



# NATIONAL MASTERS NEWS

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



64th Issue

December, 1983

\$1.50



Start of the World Veterans 10K Championships in Perpignan, France, October 15. Dan Conway, 43, of Wisconsin was the winner in 30:26.

Photo by Amado Jover, L'Independent

## Four Americans Win World Titles in France

by AL SHEAHEN

Only 12 Americans were among the 1200 veteran runners who showed up for the XVI Annual World Veterans Distance Running Championships (IGAL) in Perpignan, France, October 15-16. But four of them came away with world championship titles.

Gabrielle Andersen, 38, of Sun Valley, Idaho; Dan Conway, 43, of Chetek, Wisconsin; Norm Green, 50, of Philadelphia; and Marilla Salisbury, 75, of San Diego; each took on the best international runners in their respective divisions to come away with gold medals in the most prestigious veterans long distance championship in the world.

Alex Ratelle, 58, of Edina, Minnesota, absorbed one of his rare defeats to capture a silver medal. Fordie Madeira, 38, of Sherbourn, Mass. also garnered a silver.

The annual event consists of two races on consecutive days: on the first day is a 10K; on the second day is a 25K in odd-numbered years, a marathon in even-numbered years. Last year's championships were held in Japan; next year's will be held in the USA for the first time — in San Diego

at the TAC Convention in early December.

Going into the 10K race, Conway was hardly the favorite. Even though the cross-country coach had won more national masters championships than one can remember, and had won the Nike Masters Grand Prix in September and the masters Cotton Row crown, he was in against formidable world-class opposition.

"I told my students I thought I could place in the top 15," Conway said. "To myself, I thought I might crack the top five."

Conway surprised everyone by blazing to a seven-second triumph over Belgium's Pierre Voets in a brilliant 30:26, five seconds faster than Mike Manley's official U.S. masters 10K mark of 30:31.

"I was thrilled," Conway said. "It's the biggest victory of my career."

In the women's 35-39 division of the 10K run, the USA went 1-2. Andersen sped to a fast 33:29, forty-five seconds ahead of Madeira. Salisbury won the 75-and-over women's division in 89:34. Lolitia Bache, 41, formerly of San Diego and Washington, D.C. and now

continued on page 10

## MADEIRA WINS BONNE BELL

by BARBARA PIKE

Over 7000 women gathered on Boston Common, October 10, for the running of the national finals of the Bonne Bell/Chevrolet 10K series. Aided by temperatures in the 50's, a sunny sky, and a little breeze, the masters field showed remarkable depth as ten women 40-49 finished under 40 minutes.

Fordie Madeira, 38, home briefly between masters competition in Puerto Rico and France, blazed a 34:06 to top the 30-39 division and finish 11th overall.

Betsy Harshbarger set a masters course record of 37:14 in winning the 40-49 category, while Margarete Deckert won the 50-59 division in 40:07. Jean Price collected her third winner's bell in as many years in the 60-69 group. Ruth Rothfarb, 82, was again presented a bouquet of roses as the oldest finisher.

Joan Benoit set the pace by bringing this field to the finish in an American women's record 31:36. □

## Clark, Dalrymple Top Masters in New York Marathon

While the ABC television cameras were focused up front on the classic duel between Geoff Smith and Rod Dixon in the nationally televised New York Marathon October 24, some of the top masters runners in the world were staging a battle of their own less than ten minutes back.

Midway between men's winner Dixon (2:08:59) and women's winner Grete Waitz (2:27:00), England's David Clark, 40, was overtaking defending masters champion Antonio Villanueva, 43, to pull away to an impressive 2:17:30 masters victory.

It was one of the fifteen fastest recorded marathon times ever turned in by a runner age-40-or-over, and earned Clark 40th place overall.

Cindy Dalrymple, 41, repeated her 1982 women's masters triumph with a time of 2:44:01, 14 seconds faster than her time last year, and four minutes ahead of masters runner-up Elaine Kirchen, 40, of New York City (2:48:34).

Mexico's Villanueva got perhaps more media exposure than any veteran runner in history by sticking with the

Continued on page 7

## Masters Make Marathon History

Henri Salavarda of Belgium and Patricia Mulroney of Cincinnati made running history when they became the first 40+ entrants to finish first over all runners in the same marathon, at the Columbus Bank One Marathon, OH, October 16.

Salavarda ran 2:26:20 and Mulroney finished in 3:22:33 under ideal conditions on a flat course through the city of Columbus.

Although this feat may have been accomplished before, no recent records indicate an equal performance since the advent of accurate timing and certified courses, but this does not mean that it will not happen again.

Other men masters also turned in good races. George Guins won the 40-44 division in 2:34:33. Jack Cagot's time of 2:42:31 stood up in the 50-54 group, as did James Glidewell's 2:52:52 in the 55-59 division.

The 2582 finishers represented thirty-nine states and ten foreign countries. □



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## NATIONAL MASTERS NEWS

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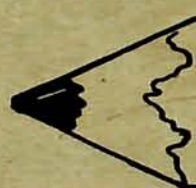
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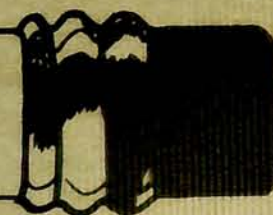
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## Write On!



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

## WORLD GAMES

Although I have not yet "qualified" as a veteran, by reason of my tender years, I feel that the veterans athletics movement will only be stronger as a result of the world games in Puerto Rico.

WAVA and the many others responsible for overcoming the hassles and obstacles which, for a time, seemed insurmountable, must be congratulated.

An organization like WAVA must and will continue to be bigger than the individuals who seemingly wish to jeopardize the enjoyment of people from all over the world. A few decided that discretion was the better part of valour, and once again the games were yet again another unforgettable experience for most of us, spectator and competitor alike.

Mrs. Jane Austin  
Forestville, Australia

Having winced at the critical comments of many of our American contingent directed toward our Puerto Rican hosts at the World Games, I would like to apologize for our collective ingratitude and also speak for what I hope was the "silent majority" in offering our thanks for a job well done under trying circumstances. Considering the disruption caused by the self-righteous "politicians," it is surprising that the games were held at all, and the fact that they were is testimony to the dedication and unselfish effort of many unpaid volunteers, whose only satisfaction would have been the appreciation of their guests.

I believe that there really was a large amount of unexpressed appreciation, but as usual the whiners and complainers received most of the attention. I hope possible future hosts will not be discouraged by this manifestation of human frailty.

Jim Vernon  
West Covina, California

I met up with many old friends and made many new ones. May WAVA operate according to its constitution and let all of us help to spread friendship throughout the world and not condemn in ignorance. My motto is, "Join the Masters (Veterans) and see the world."

Leo Benning  
Cape Town, South Africa

I guess you tried to be as fair as possible on your coverage of the Games, but in reading your articles, I got the feeling that we did nothing right.

The number of complaints and beefs quoted by you gives the impression that there was no one pleased by the Games.

There is no doubt that we had many organizational problems, specially with transportation, starting times, awards ceremonies, and issuance of numbers and T-Shirts. There is a logical explanation for each problem area, but in general terms and without trying to justify anything, most of the problems resulted mainly from a substantial cut in our operational budget, which happened so close to the Games, once our organizational plans had been outlined. This caused a complete change of direction and forced a lot of improvisation to fill some holes.

The funds cut were supposed to come from the Estate Government. At this time, any comments regarding the reasons behind this action, would prove to be an exercise in futility.

Was it worth it? I would say yes. In spite of all the problems, the Games were still held, and the main objective of getting athletes from all over the world together, was achieved.

Incidentally, we are now in the process of mailing medals to those athletes who did not receive them during the Games.

Rafael Serrati  
Administrative Officer  
V World Veterans Games  
San Juan, Puerto Rico

*(We're sorry if we gave anyone the impression that no one was pleased by the Games. Just the opposite. As we said last month: "Despite the problems, the Games were successful and most people had a very good time. Competing against, and forming bonds of friendship with people from all over the world was an almost magical experience, and well worth the trip. Almost everyone is looking forward to the VI World Games in 1985." In looking over our coverage, we devoted over 14 of our 44 November pages to the Games, of which less than one page, or ten percent, focused on the problems. And that's about the way we feel: 90% was good; 10% was bad. — Ed.)*

## NATIONAL T&amp;F CHAMPIONSHIPS

In response to Jim McLatchie's tirade about his TAC championship in which he criticizes the participants, this meet was one of the worst track events I have ever attended. The events were not run off according to the schedule

from the start and only got worse as the meet drug on. It is understandable that the contestants became irritated. The officials were incompetent, uninformative, and very rude. There is no excuse for running out of medals. Three years ago The Houston Harriers hosted the South West Regional A.A.U. Championships. They ran out of medals; we were assured the medals would be mailed within two weeks. No medals were ever sent.

Mr. McLatchie's statement that he would never host another meet comes as a great relief to me.

Lester Mount  
Dallas, TX  
Continued on Page 3

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## Write on...

continued from page 2

The Nationals held in Houston were a huge success in every respect. The level of competition was the highest in recent years. Val Schultz and Nike deserve a special accolade for flying in over 30 regional champions. The meet was run especially well, and the level of officiating was very good. There was a full complement of officials at all events throughout the meet. Jim McLatchie deserves a tremendous hand, as do the rest of the Houston Harriers, in putting on an outstanding meet in the face of the largest field ever.

There were a few problems, but they were not of McLatchie's doing. Due to scratches, some heats permitted walkovers to qualify for the finals, while others ran blistering times and failed to qualify. The 400 meter races should be run in sections, by time. Heats should not be used in masters competition.

Roy and Mary Cullen provided a generous reception and wonderful dinner on Saturday night. There is no way any other host could come close to matching that magnificent evening.

*Haig Bohigian*

*North Tarrytown, New York  
(Mr. Mount, meet Mr. Bohigian — Ed.)*

## NATIONAL LDR CHAMPIONSHIPS

If the organizers of the TAC/Coca-Cola National Masters 5K Championships October 22 in Little Rock can afford all that advertising (October continued on page 11

## Andersen Wins \$12,000 at Twin Cities

The big story of the Twin Cities Marathon, Minneapolis, October 2, was not the heat and humidity, the 4774 finishers, the thousands of spectators, or the scenic autumn course, but the fact that Gabriele Andersen, 38, Sun Valley, Idaho, picked up the \$12,000 women's first place prize, plus a \$1,250 age-graded award for her time of 2:36:22.

The age-graded awards were given to 35+ runners who had beaten a "target time" for their five-year age group. "Target times" were determined by averaging American age records for each group.

Other female winners of age-graded awards were Margaret Miller, 57, \$1,000, for her 3:14:10 winning time in W55; Sandra Kiddy, 46, \$750, as victor in 3:00:37 of W45; Toshiko D'Elia, 53, \$500, for a 3:08:32 W50 first place; and Bette Poppers, 40, \$250, for an outstanding 2:45:35 in W40.

For his third place finish, Herm Atkins, 35, Everett, Wash., collected \$5,000, plus \$1,250 for his "target time" 2:17:15. Fritz Mueller, 47, took home \$1,000 for M45 first (2:31:33); Athol Barton, 35, hit the "target time" with his 13th overall 2:22:31 for \$750; Jim Bowers, first M40+ in 2:28:38, was awarded \$500; and Alex Ratelle, 59, received \$250 for his 27 minute victory time of 2:42:08 in M55.

Allan Zachariasen, 27, Denmark, defended his title in 2:13:20 for the \$12,000 open prize in the race, which was directed by Jack Moran. □

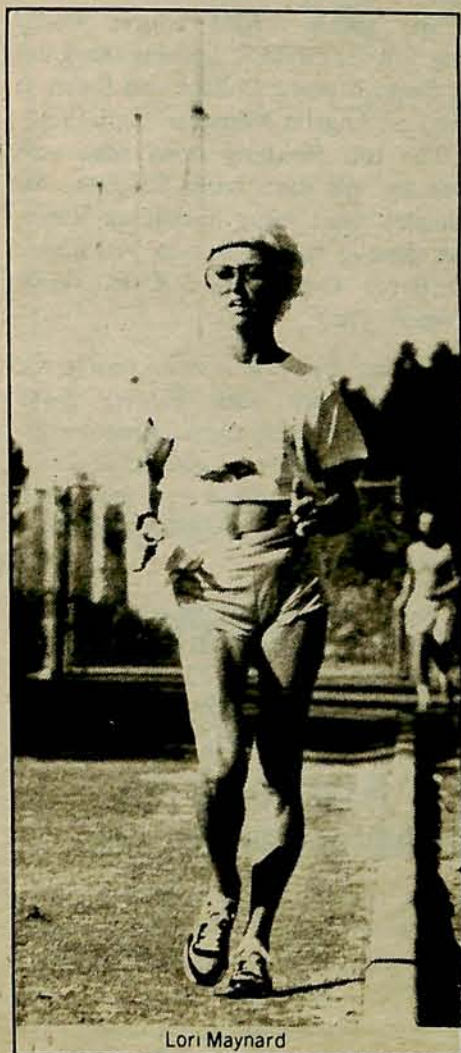
## Coffman Victor in Dayton

Don Coffman, 40, Frankfort, KY, defeated a strong masters field in the time of 1:08:18 at the Dayton River Corridor Half-Marathon, Ohio, Sept. 25, outrunning his closest masters opponent, Bob Fischer, 43, Newark, NJ, by over three minutes. The race served as the 1983 TAC National Masters half-marathon championships.

Bill Olrich, 48, Lexington, KY, took the M45 title by eight minutes with a high ranking 1:11:59. Don Gammie, 52, Centerville, OH, ran well enough to take the M50 crown in 1:16:28, a six minute margin.

Jan Buch, 36, Smithville, OH, outraced the W35 field by twenty minutes in 1:16:16. Iris Black, 40, Spring Valley, OH, won the W40 gold medal by five minutes in 1:24:24.

In the closest masters race of the day, Agnes Chreitzberg, 45, Richmond, KY, defeated Marilyn Agnew, 47, Dayton, OH, by twelve seconds with her 1:35:40 finish. □



Lori Maynard



How sweet it is to be cheered at the finish! Norm Green, 51, 15K championships, El Paso, TX, Oct. 1, 50:51.

Photo by Richard Lee Slotkin

## Blanco Wins Eastern X-C

Bert Blanco, 31, led 44 other runners across the finish line in the 12th Annual TAC Eastern Masters Cross-Country Championships (age 30-and-over) November 6 in Van Cortlandt Park in the Bronx, New York.

In crisp, 48-degree weather, Blanco clocked 37:00.2 to capture the 30-34 title, 40 seconds ahead of runner-up John Garlepp, 45, who notched the 45-49 crown. Bob Clarke (37:47) and Herb Kania (39:49) placed third and fourth to earn championship laurels in

the 40-44 and 50-54 brackets, respectively.

Californian Patrick Devine, 55, won the M55 award in 40:37. Dottie Kelly, 48, (50:03) outlegged Sandy Pashkin, 41, (50:32) for first female finisher, both winning their respective age division championships.

Other division winners were Woody Lunsford, 60, (44:51), Charles Feldman, 67 (49:02), Mary O'Malley, 51 (57:54) and Adrienne Salmini, 62 (71:58). □

## 15K X-Country Goes to Reilly

Bill Reilly, 40, turned in a 50:37 to become the 1983 TAC National Masters 15 kilometer cross-country champion, on the Penn State U. Blue Golf Course at University Park, PA, October 30. Reilly, running for the winning Allegheny Nike 40-49 team, was 16:34 at 5K and 27:00 at 5 miles, finishing over a minute ahead of second-place Kirk Randall, 42, 51:56.

Jerry Smith, 40, was third in 52:21.

George Vernosky, 53, of the Potomac Valley Seniors TC, led all M50 finishers with 54:43. Nathaniel White, 64, Syracuse Chargers, was the first M60, and Ed Benham, 76, PVSTC, led all M70+.

Paulette Krause, 42, was the first woman in the largely regional field. □

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## Media Outruns Washington VIP's in 3rd Nike Capital Challenge

from JEFF DARMAN

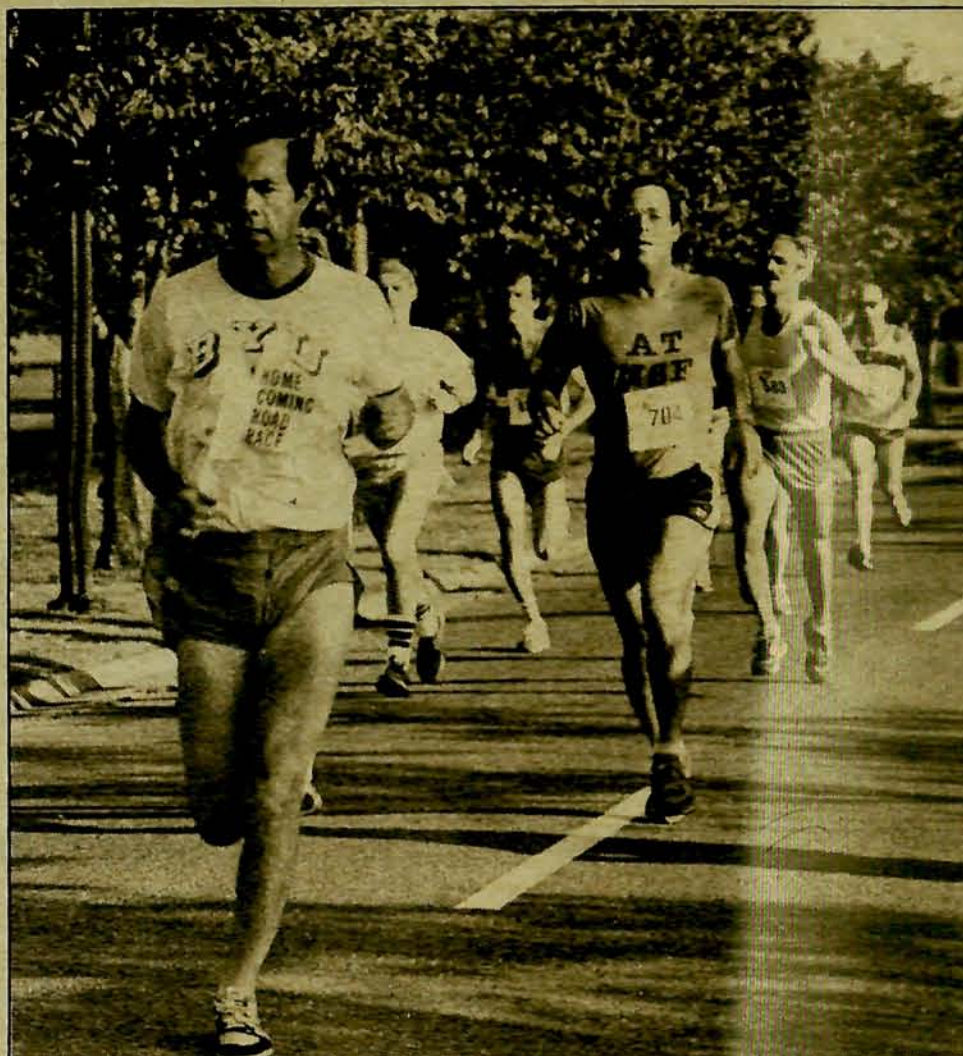
On a beautiful, sunny Thursday morning over 500 runners ran the Third Annual Nike Capital Challenge Three Mile Road Race in Washington, DC's East Potomac Park, September 15. The event attracted a record 97 teams captained by Senators, Representatives, Presidential appointees, and members of the Washington media. For their teams to count, each captain had to — and did — finish.

This year's winning team came from the Media as the Bureau of National Affairs Grub Streeters unseated the '82 champs, the Thundering Buffaloes of the Interior. Many of the performances were impressive, considering that the majority of the team captains were in the masters category.

The fastest legislator was 40-year-old Representative Bob Edgar (D-PA), who ran 18:41, copping the "First Representative" title for the second year in a row. First Senator, for the third year, was Max Baucus (D-MT), 41, with a time of 20:07.

An innovation this year were awards for the Best and Worst named teams. Best Name was "Leave It To Bevis", captained by Bevis Longstreth, an SEC Commissioner. Worst Name honors went to Sen. Steve Symms' team, "Idaho Transpotatoes."

All entry fees (\$1,800) were turned over to the Special Olympics. Challenge sponsor, Nike, donated an additional \$2,000 in the names of the winners and picked up all race expenses. Eunice Kennedy Shriver, Special Olympics President, accepted the donations from race director Jeff Darman. □



Rex Lee (BYU shirt), solicitor General of the U.S., first Sub Cabinet finisher (17:47), Nike Capital Challenge, 3 Mile, Sept. 15, in Washington, D.C.

Photo by Ellen Verdon

## Steer, Barnett Top Canadian Harriers

Chris Steer won the Canadian Masters Athletic Assn. National Cross-Country Championships at Coquitlam, B.C., on October 15. Steer's time of 34:07.4 was ten seconds faster than the runner-up Frank Smith.

In the M50 division, the first three runners finished within a fifteen second span, with Harry Adshead prevailing in 36:39.7. Arthur Taylor (37:42.6) won the M60 race from Ivor Davies (38:11.3).

Loreen Barnett, in the W35 division,

was the victor in 39:57. Frances Steinfeld (43:57.8) had a close race with Jean Harrison (44:01.4) in the W45 division.

No team awards were given, but the meet statistician gave unofficial first place to the Snohomish TC by just five points over the Richmond Kajaks. □

## Ayers and O'Connor Master Macy's

Rich Ayers, 40, Kansas City, KS, used a new course and ideal weather to run to a 2:45:49 victory in the M40-49 portion of the Macy's Marathon, Kansas City, MO, October 30, edging William Fox, 41, Tarkio, MO, by nine seconds.

Ellen O'Connor, 35, Ft. Leavenworth, KS, ran a 3:12:14 to outrace all women over 35. Judy Huber, 36, Norman, OK, was second in 3:15:37. Donald Nail, 51, Orrick, MO, ran a fine, uncontested M50-59 2:54:48.

Clyde Davidson, 45, Emporia, KS, was first master in the combined 10K race in 33:22. Sixty-year-old Jerry Morrison, 60, Parkville, MO, had one of the strongest times of the day in the 10K, 36:52, as did Dr. Howard Calkin, 72, Oregon, MO, in the M70+ division, 54:24.

Sponsored by Macy's Midwest, the event drew 1103 marathon and 4563 10K finishers. □

## Haiman Wins 5th Avenue Mile

Ted Haiman, 40, Queens, NY, won the first-ever masters section of the unique 5th Avenue Mile in Manhattan, September 5. Haiman won easily over the other eight qualifiers, running the straight course in 4:22.

Larry Miller, Chatham, NJ, celebrated his 41st birthday with a 4:35 second. Gary Muhrcke, Queens, NY, winner of the first NYC Marathon thirteen years ago, was third in 4:38. All nine finishers were under 4:48.

The NYRRC is considering adding a women's masters race to next year's 5th Ave. Mile, one of the few running events which receives national TV coverage. □

## Prize Money For Masters

A \$100,000 purse—including prize money for masters runners — and a chance to run on the 1984 Olympic Marathon course.

Those are the key ingredients expected to attract nearly 3000 of the world's finest distance runners to Los Angeles, on February 19, 1984, for the inaugural running of the Los Angeles International Marathon (LAIM).

"It's been long overdue," said Jim Bush, chairman of LAIM, Inc., a non-profit organization. "The L.A. area deserves a major marathon event of its own. Boston has one. New York has one. Now, we're going to have one."

Bush is well known nationally as the head track and field coach at UCLA for 20 years.

The scenic LAIM course would begin at the Olympic training track site at Santa Monica College and finish at the Los Angeles Memorial Coliseum.

The top finishing open man and woman will each bank \$25,000. All runners must have qualifying times, the same as for the Boston Marathon. (3:10 for 40-49 men, 3:30 for 40-49 women, etc.)

Joining Bush in administering the marathon are Mel Elliott, (M45 800-meter runner) chief executive officer; Ed Staley, executive vice president/race director; and Bob Watanabe, (M55 sprinter), medical director.

For more information, write LAIM, 15115 1/2 Sunset Blvd., Pacific Palisades CA 90272. Or phone 213/459-5796 or 459-6666. □

## Attention All Meet Directors

Please contact Bruce Springbett with the dates of your 1984 events. Bruce Springbett, P.O. Box 1328, Los Gatos, CA 95030, (408) 354-7333. □



L to r, Bob Boal, US; Warren Ling, Rep. of China; Leo Benning, South Africa; at National T & F Championships, Houston, Sept. 16-18.

Photo by Ted Potts



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After the Masters 5K, plan to stay a week and run the **Gasparilla 15K Classic** in **Tampa**,  
right next door to Clearwater, Saturday, February 11, 1984





# THE GUN LAP

by MIKE TYMN

## The Good Old Days

If you're in your middle years, you should consider horseback riding. Those of you of more advanced years, try one round of golf occasionally and some gardening.

That's the advice given by Ray Conger, author of "Track and Field," a 1939 publication. I came across the book while rummaging through a second-hand book store recently. Even though most of the attitudes and methods set forth in the book were still with us when I was in high school during the early '50's, I found it amusing to see them in writing and to compare them with the state of the sport today.

Conger was one of the top milers around in the late '20's, and early '30's. He defeated Paavo Nurmi of Finland in the Wanamaker Mile of 1929 and was a member of our 1932 Olympic team. His best mile seems to have been 4:13.6. When he authored the book he was director of recreational sports at Penn State College.

"General training rules for the mile parallel the rules for a wholesome and normal life," Conger writes. He recommends the following training program, adapted from H.W. Hargiss, a former coach of Glenn Cunningham:

**Monday** — Easy warm-up calisthenics and rope skipping 10 or 15 minutes, jog two easy 440's for rhythm, form and ease of stride. Walk one 440 and finish with 75-yard sprint.

**Tuesday** — After 5 to 10 minutes of rope skipping, use Indian clubs for

arms and coordination. Run three single 440's for judgment of pace and speed.

**Wednesday** — This is the hardest workout of the week. After warm-up, rest, then run 660 in about 1:35. Rest 10 or 15 minutes, then do another 660. Emphasize ease of stride.

**Thursday** — After calisthenics, Indian clubs, and rope skipping, jog two easy laps. Walk 440 and then finish with two wind sprints of about 75 yards each.

