GARY HOCKING	CNU	26 M 10	1114	27 OP	PNV2073081
41 TERRY DREW		21 M 10	1107	28 OP	FLOR053081
42 FRED DURBIN	SNTC	34 M 10	1062	29 OP	PNV3082281
43 ROBERT TAYLOR	BRT	23 M 10	1047	30 OP	CCA 053181
44 EVAN SHULL	SNTC	38 M 10	1023	31 OP	PNV1061681
45 DAN CARLSON		20 M 10	1022	32 OP	SD2 040581
46 AL HUFF	SNTC	43 M 10	1021	4 M40	PNV1061681
47 JIM MINAMI	AZTL	37 M 10	936	33 OP	SPA1072881
48 JAMES WILLIAMS	SBAA	35 M 10	880	34 OP	SPA1072881

50 JOHN S ARMENTINO	SVR	18 M 10	762	7 JR	SPOK082281
51 SIDNEY STRONG		39 M 10	758	36 OP	PNW1061681
52 BILL WOODEN	WRC	37 M 10	749	37 OP	PV 050281
53 CAROL URISH		29 F 10	725	2 W0	GULF020781
54 DAVID PITKETHLY	SNTC	45 M 10	718	4 M45	PNW2073081
55 HENRY NUNEZ	AZTL	23 M 10	711	38 OP	SPA1072881
56 BEN DODGE		38 M 10	704	39 OP	PNW2073081
57 BRYAN PATTERSON	BRT	26 M 10	691	40 OP	CCA 053181
58 BOB LANGENBACH	SNTC	44 M 10	652	5 M40	PNV2073081
59 DAVID VANDERVEEN	MU	26 M 10	640	41 OP	SPA1072881
60 BRIAN WATERBURY	SLDC	32 M 10	640	42 OP	SPA2071181
61 JEFF LEE	SMAC	30 M 10	638	43 OP	SMAC082281
62 CHUCK ELKINS	SLDC	37 M 10	554	44 OP	SPA2071181
63 DAVID PEREZ	HSTC	16 M 10	540	8 JR	CCA 053181
64 ED DEMARRAIS	NOMED	50 M 10	483	1 M50	NE 081281
65 JERRY WHITFIELD		35 M 10	481	45 OP	PNW2073081
66 JIM O'NEIL	SDTC	55 M 10	478	1 M55	SDAC042581
67 JONATHAN DOTCH	SBAA	18 M 10	453	9 JR	SPA1040581
68 FRANK FREYNE	CCAC	41 M 10	382	6 M40	SPA1040581
69 KEITH A BAKER	SNTC	46 M 10	341	5 M45	PNV1061681
70 LOYD CASE JR		25 M 10	336	46 OP	SPA1040581
71 LEM THORNTON	HSTC	50 M 10	336	2 M50	CCA 053181
72 TOM KURIHARA	PVSTC	45 M 10	232	6 M45	PV 050281
73 JOHN W EATON		18 M 10	220	10 JR	ALSK071881
74 LEE ANN LORYICK		17 F 10	186	1 WJR	PNW1061681
75 NORM ACABEE	PR	48 M 10	181	7 M45	PA 100580
76 ALLYN SCHWINKENDORF	SNTC	47 M 10	177	8 M45	PNW2073081
77 JOSEPH VOLK		19 M 10	175	11 JR	SPA1040581
78 JOHN RUPP	SNTC	35 M 10	156	47 OP	PNW1061681
79 BRIAN LEGRESLEY	SVR	18 M 10	107	12 JR	SPOK082281
80 BOB BARTLING	PSTC	54 M 10	68	3 M50	SD 100580
81 TIM GUINAM	SNTC	34 M 10	56	48 OP	PNW3082281
82 BILL HUGHES	SNTC	29 M 10	33	49 OP	PNW1061681
83 MIKE CHRISTIANSEN	SNTC	44 M 10		7 M40	PNW3082281
84 TODD MCLAUGHLIN	SVR	17 M 9	1690	13 JR	SPOK082281
85 STAN CHRAMINSKI	SEATC	33 M 9	1648	30 OP	PNW2073081
86 VICKI FOLTZ	FALTC	37 F 9	1607	3 W0	PNW1061681
87 BLAINE HOLMAN		15 M 9	1586	14 JR	SPA1040581
88 KEN MOFFITT	AZTL	28 M 9	1515	51 OP	SPA1040581
89 CHARLES DAVIES		44 M 9	1504	8 M40	PV 050281
90 MIKE SULLIVAN	NOMED	51 M 9	1478	4 M50	NE 081281
91 JAMES N JACOBS	PR	47 M 9	1462	9 M45	PA 100580
92 JOSEPH NEE	NOMED	51 M 9	1419	5 M50	NE 081981
93 BILL STOCK	SDTC	51 M 9	1418	6 M50	SBAC042581
94 DON HATFIELD	SVR	17 M 9	1417	15 JR	SPC082281
95 CATHERINE DAVIS	SEATC	29 F 9	1415	4 W0	PNW2073081
96 CHRIS H FALL		18 M 9	1403	16 JR	ALSK071881
97 BEN HABLUTZEL	PULS	38 M 9	1350	52 OP	ALSK071881
98 JAMES R WAMSCOMB	PVSTC	41 M 9	1338	9 M40	PV 050281
99 PETER D HANDS	WCSTC	51 M 9	1331	7 M50	PA 100580

