



National Masters Newsletter



29th Issue

January 1981

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

☆ Highlights ☆

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Dorothy Stock, Clive Davies,
Anne McKenzie, San Diego
100-mile Relay Team, Ruth
Anderson, Joyce Smith,
Mike Gorman, Mila Kania,
Anne Johnson, Marty
Maricle, John Gilmour,
Jim Bowers, Judy Fox,
Marcie Trent



Sandra Kiddy, 43, Palm Springs, Calif., won 3 national TAC masters championships in 1980 (15K, 25K, Marathon) and set U.S. masters records in 50K and half-marathon. photo by Richard Slotkin

3 U.S. Marks Set

Bowers, Fox Win Brooks 25K

by Al Sheahan

SAN FRANCISCO, CALIF., November 30. The 3-race 1980 series of Brooks Master Runs came to an impressive conclusion this morning in the cool, crisp San Francisco air as 130 starters set 3 new U.S. age division marks and 14 new single-age masters records.

The quality field was led by Jim Bowers, 42, a TWA airline pilot from Santa Rosa, California, and Judy Fox, a just-turned-40, engineering research assistant from Stanford. They each established a new American masters 25-kilometer record over the 5-loop, rolling course through scenic Golden Gate Park.

Bowers time of 1:22:39 bettered Ken Mueller's old 40+ mark of 1:23:18, set March 5, 1977. Fox smashed the great Miki Gorman's 40+ women's record of 1:38:40 by over 3 minutes in 1:35:25. Marcie Trent, 62, of Anchorage, Alaska set a new standard for women 60-64 in 2:03:14, bettering Kay Atkinson's 1978 mark of 2:20:27.

The Brooks Shoe Co., aided by Len Wallach, Joe Henderson and Hal Higdon, put on a first class event. It invited some of the top men and women masters runners in the nation to compete in the final leg of its 20K-15K-25K series of masters-only runs. *continued on page 5...*

Lorenz, Sippréle Win National 15K X-C

by Bob Fine

BRONX, NEW YORK, November 23. It was a beautiful day for a cross country race and national class runners Herb Lorenz, 41, of the Mill Creek Runners and Linda Sippréle, 46, of the Potomac Valley Senior Track Team, both used it to their advantage to destroy the course records, and win the National Masters 15 Kilometer Cross Country Championships. Herb did a phenomenal 50:27.8 on the tough Van Cortlandt Park course. Although the course has been repaired so that it is in the best condition in decades, drainage mounds (thirty two of them) were placed on the course to prevent the dirt *continued on page 4...*

Masters Split at TAC Convention

by Al Sheahan

The masters athletics program was divided into two parts at the 1980 Athletics Congress Convention in Atlanta December 4-7: 1) track and field, and 2) long distance and road running.

Prior to the convention, there was one unit within the TAC to represent masters: the masters athletics committee. It had two sub-committees: T&F and LDR. Now the two are separate, autonomous, full committees. Each has a separate voice in TAC. Each will run its own program, separate from the other.

Brief background: The Athletics Congress, known as TAC, is the umbrella *continued on page 7...*

Villanueva Runs 2:19:25 Marathon

from Tom Sturak

LAS VEGAS, NEVADA, December 6. Antonio Villanueva, a 40-year old cab driver from Xalapa, Vera Cruz, Mexico, won the 2nd Annual Las Vegas Sun Marathon today in the impressive time of 2 hours, 19 minutes, 25 seconds.

It was one of the ten fastest marathons ever run by a man over 40. It was only two seconds off Don Macgregor's winning 2:19:23 in the 1980 World Veterans Marathon Championships in Glasgow, Scotland in August. It was 3 minutes faster than the existing American masters marathon mark of 2:22:23, set by Californian Jim Bowers in October. Villanueva defeated defend- *continued on page 4...*

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Write On!



Address letters to:

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SOUTH AFRICA

How many Pan-American Masters meets do you have over there? I read your September issue with great interest, as I do every issue. It is a fine newsletter.

There's something unpleasantly political about the South African Masters appearance at Los Angeles: the South African Government paying for their team to fly over. We know why they do it - to help whitewash their country's bad record in human relations. There are two reasons why half the world agrees with me and is against South African participation in international sport: 1) Most of their population does not get a vote; and 2) That same section of the population, as an obvious consequence, is the very section that gets such rough treatment from the Government in education and sport. They have only one-tenth of Government money spent on them per head compared with the well-off whites section. One-tenth!

So may I suggest you pipe down on the South African athletes, nice chaps and excellent performers though they are personally, and get on with encouraging the other athletes of the world: the many other athletes in Africa with

their remarkable performances, the Russians and the Eastern Bloc and the Middle East as well.

*Sylvester Stein
London, England*

NMN AD PULLS

I want to take this opportunity to tell you how much the National Masters Newsletter ad helped our Senior Olympic T & F meet in June. We will definitely use that means again for our next affair, which will be June 10th thru 13th, 1981. (The masters and submasters T&F meet will be on June 13th.)

*Bob Coughlin, President
Hoosier Track Club
Indianapolis, Indiana*

HURDLE HEIGHTS

I read Al Hromjak's letter concerning hurdle heights, distances and weights of implements, in which he says they should remain at maximum level regardless of age class. I really don't know if his intent was to be humorous or if he was serious.

Can you imagine a 5'7" 62-year-old man (me) trying to get over a 42" hurdle without killing himself? Hell, I can't high jump that high. Can you imagine a 62-year-old man who weighs 152 lbs. (me) trying to put a 16 lb. shot? I'd have all I could do to lift it to my chin and not drop it on my toes, let alone try to put it without tearing my shoulder muscles all to hell.

Why worry about comparing the performance of a 60 or 70 year old with that of a 40 year old? I thought the name of the game was to give the older athlete a chance to compete in his event, regardless of age; not chase him the hell out of the masters program. It's the chance to compete that counts. That's the important thing.

*Al Guidet
California City, Calif.*

ATLANTA PRAISED

I wish to express my thanks to Ken Kirk and the organizers of the Atlanta Masters Championships on June 14 for a well organized meet. My wife and I had a lovely stay while on vacation in the Eastern states. My regards to Ed Schuler and Mr. Wagemaker who provided strong, friendly competition in the 2A 100 and long jump. This meet was the highlight of our holiday. We can't wait to get back again.

Your NMN is a very good paper. I have not seen the like of it on this side

continued on page 8...

EAST

January 6, 13 & 20 (Tuesdays): 3000 meter races, Pratt Institute, DeKalb and Classon Ave., Brooklyn, NY. 7 PM. Contact: Remy Korchemy (212) 636-3771 or 3774.

January 9 & 16 (Fridays): Masters Sports Association Indoor Development Track & Field meet, 102nd Reg Arm, 168th St., New York City, 6 PM.

January 17 & 24 (Saturdays): MSA Indoor Development meet, 369th Arm, New York City, 9 AM.

January 21 (Wednesday): MSA Indoor Development meet, 102nd Reg Arm, 6 PM.

February 7 (Saturday): MSA Indoor Development Meet, 369th Arm, New York City, 9 AM.

February 15 (Sunday): 20th Annual DC RRC Washington's Birthday Marathon. 3-loops, paved roads, certified course. Age-group awards. SASE to Larry Noel, 105 Northway Rd., Greenbelt, Md. 20790.

February 16 (Friday): MSA Indoor Development Meet, 102nd Reg Arm, New York City, 6 PM.

February 20 (Friday): MSA Indoor Development Meet, 102nd Reg Arm, New York City, 6 PM.

February 28 (Saturday): MSA Indoor Development Meet, Queens College, New York, 9 AM.

March 1 (Sunday): Nike/Penn Mutual Masters Grand Prix 15K, Needham, Mass. Men and women age 35 and over. Contact: John Pistone, 186 Commonwealth, Boston, MA 02116.

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 for the February issue of NMN is January 10. Send to *National Masters Newsletter*, P.O. Box 2372, Van Nuys, CA 91404.

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

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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.

March 22 (Sunday): National Open and Masters TAC 30K Road Championships. Schenectady to Albany, NY. Contact: Bill Shrader, PO Box 588, Albany, NY 12201. (518) 463-5120.

March 28 (Saturday): Nike/Penn Mutual Masters Grand Prix 10K, Brooklyn, N.Y. Men and women age 35 and over. Contact: Bob Fine, 77 Prospect Place, Brooklyn, NY 11217.

July 4-5 (Saturday & Sunday): North American Masters Track & Field Championships, Philadelphia.

August 9 (Sunday): National Masters TAC 20K Road Championships, Lake George, N.Y. Contact: Bill Shrader, P.O. Box 588, Albany, NY 12201. (518) 463-5120.

Mid-September National open and masters TAC 50-mile Championships. Buffalo, NY. Contact: Dick Kendall.

October 4 (Sunday): National Masters TAC 15K Road Championships, Washington, D.C. SASE to Larry Noel, 105 Northway Rd., Greenbelt, MD 20770. (301) 474-9362.

Mid-October. National Masters TAC 15K Cross-Country Championships, New York City. (Pending)

SOUTHEAST

March 14 (Saturday): Nike/Penn Mutual Masters Grand Prix 10K, Atlanta. Men and women age 35 and over. Contact: Ken Kirk, 3800 Stonewall Terrace, Atlanta, GA 30339.

May 10 (Sunday): National Open and Masters TAC Marathon Championships, Raleigh, North Carolina. Contact: Jerry Perry, (919) 737-2392.

MIDWEST

February 15 (Sunday): Midwest Masters Regional TAC Indoor Track & Field Championships, Forest View High School, Arlington Heights, IL. 8 AM. Contact: Midwest Masters, 180 N. LaSalle, Chicago, IL 60601. (312) 236-1315. (312) 346-1797.

February 28 & March 1 (Saturday & Sunday): National Masters TAC Indoor Track & Field Championships, Ann Arbor, Michigan.

March 14-15 (Saturday & Sunday): North American Masters Indoor Track & Field Championships, Forest View High School, Arlington Heights, Illinois. Contact: Midwest Masters, 180 N. LaSalle, Chicago IL 60601. Wendell Miller: (312) 236-1315. Bill Smith (312) 346-1797.

May 30 (Saturday): Mini All-Corner T&F Meet, Dyche Stadium, Northwestern University, Evanston, IL. Contact: Bill Smith (312) 346-1797 days; (312) 256-2714 nights.

June 13 (Saturday): Indiana Masters T&F Championships, Indianapolis. Contact: Bob Coughlin, 305 S. Barton, Indianapolis, IN 46241. (317) 241-5446.

June 27 (Saturday): All-Corner T&F Championships, Dyche Stadium, Northwestern University, Evanston, IL. Contact: Bill Smith (312) 346-1797 or (312) 256-2714.

July 11 (Saturday): Mini All-Corner T&F Meet, Dyche Stadium, Northwestern University, Evanston, IL. Contact: Bill Smith (312) 346-1797.

August 1 (Saturday): Midwest Masters Regional TAC Track & Field Championships, Dayton, Ohio. Contact: Charles Dudley, 313 Walton, Dayton, OH 45417.

August 8 (Saturday): All-Corner T&F Meet, Dyche Stadium, Northwestern University, Evanston, IL. Contact: Bill Smith (312) 346-1797.

August 30 (Sunday): Midwest Masters 25K Road Championships, Lake Bluff Jr. High School (Rt. 176 & Sheridan Rd), Lake Bluff, IL 8 AM.

November 1 (Sunday): Midwest Masters 5K Cross-Country Championships, Veterans Park, Crystal Lake, Illinois. 10 AM. Contact: Dick Kloeppfer (815) 459-5663.

December 27 (Sunday): Midwest Masters 30K Road Championships, Lake Bluff Jr. High School, Lake Bluff, Illinois. Contact: Midwest Masters, 180 N. La Salle, Chicago, IL 60601. Wendell Miller: (312) 236-1315 or Ron Fox (312) 432-3411.



On Tap For January

Two of the top masters events of the year occur in the first two weeks in January.

The 14th World Veterans Distance Running Championships will see some of the world's best veteran runners compete in the 10K and 25K in Palmerston North, New Zealand.

Then from the 8th through the 14th, about 2000 veteran track & field athletes will compete in the 4th World Veteran Games in Christchurch, New Zealand.

In between, meetings will be held in Christchurch to help decide the fate of the world veterans program in the years ahead.

Closer to home, development track meets continue indoors in New York and outdoors in Los Angeles and Honolulu.

The 5th Masters Invitational Track & Field Meet is set for Lincoln, Nebraska on the 10th. It's their big indoor event of the year.

The first in the 8-race Nike/Penn Mutual Masters Grand Prix series takes place in Houston on the 24th --- a 10K for men and women over age 35.

On the 25th, the traditional College of the Desert Masters Track & Field Meet will be held in Palm Desert, California.



Time To Renew

Don't take a chance on missing any issues of the newsletter. Check your mailing label on page 1. Look at the date in the right hand upper corner of the label. That's the date of the last issue you'll receive on your present subscription. For example, if it says "3/81," then you must renew to receive the April issue.

Use the subscription form on this page. Please check your label and renew now if your time has come.

(Because of time pressures, and a delay in receiving MSA renewals, we will not cull the 1980 mailing list until February)



continued on next page...

MID AMERICA

January 10 (Saturday): 5th Annual Sub-Masters and Masters Invitational Track & Field Meet. Lincoln, Nebraska. Contact: Forrest Doling, 5030 South 65th St., Lincoln, NE 68516. (402) 483-4842.

February 1 (Sunday): Nike/Penn Mutual Masters Grand Prix 15K, St. Louis, Men and women age 35 and over. Contact: Tom Eckelman, 7140 Waterman, University City, MO 63130.

March 14 (Saturday): Nike/Penn Mutual Masters Grand Prix 10K, Salt Lake City. Men and women age 35 and over. Contact: Doug Beck, 769 Kinsington Ave., Salt Lake City, UT 84105.

SOUTHWEST

January 24 (Saturday): Nike/Penn Mutual Masters Grand Prix 10K, Houston. Men and women age 35 and over. Contact: Dan Green, 3395 Northline Oaks, Conroe, TX 77304.

November 21 (Saturday): National Masters TAC 10K Cross-Country Championships, Houston. Contact: Don Slocumb, 29 Waugh Drive, Houston, TX 77007. (713) 869-5605.

NORTHWEST

March 15 (Sunday): Nike/Penn Mutual Masters Grand Prix 15K, Seattle. Men and women age 35 and over. Contact: Mike Thould, 15929 N.E. 141st Place, Woodinville, WA 98072.

September 26 (Saturday): National Masters TAC 10K Road Championships, Kent, Washington.

WEST

January 1 (Thursday): 1st National 50+ Running Event. 3K and 10K. Stanford University. Palo Alto, Calif. 12 Noon. Contact: 50+ Runners Association, P.O. Box 7063, Menlo Park, CA 94025.

January 2 (Friday): 50+ Masters Indoor Mile. San Francisco. Contact: 50+ Runners, above.

January 3, 10, 17, 24, 31 (Saturdays): All-Comers track meets at the University of California, Berkeley. Edwards Stadium. 11 AM.

January 9, 16, and 23 (Fridays): All-comers track & field meets. 3:00 P.M. Glendale College, 1500 N. Verdugo Rd., Glendale, Calif. Open & Novice.

January 18, 25 & February 1 (Sundays): Masters Track Meets, 8 a.m., Kaiser Hgh School, Honolulu, Hawaii.

January 25 (Sunday): College of the Desert Masters & Open Track & Field Meet. Palm Desert, Calif. 11:00 A.M. Contact: Shirley Davisson, 14770 Rodeo Dr., Victorville, CA 92392. (714) 245-7092.

February 7 (Saturday): 4th Annual City of Orange Masters Track & Field Meet. El Modena High School. Orange, Calif. Contact: Larry Sallinger, 203 E. Monroe, Orange, CA 92667. (714) 639-4663.

February 20 (Friday): San Francisco Examiner Games. Masters Events. Contact: Jim Terrill, PO Box 764, Los Angeles, CA 94022.

March 22 (Sunday): Nike/Penn Mutual Masters Grand Prix 15K, San Diego. Men and women age 35 and over. Contact: Bill Stock, 7160 Baldrich, LaMesa, Ca 92041.

April 4 (Saturday): 22nd Sacramento Relays, Cal State Univ., Sacramento. Full slate of individual and relay events for masters and submasters. Send SASE to: Roy Wigginton, 3012 Scenic Hts. Way, Carmichael, CA 95608.

April 11 (Saturday): West Valley Masters Track & Field Meet, Los Gatos High School, Los Gatos, Calif. Contact: Bruce Springbett, P.O. Box 1328, Los Gatos, CA 95031.

May 30 (Saturday): Pacific Association TAC Masters T&F Championships. Los Gatos High School, Los Gatos, Calif. Contact: Bruce Springbett, PO Box 1328, Los Gatos, CA 95031.

June 20-21 (Saturday & Sunday): Western Regional TAC Masters Track & Field Championships, Los Gatos High School, Los Gatos, Calif. Contact: Bruce Springbett, PO Box 1328, Los Gatos, CA 95031.

Mid-August 1) Home Savings & Loan Pan-American Masters Track & Field Championships. 2) Corona Del Mar Don Palmer Memorial Relays. 3) National Outdoor Masters TAC Track & Field Championships, Los Angeles, Calif. Dates pending.

November 28 (Saturday): National Masters TAC 5K Cross-Country Championships. Balboa Park, San Diego, Calif. Contact: Bill Stock, 7160 Baldrich, LaMesa, Ca 92041.

Early December Annual TAC Convention, Reno, Nevada.

CANADA

August 15 & 16 (Saturday & Sunday): Canadian Masters Track & Field Championships. Vancouver, British Columbia.

POSTAL

January 1 to August 31. One-hour run. Contact: Al Huff, 18127 1st Ave. N.W. Seattle, WA 98177. (206) 542-2930.

FOREIGN

January 3 & 4 (Saturday & Sunday): 14th Annual World Veterans Road Running Championships, 10K and 25K, Palmerston North, New Zealand. (Men 40+, Women 35+).

January 8-14 (Thursday-Wednesday): 4th World Veterans Track and Field Championships, Christchurch, New Zealand. (Men 40+, Women 35+).

December 12 to January 6 (Saturday to Wednesday): Masters tour to South Africa.

Villanueva, continued from page 1

ing champion Dave Babiracki, 28, of Granada Hills, California. The two ran shoulder-to-shoulder from the 10K to the 14-mile point when Villanueva pulled steadily away. Babiracki finished third, 13 seconds behind Ron Harmon, 27, who clocked 2:23:50 for second. Villanueva turned 40 on July 25, 1980. Many remember him from his impressive submaster performance in the 1977 Los Angeles Pan-American Masters T&F Championships.

The race climaxed a two-day running bonanza. A 10K and half-marathon were held the previous day. Tom Hilary of San Diego and John Forrest of Hudson, Ohio, won their respective 40-44 and 45-49 divisions in the half-marathon in 1:20:08 and 1:20:39. Marsh Haraden of San Diego took the 50-54 crown in 1:22:18.

In the 10K, Steve Parker of Reno led the over-40 finishers in 36:12, followed by Rueben Vigil of Albuquerque, who topped all 50-54 contestants in 36:58.

In the marathon, Villanueva led from the start to finish. He went through the first mile in 5:00, the 5K in 15:55 and the 10K in an eyebrow-raising 31:55. Babiracki caught him at this point, and they ran as a team through the 15K in 47:35.