**Friday** — Easy jogging and walking for two laps and one short sprint of 50 yards.

**Saturday** — Race.

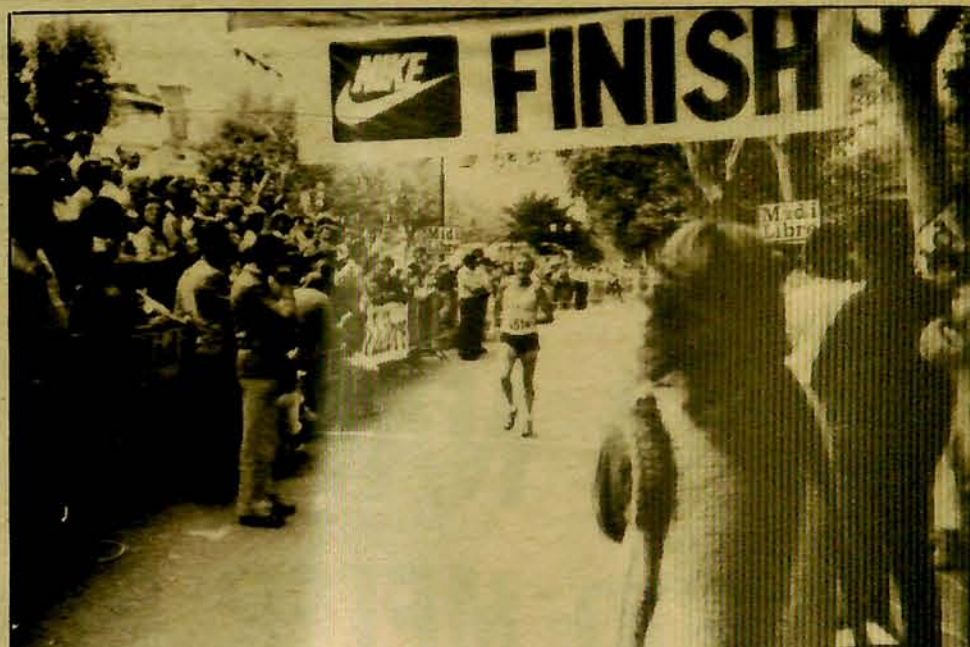
**Sunday** — Rest.

Other tips for milers: Under-work rather than over-work; no over-distance work; avoid hot baths and excessive rubdowns and massage; practice in heavy basketball shoes.

Conger stresses the need for the coach to teach his miler to point the feet straight forward as this will gain him about three yards in the race. He also recommends returning to the training room after warming up and spending the final 10-15 minutes before the race with the feet placed high on a waste basket while in the prone position so that the blood returns from the feet to the heart.

Conger recommends the following life schedule for a miler:

As a child — active life with much hoop rolling. In high school — sprint,



Minnesota's Alex Ratelle finishes second in M55 competition in World Veterans 25K Championships in Perpignan, France, October 16. Photo by Tom Sturak

play baseball, and other light, active games. In college — run cross-country in the fall, quarter-miles in the winter and half-miles occasionally. Just out of college — between ages 22 and 27 is the time for record-breaking performances. Later life — back to tennis, golf, horseback riding, volleyball. Old age — hikes, one round of golf occasionally, and gardening.

"A coach usually finds the distance runner a little easier to train than a sprinter, since he is likely to be somewhat more mild mannered and dogged in his activities," Conger continues. "He shows less nervousness as he has found it necessary to remain relaxed on all occasions."

Conger points out that while most boys who turn out for track want to be sprinters, some are not cut out to be and should consider the distance events. However, the boys with an excess of nervous energy and natural speed should not consider the longer distances because he can be more good to his team running the sprints and competing in the broad jump.

For those training for the two-mile, Conger recommends long hikes. "Hiking adds variety to the training procedure that is welcome to the distance runner. The knowledge, pertaining to nature and the ways of the universe, that can be learned on these hikes, is an asset to a well-balanced personality as well as to later running. It is not quite so necessary for a runner as it is for the football player to 'live' the sport of his choice. The latter must concentrate on plays and study them constantly. The runner's main thought is to build stamina and much of this can be done by walking over interesting haunts," he writes.

"Track and cross-country have been labeled individualized sports which tend to make persons introverts. It is true they do not provide as much opportunity for team play as football, but its social values can be observed at a squad practice, a major relay carnival, or a conference cross-country run."

There seems to have been some controversy during the late '30's as to the effects of cross-country running on high school students. Conger states that cross-country is a very good builder of endurance and strength for the man of college age, but those of high school age should confine their long efforts to jogging and walking. Where competitive cross-country is engaged in, he recommends limiting the distance to two or two-and-a-half miles over an easy, as well as pretty, course.

Conger further recommends an "eleven to seven" sleeping schedule, a good balanced diet, including scalloped cabbage and cheese, and a small broiled steak seven hours before the meet. He says that one should be particular about keeping off the feet for the last two days before a hard race and during the warm-up period.

Those old timers really knew what they were doing. How did we manage to go astray? □



John Adams, 6th, M45, marathon, V World Games, 2:53:35. Photo by Ted Potts

## SportsAmerica

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## Clark, Dalrymple...

continued from page 1

leaders through the first eight or nine miles of the rain-dampened autumn classic. With one of the largest television audiences ever for a running event, Villanueva followed the "suicide" 2:06 pace of leaders Gidamis Shahanga, Smith and others to earn the respect of commentators Marty Liquori and Jim McKay before tiring to finish as third master in a creditable 2:23:51, three seconds ahead of Lasse Viren.

Overtaking Villanueva for the masters silver medal was Portugal's Armando Aldegaleta (2:21:46).

World Veterans Games marathon champion (2:27:04) Tim Johnston, 42, of Great Britain came back with only three weeks rest to take fourth in 2:25:27.

Tony Gerrity, 40, of Devon, Pennsylvania was the first American 40-and-over finisher in 2:27:17.

Of the 60,000 aspirants who sent in entry forms, 16,000 were selected to

start the race on a cold, overcast, rainy Sunday morning as the Lebanon bombing was already beginning to dominate the day's news.

New Zealand's Robin Hames, 46, the 1981 winner and 1982 runner-up in the women's masters division, slipped from her 2:46:12 last year to a 2:48:52 for third, just 18 seconds behind Kirchen. New York's Patty Lee Parmalee was fourth 40-and-over woman in 2:59:56.

England's Carolyn Gould, 39, took 30-39 honors in 2:40:34, and looms as the top woman veteran marathoner in the world in 1984. Poland's Renata Walendziak's 2:41:34 placed second in the 30-39 bracket.

David Salo, 50, flew in from his West Coast home of La Jolla, California to capture the 50-59 division in 2:35:12, three minutes ahead of West Germany's Guenther Brass. Virginia's Paul Lucky took 60-69 laurels in 3:08:06, with New York's Bill Brobston posting 3:33:39 for a 28-minute win in the 70-and-over group.

New Yorkers Margarete Deckert, 50, (3:18:33) and Mary Rodriguez, 61, (4:16:05) garnered the W60 and W70 competitions, respectively.

Toledo, Ohio's legendary Sy Mah, 57, ran the 303rd marathon of his career. □



"First Representative" Bob Edgar (D-PA), 18:41, Nike Capital Challenge 4 Mile.  
Photo by Ellen Verdon

## Bocci Wins National 20K Walk

Gerald Bocci, 45, won the TAC/Masters 20K Racewalk Championships in Dearborn, Michigan October 2 in the time of 1:51:22. Frank Soby, 43, was second in 1:57:30, and Allan Phillips, 60, took third in 1:58:53.

Phillips' effort erased Anthony Medeiros' national age-60 20K time of 2:00:12.

In the 5K walk conducted with the nationals, Ernestine Yeomans strode to a world's best age-64 time of 34:01, eliminating Bonnie Kolsom's 38:06. Max Green, 51, was second overall in the men's race in 26:41.

The event was conducted by Frank Alongi and the Wolverine Pacers AC. □

# THE ARIZONA 10K

## And 2 Mile Fun Run

**DATE:** Saturday, December 24, 1983 Under 40 start 9:30 AM/40 & over start 10:30 AM

**LOCATION:** Ahwatukee Community Center, Phoenix, AZ  
(Take Elliott Road exit off I-10 Freeway; just south of Tempe; 10 minutes from Sky Harbor Airport)

**COURSE:** TAC Certified 10,000 Meter Championship Ahwatukee Course

**FINAL ARIZONA SERIES EVENT:** Double points towards 1983 Arizona T.A.C. 10,000 Meter Championship

**SANCTIONED BY:** The Athletics Congress/U.S.A.

**ADMINISTERED BY:** Valley Events, Inc.

**RACE DIRECTORS:** Pete Fairman and Dave Berman

**INFORMATION:** 949-1633—For entry forms send SASE to Valley Events, Inc., 8131 E. Buena Terra Way, Scottsdale, AZ 85253

**AID STATIONS:** 2, 4 and finish; Accurate mile marks posted, Splits called

**DIVISIONS:** 11 and under, 12-15, 16-19, 20-29, 30-34, 35-39,  
U.S. Championship—40-44, 45-49, 50-54, 55-59, 60-69, 70 & over,  
Wheelchair, Racewalk

**FEATURES:** This event has pledged to meet the high standards you have come to expect from Valley Events, (Visual Clocks and Electronic Timing, Accurate Distance, Accurate Scoring, Quality T-Shirts, Trophies and Awards, Merchandise Drawings, Prompt Awards Ceremony, Splits, Stations, Etc., etc. . .)

**BENEFIT:** TAC Athlete Development Fund of Valley Roadrunners' Club



**1983 U.S. TAC 10,000 Meter Master's Championship**





## On Approaching Every Problem With an OPEN MOUTH

by W. MacDonald Miller

### Slow Down, Honey!

If you could lift your head out of that stupid running log for a moment I think you would be painfully aware that most things change too fast. In spite of all the carping and complaining from the women to the contrary — things are moving just a bit too swiftly.

The women get all steamed up because, a few years ago, one of their kind keeled over in the 800 meter run

and some very wise dedicated men decided that women shouldn't be allowed to do everything men do. Hear-Hear; take it from a person who has had the old throw-up light go on more than once at the end of an 800 — it's not at all lady-like.

Men want their women to be ladylike. I admit there is a certain

erotic appeal to the thought of some huge East German blond shot putter choking me until I agreed to perform certain acts, but for the most part, when women shave their chin and not under their arms and wear a protective cup, there's a fair amount of turnoff. Women must somehow realize that standing around before a marathon rubbing vaseline in the crotch is a man's thing. It's not for women. It doesn't make them more attractive and, more importantly, it isn't necessary.

Women will always occupy a very important role on the planet. They are priceless and irreplaceable. You know the old line about "next to food and water." I'm reminded of Woody Allen's universal sentiment, "I seek a return to the womb — any womb." If you're thinking for a minute that I'm going to let this turn into some statement from a chauvinistic prig, forget it. It's just, well I don't know — women have plainly gone too far, too fast.

Some areas require a woman's touch. It won't work with anyone else. Take your aid stations in the road race. Men can't do that. Most don't know the first thing about pouring and, let's be honest, ever see a man who could hand something to someone. This clown came to our office the other day and tried to hand me a summons. You guessed it, he dropped the damned thing and I was only going at about a 7:30 pace. Some silly Peeping Tom charge that doesn't worry me one bit. It's actually more of a nuisance thing than anything else.

Another job that women do better than anyone else is "dropping off." Let me explain. Some races, for whatever reason, have the start and finish in different places. Veterans of such happenings refer to them as being point-to-point, or races that finish at a place other than where they started. In such cases, most races provide some form of transportation, usually a bus, to the start.

In races like the Boston Marathon this can be a bummer. The buses always leave so early you are guaranteed the opportunity of sitting around the starting area for several hours. It's a situation that literally cries out for someone to drive a car, whether it be rented, owned or that of a friend, to the starting line. Then, of course, they must dead-head back to the finish area and wait for the arriving heroes. Women do an absolutely marvelous job of handling what can be an extremely tricky maneuver — "dropping off."

When a race is over there is great attention given to finish results and award ceremonies. Little emphasis has ever been placed on probably the most important happening that ever occurs after the race has ended. You guessed it, the only person who could possibly handle the task is a woman. It's usually referred to in running circles as



Jim O'Neil, 58, 50 yards from his 55:07 finish, National Masters 15K championships, El Paso, TX, Oct. 1.

Photo by Richard Lee Slotkin

"walking along." You know, after a guy has finished a race there has to be a woman there to "walk along" with him. It's usually performed by a wife, mother or girl friend. Sometimes in rural America you'll see entire families, grandparents, children and even friends "walking along."

Take your typical wife, she'll be "walking along" with this wasted piece of spent merchandise who has assumed a multiple role of returning warrior, gold medal winner and saint. He'll be walking like he's been working in a rice paddy for over a year. He'll have snot hanging from his nose and be saying something totally profound to his wife, like "I thought I told you to get me a large T-shirt."

"Gee, Honey, by the time you finished they were all out of the large so I got an Extra Large, the lady said it would shrink." "Sure she did, you moron, what does she care, she doesn't have to run the race, just lie and make excuses."

Good "walking along" women can also be recognized by the items they'll be carrying. They'll have warm-up outfits, several bottles of green and yellow looking stuff, tape, bananas, vaseline, band-aids, brownies, beer and perhaps a small child or two. It's real easy to spot a woman who really doesn't have her heart in her work, she won't have that embarrassed smile on her face.

Women must be applauded for the gigantic progress they have made in recent years. I would offer, however, a simple reminder, don't be in such a hurry and please remember, many very meaningful roles performed by women simply cannot be performed by anyone else.

I would not suggest for a moment that "Handing Out," "Dropping Off" and "Walking Along" are for all women. It's certainly not for women who are able and intelligent. □

#### NORTH AMERICAN MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIP

DATE: January 15, 1984

TIME: See Schedule of Events for Field Events

Running Events Start at 9 am with 60 yard run — other running events follow in order

SITE: Westwood Stadium  
Box 457

West Lefevre Road  
Sterling, Illinois 61081

REGISTRATION: Pickup packet at stadium prior to event.  
No Refunds for NO-SHOWS

Report to Start when event called

\* FOR FURTHER INFORMATION CONTACT:

Mr. Ray Vandersteen

(815) 626-4908 Between (9-5 Monday - Friday)

ENTRY FEE: \$6.00 each event

5 year age groups for Men and Women starting at age 30

RESULTS: Results will be published in the National Masters News  
No results will be mailed.

AWARDS: Medals will be awarded for first, second and third in each age division.

HOTELS: STERLING: BEST WESTERN  
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Sterling, Illinois 61081  
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ROCK FALLS: RAMADA IN  
Rt. 88  
Rock Falls, Illinois  
(815) 626-5500

DIXON: NACHUSA HOUSE  
215 S. Galena Ave.  
Dixon, Illinois  
(815) 288-2132

EVENTS: 60 Yard Run: 9 AM 60 Yard Low Hurdles  
100 Yard Run 2 Mile Walk  
400 Yard Run  
800 Yard Run  
1 Mile Run  
3 Mile Run

TRACK: 35 lb. Weight Toss: 12:00-2:00  
Shot Put: 10:00 AM- 12:00

High Jump: 10:00 AM

Long Jump: 10:00 AM

Triple Jump: Follows Long Jump

Pole Vault: Follows High Jump

NAME		MAY		FEMALE	
LAST	FIRST	INITIAL	BIRTH DATE	AGE	
ADDRESS		CITY		STATE	ZIP
STREET		CITY		STATE	ZIP
EVENTS ENTERED		BEST MARK 83		ENTRY FEE	
1.					
2.					
3.					
4.					
5.					
6.					
7.					

TOTAL ENTRY FEE

TOTAL AMOUNT

TOTAL AMOUNT ENCLOSED: \$ (Make Checks Payable to)

Chuck Klehn

MAIL TO: WESTWOOD

STADIUM c/o RAY VANDERSTEEN- BOX 457 W. Lefevre Rd., Sterling, Illinois 61081

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

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_



## Paine, Monsen Victors At Falmouth

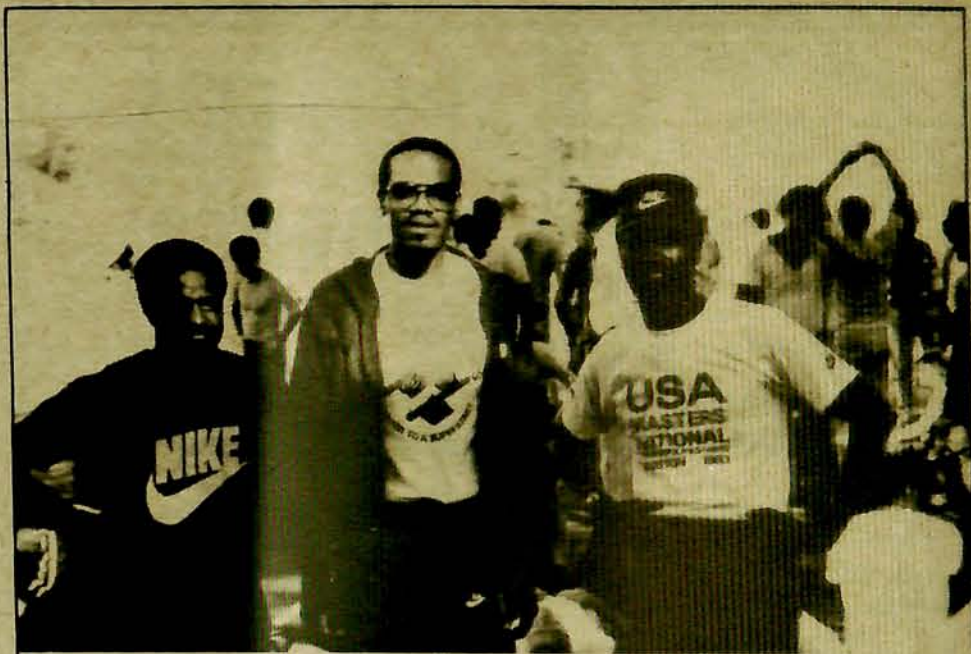
Masters road runners who are interested only in fast times do not generally enter the Falmouth Road Race. The start is narrow and packed, hundreds (perhaps thousands) of unofficial entrants abound, and, until this year, just the first 500 or so finishers were officially timed.

But, runners who enjoy competition, tradition, a scenic course and vast post-race coverage by the running magazines show up for this 7.1 miler on the coast of Massachusetts.

So, on August 14, 4,500 official (plus an estimated 2,000 unofficial) entrants were at the starting line. Less than thirty-three minutes later (32:20), Kenyan Joseph Nzau finished first. Joan Benoit won her fifth Falmouth in a record 36:21.

Jeffrey Paine, 44, won the masters race in 37:31, placing 118th overall. John Dugdale, 48, was second in the 40-49 division with a 38:42. Robert Clarke and Thomas Ross posted the same time (40:33), but Clarke was awarded third. Bill Foulk and George Studzinski, both 50, were also close at the finish, but Foulk took the 50+ race by eleven seconds (42:10).

Karen Monsen, 41, turned in a 49:22 for the W40-49 victory over Suellen Haber, 40. Peggy Norton, who is 62, must have set a record for a win by age margin when she defeated the 50+ field with a time of 57:50. Mary Flynn, 51, was second in 58:36. Ruth Rothfarb, at age 82, finished ahead of 25% of the entire field with 1:19:40. □



Michiganders who swept the M35 100m, Nationals, Houston, TX. L to r, Ted Potts, 3rd, 10.7; Clarence Ray, 1st, 10.6; Lamar Miller, 2nd, 10.7.

Photo by Ted Potts

## Book Review

by B. PALMER

"THE VALIANT HEART: from cardiac cripple to world champion" by Gordon Wallace. Lamplighter Press, 1982, 201 pp., \$12.95 plus \$1.75 postage and handling.

A courageous account of one man's victory over heart disease and how he became a world champion race walker in his age group, 70-74.

Gordon Wallace discusses his heart attack and his triple bypass surgery with enough detail to inform and to help others. His approach to rehabilitation becomes a step into a new life which is abundant in new goals, positive thinking and determination. Race walking becomes the challenge and the joy of his life. He tells how he trains, discusses the many races he competes in and shares many anecdotes about his competitions, which make his book a very personal one. He is a national and world champion race walker for age 70-74. The book is written with sensitivity and common sense. He sets an example which can encourage others not to give up but to make participation in sports an adventure. **Valiant Heart** is available from Lamplighter Press, 102 Aztec St., Prescott, Arizona 86301.



Cinnie Fulenwider

Photo by J. Fulenwider

## Budweiser LIGHT

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### Special WORLD MASTERS Division of the Paramount 10K Run

The City of Paramount and the Paramount Rotary Club, in addition to the Fifth Annual Paramount 10K Run, will have a very special WORLD MASTERS DIVISION sponsored by Bud LIGHT Beer. This division will be for those Master runners than can meet the qualifying standards for their respective age divisions. The ability to meet these time standards will truly make this division a very special one. This race will be run with the Paramount 10K. Yes, you have to be good to enter, but if you place within the time standards we'll reward you with fine merchandise. If you can meet these standards then come to Paramount and RUN WITH THE MASTERS.

**Master Standards: 40-44, 34:00; 45-49, 36:00; 50-54, 40:00; 55+, 43:00**

All times are "or faster".

**Race Date: January 28, 1984**

**Race Time: 8:00 am Sharp**

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**Pancake Breakfast: NO CHARGE**

**Location: 15500 Downey Ave.**

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**Awards: 10 deep each division, plus excellent merchandise.**

**Shirt: Long sleeve, NO CHARGE**

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BUD LIGHT will pick up the tab and welcomes you to compete for excellent awards and merchandise. This will be a yearly event and in time will be "THE RACE" of the Master Division. JUST REMEMBER, if you don't finish within the qualifying standards, you WILL NOT be recognized at the awards ceremonies. Frank Duarte, 1983 winner.

**Race Director  
Oscar Rosales**

(Master Division Standards subject to yearly change)

Information: Oscar Rosales (714) 848-5779 home # between 7-10 p.m.

## 5<sup>TH</sup> ANNUAL CITY OF PARAMOUNT 10K BENEFIT RUN

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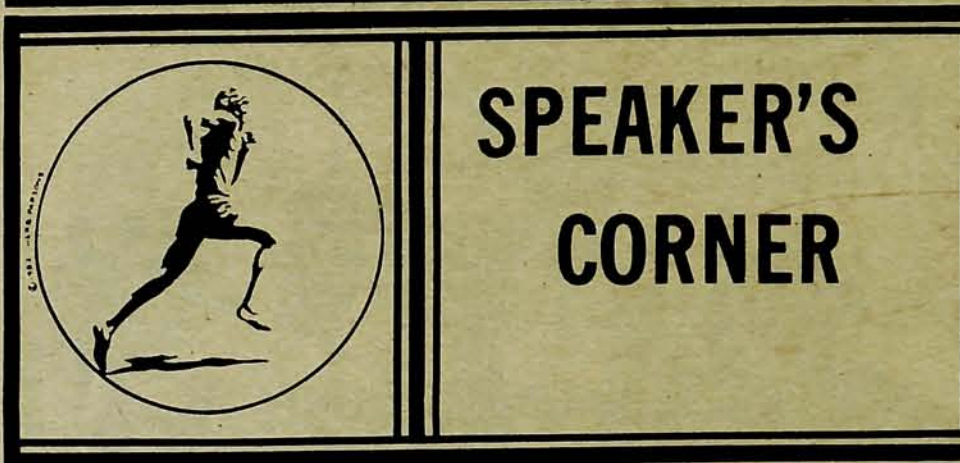
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## SPEAKER'S CORNER

### National Masters Championships

by BRUCE SPRINGBETT  
(TAC National Masters Outdoor  
Track & Field Coordinator)

I would like to make comments on Jim McLatchie's article in "Speaker's Corner" in the November issue.

I agree with most everything Jim says in regard to making the National Masters Track & Field Championships run more smoothly, but I disagree with his generalized assessment of the Athletics Congress (TAC).

Jim's lack of experience in running a large masters meet could have been overcome by analyzing the number of entrants and heats, then going to someone to get an opinion on how his schedule was shaping up.

It is true TAC did not supply any material support to the meet. TAC, however, did supply me, in my capacity as outdoor meet coordinator. While I am definitely not the last word on running a meet, I do have some background in running master's meets.

I arrived in Houston on Wednesday before the meet and talked to Jim that day. I was assured I was not needed and everything was under control. I was not advised or consulted and could not even get a program until Friday night. With no financial support from TAC, I lose any clout to enforce a review of preparations & scheduling, so I backed off and did not force my presence on Jim.

I feel most of the delays and snafus could have been avoided — because I have personally made every one of those errors myself — sometimes twice. To avoid those errors again, I have already established a relationship with the people in Eugene, who will direct the 1984 nationals, and feel they will cooperate with or without TAC money.

In any meet, there are unplanned or unexpected situations that pop up or are even overlooked.

Masters Track & Field is not professionally run, it is a participant organization. Until it is professionally administered there will be inconsistencies.

The fact that we have a national championship, for which bids are received a few years in advance, is a good sign.

Maybe TAC is not the organization for us! But right now it is the only

continued on page 13

by BOB BOAL  
(TAC National Masters Long  
Distance Running Chairman)

Bob Campbell, TAC Men's Long Distance Running Chairman, has suggested that the 1984 TAC National Masters Marathon Championships be held as part of the Boston Marathon.

Championships are very serious business for Masters. Many spend considerable sums in transportation and lodging to participate. My survey of some of the best shows they insist that a Championship:

- 1) Be held on a sanctioned and certified course.
- 2) Have proper police protection and adequate fluids.
- 3) Assure a fair start, avoiding large fields.
- 4) Provide identification of competitors as to age-group.
- 5) Supply all runners with accurate written time and place following the event.

This means that large "happening" type events cannot possibly fill the bill. Ideally a Masters Championship would include only Masters. Being lost among the hordes found in races such as Peachtree, Boston, New York, Bay to Breakers, etc. is most discouraging to a serious competitor.

Pressures for media awareness, spectators and a variety of sponsor goodies threaten to reduce the influence of quality Masters LDR competitors in the planning and operation of Championships.

With adequate budget, we could select an ideal site, a proven race promoter, an ideal time of year in reference to weather and other Championships, and buy the kind of Championship situation Masters athletes indicate they desire. This would give us an answer to "Why should I join TAC."

I am asking Masters Long Distance Running athletes to let me know how their sport should be conducted. Shall we finance and manage our sport, or shall we grow more dependent on "sponsors?" □



Start of World Veterans 25K Championships in Perpignan, France, October 16.

Photo by Tom Sturak

### Americans Win...

continued from page 1

living in England, notched a bronze in the W40 division in 39:10.

In the 25K run the next day, Green stamped himself as one of the world's great veteran distance runners by demolishing the strong age 50-54 international field by nearly five minutes. His time of 1:21:44 is over seven minutes faster than Alex Ratelle's official U.S. mark of 1:29:01. He finished third overall in the race behind Voets, the M40 winner in 1:21:02 and Spain's Agustin Fernandez, the M45 gold medalist in 1:21:26. Scotland's great Bill Stoddart, took the M50 silver in 1:26:32 to go with his 10K gold.

"We had heard of Green," a stunned European said, "but you never really believe until you see it."

Ratelle's 25K time of 1:31:01 was only a couple of minutes off his own U.S. M55 mark, but even that wouldn't have beaten France's Louis Herbert, who clocked 1:28:41.

With a 1:35:16, Andersen picked up her second gold medal of the weekend with a decisive four-minute margin over Francoise Dupont of France.

Belgium's Denise Alfvoet won two gold medals in the W45 class, 35:52 in the 10K and 1:35:30 in the 25K, winning the former by three minutes and the latter by ten. She was only 14 seconds behind Andersen in the 25K.