NEW YORK CITY MARATHON
OCTOBER 25, 1981.

1 Alberto Salazar 23 OR 2:08:13
1 Allison Roe 24 NZ 2:25:29

M40-49

1 Jack Foster 49 NZ 2:23:55
2 Marco Benito 41 ITA 2:24:55
3 Fritz Mueller 45 NYC 2:25:49
4 Ernie Billups 44 IL 2:27:39
5 Augustin Fernandez 43 SPA 2:27:56
6 George Tunnell 40 SPA 2:28:46

M50-59

1 Don Dixon 54 NY 2:38:49
2 Andre Ferguson 52 ENG 2:44:59
3 Andre Maillot 51 FRA 2:47:36
4 Charles Ratti 51 MA 2:50:42
5 Joe Burns 53 NJ 2:50:44
6 Harry Berner 57 NJ 2:52:11

M60+

1 George Sheehan 62 NJ 3:06:43
2 Steve Richardson 61 CT 3:07:35
3 Wilfredo Rios 64 NYC 3:10:07
4 Harold Daughters 60 CA 3:10:57
5 Robert Rogan 60 NY 3:14:03
6 Joe DeBurger 60 BEL 3:15:35

W40-49

1 Robin Hames 44 NZ 2:48:13
2 Denise Alfoet 46 BEL 2:52:01
3 Sue Stricklin 43 CA 2:59:29
4 Nina Kuscsik 42 NY 2:59:39
5 Ann Bing 42 NJ 2:59:53
6 Helene Bedrock 46 NJ 3:00:46

W50-59

1 Michelle Braud 51 FRA 3:07:55
2 Toshiko d'Elia 51 NJ 3:14:09
3 Jeanette Grenda 55 NYC 3:33:40
4 Nancy Tighe 51 NYC 3:40:16

W60+

1 Judith Kazdan 61 ONT 4:02:58
2 Evelyn Havens 63 NYC 4:46:23
3 Madge Shapples 63 ENG 4:51:57
Ruth Rothfarb 80 FL 5:37:28

17,000 runners. National TV.
from Joe Kleineman, NYRRC

WILSHIRE COMMUNITY POLICE
COUNCIL 2ND ANNUAL 10K RUN
LOS ANGELES, OCTOBER 28.

M40 Gabriel Bernal 33:13
Jim Murphy 33:54
Brian Ferner 34:06

1500 runners.

HUI HOLO WAHINE 10K
HAWAII, NOVEMBER 1, 1981.