(The magnitude of this feat can be measured by the time of Roger Robinson who won the Brooks 15K in Washington October 19 in 47:23, defeating national champion Herb Lorenz by 59 seconds, and some of America's finest masters runners by two and three minutes. The American masters 15K record is 47:59, set by Hal Higdon in 1975. So Villanueva topped that, with 17 miles to go!)

The two reached the half-way point together in 1:07:48 (U.S. masters record 1:07:54 by Herb Lorenz), then turned into the wind for a long upgrade -- the toughest part of the course.

At this point, Villanueva made his move, pulling slowly away from Babiracki up the hill. By the 25K point in 1:20:50 (U.S. mark: 1:23:18), Villanueva had opened up 100 meters. At the 17-mile mark in 1:29:15, they entered the last phase of the race, a crucial downhill slope into Las Vegas, with Villanueva leading by 300 meters.

He reeled off two 5:05 miles from the 18-mile to the 20-mile point. At 30K, he opened up a 1/4 mile lead in 1:37:40. He passed 20 miles in 1:44:40, 35K in 1:54:00, 21 miles in 2:01:00, 24 miles in 2:06:40, and, finally slowing, finished in 2:19:25.

"My hamstrings cramped up a bit in the last 2K," Villanueva said through an interpreter.

Had he not stopped for water for about 6 seconds near the finish, he would likely have bested Macgregor's mark for the fastest masters marathon of the year.

"He's amazing," said Tom Sturak. "He was running easily most of the way. Of all masters runners I've ever seen, he's better than anyone but Jack Foster."

Sturak said Villanueva trains in the 90-degree heat of Vera Cruz. "I thought the crisp, cold (40 degrees) air would drain him, but he stayed strong. He's an intelligent guy. He loves his freedom which is why he drives a cab."

Results on page 22.

Lorenz/Sippelle, continued from page 1

from draining off. This necessitates an interruption in stride, particularly in the hills. Herb broke Oscar Moore's record set last year and was three minutes ahead of the second place finisher.

Linda Sippelle finished twenty-ninth overall and broke the course record for women by almost ten minutes in 62:25.9.

The team championship was won by a new club, the Sneaker Factory, from Central Jersey. They placed five men in the first seventeen finishers. The New York Masters won the 50+ team title when sixty year old, Steve Richardson, finishing third for his team (and also winning the 60-64 individual title) came in ahead of the third place finisher for the Millrose by over four minutes.

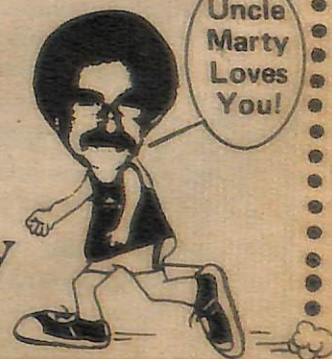
Special thanks goes to Nike and Penn Mutual for their sponsorship. Shoes were awarded to the winners, with T-shirts for all and track bags and running shorts raffled off. The Masters Sports Association and the Road Runners of New York cooperated in administering the race.

Results on page 22.

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Brooks, continued from page 1

As in the first run in Chesterton, Indiana October 4, and the 2nd in Washington, D.C. October 19, the caliber of today's competition was among the finest ever assembled in a masters long distance race.

At a pre-race banquet last night hosted by Brooks Promotion Director Dean Reinke, you could feel the excitement building up. Each top runner was introduced. Guest speaker Walt Stack said: "There's so much talent here, I feel I should genuflect."

Among the top contenders were:

1) Bill Hall, a newly-turned 40 anatomy professor at Duke University in Durham, North Carolina. Hall was the masters winner of the prestigious Virginia 10-miler at Lynchburg (52:56), where he gave two-time Brooks winner Roger Robinson of New Zealand his only masters defeat of the year. Hall, at 39, was the oldest U.S. qualifier for the 1980 Olympic Marathon in 2:21:03.

2) Bowers, owner of the national masters 10k road running mark (31:44), who was coming off his new U.S. masters marathon record of 2:22:23, set October 14 in the Humboldt Redwoods Marathon. Bowers once held the national high school mile record, running 4:16 in 1956, and was a 4:08 miler at the University of Illinois.

3) Mike Tymn, 42, of Honolulu, masters winner of the Portland 15K Cascade Run in 49:32, and author of the monthly Gun Lap column in the National Masters Newsletter.

4) Hal Higdon, 49, of Michigan City, Indiana only 7-months shy of his 50th birthday, who has actually improved in the last few years. In 1980, at the upper end of his 45-49 age group, he has set a remarkable 6 new division records in the 10K (33:10), 20K (1:06:05), 25K (1:23:53), 20-mile (1:54:27a), half-marathon (1:11:40), and marathon (2:32:42). In addition, he holds the 45-49 mark in the 15K (49:15 in 1977). It was Higdon who first approached Brooks with the idea of a masters-only series of runs.

5) Tom Laris, 40, of Palo Alto, California a member of the 1968 U.S. Olympic team in the 10,000 meter run.

6) Earl Ellis of Seattle, 1979 national masters 5000 and 10,000 track champ and consistent winner in the Northwest. Ellis is a champion masters swimmer, and swimming coach at the University of Washington. "I prefer running," he says.

7) Al Lawrence, 50, of Houston, Texas, winner of the 50-54 division in the first Brooks run in Indiana, where he set a new U.S. 50-54 record of 1:10:18 for 20 kilometers. Lawrence won an Olympic bronze medal in 1956 as an Australian in the 10,000 in 28:53.6, only eight seconds behind the great Vladimir Kuts.

8) Fox, of Sunnyvale, California, who turned 40 on October 22. As a 39-year old, the 5-foot-8, 116-pounder won 15 of 21 races, and 11 of those triumphs were in the open division. Among her wins were the Pacific Association-TAC 10K and 15K championships. In her first race as a master, she won the national 10K cross country championships in Seattle by 3½ minutes. Today was to be her first major road race as a master, and everyone expected her to threaten one of

the four U.S. women's masters road marks (10K, 15K, 25K, marathon) held by the legendary Gorman.

9) Joan Ulyot, 40, the running doctor-author of San Francisco who is becoming the Dr. George Sheehan of women's running, with her two best-selling books and frequent national television appearances. Ulyot was runner-up to Fox in the 10K cross country in Seattle.

10) Trent, 1979 TAC woman 60+ runner of the year and U.S. 60-64 marathon record-holder (3:26:16).

11) Atkinson, 63, of California, holder of the women's 60-69 records in the 10K (49:46) and 20-mile (2:59:13), in addition to her soon-to-be-broken 25K standard.

The field was sent on its way by starter Billy Mills, winner of the 1964 Olympic 10,000 meter run in Tokyo.

Hall pushed a blazing early pace, with Bowers and Laris hanging on his shoulder. The three came by the first loop (5K) together in a fast 16:01. Six seconds back were Tymn and Higdon.

On the 2nd loop, the pace slowed only a shade as Bowers surged on the uphill to a 16:26 lap and a 20-second lead at the 10K mark in 32:27. Laris and Higdon were together in 32:47, followed by Tymn (32:55), Hall and Ellis (both 33:23).

At the 15K mark, Bowers had opened up a sizeable 34-second advantage with a 16:45 lap for an eye-opening 49:12 with 10 kilometers still to go. Laris and Higdon were still battling for second, followed by Tymn, Charles Harris, Ellis, Tim Rostege and Daryl Beardall. Hall had fallen back.

"I still thought I could win at this point," Higdon would later say, "but Bowers blew us away on the 4th loop."

Indeed, many expected Bowers to slow off his blistering first 15K pace, but he kept it up with a 16:48 for a 1:06:00 at the 20K mark. Laris was now a minute behind in 1:07:02. Tymn had passed Higdon and moved up on Laris and looked like a solid bet for second at this point as Higdon fell 9 seconds back. After that, it was over a minute back to Harris and Rostege.

Bowers continued to draw out on the final loop, picking up the pace at the end for a 16:39 last lap and a new American masters record of 1:22:39.

"I felt good all the way," said the man who had spent 13 years training airline pilots in Saudi Arabia and who had taken up running again because "there was nothing else to do."

Tymn finished in a good 15:53 for 1:23:55 to take 2nd by 39 seconds over



Women's winner Judy Fox



Start of Brooks Masters 25K in San Francisco November 30

Laris. "I didn't think I'd catch Hal and Tom," Tymn said. "But I do a little hill work at home, and I guess it helped."

Laris clocked 1:24:34 for third. "25K is a bit too long for me," puffed the former Olympian.

Higdon slowed to an 18:22 last loop to finish 4th in 1:25:33. "I tried to stay with Bowers," he reflected, "but when I saw I couldn't win it, I fell apart." Nevertheless, his time is a new single-age-49 record. He won the 45-49 division crown, thus sweeping all 3 Brooks races in his division -- the only runner to accomplish that feat.

Harris collected 5th spot in 1:25:35, followed by Rostege (1:26:42), Beardall (1:26:57), Bob Welck (1:27:22), John Thresher of Canada (1:27:57) and Ellis (1:28:57).

Ulrich Kaempf, 49, placed 2nd behind Higdon in the 45-49 competition in 1:29:11. Five seconds back came Lawrence, who copped the men's 50-54 crown and only missed Jim O'Neil's American 50-54 mark of 1:29:00 by 16 seconds.

Fox, to no one's surprise, won the women's division by nearly six minutes over Ulyot. Reeling off 5K splits of 18:01, 19:05, 19:24, 19:45 and 19:10, she obliterated Gorman's old mark. Indeed, her unofficial 15K and 20K times enroute of 56:30 and 1:16:15 are both faster than the current U.S. women's masters records of 57:15 and 1:20:09. "I cramped on the 4th loop," the mother of 3 teen-agers said, "but it loosened up on the downhill."



Women's runner-up Joan Ulyot

The 25K distance is a long way to go. I only train about 30 miles a week. Never more than 8 miles a day or 5 days a week. 10K is far enough for me."

Ulyot moved up gradually from 4th to take 2nd in 1:41:15. Skip Swannack, 39, took 3rd (and 1st 35-39) in 1:42:04, followed by Marilyn Harbin, 43, (1:42:50), Heidi Skaden-Poyser, 43, (1:46:23) and Seattle's Judy Groombridge, 41, (1:47:38).

Frances Sackerman, 51, led the 50-59 women in 2:00:56. Trent battled Atkinson all the way, winning the 60+ title by less than 2 minutes in 2:03:14, as Atkinson also broke her old mark by 15 minutes in 2:05:00.

Other division winners included: Marlys Hayden (W45-49) in 1:49:29; Els Tuinzing (W55-59) in 2:10:44; Ren Potts (M55-59) in 1:40:53; Charles Ogilvie (M60-64) in 1:46:51; Don Ross (M65-69) in 2:10:53; and John McGee (M70+) in 2:10:54.

Stack set an age-73 mark of 2:34:04, while Ivor Welch, one of the oldest masters runners in the country, finished in a creditable 3:31:57 (starting an hour ahead of the pack) for a new age 85 standard.

After the race, the winners contrasted their different backgrounds and training styles. "I have to train where I fly," Bowers said. "Sometimes I run in snowstorms in New York or Chicago. I get in about 80 miles a week. I don't like the track much."

As opposed to high school champ Bowers, Fox never ran in school. "I took a jogging class 4 years ago," she said to astonished listeners. "I only run once a day, on my lunch hour with a group called Angell Field Ancients -- mostly staff and faculty -- on the Stanford campus."

"One day I run hard and fast," she continued. "Another I do hill work. A third day I just do speed, and the other two days I just run around."

Fox says she wouldn't dream of running as far as most top masters distance runners. (Higdon, Hall and Tymn, for example, all had 100-mile weeks in the month prior to the race.) "For one reason, it takes a lot of time and there are lots of other things to do."

She feels she has "room to get faster" and is looking forward to the 1981

continued on next page...

Brooks, continued from page 5

masters track & field season. "I like to run on the track." Her best mile is 5:02. She'll run the masters mile in the San Francisco Indoor Games February 21.

Reinke said the Brooks organization was pleased with the outcome of the 1980 series, and planned to expand the program in 1981.

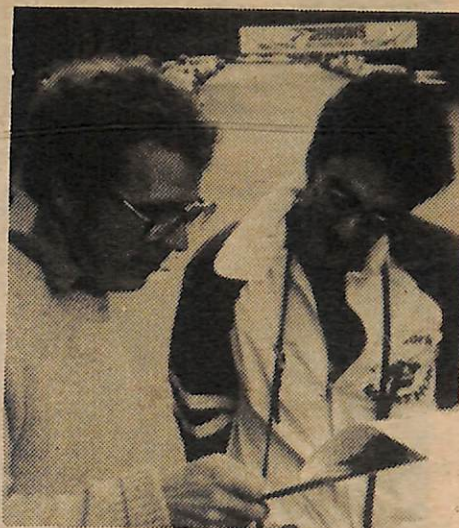
Higdon, however, has severed his association with Brooks as of January 1st.

"My main objective has been achieved," he said, "which was to get a series of masters-only runs underway. Now that it's done, I want to move on. I don't want to keep re-inventing the wheel."

Higdon said the races took more time than he planned. "My forte is not organizing races. There are a lot of people who do that very well. I was getting bogged down in a lot of organizational trivia."

He plans to devote more time to organizing running travel tours, and to "my main loves, writing and running." He said he's been caught up in the growth of the running movement, and is getting a bit bored just writing exclusively about running.

"I'm working on a couple of articles now on hotel safety and on the Chicago political scene," he said, "getting back to things I used to write about." He's enthusiastic about the future of



Top: Race organizer Joe Henderson(L) and Runner's World Statistician Marty Post study entry list.

running tours. "We took 77 people from the midwest to the Honolulu Marathon, and everyone had a great time. We snorkled on Maui, ran down into a volcanic crater, and the race was superb."

Higdon will try to recapture his World Veterans steeplechase title in Christchurch, New Zealand, this month and is also pointing for the marathon.

Results on page 23.

Right: Winner Jim Bowers relaxes with a beer as Dean Reinke, Hal Higdon and Billy Mills look on.

BROOKS 25K MASTERS RUN -- UNOFFICIAL SPLITS AND EN-ROUTE TIMES FOR LEADING RUNNERS					
Men	5K	10K	15K	20K	25K
1. Jim Bowers	16:01	16:26(32:27)	16:45(49:12)	16:48(1:06:00)	16:39(1:22:39)
2. Mike Tymn	16:07	16:48(32:55)	17:10(50:05)	16:57(1:07:02)	16:53(1:23:55)
3. Tom Laris	16:01	16:46(32:47)	16:59(49:46)	17:16(1:07:02)	17:32(1:24:34)
4. Hal Higdon	16:07	16:40(32:47)	17:00(49:47)	17:14(1:07:11)	18:22(1:25:33)
5. Charles Harris		(33:23)	17:11(50:34)	(1:08+)	(1:25:35)
6. Tim Rostegge		(33:40)	17:32(51:12)	17:46(1:08:58)	17:44(1:26:42)
7. Daryl Beardall		(33:48)	17:34(51:22)	17:53(1:09:15)	17:42(1:26:57)
8. Robert Welck		(34:06)	17:33(51:39)	17:47(1:09:26)	17:56(1:27:22)
9. John Thresher		(33:52)	17:46(51:38)	18:02(1:09:40)	18:17(1:27:57)
10. Earl Ellis	16:07	17:16(33:23)	17:44(51:07)	18:25(1:09:32)	19:25(1:28:57)
11. Ulrich Kaempf		(33:59)	18:14(52:13)	18:28(1:10:41)	18:30(1:29:11)
13. Al Lawrence		(35:00)	17:51(52:51)	18:50(1:11:01)	18:15(1:29:16)
15. Ray Hughes		(35:50)	18:25(54:15)	18:45(1:13:00)	19:19(1:32:19)
19. Glynn Wood		(35:50)	18:25(54:15)	19:20(1:13:35)	20:01(1:33:36)
Women	5K	10K	15K	20K	25K
1. Judy Fox	18:01	19:05(37:06)	19:24(56:30)	19:45(1:16:15)	19:10(1:35:25)
2. Joan Ulliot	19:37	20:17(39:54)	20:31(60:25)	20:30(1:20:55)	20:20(1:41:15)
3. Skip Swannack	19:26	20:17(39:43)	20:44(60:27)	20:45(1:21:12)	20:48(1:42:04)
4. Marilyn Harbin	19:35	20:07(39:42)	20:38(60:20)	21:00(1:21:20)	21:50(1:42:50)
5. Heidi Skaden-Poyser	20:44	21:07(41:51)	21:17(63:08)	21:57(1:25:05)	21:18(1:46:23)
6. Judy Groombridge	20:00	21:07(41:07)	22:06(63:13)	21:59(1:25:12)	22:26(1:47:38)



Smith Breaks World Marathon Mark

Joyce Smith, 42, of Great Britain broke her own world women's masters marathon record in Tokyo, running 2:30:27 to topple her mark of 2:33:32, set June 22, 1980. Smith defeated Boston Marathon women's winner Jacqueline Garreau in the race.

Dalrymple, Kiddy Win \$\$\$\$

PASADENA, CALIFORNIA, November 21. Cindy Dalrymple, 38, of Honolulu, and Sandra Kiddy, 43, of Palm Springs, both familiar faces on the masters circuit, made their running talents pay off in cold cash today in the second Jordache professional marathon.

Dalrymple won the women's competition outright in 2 hours, 42 minutes, 54 seconds to pick up a check from Jordache for a cool \$12,500, or \$4,604 per hour.

Envious masters runners who have been running for the joy and fun of it for years could hardly believe it.

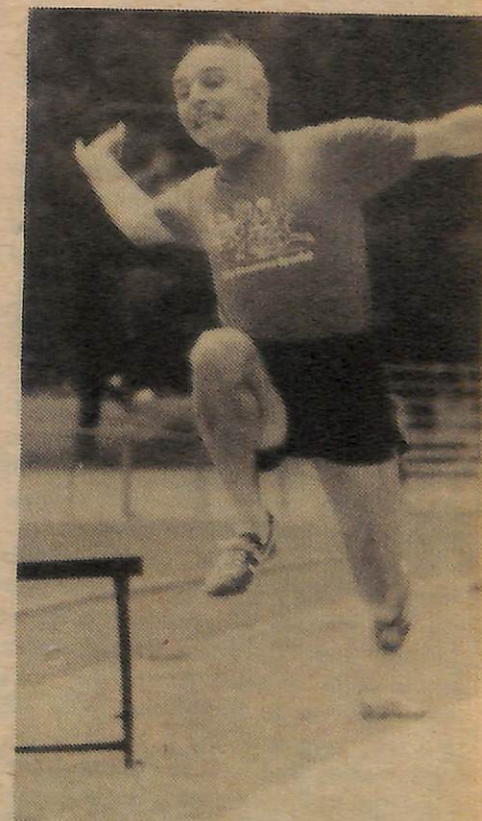
Triple national masters champ Kiddy got in on the action with a 9th place finish, good for \$250.

The race was the 2nd in the Jordache series. On Sept. 21, the first pro marathon was staged in Atlantic City, New Jersey, with a clocking of 3:25 good enough to win \$1000 in the women's division.

Both men and women contestants received the same amount of prize money. Ron Nabers collected the 1st prize for men of \$12,500, winning in 2:18:49.