France's Germain Jean-Baptiste, M60, also captured two firsts with an impressive 35:00 10K and 1:33:33 25K.

The total of 1200 runners was substantially less than the 2000 in Japan last year. Of the 1200, 204 were from France, 176 from Great Britain, 40 from Formosa, 22 from Lebanon, 74 from Belgium, 20 from Japan, 11 from Korea and a good turnout from West Germany and Switzerland.

The race is unique in that there is no comparable long distance running world championships for open runners. (A San Diego race for women on December 4, 1983, will be the first.)

Tom Sturak, who placed 19th in the M50 division in 36:48, successfully bid last year to bring the championships to the USA for the first time.

"Bill Stock, George Green and Judy Stolpe will direct the races next year," Sturak said. "Since it's an even-numbered year, we'll run the 10K and the marathon. We'll use the fast, flat Mission Bay course. We hope to draw the top masters runners in this country as well as bringing in as many top international runners as we can."

The Championships will be held on December 3-4, at the same time as the annual TAC Convention. The race is IAAF/TAC sanctioned.

Helen Pain's Sports Travel International, Ltd. will act as the official travel agent for the Championships.

NMN will provide details in the coming issues. Meanwhile, for info, contact: World Veteran Championships, 7160 Baldrich St., La Mesa, CA 92041. For travel info, write: Sports Travel International, PO Box 7823, San Diego, CA 92107, USA. □



Dan Conway, M40; Gabrielle Anderson, W35; and Norman Green, M50; all winners in the World Veterans Distance Running Championships in France, October 15-16.

Photo by Tom Sturak



# National Running Data Center

The fastest official 10K turned in by an age-40-or-over American runner so far in 1983 is a blistering 30:34 by Sal Vasquez, 43.

Running in his hometown of Alameda, California August 21 in the Run for the Parks 10K, Vasquez only missed Mike Manley's official U.S. masters standard of 30:31 by three seconds.

Bill Rodgers has the fastest 35-39 clocking of 28:16, a U.S. M35 record. Ken Winn, 45, and Ray Hatton, 51, have identical 31:51's to lead their respective divisions. Alex Ratelle's 34:38 is best of the 55-59 division. Clive Davies is on top of the M65 list, as usual, with a fast 37:12.

Cindy Dalrymple, 41, continues to dominate the U.S. masters women. Her 34:44 is 2:13 faster than runner-up Elaine Kirchen. Marion Irvine's 38:36 is the best W50 time. Margaret Miller's 42:40 tops the W55 runners.

In this issue are the 1983 10K rankings for each men's and women's five year age group from 35-up, as of September 11.

## Write on...

Continued from Page 3

NMN), why must they pinch pennies by cutting off awards at the "60 and over" point?

TAC championship medals go for about \$3.50 a shot. They couldn't afford 8 or 10 more sets? I'm familiar with the largely-thankless job of race director. But many directors haven't examined their priorities very closely.

A masters race should not short-change the same older runners who get shortchanged in most open races. It denies them championship awards, and, in this case, offers a couple of those patronizing "oldest finisher" trophies. An older runner isn't trying to outlive the competition; he or she is trying to outrun it. It is insulting to give such a person a pat on the head for managing to cover the distance.

The National Running Data Center is an independent, non-profit organization devoted to the collection, analysis, publication and dissemination of long-distance running information. The NRDC processes all applications for US road records. Records approved by the NRDC are then submitted to the RRCA and TAC for official recognition. The NRDC is supported by donations from individuals, clubs, race organizers, companies and the national governing bodies.

Race Results are urgently needed to carry on the various activities of the NRDC. Specifically, results needed are those for (1) US non-track races 5 km and longer, (2) US track races longer than 10 km, and, (3) foreign races where US citizens may have achieved ranking or record performances. For certified course road races, documents supporting the certification are needed. For track races, copies of lap sheets are desired.

Send to NRDC, PO Box 42888, Tucson, AZ 85733. □

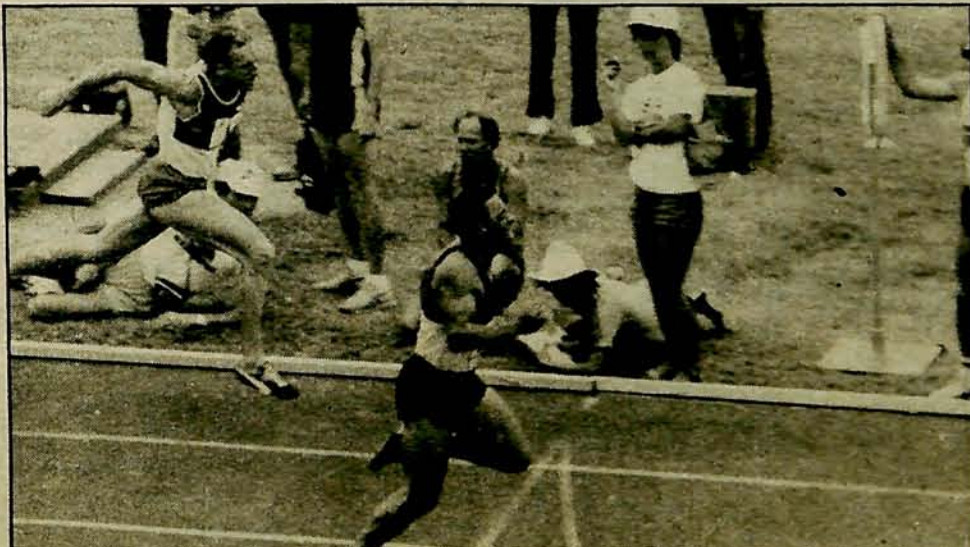
This letter is not an attack; only, I hope, a small contribution to a drive to shift emphasis — at least in masters events — from hype to substance.

William H O'Brian  
Syracuse, New York

## WEIGHT PENTATHLON

The World Veterans' Weight Pentathlon Championship held at Delray Beach on October 2 was a great affair. Good facilities, well organized, well run, well attended in all age groups, and good competition. The meet director gets my thanks. Several of the foreign competitors I talked to plan to carry the concept of the weight pentathlon back to their countries. They got a good idea of how to do it right by coming to Delray.

Bob Stone  
Kensington, CA



Kenny Dennis, 46, California, in a clear win over Reg Austin, 46, Australia, Nationals, Houston, 11:05 to 11:23. In Puerto Rico the result was almost identical, 11:03 to 11:36.

Photo by Ted Potts

## World Games Cost Half-Million

More than a half million dollars was spent in staging the V World Veterans Games in San Juan, Puerto Rico this year.

According to a preliminary profit and loss statement issued by Rafael Serrati, Administrative Officer of the Games, total income was \$512,700; total expenses were \$547,700; the net loss was \$35,000, to be paid by the City of San Juan.

The City and Estate governments generously contributed \$305,000 to the Games which figures out to \$157 for each of the 1,935 participants. Athletes

chipped in \$68,700 for entries and fees. Sponsors and donations accounted for another \$139,000.

Administrative and officials' salaries came to \$174,500 — about \$90 per athlete. Publicity and advertising was \$94,400; the opening ceremony cost \$31,200; transportation \$39,000, and medals \$16,900.

Below is the P&L statement. As a guide to meet directors for comparative purposes, the 1981 U.S. National Masters TF Championships, with cost-per-entrant, is also included. □

### V WORLD MASTERS GAMES PROFIT & LOSS STATEMENT (Unaudited preliminary) JULY, 1981 TO OCT 31, 1983

INCOME:	TOTAL	PER ATH- LETE
Government Funds Received:		
City of San Juan	\$250,000	\$129
Estate Government	55,000	28
	305,000	157

Fees from Athletes:		
Entry fees	45,900	24
Transportation fees	11,700	6
Farewell party fees	11,100	6
	68,700	36

Other Income:		
Commercial Sponsors	64,900	34
Donations	60,200	31
TV Rights	10,000	5
Miscellaneous	3,900	2
	139,000	72

TOTAL INCOME:	\$512,700	\$265
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### EXPENSES:

Administrative:		
Salaries	129,500	67
Publicity	94,400	49
Printing	15,100	8
Telex & telephone	6,900	4
Travel	20,300	10
Postage	7,400	4
Office equipment	25,500	13
Data Processing	5,000	3
Personnel training	13,400	7
Professional fees	20,500	11
Athletes souvenirs	7,200	4
Equipment Rental	13,000	7
Miscellaneous	22,100	11
	380,300	197

### Operational:

Judges & officials salaries	45,000	23
Medals	16,900	9
Transportation	39,000	20
Opening ceremony	31,200	16
Farewell party	14,600	8
Miscellaneous	20,700	11
	167,400	87
TOTAL EXPENSES	\$547,700	\$283

NET LOSS (to be paid by City of San Juan)	\$ 35,000	\$ 18
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For comparative purposes, here is the P&L statement from the 1981 National Championships, put on by Bruce Springbett and the Los Gatos, CA Athletic Association. (602 entrants)

INCOME:	Total	Each
Sponsor (Penn Mutual)	\$ 4,000	\$ 7
Entry fees	6,280	10
Banquet tickets	2,000	3
Gate Admissions	474	1
TOTAL INCOME:	\$13,754	\$23

### EXPENSES:

Medals	4,000	7
Banquet	1,875	3
Equipment	2,313	4
Judges & officials	1,230	2
Printing	454	1
Postage	690	1
Publicity & advertising	358	1
T-shirts & patches	1,530	3
Processing results	119	-
Miscellaneous	534	1
TOTAL EXPENSES:	\$13,102	\$22
NET PROFIT:	\$ 652	\$ 1

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## RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

### The French Connection

Among the many stresses that affect running performance is travel. Perhaps Marco Polo did not suffer from "camel lag" as he crossed the Gobi Desert in North China. But my best times at a given distance vary inversely with the mileage from home. The influence of certain elements should be expected to vary among individuals, but there are universal items of stress that affect all runners.

The most evident and unwelcome circumstance associated with travel is immobility.

Many runners handle the mental part of enforced rest by scheduling a run prior to departure. This lowers the anxiety index and seems to make the sitting-about a natural recovery period. Because of my strange time frames

**When all is quiet, it is possible to locate a "hidden" area tucked away in the rear of the aircraft. Even a few minutes of silent running is satisfying.**

with night call and all, I sometimes find it difficult to mount a run between the coming-off-duty time and aircraft departure. In this circumstance, I put in the best part of an hour on the exercise bike, preceded and followed by all the stretch the clock will allow.

Whether the trip is made by plane or car, the enroute reduction of the effects of travel lag are somewhat the

same. No one has calculated the laps-per-mile in the center aisle of a 747 or a DC-10. But, with discretion and consideration for the passengers and flight personnel, I have covered several miles, as sashaying about during a fourteen hour flight to New Zealand. The pace, by necessity, must be slow.

Running in place is not always out of the question. When all is quiet, it is possible to locate a "hidden" area tucked away in the rear of the aircraft. Even a few minutes of silent running is satisfying. If I am interrupted by non-runners, there is often enough warmth in my muscle mass to retreat to the John and do a bunch of stretching behind a locked door. Whatever your intentions might be, avoid attracting attention. Some of the most useful stretching positions might be misunderstood by the non-runners aboard the aircraft. When traveling a distance by automobile, the obvious effects of jet lag may not be noted or significant. But prolonged sitting does create stiffness and gastrointestinal stasis. The prevention of these annoying problems is somewhat the same. Stop the car at regular intervals and move about. Jogging is more available and stretching draws less attention from the citizenry. In some desperate circumstances I have jogged away from a gas stop to be picked up along the course.

The message here-loud and clear-



Members of the Australian team, World Veteran Games, at the La Tasca restaurant, Puerto Rico. Photo by Kelsey Brown

would seem to be...while traveling...keep it moving. Medical studies strongly suggest that it is important to resist the sedentary life, even for a few hours. Otherwise normal people placed in bed very quickly had significant

**My attempt to jog at the Paris airport met with armed resistance. Since my best 100M time does not compare with the muzzle velocity of an SN-mm9, I retreated.**

alterations of physiologic parameters. For the average traveler, these changes are probably at best only an inconvenience. But for the highly trained and motivated runner, the altered fluid storage, with its peripheral accumulations of water, is very likely to substantially effect the outcome of an attempt at maximal performance.

These effects, plus some to be described at a later date, began to haunt me before departure for the World Veterans 10K and 25K cham-

pionships in Perpignan, France in October, 1983. With several long nights on call and some time-consuming domestic responsibilities, I felt ill-prepared to travel some six thousand miles and run competitively.

As I detuned the training with decreasing intensity and mileage, my calorie intake was modified accordingly. Alcohol and caffeine intake were reduced, and I napped or relaxed whenever some little opportunity presented itself. Missing a connection from New York to Paris, because of weather, stretched the nerve endings. An alternate flight to London's Heathrow gave me my first ever foot on English sod...and an opportunity to test my American rain suit against the English "fog"...freshening rain mixed with fog. Running the access roads to that airport did not seem to excite any particular interest...but the overwhelming desire to run on the left had to be guarded against.

Curiously, but not so curious, the same attempt to jog at Paris' Orley Airfield met with armed resistance. Because of the assault on the French facility in 1979, the ramps and reception areas were patrolled by French Army personnel with sidearms and automatic weapons at the ready. Since my best 100M time does not compare with the muzzle velocity of an SN-mm9, I did not run again until arrival a day later in Perpignan.

Of the eight American runners, four garnered firsts. The best performances seemed to come from those who arrived five to eight days before the competition. The National Masters News will be publishing the times and places of this small band, so you may judge for yourself, but, by and large, the performances were so outstanding I cannot judge the results except to say we were represented by some very capable and remarkable athletes. Visiting with the individuals before and after the events, I reached the conclusion that everyone had his or her way of combating travel fatigue, and that it was a major problem as the distances and mode of travel changed. □

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Black athletes from South Africa at Nationals, Houston, Sept. 16-18. L to r, Godfrey Zwakala, 40, 1st TJ; G. Putsoe, 45, 2nd, 10000m; Wilfred Ngwenya, 40, 1st JT; D. Sennanyane, 40, 8th 800m; P. Mladuzi, 40, 2nd JT; and George Sennawamade, 45, disqualified in 100m, pulled muscle in LJ.

Photo by Ted Potts



# PROFILE

## Clive Davies— Year-For-Year, The Best

Just before the Emerald City Marathon last March, a Seattle reporter approached Alberto Salazar, who was conducting a running clinic, and asked Salazar what he thought of Clive Davies. The man who holds the fastest marathon on record said that the name did not ring a bell with him.

The same reporter also asked Johnny Kelley, the Boston Marathon legend, what he thought of Davies, but he also pleaded ignorance.

Two great runners had not heard of one who is perhaps even greater. They used to say that pound for pound Sugar Ray Robinson was the greatest boxer ever. You just might use that same kind of reasoning and say that year-for-year Clive Davies is the greatest runner ever.

At 68, Davies is in a class all by himself. It's difficult to believe that any one that age can run marathons in the 2:40's, but Davies holds the American 60-64 record of 2:42:44 and the 65-69 record of 2:42:49. The latter record was turned in at the age of 66. He holds more than thirty other world and American records at distances all the way up to the mile.

Born in Wales, Davies came to the United States at the age of 16 with his parents. He studied at the Art Institute of Pittsburgh and then served in the Army. Following his discharge from military service, he ventured to the West coast and settled in Oregon. Upon retiring from his job as a freelance art director with an advertising agency, he and Frankie, his wife, moved from Portland to Tillamook, a small town just west of Portland on the coast.

Davies started his running career at the age of 57. "I was looking for an outdoor activity which was easy to participate in," he explains. "The running boom was beginning and running appealed to me. It took two years to acclimate my body to the rigors of running."

Although Davies had not done any competitive running in his youth, he adopted a healthy lifestyle early in life. In Wales, he played soccer and walked everywhere he went. "After high school, my habits changed," he says. "However, the walking habit stayed with me and proved to be a big advantage when I started running. I was still skinny and fit. Perhaps the decision to

move to Oregon from Pennsylvania after the war was the best I ever made. This is outdoor, running country and being here encourages a certain lifestyle which has to include, for me, running."

A wiry 5-10 and 140 pounds, Davies has, as a Portland writer put it, "the burnt-out look of Coleridge's Ancient Mariner." Another writer referred to him as "a lean greyhound of a man."

Davies began his assault on the record book at age 59 with a 2:52:29 marathon. He now holds each single year record from 59 to 67 and will probably add the age 68 record to his collection before this is in print. American road records at other distances include: 35:52 for 10K (65-69); 54:23 (60-64) and 55:16 (64-69) for 15K and 1:21:41 for the half-marathon (65-69). Both the 10K and half-marathon records are well below the 60-64 standards. Probably the only thing that keeps Davies from holding every 60+ record on the books is his reluctance to travel far and search out certified courses.

On the track, Davies has clocked 5:15.2 for a mile (age 63), 17:19 for 5,000 meters (64), and 35:19 for 10,000 meters (63). And, he has gone 10 miles, 201 yards in the hour run (61).

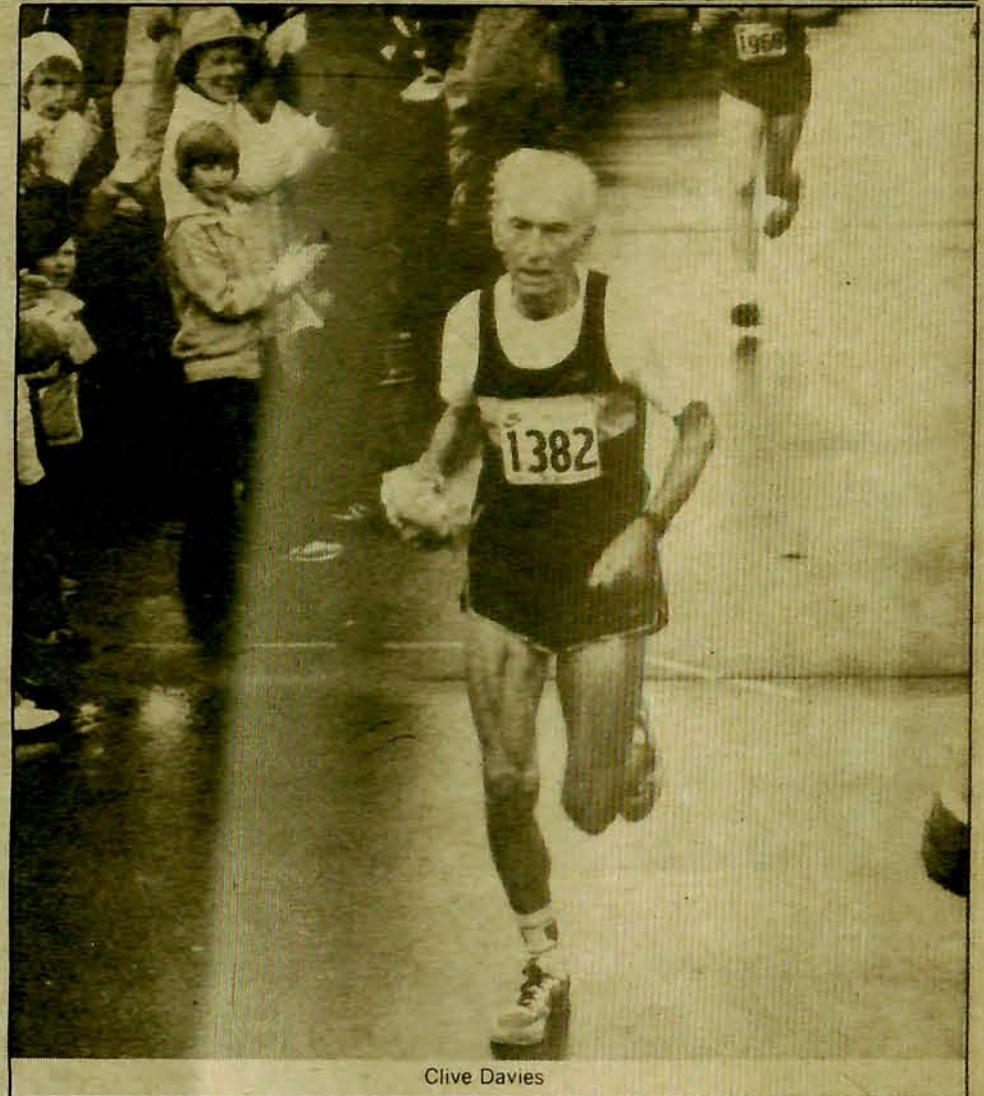
"My best distance seems to be the half-marathon. It's at least the most comfortable because I feel I can go all out for that distance. Nevertheless, the marathon has been my most successful distance," he remarks.

A typical week of training for Davies consists of about 70 miles, including a long run of 18-20 miles on Sunday, hills on Tuesday, and some speed play on Friday. He usually rests on Saturday. Most of his training is at eight-minute mile pace. When he's not running, he enjoys painting and sketching.

Asked about his most memorable competitive experiences, Davies thinks for awhile, mentions his two 2:42 marathons and then recalls a relatively slow 2:58 marathon. That was in 1980 in Wales, the country of his boyhood. There, at the age of 65, he won the 50th division.

"But the best of all was just finishing my first marathon," he says.

Until recently, Davies had hopes of breaking 2:40 for the marathon. "Now, I doubt that I can do it," he sighs. "I seem to have hit my peak at



Clive Davies

66. I'm finding it more difficult to maintain my times and in most distances I have slowed down. This discovery is a shock to my pride, but time eventually wins. I'm trying to reorganize my training to increase my body efficiency. This is the essence of running — to realize one's potential, to get the most out of one's physical advantages and one's mental outlook. So, age notwithstanding. I mean to meet the challenge ad infinitum!"

"What did you say he ran?" Salazar said to the Seattle reporter with a somewhat surprised look. "I can't believe that." □

—Mike Tymn

## Masters Championships...

continued from page 10  
organization.

With all the attendant problems, the Houston meet was exciting. It was fun, and I am grateful that it was held. I would also like to second Jim's praise for his great core of officials. Like he says — if you have never done one of these, you can't possibly know what it is like.

TAC is having its National Convention from December 1-4 in Indianapolis. Jim Weed and myself want to hear all the suggestions possible for discussion at that time. So let's hear from all the pissers and moaners. □

## Report From Britain

by ALASTAIR AITKEN

Besides Taff Davies, James O'Brien, 45, continues to be the outstanding Welsh distance runner after coming second to Mike Freary in the National Vet 10000, Aug. 21, at Melksham. O'Brien won the vets prize and came in fourth overall in the Rhyme Valley half-marathon in 68:00 in September and was fifth overall in the Welsh Marathon at Neath in 2:33:36. The winning time was a non-vet's 2:29:41.

Hasting's Pete Lawrence, 43, was first veteran by 5½ minutes and eighth overall of 150 starters in the 25th London to Brighton Race (53 miles, 1082 yards) in 5:52:36.

Croydon's Robin Dickson, 40, who has won seven "Grand Prix" vets races at Battersea Park, was first veteran in the Bracknell 5 Mile in 25:50, ahead of second vet, ex-international Mike Turner, 45, 25:56, Aug. 28, and won

the Southern Vets 10000 in pouring rain, Bromley, Sept. 10.

Carol Gould, 38, the Barnet veteran lady, was thirteenth of 831 starters in the National Women's 10 Mile Road Championships, Oct. 2, in 59:23. Valerie Howe (40-44) of Bracknell was nineteenth in 60:11, with Anne Kirkham, wife of international marathoner Colin Kirkham, 61:58.

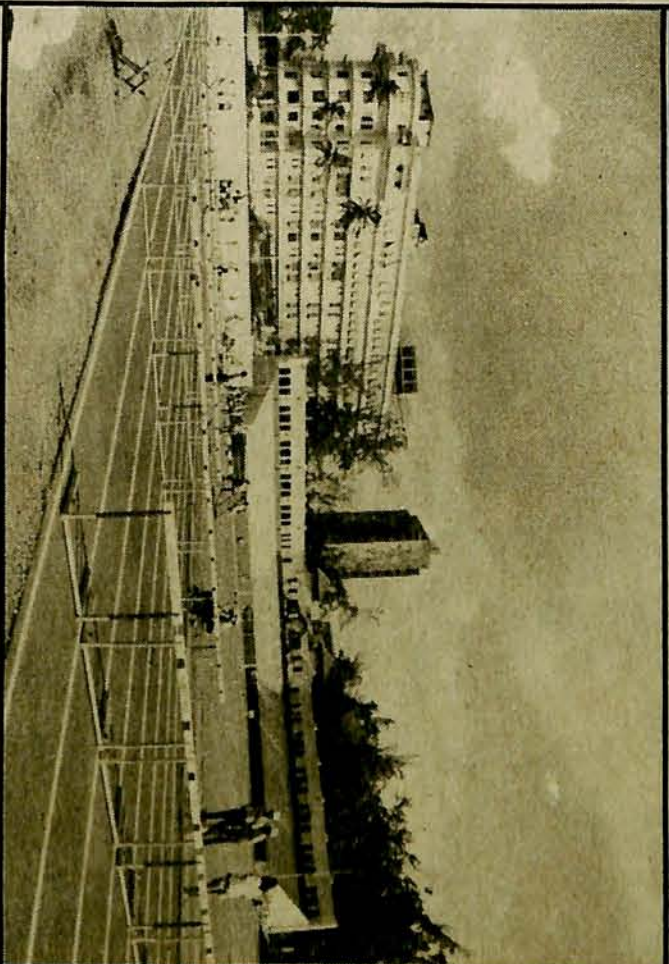
Bob Dobson, M40, won the "open" Hastings to Brighton Race Walk, 5:38:05.