W40 Susie Bartels 41:43
Joan LaPierre 42:39
Jennifer Devenot 46:25

W45 Mollie Chang 48:00
Betty Nakajame 48:13
Ruth Heldrich 48:15

W50 Nancy Ajaoka 50:22
Rose Nakanure 53:09
Betty Teigan 55:10

W55 Edith Leiby 58:29
Ruby Inade 64:04
Silvia Martz 65:06

from Mike Tymn
737 entrants. Women only.

BONNIE BELL 10K, BOSTON.

30-39

Kiki Sweigart 33:59
Susan Hughes 35:00
Diane Myers 35:58
Elinor Stearns 36:09
Meeri Bodelid 36:14

40-49

Barbara Pike 38:03
June Bart 39:54
Susan Redfield 40:02
Susan Guertin 40:46
Carolyn Cappetta 40:48

50-59

Ruth Webber 40:41
Kay Syvari 42:28
Janet Grenda 44:49
Carol Malone 46:11
Jean Prendergast 47:49

60 and over

Jean Price 49:19
Rose Kurpiel 52:30
Jane Nordstrom 55:09
Margaret McLaughlin 55:48
Louise Rossetti 59:06

TULSA OKLA 15K; OCTOBER 31.

MALE AGE 35-39

POS TIME NAME

1 0:51:12 ADUDELL, LARRY
2 0:51:15 MADISON, GARY
3 0:52:51 FORMSMA, DOUG
4 0:52:59 MYERS, RUSTY
5 0:53:09 MCCUBBINS, TIPTON

MALE AGE 40-44

POS TIME NAME

1 0:51:43 MCFADDEN, JIM
2 0:53:30 CALDWELL, JAY
3 0:55:20 NASH, HEWLETT
4 0:56:01 KUENZER, DICK
5 0:56:27 LEAKE, JOE

MALE AGE 45-49

POS TIME NAME

1 0:54:34 LAFARLETTE, GLEN D
2 0:56:47 GRIFFEY, TED
3 0:57:56 BLANCHARD, STEVE
4 0:59:36 STAFFORD, STEWART R
5 0:59:40 CAMPBELL, JAMES R

MALE AGE 50-54

POS TIME NAME

1 0:55:26 ANGEL, JACK F
2 0:57:28 CROCKETT, JERRY
3 0:57:47 WALTHER, BERT
4 1:00:08 MCDONALD, HAROLD L
5 1:03:23 MILLER, JOHN W

MALE OVER 54

POS TIME NAME

1 0:55:46 MCINTOSH, NOCUS
2 1:02:31 POSTIER, ERVIN L
3 1:02:52 SMITH, JIM
4 1:03:16 RATLIFF, RALPH
5 1:03:27 JOHNSON, PAUL H

FEMALE AGE 35-39

POS TIME NAME

1 1:06:06 SMITH, ANN
2 1:09:04 CUITE, ANN
3 1:09:23 KEMP, VRENI
4 1:09:35 ELLIS, BARBARA
5 1:10:18 JANIS, BARBARA A

FEMALE AGE 40-44

POS TIME NAME

1 1:08:56 AUSTIN, JOY
2 1:10:26 COOPER, SHARON
3 1:10:58 HARNED, CHRISTA
4 1:11:31 EDGLEY, BETTY
5 1:12:23 BURNS, PATRICIA

FEMALE AGE 45-49

POS TIME NAME

1 1:04:55 WRIGHT, DONNA
2 1:20:03 GREENBERG, MARILLYN
3 1:22:09 SHANKS, KATHERINE
4 1:22:40 CAMPBELL, SUZANNE
5 1:24:11 LINDSEY, SARAH A

FEMALE AGE 50-54

POS TIME NAME

1 1:07:58 WILSON, LAURA K
2 1:20:38 HALL, ROSIE
3 1:24:17 MCGREW, JOAN
4 1:24:55 MORRIS, FAYE
5 1:26:38 BRANNON, NEVA

FEMALE OVER 54

POS TIME NAME

1 1:59:02 WINDSOR, BETTY

from Herb Beattie

Fall Color 15-Kilometer
Sunday, at Geyserville, Cal.