WINNERS OF 1980 NATIONAL MASTERS ATHLETICS CONGRESS LONG DISTANCE RUNNING CHAMPIONSHIPS

Div.	5KM X-C San Diego, Ca. November 29	10KM New York, NY October 18	10KM X-C Seattle, Wash. November 9	15KM Seattle, Wash. March 29	15KM X-C New York, NY November 23	20KM Washington, DC September 28	25KM Ventura, Cal. March 2	Div.
M40	Bill Meinhardt	Gary Muhcke	Dave Hambly	Dan Conway	Herb Lorenz	Herb Lorenz	John Brennan	M40
M45	Andre Tocco	Barrie Almond	Derek Mahaffey	Derek Mahaffey	Bob Brock	Tom Kurihara	Jim Knerr	M45
M50	Bill Stock	Joe Burns	Bill Stock	Howard Miller	Joe Burns	Herb Chisholm	Tracy Brown	M50
M55	Jim O'Neil	Walt Brown	Jim O'Neil	Anders Jacobsen	Bob Muller	Francis Kelley	Keith Albright	M55
M60	John Lafferty	Steve Richardson	John Lafferty	Frank Grey	Steve Richardson	Rudy Nimmons	Demetrio Miller	M60
M65	Herb Wright	Walt Westerholm	Jerry Satterlee	Jerry Satterlee	Aaron Fialkow	Norman Locksley	John Thomson	M65
M70	Alfred Guth	----	Norm Bright	Norm Bright	----	Ed Benham	Jim Bole	M70
M75	----	----	----	----	----	----	----	M75
M80	Paul Spangler	----	----	----	----	----	----	M80
W40	Faye Heldoorn	Polly Schonfeld	Judy Fox	Sandra Kiddy	Pat Bessel	Trudy Rapp	Sandra Kiddy	W40
W45	Jennifer Wright	Pat Twente	Vicki Bigelow	Martha Maricle	Linda Sippelle	Linda Sippelle	Belva Norins	W45
W50	Anne Johnson	Chris Dickinson	Marion Irvine	Ruth Anderson	Chris Dickinson	Olga Barnett	Margaret Miller	W50
W55	Mary Storey	Helen Seasonweiss	Mary Storey	Mary Storey	----	Margery Cochran	Mary Storey	W55
W60	Felicitas Salazar	Adrienne Salmini	Josephine Hess	----	Adrienne Salmini	----	----	W60
Div.	30KM Albany, NY March 23	Marathon Cupertino, Ca January 27	50KM Brattleboro, Vt September 21	WINNERS OF NATIONAL MASTERS BROOKS/TFA CHAMPIONSHIPS				
M40	Fritz Mueller	Herb Lorenz	Bernd Heinrich	20KM Chesterton, In October 4	15KM Washington, DC October 19	25KM San Francisco November 30		
M45	B. Brock	Jim Knerr	Cahit Yeter	M40	Roger Robinson	Roger Robinson	Jim Bowers	
M50	Ed Stabler	Bob Malain	Fred Robbins	M45	Hal Higdon	Hal Higdon	Hal Higdon	
M55	D. McWilliams	Arthur Schneider	Don McWilliams	M50	Al Lawrence	Herb Chisholm	Al Lawrence	
M60	Ruben Shatzberg	Paul Reese	Bob Mason	M55	Alex Ratelle	Harold Knapp	Ren Potts	
M65	Bob Boal	Al Schlesinger	----	M60	Wendell Parson	Rudy Nimmons	Charles Ogilvie	
M70	----	Alfred Guth	----	M65	John Archer	James Cobb	Don Ross	
M75	Lou Gregory	Lou Gregory	----	M70	Everett Amos	Edward Benham	John McGee	
M80	----	----	----	M75	----	----	----	
W40	Mary Cullen	Sandra Kiddy	Polly Schonfeld	M80	----	Ivor Welch	----	
W45	P. Heaton	Elizabeth Ross	Sue Medaglia	W40	Mary Cullen	Trudy Rapp	Judy Fox	
W50	Toshiko d'Elia	Ruth Anderson	----	W45	----	Linda Sippelle	Mariys Hayden	
W55	----	Helen Dick	----	W50	Bette Mihalek	Toshiko d'Elia	Frances Sackerman	
W60	----	----	----	W55	----	Margery Cochran	Els Twining	
				W60	----	----	Marcie Trent	



John Satti, champion long jumper and U.S. age 65-69 record-holder at 16-2 1/2.

TAC Convention, continued from page 1

organization with whom U.S. masters athletes generally affiliate. It replaced the AAU, in essence, in functioning as a conduit for national and regional masters championships. Sites for national championship races and meets are officially chosen at the TAC annual convention. Awards are voted, and other pertinent business is decided.

National 1980 TAC Masters Chairman Bob Fine has always felt the entire masters community would be best served by being one unified group.

"We're a community of masters," he said. "There's a natural crossover. Many masters run in track meets in the summer and LDR in the winter. Sixty percent in a poll said they wanted merger. Internationally, every country has one masters organization, not two."

National TAC Masters Long Distance Chairman Ken Bernard has long felt the two should separate. "Long distance masters have more in common with open long distance runners than with track and field masters. T&F and LDR are two different disciplines. LDR has far more participants. We want to run our own program."

On the eve of the convention, Fine's mother died and he was forced to cancel his trip to Atlanta. At the convention, Bernard proposed to the TAC general meeting that TAC split the masters into two groups.

"It passed overwhelmingly," he said.

For reference, there are now eight committees within TAC: masters track & field, masters LDR, open track & field, open LDR, women's track & field, women's LDR, youth athletics and race walking.

It was significant that only a handful of masters showed up at the convention. T&F sub-committee Chairman Wendell Miller had prior commitments in Honolulu. T&F Vice-Chairman Tom Sturak was directing the Las Vegas Marathon with John Brennand. With the recent dramatic increase in air fares, most west coast activists couldn't afford the trip. Business forced Hilliard Sumner to cancel at the last minute.

"There were less than 15 at the meeting," Jim Weed said.

Another problem was that the recommendations for outstanding athlete awards, compiled by Peter Mundle and a nominating committee, never were received by the committees in Atlanta. Another snafu was that there were no minutes from the 1979 convention to guide the assembly.

"It was a real mess," Weed said. "When I arrived, I had no intention of running for anything. But I thought: 'Someone ought to do something,' so I decided to run for national masters track & field chairman."

He won, outpolling Ron Salvio and Miller in the voting. Bernard was re-elected over Fine as LDR chairman. Each committee selected two vice-chairmen, one for men and one for women. Salvio and Joann Grissom are the T&F veeps. Bob Boal and Jo Lacetera represent LDR.

George Vernosky was re-elected treasurer for both committees. Jerome

Perry was named recording secretary for both committees. Salvio is the T&F rep to TAC. Boal reps for LDR.

Weed said he decided to go for the job because, as a pilot for Continental Airlines, his current schedule leaves him free 25 days a month.

"I can travel the country, at little expense, to work on the masters program," he said.

Weed and Bernard will now coordinate the masters involvement with the Penn Mutual Life Insurance Co., which is expected to increase its sponsorship of masters sports in 1981.

While no contract has yet been signed, Bernard says Penn Mutual has pledged \$15,000 to the TAC Masters LDR Committee for the year. Bernard will head an LDR budget committee, to be appointed by him, to decide how the money shall be spent. The committee will submit the budget for review to Jon Buzzard, who is Penn Mutual's liaison with the masters program. Buzzard currently works out of the AAU's headquarters in Indianapolis.

No specific figure has yet been promised by Penn Mutual to the masters track & field committee, but Weed says it will probably be about the same -- \$15,000 -- as LDR. A 7-man T&F budget committee was formed in Atlanta, headed by Weed, to plan a budget and work with Buzzard in the same manner as LDR. On that committee are Weed, Fine, Miller, Salvio,

"But not all championships are of equal stature," he continued. "Some deserve more support than others."

Buzzard said he favored using the money for other than just travel expenses. He said Penn Mutual is also offering \$300 each to 100 of its local agents throughout the nation to help support local masters activities.

"We're trying to get them involved," Buzzard said, "with all masters sports in their area."

In addition to these contributions, Penn Mutual will co-sponsor with Nike Sportshoes a series of eight masters Grand Prix races in 1981.

"The total amount of money," Buzzard said, "which Penn Mutual will provide masters sports programs in 1981 is, by law, a matter of public record, since the funds are being channeled through a non-profit organization. That total is \$164,000."

Further funds for masters athletics will likely be available from TAC. "Both committees received a total of \$11,000 in 1980," Bernard said, "but it should be closer to \$8000 or less in 1981."

The 7-man T&F budget committee is also charged with the responsibility of making sure the 1981 National Masters Track and Field Championships run smoothly -- and at reasonable cost. Los Angeles was officially chosen as the site of the 1981 Outdoor Championships -- re-affirming the decision made by the athletes, themselves, at the 1980 championship meeting in Philadelphia. Meet director Hilliard Sumner will be guided by the committee to choose a proper facility. If, for any reason, the committee is not satisfied with the Los Angeles arrangements, they have the authority to move them elsewhere. The same goes for the Indoor Championships in Ann Arbor.

Fine said he was "disappointed that the two committees were split. But if that's what people want, okay. One thing I would have done as LDR chairman is to move the LDR national championships to different areas, as we did with our T&F championships. But as I look over these sites for 1981 (see adjacent box), it's the same old races in the same old places."

Fine noted the 5K cross-country race is in San Diego for the 3rd straight year. "Florida, Kentucky and other areas have never held a national championship. I also think we should have regional LDR championships, as we do in track & field. But there's never been any, and it doesn't look like there's going to be any."

He said the 10K national masters road championships should have been scheduled in 1981 in Reno at the time of the TAC convention next December.

"That would have encouraged runners to come to the convention," he said, "where they could get involved with the administration of the program."

That thought was echoed by many who wondered why all the important decisions affecting the masters program were being decided, as one put it: "in a smoke-filled room in Atlanta."

Most think decisions should be made where more athletes are present.

But where? At the T&F nationals? At the national 10K?

Perhaps, but it would take a vote at the TAC convention to change the rules so decisions could be made someplace OTHER than a TAC convention. It's a Catch 22. Not impossible, but it would take some work and a sizeable number going to Reno next December to change things.

In the past, some people said -- and are still saying -- "why bother with TAC/AAU?"

Well, the alternative to TAC, as we've talked about from time to time, could be to organize through another structure, such as the Masters Sports Association.

But that's tricky, because do you do it only for the T&F people? Or do you try to bring the LDR gang along? And what about the insurance? And now, a whole new and significant element is involved: sponsorship. Most sponsors (in this case, the Penn Mutual Life Insurance Co.) want to work through an established organization, such as TAC.

"They're leery of committing serious money to a new, fledgling organization," Miller said.

"TAC has been very supportive of our needs," Fine agreed.

Fine retains his role as North American Masters representative to the World Association of Veteran Athletes. He's one of seven voices on the T&F budget committee. He's Metropolitan TAC Masters T&F Chairman, and may be appointed by Weed to the post of Law Chairman for Masters in TAC.

"I'm optimistic for the future of the masters long distance running program," said outgoing Vice-Chairman Ruth Anderson. "I hope Ken can perform as well during the year as he did during these meetings."

Buzzard said he will continue to try to coordinate the entire masters sports programs throughout the country. On his agenda are a masters directory, rankings, schedule coordination, race and meet guidelines, secretarial support for race directors, wats line service, brochures, a monthly report to the troops, and any other assistance which he and the Penn Mutual Life Insurance Co. can provide.

Sites for 1981 National TAC Masters Champs

TRACK & FIELD:

Indoor:

Ann Arbor, MI February 28-March 1

Outdoor:

Los Angeles, CA Mid to late August

LONG DISTANCE RUNNING:

5K	Pending	
5K-XC	San Diego, CA	11-28
10K	Kent, WA	9-26
10K XC	Houston, TX	11-21
15K	Washington, D.C.	10-4
15K XC	Possibly N.Y. City	Pending
20K	Lake George, NY	8-9
25K	Pending	
30K	Schenectady, NY	3-22
Marathon	Raleigh, NC	5-10
50K	Pending	
50-mile	Buffalo, NY	Mid-Sept.

Irv Black, Ken Kirk and Bob Langenbach.

How will the \$15,000 be used? Primarily for national and regional activities. "Penn Mutual has agreed to allow the committee discretion on how the money is to be spent," Bernard said, "in contrast to many sponsors who want tight control. One way to use the funds is to provide plane fare for defending national champions. This would raise the quality of the races and make them truly national championships."

FREE NUTRITIONAL NEWS

A digest of experts' opinions spiced with personal discoveries. Send stamped envelope for introductory issue or send \$1 for freebie plus issue #1, which includes how to lose or gain weight. Alan Wood, 140 Rt. 23, Pompton Plains, N.J. 07444.

MOVING?

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

Write-On, continued from page 2

of the Atlantic. You are to be congratulated.

Your veterans (masters) movement is very much like ours in Britain. Well organized, strongly contested. But the sportsmanship between athletes is so friendly. Everyone really enjoys the meets.

Frank Martindale
St. Albans, England

MORE SURVEY COMMENTS

In the course of a month it's safe to say I receive dozens of running journals and newsletters from throughout the United States and overseas. There are very few I look forward to reading as much as your National Masters Newsletter.

Recognizing the records and accomplishments of masters athletes is important and I find it frustrating that in many of the other publications or race results we receive, those achievements are passed over lightly -- or not mentioned at all! Often the first time I have seen word of some noteworthy achievement has been in the NMN; I hope you don't mind that I pass it along to our readership through our running highlights section.

From time to time I receive queries from people interested in the masters program and I always mention your newsletter.

Keep up the good work.

Marty Post
Statistician
Runner's World
Mountain View, Calif.

You're doing a great job. Each issue of NMN is better than the last. I'd like to see you select a top master/sub-master performer each month; then publish their training program. Secondly, I'd like to know how others use weight training programs. Thirdly, the later in the year the nationals are held, the more time for conditioning. I'd hope it can be held either one week before or after the LA Pan-American Games.

Fourth, Wendy Miller does a tremendous job of advertising the masters program in the two Chicago papers, but we have to do something to get more people active in the Midwest area. I'm sure the papers of other large cities in the midwest would take public interest type articles, briefly stating what the masters program is and where meets are being held. To a lot of people, "Masters" still means a gold tournament in Georgia. Our local paper in Joliet will publish both meet results and coming events, which I call in. If everyone in the country who is in the masters program would appoint themselves a localmasters PR person, I'm sure the results would have a positive effect on our future. Keep up the good work.

Jack Scott
Joliet, Illinois



THE Gun Lap

by MIKE TYMN

THE DYNAMIC D's

Several years ago, I was asked to write an article for a Hawaii publication having to do with the achievement of goals. I built the article around what I referred to as the "3-D's" -- *Desire*, *discipline*, and *Drive*. In another article, about a year later, I add a "D" -- *Depth*.

Recently, while watching a Las Vegas show on Cable TV, I heard actress Shirley MacLaine speak of the "4-D's." I just about fell out of my chair, thinking that my little article had made it all the way to Hollywood and Las Vegas. But when Ms. MacLaine recited her "4-D's" and included *Dedication* rather than *Depth*, I concluded that her "D's" had not originated with me. Perhaps I was guilty of plagiarism by subconsciously drawing someone else's idea out of my memory bank.

Not to be outdone by Ms. MacLaine or anyone else, I decided to add a few "D's" to the list. And so for those readers who are setting their running goals for 1981, I offer my "15-D's" as a guide and monitor to realization of those goals.

1. **Dream:** More and more, psychologists are finding that people who realize their goals frequently visualize the end result. That is, they see themselves in the position they are striving for or doing whatever it is they want to do.

"I visualize how I want myself to look," says Steve Stone, 1980 Cy Young Award winner. "If you can discipline the mind -- the most difficult thing in the world -- the body will work automatically. When I pitch, in my mind I have already faced those hitters, gotten them out four times each."

2. **Desire:** Some people dream but do

not really grab hold of it. You have to want it and constantly visualize it. And you have to believe that it is a realistic and worthwhile pursuit.

"I've always felt that a large part of winning comes from true desire," said Jack Nicklaus after winning his fourth U.S. Open golf tournament.

3. **Determination:** Having the desire is one thing, but making up your mind to go after it is something else. That is determination.

"The truest wisdom, in general, is a resolute determination." -- Napoleon

4. **Design:** The next step is having a plan. The individual must map out the course to his goal.

"Method will teach you to win time." -- Goethe

5. **Division:** When our goals are difficult ones or require some time to achieve, it is necessary to establish intermediate goals along the way so that we don't lose interest or forsake on the ultimate goal.

"It is by attempting to reach the top at a single leap, that so much misery is caused in the world." -- William Cobbett

6. **Dedication:** With the course laid out, the individual must now make adjustments in his life-style and eliminate as many conflicts as possible.

"I told him he would have to choose between the guitar and track. He couldn't do both and be a four-minute miler." -- Fred Dwyer (of Marty Liquori)

7. **Discipline:** This involves exercising self-control in ways that correct, mold, strengthen, or perfect our habits.

"No smoking. No alcohol before a race. Not much in bed with a woman." -- Alberto Juantorena (on the key to his success)

8. **Dare:** Very little is accomplished in sport without taking some risk. The

individual must have the courage and fortitude to deal with these risks.

"Sport is about not being wrapped up in cotton wool. Sport is about adapting to the unexpected and being able to modify plans at the last minute. Sport, like all life, is about taking chances." -- Roger Bannister

9. **Diligence:** While risks are a necessary part of achievement, wanton disregard for one's health, safety, or well-being is not. The individual must exercise care and walk a thin line between recklessness and superfluous caution as he proceeds along the path to his goal.

"What we hope ever to do with ease, we must learn first to do with diligence." -- Samuel Johnson

10. **Development:** Most goals are not realized overnight. There is usually a long upward path. For the athlete, development means arduous training.

"...it's mostly hard work. You don't Norman Vincent Peale your way to an Olympic gold medal." -- Frank Shorter

11. **Drive:** This is the quality we call upon in order to keep pushing on as we develop toward our goal. Drive means carrying on energetically.

"It's who wants it most, who keeps driving and hitting," says John Hannah, New England Patriots' All-Pro guard. "...some guys have intensity, some don't."

12. **Depth:** Occasionally, we must dig down deep into our reserves in order to endure. This is depth.

"No pain, no palm; no thorns, no throne; no gall, no glory; no cross, no crown." -- William Penn

13. **Direction:** The path to our goals is not always a straight one. We sometimes find it necessary to deviate from the straight and narrow. We must not lose sight of the goal when we stray from the direct route. The athlete must continually focus in on the achievement he seeks.