At the Veterans Athletic Club meeting, Harringey, Aug. 28, British records were set by Les Williams in the 60+ high jump, 4.52m, and Wendy Fieldmanis, 51, in the high jump, 1.15m. Ian Pedarce (40-44) won the Inter-county 400 at Bromsgrove in 53.1 and the 800 in 2:03, and the Eastern 800 in September in 2:02.6. □

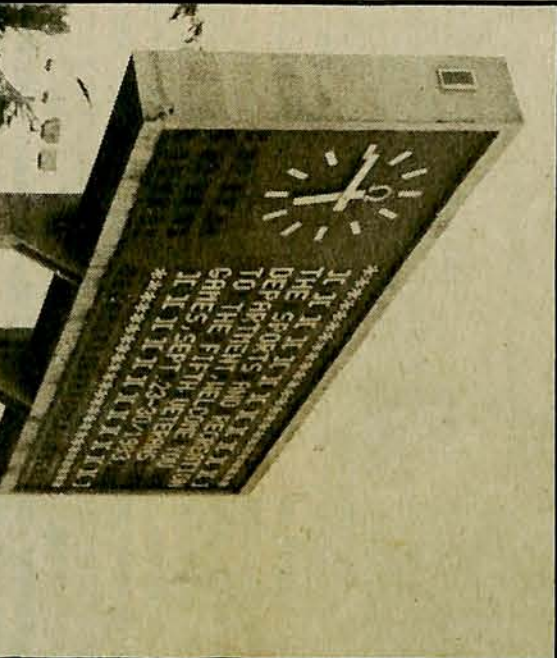


# ACTION AT THE V WORLD VETERAN

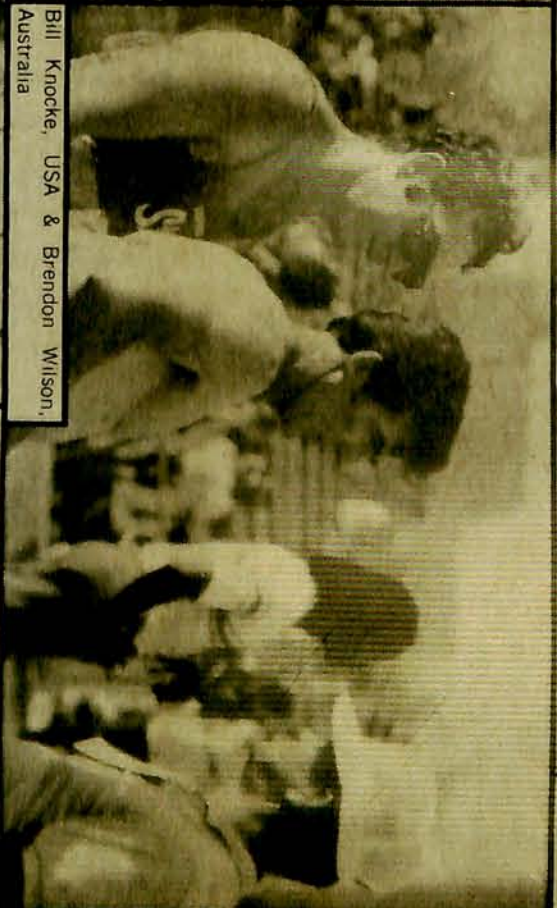
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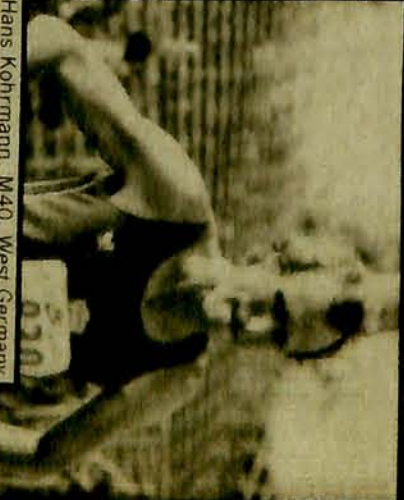
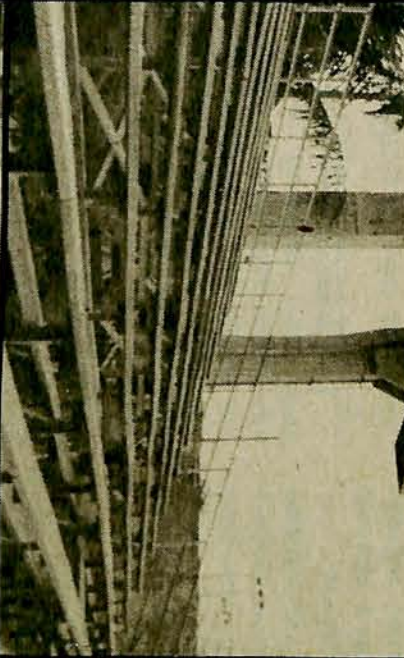
Reggie Austin, 4



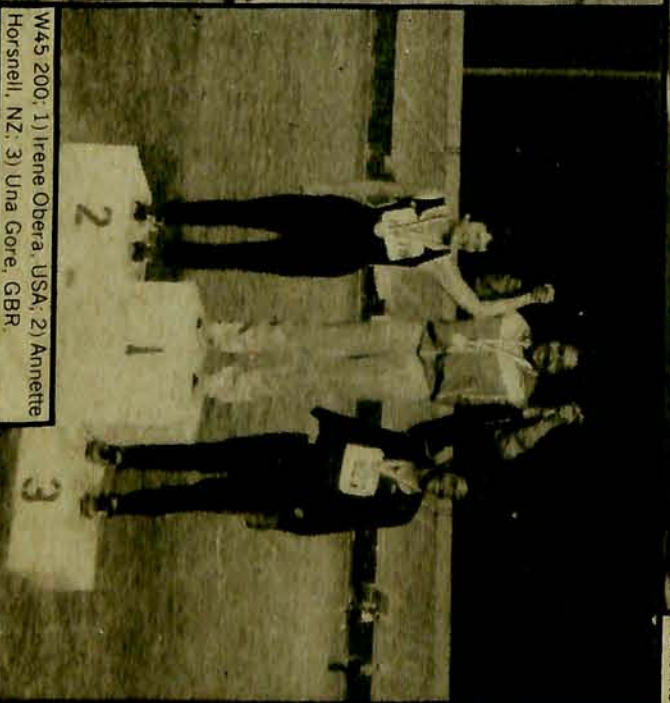
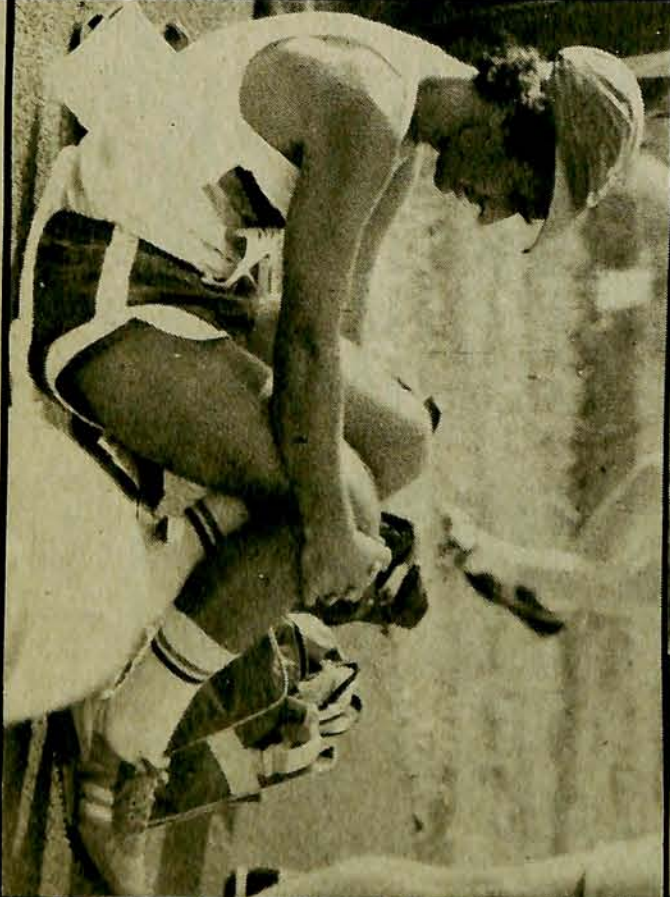
Jesse Carrington, M45



Bill Knocke, USA & Brendon Wilson, Australia



Hans Kohrmann, M40, West Germany



W45 200: 1) Irene Obera, USA; 2) Annette Horsnell, NZ; 3) Una Gore, GBR



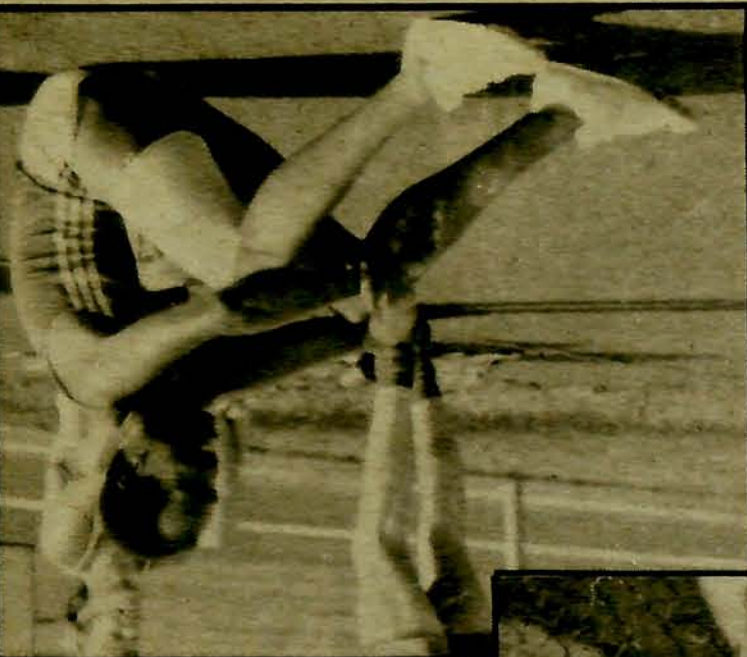
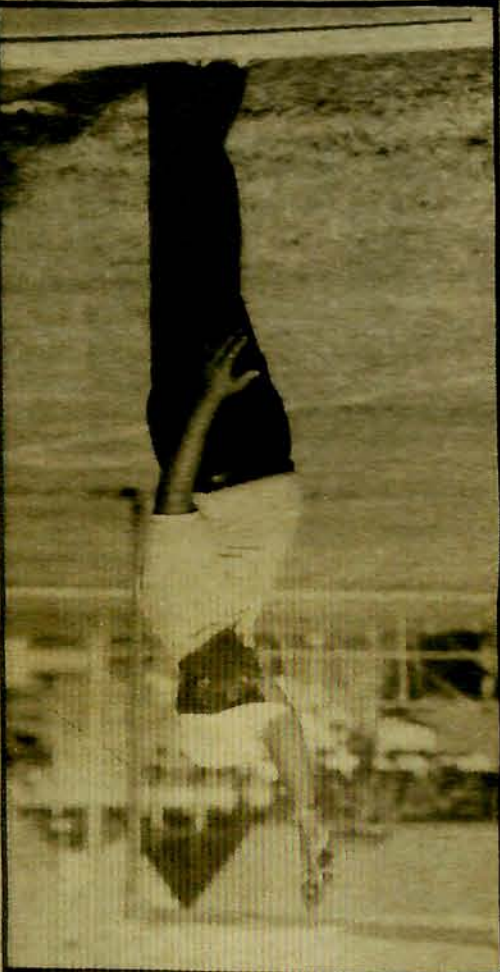
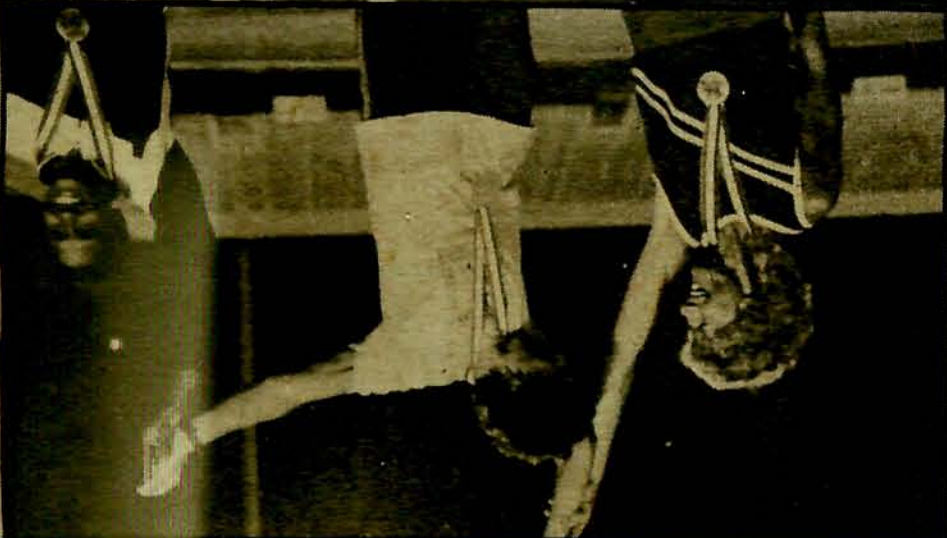
# NS GAMES SAN JUAN, PUERTO RICO

PHOTOS BY GRETCHEN SNYDER

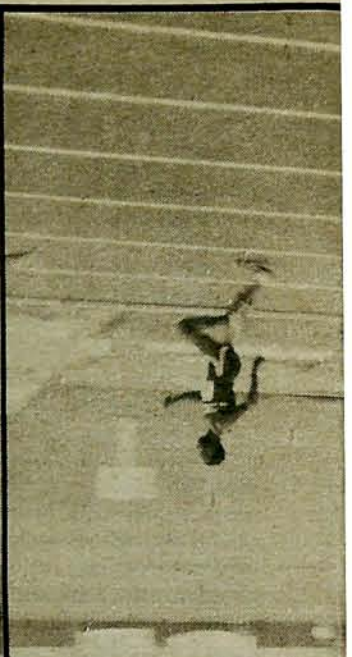
ER 23-30, 1983



W65 400M: 1) Isobel Saumier, Canada; 2) Patricia Kirkwood, Canada; 3) Dorothy Stotsenberg, USA.



Payton Jordan, congratulates Fritz Assmy for his M65 200 victory.





# MASTERS SCENE

## NATIONAL

• **George Hirsch**, publisher of *The Runner*, will host "The Runner's Corner," to be aired weekly, on ESPN's late Saturday night "Sportscenter" program and "Sportscenter Plus" show (12-1 p.m. Eastern time Sundays). The first regularly aired national TV show on running, "Runner's Corner," sponsored by Xerox, will cover road racing and track and include race highlights, interviews, and training tips.

## NEW ENGLAND

• **Bernd Heinrich**, 43, running a non-stop 24 hours, broke the American record by about a mile with a 156 mile, 1388 yard tour, Brunswick, ME, Sept. 4-5.

• **Carrie Parsi** was 1st woman master (60:15) in the NEAC 15K Championship, Wellesley, MA, Sept. 25, and again (51:28) at the Saucony Freedom Trail 8-Mile, Boston, Oct. 2.

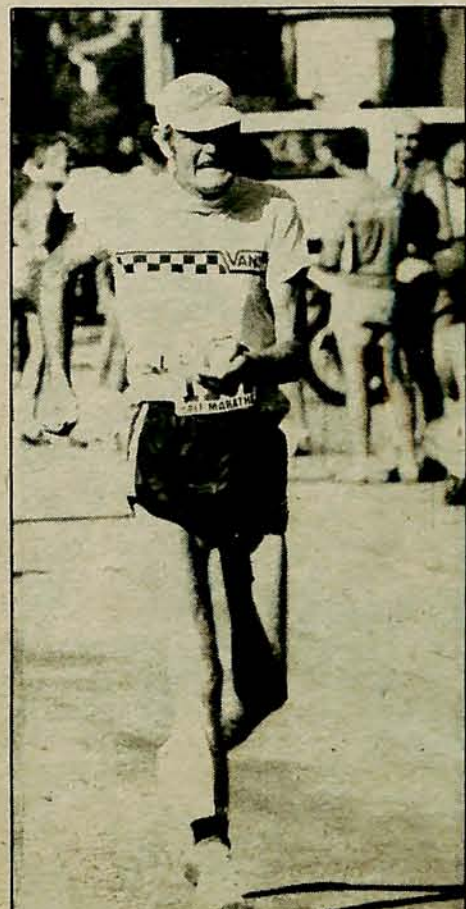
• **Duncan Milnel**, 35, topped the 15th Conn. TAC/5K Masters Championship Road Race field, Oct. 23, in 15:56. **Tom Durie**, 40, followed in 16:11 as **Joe Heffernan**, 39, closed in 16:15. **Kathy LaBella**, 36, had a women's course record 18:53. Most of the field had rear views of **Jack Treworthy**, 58, 12th (18:03) and **Charles Robbins**, 63, 21st (18:51).

• **Peter Vangarden** logged a quick 1:10:25 to capture 40+ laurels in the Maple-Leaf Half-Marathon September 17 in Manchester, Vermont. **Bill Foulk** was best of the 50-59's in 1:14:16. **Christine Tattersall's** 1:30:58 led the 40-and-over women, while **Bill Brobston's** 1:36:02 topped the 70-and-over group.

• **Ernie Dumas** popped a 16:04 as first master in the TAC Connecticut 5K in Willimantic August 21. **Marylee Adamson's** 22:27 was best 40+ female.

## EAST

• Instead of running to beat a statute of limitations, 472 lawyers and judges were trying to beat each other in the 2nd National Law Journal 4-Mile Courthouse Run, NYC, Oct. 2. **Seth Kaminsky**, taking the masters trophy in 22:48,



Walker John Kelly near finish of Santa Monica half-marathon, August 28.  
Photo by Richard Lee Slotkin

was pushed by **Geoffrey Etherington**, who logged an excellent 50+ time of 23:07. **Jacqueline Oliva** was 1st W40+ (30:04). **Marcel Philippe**, 32, a former French national champion, clocked in first (20:52).

• **Saul DePofi**, Sharpville, PA, burned through the Bavarian Fest Half-Marathon, Sharon, PA, Aug. 16, in 1:16:41 for 1st 40+ and 28th over 622 finishers. M40-44 followers, **Bill Tobin**, Greenville, PA, (1:18:54) and **Chris Cole**, Ridgway, PA, outran a lot of people of all ages with his M50+ (1:22:01) time. **Fay diZerega**, Pittsburgh, PA, was W40-49 victor with a time (1:35:09) that would have won the W35 race by 8 minutes.

• **Hubert Morgan**, 61, Sayre, PA, revised the 20K age-group record of 1:18:42, held by Rudy Nimmons, to 1:17:44 on the TAC/RRCA certified Wyoming Valley Striders 20K course, Wilkes-Barre, PA, Sept. 5. **Stan Williams**, 42, Emmaus, PA, was 1st 40+ (1:11:17); **Dolores Dedek**, 50, Kirkwood, NY, set a W50+ course record with 1:38:54.

• **Ralph Zimmerman**, 42, N. Tonawanda, NY, had trouble ("I was going to drop out at 10 miles ... although I did feel better as the race went on.") but held on to finish 7th overall in the Skylon Marathon, Buffalo, NY, Oct. 15, in 2:32:45. Zimmerman did a 2:20:30 on the course during the '80 Olympic trials. **James Knox**, 39, Collingwood, Ontario, was 8th in 2:33:06. **Joan Zirkelbach**, 35, Depew, NY, bested the 35+ field in 3:11:59, and **Gudrun Philips**, 47, NYC, forged a W40-49 win with 3:19:13.

• **Cindy Dalrymple** missed winning the Moving Comfort Women's 10K, Wash., DC, Sept. 18, by 31 seconds, running 34:37 to winner Suzanne Girard's 34:06.

• The 77th Wanamaker Millrose Games at Madison Square Garden, Jan. 27, will again have a masters one-mile relay. The 5 fastest teams willing to travel to NY at their expense will be invited. Contact Edward R. Small, 531 Main St., New York, NY 10044, before Dec. 29. Give team and members' names, expected time for the 11-lap banked track, and phone number of a contact person.

• **Max Popper**, 80, established an age-group time of 2:23:43 for 25K in the Marathon Tune Up, Central Park, NYC, Oct. 2. Masters teams awards went to Millrose AA in both the M40 and M50+ divisions.

• **William Reilly**, 40, '83 masters 15K champ, sped to an outstanding 30:47 in the Pittsburgh Great Race 10K, Sept. 25, to place 26th over 12,600 registered finishers, the largest in the race's history.

• **Julio Munoz**, 45, Brooklyn, got the lucky draw out of 5000 participants after the Olympic Torch 5K, Central Park, Nov. 5, and won the opportunity to carry the '84 Olympic torch in a segment of the pre-Games national relay. Ninety-year-old **Abel Kiviat**, 1500m silver medalist in the 1912 Stockholm Games, was official starter for the event.

• **Alan Cohen**, 54, Blauvelt, NY, added to his running feats by placing 20th of 128 entrants in the Scotch Plains (NJ) 5 Mile, Oct. 8, with a 31:42 M50-59 win. The next day, Cohen took his age-group in a 10K, South Orange (NJ) in 40:02, while wife Beverly, 53, was top woman in the two mile race.

• **Ted Haiman** reeled off a fast 31:55, nearly a minute ahead of 1970 New York Marathon winner **Gary Muhrke**, as first 40-and-over finisher in the Great Cow Harbor 10K in Northport, New York September 10. **Cindy Dalrymple's** 34:48 was only four seconds off her own American women's masters 10K record, set three weeks earlier.

## SOUTHEAST

• Potomac Valley Srs. TC development meets



Sue Johnston, 41, at 2 1/2 miles, 15K championships, El Paso, TX, Oct. 1, 61:23.  
Photo by Richard Lee Slotkin

will resume in December at Jefferson Community Cntr. (RT. 50 & Globe Rd.), Arlington, VA, on alternate Sundays, 10:00 a.m. Indoor track, 8 laps to the mile. **Jim Demma**, 301/587-9185(h).

• **Doug Bulcao**, 41, placed 3rd overall in the Carderock, VA, 10K Fruit Run, Aug. 13, in 34:39.

• **Joy White**, 40, set a Georgia state women's record of 71 miles in the Atlanta TC's 24-hour relay, Aug. 20-21. **Doyle Carpenter**, 44, was runner-up, logging 116 miles, to winner Ray Krolewicz, 28, (124 3/4 miles).

• **Art Scheinholz**, M40, and **Joseph Singer**, M45, pumped through the Gold Coast Masters 4-Mile Championships, Pompano Beach, FL, Oct. 9, in the same time (23:19) to share top masters honors.

• Once in awhile a masters runner is listed as the winner of two distance races in the same event. This happens when the runner wins at the 1st distance (5K) and continues running to win the longer race (10K) also. However, winning two separate road races on the same day is a rarity, if not unique. But, **Chuck Mammy**, 40, Youpon Beach, NC, did just that by winning the masters 5K in 18:05 and, a half-hour later, the masters 10K in 38:29 at the Festival By The Sea Races, Holden Beach, NC, Oct. 29. **Alex Coffin**, 46, Charlotte, NC, was 2nd to Mammy in the 5K, 18:47, and **Ersine Harkey**, 45, Charlotte, was 2nd in the 10K, 39:17.

• All but 4 of 24 entrants in the National TAC 100K RW Championship, Arlington, VA, were 30+, making it practically a masters event. Despite wet, cold weather, **Sal Corrallo**, 52, Potomac Valley Srs. TC, set an AR for all masters with an 11:30:57 5th place finish. **Bev LaVeck**, 47, Seattle, national record holder for 100 miles, captured WR's at 50 miles (9:28:56) and 100K (12:04:16). **Dot Michaels**, 56, PVSTC, with 11:01:21, broke the 55-59 AR at 75K. **Earl Bailey**, PVSTC, got age-84 national and world records at 25K (3:54:43). The PVSTC nabbed both the open and masters team trophies.

• **Jim Deni** stormed to a 54:25 clocking to capture masters honors in the 10th annual Virginia 10-miler in Lynchburg September 24. Perennial masters standout **Bob Jenkins** of Salem was second 40-and-over finisher in

55:41. **John Hosner's** 59:25 was good for 50-59 laurels, while **George Sheehan's** 70:28 took the 60-and-over trophy. **Louise Dooley** notched the women's vet award in 65:35. **Rod Dixon** won the race in 47:12.

• Outstanding performances by masters runners **Yvonne Rodgers**, **Pete Foret**, and **Jack Gough** highlighted the 2nd Annual Running Pentathlon sponsored by West Florida Y' Runners Club at Clearwater, November 6. This unusual event requires all contestants to run (in order) 2 miles, 880, 220, 440, and 1 mile, all within a space of two hours. Over one hundred athletes, ranging in age from 20 to 65+ took part in the grueling competition. **Rodgers**, 42, from Seminole, was the only person to win all five events. Her times were 2 miles - 12:05.3; 880 - 2:43.7; 220 - 33.3; 440 - 73.8; 1 mile - 5:45.6.

All three of these runners are expected to be strong contenders for the TAC National Masters 5,000 meter road championship in Clearwater this February!

## MIDWEST

• **Reed Hinman**, 41, flew through Forest Hills Park, Cleveland Hts, OH, Oct. 8, in 17:53 to win the 40+ segment of the Over The Hill TC X-Country Classic 5000m. **Tim Niederman**, 36, was 1st 30+ with 16:58, and **Jean Toth**, 47, took W40+ prizes with a flashy 22:31.

• **Dan Conway**, 44, Chetek, WI, "warmed up" for his trip a week later to Perpignan, France, with a 1st place 24:43.5 overall in the Run With The Pages 5 Mile, Minneapolis, Oct. 8.

• **Dave Emery**, running for Ford Truck, won the masters division of the Rockwell International Corporate 6 Mile, Troy, MI, 33:06.

• **Brian Harris**, 45-49, was top master in the Michigan TAC 10K X-country championships, Sept. 17, 33:35.

• **Tina Hayward**, 42, Vicksburg, Mich., '83 Boston masters women's champ, was the 1st female open (37:58) in the Cadillac (MI) Labor Day 10K.

• **Norm Roof**, 47, snagged a 1st 40+ and 2nd overall in the Ohio River RRC Marathon, Oct. 23. **Al Edmunds**, 44, was 2nd 40+ (3:14:02) while **Robert Kelley**, 47, took 3rd (3:30:52).

• **Roger Rouiller**, 45, Atlanta, GA, is the RRCA 50 mile masters champion (40-49) after his 5:40:46 performance in the American Medical Joggers Assn. Ultramarathons, Chicago, Oct. 2. **Melba Hopper**, 42, Brownsburg, IN, won the 40-49 50 mile crown in 9:04:06. **Jack Sheridan**, 45, Kingwood, TX, prevailed as 100K 40-49 champ. **Helen Klein**, 60, Hopkinsville, KY, will reign as '83 RRCA women's masters champion with her 13:01:44 time.

## MID-AMERICA

• **Leon Lentz**, 40, was 4th overall in 1:38:47 at the Jay Dirksen 25K, Brookings, SD, Oct. 9. **Bob Bartling**, 57, chalked up a 1:40:36.

• The annual Woolaroc 5-Mile Road Race is the only foot traffic allowed in the wildlife preserve built and maintained by the late Frank Phillips, founder of Phillips Petroleum Co. Consequently, most of the buffalo and other animals don't have much chance to see people up close. So, on Oct. 15 in the Bartlesville, OK, race, several of the woolly beasts decided to investigate the brightly-clad line of humans hoofing it through their turf. Said one middle-of-the-pack runner, "It was kind of exciting; some of us had PR's after the buffalo crossed the course." **Dan Vasicek** was the 1st 40+ to get home off the range (29:15). **Eddie Dukes** led the 45-49 stalwarts (31:43); **Nocus McIntosh**, 58, who runs like a deer anyway, was 1st 50-59 in a fast 30:55; and **Jim Smith**, 61, broke the course age-group record with 33:01. **Donna Wright**, 48, topped all W35+ with a national class 33:51, and **Pat Sloan**, won the W50+ race in 50:35. Besides bison, the 601 runners had to contend with a nasty headwind on the final two miles uphill.

• **Dave Bushard**, 46, Marshall, MN, placed 2nd (1:59:08) in the Sue Thomas 30K, Brookings, SD, Oct. 30. **Roger Cutshall**, 60, Winside,





Erskine Harkey, Alex Coffin, Skip Hendrix (r) at Festival By The Sea 5/10K, Holden Beach, NC, Oct. 29.