MEN

Under age-18-Jethro Greenbaum, 1:01:16; Dave Feniger, 1:09:04.
18-24-Tom Weir, 51:46; Dick Ogg, 52:34; Rick Blackman, 56:28.
25-34-Glenn McCarthy, 54:45; John Kim, 55:33; Joe Phaby, 58:23.
35-44-Mike McGuire, 54:01; Manfred Kuester, 59:13; Craig Steele, 59:26.
45-54-Art Agnew, 57:48; Richard Frampton, 59:55; John Gilmer, 1:00:18.
55-64-Ralph Harms, 56:53; Loy Bise, 1:05:40; Jim Covington, 1:02:01.
Over 60-Mort Gray, 53:41; Ron Kinney, 1:00:50; Leo Steneck, 1:02:01.

FEMALE

Age 18-24-Kathy Pozzi, 1:05:51; Marianne Ross, 1:07:43; Debra Jones, 1:12:01.
25-34-Vicki French, 1:04:46; Julie Shreck, 1:06:23; Jeannie Nichols, 1:08:48.
35-44-Kathy Faherty, 1:10:31; Joan Ballard, 1:15:01; Marty Orr, 1:15:27.
45-54-Sherry Gehrman, 1:13:39; Judy Ann Reasoner, 1:25:55; Jean Short, 1:26:01; Marilyn Reynolds, 1:26:39.
Over 50-Phyllis Ennis, 1:27:11; Shirley Segar, 1:32:08; Pat Hill, 1:33:52.

Lincoln Track Club
RACE RESULTS

I ♥ NY

September 7

THE LONG BEACH SUMMER SERIES "PEPSI CHALLENGE"

30-39	1)O.J. Midgett	2	21:18	1)Peg Budnick	74	29:04
	2)Paul Gillespie	3	21:44	2)Pat Ingram	98	31:29
	3)Joe Quaderer	4	21:48	3)Rose-Marie	105	32:42
40-49	1)Joe Cordero	9	22:28	1)Rita Gallagher	106	32:56
	2)Ed Canner	10	22:30	2)Eileen Mackey	107	33:17
	3)Marty Eichenger	15	23:00	3)Mary Kearns	113	34:06
50+	1)Eli Fuchsman	40	26:27	1)Ann Eison	108	33:28
	2)Dave Zinman	44	26:34	2)No other finishers.		
	3)George Marr	47	26:45			
Open	1)Jim Tomasino	1	4:47	1)Lorraine Bullo	22	6:25
Mile	2)Mike Budnick	2	4:50	2)Colleen Feerick	28	6:49
	3)Billy King	3	5:08	3)Dorothy Budriss	29	6:50
Un. 12	1)Mark Stoleran	20	6:18	1)Irene Reilly	30	6:58
Mile	2)Dave Frisone	21	6:25	2)Jenny Murphy	43	7:18
	3)Andre Jones	25	6:37	3)Judy Thomas	45	7:20
	4)Mike Spanakis	27	6:46	4)Lucia DiLoriso	46	7:23
	5)Blake Marr	31	6:59	5)Kathy Burtlin	48	7:27

September 7

THE LABOR DAY 20K ROAD RACE

30-39	1)Alan Oman	3	1:07:54	1)Harmeling/Given	49	1:21:36
	2)Bob Moritz	6	1:10:43	2)Lyla Shillmate	144	1:33:33
	3)Jorge Aguilera	7	1:10:48	3)Hilory Tesoriero	162	1:36:22
40-49	1)Mike Schuster	10	1:12:59	40 and over		
	2)Dave Wilson	12	1:13:40	1)Mimi Lerner	96	1:28:27
	3)Ray Hagen	22	1:17:13	2)Camille Godwin	146	1:33:35
50 and over	1)John Sullivan	35	1:19:36	3)Judith Opsahl	227	1:44:10
	2)Andy Mulrain	52	1:21:55			
	3)Gus Prince	62	1:23:10			