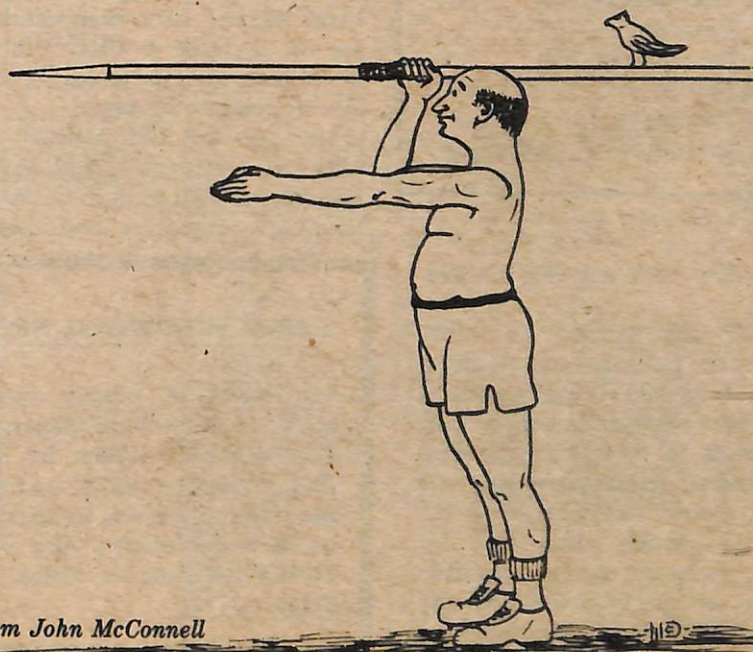
"He who interrupts the course of his spiritual exercises and prayer is like a man who allows a bird to escape from his hand; he can hardly catch it again." -- St. John of the Cross

14. **Discovery:** As we move toward our goals, we become aware of strengths and abilities that we did not know we possessed. At the same time, we recognize certain limitations. As we discover things about ourselves, we need to incorporate this new knowledge into our game plan.

"To reach the point where you can get the utmost out of your physical capabilities, you have to first understand them and then you can begin to play games with them," says Dr. David Costill, Director of the Human Performance Laboratory. "Try to put them all together in just the right sequence and with just the right training and just the right amount of rest."

15. **Deity:** Some of our greatest achievers give credit to Divine assistance. And many who have not realized their goals completely have been consoled by recognizing that God loves them for just trying.

"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." -- Isaiah 40:31



from John McConnell

MASTERS SCENE

Shaffer, Romppanen Win Lasse Viren 20k

by Eino

•The 1981 Muhammed Ali Invitational Track Meet, originally scheduled for January 3, has been cancelled. No explanation given.

•All Comers track meets will be held at Glendale College in Glendale, California on Fridays January 9, 16, and 23 at 3:00 P.M.

•Plans are in the works for a Masters trip to South Africa in December, 1981. Details as soon as available.

•1979 National 40-44 100 and 200 champ **Lewis Smith** came a cropper with injuries in 1980, but is looking forward to a big 1981.

•Undeclared world hurdle gold medalist and multi-record-holder **Jack Greenwood** is passing up New Zealand "because they insist on using those short hurdle spacings." Greenwood claims it's dangerous; that he and most hurdlers are used to the standard 30-foot run between the high hurdles, as used in the U.S., Britain and most nations. In New Zealand, as in Germany, it will be 28-2 1/2.

•**Lowell Galther**, 42, won the Lincoln Track Club's Improvement Award. He clocked 1:13:20 in the Lincolnfest 20K, and 34:45 in the Gateway Getaway, only 18 seconds behind 40+ star **Bob Elwood**. The LTC has 3 other talented masters in **Ray Stevens**, **Jeff Cheuvront** and **Don Hockenbury**.

•Apologies to **Harvey Franklin**, whose photo caption in the October issue mistakenly read "Herman Franklin." He won the M35 5000 in 15:36.3 in the Pacific Masters T&F Championships.

•**Ted Oviatt** (36:37) and **Dick Durand** (38:36) won their respective M40 and M50 divisions of the Agoura, California 10k October 12.

•**Joe Henderson** reports officials of the Los Angeles Olympic Organizing Committee, originally reluctant to accept a woman's marathon, now fully support it.

•**Arthur Dulong** says the Foxtrotter Marathon, held in Plainfield, Mass. November 22 was run in bad weather this year --- 42-degrees with 25-35 mph winds. "The snow on the ground made it seem even colder. Ken Mueller dropped out at 18 miles with leg problems." Results on page 21.

•**Joe Cary**, 48, of Sierra Vista, Arizona covered 10 miles, 731 yards to lead all masters and get 3rd overall in the

Tucson one hour run Dec. 7th. **Pat Martin**, 51, led the women with 7 miles, 245 yards.

•**Ed Geisendaffer** clocked 32:57 in the Pittsburgh Great Race 10K to cop M40 honors. **Delmar Riffe** ran 34:06 for best M50.

•National Masters Indoor sprint champ **Glen Shane** is building his stamina with a 35:47 M40 victory in a Meadowlands, New Jersey 10K October 5. **Ken Jones** notched 35:30 to win 50+ laurels.

•**Paul Noreen** sped to a 2:33:03 masters marathon win in Minneapolis October 19.

•**Clive Davies** set a new men's 60-64 half-marathon mark in Lake Oswego, Oregon in 1:21:52, bettering **Wayne Zook's** 1:26:59.

•**Bob Fischer**, tuning up for New Zealand, garnered a 32:11 in the Veterans Day 10k in Queens November 9 to whip **Marty Ball** (34:45) in the 40-49 division. **Mila Kania**, 49, bettered the listed women's 45-49 mark with a 37:31 in the same race.

•**Jim Knerr**, 46, led all masters with a 2:36:54 in the Santa Monica, California Marathon.

•**Ruth Anderson**, 52, approached **Toshiko d'Elia's** 50+ woman's half-marathon record (1:29:19) with a swift 1:31:50 in Sacramento, Calif. Sept. 28.

•The San Diego Track Club edged the Santa Barbara contingent, 527 to 509 in the first Short Decathlon results reported from **Dave Thoreson**. Results on page 21.

•**Carl Hall** topped masters with a 2:34:37 in the Detroit Free Press Marathon October 19.

•**Clyde Davidson** ran 33:46 as first master in Macy's Kansas City, Missouri 10k.

•**Ben Hyser** clocked a good 2:37:40 for best 45-49 in the Harrisburg, Pa. marathon November 9.

•**Jim Bowers**, new national masters marathon record holder, sped a 32:51 10k in Playa del Rey, California November 9. **Bill Scobey**, 35, ran 32:02.

•The delightful sketch of the javelin thrower (looks a bit like Wojcik) on page 8 was donated to the newsletter through the kindness of **John McConnell** of San Jose, California. At 67, he's competed in a few local meets and is "looking forward to many more." Our thanks.

•In addition to Kania's sparkling runs, other top 10k's were turned in by **Sandra Knott** with a 37:01 in Cleveland; **Trudy Rapp**, a 37:51 in Washington D.C. and **Pat Bessel**, a 37:59 in Toronto. Bessel posted an age-42 10-mile mark with a 65:54 in Fulton, NY.

•Five masters women in Albany, NY set a 24-hour relay record of 186 miles, 262 yards, improving the records for five women of any age (148 miles, 320 yards).

•**Alex Ratelle** notched a 33:38 10k in Wayzata, Minn.

•**Steve Richardson** posted an over-60 3:00:25 marathon time in New York City. **Paul Reese** clocked a 60+ 3:02:22 in Sacramento.

•**Ross Smith**, 52, ran a 1:15:41 half-marathon in Sacramento, California, prepping for New Zealand. **Bob Bartling**, 54, went 15 miles in 1:35:10 in South Dakota.

•**Don D'Addis** took 40+ laurels in 33:21 in a Niagara Falls 10k. **Patrick Nutt** (M50) ran a quick 35:04 in a New Castle, Delaware 10K. **Bruce Nystrom** (M40) garnered a 2:35:50 in a Richmond, Virginia Marathon.

•**Mary Czarapata**, 45, won the women's masters Avon 20K title in Chicago October 12 in 1:24:00.

•Sorry, but we never received the results of the Oct. 4 Santa Barbara masters track meet in spite of repeated requests.

•The date of the Midwest Regional T&F Masters 1981 Championships has been switched from June 13 to August 1 --- still in Dayton --- to avoid conflicting with **Bob Coughlin's** popular Indiana T&F Masters Championships in Indianapolis on June 13th.

•The life story of **Miki Gorman** is being made into a movie by Japanese producers. They're filming in the U.S. and Japan. Gorman was born in Japan, came to the U.S., and married Mike Gorman. She began setting running records 7 years ago at age 38, holding the world women's marathon mark (2:38:19) at one time. She is portrayed by **Yoko Shimada**, the beautiful actress who played opposite **Richard Chamberlain** in "Shogun." At the Western Hemisphere Marathon Dec. 7 in Culver City, Cal., film crews took hundreds of action shots.

Race Walking

from Alan Wood and Harry Siitonen

Gordon Wallace has volunteered to do World Veteran Walking Records. "I met with **Palle Lassen**, Chairman of the IAAF Race Walking Committee," he said. "He suggests we contact a representative from each nation at the Championships in Christchurch." Send pertinent foreign results to Wallace at 102 Aztec St., Prescott, AZ 86301.

The 1980 Guinness Book of Records lists **Ron Laird**, 43, as having won the most race walking titles: 65 U.S. and 4 Canadian.

Of the 42 walkers who started the National 40K in New Jersey, **Ron Kulik**

POINT MUGU, CALIFORNIA, November 16. The 3rd Annual Lasse Viren Finnish Invitational 20K was held today despite adverse weather conditions. Winds of up to 50mph, and the threat of fire in this high risk area, almost caused the postponement of the race. Park Department and race officials decided upon a course of action which lengthened the race about 1000 meters.

Defending masters champion **John Brennand** had a heel injury and could not make it. But **Skip Shaffer** came through with a fine 1:17:06 with **Jim Murphy** second in 1:18:57. **Bob Holtel**, 49, was 3rd, and a definite favorite for next year's 50+ group.

Dick Durand, **Jack Thomas** and **Curt Brownfield** placed 1-2-3 in the 50+ category. **Christa Romppanen** won the women's masters crown for the third year in a row with a time of 1:29:36 giving **Thomas** a good sprint to the finish.

Being one of the top races in the country, we are hoping for much better participation of top masters in the future.

Results on page 19.

Schrader Wins Midwest X-C

by Dick Kloepper

CRYSTAL LAKE, ILLINOIS, November 9. Sunshine and 60-degree weather greeted the Midwest Masters as they met at Crystal Lake's challenging cross country course for their five kilometer championships.

Naperville's **Bob Schrader** turned in a sparkling 17:20.5 to win the 40-44 division. **Dick Kloepper** of Crystal Lake finished second in 17:57 and **Al Stearns** of Rockford placed third in 19:57.

In the 45-49 division, **Crystal Lake's** **Les Berquist** won with a time of 20:24. **Bob Beebe** of Rockford was second (21:10) and **John Horwath** of Palatine third (21:22).

Waukegan's **Bernie Tjarksen** won the 50-54 division in 20:52. **Arnold Johnson** of Rockford took the 60-64 title with a 22:27 clocking.

Results on page 19.



Walkers in 1980 National Masters Championships

photo by Bob Pates

finished 13th for 1st master in 3:48:01. Other division winners were: **Corrallo** (1B)-3:51:55; **Gould** (60+)-4:02:22; **Bob Mimm** (2B)-4:08:14. **John Knifton** was DQ'd after leading the Masters at 20K (1:46:13).

Lori Maynard, 43, won top women's honors in a large field of walkers in the New York Marathon in 4:33.

Bill Ranney and **Catherine Smith** will walk in the World Veterans competition in Christchurch this month.

Ranney, 44, set a 1A mark in the PAC 25K in 2:13:37. **Mimm** had a 15K record with 1:27:53.



0 Months to Go

Countdown to New Zealand

by Al Sheahan

Well, this is it! The 4th Annual World Veterans Games get underway in Christchurch, New Zealand on January 8th and runs through the 14th.

Meetings are scheduled on the 6th and 7th. On the 3rd and 4th in Palmerston North, New Zealand, the 14th annual World Veterans Distance Running Championships will be held--The 10K on the 3rd and the 25K on the 4th.

About 100 Americans are expected to make the trip for one or both of the events. This is down from the 226 who made the trip to Germany in 1979 and over 300 who went to Sweden in 1977 for previous World Games.

"A lot of our world vets champions in England won't be going," Alistair Aitken reports. "But about 50 will be in the party."

One report says a good number are going from the Scandinavian countries.

Los Angeles and Philadelphia have dropped their plans to bid on the 5th World Games in 1983. That leaves Japan, Puerto Rico, Greece and Italy, with Puerto Rico likely to get the support of the American delegation, based on the superb job Gilberto Gonzalez-Julia and his staff did on the 1st Pan-American Championships over Labor Day, 1980. The Puerto Rican government strongly backs Gonzalez-Julia's bid.

GENERAL MEETING

Several important proposals will be on the agenda when the General Assembly

meets January 7th at 9AM in the Town Hall in Christchurch.

Forty-nine delegates from 22 nations --- or perhaps more by meeting time --- are eligible to vote. The U.S. has five delegates, voted upon at the December 6 Athletics Congress Convention in Atlanta: Bob Boal, Ruth Anderson, Ron Kulik, Bill Stock and Irene Obera. (Stock and Obera replace Wendell Miller and Pete Mundle, who will not make the trip.) Another American, Bob Fine, has a vote in his capacity as North American Representative to WAVA.

On the agenda:

1) Opening, approval of agenda, officers reports.

2) An amendment to the Constitution to drop the two-term limitation on officers. Most officers have already served the maximum 4 years, but are seeking re-election. An amendment is necessary before they can be nominated for a 3rd term.

3) An amendment to create two Vice-President positions, one for Track & Field; one for Long Distance Running and Race Walking.

4) An amendment to make age classification by year of birth rather than by day of birth. This proposal was defeated in 1979 by a relatively close vote, 44-27. Its Finnish proponents argue "it is troublesome to have a fluctuating day for permission to enter a championship." They say it would simplify the whole movement. "Athletes would remain the same age all year long." Like horses, each athlete would move to a new age on January 1st.

Opponents say a person shouldn't compete as a 40-year old while he or she is still 39½. "It would mess up the age records," it is argued. Compromisers would leave the age records by date of birth, but make competition by year of birth. A long discussion looms.

5) An amendment to establish firm weights and heights for field events and hurdles, based on the recommendations of Ian Hume's Technical Committee.

6) An amendment by Bob Fine that relay teams in World Games should compete by regions rather than by nations.

7) A proposal from Hideo Okada to combine the World Veterans Games with the World Veterans Distance Running Championships as one "Veteran Athletic Games" under the symbol "WAVA/

IGAL."

8) A proposal from Cesare Beccalli that planning of future expenses by WAVA be approved by the General Assembly. (Bob Fine complained that substantial monies were spent in 1980 by WAVA officers without the approval of even the executive committee.)

9) A proposal from Beccalli that the 1985 World Games site be chosen at this meeting, as well as the 1983 site.

10) A proposal from Ian Hume to return to the 12 lb. hammer for 70+ competitors, and to run the steeplechase at 2000 meters, rather than 3000, for men 70+.

11) A proposal from Sylvester Stein to throw the South Africans out of WAVA. "South African sport participation is unrepresentative," claims Stein. "When South Africa is again admitted to the IAAF, it will be time to reconsider their affiliation. We must encourage participation by other African, East European, and Third World countries, who will not be prepared to join an association which shows partiality towards a racially-dominated minority group." This one should take the meeting into the wee hours.

12) Election of officers. Owen Flaherty of Scotland has been nominated to replace Jerneryd as Secretary. Hans Axmann is nominated for the 2nd Vice Presidential post. President Don Farquharson, 1st Veep Jacques Serruys and Treasurer Harm Hendriks will seek re-election if the amendment (#2) passes.

13) Announcement of delegates (executive committee) chosen at the previous day's executive committee meeting.

14) Voting on site for 1983 and perhaps 1985.

15) Adjourn.

On January 6th, at 6:00 P.M. in the Christchurch Town Hall, candidates for hosting the 1983 World Games will officially present their bids.

The women's meeting is to be held on January 6th at 9:30 A.M. in the Town Hall. Women's delegate Jean O'Neill of Australia will chair. Any USA woman with a track & field concern, contact U.S. representative Irene Obera prior to the meeting. Obera leaves Oakland on December 31. Call (415) 376-8967.

Regional meetings are to be held on January 6th at a time decided by the regional presidents, probably in the Town Hall.

SOUTH AFRICA

The South African situation becomes more bizarre by the hour. It's like a bad soap opera. But, unfortunately, it is real, not an hour of television diversion.

When last we met, you'll remember, South Africans were officially barred from competing in the 4th World Games, contrary to the WAVA Constitution which says "no competitor shall be barred due to...national origin."

Sylvester Stein of England is seeking to change the Constitution so the South Africans can be legally banned in the future, instead of illegally banned, as is the case this year. He says: "In view of the subterfuges adopted by the South African teams at past veteran world meetings, appearing disguised as either Americans or Rhodesians, it would be unseemly to allow them to participate further in our affairs."

Stein's logic is interesting, and should provide fodder for a week of dialogue and ill-feeling in Christchurch. The battle lines are being drawn tighter. Stein is adamant about injecting politics into the movement, as is the New Zealand government, who ordered this year's ban in the first place, as a condition of their financial help. The mood in Christchurch will be sour, when it should be joyous. Politicking and deceit will replace brotherhood and openness.

What deceit? Well, Stein's point is that the South Africans come disguised. True, they do. They say: "We have to come disguised. You won't let us compete as what we really are: South Africans."

Will the South Africans show up this year? Disguised as what? Americans? Rhodesians? Something else? How will they smuggle themselves into the track? Or will they submit to the ban, and stay home?

The answer, we learn, is that the South Africans will indeed be in Christchurch and will attempt to compete. They will likely succeed in this attempt, unless protests by Stein are successful, which they were not in 1977 in Sweden.

In 1977, the South Africans were "disguised," to use Stein's words, as Americans. They joined American track clubs and competed as members of the "USA." In 1979, they competed as Rhodesians. This year, they will compete as members of one Die Brugge Club of

continued on next page...

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Gilmour Sets 3 World M60 Marks

Report From Australia

by Jack Pennington

John Gilmour says Karl Hasler's M60-64 World record marathon in Scotland (a 2:41:25 which broke Clive Davies' mark of 2:42:44) was "a revelation." It's the first time he's been beaten by a man in his own age group.

So three weeks after the Scotland event, he ran in a marathon in his home of Perth, Australia. Unfortunately, it was a day of gusty winds. Nevertheless, he only missed Hasler's mark by 5 seconds to record 2:41:30. "If only I had known with a mile to go that I was that close," he lamented.

Well, John, there's time yet, but as the 1500 finals in New Zealand are programmed during the marathon, you are unlikely to win both races.

On November 13th, Gilmour set a new world best for the M60 one mile at Perry Lakes track in Perth with a 4:57.1. The next day he ran a 56:15 in a 10-mile open road race to finish 8th overall.

On November 16th in Perth, Gilmour ran 3000 meters in 9:41.2 to break his own record of 9:43.2, set on November 10, 1979. On November 26th, he clocked 10,000 meters in 34:23, breaking his own mark of 35:07.7, set at the 3rd

World Games in Hannover, Germany July 27., 1979.

The pioneer of Veteran Athletics, Cliff Bould, now 66, is running well again. He was tripped at the start of a half-marathon, and still ran 1:37 despite a broken rib. Cliff had real trouble in 1976 due to numerous strokes caused by a blocked artery. It was corrected by surgery.

Wal Sheppard had four heart bypasses a year ago, and has just run a marathon, carrying a EKG recorder. His heart was monitored thru the race, and he is waiting for the OK to train for the 800 in New Zealand.