NE, ran a 2:20:41.

- **Donald Nail**, Orrick, MO, hammered the Lawrence (KA) 5000m in 17:56 for a 50-59 win.

- **Paul Noreen**, 48, forged a 1:26:56 to place 27th overall and win the M40-49 race in the RRCA 25K national championships on the scenic, two-lake course of the City of Lakes race, Minneapolis, Sept. 11. **Nancy Kapps**, 40, also beat a lot of runners of all sexes and ages with a 1:49:02 for 14th w/overall and masters victory in the 1128 finisher race.

#### SOUTHWEST

- **Ann Crawley**, 37, did a 3rd w/overall 26:43 in the Roy's Run 4 Mile, Tulsa, Sept. 11. **Sharon Cooper**, 44, took 4th, 27:01. **Steve Blanchard**, 51, was the 1st M40+, 22:27.

#### WEST

- The San Diego TC expects to draw many good, local runners as well as other top-notch So. Cal. road racers for its first annual masters only race, slated for December 20. SDTC, PO Box 20653, San Diego, CA 92120. 619/299-9525.

- **Miki Gorman**, now 48, confesses in USA Today to being tempted into a comeback for the Olympic Marathon Trial. However, the former WR holder hasn't raced in 4 years and doubts that she could find the training time to make the 2:51:16 qualifying.

- **Ron Whitney**, Calistoga, CA, three weeks after turning 41, bounded over the 400mH (36") in 55.9 for a national age 40-44 record in the Santa Rosa Fall All-Comers Series, Oct. 26. The ex-Olympian is starting afresh, after what he calls "a disastrous 40th year of running."

- **Karen Harris Lanterman**, 39, Hillsborough, CA, hied through the Hayward Half-Marathon, Oct. 23, in 1:21:43 for a 2nd woman finish.

- **Christa Romppanen**, Malibu, CA, notched four age-44 distance records out of six races in six weeks: Sept. 18, Ventura, CA, 25K, 1:45:39; Oct. 9, San Pedro, CA, half-marathon, 1:23:48; Oct. 22, Fountain Valley, CA, 5-mile, 30:45; and Oct. 29, Phoenix, AZ, 30K, 2:03:22, and added a PR 38:02 in the Diet Pepsi/Steve Garvey 10K, Woodland Hills, CA, Nov. 6.

- **Sue Johnston**, 41, set an age-group course record of 1:26:38, which should last for awhile, in the inaugural Hammond Bridge Half-Marathon, Arcata, CA, where she finished 14th overall. **Ron Ross**, 42, was 9th overall and 1st M40+ in 1:23:55, and **Hal Jackson**, 50, was 12th overall and 1st M50+ (1:26:03).

- **Margaret Miller**, 57, Thousand Oaks, CA, followed up her age-57 10K record of 41:04 in Santa Barbara with an age 55-59 national record 5 mile performance of 32:41, Fountain Valley, CA, Oct. 22.

- **Bruce Springbett**, one of the most active masters competitors, administrators, and race directors in the country, as well as a track and field promoter at all levels, was the recipient of the Southern California Striders' 1983 Alan Cranston Track Award. The award was presented at the Striders Awards Banquet,

UCLA, Oct. 22, by club president H. Lewis Smith. Created 3 years ago by Senator Alan Cranston (D-CA), also a masters athlete, the award honors California residents who have made an outstanding commitment and contribution to masters T&F. Past Cranston award recipients were Hilliard Sumner, Jr., Hal W. Smith, and David Jackson.

- **Sue Petersen**, 39, beat all female entrants in 1:21:04, San Pedro (CA) Half-Marathon, Oct. 9, and did it again in 29:37, Sub 4 Thrill On The Hill 8K, Los Angeles, Oct. 15. In the San Pedro Half-Marathon, **Neil Doherty**, 42, was 1st master by a very thin margin — one second — in 1:15:28 over **Bart Coventry**, 42; **John Pagliano**, 44, and **Dan Ashimine**, 40, had the same time (1:16:35) with Pagliano getting the nod for 3rd. **Jim Brownfield**, 51, zipped to a 1:17:25, which would have won the M45 by a minute.

- **Shirley Matson**, 43, out with a knee injury early this year, looked stronger than ever with a 37:09 10K against stiff headwinds, San Diego, Nov. 5.

- On the comeback trail: **Carol Cartwright** of Reseda, Calif. journeyed to Arkansas to visit her 86-year-old father, and stopped by to win the 55-59 women's division of the TAC National Masters 5K Championships in a good 23:02 as 8th female overall.

- **Marshall Matye** captured the M40-49 division of the Santa Monica Half-marathon August 28 in 1:10:13. **Wally Ingram** led the 50-59's in 1:18:12. **Eddie Lewin's** 1:30:54 was best 60-and-over. **Judy Ikenberry** (1:28:11) and **Helen Dick** (1:35:47) were best W40 and W50 women, respectively.

- In the concurrent Santa Monica Marathon, **Joe Gassman**, M40, 2:39:10; **Pat Devine**, M50, 2:51:32; and **Sheila Hashamk**, W40, 3:15:55; won their divisions.

#### NORTHWEST

- **Steve Lester**, Magna, UT, broke the masters state record by posting a 15:25 at the Copperview 5K, Midvale, UT.

#### INTERNATIONAL

- **Cliff Young**, the 62-year-old potato farmer from Colac, near Melbourne, who has become the toast of Australia for his ultra-marathon feats, has announced his engagement to distance runner Mary Howells, 23. Plans for the December wedding are not expected to interfere with Young's try, also in December, to break the present record for running 1000 miles (just under 12 days), which he will attempt on a 300m grass oval in a Colac park. Young has been on a 50K-a-day program. Last year he managed 500 miles in 5 days, before the summer heat — 90° — got to him.

- **Ron Grant**, 40-year-old Queensland bread vendor, ended his 8362 mile, 217 day, run around Australia through mostly desert country with the comment, "I didn't know it was such a big country." On 40 miles per day and 14 pairs of shoes, he broke the world endurance record by more than 6000 kilometers.

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# schedule

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

## TRACK & FIELD

### NATIONAL

**January 15.** North American Indoor Masters Championships, Sterling, Illinois. Ray Vandersteen, Box 457, Sterling, IL 61081.

**March 24-25.** TAC National Masters Indoor Championships, Princeton, New Jersey.

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

### NEW ENGLAND

**December 27.** Boston College Holiday Classic Masters Mile (M&W), Boston. Jack McDonald, Boston C., Roberts Center, Chestnut Hill, MA 02167.

**June 27.** Senior Olympics, Brown Stadium, RI. George Silva, 82 Fowler St., N. Kingston, RI 02852.

### EAST

**January 8, 1984.** Pennsylvania Masters Indoor State Championships, Dickinson College, Carlisle, PA. Scott Thornsley, 519 Cooledge St., New Cumberland, PA 17070, SASE. 717/774-3569.

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

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

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

### SOUTHEAST

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

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

**January 28, March 17, May 19.** Mini Meets, Bradenton, FL. Nick Ryan, Manatee JC, Bradenton, FL. 813/758-7675.

**March 3.** Virginia TAC State Indoor Open & Masters Championships, Lexington, VA. Joseph Martin, 618 Stonewall St., Lexington, VA 24450.

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

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

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

**July 21-22.** Virginia TAC State Open & Masters Decathlon Championships, Charlottesville, VA.

### MIDWEST

**January 8, 1984.** Lake Erie Indoor T&F Championships, Maple Heights (Cleveland), Ohio. Joe/Mary Chadbourne, 18554 Haskins Rd., Chagrin Falls, OH 44022. 216/543-1932.

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

### MID-AMERICA

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

### SOUTH WEST

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

### WEST

**January 14, 21. February 4.** Cal State Los Angeles All Comers Meets, Los Angeles, CA. 10:00 am (field); 11:00 (track). Calvin Brown, 213/428-3141.

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

**April 21-22.** Masters T&F Meet, Las Vegas, NV. Tentative. See Bill Adler, April 28-29 meet below.

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

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

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

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

### NORTHWEST

**June 16.** Fifth Annual Senior Sports Festival, Seattle, WA. Brenda Weatherford, 425 S.W. 144th, Seattle, WA 98166.

**June 30-July 1.** Hayward Classic, Eugene, OR. Lew Thorne, 3745 Potter, Eugene, OR 97405.

**August 10-11 (tentative).** Sixth Montana Masters T&F Championships, Bozeman, MT. Mike Carignan, Box 1766, Bozeman, MT 59771.

### HAWAII

**December 10-11.** 7th Hawaii International Masters T&F Meet No. 2, includes decathlon. Kaiser HS, Honolulu. Stan Thompson, 1459 Ipu Kula St., Honolulu, HI 95821. 803/373-4181.

**December 24.** 8th Hawaii Regional Senior Olympics Christmas Track Meet. Kaiser HS, Honolulu. Stan Thompson, above.

### INTERNATIONAL

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

**July 29-30.** British National Championships, Edinburgh, Scotland.

**August 11-12.** WAVA Decathlon Championships, Long Beach, CA. Gary Bane, PO Box 6089, Orange, CA 92667. 714/998-4370h, 772-2811w.

**August 20-25.** IV European Veterans Track & Field Championships; Brighton, Worthing & Hove, England. Europeans only. Closed to Americans. Barbara Dunsford,



Victory stand ceremony for World Veterans 25K Championships in France, October 16. Overall winner Pierre Voets, M40, of Belgium in center; Agustin Fernandez, M45, of Spain (second), on the left; and Norm Green, M50, USA (third), right.

photo by Tom Sturak

.71 Hillside Crescent, South Harrow HA2 0QU, England. Sylvester Stein, 01-637-4383.

**October 20-21.** International Masters T&F Meet, Hong Kong. Margaret Brooke, GPO Box 10368, Central Hong Kong.

## LONG DISTANCE RUNNING

### NATIONAL

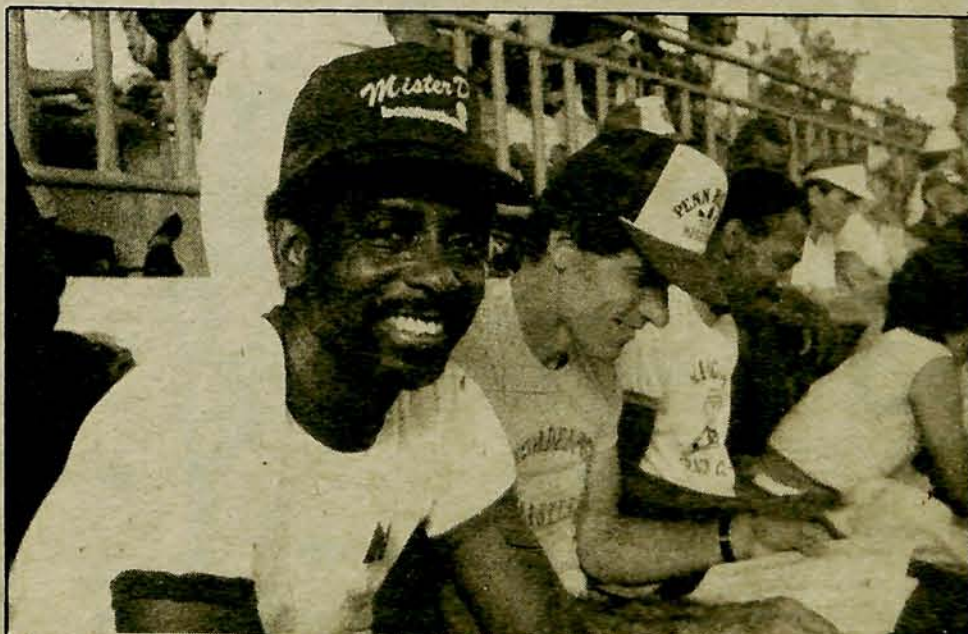
**December 3.** TAC National Masters 8K Championships, Indianapolis, IN. Tom Burleson, 6020 E. 82 St., Rm 158, Indianapolis, IN 46250. 317/842-0999.

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

**December 24.** TAC National Masters 10K Road Championships, Phoenix, Arizona. Pete Fairman, 2200 N. Scottsdale Rd., Suite N; Scottsdale AZ 85257.

**January 22, 1984.** TAC National Masters 20K Road Championships, Sacramento, CA.

**February 5.** TAC National Masters 5K Road Championships, Clearwater, FL. Separate races for men and women. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33516. 813/447-7161.



Ira Davis, long and triple jump silver medalist, Puerto Rico.

Photo by Kelsey Brown

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Breakfast training seminar during World Veterans Games, Puerto Rico. L to r, Ken Carman, Lee Blount, Wally Sokolowski, Henryk Kupczyk.

Photo by Kelsey Brown

### EAST

**December 12.** Maryland's Marathon, Baltimore, MD. Maryland Marathon Commission, Box 11354, Baltimore, MD 21239. 301/882-5455.

**March 18.** St. Patty's 10 Miler & 3.1 Mile Runs, Oley, PA. Over \$150,000 in prizes, including 31 trips to Ireland. David F. Kennedy, RD No. 2, Box 473B, Reading, PA 19605. 215/926-4531.

### SOUTHEAST

**December 3.** Moving Comfort 5000, Jacksonville, FL. Susan Duss, PO Box 515, Jacksonville, FL 32201.

**December 10.** Rocket City Marathon, Huntsville, AL. Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

**March 11.** Anheuser-Busch Colonial Half-Marathon, Williamsburg, VA. Roy Cheronock, PO Box 399, Williamsburg, VA 23187. 804/253-0633.

### MIDWEST

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

**January 1.** Midwest Masters TAC 30K Road Championship, Lake Bluff, IL. W. Miller, 180 N. LaSalle, Chicago, IL 60601. 312/236-1315.

### SOUTHWEST

**February 12.** Masters Fairgrounds Run Around (2.5 & 5 miles), Albuquerque, NM. Tom Bell, 5905 Concordia Rd. N.E., Albuquerque, NM 87111. 505/884-5701.

## DEADLINE

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

### WEST

**December 4.** Beverly Hills/Perrier 10K, Beverly Hills, CA. Beverly Hills Rec. & Parks, 450 N. Crescent Dr., Beverly Hills, CA 91210. 213/550-4864.

**December 4.** Sub-4/Caprolan 8K, Newport Beach, CA. Glenn Rouse, 11615 Coley River Circle, Fountain Valley, CA 92708. 714/754-0385.

**December 10.** Las Vegas Classic Half Marathon, 10K, 2M, Las Vegas, NV. Las Vegas Classics, Hacienda Hotel, 3950 Las Vegas Blvd., Las Vegas, NV 89119. 800/634-6611.

**December 11.** TAC/SPA 8K Championships, San Pedro, CA. Ronald Watson, 1809 John St., Manhattan Beach, CA 90266. 213/546-3659 (before 9 p.m.)

**December 31.** Fiesta Bowl 10K, Scottsdale, AZ. Bob Wallich, 4015C N. 16th St., Phoenix, AZ 85016. 602/277-4333.

**December 31.** New Year's Eve Midnight 10K Run, Encino, CA. California RRC, Box 891, Tarzana, CA 91356.

**January 15.** Mission Bay Marathon, San Diego, CA. SASE to Jeff Broido, 8811 Robinhood Lane, La Jolla, CA 92037.

**January 22.** Super Bowl Sunday 10K, Redondo Beach, CA. Super Bowl Sun. 10K, PO Box 637, Redondo Beach, CA 90277.

**January 28.** Paramount 10K Run with Special Masters Division, Paramount, Calif. Details on page 9. 10K Run, 16400 Colorado St., Paramount CA 90723. 213/634-2123.

**February 19.** Los Angeles International Marathon, Santa Monica, CA. Qualifying times to enter. LA Marathon, 15115½ Sunset Blvd., Pacific Palisades CA 90272. 213/459-5796 or 213/459-6666.

### NORTHWEST

**March 18.** Emerald City Marathon, Seattle, WA. Kim Brown, 1815 7th Ave., Seattle, WA 98101. 206/447-7729.

### HAWAII

**December 11.** Honolulu Marathon. David Benson, Box 27244, Chinatown Station, Honolulu, HI 96827. 808/734-7200.

## CLASSIFIEDS

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

All-time lists: Pentathlon, Decathlon, 200m, 400, HJ, TJ, D, J. All ages, W/US, m/w, open, etc. Write: Bill Forsyth, P.O. Drawer 65, Pecos, N.M. 87552.

## Special Masters 10K Set

On January 28, 1984, the city of Paramount, California and the Paramount Rotary Club will sponsor the 5th Annual Paramount 10K Race.

The race has become popular and has the reputation of "well run" and "generous with awards and merchandise."

Within the 10K race is a special event, known as the "Special World Master Division." This is a division for 40-year-and-older runners who are able to meet the fast qualifying time standards, as follows: 40-44, 34:00; 45-49, 36:00; 50-54, 40:00; 55+, 43:00. All times are "or faster."

"The whole idea," says director Oscar Rosales, "is to eventually have the best Masters in the country in competition."

The race features a certified course, good accommodations and at least 40 attractive prizes, divided into four divisions.

Frank Duarte was the 1983 Masters winner and will compete in 1984. Contact Oscar Rosales, PO Box 696, Paramount, CA. 90723 for an entry form. □

### ON TAP FOR DECEMBER

The Fifth Annual Athletics Congress/USA National Convention takes place in Indianapolis from the 1st through the 4th. Masters track & field and long distance running committees will meet continuously. Everyone is welcome.

### TRACK AND FIELD

On the 3rd and 4th is the Winter Decathlon in Long Beach, California. Honolulu hosts the 7th International Masters T&F Meet on the 4th and the 10th. Delray Beach, Florida is the setting for both the 6th Annual Holiday Weight Pentathlon on the 17th and the 4th Annual Holiday Regular Pentathlon on the 18th. It's back to Hawaii on Christmas Eve for the 8th Hawaii Regional Senior Olympics.

### LONG DISTANCE RUNNING

On the 3rd are The Moving Comfort 5000 in Jacksonville, Florida and the TAC National Masters 8K Championships in Indianapolis. The popular Beverly Hills/Perrier 10K and the Sub-4/Caprolan 8K in Newport Beach, California are on the 4th. The big Rocket City Marathon in Huntsville, Alabama and the Las Vegas Classic Half Marathon go on the 10th. On the 11th, Westerners can run the TAC/SPA 8K Championships at San Pedro, California or do the inviting Honolulu Marathon. Maryland's Marathon is the next day. The TAC National Masters 30K Championships are set for the 18th in New York City. On Christmas Eve, it's the TAC National Masters 10K Road Championships in Phoenix. New Year's Eve sees the Fiesta Bowl 10K in Scottsdale, Arizona and the sobering New Year's Eve Midnight runs in New York, Los Angeles and a few other spots to finish off the old year and ring in the new.

Happy holidays. □



Kelsey Brown, Una Gore, and Ken Baker (r) relax in the stands at World Veterans Games in Puerto Rico.

Photo by Kelsey Brown



## 1983 10-KILOMETER RANKINGS AS OF SEPTEMBER 11, 1983

Compiled by the NATIONAL RUNNING DATA CENTER

10 kilometers					10 kilometers				
Men- 35 thru 39					Men- 70 thru 74				
28:16	Bill Rodgers	35	Sherborn	MA 15 Jan, FL-A	44:00	William Brobston	70	Saugerties	NY 13 Feb, FL-A
30:17	Brian Kivlan	35	Irvington	NY 2 Apr, NY-A	45:10	Arne Wahlquist	70	Pt Pleasant	NJ 13 Aug, NJ-A
30:20	George Hitt	35	Milton	MA 29 May, MA-A	46:22a	Norman Bright	73	Seattle	WA 5 Aug, WA-A
30:33a	Frank Shorter	35	Boulder	CO 9 Oct, CO-A	48:16	Dean Scofield	71		12 Jun, CA-A
30:36	Harold Nolan	36	Navesink	NJ 13 Aug, NJ-A	48:18	Vernon Geary	71	Williamsburg	VA 13 Aug, NJ-A
30:36	Dan Murray	38	Modesto	CA 21 Aug, CA-A	48:35	Arne Johnson	70	Mesa	AZ 30 Jan, AZ-A
30:48a	Greg Tibbetts	35	Anchorage	AK 20 Aug, AK-A	49:10	Frank Morales	72		12 Jun, CA-A
30:54	Arthur Hall	36	Staten Island	NY 2 Apr, NY-A	50:20	Jim Turbyne	70+		13 Feb, FL-A
31:05	Carl Hatfield	35	Morgantown	WV 6 Mar, PA-A	51:17	Robert Boni	70	Alameda	CA 21 Aug, CA-A
31:05	Larry Olsen	36	Wrentham	MA 28 Aug, MA-A	51:32	Walt Kuetzing	71	La Jolla	CA 12 Jun, CA-B
resident foreigners					10 kilometers				
30:03	Chris Mason	35	Ardmore	PA 6 Mar, PA-A	Men- 75 thru 79				
31:00	Tim Hassall	36	Bogota	NJ 2 Apr, NY-A	48:56	Charles Hackenheimer	76	Central Square	NY 12 Jun, NY-A
10 kilometers					50:45	Carl Stroud	75	Rncho Santa Fe	CA 12 Jun, CA-B
Men- 40 thru 44					51:04a	Ray Sears	75	Shelbyville	IN 27 Feb, MO-A
30:34	Sal Vasquez	43	Alameda	CA 21 Aug, CA-A	51:49	Paul Fairbank	76	Bethesda	MD 1 Jan, DC-A
30:48a	William Reilly	40	Sarver	PA 25 Sep, PA-A	52:37	Max Popper	79	Flushing	NY 20 Feb, NY-A
31:12a	Bill Stewart	40	Ann Arbor	MI 30 Mar, LA-A	54:26	Homer Craig	75	Alameda	CA 21 Aug, CA-A
31:18	Dan Conway	44	Chetek	WI 30 May, AL-A	55:12	Bernhard Blech	78		15 May, OH-A
31:30	Jim Ewing	44	Clinton	MS 30 May, AL-A	59:29	Roy Dempsey	78	Silverton	OR 7 May, OR-A
31:31	Bob Fischer	42	Newark	NJ 15 Jan, FL-A	59:54ai	James Mead	75	Denver	CO 9 Oct, CO-A
31:40a	Don Coffman	40	Frankfort	KY 4 Jul, GA-A	1:01:03	Willard Benton	79	San Diego	CA 11 Sep, CA-B
31:42	Frank Duarte	41	Santa Ana	CA 30 May, AL-A	10 kilometers				
31:46	George Keim	40	Waynesboro	PA 6 Mar, PA-A	Men- 80 thru 84				
31:56	Ted Haiman	40	Forest Hills	NY 10 Sep, NY-A	50:48	Max Popper	80	Flushing	NY 18 Sep, NY-A
10 kilometers					1:05:40	Robert Wallach	80	New York	NY 2 Apr, NY-A
Men- 45 thru 49					1:21:21	Warren Daniell	82	Hanover	NH 24 Jul, NH-A
31:51	Ken Winn	45	Stone Mtn	GA 19 Mar, AL-A	1:37:00a	Eurodo Galindo	81		6 Feb, TX-A
32:11	Oscar Moore	45	Glassboro	NJ 13 Aug, NJ-A	10 kilometers				
32:45	Robert Packard	46	Flagstaff	AZ 5 Mar, AZ-A	Men- 85 thru 89				
32:46	Lowell Gaither	45	Lincoln	NE 11 Jun, NE-A	1:29:11	Rudy Fahl	85	Colorado Spgs	CO 11 Sep, MA-A
32:49a	Ardel Boes	45	Golden	CO 30 May, CO-A	1:38:44	Carl Willberg	86	Gilford	NH 11 Sep, MA-A
32:53	Jerry McNeal	46	Minnetonka	MN 30 Apr, MN-A	10 kilometers				
33:14	John Weldy	48	Scottsdale	AZ 30 Jan, AZ-A	Women- 35 thru 39				
33:15a	Robert Paklaian	46	Detroit	MI 28 May, MI-A	33:51a	Laurie Binder	35	Oakland	CA 27 Feb, CA-A
33:17	Darryl Beardall	46	Santa Rosa	CA 30 May, CA-A	34:57	Jani Johnson	37	Baton Rouge	LA 19 Mar, AL-A
33:25	Geoff Pietsch	45	Miami	FL 15 Jan, FL-A	35:05a	Barbara Pilutze	37	Erie	PA 25 Sep, PA-A
resident foreigner					35:11	Gabriele Anderson	38	Sun Valley	ID 11 Sep, CA-B
33:11	Fritz Mueller	46	New York	NY 20 Feb, NY-A	35:15	Ford Madeira	38	Sherborn	MA 11 Sep, CA-B
10 kilometers					35:53	Jane Millsbaugh	35	Ft Lauderdale	FL 15 Jan, FL-A
Men- 50 thru 54					36:00	Patti Hurl	35	San Diego	CA 7 May, CA-A
31:51	Ray Hatton	51	Bend	OR 7 May, OR-A	36:33	Madeline Harmeling	37	Merrick	NY 20 Feb, NY-A
32:09	Norman Green	50	Wayne	PA 6 Mar, PA-A	36:38a	Adrienne Johnsen	36		3 Jul, NY-A
33:37a	Peter McArdle	54	Teaneck	NJ 3 Jul, NY-A	36:43	Nancy Noonan	35	Cleveland	OH 15 May, OH-A
33:42	Lloyd Slocum	50	Greenland	NH 10 Apr, MA-A	resident foreigners				
33:59	Ulrich Kaempf	52	Los Altos	CA 30 May, CA-A	33:28	Heather Thomson	37	San Francisco	CA 13 Aug, NJ-A
34:16	Bill Foulk	50	W Lebanon	NH 24 Jul, NH-A	36:35	Angella Hearn	37	New York	NY 10 Sep, NY-A
34:33	Henry Kupczyk	50	Miami	FL 15 Jan, FL-A	10 kilometers				
34:44	Arnie Green	51	Westport	CT 2 Apr, NY-A	Women- 40 thru 44				
34:51a	Chuck Weaver	50	Broomfield	CO 9 Oct, CO-A	34:44	Cindy Dalrymple	41	New York	NY 13 Aug, NJ-A
35:08	Jim Sutherland	50	Larchmont	NY 2 Apr, NY-A	36:57	Elaine Kirchen	40	New York	NY 18 Sep, NY-A
10 kilometers					37:46a	Bette Poppers	40	Littleton	CO 30 May, CO-A
Men- 55 thru 59					37:57	Linda Thurston	41	Somerville	NJ 13 Aug, NJ-A
34:38	Alex Ratelle	58	Edina	MN 5 Sep, MN-A	37:59	Tina Hayward	42	Vicksburg	MI 5 Sep, MI-A
35:38	Ross Smith	55	Reno	NV 11 Sep, CA-B	38:06a	Iris Black	40	Spring Valley	OH 4 Jul, GA-A
35:42	Jim O'Neil	58	San Diego	CA 11 Sep, CA-B	38:11	Shirley Weaver	41	Great Falls	MT 30 May, AL-A
35:51	Orlo Kenniston	56	Seattle	WA 14 May, WA-A	38:19	Patty Lee Parmalee	43	New York	NY 10 Apr, NY-A
36:08	Howard Rubin	55	New Hartford	NY 12 Jun, NY-A	38:25a	Sue Johnston	41	Oakland	CA 5 Aug, WA-A
36:19a	Gordon McKenzie	55	Great Neck	NY 7 May, VA-A	38:37	Elfrieda Wyner	40	Jacksonville	FL 30 May, AL-A
36:46	James Glidewell	55	Fairborn	OH 19 Feb, DC-A	38:37a	Julie Stiles	41	Seattle	WA 5 Aug, WA-A
37:17	Geoff Bardsley	55		CT 18 Sep, NY-A	10 kilometers				
37:26	Peter Mundle	55	Venice	CA 12 Jun, CA-A	Women- 45 thru 49				
37:36	Joe King	57	Alameda	CA 21 Aug, CA-A	38:45	Vicki Bigelow	48	San Lorenzo	CA 11 Sep, CA-B
10 kilometers					38:53a	Marilyn Harbin	45	Martinez	CA 27 Feb, CA-A
Men- 60 thru 64					39:04	Sandra Kiddy	46	Palm Springs	CA 16 Jan, CA-A
38:38	Hubert Morgan	61	Sayre	PA 21 Aug, PA-A	39:07a	Joan Reiss	45	Sacramento	CA 27 Feb, CA-A
38:43	Thomas Gibbons	61	Bellerose	NY 20 Feb, NY-A	39:20	Mary Ann Wehrum	45	Memphis	TN 19 Mar, AL-A
38:57	Warren Utes	62	Park Forest	IL 30 Apr, IL-A	39:44	Gloria Jenkins	45	Mt Holly	NJ 13 Aug, NJ-A
39:00	Jim McCown	61	San Diego	CA 12 Jun, CA-B	39:48	Trudy Rapp	46	Eden Prairie	MN 4 Jun, MN-A
39:13	Francis Kelley	60	Oakton	VA 1 Jan, DC-A	39:50a	Helene Bedrock	47	Cliffside Park	NJ 3 Jul, NY-A
39:15	Art Holtzman	60	San Diego	CA 7 May, CA-A	39:54a	Nancy Parker	46	Dunwoody	GA 4 Jul, GA-A
39:26	George Sheehan	64	Red Bank	NJ 13 Aug, NJ-A	39:58a	Heidi Skaden-Poyser	45	Sacramento	CA 27 Feb, CA-A
39:46	Glenn Coleman	60	Alexandria	VA 11 Sep, DC-A	10 kilometers				
39:55	Norman Hansen	62	Enumclaw	WA 14 May, WA-A	Women- 50 thru 54				
40:08	John Fredette	63	Bloomfield	NJ 13 Aug, NJ-A	38:36	Marion Irvine	53	San Rafael	CA 14 Aug, CA-A
10 kilometers					39:01	Mila Kania	52	Warwick	NY 28 May, NY-A
Men- 65 thru 69					39:31	Dorothy Stock	50	La Mesa	CA 7 May, CA-A
37:12	Clive Davies	68	Tillamook	OR 21 Aug, OR-A	40:44	Toshiko D'Elia	53	Ridgewood	NJ 28 May, NY-A
38:44a	Charles Ogilvie	65	Ben Wheeler	TX 6 Feb, TX-A	41:23	Margarete Deckert	50	LaGrangeville	NY 10 Apr, NY-A
39:10	Don Longenecker	66	Silver City	NM 5 Mar, AZ-A	41:28	Anny Stockman	50	Rensselaer	NY 10 Apr, NY-A
40:35	Wayne Zook	66	San Diego	CA 12 Mar, CA-A	41:43	Anne Johnson	54	Olivenhain	CA 12 Mar, CA-A
40:37	John Holoubek	67	Lompoc	CA 11 Sep, CA-B	42:18	Phyllis Heaton	50	Dorset	VT 28 May, NY-A
40:51	Fletcher Hanks	65	Oxford	MD 11 Sep, DC-A	42:24	Gloria Brown	51	Grand Island	NY 26 Jun, NY-A
41:03	Paul Reese	66	Sacramento	CA 21 Aug, CA-A	42:27a	Ruth Anderson	53	Oakland	CA 27 Feb, CA-A
41:13	Tony Lipscomb	65	Demopolis	AL 19 Mar, AL-A					
41:14	Wilfredo Rios	66	Bellerose	NY 20 Feb, NY-A					
41:23	Eddie Lewin	66	Brentwood	CA 12 Jun, CA-A					