September 12

Shirley-Mastic Lions Club 10K

35-39	1)Herb Kahl	6	34:54	1)Sue Spanik	94	46:01
	2)Fred Winkel	14	36:57	2)Josephine Lisanty	155	50:14
	3)Gary Burke	37	39:55	3)Josephine Coryn	195	55:35
40-44	1)J. Hanham	25	38:35	1)J.Conwell	176	52:35
	2)Steve Alexander	51	41:24	2)K.Raffloer	204	56:24
	3)S. Gater	62	42:27	3)Clare Citarelli	229	1:12:16
45-49	1)Dave Smith	24	38:30			
	2)Henry Seuling	50	41:24			
	3)Jim Maloney	55	41:38			

September 13

THE LONGWOOD ESTATES 10K

30-39	1)Jack Path	4	34:09	1)Sheryl Scott	74	48:26
	2)Kevin Nolan	5	34:21	No other finishers in this age group.		
	3)Herbert Kahl	6	35:32			
40-49	1)Gary Leske	10	36:54	1)Mimi Lerner	32	41:54
	2)John McErlean	25	40:59	2)Terry Frei	62	45:27
	3)Frank Faber	28	41:33	No other women finishers		

September 27

THE NASSAU SUBURBIA 20 K

30-39	1)Bob Briglio	8	1:12:25	1)Vincent Bresnihan	1:37:59
	2)Mike Budnick	9	1:13:12	2)Andrew Mokovin	1:44:44
	3)Patrick Hyland	10	1:13:33	3)James Murphy	1:50:46
40-44	1)Joe Cordero	19	1:15:10		
	2)Joe Kearney	36	1:18:39	1)Peggy Budnick	198 1:35:25
	3)Marty Eichinger	37	1:19:04	2)Virginia DeSignore	1:41:54
45-49	1)John Devlin	25	1:17:55	3)Margaret Nihah	1:43:41
	2)Walter McCarthy	35	1:18:39		
	3)Bill Devlin	55	1:19:44	1)Jeannette Scherard	1:38:51
50-54	1)John Sullivan	43	1:24:00	2)J. Pearlstein	260 1:40:05
	2)Howard Aokley	135	1:29:55	3)Linda Bandler	316 1:45:10
	3)Dawson Hunter	144	1:30:59		
55-59	1)Malcolm Smilay	79	1:25:02	1)Judith Opsahl	253 1:39:02
	2)Peter Taggart	159	1:32:01	2)Rita Gallagher	1:57:06
	3)William Turner	161	1:32:20	3)Marilyn Frank	2:06:00
				1)Ann Eison	409 2:05:57
				No additional finishers	
60-64	1)Leo Karman	173	1:32:58		
	2)Frank Clinton	178	1:33:37		
	3)George Carbonell		1:51:39		

CLASSIFIEDS

As a public service to the masters community, NMN will publish all announcements free of charge.

If you are promoting a race meet, or offer a service or product, 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

PUBLICATIONS

MASTERS AGE RECORDS 1981. 44-page booklet contains men's and women's world and U.S. age bests for all track & field events, age 35 and up, as of Jan. 15, 1981. Includes 4th World Veterans Games results. Plus walking and championship records. 44 pages. Lists name, age, state and date of record. Send \$3 plus \$1 postage and handling to NMN, PO Box 2372, Van Nuys CA 91404.

As a coach, Bud Winter had many winners at the National Masters T&F Championships in Los Gatos. His new book Relax and Win is now available from A.S. Barnes & Co., 11175 Flintkote Ave., San Diego CA 92121.

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.

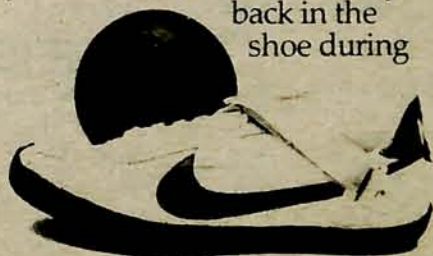
We do. And that's enough of that. Now, for the infamous Nike Seven:

1. PV 19. The whole point of this shoe is to give pole vaulters a stable jumping platform. And do it with a minimum of weight. The two-color 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. Floppers 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.