Rollo Castella, 56, began running only 5 years ago after a heart attack. On November 23 in Melbourne, he ran a 2:58 marathon.

Although I've concentrated on the 1500 during my veteran career, I'll debut in the marathon in Christchurch. I'm doing 7 miles during the day, and 3 miles of fartlek with coaching at night, but I'll never make a career of the marathon. I worry about dehydration. I prefer cross-country.

George McGrath (M60) went to Europe for the European Track Championships and World Distance Championships. He did well in both, but his name is mysteriously missing from the results. He ran a 35:56 10K behind Gilmour and went under 3 hours in the marathon. He says "the marathon was a shambles because of the numerous competitors. I still don't know my place or time."

Both Gilmour and McGrath are living in "retirement." Does that mean they are training like professionals?

Countdown to New Zealand, continued from previous page

Belgium. A few other South Africans who own American passports will compete from the "USA."

Anne McKenzie of Cape Town, South Africa, who recently turned 55 and has set a handful of world records, had her original entry form returned by World Games President John Macdonald as unacceptable because she was a citizen of South Africa.

But she was then told in South Africa to send her entry through the Brugge Club, and, at last word, is planning on making the trip. One unconfirmed report is that some South Africans may compete as members of a Holland Track Club.

A few South African veteran athletes are fearful that, even if they go through this clandestine procedure they'll be "found out" and thrown off their blocks at the starting line, or some other such humiliation. Those few are staying home, not willing to take the risk.

Macdonald is aware of the situation, and reportedly has agreed to look the other way. If no one snitches to the newspapers or to Prime Minister Muldoon, it could be a well-kept secret. Enter Stein.

The whole thing is a sorry mess and unworthy of the World Veterans movement. There are now so many sides to this issue that, no matter what your philosophy, you can stake out a position

and argue it with forcible logic:

1) All veterans, as the Constitution states, should be allowed to compete. Politics has no place in sport.

2) The South Africans should be barred because its government supports apartheid.

3) The South Africans should be barred because, in addition to apartheid, they use subterfuge and disguise to compete in World meets.

4) The whole thing is academic, because, regardless of all the hooplah, the fact is that the South Africans have been able to compete in all the World Games. No government has been embarrassed by their disguised participation. No financial help has been withheld. No mass protests have arisen. Even Ed Lowell, who, on principle, first asked Macdonald to return his entry fee because the South Africans were barred, is now going. "If the South Africans are going, why shouldn't I?" he asked. "Why should I be more Catholic than the Pope?"

Indeed, a demonstration outside a prison to show support for ill-treated prisoners loses some of its thrust if the prisoners escape out the back window.

Such seems to be the situation as we enter 1981. Stay tuned.

Canada Tops USA in Cross Country Match

ANN ARBOR, MICHIGAN. November 16. The Canadian Masters defeated the USA masters, 279-325, in the Canada vs. USA Masters International Cross-Country Match today.

The Canadian Masters men topped the USA men, 258-302, and the Canadian women narrowly edged the USA women, 21-23, as 158 masters and submasters runners from both countries took part in the annual event.

Scoring was limited to men over 40 and women over 35. In the younger 5-year age groups, the first 8 finishers from each country determined the point totals by place. In the upper age groups and for women, the first three finishers

established the point totals.

Overall winner was Toronto's Derek Fernee, 40, who's been running world-class, quality races all year long. He covered the distance (approximately 10K) in 33:05. Robert Moore, 40, also of Toronto, narrowly missed in 33:07.

Third over 40 finisher was Brian Harris, 45, of Royal Oak, Michigan, in 34:58, followed by Bob Daniell, 42, of Georgetown, Ontario in 35:15.

Cliff Hall, 54, of Downsview, Ontario, led the 50-54 group by 2 minutes in 37:41. Bill Cameron, 55, of Toronto topped the 55-59 contingent by 3 minutes in 38:57.

Results on page



HAL SMITH



RED DOMS

McKenzie Sets 2 World Marks

Anne McKenzie of Cape Town, South Africa has set two new world records for women aged 55-59. In a Cape Town meet on November 24, she recorded a 5:35.4 in the 1500, smashing the old mark of 5:57.7 set by Hilde Joeckle of West Germany on Sept. 15, 1978.

She also destroyed the world women's 55-59 400 mark by 16 seconds in 71.8. San Diego's Cathy Hargus held the old standard of 88.0, set August 10, 1977.



Snohomish Top Team

Hambly, Curtis Lead Masters in Postal One-Hour Run

The powerful Snohomish Track Club of Seattle, Washington is the winner of the 1980 Athletics Congress National Postal One Hour Run Championships for men 40-49.

The Potomac Valley Seniors won the men's 50+ title, and the women's masters crown was taken by the Fingers Lake Running Club.

The Snohomish 5-man crew of David Hambly, Phil Waldken, Dave Pitkethly, Maurice Pratt and Earl Ellis finished with a total of 54 miles, 1639 yards.

North Medford finished 2nd in the 40-49 division with a total of 52 miles, 216 yards. Close behind was the

Snohomish B club with 51 miles, 414 yards.

The Potomac Valley 50+ squad notched 46 miles, 827 yards. The women's Fingers Lake team traveled 39 miles, 1400 yards.

"Postal" competition means each individual and team competed in their own area, between January 1 and August 31, 1980, at one of 15 officially designated postal one-hour run competitions. The results were mailed to and compiled by Al Huff in Seattle.

All finishers -- open, masters, women -- were ranked according to their distance covered. Gary Tuttle, 32, won the open individual competition with 12

miles, 164 yards. Hambly finished 11th overall with 11 miles, 699 yards to lead all masters. Waldken finished 21st and 2nd master with 11 miles, 45 yards. Pitkethly was 23rd and 3rd master with 11 miles, 40 yards. Pratt and Ellis came in virtually together, with 10 miles, 1308 and 1307 yards respectively, for 34th and 35th spots. John Brennand of Santa Barbara, California was the only outsider to split the imposing Snohomish crew, finishing as 4th master with 10 miles, 1395 yards.

Derek Mahaffey was the 1st M45 participant with 10 miles, 946 yards.

Tony Diamond, 51, of Washington, D.C. led the 50+ competition with a

total of 9 miles, 1667 yards. Howard Miller, 53, was only 14 yards behind.

Fred Nagelschmidt, 56, of the Southern Pacific Association took 1st M55 honors with 9 miles, 1175 yards.

Christine Curtis, 42, led the women masters at 9 miles, 555 yards. Judy Groombridge, 40, ran 9 miles, 515 yards for 2nd. Both ran for and scored 3-4 for the Seattle Track Club, which won the open women's division.

Lorne Bartling, 65, topped the 60+ group at 8 miles, 565 yards. Norm Bright, 71, was best 70+ finisher at 7 miles, 1670 yards.

Results on page 20.

Sumner Receives Cranston Award

LOS ANGELES, CALIFORNIA. November 1. The Board of Directors of the Southern California Striders named Hilliard Sumner the recipient of the First Annual Alan Cranston award, and presented him the trophy at the annual Striders banquet tonight.

The award is determined on the basis of contribution to the sport during the year. Leadership, sportsmanship, contributions to the masters program, athletic achievements, personality and character, all go into the selection process.

Sumner was hailed in 1980 for his work with youth in the Los Angeles ghetto community. He directed the popular Home Savings and Loan Pan-American Masters Track and Field Championships at USC in August. He set age 34 records in the 100, 200, and 400, repeating as the national masters 400 champion in the 30-34 division in 48.95.

The Striders also selected its 1980 Outstanding Athletes of the Year. They were: LONG DISTANCE: M40-49 - Jim Murphy. M50+ - Walt Atcheson. MOST IMPROVED: Skip Witt. TRACK: M30-39 - Mike Jackson and Hilliard Sumner. M40-49 - Nick Newton and George Cohen. M50-59 - Harold Daughters. M60-69 - Bob Hunt. M70 - Tony Castro. FIELD: M30-39 - Herman Franklin. M40-49 - Hal Smith. M60-69 - Art Vesco. M70+ - Red Doms. WOMEN LONG DISTANCE: Margie Tennenbaum. MOST IMPROVED WOMAN (Field) - Ann Smith. INSPIRATIONAL AWARD - Nick Newton. SPECIAL AWARD - Dick Kremer of Home Savings and Loan for his Pan-Am Games contribution.

UCLA track coach, Jim Bush, and USC track coach, Vern Wolf, were guest speakers at the event. National 1979 masters sprint champ Lewis Smith MC'd the affair, which also saw Mike Jackson presenting a twin Alan Cranston award to none other than Cranston himself.

IF IT'S SATURDAY (APRIL 11, 1981), IT MUST BE PHILADELPHIA. IN JULY, IT COULD BE BELGIUM...

NIKE and Penn Mutual Life Insurance Company announce the 1981 Nike/Penn Mutual Masters Grand Prix.

Eight regional road races for Masters only. Open to men and women age 35 and over, and also to registered AC/AAU or RRCA club teams. "Grand Prix" T-shirts to all entrants. NIKE merchandise prizes to the first three finishers in 5-year age categories. Varying additional awards, gifts and special attractions.

In each of the eight races a team of three runners (both the winning men's 40+ and the

women's 35+) will receive travel expenses, from Penn Mutual, to the highly acclaimed 15K NIKE/U.S. Roadracing Championship, a showdown in Philadelphia on April 11, 1981.

In Philadelphia, NIKE will award both winning men's and women's Masters teams travel expenses to the July 1981 International Masters 25K Race in Brugge, Belgium.

Here's the 1981 schedule and where to write for information. Pick the nearest race. And if you want to go for the Grand Prize in Philadelphia, bring your clubmates.

ST. LOUIS, February 1 (15km)

Contact: Tom Eckelman
7140 Waterman
University City, MO 63130

SALT LAKE CITY, March 14 (10km)

Contact: Doug Beck
769 Kinsington Avenue
Salt Lake City, UT 84105

ATLANTA, March 14 (10km)

Contact: Ken Kirk
3800 Stonewall Terrace
Atlanta, GA 30339

SEATTLE, March 15 (15km)

Contact: Mike Thould
15929 N.E. 141st Place
Woodinville, WA 98072

SAN DIEGO, March 21 (15km)

Contact: Bill Stock
7160 Baldrich
La Mesa, CA 92041

BROOKLYN, March 28 (10km)

Contact: Bob Fine
77 Prospect Place
Brooklyn, NY 11217

HOUSTON, Jan. 24 (10km)

Contact: Dan Green
3395 Northline Oaks
Conroe, TX 77304

NEEDHAM, March 1 (15km)

Contact: John Pistone
186 Commonwealth
Boston, MA 02116

Mail to: NIKE/U.S. CLUB ROAD
RACING CHAMPIONSHIP
3900 S.W. Murray Blvd.
Beaverton, Oregon 97005



TAC Names Oerter, Grissom Top 1980 T&F Masters

by Al Sheahen

Al Oerter and Joann Grissom were chosen masters track and field athletes of the year by the Athletics Congress masters track & field committee at the annual TAC convention in Atlanta December 5-6.

Oerter, 43, of New York City, four-time Olympic discus champion, won the discus in 1980 in several open competitions and very nearly made the U.S. "Olympic Team." Most observers felt if the U.S. hadn't boycotted the Olympics, Oerter would have risen to the occasion to earn a 5th shot at an Olympic Gold.

On May 31, 1980, he threw the platter 227-feet, 11-inches, which set an American masters record that is likely to stand for some time to come.

The prodigious toss was a personal best for Oerter, exceeding by an astonishing 15 feet his best Olympic throw of 212-6 in 1968 at age 31. It was a full 43 feet farther than his first Olympic gold medal heave of 184-11 at age 19 in 1956.

Although Oerter passed up the 1980 National Masters T&F Championships in Philadelphia to understandably compete in world-class meets, he appeared in some early season masters meets in the East. He competed in the 1978 National Masters Championships and in the 1977 World Veterans Games in



Al Oerter and Joann Grissom 1980 TAC Masters Track & Field Athletes of the Year. photo by Don Gosney

Sweden, giving support and recognition to the Masters program.

His performances in 1980, by any measuring stick, put him in a class by himself as an over-age-40 track and field competitor.

Joann Grissom, 42, of Indianapolis was voted top female master of the year, off her outstanding performances in the jumps and shot put. She won the age 40-44 national masters championships in the long jump (15-11) and shot



Fine Named Top Administrator

by Al Sheahen

Bob Fine was chosen to receive the prestigious Otto Essig Award for making the outstanding administrative contribution to the Masters program in 1980.

Chosen by the TAC masters LDR committee, the 49-year-old Brooklyn attorney was honored for his selfless and diligent efforts to organize and propel the masters movement forward.

During 1980, he served as the North American representative to the World Association of Veteran Athletes. He was the Masters Representative to the Athletics Congress. He worked with the AAU and Penn Mutual Life Insurance Co. to set up a cohesive program under Penn's sponsorship. He traveled around the country helping to set up masters programs in different localities, and encouraging national and regional championships in new areas of the nation. He successfully proposed the Athletics Congress drop its Rule 53 on professionalism. He organized and directed several national, regional and local championships. He even picked up

two silver medals in the national T&F championships in Philadelphia in the 5K and 10K walk.

In his spare time, Fine raises a family and conducts a thriving law practice.



TAC Names Best 1980 LDR Masters

by Al Sheahen

The Athletics Congress Masters Long Distance Running Committee, meeting in Atlanta December 5-6, chose seven runners for its 1980 outstanding athlete awards.

Chosen were:

★ MEN:

40-49 Dave Hambly
50-59 Al Lawrence
60-69 Bill Bropston
70-74 Ed Benham

★ WOMEN:

40-49 Karen Scannell
50-59 Toshiko d'Elia
60-69 Mavis Lindgren

put (37-9) in Philadelphia.

The TAC masters track & field committee in Atlanta did not pick outstanding performers in each age group. Had it done so, it might have followed the recommendations of National Records Chairman Pete Mundle's nominating committee. (Although through a mixup, the recommendations sent by Mundle were never received by the Atlanta committee). Those nominations were:

Hambly, of Seattle, won the national masters TAC 10k cross-country championship November 9, and was runner-up in other championship races.

Lawrence won both the 20K and 25K in the Brooks Master Run series, setting a new American 50-54 mark in the 20K in 1:10:18.

Bropston was a consistent winner in his local area.

Benham won the national M70 masters TAC 20k championships in Washington, D.C., September 28, setting a new U.S. 70-74 record of 1:32:22. He also won the Brooks 15K in Washington on October 19.

Scannell was the first woman finisher in the Oakland Marathon November 30 in 2:50:13, thought to be the fastest marathon of 1980 by a U.S. over-40 woman. She turned in fine times in shorter races, including a 38:23 10k, 58:21 for 15K, 1:18:22 at 20K and a 2:06:44 for 30 kilometers.

d'Elia became the first woman over 50, anywhere, to ever break three hours in the marathon. She won the World Veterans age 50-54 Distance Running Championship Marathon in Glasgow, Scotland in 2:57:25, defeating the finest women runners in the world in her age group. She also won the national masters 30k championship in Albany and the Brooks 15K in Washing-

Postal Relay Winners

from Bob Fine

The Corona del Mar Track Club won three postal relays in 1980: 4x100 in 43.7; 4x200 in 1:33.9; and 4x400 in 3:23.3. The West Valley Track Club won the 4x800 relay with their record 8:25.4, but only edged Potomac Valley by 11 seconds. The Southern California Striders won Distance Medley Relay honors (11:28.1) with San Diego copping the sprint medley in 3:50.9. Potomac Valley took the age medley relay.

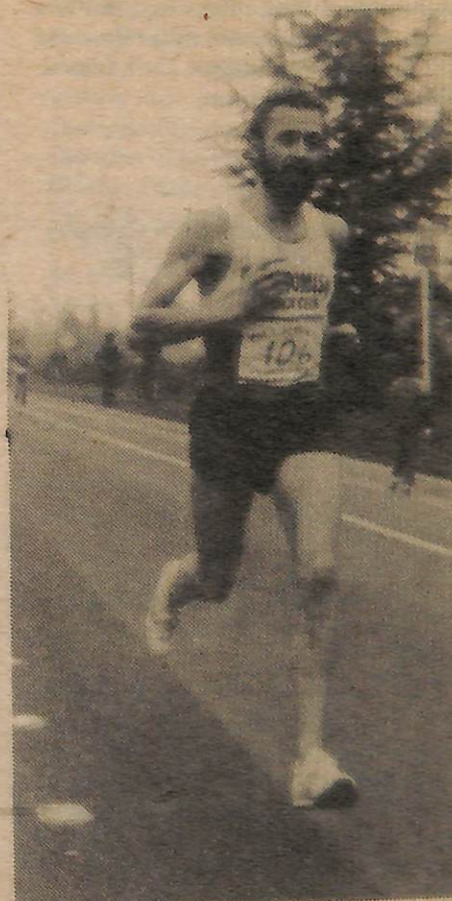
Results on page

MEN:

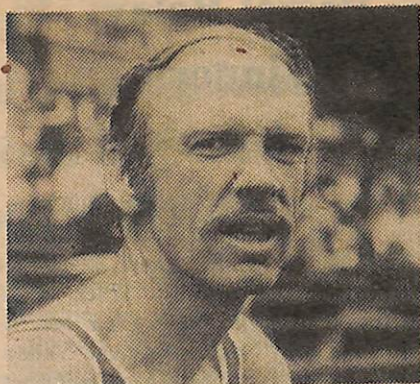
Overall: Al Oerter
40-44 Al Oerter
45-49 Nick Newton
50-54 Shirley Davisson
55-59 Bill Fitzgerald
60-64 Burl Gist and Bob Hunt
65-69 Harry Koppel
70-74 Tony Castro
75-79 Win McFadden

WOMEN:

Overall: Dorothy Stock and Margaret Miller
40-44 Joann Grissom and Sandra Knott
45-49 Dorothy Stock and Irene Obara
50-54 Margaret Miller
55-59 Helen Dick
60-64 Josephine Kolda
65-69 Edith Mendyka
70-74 Bess James



TAC Masters 40-49 LDR Runner-of-the-Year David Hambly, 41, Seattle. photo by Bill Cockerham



On Approaching Every Problem With An Open Mouth

by Wendell Miller

It's the 2nd of December and I'm on an airplane with family and friends, enroute to Hawaii and the Honolulu Marathon. First time for all of us, so we're excited. What a great feeling to be excited about something!

I look at a fifteen-year-old daughter--pretty and naive---a twelve-year-old son---loud and a pain --- but in both cases, full of the beautiful innocence that always accompanies youth.

Not that youth is really my bag. However I'm into the Masters scene, and I can barely tolerate what I will always refer to as sub-masters. Regardless of Hilliard's protestations, anyone that young can't be all good.

Anyway, back to Masters and a few comments about what happened (1980)

*TAC LDR Athletes of Year, continued
continued from previous page*

ton. She further set a new U.S. women's 50-54 mark of 1:29:19 in the half-marathon September 6 in New York.

Lindgren, 73, currently holds two U.S. women's marks for women over 70: a 3:25:59 20-mile in 1978 and a 4:37:37 marathon in 1979.