(Continued on page 22)



# TRACK & FIELD RESULTS

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

## SOUTHWEST REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

KENNER, LOUISIANA

MAY 28, 1983

### 100 Meters

Men:  
30-34 Benny Archie 11.04  
Joe Sincere 11.06  
Wayne Hardy 11.09  
Danny Thiel 11.23  
Armand Gibson 11.24

35-39 Ed Jones 11.50  
Jack Dunn 11.62  
Jon Hartfield 11.81  
James Vicks 12.08

40-44 Hans Gordon 11.88  
James Hurd 11.90  
Lee Smith 12.33  
Robert Utley 12.66

45-49 Jack Theriot 12.34  
John Head 12.36  
Carlton Gibson 16.06

50-54 Ward McCurtain 12.77  
Bill Bumgardner 13.52  
Sam McWhirter 14.33

55-59 John Underwood 13.69  
Doug Joyce 14.83

60-64 Max Goldsmith 13.94

70-74 Fred White 14.55

80-84 Arling Pitcher 17.45

Women:  
30-34 Gaynell Kennedy 15.03  
35-39 Sandy Gibson 14.09  
Anne Gurdin 19.83  
40-44 Lynda Drake 14.99  
Linda Gill 17.75

### 200 Meters

Men:  
30-34 Danny Thiel 22.23  
Joe Sincere 22.47  
Anthony Johnson 22.69  
Armand Gibson 22.83

35-39 Ed Jones 23.56  
Jack Dunn 24.00  
Torrey Eisenhut 24.20  
Ross Jensen 24.59

40-44 Ray Turner 23.55  
James Hurd 24.19  
Hans Gordon 24.55  
M. Hope-Thompson 27.14

45-49 Mack Stewart 24.42  
John Head 25.50  
Jack Theriot 25.59

50-54 Ward McCurtain 25.55  
Bill Bumgardner 27.91  
Sam McWhirter 30.67  
Don Hoyt 34.02

55-59 John Underwood 28.89  
Doug Joyce 32.58

60-64 Max Goldsmith 28.89

70-74 Fred White 30.26

80-84 Arling Pitcher 37.53

Women:  
30-34 Gaynell Kennedy 31.61  
35-39 Sandy Gibson 29.70  
40-44 Lynda Drake 31.25

### 400 Meters

Men:  
30-34 Bill Smith 51.02  
Herston Hall 51.51  
Dortie Moore 51.77  
Cliff McBride 52.25

35-39 James Vicks 53.12  
Willie Smith 53.44  
Alfred Taylor 54.48  
Torrey Eisenhut 57.25

40-44 Roy Turner 53.01  
Mike Boudreaux 57.26  
Pat Delouise 60.19  
Lawrence Williams 62.14

45-49 Mack Stewart 53.67  
Sammy White 55.44

50-54 Ward McCurtain 59.12  
Bill Bumgardner 65.08  
Joe Fuselier 67.01  
Don Hoyt 67.42

55-59 John Underwood 64.56

60-64 Don Hull 75.75

65-69 Sam McNeely 68.94

70-74 Fred White 69.63

Women:  
30-34 Patti Harris 73.04  
Judy Schaffner 79.00  
40-44 Linda Gill 90.92

### 800 Meters

Men:  
30-34 Herston Hall 1:58.17  
Ken Endris 2:00.21  
Russell Floyd 2:00.67

35-39 Carleton Smith 2:06.09  
Alfred Taylor 2:07.39  
Torrey Eisenhut 2:08.06

40-44 Mike Witkin 2:11.90  
Mel Lacey 2:12.86  
Robert Cockran 2:13.53

45-49 Mack Stewart 2:02.51  
Charlie Wimberly 2:09.50  
Louis Johnson 2:23.64

50-54 Joe Fuselier 2:25.30  
Mario Calone 2:55.70  
Don Hoyt 3:00.60

55-59 Ken Carmen 2:19.10  
Thad Persons 2:31.40  
John Underwood 2:40.40

60-64 John Boots 2:46.70  
John Dixon 2:49.47  
Paul Ricaud 2:56.60

Women:  
40-44 Linda Gill 3:18.52  
55-59 M. Van Batton 3:08.4

5K Walk

Men:  
30-34 Chris Belcher 27:59.42  
50-54 John McLachin 28:22.82  
55-59 Albert Christiansen 31:35.99

1500 Meters

Men:  
30-34 Russell Floyd 4:20.02  
Ken Endris 4:40.68  
Alan Graham 4:54.27

35-39 Carleton Smith 4:23.37  
Bill Leach 4:24.62  
C J Mouton 4:29.24  
Juan Perez 4:31.97

40-44 Mike Witkin 4:26.27  
Mel Lacey 4:33.25  
Lawrence Williams 5:05.97

45-49 Charles Wimberly 4:26.28  
Larry Fuselier 4:41.40  
Les Perschall 5:26.53

50-54 Joe Fuselier 5:00.64  
Don Hoyt 6:15.00

55-59 Ken Carmen 4:51.28  
Doug Joyce 5:13.00  
Thad Persons 5:14.06

60-64 John Dixon 5:31.61  
John Boots 5:39.54  
Paul Ricaud 5:42.63

Women:  
30-34 Patti Harris 5:17.29  
Judy Scheffner 5:54.65  
35-39 Susan Houlton NT  
40-44 Linda Gill 6:33.83  
55-59 M. Van Batton 6:13.59

### 5K Run

Men:  
35-39 Carl Smith 16:57.00  
Juan Perez 16:58.00  
Phil Gabriel 17:00.66  
Bill Leach 17:03.45

45-49 Larry Fuselier 17:52.97  
50-54 Sandy Clatworthy 19:13.00  
55-59 Ken Carman 18:22.06  
60-64 John Boots 21:32.00

Women:  
35-39 Acosta 20:01.63

### 10K Run

Men:  
30-34 Oscar Rodriguez 45:45.27

35-39 Bill Herzog 40:37.02  
Jerry Jones 42:13.47

50-54 Frank Wagner 42:57.42

55-59 Bob Branson 44:02.60

60-64 John Dixon 42:05.77

110 Meter Hurdles

Men:  
30-34 John Brassel 15.45  
Bill Dalton 16.54  
Richard Watson 17.20  
Ken Ibert 17.54

45-49 John Head 17.87

50-54 Joe Murphy 18.01  
Richie Boudreaux 18.89

60-64 Don Hull 25.34

80-84 Arling Pitcher 28.78

400 Meter Hurdles

Men:  
30-34 John Brassel 59.88  
Russell Austin 59.88  
Guy Mitchel 65.80

35-39 Lester Mount 58.39  
Ross Jensen 62.34

40-44 Robert Utley 77.27

45-49 John Head 63.89  
Louis Johnson 70.12

Pole Vault

Men:  
30-34 Billy Dalton 14-1  
Richard Watson 11-6  
Augie Bourgeois 9-6 1/2

35-39 Robert Manard 8-6

80-84 Arling Pitcher 5-7 1/2

High Jump

Men:  
30-34 Walden Curry 6-5  
Bill Smith 6-5  
Bill Dalton 5-9  
Richard Watson 5-9  
Larry Vollmer 5-7

35-39 John Hartfield 5-5  
Robert Baker 5-3

40-44 Robert Lampard 4-10  
45-49 Sammy White 5-4  
John Head 5-2  
60-64 Don Hull 3-6  
65-69 David Jones 3-8  
80-84 Arling Pitcher 3-8

### Triple Jump

Men:  
30-34 Benny Archie 41-0 1/2  
Warren Woods 40-0  
Bill Smith 39-10

35-39 John Hartfield 40-11 3/4  
Robert Baker 37-6 1/2  
Ed Jones 36-1 1/2

40-44 Mike Boudreaux 32-11 1/2

45-49 Sammy White 35-11

60-64 Don Hull 24-23 3/4

70-74 Fred White 27-10 1/2

80-84 Arling Pitcher 19-8

Long Jump

Men:  
30-34 Bill Smith 20-10 1/2  
Larry Vollmer 20-10 1/2  
Leon Perkins 20-03 1/4

35-39 John Hartfield 21-11 3/4  
Ed Jones 20-3  
Robert Baker 19-1

40-44 Hans Gordon 18-5 1/2  
Mike Boudreaux 17-11 1/2  
Robert Lampard 16-5 1/2

45-49 Sammy White 17-6  
John Head 17-1 1/2  
Louis Johnson 12-4 1/2

50-54 Ward McCurtain 15-4 1/2

60-64 Don Hull 12-9

70-74 Fred White 12-11

80-84 Arling Pitcher 9-5

Women:  
35-39 Sandy Gibson 13-0 1/2

Shot Put

Men:  
30-34 Ken Ibert 41-3 1/2  
Bill Dalton 37-7  
Rich Watson 37-0 1/2

35-39 John Hartfield 38-8  
Jay Miller 31-5  
Mike Andrews 28-1 1/2

40-44 Carl Klehm 40-11  
Ronnie Rawls 35-5 1/2  
Hans Riede 31-5

45-49 Tom Wesselowski 40-10 1/2

50-55 Jack Erickson 38-11  
Sammy McWhirter 29-1 1/2

55-59 Ray Thomsen 33-11

60-64 Don Hull 32-4 1/2

65-69 Ross Carter 43-8  
David Jones 34-6  
70-74 Robert Schangle 31-2

Women: 55-59 Mary Schangle 17-8

4X100 Relay

Men:  
30-39 Louisiana Lightning (Harold Porter, Wayne Hardy, Joe Sincere, Danny Thiel) 42.97  
Space City Striders (McBride, McBride, Hartfield, Austin) 43.36  
Dallas Masters (Vicks, Smith, Perkins, Jones) 44.73

40-49 Atlanta Masters (Hull, Johnson, White, Utley) 51.09

Women:  
30-39 Louisiana Lightning (Ozah, Harris, Gibson, Earhart) 60.73

4X400 Relay

Men:  
30-39 Louisiana Lightning (Wickboldt, Taylor, Johnson, Moore) 3:30.62  
Dallas Masters (Floyd, Smith, Taylor, Hall) 3:32.33  
Crescent City Cruises 4:06.11

40-49 San Antonio LLTC 4:09.93  
4:12.63

### Javelin

Men:

30-34 Richard Watson 171-10  
Bobby Leach 158-2  
Billy Dalton 157-0

35-39 Roy Schell 165-8  
Richard Sanders 147-6  
Jay Miller 102-0

40-44 Hans Riede 156-1  
Ronnie Rawls 151-0  
Robert Cochran 97-3

45-49 Jack Theriot 166-8

50-54 Sammie McWhirter 84-2

55-59 Ray Thomsen 84-0

60-64 Gordon Nordgren 141-2  
Max Goldsmith 112-1  
Don Hull 91-5

65-69 David Jones 87-10

70-74 Robert Schangle 77-6

80-84 Arling Pitcher 57-5

Women:  
50-59 Mary Schangle 36-0

Discus

Men:  
30-34 Richard Watson 121-2 1/2  
Ken Ibert 120-1  
Billy Dalton 117-11

35-39 Rusty Price 141-6  
Juan Perez 61-1

40-44 Carl Klehm 108-3 1/2  
Peter Riede 92-2

45-49 Tom Wesselowski 116-8  
Carlton Gibson 101-10  
Jack Theriot 83-0 1/2

50-54 Sammy McWhirter 100-6 1/2

55-59 Ray Thompson 97-7

60-64 Gordon Nordgren 125-7  
Don Hull 99-8 1/2

65-69 Ross Carter 132-4  
David Jones 96-11 1/2

70-74 Robert Schangle 83-7 1/2

80-84 Arling Pitcher 42-11

Women:  
55-59 Mary Schangle 47-9 1/2





U. S. NATIONAL MASTERS WEIGHT PENTATHLON  
Woodstock, Illinois

Name	Age	Discus	Shot Put	Javelin	Hammer	Wt. Toss	Total Points
Dick Mann	50	34.90 582	12.12 607	33.10 382	40.70 668	11.80 586	2831
Donna Radigan	47	17.77 261	5.74 260	12.70 221	18.30 276	5.28 218	1236
John Dyck	71	27.18 406	8.60 353	18.88 115	23.70 369	6.30 158	1401
H. Morningstar	66	34.84 530	12.70 645	27.77 290	32.90 538	7.30 248	2251
P. Gulgin	68	40.33 692	12.72 647	24.80 235	37.46 615	8.90 377	2566
Chuck Klehm	44	38.90 664	13.03 667	33.00 380	42.28 691	14.33 748	3150
Lee Slick	45	33.00 540	10.33 485	40.16 493	33.32 546	11.40 559	2623

## RESULTS - CMAA WEIGHT PENTATHLON, SEPTEMBER 4, 1983, SPRINGFIELD, CA

COMPETITOR	AFFIL.	CLASS	SHOT	WEIGHT	DISCUS	JAVELIN	HAMMER	TOTAL	PLACE
Garnham, J.	Buffalo	SM	12.65	11.56	31.00	41.00	37.54	2834	1
Klehm, C.	Chicago	M 40	12.17	12.89	35.06	30.34	38.42	2878	1
Burniston, R.	Toronto	M 40	11.36	11.02	38.64	38.94	31.54	2799	2
Wyatt, P.	New York	M 40	8.10	10.19	25.88	19.90	33.14	1892	3
Irwin, P.	Toronto	M 40	8.44	7.80	27.50	41.26	17.92	1858	4
Nikolopoulos, S.	Toronto	M 40	9.05	6.92	19.46	26.04	20.10	1415	5
Slick, L.	Chicago	M 45	10.08	10.34	29.64	36.14	28.36	2640	1
Cechl, F.	LTFC	M 45	10.07	9.98	30.04	34.48	30.00	2626	2
Xekirinios, G.	LTFC	M 45	7.42	6.63	22.80	21.80	20.86	1507	3
Olson, L.	N.Y.	M 50	14.80	12.32	42.18	43.28	38.30	3753	1
Mann, D.	O.H., USA	M 50	11.97	11.09	33.98	29.88	30.08	2922	2
Sundin, A.	LTFC	M 50	12.70	9.10	33.88	42.28	21.48	2848	3
Woerle, M.	S.C. 64	M 50	10.05	10.01	32.64	34.16	33.24	2817	4
Lange, H.	LTFC	M 55	11.92	10.25	28.66	35.50	27.20	3114	1
Diagnosloy, G.	LTFC	M 55	10.12	9.79	27.76	29.74	31.20	2905	2
Nielsen, P.	LTFC	M 55	9.14	7.42	26.36	25.70	21.50	2263	3
Parsons, H.	LTFC	M 60	11.83	11.08	37.80	30.68	34.24	3131	1
Jenkins, V.	F.Y./B.C./	M 60	12.29	12.37	34.26	24.16	38.14	3079	2
Zakis, A.	LTFC	M 60	12.72	9.59	39.88	31.02	27.27	2961	3
Caune, A.	LTFC	M 60	9.93	8.19	21.94	23.60	24.56	2052	4
Jirgens, K.	Sudbury	M 60	9.54	8.16	24.42	21.96	20.92	1961	5
Poltrock, E.	LTFC	M 65	12.36	10.05	35.58	22.66	32.50	3231	1
Purgalis, E.	LTFC	M 65	10.99	8.98	31.12	39.68	27.84	3220	2
Morningstar, H.	Mich., USA	M 65	11.68	9.45	36.12	30.50	22.92	3119	3
Varvas, H.	S.C. 64	M 65	10.05	6.81	24.58	24.62	17.38	2100	4
Partridge, P.	Palm Beach	M 70	9.14	9.03	34.54	27.96	30.02	3337	1
Koski, V.	LTFC	M 70	8.09	9.26	24.82	20.00	31.26	2827	2
Trei, K.	Est. Mast.	M 70	9.19	6.74	30.38	25.54	18.06	2664	3
Ticmaris, A.	LTFC	M 75	9.73	8.18	24.78	17.10	25.54	3158	1
White, A.	Peterboro	M 75	4.92	4.51	12.16	10.64	15.32	1245	2
Radigan, D.	O.H., USA	W 45	5.40	-	17.02	16.36	-	556	1
Carrier, R.	Toronto	W 50	-	-	-	12.20	-	199	1
Nikelsons, R.	LTFC	M 60	-	-	-	40.24	-	747	-

## TAC NATIONAL MASTERS T&amp;F CHAMPIONSHIPS, HOUSTON, SEPT. 16-18

## PENTATHLON

DIV	NAME	AGE	LY	JAV	200	DIS	1500	TOTAL
50-54	BENNING	50	N. CAROLINA	720	423	810	218	763
	DU PREZ	51	S. AFRICA	464	535	590	494	0
	LEWIS	52	S. AFRICA	432	86	460	0	592
	McWHIRTER	52	TEXAS	0	252	180	278	0
55-59	DAPRANO	56	GEORGIA	567	561	820	254	414
	DOWNY	56	FLORIDA	504	395	600	409	366
	RICHARDS	57	TEXAS	580	639	220	587	0
	ORONJE	56	S. AFRICA	414	188	610	231	670
60-64	BOWLES	62	COLORADO	720	658	590	576	543
	GOLDBWITZ	60	TEXAS	550	615	810	371	541
65-69	HOPKINS	65	AUSTRALIA	665	738	560	387	776
70-74	BOAL	71	N. CAROLINA	532	198	530	153	704
	STUBBINGS	70	AUSTRALIA	0	0	960	0	0
75-79	SIMPSON	76	AUSTRALIA	336	0	450	129	0
80-84	ANDERSON	81	COLORADO	0	415	120	207	0

Scored by Age Factor Formulas

## 10K Rankings

(Continued from page 20)

## 10 kilometers

43:40	Margaret Miller
43:59	Mary Storey
44:20	Helen Dick
44:33	Billie Murphy
46:51	Adele Milicevic
47:10	Alene Park
48:12	Pepper Davis
48:12	Mary Troop
48:33	Raino Syvari
48:34	Helen Dempsey

## Women- 55 thru 59

57	Thousand Oaks	CA	10 Jul, CA
58	Riverside	CA	16 Jan, CA
58	Los Angeles	CA	12 Jun, CA
56	Tacoma	WA	14 May, WA
56	Scottsdale	AZ	30 Jan, AZ
57	Huntsville	AL	30 May, AL
56	Orlando	FL	29 Mar, FL
58			19 Jun, PA
59	Fitchburg	MA	11 Sep, MA
56	Trenton	NJ	13 Aug, NJ

## 10 kilometers

45:01	Jaclyn Caselli
48:27	Gerry Davidson
49:26	Betty Haleen
49:53	Rose Kurpiel
49:56	Lois Edds
50:23	Els Tuinsing
50:34	Edna Laffin
50:37	Althea Wetherbee
50:43	Rita Tomassini
51:42	Mary Rodriguez

## Women- 60 thru 64

61	San Jose	CA	27 Feb, CA
62	Fallbrook	CA	27 Mar, CA
61	Minnetonka	MN	5 Sep, MN
63	Adams	MA	10 Apr, NY
63			27 Mar, CA
61	Mill Valley	CA	30 May, CA
64	Sun City West	AZ	30 Jan, AZ
64	Huntington Stn	NY	28 May, NY
62	Avondale Bsts	GA	3 Apr, GA
61	Rago Park	NY	28 May, NY

## 10 kilometers

50:10	Edna Laffin
52:04	Mary Lahaie
52:04	Evelyn Klonig
52:51	Judy Simon
54:25	Algene Williams
54:49	Winifred Gore
55:36a	Pearl Mehl
58:47	Adeline Baptista
59:03	Ada Thomas
59:22	Ann Snyder

## Women- 65 thru 69

65	Sun City West	AZ	26 Mar, AZ
67	Pensacola	FL	19 Mar, AL
65	Kentfield	CA	30 May, CA
67	La Mesa	CA	7 May, CA
67	Park Forest	IL	30 Apr, IL
66	San Diego	CA	27 Mar, CA
69	Boulder	CO	9 Oct, CO
65	Malden	MA	10 Apr, MA
69	San Francisco	CA	21 Aug, CA
66	Sun City	AZ	30 Jan, AZ

## 10 kilometers

1:01:11	Bess James
1:04:31	Felicitas Salazar
1:06:35	Kathleen Farwell
1:11:50	Clementina Thomson
1:14:58	Lois Schieffelin
1:19:56	Trudi Spencer
1:20:16	Alicia Martinez
1:23:22	Carol McLain
1:23:30	Sandra Beam
1:27:56	Francis Patterson

## Women- 70 thru 74

73	San Jacinto	CA	27 Mar, CA
73	San Diego	CA	27 Mar, CA
73	Kansas City	MO	1 May, MO
70	San Diego	CA	12 Feb, CA
72	New York	NY	28 May, NY
73	Sun City	AZ	30 Jan, AZ
71			27 Mar, CA
70+			12 Jun, CA
70+			12 Jun, CA
70			10 Apr, MO

## 10 kilometers

56:06	Leona Lugers
1:04:05	Veallon Hixson
1:05:34	Ida Mintz
1:15:07	Mia Wilshusen
2:00:59a	Pen Lee

## Women- 75 thru 79

76	Holland	MI	10 Sep, MI
75	Sun City	AZ	26 Mar, AZ
77	Glencoe	IL	13 Feb, FL
79	Sun City	AZ	30 Jan, AZ
77	Chugiak	AK	11 Jun, AK

## 10 kilometers

1:09:20	Ruth Rothfarb
1:17:50	Helen Summers

## Women- 80 thru 84

81	Miami Beach	FL	15 Jan, FL
80	Sun City	AZ	30 Jan, AZ

NORM BOWER INVITATIONAL WEIGHT PENTATHLON  
October 9, 1983 Strongsville, Ohio

	TOTAL	SHOT PUT	DISCUS	JAVELIN	HAMMER	35 LB. WT.	56 LB.
(35) Norm Bower.....	3161	38'8 1/2"	131'7"	129'10"	133'8"	46'5"	27'6"
F (36) Mary Chadbourne....	1029	19'10"	68'2"	35'4"	73'5"	26'4 1/2" (25lb)	8'6"
(50) Dick Mann.....	2697	37'6"	115'2"	105'9"	129'4"	36'3 1/2"	-
(52) Joe Chadbourne.....	2781	36'5 1/2"	103'3"	88'6"	157'4"	43'8 1/2"	21'11 1/2"
(59) Fred Hirsimaki.....	1765	32'3 1/2"	106'5"	88'8"	64'9"	23'1 1/2"	12'8 1/2"
F (70) Beryl Siringer.....	13	11' 1/2"	33'2 1/2"	26'2"	30'10"	10'5 1/2" (25lb)	4'1"
(71) Jack Siringer.....	1688	30'1"	93'9 1/2"	58'6"	87'2"	27'4 1/2"	13'7"