An unofficial nominating committee had submitted nominations but, due to a mixup, the names were never received by the LDR committee in Atlanta. Those nominations were:

MEN:

- 40-44 Herb Lorenz
- 45-49 Hal Higdon
- 50-54 Al Lawrence and Herb Chisholm
- 55-59 Alex Ratelle and Jim O'Neil
- 60-64 Rudy Nimmons
- 65-69 Jerry Satterlee
- 70-74 Ed Benham and Norm Bright

WOMEN:

- 40-44 Sandra Kiddy
- 45-49 Dorothy Stock and
Linda Sippelle
- 50-54 Toshiko d'Elia
- 55-59 Mary Storey
- 60-64 Marcie Trent, Kay Atkinson,
and Adrienne Salmini

While in no way meaning to detract from the outstanding achievements of those chosen by the committee, the voting did raise a few eyebrows. TAC National Masters Long Distance Running Chairman Ken Bernard admitted that "the voting was done very quickly. We were trying to get through the meeting as fast as we could."

When the news of the voting circulated around the country, some wondered why Sandra Kiddy was ignored. She

and what's ahead (1981). It's impossible for me to look back at 1980 without talking about, far and away, the best thing that happened to the whole Masters scene: Al Sheahen and the National Masters Newsletter. I can't even fathom the mess we dumped on Al in Ann Arbor almost two years ago. Al trudged back to the land of fruits and nuts and proceeded with an impossible task: bringing our newsletter to where it is today.

The thing that has always amazed me is the look Al has always given the newsletter: a higher professional effort with seemingly endless writers with contrasting points of view, plus contributors from all parts of the country.

A few of us knew it was all Al in the

had won three 1980 TAC Long Distance National Championships (15K, 25K, Marathon), the North American Masters Marathon title in Winnipeg, and had set two American masters records: 3:36:50 for 50-kilometers on April 27, and 1:24:01 for a half-marathon on July 4.

"If you're not going to give the award to someone who has traveled to and won three of your own national championships," voiced one, "what's the point of anyone bothering to run in those races?"

Some cited Dorothy Stock's outstanding year, in which, at age 48, she established no fewer than five new American age 45-49 division records for women in the 10K (37:39), 15K (58:18), 20K (1:20:13, since broken by Linda Sippelle), 10-mile (1:06:18), and half-marathon (1:24:07).

Others asked about Sandra Knott's great year, and about Hal Higdon, who accomplished the unprecedented feat of setting six new U.S. age-division records (45-49) in one year, and about Alex Ratelle, 56, who beat Lawrence, 50, in their head-to-head match in the Brooks 20K in October (1:09:51 to 1:10:18).

Bernard acknowledged the problem, saying: "Because of the hasty way we voted, I'd be willing to consider the offering of additional awards. If there is a groundswell of opinion, I'll present the fact to the officers of the LDR committee. Then, if they agree, we'll present additional official awards. I'm appointing Al Sheahen, editor of the Newsletter, to head the 1981 nominating committee, and to solicit opinion on whether additional 1980 awards should be given."

If you have any comments, send them to NMN, PO Box 2372, Van Nuys, Van Nuys, CA 91404.

beginning, and I could just see him sitting there in downtown Van Nuys, wearing his different hats and working his baby. Only a California liberal would do it.

I'll forever be impressed with his single handed effort to bring about what we always needed -- the National Masters Newsletter. Thanks, Al.

What's ahead in 1981? Any dope can forecast that Ernie Billups will duel the new Jewish running sensation -- a guy named Cohen from Los Angeles.

Some 187-year-old guy in Trenton will run a 2:30 marathon in New York and Fred Lebow will take credit for it. Some doctor will claim the best thing for hemorrhoids is to run on them.

I hope that during 1981:

•Bob Fine will realize even very fast walking does not justify wearing the headband over the ears.

•Bill Stock doesn't go through with his latest training idea for Dorothy --- a crew cut.

•Hilliard Sumner, after all his sacrifices during 1980, won't have to leave Home Savings for the White House.

•Jim O'Neil can find happiness, security and maybe even a little action in San Diego County.

•GE's new hairblower (Blowtorch 2000) will offer Tom Sturak relief from

the rare and devastating "shrinking head" disease.

•Ken Young will get the earth certified.

•Tony Diamond will continue being the wonderful cooperative guy he's always been.

•Pete Mundle continues his running contract with Akron.

•Al Sheahen doesn't lose his green visor.

•Chuck Klehm can get away from his demanding work schedule and make it to a few meets.

•Higdon finds a certified race to run.

•Burt Lancaster and Jack Greenwood continue their spirited dislike for one another.

•Ken Bernard comes in from out of the cold.

•Helen Pain continues her diligent search for places out of the way, hard to get to and expensive.

•TAC self-destructs.

•Someone will run a road race and not say "I knew I had to punish him."

•The great podiatrist in the sky puts a recall on all of them.

•Anyone who complains at a road race will do us all a favor --- take up racquetball.

SDTC Group Sets World Mark

by Ed
Oleata



Have you ever seen 100 people set a world record in one day? It happened in San Diego last October 19 when a group of 100 men over 40 got together to try to break the world record in the 100x1 mile relay. The record was held by the British Veterans Athletic Club with a time of 9 hours 58 minutes and 16 seconds. The San Diego group broke the record by nearly 43 minutes with a time of 9 hours 15 minutes and 44.3 seconds which averaged out to 5:33.4 per man. Some of the times turned in were amazing. The list of 100 runners with their ages and times ran attests to that fact.

The biggest challenge in the world record attempt seemed to be in getting 100 masters out to the track in one day. With some work and coordination it was accomplished.

Another amazing accomplishment was that there were 99 hand offs of the baton with no major problems. Although they were not all beautiful, the baton was never dropped and there was always someone waiting to take it; a pleasant sight to many suffering milers struggling in those last 100 yards.

It was a fun day. Some marathon

runners found out that it can be pretty tough just running one mile at a faster tempo, we met some people that we may not have known before the record attempt, 100 men have a nice new tee shirt donated by Nike commemorating the event and we got the world record to boot.

Results on page 18.

Anderson, Maricle Set 50-mile Marks

UKIAH, CALIFORNIA, October 4. Ruth Anderson, 52, set a U.S. women's age 50-54 50-mile record today with a time of 7 hours, 52 minutes. Marty Maricle, 46, was right behind in 7:53 to break Beverly Nolan's 8:47:20 mark set May 4, 1980. (Both new records are subject to certification by the National Running Data Center.)

NEED BACK ISSUES?

Most back issues of the *National Masters Newsletter* are available for \$1.00 each, plus 50 cents postage & handling for each order.



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



HONORS AND AWARDS—Athletes and supporters of the Masters track and field program were honored at the Southern California Striders annual awards banquet recently. Pictured above (left to right) are: **Richard Kremer**, Senior Vice President for Home Savings; **Hilliard Sumner**, President of Striders; U.S. Senator **Alan Cranston**; Masters athlete **Mike Jackson**; **Vern Wolf**, head track and field coach at USC; **Jim Bush**, head track and field coach at UCLA. Sumner described the 1980 awards banquet as special "because it gave the Striders an opportunity to recognize, not only the Masters athletes, but to also recognize the special efforts of others like Richard Kremer and Senator Alan Cranston." The Senator is himself a well-known Masters competitor, and he was recognized for his "distinguished service to Masters track and field."

Weight Pentathlon Age-Records

by Phil Partridge

Here are the age records for masters weight pentathlons. Implement standards for masters track and field have changed a number of times and may change again. And not all masters weight pentathlons have thrown the same implement weights. For instance, the West Coast meets have thrown Olympic weight implements for all age groups. In most other meets the implement standards have been 1.6K, 12 lb., 800 g, 16 lb., 35 lb. for 50 year olds; and 1K, 8 lb., 600 g, 12 lb., 25 lb. for 60 and over with variations.

In order to list all weight pentathlon age records on a fair and equitable basis

it has been necessary to translate all weight performances to a common scoring level which has been done by the use of conversion tables. For instance 130 feet with a 1K discus = 107-3 with a 1.6K = 94-9 with a 2K. 40-0 with an 8 lb shot = 34-8½ with a 12 lb. = 28-10½ with a 16 lb.

It was deemed better to upgrade scores in the "heavy implement" meets than to downgrade scores in the "light implement" meets which are in the majority.

This creates the morale-boosting prospect of an athlete's weight pentathlon scores improving as he "graduates" to a lighter implement level even though his throws are somewhat less. This happens in the case of Dan Aldrich, whose Age Record as a 59 year old is 2567.5 and as a 60 year old is 3290.5. Congratulations Dan.

All scoring by IAAF tables.

AGE RECORDS FOR MASTERS WEIGHT PENTATHLONS

Age	Name	Pts.	Date	Age	Name	Pts.	Date
30	Mike Deller	3371	12-10-78	54	Mario Minafra	1990	9-7-75
31	Mike Grisko	3465	9-24-78	55	Bill Walmroth	2819	8-19-79
32	Bob Mead	3845	8-29-76	56	Bill Walmroth	2809	9-14-80
33	Bob Mead	3908	-78	57	Arvids Zakis	2193	9-10-78
34	Carl Wallin	3992	9-7-75	58	Dan Aldrich	2719	12-12-76
35	Bob Mead	3908	9-30-79	59	Dan Aldrich	2567	12-11-77
36	Pete Hoyt	2956	4- -77	60	Dan Aldrich	3290	12-10-78
37	Carl Wallin	3852	9-30-79	61	Bill Billigan	2964	7-15-79
38	Ernie Soudek	3520	-78	62	Paul Sereghy	2344	9-24-78
39	Ed McComas	3418	4- -74	63	Phil Partridge	2622	8-18-74
40	Ed McComas	3665	5-18-75	64	Phil Partridge	2584	6-28-75
41	Norm Cyprus	2945	7-15-79	65	Phil Partridge	2716	6-13-76
42	John Reider	2776	8-29-76	66	Phil Partridge	2627	6-19-77
43	Stew Thompson	3438	12-12-76	67	Jack Thatcher	2609	12-12-76
44	Stew Thompson	3395	12-11-77	68	Phil Partridge	2491	4-22-79
45	Stew Thompson	3324	12-10-78	69	Phil Partridge	2112	9-14-80
46	Stew Thompson	3163	12-9-79	70	Koski	1656	9-21-80
47	Len Olson	3321	7-15-79	71	A. Redmond Doms	1924	12-10-78
48	Len Olson	3210	4- -80	72	A. Redmond Doms	1798	12-9-79
49	Bob Backus	3285	9-7-75	73	Ray Connolly	1710	5- -79
50	Bob Backus	3427	5-22-77	74	Stan Herrmann	1714	12-10-78
51	Bill Bangert	2838	4- -75	75	Konrad Boas	765	4-22-79
52	Bob Backus	3502	5- -79	76	Al White	161	9-21-80
53	Herb Cantor	2545	9-24-78	79	John Whittemore	1217	12-10-78
				80	John Whittemore	1153	12-9-79

Scannell First Woman in Oakland

OAKLAND, CALIFORNIA, November 30. Karen Scannell, 42, a San Francisco librarian, led all women runners across the line today in the Oakland Marathon in 2:50:13.2.

She finished five minutes ahead of the next woman in the race, Tena Harms, 24, the U.S. 20-mile women's record holder, who clocked 2:55:30.8.

It was a personal best for Scannell. She finished 3rd here in 1979 in 2:57:13. She has twice won marathons at Foster City, and had a previous best of 2:52:21.

Conditions were less than ideal, with slippery footing in places and a strong head wind. Scannell said she and Harms traded the lead for the first 3 miles. Then Harms fell back and eventual 6th-place finisher Jane Denton challenged through 10 miles.

"It felt so good to be out in front," Scannell said. "The course is better and faster than last year and the weather was perfect."

It was the 5th race she has won this year against open competition; the 3rd in course record time.

Stock, Johnson Set New 15K Marks

SAN DIEGO, CALIF., December 6. Dorothy Stock, 48, of La Mesa, California continued her 1980 record-breaking rampage with a new U.S. women's age 45-49 best of 58:18 for 15 kilometers today in the Mission Bay Datsun Dash for Breath.

Her time bettered Linda Sippelle's 59:13, set October 19 in the Brooks Master Run in Washington, D.C. Sippelle's time had bettered STOCK's record of 59:47, set September 21.

The masters world awaits a showdown between these two formidable talents. Stock will attend the World Games in New Zealand. Should Sippelle show up, some potent battles should result.

Stock clocked splits of 18:46, 19:40 (38:26), and 19:52 to cop female masters laurels in the race and 3rd woman overall.

Bill Stock set a single-age-51 record in the same race in 54:22 to take 50+ honors. Gary Sampson (52:16) was first over-40 finisher.

"I finally learned the secret to her success," said Bill, "it's in her shorts. Our racing shorts are the same brand/model/size/color. After the race, I found she had inadvertently put a pair of hers into my dresser drawer, and I wore them in the 15K -- and set a new age mark!"

Anne Johnson established a new American mark for women 50-54 in the race with a time of 1:02:03, bettering Toshiko d'Elia's mark of 1:02:30, also set in the Brooks 15K run October 19. Both marks are subject to certification by the NRDC.

Results on page 23.

Meinhardt, Wright Win National 5K Cross-Country

SAN DIEGO, CALIFORNIA, November 29. The race director ordered nice weather for the 5,000 meter cross country Championships held in Balboa Park, San Diego on November 29, 1980 and it showed up right on time. The sunshine was pleasantly warm, but the competition was fiercely hot in several divisions. A large eucalyptus tree had fallen across the course a few days prior to the race to add an unscheduled obstacle. Runners had the option of going around either end or hurdling the trunk. It seemed like about a third chose each route, with some of the women going the short route "over the top."

Bill Meinhardt of the West Valley Joggers and Striders, Andre Tocco of the Culver City Athletic Club, Skip Shaffer, Andre's teammate, and Gary Sampson of the San Diego Track club had a good battle up and down the hills, with M40 Bill finally pulling out a 9 second margin over M45 Andre. Skip and Gary hung in for 2nd and 3rd in the M40 division.

The closest race was for the M50 title with SDTC's two Bills, Stock and Phillips going at it hammer and tong for 2 miles where they were never more than 3 meters apart. Phillips pushed hard up the last hill at 2 miles and opened up 30 meters. That lead held constant for almost a mile, then with 150 meters to go Stock went, making up 20 meters and winning by 4 seconds in course record time.

Jim O'Neil, SDTC, took the M55 national title and SDTC runner John Lafferty wound up the M60 winner. Herb Wright journeyed from Salt Lake City, Utah, and then another 5,000 meters to run off with the M65 championship and 81 year old Paul Spangler made his trip from San Luis Obispo, California a success by winning the M70 plus title.

In the women's race, run separately 45 minutes before the men, Jennifer Wright of Indio, California was a story unto herself. The W45 champion was first over-all. A sub-masters SD & I Association championship race was run with the masters women's race and international class marathoner Sue Krenn and Jennifer went tooth and nail most of the way. Jennifer finally moved away to a 10 second win over the W30 Ms. Krenn. 3rd over-all was W45 Dorothy Stock SDTC, followed by W50 champion Anne Johnson who is the 1980 Diet Pepsi 10 K national champ. Mary Storey ran well on the tough course to nail down the W55 championship to go with her earlier 10KM XC win in Seattle.

Results on page 22.



New U.S. Road Record Listing

In this issue are updated U.S. road running records, compiled by the National Running Data Center.

They are official as of December 1, 1980. Some records set in races prior to that date are not included because NRDC had not yet obtained certification of the courses and times.

Among them include those in the adjacent box. Particularly notable is a record by one Mila Kania, a new name to the Newsletter. Either we have been sleeping, or Kania has snuck in on us with astonishing suddenness.

Executive Director Bob Martin of the NRDC assures us she is real. At age 49, she has apparently demolished a very strong record -- namely, a 37:30 10-kilometer run by Miki Gorman, 45, on October 11, 1980. Not to mention a 37:39 run by Dorothy Stock, 48, on August 31, 1980. Kania ran a 36:29 in a Meadowlands, New Jersey race, fully a minute faster than Gorman.

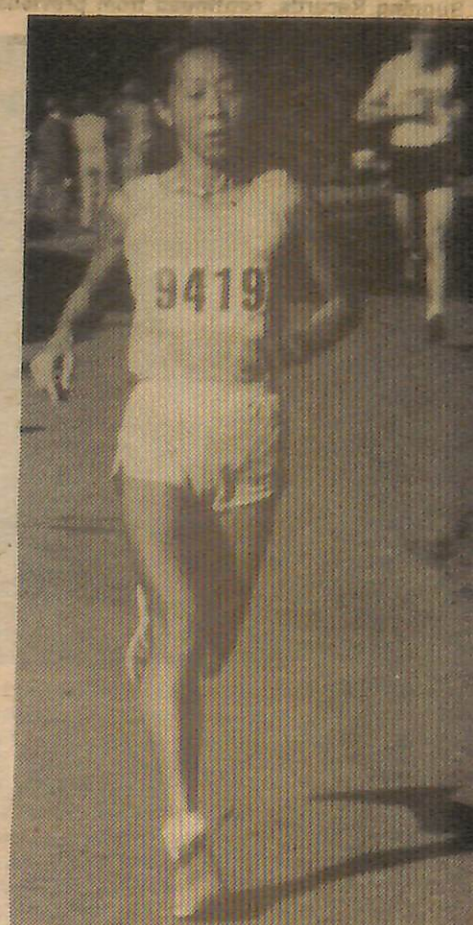
Any information you can provide to the NRDC regarding any of the yet-to-be-certified marks might be helpful.

U.S. 5-YEAR AGE-GROUP 1980 ROAD RUNNING TIMES WHICH BETTER THE DECEMBER 1 OFFICIAL LISTED RECORDS. THESE TIMES WILL BECOME THE NEW OFFICIAL MARKS IF CERTIFIED BY THE NATIONAL RUNNING DATA CENTER.

Distance	Age	Time	Name	Date	Place
10 kilo	M40-44	31:34	Dave Hambly	?	?
	M45-49	33:10	Hal Higdon	Nov 3	Chicago
	M55-59	34:15	Jim O'Neil	Oct 4	Purchase, NY
	W45-49	37:30	Miki Gorman	Oct 11	Santa Monica, CA
		37:39	Dorothy Stock	Aug 31	Mission Bay, Ca
	W55-59	40:26	Helen Dick	Apr 27	?
15 kilo	M50-54	53:13	Herb Chisholm	Oct 19	Washington, DC
	W45-49	59:13	Linda Sippelle	"	"
	W50-54	1:02:30	Toshiko d'Elia	"	"
20 kilo	M40-44	1:04:42	Herb Lorenz	Sep 28	Washington, DC
	M45-49	1:06:05	Hal Higdon	Oct 4	Chesterton, IN
	M50-54	1:10:18	Al Lawrence	"	"
	M55-59	1:09:51	Alex Ratelle	"	"
	M60-64	1:18:42	Rudy Nimmons	Sep 28	Washington, DC
	M70-74	1:32:22	Ed Benham	"	"
	W50-54	1:31:19	Bette Mihalek	Oct 4	Chesterton, IN
	W55-59	1:46:28	Margery Cochran	Sep 28	Washington, DC
	W45-49	1:20:10	Linda Sippelle	"	"
25 kilo	M40-44	1:22:39	Jim Bowers	Nov 30	San Francisco
	W40-44	1:35:25	Jody Fox	"	"
	W60-64	2:03:14	Marcie Trent	"	"
1/2 Marathon	W55-59	1:30:00	Helen Dick	Aug 24	Santa Monica, CA
	M65-69	1:21:52	Clive Davies	Sep 28	Lake Oswego, OR
Marathon	M40-44	2:22:23	Jim Bowers	Oct 14	Weott, CA
	W50-54	2:57:25	Toshiko d'Elia	Aug 24	Glasgow, Scotland
	W55-59	3:09:47	Helen Dick	Sep 28	Chicago
Also:					
10 kilo	W45-49	36:29	Mila Kania	Oct 5	Meadowlands, NJ

Interested parties should contact NRDC to make sure they're able to certify the record. Write Box 42888, Tucson, AZ 85733.