5th MONTANA MASTERS T&F CHAMPIONSHIPS BOZEMAN; AUGUST 26-27; 61 PARTICIPANTS			400 Hurdles 33"			400			800		
			1. Earl King (Bozeman)	1:15.0*		1. Bill Knuppel (Big Arm)	1:10.8		1. Beth Browning (For)	3:02.2*	
			2. David Wistey (Livingston)	2:16.9*		2. Lloyd Berg (Bozeman)	1:56.8		1500	1. Beth Browning (For)	6:08.1
			2. Dean Retz (Helena)	2:17.6					3000	1. Kay Newman (Bozeman)	4:57.5*
			3. Larry Rafferty (Dickinson, ND)	2:29.4					5000	1. Beth Browning (For)	21:31.9*
									2. Kay Newman (Bozeman)	25:42.7	
									60-69		
									1. Edna Berg (Bozeman)	43.1*	
									400	1. Edna Berg (Bozeman)	1:58.2
									800	1. Edna Berg (Bozeman)	4:19.0
									1500	1. Edna Berg (Bozeman)	8:29.2
									3000	1. Edna Berg (Bozeman)	17:58.6*
									5000	1. Edna Berg (Bozeman)	31:40.6
									4th BATH CLASSIC BATH, OHIO AUGUST 27, 1983		
									Pole Vault		
									M30-39		
									Carl Anderson		
									Sam Prentice		
									Mark Hanna		
									M40-49		
									Paul Richard		
									Ed Hoyle, Sr.		
									Henry Davenport		
									Shot Put		
									M30-39		
									Jeff Gerson		
									M40-49		
									George Mirka		
									M50+		
									Everett Hossak 82		
									Discus		
									M30-39		
									Jeff Gerson		
									M40-49		
									George Mirka		
									Henry Davenport		
									M50+		
									Everett Hossak 82		
									400m		
									M30-39		
									Norm Thomas		
									M40-49		
									Paul Richard		
									N. CAL SENIOR OLYMPICS OAKLAND, CALIFORNIA SEPTEMBER 17, 1983		
									EVENT - 50 METERS		
									Age Group: 50-54 Male		
									Name		
									Age		
									Time		
									Sheridan Holland		
									54		
									7:1		
									William Won		
									50		
									7:8		
									Age Group: 55-59 Male		
									Charlie Powers		
									56		
									7:7		
									Jerry Silsdorf		
									59		
									9:4		
									Richard Hansen		
									57		
									10:7		
									Age Group: 60-64 Male		
									Roy Edwards		
									62		
									7:7		
									Sam Hoover		
									64		
									7:9		
									William Toasperm		
									60		
									8:1		
									Dale Yee		
									62		
									8:4		
									Don Wilgus		
									61		
									9:0		
									Age Group: 65-69 Male		
									John Satti		
									69		
									7:7		
									John Anderson		
									65		
									9:1		
									Benjamin Levitan		
									69		
									11:2		
									Age Group: 60-64 Female		
									Elinor Hurley		
									62		
									11:9		



## EVENT - 100 METERS

## Age Group: 55-59 Female

Name	Age	Time
Shirley Dietderich	56	17.4

## Age Group: 60-64 Female

Molly J. Monheit	60	18.8
Mary O. Burkhead	64	19.5

## Age Group: 65-69 Female

Josephine Kolda	65	16.8
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## Age Group: 50-54 Male

Hans Beuhner	50	12.8
Mal Andrews	50	13.3
Sheridan Holland	54	13.6
Donald G. Risdén	50	16.3
Justine Rockwell	51	16.5
Joseph Costello	53	18.2

## Age Group: 55-59 Male

Charlie Powers	56	14.7
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## EVENT - 200 METERS

## Age Group: 55-59 Female

Name	Age	Time
Shirley Dietderich	56	37.6

## Age Group: 60-64 Female

Molly J. Monheit	60	40.0
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## Age Group: 65-69 Female

Josephine Kolda	65	36.0
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## Age Group: 60-64 Male

Sam Hoover	64	15.1
W. Toasperm	60	15.5
Alden Bryant	60	16.3

## Age Group: 65-69 Male

R. A. Zoeller	65	18.2
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## Age Group: 50-54 Male

Hans Bruhner	50	25.9
Mal Andrews	50	27.6
E. Mehmedbasich	51	30.2
William Won	50	31.6

## Age Group: 55-59 Male

Bernard Schindler	56	29.1
Charlie Powers	56	30.7

## Age Group: 60-64 Male

Sam Hoover	64	30.8
Alden Bryant	60	36.0

## Age Group: 65-69 Male

John Satti	69	30.9
Eric Anderson	67	37.7

## Age Group: 70-74 Male

Harry Koppel	70	28.3
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## Age Group: 75-79 Male

Josiah Packard	79	34.1
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## EVENT - 400 METERS

## Age Group: 55-59 Female

Name	Age	Time
Shirley Dietderich	56	1:30.3

## Age Group: 50-54 Male

Hans Bruhner	50	62.5
E. Mehmedbasich	51	66.0
David Sanders	50	76.4

## Age Group: 55-59 Male

Dennis Egley	59	74.0
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## Age Group: 60-64 Male

Alden Bryant	60	74.0
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## Age Group: 65-69 Male

Paul McElhaney	68	1:24.1
E. Anderson	67	1:27.2

## Age Group: 75-79 Male

Josiah Packard	79	1:20.9
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## EVENT: 800 METERS

## Age Group: 50-54 Male

Name	Age	Time
Bill Almon	50	2:22:1
E. Mehmedbasich	51	2:30:1
Gail Wetzork	52	2:35:2
John Gregson	52	2:42:0
Raymond Auker	52	2:45:9
David Sanders	50	3:01:8

## Age Group: 55-59 Male

Bernard Schindler	56	2:32:7
Dennis Egley	59	2:46:0

## Age Group: 60-64 Male

Patrick Dundon	62	2:55:5
Don Wilkus	61	2:56:7
Walter Eugenid	61	2:56:9

## Age Group: 65-69 Male

Val Atencio	66	3:10:9
Paul McElhaney	68	3:15:2
Eric Anderson	67	3:34:0

## Age Group: 70-74

John McGee	74	3:29:2
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## EVENT - 1500 METERS

## Age Group: 50-54 Male

Name	Age	Time
Bill Almon	50	4:59:2
Raymond Auker	52	5:43:3
G. D. Risdén	50	6:31:8

## Age Group: 55-59 Male

Joe King	57	5:04:8
Dennis Egley	59	5:28:0
John Duffy	58	6:30:9

## Age Group: 60-64 Male

Patrick Dundon	62	6:10:7
Don Wigus	61	6:14:5
Walter Eugenio	61	6:20:0

## Age Group: 65-69 Male

Otto Sommerauer	65	6:25:9
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## EVENT - 5000 METERS

## Age Group: 50-54 Male

Name	Age	Time
John Gregson	52	19:24:3
Gail Wetzork	52	20:36:1
Raymond Auker	52	20:56:6
Donald Risdén	50	22:05:2

## Age Group: 55-59 Male

Joe King	57	18:20:4
Richard Wiebe	55	24:40:3
Robert Jolly	57	25:38:3
Claude Finnegan	58	34:42:0

## Age Group: 60-64 Male

Walter Eugenio	61	21:55:9
Tom McGee	64	22:07:9
Patrick Dundon	62	22:12:4
John Guinee	64	24:29:0
Dale Yee	62	24:30:5

## Age Group: 65-69 Male

Ed Preston	66	20:35:2
Val Atencio	66	22:51:4
Otto Sommerauer	65	24:27:2

## Age Group: 70-74 Male

John McGee	74	25:39:7
William Monheit	73	30:47:1

## RACE WALKING - 2 MILES

## Age Group: 50-54 Female

Name	Age	Time
Alkamene Bandas	54	23:02:5
Joan Diblin	54	29:23:5

## Age Group: 55-59 Female

Lorraine Actor	59	23:36:2
June Kessler	55	35:06:7

## Age Group: 60-64 Female

Elinor Hurley	62	29:31:7
Mary L. Marsh	61	31:37:3

## Age Group: 65-69 Female

Louise LaMond	65	26:14:6
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## Age Group: 75-79 Female

Elena Corola	75	30:01:9
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## Age Group: 50-54 Male

Witold Kolankowski	52	20:40:2
Robert Lawrie	52	25:22:8

## Age Group: 55-59 Male

Harry Siitonen	57	20:16:1
Richard Jansen	57	20:53:6
Frank Kelly	59	20:57:0

## Age Group: 60-64 Male

Floyd Hanna	60	26:39:7
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## Age Group: 65-69 Male

Otto Sommerauer	65	20:33:6
Frank Saylor	69	21:49:8
Benjamin Levitan	69	22:54:0

## Age Group: 70-74 Male

Tom Giantvalley	70	23:03:7
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## EVENT - LONG JUMP

## Age Group: 50-54 Male

Name	Age	Distance
Mal Andrews	50	17'11"
William Won	50	13'5"

## Age Group: 55-59 Male

Bernard Schindler	56	15'10 1/4"
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## Age Group: 60-64 Male

Roy Edwards	62	13'10 1/4"
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## Age Group: 65-69 Male

John Satti	69	13'10"
R. A. Zoellner	65	9'11 1/4"
John Anderson	65	9'7 1/4"

## Age Group: 70-74

Sam Spinka	72	8'4"
John Legakis	73	8'3"

## EVENT - HIGH JUMP

## Age Group: 50-54 Male

Name	Age	Distance
Robert Lawrie	52	3'8"

## Age Group: 55-59 Male

Joe King	57	4'8"
John Duffy	58	4'0"

## Age Group: 60-64 Male

Mark Henderson	63	4'10"
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## Age Group: 65-69 Male

Jim McCarthy	69	4'1"
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## EVENT - SHOT PUT

## Age Group: 50-55 Male

Name	Age	Distance
W. Kolankowski	52	9.48m
Joseph Costello	53	8.95m

## Age Group: 55-59 Male

Jerry Silsdorf	59	8.93m
Harry Siitonen	57	6.57m

## Age Group: 60-64 Male

Mark Henderson	63	12.87m
Roy Edwards	62	11.59m
Wm. Toasperm	60	9.71m

## Age Group: 65-69 Male

A. Cronkhite	65	11.95m
P. Russell	67	11.17m
P. McElhaney	68	8.54m

## Age Group: 70-74 Male

Sam Spinka	72	7.6m
John Legakin	73	7.4m

## Age Group: 75-79 Male

Albert ...	76	6.97m
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## Age Group: 70-74 Male

Sam Spinka	72	7.6m
John Legakin	73	7.4m

## Age Group: 75-79 Male

Albert ...	76	6.97m
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## Age Group: 70-74 Male

Sam Spinka	72	7.6m
John Legakin	73	7.4m

## Age Group: 75-79 Male

Albert ...	76	6.97m
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## Age Group: 70-74 Male

Sam Spinka	72	7.6m
John Legakin	73	7.4m

## Age Group: 75-79 Male

Albert ...	76	6.97m
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## Age Group: 70-74 Male

Sam Spinka	72	7.6m
John Legakin	73	7.4m

## Age Group: 75-79 Male

Albert ...	76	6.97m
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## Age Group: 70-74 Male

Sam Spinka	72	7.6m
John Legakin	73	7.4m

## Age Group: 75-79 Male

Albert ...	76	6.97m
------------	----	-------

## Age Group: 70-74 Male

Sam Spinka	72	7.6m
John Legakin	73	7.4m

## Age Group: 75-79 Male

Albert ...	76	6.97m
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## Age Group: 70-74 Male

Sam Spinka	72	7.6m
John Legakin	73	7.4m

## Age Group: 75-79 Male

Albert ...	76	6.97m
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## Age Group: 70-74 Male

Sam Spinka	72	7.6m
John Legakin	73	7.4m

LONG  
DISTANCE  
RESULTS

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

BAVARIAN FEST  
HALF-MARATHON  
SHARON, PENN.  
AUGUST 6, 1983

## 35 - 39 FEMALE

1. Sharon Leigh	1:43.52
2. Suzanne Gidel	1:45.10
3. Cheryl Wolfe	1:48.18

## 40 - 44 MALE

1. Saul DePofi	1:16.41
2. Bill Tobin	1:18.54
3. Chris Cole	1:19.56

## 45 - 49 MALE

1. Ronald Sharp	1:32.04
2. Edwin Alexander	1:32.50
3. Stephen Lynch, Jr.	1:33.15

## 50 &amp; OVER - MALE

1. Carl Trimmer	1:27.01
2. Dick Connors	1:35.02
3. John Lehotay	1:36.18

## 40 - 49 FEMALE

||
||
||



## MEN 60+

1. H.T. Marshall (66)	35:55
2. Pat Stone (64)	36:03
3. Robert Porter (60)	39:39

## WOMEN 40-49

1. Nancy Parker (47)	32:22
2. Joan Huffstetler (46)	40:00
3. Lorraine Spaulding (41)	40:22
4. Joy White (40)	40:44
5. Frankie Kittle (45)	42:19

## WOMEN 50

1. Willie Ann Albee (61)	45:10
2. Rosemary Hayward (50)	48:45
3. Opal Tucker (63)	57:04

## STONE MOUNTAIN 10-MILE RACE

## MEN 40-49

1. John Toole (41)	58:21
2. Mike Kelly (40)	58:36
3. Tom Cannon (40)	1:01:36
4. Jim Derham (41)	1:04:47
5. Ken Powell (42)	1:05:04

## MEN 45-49

1. Charlie Baker (45)	1:06:31
2. Joe Forst (48)	1:12:23
3. Tom Stokes (45)	1:15:14
4. Herts Edtrekin (46)	1:18:37
5. Timmy Massey (45)	1:23:29

## MEN 50-54

1. Alan Harris (51)	1:08:46
2. Dave Lincoln (52)	1:11:47
3. Jim Misroon (50)	1:18:22
4. James Heener (51)	1:18:55
5. Joe McLaughlin (52)	1:19:00

## MEN 55-59

1. Warren Culpepper (55)	1:16:22
2. Randolph Smith (58)	1:27:33
3. Max Clayton (58)	1:29:00
4. Sy Richard (55)	1:36:12
5. C.L. Fallin (57)	1:30:38

## WOMEN 40-49

1. Julia Emmons (42)	1:12:50
2. Kelly Ferrel (43)	1:16:32
3. Phyllis Alder (41)	1:39:36
4. Sarah Womack (43)	1:54:55

## WOMEN 50+

1. Rita Tomassini (62)	1:32:45
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## 5-MILE RACE WALK

1. Bob Lemming (34)	48:14
2. Steve Saniel (42)	59:02
3. Carl Moore (69)	59:45
4. Bryant Moore (64)	60:05
5. Faye Derham (42)	1:01:05

5th AVENUE MILE  
NEW YORK, NY  
SEPTEMBER 3, 1983

## Men's Masters Results

Ted Haiman	4:22:36
Larry Miller	4:31:00
Gary Muhrccke	4:32:70
Harry Cummins	4:33:90
Sid Howard	4:35:38
Cliff Pauling	4:38:53
Ken Martin	4:38:55
Gabriel Bernal	4:41:13
Witold Bialokur	4:43:74
Larry Rawson	4:46:10
Bill Hill	4:48:30
Glen Shane	4:53:70
Mason O'Neal	5:05:60

LABOR DAY 10 MILER  
SANTA ROSA, CALIFORNIA  
SEPTEMBER 5, 1983

## 1st Overall

Eric Williams	53:52
Janet Sammis	1:08:50
M40-44	
B. Hutchinson	1:00:27
Martin Jones	1:00:45
John Muro	1:05:04
M45-49	
Darryl Beardall	58:41
Roger Price	1:04:12
Bob Buckendahl	1:07:47
M50-59	
Mort Gray	1:01:21
Charles Hartman	1:11:01
Berger Hoel	1:12:40
M60+	
David Heiman	1:22:14
Billy Bush	1:29:43
Don Timmerman	1:38:42
W35-39	
Kathy Schmidt	1:16:48
Joann Gavin	1:19:33
Shirley Taylor	1:20:31
W40-44	
Kathy Kettler	1:19:06
Joan Ballard	1:23:50
Bonnie Martin	1:38:23
W45-49	
Janet Buckendahl	1:12:59
Lillian Woodward	1:15:19
Judi Donovan	1:18:59

## W50-59

Erma Marak	1:28:56
Marilyn Reynolds	1:44:08
Shirley Segar	1:49:40

## W60+

Liz Horhey	1:49:09
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GREAT COW HARBOR 10K  
NORTHPORT, NEW YORK  
SEPTEMBER 10, 1983

Open John Gregorek	28:37
Jan Merrill	32:57
M40 Ted Haiman	31:55
Gary Muhrccke	32:51
Herbert Kahl	33:35
M50 Mal Bertram	36:40
Walter Brown	39:30
Robert Rennie	39:44
M60 Tom Gibbons	40:51
Joe Latino	41:05
Quentin Lamms	41:53
W40 Cindy Dalrymple	34:48
Lina Connors	39:59
Betsy O'Neill	43:19
W50 Margaret Deckert	43:14
W60 Althea Wetherbee	52:29

CITY OF LAKES 25K  
MINNEAPOLIS, MINN.  
SEPTEMBER 11, 1983

F 40-49	
Nancy Kapps	1:49:02
Mary Dybvick	1:50:49
Virginia Ketola	1:55:02

F 50+	
Maisie Cromie	2:09:11

F 60+	
Betty Heleen	2:22:23

M 40-49	
Paul Noreen	1:26:56
Rick Kleyman	1:29:30
Dale Mattson	1:29:41

M 50-59	
Alex Rattelle	1:31:35
Bill Frazer	1:36:02

M 60+	
John Burton	1:45:06

The New Harlem  
Ten Kilometer Foot Race, Inc  
Harlem, NYC

Sponsored by:	
Manufacturers Hanover Trust,	
Miller Brewing Co.,	
22 West Restaurant,	
The Grog Shop	
Under the auspices of the	
New York Road Runners Club	
Date: September 11, 1983, 10 AM	
Distance: 6.2 Miles	
Check-In: Men-1567, Women-345	
Total-1912	
Finishers: Men-1093 and 9 racewalkers,	
Women-260 and 10 racewalkers,	
Total-1372	
Weather: Sunny, mid 80's	

## Veteran (40-49)

1. William Kaye, 44	35:59
2. Roger Jones, 40	36:20
3. Walter Vinson, 45	37:01
4. Robert Dolphin, 46	37:32
5. Bob Gooden, 45	37:37
6. Bill Hill, 40	38:02
7. Justino Valentin, 41	38:14
8. Joseph Puglisi, 44	38:56
9. Edward Pckel, 42	38:58
10. Luther Gales, 43	39:04

## Masters (50-59)

1. Joe Burns, 54	37:57
2. Patrick Moriarty, 50	38:36
3. Bill Johnson, 52	41:09
4. Charles Johnson, 52	41:50
5. Ralph Rhoden, 54	44:17
6. Frank Bonilla, 53	44:27

## Seniors (60-69)

1. Tom Gibbons, 61	42:18
2. Peter Mahta, 61	42:24
3. Ralph Sikally, 62	43:17
4. Wilfredo Rios, 66	44:01
5. Henry Blake, 61	44:46
6. Robert Nucalola, 61	45:06

## Subvet (30-39)

1. Jacqueline Bruce, 30	42:22
2. Michelle Nero, 30	43:23
3. Floriata Smith, 33	44:05
4. Joan Smith, 39	45:30
5. Shelley Keeling, 32	45:54
6. Zoila Castro, 35	45:57
7. Barbara Yardy, 34	47:09
8. Brenda Walker, 30	47:29
9. Beverly Ricketts, 38	48:14
10. Rene Holden, 30	48:18

## Veteran (40-49)

1. Gloria Jenkins, 45	41:45
2. Mimi Meyers, 41	45:15
3. Edith Jones, 43	45:59
4. Ninett Texidor, 40	47:48
5. Peggy Dulany, 47	49:05
6. Joan DeRosa, 47	49:46
7. Joan Bondell, 44	50:29
8. Minnie Henry, 41	51:16
9. Billie Gail Moten, 46	52:29
10. Brenda McDougal, 43	53:24

## Masters (50-59)

1. Mary Ann Van Osdol, 50	54:48
2. Lillian Shore, 52	57:32
3. Beatrice Lau Kee, 51	58:02
4. Georgina Ballesteros, 50	59:01
5. Edith Phillips, 52	59:04
6. Lillian Phillips, 52	59:53

## Seniors (60 and over)

1. Mayme Bdera, 68	1:08:40
2. Althea Jureidini, 65	1:13:38

VIRGINIA 10-MILER  
LYNCHBURG, VIRGINIA  
SEPTEMBER 24, 1983

Open Rod Dixon	47:12
Jacqueline Gareau	54:41
M40 Jim Deni	54:25
Bob Jenkins	55:41
Doug Bulcao	56:19
M50 John Hosner	59:25
M60 George Sheehan	70:28
W40 Louise Dooley	65:35
Janice Stoodley	67:46
Glenna Fink	69:04
W50 Fran Adams	72:37

9-WEST WOMEN'S 4 MILE  
LOS ANGELES; 9/25/1983

## 1st Overall

Pam Morris	25 22:30
35-39	
Judy Kewley	39 24:07
Marijane Mitchell	36 27:04
Lisa Winfield	37 27:16

40-44	
Rachel Gardona	44 31:53
Olivia Coria	44 32:17
Carolyn Plowman	44 32:33

45-49	
Dobi McDougall	49 26:06
Joyce Monita	46 28:11
Lotte Krause	46 30:57

50-54	
Betty Flood	50 28:32
June Uharriet	53 37:17
Waltraud Cunliffe	52 44:44

55-59	
Margaret Miller	57 25:46
Diane Fritz	57 31:33
Loudeam Andrews	55 32:24

60-64	
Liz Cotton	60 38:21
Isabel Estrada	60 40:31

DAYTON RIVER CORRIDOR  
HALF-MARATHON; DAYTON,  
OHIO; SEPTEMBER 25, 1983

M40-44	
Don Coffman	40 1:08:18
Bob Fischer	43 1:11:21
George Guins	40 1:13:23
Ken Prior	42 1:14:58
Larry Fox	40 1:14:59

M45-49	
Bill Olrich	48 1:11:59
Norm Roof	46 1:20:39
Joyce Ogden	47 1:21:21
Deane Ault	46 1:24:17
Wally Nugent	45 1:24:22

M50-54	
Don Gammie	52 1:16:28
Huey Long	54 1:22:30
Don Williams	53 1:22:48

M55-59	
Veve Bellian	56 1:23:01
Peter Donahue	55 1:24:26
Ronald Anspach	57 1:24:34

M60+	
Ray Chappellear	61 1:26:55
Bill Winslow	62 1:29:02
Tom Brittenham	60 1:32:31

W35-39	
Jane Buch	36 1:16:16
M.F. Fulton	39 1:36:09
Jill Buzzard	39 1:37:03

W40-44	
Iris Black	40 1:24:24
Felicia Lewis	41 1:29:32
Susie Deaton	40 1:32:25

W45-49	
A.L. Chrietberg	45 1:35:40
Marilyn Agnew	47 1:35:52
Elaine Clapp	46 1:42:51

W50-54	
Billie Stacy	51 1:43:02
Joan Malje	52 1:58:22
Gloria Johnson	52 2:02:09

W55-59	
Dorothy Kutchera	55 2:03:28

Marathon Tune Up  
Central Park, NYC

## Sponsored by the

## New York Road Runners Club

Date: October 2, 1983, 10:30 AM

Distance: 15.5 Miles

Check-In: Men-1602, Women-345

Total-1947

Finishers: Men-1357 and 8 racewalkers,

Women-293 and 3 racewalkers,

Total-1664

Weather: Sunny, high 60's to low 70's

## Vet A (40-44)

1. Ralph Walde, 40	1:31:54
2. Len Duey, 44	1:32:48
3. Hhenry Hunter, 41	1:32:48

## Vet B (45-49)

1. Jerzy Sulek, 46	1:32:22
2. Bob Laufer, 45	1:33:57
3. Jim Messerschmitt, 47	1:35:32

## Masters (50-59)

1. Howard Rubin, 55	1:33:53
2. Edward Stabler, 54	1:34:32
3. Don Dixon, 56	1:35:44
4. Kenneth Jones, 53	1:37:54

## Seniors (60-69)

1. Tom Gibbons, 62	1:46:07
2. Peter Mahta, 61	1:54:08
3. John Fredette, 63	1:58:56

## Racewalkers

1. Vincent O Sullivan, 26	2:10:15
2. Nicholas Bdera, 35	2:17:58
3. Howie Jacobson, 52	2:30:19

## Golden Age (80 and over)

Max Popper, 80	2:23:43
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## TAC Awards

Open Teams	
1. Warren Street	7 16:28
2. West Point Marathon Team	7 30:32
3. Central Park TC	7 32:16

## Master Teams

1. Millrose	7 55:44
2. Westchester RR	8 44:35
3. Central Park TC	8 58:49

## Open (20-39)

1. Kevin Ryan, 35	1 18:39
2. Vincent Fleming, 29	1 18:44
3. Odie Sanders, 23	1 19:28
4. Paul Oparowski, 27	1 21:16
5. Placido Martin, 32	1 22:14
6. Paul Schwartz, 24	1 23:19

## Class I-A (40-44)

1. Ralph Walde, 40	1 31:54
2. Len Duey, 44	1 32:48
3. Hhenry Hunter, 41	1 32:48

## Class I-B (45-49)

1. Jerzy Sulek, 46	1 32:22
2. Bob Laufer, 45	1 33:57
3. Jim Messerschmitt, 47	1 35:32



TWIN CITIES MARATHON  
MINNEAPOLIS, MINN.  
OCTOBER 2, 1983

<b>1st Overall</b>	
A. Zachariassen	27 2:13:20
G. Andersen	38 2:36:22
<b>M35-39</b>	
Herman Atkins	35 2:17:15
Athol Barton	35 2:22:51
Doug Edmonson	35 2:30:33
John Emmons	37 2:32:22
<b>M40-44</b>	
Jim Bowers	44 2:28:38
Bill Hall	43 2:31:21
Jared Mondry	41 2:32:16
Dave Griffith	40 2:32:34
Roland Rust	43 2:32:43
<b>M45-49</b>	
F. Mueller	47 2:31:33
D. Fjelstad	45 2:36:57
P. Noreen	48 2:39:01
Fred Kiddy	49 2:39:19
G. Savanick	45 2:39:59
<b>M50-54</b>	
Al Treichel	54 2:48:07
Norman Horns	50 2:48:11
John Burns	51 2:49:19
C. McJilton	53 2:59:16
Greg Prom	52 2:59:33
<b>M55-59</b>	
Alex Ratelle	59 2:42:08
Conrad Carr	58 3:09:05
Walter Rasula	56 3:10:02
<b>M60+</b>	
Ralph Pavak	62 3:20:36
R. Cutshall	60 3:22:50
C. Sherstad	62 3:23:47
<b>M35-39</b>	
G. Andersen	38 2:36:22
J. Malinski	35 3:05:08
D. Gulbrandson	38 3:07:18
<b>M40-44</b>	
Bette Poppers	40 2:54:35
Nancy Kapps	40 3:06:23
S. Hasham	40 3:09:30
<b>M45-49</b>	
Sandra Kiddy	46 3:00:37
Trudy Rapp	46 3:09:22
Ginger Wilson	46 3:22:01
<b>M50-54</b>	
Toshiko D'Elia	53 3:08:32
Diane Goulett	54 3:44:53
M. Bonstrom	50 3:53:27
<b>M55-59</b>	
Margaret Miller	57 3:14:10
Mary Carlson	56 4:07:00
<b>M60+</b>	
Betty Haleen	61 4:09:00