Toshiko d'Elia, 50, Ridgewood, N.J., Masters 50-59 LDR Woman Athlete-of-the-Year, winning World Veterans Marathon Championships in Glasgow, Scotland in 2:57:25, the first-ever sub-3-hour marathon for an over-50 woman.



OFFICIAL US OPEN AND AGE-GROUP ROAD RUNNING RECORDS - as of 1 Dec 1980

(as recognized by the Road Runners Club of America and the Athletics Congress)

10 kilo	Men	28:24	Greg Meyer, 23, MA	23 Jun 79	at MA
	Women	32:47	Margaret Groos, 20, VA	8 Oct 79	at MA
	Men 16-19	29:37	Steve Ortiz, 19, CA	5 May 79	at CA
	35-39	29:59	Barry Brown, 35, FL	29 Sep 79	at NY
	40-44	31:44	James Bowers, 40, CA	2 Sep 79	at CA
	45-49	33:57	Bob Collins, 48, CA	17 Sep 78	at CA
	50-54	33:51	Joe Burns, 46, NJ	13 Apr 75	at NY
	55-59	34:27	Jim O'Neil, 55, CA	5 Oct 80	at CA
	60-64	38:00	Bob Horman, 60, DC	9 Dec 78	at DC
	65-69	43:49	Bob Boal, 67, NC	25 Nov 79	at NV
	70-79	42:08	Monty Montgomery, 73, CA	25 May 80	at CA
	80+	1:22:50p	Joseph Johnsen, 81,	12 Jul 80	at WA
	Women 16-19	33:41	Lynn Jennings, 19, MA	8 Oct 79	at MA
		33:30p	Martha White, 18, PA	3 Jun 78	at NY
	35-39	34:23	Judy Fox, 39, CA	5 Apr 80	at CA
	40-44	35:23	Miki Gorman, 43, CA	17 Sep 78	at CA
	45-49	37:40	Mila Kania, 49, NY	6 Jun 80	at NY
	50-54	38:46	Margaret Miller, 54, CA	25 May 80	at CA
	55-59	41:54	Mary Storey, 56, CA	2 Aug 80	at CA
	60-69	49:46	Kay Atkinson, 67, CA	2 Sep 79	at CA
		49:16p	Lois Edds, 60,	26 Apr 80	at CA
	70+	1:08:20	Bess James, 70, CA	15 Jun 80	at CA
15 kilo	Men	43:40	Greg Meyer, 24, MA	9 Feb 80	at FL
	Women	49:43	Patricia Catalano, 27, MA	29 Jun 80	at OR
	Men 16-19	45:47	George Aguirre, 17, CA	4 Jul 75	at CA
	35-39	47:08	Ken Moore, 35, OR	24 Jun 79	at OR
		46:43p	Jarrett Slaven, 35, FL	9 Feb 80	at FL
	40-44	47:59	Hal Higdon, 44, IN	21 Sep 75	at IL
	45-49	49:15	Hal Higdon, 46, IN	5 Sep 77	at IN
	50-54	53:55	Don Dixon, 50, NY	2 Apr 78	at NY
		52:43a	Alex Ratelle, 53, MN	16 Jul 78	at NY
	55-59	53:38	Ed Almeida, 55, CA	15 Apr 78	at CA
	60-64	54:23	Clive Davies, 62, OR	25 Jun 78	at OR
	65-69	1:04:41	Bob Boal, 66, NC	1 Apr 78	at FL
	70-79	1:04:23	Ray Sears, 70, IN	2 Apr 77	at IN
	Women 16-19	52:07	Ann Henderson, 19, NC	9 Feb 80	at FL
	35-39	54:23	Cindy Dalrymple, 38, WA	10 May 80	at WA
	40-44	57:15	Miki Gorman, 43, CA	24 Jun 79	at OR
	45-49	59:47	Dorothy Stock, 48, CA	21 Sep 80	at CA
	50-54	1:03:12	Ruth Anderson, 50, CA	29 Mar 80	at WA
	55-59	1:06:13	Mary Storey, 55, CA	29 Mar 80	at WA
	60-69	1:17:46	Patricia Dixon, 61, WA	29 Jun 80	at OR
		1:15:51p	Althea Wetherbee, 61, NY	15 Mar 80	at FL
20 kilo	Men	59:47	Randy Thomas, 25, MA	4 Mar 79	at MA
	Women	1:11:40	Ellison Goodall, 24, NC	26 May 79	at MI
	Men 16-19	1:05:22	Gary Blume, 19	26 Oct 75	at MA
	35-39	1:01:16	Barry Brown, 35, FL	10 Nov 79	at MS
	40-44	1:05:54	Herb Lorenz, 40, NJ	28 May 79	at DC
	45-49	1:07:48	Hal Higdon, 45, IN	25 Sep 76	at IL
	50-54	1:10:18	Alex Ratelle, 52, MN	27 Aug 77	at MN
	55-59	1:16:07	Evan Kane, 55, NJ	27 Jan 80	at NY
	60-64	1:18:52	Don Longenecker	11 Nov 80	at AZ
	65-69	1:20:53	Norman Bright, 66, WA	22 May 76	at DC
	70-79	1:36:45	Ray Sears, 70, IN	29 Oct 77	at OK
	Women 19-	1:13:41	Karlene Erickson, 15, NE	28 Sep 80	at NE
	35-39	1:17:22	Judy Fox, 38, CA	1 Apr 79	at GA
	40-44	1:20:09	Trudy Rapp, 42, VA	28 May 79	at DC
	45-49	1:20:13	Dorothy Stock, 48, CA	21 Sep 80	at CA
	50-54	1:31:57	Rachel Bourne, 50, VA	27 Jan 80	at DC
	55-59	1:47:24	Mary Rodriguez, 58, NY	27 Jan 80	at NY
	60-69	1:59:46	Cathy Hargus, 61, CA	21 Sep 80	at CA
	70+	3:09:43	Felicitas Salazar, 71, CA	21 Sep 80	at CA

OFFICIAL US OPEN AND AGE-GROUP ROAD RUNNING RECORDS - as of 1 Dec 1980

(as recognized by the Road Runner Club of America and the Athletics Congress)

25 kilo	Men	1:14:29	Greg Meyer, 23, MI	12 May 79	at MI
	Women	1:30:26	Nancy Conz, 23, MA	15 Jun 80	at MA
	Men 16-19	1:22:31	Thom Hunt, 16, CA	21 Dec 74	at CA
	35-39	1:22:54	Randall Hoffman, 37, MI	13 May 78	at MI
	40-44	1:23:18	Ken Mueller, 40, MA	5 Mar 77	at MA
	45-49	1:23:53	Hal Higdon, 48, IN	10 May 80	at MI
	50-54	1:29:00	Jim O'Neil, 53, CA	17 Sep 78	at CA
	55-59	1:29:43	Alex Ratelle, 55, MN	10 May 80	at MI
	60-64	1:46:03	Paul Rogse, 61, CA	17 Sep 78	at CA
	65-69	1:54:15	Cleo Casady, 66, MO	17 Nov 79	at OK
	70-79	2:01:35	Ed Wiberg, 72, MI	10 May 80	at MI
	Women 16-19	1:33:05	Roxanne Bier, 16, CA	17 Sep 78	at CA
	35-39	1:38:45	Cindy Dalrymple, 35, HI	2 Oct 77	at HI
	40-44	1:38:40	Miki Gorman, 41, CA	12 Mar 77	at CA
	45-49	1:47:10	Ruth Anderson, 48, CA	12 Mar 78	at CA
	50-54	1:45:14	Margaret Miller, 54, CA	2 Mar 80	at CA
	55-59	1:52:46	Mary Storey, 55, CA	2 Mar 80	at CA
	60-69	2:20:27	Kay Atkinson, 61, CA	17 Sep 78	at CA
30 kilo	Men	1:34:20	Tom Fleming, 27, NJ	23 Dec 78	at NY
		1:29:04a	Bill Rodgers, 28, MA	28 Mar 76	at NY
	Women	1:50:45	Marty Cooksey, 25, OR	10 May 80	at CA
	Men 16-19	1:50:21	John Doyle, 19, NY	23 Dec 78	at NY
		1:48:34p	Thomas Downes, 18, NY	23 Dec 78	at NY
	35-39	1:38:53a	Mike Cotton, 17, NY	28 Mar 76	at NY
	40-44	1:45:07	Allan Kirik, 35, NY	23 Dec 78	at NY
	45-49	1:48:09a	Norbert Sander, 35, NY	19 Mar 78	at NY
		1:40:52	Hal Higdon, 42, IN	23 Sep 73	at IL
		1:53:32	Joe Erskine, 49, NY	22 Dec 79	at NY
		1:43:56a	Ed Stabler, 49, NY	18 Mar 79	at NY
	50-54	1:51:43	Jim O'Neil, 52, CA	9 Apr 78	at CA
		1:51:17p	Ed Almeida, 53, CA	Apr 76	at CA
		1:47:33a	Alex Ratelle, 53, MN	19 Mar 78	at NY
	55-59	2:04:12	Walter Brown, 55, NY	22 Dec 79	at NY
	60-64	2:10:50	Wayne Zook, 61, CA	11 Mar 78	at CA
		2:06:03a	John Wall, 62, MD	28 Mar 76	at NY
	65-69	2:36:54p	Joseph Abbas, 65, OH	27 Sep 80	at IN
		2:13:34a	Bob Boal, 66, NC	18 Mar 79	at NY
	Women 16-19	1:58:34	Beth Guerin, 19, PA	6 May 79	at OH
		1:57:38p	Julie Isphording, 18, OH	10 May 80	at CA
	35-39	2:05:05	Joan Ulliot, 39, CA	10 May 80	at CA
		2:03:29a	Kathy Lopez, 35, MI	19 Mar 78	at NY
	40-44	2:03:17	Miki Gorman, 43, CA	6 May 79	at OH
	45-49	2:14:29	Ruth Anderson, 48, CA	9 Apr 78	at CA
		2:04:22a	Toshiko d'Elia, 49, NJ	18 Mar 79	at NY
	50-54	2:26:59	Janet Grenda, 53, NY	22 Dec 79	at NY
	55-59	2:18:59	Helen Dick, 55, CA	10 May 80	at CA
	60-69	3:57:44	Marion Epstein, 61, NY	22 Dec 79	at NY
50 kilo	Men	2:50:46	Chuck Smead, 24, CA	21 Mar 76	at CA
	Women	3:26:47	Janice Arenz, 29, MN	16 Mar 80	at MN
	Men 16-19	3:00:28	David Cortez, 16, CA	31 Aug 74	at WA
	35-39	2:56:43	John Cedexholm, 36, MA	16 Sep 79	at VT
	40-44	3:03:56	Berd Heinrich, 40, VT	14 Sep 80	at VT
	45-49	3:18:07	Howard Miller, 47, WA	31 Aug 74	at WA
	50-54	3:21:02	Alex Ratelle, 52, MN	19 Mar 77	at MN
	55-59	3:20:49	Ed Almeida, 55, CA	23 Apr 78	at CA
	60-64	4:40:51	Charles Seekins, 61, CA	23 Apr 78	at CA
	65-69	5:40:22	John Newdorp, 69, VA	16 Sep 79	at VT
	70-79	4:54:20	Jim Bole, 71, CA	29 Apr 79	at CA
	Women 16-19	4:26:16	Yvette Cotte, 16, CA	21 Mar 76	at CA
	35-39	4:12:43	Cindy McElwain, 39, MA	17 Sep 78	at VT
	40-44	3:36:50	Sandra Kiddy, 43, CA	27 Apr 80	at CA
	45-49	4:10:34	Sue Medaglia, 45, NY	14 Sep 80	at VT

Road Running Records, continued from previous page

OFFICIAL US OPEN AND AGE-GROUP ROAD RUNNING RECORDS - as of 1 Dec 1980

(as recognized by the Road Runners Club of America and the Athletics Congress)

100 kilo	Men	6:51:20	Frank Bozanich, 34,CA	27 Jan 79	at FL
	Women	8:43:14	Sue Ellen Trapp, 33,FL	6 May 79	at CT
	Men 19-	9:48:41	Howard Breinan, 11,CT	4 May 80	at CT
	35-39	7:01:43	Frank Bozanich, 35,WA	26 Jan 80	at FL
	40-44	8:43:31	Sam Paris, 40,NY	25 Nov 78	at OH
	45-49	7:53:44	Joe Erskine, 49,NY	4 May 80	at CT
	50-54	7:52:37	Ted Corbitt, 54,NY	11 May 74	at CT
	55-59	11:23:54	Bob Mason, 58,NJ	27 Jan 79	at FL
	60-64	11:19:46	Dick Goodman, 60,WA	26 Jan 80	at FL
	Women 40-44	8:53:49	Sue Medaglia, 44,NY	4 May 80	at CT
10 mile	Men	46:00	Herb Lindsay, 25,MI	27 Apr 80	at NY
	Women	53:40	Patricia Catalano, 27,MA	23 Aug 80	at MI
	Men 16-19	48:46	John Gregorek, 19,DC	30 Mar 80	at DC
	35-39	50:59	Jack Mahurin, 35,MA	2 Apr 78	at LA
	40-44	51:21	Hal Higdon, 44,IN	21 Sep 75	at IL
	45-49	53:16	Brian Harris, 45,MI	23 Aug 80	at MI
	50-54	56:07	Herb Chisholm, 53,VA	30 Mar 80	at DC
	55-59	58:12	Hubert Morgan, 58,PA	30 Mar 80	at DC
	60-64	1:01:01	Joe McGinness, 61,TN	7 Apr 79	at TN
	65-69	1:07:59	John Archer, 65,WI	5 Aug 79	at WI
	70-79	1:13:29	Edward Benham, 72,MD	30 Mar 80	at DC
	Women 16-19	56:02	Aileen O'Connor, 18,MD	1 Apr 79	at DC
	35-39	1:02:35	Erma Tranter, 35,IL	8 Oct 78	at IL
	40-44	1:02:55	Trudy Rapp, 43,VA	30 Mar 80	at DC
	45-49	1:06:18	Dorothy Stock, 47,CA	17 May 80	at CA
		1:04:14a	Linda Sippelle, 45,CA	24 Aug 80	at MD
	50-54	1:10:44	Bette Mihalek, 51,WI	3 Aug 80	at WI
	55-59	1:13:02	Mary Storey, 56,CA	17 May 80	at CA
	60-69	1:56:21	Adrienne Salmini, 64,NY	6 Jan 80	at NY
		1:18:13p	Althea Wetherbee, 61,	27 Apr 80	at NY
20 mile	Men	1:40:47	Tom Fleming, 22,NJ	24 Feb 74	at NY
	Women	2:03:56	Tena Anex, 20,CA	28 Nov 76	at CA
	Men 16-19	1:52:32	Mike Warr, 18,CA	18 Nov 79	at CA
		1:49:09p	Curtis Miyagi, 18,CA	19 Nov 78	at CA
	35-39	1:48:42	Bill Clark, 35,CA	18 Nov 79	at CA
		1:48:08a	Bruce Mortenson, 36,MN	17 May 80	at WI
	40-44	1:51:07	Kent Guthrie, 40,CA	28 Nov 76	at CA
	45-49	1:56:39	Ross Smith, 49,NV	27 Nov 77	at CA
		1:54:27a	Hal Higdon, 48,IN	17 May 80	at WI
	50-54	1:57:25	Jim O'Neil, 51,CA	28 Nov 76	at CA
	55-59	2:10:22	Richard Houston, 57,CA	19 Nov 78	at CA
	60-64	2:09:12	George Sheehan, 61,NJ	24 Feb 80	at NY
	65-69	2:56:59	Luis Martin, 68,NJ	24 Feb 80	at NY
	70-79	2:49:14	Paul Spangler, 77,CA	28 Nov 76	at CA
	80+	4:18:00	Ivor Welch, 84,CA	18 Nov 79	at CA
	Women 16-19	2:08:27	Diane Israel, 19,NY	24 Feb 80	at NY
	35-39	2:09:25	Joan Ulliot, 38,CA	19 Nov 78	at CA
	40-44	2:21:41	Nina Kuscsik, 40,NY	25 Feb 79	at NY
	45-49	2:14:57	Toshiko D'Elia, 48,NJ	26 Feb 78	at NY
	50-54	2:22:41	Ruth Anderson, 50,CA	18 Nov 79	at CA
	55-59	3:03:29	Mary Rodriguez, 58,NY	24 Feb 80	at NY
	60-69	2:59:13	Kay Atkinson, 62,CA	18 Nov 79	at CA
	70+	3:25:59	Mavis Lindgren, 71,CA	19 Nov 78	at CA
50 mile	Men	4:51:25	Barney Klecker, 29,MN	5 Oct 80	at IL
	Women	6:12:12	Sue Ellen Trapp, 33,FL	16 Sep 79	at MI
	Men 16-19	5:30:42	Jose Cortez, 18,CA	18 Oct 70	at CA
	35-39	5:00:30	Alan Kirik, 35,NY	6 May 79	at CT
	40-44	5:25:50	Roger Rouiller, 42,IL	5 Oct 80	at IL
	45-49	5:50:44	Joe Erskine, 49,NY	3 Nov 79	at NY
		5:39:55p	Bob Olson, 48,MI	16 Sep 79	at MI
	50-54	5:34:01	Ted Corbitt, 50,NY	18 Oct 70	at CA
	55-59	6:38:07	Reinhard Ackermann, 56,NM	5 Oct 80	at IL
	60-64	6:24:18	Frans Pauwels, 60,OR	29 Oct 78	at OR
	65-69	9:31:55	Walt Stack, 66,CA	14 Oct 73	at CA
	Women 19-	13:38:49	Mary Bassler, 13,CA	5 Oct 80	at IL
	35-39	6:35:54	Nina Kuscsik, 38,NY	5 Nov 77	at NY
	40-44	7:04:53	Sue Medaglia, 44,NY	4 May 80	at CT
	45-49	8:47:20p	Beverly Nolan, 45,MA	4 May 80	at CT
100 mile	Men	13:04:09	Stuart Mittleman, 29,NJ	13 Jun 80	at NY
	Men 35-39	14:14:09	Park Barner, 35,PA	15 Jun 79	at NY
		13:36:35p	Don Marvel, 37,MD	13 Jun 80	at NY
1/2 mar'n	Men	1:02:16	Stan Mavis, 24,CO	27 Jan 80	at LA
	Women	1:14:04	Patricia Lyons, 26,MA	23 Sep 79	at VT
	Men 16-19	1:05:54	Thom Hunt, 19,CA	4 Jul 77	at CA
	35-39	1:04:24	Barry Brown, 35,FL	27 Jan 80	at LA
	40-44	1:07:54	Herb Lorenz, 40,NJ	16 Sep 79	at PA
	45-49	1:11:40	Hal Higdon, 49,IN	21 Sep 80	at PA
	50-54	1:16:53	Ed Almeida, 54,CA	5 Jul 76	at CA
		1:13:51a	Alex Ratelle, 54,MN	25 Aug 79	at CA
	55-59	1:15:26	Ed Almeida, 55,CA	4 Jul 77	at CA
	60-64	1:26:59	Wayne Zook, 61,CA	4 Jul 78	at CA
	65-69	1:36:01	William Brobston, 66,NY	23 Sep 79	at VT
	70-79	1:49:00	Paul Fairbank, 71,MD	10 Sep 78	at MD
	Women 16-19	1:19:43	Cindi Girard, 18,NY	8 Sep 79	at NY
		1:19:12p	Anne Zampardo, 18,CA	4 Jul 80	at CA
		1:14:50a	Kathy Mintie, 19,CA	25 Aug 79	at CA
	35-39	1:22:59	Erma Tranter, 36,IL	18 Nov 79	at IL
	40-44	1:24:01	Sandra Kiddy, 43,CA	4 Jul 80	at CA
	45-49	1:24:07	Dorothy Stock, 47,CA	4 Jul 80	at CA
	50-54	1:29:19	Toshiko D'Elia, 50,NJ	6 Sep 80	at NY
	55-59	1:31:39	Mary Storey, 56,CA	4 Jul 80	at CA
	60-69	2:03:28	Alice Werbel, 64,CA	7 Dec 79	at NY
		1:48:37p	Althea Wetherbee, 61,NY	6 Sep 80	at NY
	70+	2:23:27	Bess James, 70,CA	4 Jul 80	at CA
Marathon	Men	2:10:20	Tony Sandoval, 25,OR	9 Sep 79	at OR
		2:10:20	Jeff Wells, 25,OR	9 Sep 79	at OR
		2:09:27a	Bill Rodgers, 31,MA	16 Apr 79	at MA
	Women	2:35:41	Joan Benoit, 22,ME	9 Sep 79	at OR
		2:35:08a	Patricia Lyons, 27,MA	21 Apr 80	at MA
		2:30:57p	Patricia Lyons, 27,MA	80	at QU
	Men 16-19	2:17:44	Kirk Pfeffer, 18,CA	11 Jan 75	at CA
	35-39	2:15:52	Norm Higgins, 35,CT	5 Dec 71	at CA
	40-44	2:27:30	Jerry McNeal, 41,MN	22 Oct 78	at MN
		2:24:41a	Herb Lorenz, 40,NJ	16 Apr 79	at MA
	45-49	2:32:43	Bill Foulk, 47,MT	7 Sep 80	at OR
		2:32:42p	Hal Higdon, 48,IN	15 Jun 80	at MB
		2:28:49a	Jim McDonagh, 40,NY	20 Apr 70	at MA
	50-54	2:35:24	Alex Ratelle, 54,MN	9 Sep 79	at OR
		2:31:56a	Alex Ratelle, 54,MN	24 Jun 78	at MN
	55-59	2:36:04	Alex Ratelle, 55,MN	21 Oct 79	at MN
		2:34:59p	Alex Ratelle, 55,MN	15 Jun 80	at MB
		2:35:05a	Alex Ratelle, 55,MN	21 Jun 80	at MN