SAN PEDRO HALF-MARATHON  
SAN PEDRO, CALIFORNIA  
OCTOBER 9, 1983

<b>1st Overall</b>	
Ron Ysais	21 1:06:32
Sue Petersen	39 1:21:04
<b>M40-44</b>	
Neil Doherty	42 1:15:28
Bart Coventry	42 1:15:29
John Pagliano	44 1:16:35
Dan Ashimine	40 1:16:35
Ken Price	40 1:16:54
<b>M45-49</b>	
Ron Pattinson	46 1:18:30
Ian McInnes	48 1:19:17
Clifton James	45 1:19:49
Larry Esau	45 1:23:17
Jerry Van Meter	45 1:23:50
<b>M50-59</b>	
Jim Brownfield	51 1:17:25
Alan Dugard	51 1:20:51
Patrick Taylor	51 1:22:08
<b>M55-59</b>	
Tommy Hodges	56 1:29:39
John Feyk	55 1:29:54
John Racely	55 1:30:09
<b>M60-69</b>	
Jack Kettler	60 1:36:08
<b>M70+</b>	
Nat Pisciotto	79 2:15:13
<b>M40-44</b>	
Christa Romppanen	44 1:23:48
Jean Jones	40 1:36:59
Nancy Mustard	41 1:37:22
<b>M45-49</b>	
M. McMullen	46 1:29:37
Dobi McDougall	49 1:31:55
<b>M50-59</b>	
Betty Flood	50 1:38:01
Yukie Mochida	53 1:48:46
<b>M60+</b>	
Norma Bernardi	64 1:56:31
from race central	

BONNE BELL/CHEVROLET 10K  
BOSTON, OCTOBER 10, 1983

<b>1st Overall</b>	
Joan Benoit	31:36
<b>30-39</b>	
Fordie Madera	34:06
Laura Caldwell	34:56
Susan Lupica	35:08
Jay Foster	35:20
Theresa Tiso	35:23
Sharon Barbano	35:24
Linda Adams	35:45
Marcia Dowling	36:11
Sharon Given	36:38
Jean Smith	36:41
<b>40-49</b>	
Betsy Harshbarger	37:14
Patty Lee Parmalee	38:01
Nancy Peterson	38:19
Carrie Parsi	38:24
Mimi Lerner	38:35
Linda Upton	38:50
Mary Bart	39:01
Barbara Pike	39:17
Andrea Hatch	39:28
Robin Villa	39:49
<b>50-59</b>	
Margarete Deckert	40:07
Barbara Robinson	41:13
Joyce Hals	42:15
Helen Hamilton	42:21
Christa Curtis	43:21
<b>60-69</b>	
Jean Price	50:21
Rose Kurpiel	51:06

Over The Hill TC X-  
Cntry Classic 5000M;  
Cleveland Hts, Ohio  
October 8, 1983

<b>30-39 MEN</b>	
1. Tim Niedermann(36) - un...	16:58
2. Mike Gallagher(30) - OTH...	17:20
3. Thom Bailey(35) - NERC...	17:34
4. Norm Thomas(34) - OTH...	17:59
5. Bob Webb(38) - NERC...	18:03
6. Mike Burke(37) - un...	18:23
7. Bob Howilar(33) - NERC...	18:27
8. Jeff Gerson(36) - OTH...	19:04
9. Steve Novak(39) - NERC...	19:12
10. Nick Salupo(36) - OTH...	19:37
11. Brian Massie(36) - NERC...	20:04
12. Marty Hillier(37) - NERC...	21:18
13. Jim Llewellyn(32) - un...	22:26
14. Roger Tamura(36) - NERC...	22:50
15. Rich Novak(32) - NERC...	23:23
16. Robert Fisher(32) - NERC...	25:47
<b>40-49 MEN</b>	
1. Reed Hinman(41) - un...	17:53
2. Chuck Rossiter(40) - NERC...	18:35
3. James Forsythe(46) - un...	18:45
4. Dave Espie(46) - NERC...	19:27
5. Bill Hartman(44) - NERC...	20:21
6. Ed Woods(42) - NERC...	21:00
7. Charlie Hall(47) - OTH...	21:24
8. Mike Beerman(41) - NERC...	21:31
9. Ed Hoyle(47) - OTH...	21:43
10. Larry Sarvis(46) - NERC...	22:18
11. Tony Licarte(40) - NERC...	23:11
<b>50-59 MEN</b>	
1. Matt Norris(58) - CWRRC...	20:06
2. John Gullo(53) - Geauga J...	23:29
<b>60-69 MEN</b>	
1. John O'Neill(65) - un...	25:26
<b>70-79 MEN</b>	
1. Bernie Blech(78) - OTH...	30:22
<b>30-39 WOMEN</b>	
1. Carolyn Dilla(36) - NERC...	22:14
2. Beth Mann(31) - OTH...	22:19
3. Kathy Curtis(34) - NERC...	23:32
4. Kathy Karalius(39) - NERC...	28:46
<b>40-49 WOMEN</b>	
1. Jean Toth(47) - NERC...	22:31
2. Essie Kea(45) - OTH...	27:12
3. Sue King(49) - NERC...	27:40
4. Joan Gibson(45) - OTH...	30:21
<b>50-59 MEN</b>	
1. Mer. Rynes(51) - OTH...	23:16

## TEAM SCORES

<b>30-39 MEN</b>	
1. NORTHEAST RUNNING CLUB...	22
2. OVER THE HILL TRACK CLUB...	35
<b>40-49 MEN</b>	
1. NORTHEAST RUNNING CLUB...	15
<b>WOMEN</b>	
1. NORTHEAST RUNNING CLUB...	26
2. OVER THE HILL TRACK CLUB...	29

GOLD COAST MASTERS  
POUR L'ILE CHAMPIONSHIP  
POMPAIC BEACH, FL.  
OCTOBER 9, 1983

<b>Who Eileen Eliot</b>		7:58
Alice Hudson	21:28	
<b>W45 Arlene Royle</b>		29:53
Anne McGuire	29:58	
<b>W50 Grace Lawrence</b>		36:35
Pip Reed	37:58	
<b>W60 Joanne Wilson</b>		39:33
Dorothy Barr	40:25	
<b>M40 Art Scheinholz</b>		23:19
Richard Van Scotter	23:20	
<b>M45 Joseph Singer</b>		23:19
Leon Golbin	24:13	
<b>M50 Arthur Kijek</b>		25:19
Jerry Utter	25:26	
<b>M55 John McCoy</b>		24:31
A.J. Ryan	26:41	
<b>M60 Dan Biele</b>		27:23
Phil Bruch	28:24	
<b>M65 Max Quackenbos</b>		27:43
Norman Brooks	30:09	

CANADIAN MASTERS NATIONAL  
CROSS-COUNTRY CHAMPIONSHIPS  
COQUITLAN, B.C.  
OCTOBER 15, 1983

<b>M40 Chris Steer</b>		34:07.4
Frank Smith	34:17.4	
<b>J.-J. Schmidt</b>		34:49.7
<b>M45 Bruce Holtzman</b>		34:20.9
Derek Lahaiffey	34:24.2	
<b>Don Trethewey</b>		35:32.6
<b>M50 Harry Adshead</b>		36:39.7
David Rudd	36:51.4	
<b>Jim Conway</b>		36:54.7
<b>M55 Arthur Taylor</b>		37:42.6
Ivor Davies	38:11.3	
<b>Stan Baldry</b>		39:50.8
<b>M60 Sverre Hietanen</b>		40:41.6
Bob Cleator	43:50.4	
<b>Art Porter</b>		45:47.6
<b>M70 Clare Choate</b>		49:14.0
<b>M75 Hugh Clifford</b>		52:53.0
<b>M. 35 Loreen Barnett</b>		39:57.0
Gilberte Thompson	45:12.4	
<b>M40 Judy Sewell</b>		43:08.4
Sandra Richardson	44:55.9	
<b>Rosemary Lawrence</b>		45:54.1
<b>M45 Frances Steinfeld</b>		43:57.8
Jean Harrison	44:01.4	
<b>Fat Gjerdalen</b>		55:41.2
<b>M. 50 Monique McDonald</b>		46:08.7
<b>M. 55 Jean Cleator</b>		49:24.2

SKYLON INTERNATIONAL  
MARATHON; BUFFALO, NY  
OCTOBER 16, 1983

<b>1st Overall</b>	
Bernie Prabucki	21 2:21:28
Vicki Scanlon	33 2:56:38
<b>M40-44</b>	
Hank Shealy	41 2:36:53
Fred McGrath	40 2:44:48
John Graham	44 2:49:10
<b>M45-49</b>	
Ray Ross	45 2:42:27
Irv Frawley	46 2:46:59
John Ingham	45 2:51:13
<b>M50-54</b>	
Roy Healey	51 2:45:41
Jim McIlwham	52 2:46:28
Norman Spinks	50 2:56:27
<b>M55-59</b>	
Richard Sullivan	55 3:07:26
Jack O'Sullivan	55 3:10:09
John Nottle	56 3:12:25
<b>M60+</b>	
R. H. Tomlinson	60 3:09:21
Gary Rech	68 3:27:18
Leonard Fremont	61 3:27:52
<b>M30-39</b>	
Joan Zirkelbach	35 3:11:59
Connie Bialy	32 3:16:12
Patricia Martin	34 3:17:55
<b>M40-49</b>	
Gudrun Philips	47 3:19:13
Betty Wendle	46 3:51:40
Jeanne Steciuk	40 4:02:12
<b>M50+</b>	
Rose Lister	53 3:45:31
Georgia Pooley	54 3:55:56
Patina Ali	50 3:58:11

XVI WORLD VETERANS (IGAL)  
10K AND 25K CHAMPIONSHIPS  
PERPIGNAN, FRANCE  
OCTOBER 15-16, 1983

<b>10-KILOMETER RUN</b>	
<b>M40</b>	
1 Dan Conway	USA 30:26
2 Pierre Voets	BEL 30:33
3 Richard Hodelet	SCO 30:57
4 Leo Carroll	GBR 31:02
5 Noel Tijou	FRA 31:14
<b>M45</b>	
1 John Baldwin	GBR 31:09
2 Edgar Friedli	SUI 31:25
3 Ron Hill	GBR 31:49
4 Robert Schelfhaut	BEL 33:03
5 Michael Prosser	GBR 33:15
95 Al Huff	USA 47:53
<b>M50</b>	
1 Bill Stoddart	SCO 32:45
2 John Wood	GBR 33:39
3 Bill McBrinn	SCO 34:03
4 William Ramage	GBR 34:16
5 John Llewellyn	GBR 34:22
19 Tom Sturak	USA 36:48
<b>M55</b>	
1 Ernest Kirkup	GBR 34:35
2 Ron Franklin	GBR 34:55
3 Helmut Hagedorn	FRG 35:24
4 Franz Stoeklin	SUI 36:55
5 George Meech	GBR 36:58
<b>M60</b>	
1 Germain Jean-Baptiste	FRA 35:00
2 Karl Hasler	SUI 36:18
3 Drahomir Pechanek	AUT 37:09
4 Johann Schmitz	FRG 37:22
5 Herbert Larsson	SWE 37:28
<b>M65</b>	
1 Otto Haupt	FRG 40:21
2 Gordon Porteous	SCO 40:59
3 Gottfried Beck	SWI 41:23
<b>M70</b>	
1 Karl Hall	41:42
2 Henri Michon	FRA 42:34
3 John Emmet	SCO 42:39
<b>M75</b>	
1 Andre Dupuy	FRA 46:56
2 Kurt Kristahn	FRG 49:15
3 Fredy Gremillot	FRA 52:23
<b>M80</b>	
1 Joseph Galia	FRG 59:03
<b>M35</b>	
1 Gabrielle Andersen	USA 33:29
2 Fordie Madeira	USA 34:14
3 Francoise Langhendries	BEL 40:12
<b>M40</b>	
1 Yvonne Miles	GBR 38:24
2 Hilla Gerards	FRG 38:41
3 Lolitia Bache	GBR 39:10
<b>M45</b>	
1 Denise Alfvoet	BEL 35:52
2 Judy Rowntree	GBR 38:08
3 Zofia Turosz	POL 39:38
7 Mae Horns	USA 44:58
<b>M50</b>	
1 Muriel Brown	GBR 47:34
2 Victoria De Schoenmaeker	BEL 49:37
3 Chang Tsai	TAI 50:25
Yiu Hua	TAI 50:25
<b>M55</b>	
1 Pina Gurtner	SUI 43:53
2 Ilse Lutz	FRG 47:25
3 Aileen Lusk	SCO 48:28
<b>M60</b>	
1 Elfriede Falke	FRG 47:36
2 Judith Kazdan	CAN 48:00
<b>M65</b>	
1 Ewa Eriksson	SUE 51:07
<b>M70</b>	
1 Francine Bonans	FRA 59:35
<b>M75</b>	
1 Marilla Salisbury	USA 89:34
<b>25-KILOMETER RUN</b>	
<b>M40</b>	
Pierre Voets	BEL 1:21:02
Hubert Carnol	BEL 1:22:01
Antoine Portes	FRA 1:24:38
Maurice Vervaeke	BEL 1:25:03
Barry Shaw	ISR 1:27:33
69 Hap Lutter	USA 1:50:01
<b>M45</b>	
Agustin Fernandez	SPA 1:21:26
John Baldwin	GBR 1:23:22
Josie Nunez	SPA 1:28:02
Derrick Pickering	GBR 1:29:15
Jean Bourgeois	FRA 1:29:55

<b>M50</b>	
Norman Green	USA 1:21:44
Bill Stoddart	SCO 1:26:32
Bill McBrinn	SCO 1:28:43
John Wood	GBR 1:29:17
William Ramage	SCO 1:30:36
17 Norman Horns	USA 1:36:51
<b>M55</b>	
Louis Hebert	F



15th CONNECTICUT TAC 5K  
MASTERS CHAMPIONSHIPS  
OCTOBER 23, 1983

WOMEN AGE 18+ THREE PLACES			
35-39	Time	40-44	Time
Kathy LaBella	18:53*	Marge Healy	24:31
Beverly Heffernan	19:48	Dorothy Jegla	25:15
Carolyn Glaser	24:11	Diane Barker	26:36
50-54	Time	55-59	Time
Carol McCall	28:21*	Adeline Kearney	22:19*
Bunnt Marinko	32:18		
MENS AGE GROUP 1ST THREE PLACES			
35-39	Time	40-44	Time
Duncan Milne	15:56	Tom Durie	16:11
Joe Heffernan	16:15	Arnold Repetto	16:55
Larry Inge	17:28	Peter Madden	17:00
50-54	Time	55-59	Time
Joel Rosenbaum	17:56	Jack Treworthy	18:03
Lee Chisholm	18:17	Ian Sussex	20:00
Ron Vichiola	19:41	John Kearney	22:16
		Bill Masterson	17:02
		Tom Butterfield	18:14
		Reinhard Richter	18:22
		60 and over	
		Charles Robbins	18:51
		Bill Tribou	20:51
		Ed Vuolo	21:01

FESTIVAL BY THE SEA  
5K/10K; HOLDEN BEACH, NC  
OCTOBER 29, 1983

5K RESULTS

M40-49	Time
Chuck Mammy	18:05
Alex Coffin	18:47
Jimmy Dew	20:11

M50+

Warren Rich	21:55
Ed Brannock	25:08
Dennis Johnson	28:53

W40-49

Pat Fairfield	31:28
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10K RESULTS

M40-49	Time
Chuck Mammy	38:29
Erskine Markey	39:17
Jim Fitzgerald	40:10

M50+

Don Derrick	52:49
Richard Fairfield	53:02
Bob Wilhelm	53:43

NEW YORK MARATHON  
OCTOBER 24, 1983

Open Rod Dixon	2:08:59
Grete Waitz	2:27:00

M40-49

David Clark	40 GBR	2:17:30
Armando		
Aldegalega	45 POR	2:21:46
Antonio		
Villanueva	43 MEX	2:23:51
Tim Johnston	42 GBR	2:25:27
Tony Gerrity	40 PA	2:27:17

M50-59

David Salo	50 CA	2:35:12
Guenther		
Brass	53 FRG	2:38:14
Ed Stabler	54 NY	2:40:25
Gaylord		
Jorgenson	54 UT	2:41:09

M60-69

Paul Lucky	60 VA	3:08:06
Steve		
Richardson	60 CT	3:08:39
Janne		
Kallunki	62 FIN	3:09:21

M70+

Bill Brobston	70 NY	3:33:39
Louis Martin	72 NJ	4:01:22
Abe Wusserman	71 CA	4:02:18

W30-39

Carolyn Gould	39 GBR	2:40:34
Renata		
Walendziak	33 POL	2:41:34
Lena Hallman	32 PA	2:44:10

W40-49

Cindy		
Dalrymple	41 DC	2:44:01
Elaine		
Kirchen	40 NY	2:48:34
Robin Hames	46 NZ	2:48:52
Patty Lee		
Parmalee	43 NY	2:59:56

W50-59

Margarete		
Deckert	50 NY	3:18:33
Alma Kunes	50 PA	3:30:11
Pat Johnson	50 WA	3:30:34

W60-69

Mary Rodriguez	61 NY	4:16:05
Althea		
Wetherbee	64 NY	4:19:25

W70+

Fenya Crown	70 CA	5:01:49
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MACY'S MARATHON & 10K  
KANSAS CITY, MISSOURI  
OCTOBER 30, 1983

1st Overall

Michael Clay	25	2:20:43
E. Makarewicz	26	2:39:50

M40-49

Rich Ayers	40	2:45:49
William Fox	41	2:45:58
Leonard Roth	40	2:46:34
Joe Schrag	44	2:47:55
Frank Hedges	40	2:50:56

M50-59

Donald Nail	51	2:54:48
Ralph Pierce	52	3:07:14
Fred Anderson	50	3:17:48
John Wyckoff	52	3:18:25
Paul Cook	54	3:21:48

M60+

Bernard O'Keefe	60	3:10:08
Gerald Thompson	61	3:41:21
Bob Poppe	61	4:05:20
Luther Larson	60	4:11:38

W30-39

Ellen O'Connor	35	3:12:14
Judy Huber	36	3:15:37
Pauline Roth	36	3:19:06

W40-49

Connie Burroughs	40	3:33:00
Vesta Hayden	40	3:40:29
Carol Raikula	43	3:48:44
Norma Sutton	49	3:56:25
Barbara Whitaker	44	4:01:19

W50-59

Kate Hashman	53	3:38:53
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10K

1st Overall	Time
Mark Curp	24 28:52
Debbie Pihl	22 33:26

M40-49

Clyde Davidson	45	33:22
Chuck Downey	44	33:35
Donald Lewis	47	34:38
Terry Jonason	40	34:54
Carl Owcharzak	44	35:08

M50-59

James Buckley	51	36:07
Gerald Witten	54	36:54
Louis Joline	51	38:34
Ed Crawford	51	39:04
Thomas Robison	50	39:08

M60-69

Jerry Morrison	60	36:52
Guajolote Veloz	61	44:22
Ed Rice	61	45:35
Ivan Kuhoric	60	46:46
Jim Reeds	61	47:50

M70+

Dr. Howard Calkin	72	54:24
Allan Blackman	71	72:35

W40-49

Dolores Albertini	46	39:46
Nancy Courter	40	42:09
Noel Handzik	40	42:31
Marilyn Potter	44	42:40
Jean Seigle	43	44:33

W50-59

Joan Dodge	54	51:39
Ginny Womack	56	51:47
Betty Hopping	52	51:60
Jeanette Twillman	51	57:55
Charlotte Ratliff	52	58:21

W60-69

Rebecca Zenke	60	54:11
Marilyn Holsinger	61	54:50
Kathryn McKee	63	72:07
Dorothy Rose	61	104:22

TWELFTH ANNUAL EASTERN MASTERS ATHLETIC CONGRESS CROSS-COUNTRY CHAMPIONSHIPS  
NOV. 6, 1983, VAN CORTLANDT PARK, BRONX, NEW YORK 490

NAME	AGE	CLUB	TIME	PLACE IN AGE GROUP
BERT BLANCO	31	VCTC	37:00.2	1
JOHN GARLEPP	45	MILL	37:40.7	1
DOB CLARKE	44	SAUC	37:47.2	1
HERBERT KANIA	54	NYM	39:49.2	1
JAMES O'ROURKE	41	NYAC	39:56.6	2
PETER BAUSFACHER	41	NYM	39:58.3	3
LESTER SHERKA	40	MILL	40:15.6	4
PATRICK DEVINE	55	FL.FT.	40:26.6	1
JIM DOOLEY	46	MILL	40:40.2	2
HANS HARTMAN	47	WSY	40:42.7	3
TOM BUTTERFIELD	47	SHORE	41:19.1	4
RICHARD PACKWARD	55	BOST.	41:28.9	2
FREDERICK CURRY	39	UNAT	42:42.5	1
BART LENEHARE	31	UNAT	43:02.6	2
EDWARD SMALL	45	NYPC	43:12.2	5
DON DENIG	51	NYM	43:16.9	2
JOHN McMANON	32	UNAT	43:17.6	3
KELSEY BROWN	56	NYM	43:38.1	3
BILL VISDAK	56	VCTC	44:08.5	4
MARVIN STEIN	51	NYM	44:19.1	3
ROBERT WHEELER	54	WSY	44:43.8	4
WOODY LUNSFORD	60	LT. FT.	44:50.8	1
LOUIS VASQUEZ	39	NYM	45:12.9	2
JOSEPH SIMONTE	55	CT.PK	45:15.5	5
MASON O'NEAL	45	NYP	45:24.4	6
MIKE CUNNEY	49	WSY	45:26.6	7
ROBERT FINE	51	NYM	47:35.3	5
JOHN MULLER	50	UNAT	47:47.8	6
JOE CONTARI	30	GT.RH.	48:11.2	4
STEVE PULOS	30	GT.RH.	48:11.6	5
BOB RYAN	36	SHORE	48:27.2	3
WALT SIDEROWITZ	56	NYM	48:55.1	6
CHARLES FELDMAN	67	UNAT	49:02.0	1
MORTON KAIL	59	UNAT	49:30.3	7
BILL NEWLIN	37	NYPC	49:42.5	4
DOTTIE KELLY	48	NYM	50:03.0	1 FEMALE
SANDY PASHKIN	41	NYM	50:32.5	1 FEMALE
RON VALIENTE	52	NYM	50:36.2	7
DES MARGETSON	57	NYPC	51:19.2	8
BEK SPENCER	53	NYM	51:44.4	8
BOD PFEFFERMAN	41	UNAT	52:00.0	5
WALT WESTERHOLM	69	MILL	56:30.1	2
STAN GILBERT	52	NYM	57:44.5	9
MARY O'MALLEY	51	UNAT	57:54.3	1 FEMALE
ADRIENNE SALMINI	62	NYM	71:58.6	1 FEMALE

TEAM: 30-39 N.Y. MASTERS: N.Y. MASTERS 50-59 WOMEN: 40-49 N.Y. MASTERS

FL. FT. = FLEET FOOT NYM = NEW YORK MASTERS SHORE = SHORE A.C.  
GT. RH. = GREATER ROCHESTER NYPC = NEW YORK PIONEERS WSY = WEST SIDE Y  
LT. FT. = LIGHT FOOT NYAC = NEW YORK ATHLETIC CLUB VCTC = VAN CORTLAND  
MILL = MILLROSE CT. PK. CENTRAL PARK BOST = BOSTON A.A.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH DEC 1983

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
WILLIAM BOWERS (POWAY, CAL)	12-17-18	65-69
F. COOLEY (HARTFORD, CT)	12-11-38	45-49
ROBERT DETWEILER (SWARTHMORE, PA)	12-16-13	70-74
DENNIS DEWITT (CA)	12-1-38	45-49
DAN FITZSIMMONS (CA)	12-25-43	40-44
JOE JOHNSON (APOKA, FL)	12-1-43	40-44
JOSIAH PACKARD (SAN FRANCISCO)	12-15-03	80+
JOSE PEREZ (SPA)	12-2-23	60-64
WOLF REINHARDT (WG)	12-26-28	55-59
NORMAN RUSTAD (US)	12-3-38	45-49
RICHARD STRAUB (SAN DIEGO, CALIF)	12-18-28	55-59
GODFREY SWAKALA (RSA)	12-19-38	45-49
RON TAYLOR (GB)	12-4-33	50-54
SYDNEY TOABE (FRESNO, CAL)	12-23-23	60-64
JIM WALKER (EUREKA, KS)	12-14-33	50-54
HUEL WASHINGTON (SAN FRANCISCO, CALIF)	12-8-28	55-59
ROBERT YOUNGS (TOLAND, CT)	12-6-33	50-54
MARJORIE FOX (SMARTVILLE, CA)	12-3-33	50-54
JOHANNA HARGREAVES (SANTA BARBARA, CA)	12-17-18	65-69
LUCILLE LIGNON (VALLEJO, CA)	12-28-38	45-49
IRENE OBERA (MORAGA, CA)	12-7-33	50-54
LYDIA DIEHL (WG)	12-6-33	50-54
GUN ERICKSSON (SWE)	12-31-43	40-44
MAVIS WILLIAMS (GB)	12-19-13	70-74

THE ATHLETICS  
CONGRESS



NATIONAL TAC (OPEN)  
100K RACEWALK; ARLINGTON  
VA; NOVEMBER 5, 1983

1 Brian Savilonis	10:33:12
2 Bob Keating	36 10:42:46
3 Alan Price	36 10:44:08
4 Chris Knotts	27 11:01:21
5 Sal Corrallo	52 11:30:52
6 J. Blackburn	47 11:56:13
7 Bev LaVeck	47 12:04:16
8 P. Robertson	44 12:39:37
9 Tom Kline	39 12:58:12
10 Peter Ulrich	46 12:58:45
11 Bobby Wise	44 13:44:54
14 R. Cardarelli	51 14:53:50





## TRAVELING LIGHT.

Terra Trainer



Women's  
Terra Trainer

The Terra Trainer is for runners who have one thing on their mind—high mileage—and want almost nothing on their feet. Who know that when you put in a 50-mile week, lifting an extra ounce means lifting an extra 4,625 pounds.

The Terra Trainer is for those whose search for a lightweight shoe has been a brutal, bone-jarring experience.

It comes with a Phylon midsole.

It's light. It's cushioned.

It marks the end of hard times.



Beaverton, Oregon