60-64	2:42:44	Clive Davies, 64,OR	28 Oct 79	at OR
65-69	2:53:03	Monty Montgomery, 65,CA	5 Dec 71	at CA
70-79	3:07:26	Monty Montgomery, 71,CA	16 Oct 77	at CA
80+	4:50:00	Paul Spangler, 81,CA	4 May 80	at CA
Women 16-19	2:41:48	Celia Peterson, 18,IN	16 Jul 78	at IN
35-39	2:43:38	Cindy Dalrymple, 37,WA	9 Sep 79	at OR
40-44	2:47:45	Miki Gorman, 40,CA	7 Dec 75	at CA
	2:39:11a	Miki Gorman, 41,CA	24 Oct 76	at NY
45-49	2:57:41	Nicki Hobson, 45,CA	21 Mar 76	at CA
50-54	3:02:01	Marian Irvine, 50,CA	4 May 80	at CA
55-59	3:13:07	Helen Dick, 55,CA	7 Jun 80	at CA
60-69	3:26:16	Marcie Trent, 60,AK	7 May 78	at CA
70+	4:37:37	Mavis Lindgren, 72,CA	9 Sep 79	at OR

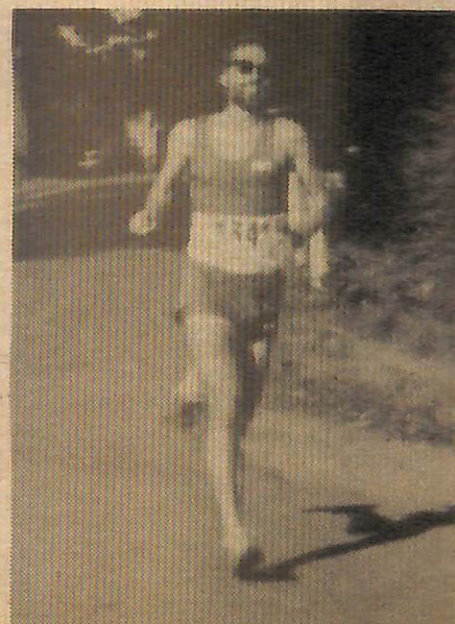
"a" indicates a mark on a point-to-point course that is faster than the official record.
 "p" indicates a mark is pending, usually because birthdates have not been reported to verify age-group marks or final course certification approval has not been received.

Official US road running records are compiled by National Running Data Center, Box 42888, Tucson, AZ 85733. Please send race information and birthdates to the NRDC.

All age groups currently tabulated are shown for the 10 kilo. For other events, if an age group is not shown, no record has yet been set.



BOB ROEMER



Kent Guthrie, en route to 2:37:13 marathon in World Veterans Championships in Glasgow, Scotland August 24.

1981 MIDWEST MASTERS SCHEDULE

Feb. 15	Regional Indoor T/F
SUNDAY	Forest View High School
8:00am	Arlington Heights, IL
March 14 & 15	North American Indoor Masters Championships
SAT.- SUN.	Forest View High School
9:00am	Arlington Heights, IL
May 30	Mini All-Comer T/F Meet
SATURDAY	Dyche Stadium - Northwestern University Evanston, IL
8:00am	Contact: Bill Smith days/346-1797 nites/256-2714
June 27	All-Comer T/F Championship
SATURDAY	Dyche Stadium - Northwestern University Evanston, IL
8:00am	Contact: Bill Smith days/346-1797 nites/256-2714
July 11	Mini All-Comer T/F Meet
SATURDAY	Dyche Stadium - Northwestern University Evanston, IL
8:00am	Contact: Bill Smith days/346-1797 nites/256-2714
Aug. 1	Regional Outdoor T/F Championship
SATURDAY	Dayton University Dayton, Ohio 513/268-9966
10:00am	Contact: Chas. Dudley 313 Walton Dayton, OH 45417
Aug. 8	All-Comer T/F Meet
SATURDAY	Dyche Stadium - Northwestern University Evanston, IL
8:00am	Contact: Bill Smith days/346-1797 nites/256-2714
Aug. 30	25K Road Championship
SUNDAY	Lake Bluff Jr. High School (Rt. 176 & Sheridan Rd)
8:00am	Lake Bluff, IL
Nov. 1	5K Cross Country Championship
SUNDAY	Veterans Park
10:00am	Crystal Lake, IL Dick Kloefer 815/459-5663
Dec. 27	30K Road Championship
SUNDAY	Lake Bluff Jr. High School
10:00am	Lake Bluff, IL

FEES: \$4.00

Awards: First five in each age group. G.S., Jr. Hi, H.S. Coll., OPEN, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+, MEN AND WOMEN.

REGISTRATION:

No entry form needed, sign up at the race

INFORMATION:

Wendell Miller or Ron Fox
 180 N. LaSalle 3272 Western
 Chicago, IL 60601 Highland Park, IL 60035
 312/236-1315 312/432-3411 or 427-1200

NOTE: Unless otherwise noted, all races are open to all other runners, regardless of age. All events on all all-weather basis.

RESULTS

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

1980 OCEAN STATE MARATHON Masters Results

FINISH NUM.	NAME	TIME	AGE	TOWN	STATE
29	2337 MURPHY/ROBERT M.	2:39:30	40	BARRE	VT
31	57 DOYLE/ARTHUR M.	2:39:37	41	ASHLAND	MA
62	2251 KOTULSKI/ANDREW	2:43:49	40	MONTCLAIR	NJ
82	2286 MAINE/GEORGE R.	2:45:40	48	LISBON	CT
97	60 DUFFY/MARTIN	2:46:32	40	BELMONT	MA
109	2282 MACKENZIE/DICK	2:47:17	41	MANCHESTER	CT
110	2438 SCHOENEBECK/C. C.	2:47:21	43	SWAMPSCOTT	MA
118	2523 YIP/SIDNEY	2:47:44	44	CAMBRIDGE	MA
130	2068 BUTTERWORTH/GEORGE	2:48:39	41	BOSTON	MA
169	2239 KENNETT/JIM	2:51:13	40	SAUNDERSTOWN	RI
172	2187 HANSON/JOHN	2:51:33	46	PITTSFIELD	MA
181	62 KELLY/BOB	2:52:04	40	BARRINGTON	RI
184	2234 KEEFE/CHARLIE	2:52:31	43	CHELMSFORD	MA
189	2464 SPROUL/ALVIN F.	2:52:50	42	W. PEABODY	MA
199	2147 FREEMAN/JOHN D.	2:53:28	40	CONCORD	MA
204	2321 MILLIGAN/JOSEPH V.	2:54:10	45	BROCKTON	MA
217	2434 SCHAEFER/OTTO E.	2:54:55	44	N BRANFORD	CT
236	2208 HOBAN/SEAN	2:55:58	48	CUMBERLAND	RI
247	2276 LINGLEY/JAMES F.	2:56:35	42	SHREWSBURY	MA
252	2133 FILLBACK/WAYNE	2:56:52	44	N ANDOVER	MA
253	2081 CLARKE/ROBERT A.	2:57:00	41	RANDOLPH	MA
254	2100 DANFORTH/PETER D.	2:57:01	46	CONCORD	MA
256	2193 HARRISON/EDWARD S.	2:57:08	40	MUNSON	MA
257	2124 DYER/EDWARD B.	2:57:09	44	CUMBERLAND	RI
258	2405 RILEY/WILLIAM A.	2:57:10	44	BOSTON	MA
262	2457 SMITH/ROBERT F.	2:57:30	44	OLD GREENWICH	CT
264	2411 ROGERS/DOUGLAS A.	2:57:35	47	MARSHFIELD	MA
265	2162 GOLDNER/RONALD B.	2:57:36	45	LEXINGTON	MA
268	2386 POZZUTO/SAVERIO	2:57:52	47	LONGMEADOW	MA
276	2474 SULLIVAN/LEO V.	2:58:17	41	MEDFORD	MA
282	2395 REED/HOWARD E.	2:58:45	41	PROVIDENCE	RI
286	2254 KRAMER/RON	2:58:56	40	HOLLISTON	MA
287	2122 DYBIVIG/A. J.	2:59:00	41	GREENWICH	CT
293	2213 HORWITZ/ALAN	2:59:14	40	BOSTON	MA
303	2061 BULL/SHERMAN M.	2:59:36	44	STAMFORD	CT
307	2663 SULLIVAN/JIM	2:59:53	50	E HARTFORD	CT
308	2185 HAND/JOHN J.	2:59:55	43	PORTSMOUTH	RI
309	2151 GAFFNEY/JAMES E.	2:59:56	42	N DARTMOUTH	MA
312	2058 BUCZEK/RICHARD	3:00:08	41	E HARTLAND	CT
314	2250 KONCHAGULIAN/RICHAR	3:00:11	45	READING	MA
316	2330 MULLEN/JOSEPH	3:00:18	48	SEEKONK	MA
319	2096 CURTIS/H. WAYNE	3:00:24	43	PROVIDENCE	RI
337	2392 RANDALL/ALLAN	3:01:20	41	BROCKTON	MA
340	2086 CONNOLLY/JOE	3:01:24	47	COTUIT	MA
342	2491 TURK/LESLIE A.	3:01:36	40	FAIRFIELD	CT
350	2131 FERRIS/KENNETH N.	3:01:47	44	PITTSFIELD	MA
351	2362 PASSLER/RICHARD	3:01:53	46	WESTBORO	MA
352	2507 WEINLAND/THOMAS P.	3:01:54	41	STORRS	CT
353	2230 JOHNSON/HARRY M.	3:01:55	45	STOORS	CT
354	2038 BENSON/ROBERT	3:02:03	41	WESTERLY	RI
355	2365 PEACOCK/WAYNE	3:02:06	42	HUDSON	OH
360	2482 TERRANOVA/JOHN	3:02:21	48	PEMBROKE	MA
367	2311 MCSWEENEY/JAMES G.	3:02:33	40	MELROSE	MA
374	2164 GOOD/GERALD P.	3:02:57	48	RANDOLPH	MA
375	2258 LADAS/GERASIMOS	3:02:58	43	PEACEDALE	RI
376	2274 LIETAR/PAUL A.	3:02:59	42	PROVINCENCE	RI
381	2199 HATHAWAY/LEONARD R.	3:03:19	43	S ATTLEBORO	MA
386	2291 MARCY/HENRY	3:03:35	42	ST JOHNSBURY	VT

BOBBY CRIM 10 MILE ROAD RUN FLINT, MICHIGAN

W40-44	Margaret Peruski	MI	1:11:25
	Mary Vanaamp	MI	1:12:35
	Marg Potter	MI	1:12:36

M40-49	Larry Heath	MI	55:34
	Bob Paklaian	MI	55:30
	Dave Peelle	MI	55:41

M45-49	Mary Dasen	MI	1:29:09
	Lois Brodill	MI	1:31:27
	Bea MacGregor	MI	1:36:21

M45-49	Brian Harris	MI	53:15
	Hal Higdon	IN	54:31
	Bob Trudgeon	MI	57:54

M50-59	Pamalee Avery	MI	1:20:39
	Peggy Ann Steig	MI	1:20:46
	Charlotte Williams		1:24:40

M50-59	Jim Forshee	MI	59:51
	Max Nemolzi	MI	1:02:55
	Don Thacakrey	MI	1:04:50

M60-69	No Finishers		
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M60-69	Walter Kayser	MI	1:11:35
	Gunnar Littrup	MI	1:21:50
	James Lux	MI	1:22:18

M70+	Ed Wiberg	MI	1:30:46
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PEARL HARBOR BIKE PATH 10K HONOLULU, HAWAII September 14, 1980

M40-49	Mike Tymn (1st open)	32:57.2
	Henry Richmond	36:59.6
	Larry Axmaker	37:05.6
M50+	Scott Hamilton	38:59.5
	George Ishiki	41:37.7
	David Rarango	45:32.2

GATEWAY GETAWAY LINCOLN, NEBRASKA

M35-39	Rod Lechtenberger	37	34:09
	Jim Lewis	35	35:30
	Roger Wiegand	37	36:57

M40-49	Ray Stevens	40	33:27
	Bob Elwood	46	34:27
	Lowell Gaither	42	34:45

M50+	Bob Stear	54	39:17
	Mark Buchholz	52	41:07
	Bob Cottingham	52	44:50

M35+	Barbara Ross	35	43:09
	Nancy Hansen	35	46:26
	Audrey Weston	38	46:30

GULF ATHLETICS CONGRESS 10K CHAMPIONSHIPS, September 20.

TOP MASTERS:			
M40-49	Allen McDaniel	40	33:53
	Don Slocumb	46	36:46
	Bill Hoss	45	37:13

M50-59	Al Lawrence	50	34:53
	Bob Ellis	50	39:32
	Milt Johnson	51	39:38

M40-49	Mary Cullen	41	43:38
	Kay Duplichan	44	47:22
	Murrel Crosson	44	52:19

M50-59	Barbara Neuhaus	52	53:15
	Lida Askew	54	54:49
	Edith Grinnell	54	57:35

WOODS COUNTRY 10-MILE RUN, HEDGESVILLE, WEST VIRGINIA, October 5, 1980.

M40+	Bill Johnston	40	62:41
	Audrey Shawver	44	63:42
	Whitfield Geary	42	63:47

M40+	Pat Carmichael	42	89:24
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San Diego Track Club

Master's 100x1 Mile Relay 19 October 1980

Name	Age	Mile Time	51.	Norm Wight	42	5:58.1
1. Bill Stock	51	5:04.6	52.	Frank Mendoza	41	5:18.0
2. Bill Porter	41	4:51.2	53.	Don Dilworth	61	6:01.9
3. Ray Sablan	41	5:07.4	54.	Frank O'Brien	46	5:31.2
4. Gary Sampson	40	4:52.0	55.	Lynn Sheffey	44	5:55.6
5. Bob Daniel	40	4:58.4	56.	Bob Holmes	51	5:23.3
6. Jim Heldoorn	42	5:21.7	57.	Lloyd McGuire	48	5:30.5
7. Jerry Berkouf	44	5:12.9	58.	Luis Ozeda	56	5:50.0
8. Richard Wagner	43	5:14.4	59.	Dave Saylor	43	5:18.7
9. Tom Morrow	42	5:10.0	60.	Jack Johnstone	45	5:18.7
10. Brian Havey	41	5:08.4	61.	Dale Schutte	46	5:20.2
11. Ed Oleata	43	4:57.5	62.	Ken Bernard	54	5:58.6
12. Tom Rice	59	5:25.3	63.	Newt Ball	50	6:12.8
13. Bill Phillips	52	5:11.1	64.	Dale Sutton	41	5:40.5
14. Peter Schipa	41	5:43.3	65.	Jim Temples	42	4:48.8
15. Will Rasmussen	40	5:01.8	66.	Don Evans	45	5:14.6
16. Cal Hamren	42	5:21.3	67.	Tom Hillary	44	5:20.7
17. Clark Rasmussen	44	5:35.3	68.	Bob Henley	42	5:26.8
18. Jim Hilton	43	5:48.9	69.	Jim Stoddard	41	5:14.5
			70.	Woody Grover	47	5:48.5



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19. Joe Brooks	50	5:45.5	71. Brandon Armstrong	44	5:35.9
20. Mike Rogers	41	5:48.7	72. Dick Cole	42	5:51.1
21. Tony Sucec	44	5:24.6	73. Hal Tyvoll	49	5:43.2
22. Harry Mollgard	41	5:15.6	74. Bob Sanders	49	6:09.5
23. Bill Gould	40	5:21.8	75. John Giller	42	5:42.2
24. Terry Jones	40	5:24.8	76. Bob Collins	50	5:11.2
25. Wes Barrett	44	5:21.1	77. David Hadley	40	5:28.5
26. Marsh Haraden	50	5:14.0	78. Ian MacInnes	45	5:15.8
27. Frank Ferrone	47	5:34.0	79. Ernie Hughes	47	5:54.4
28. Don Grassie	49	5:32.4	80. Len Gostink	40	5:45.8
29. Sach Yamamoto	47	6:06.7	81. Wells Gardner	43	5:16.4
30. Paul Porter	41	5:54.0	82. Vern Parker	47	5:46.5
31. Bill Siebold	46	5:43.8	83. Marvin Davis	46	5:23.5
32. Jerry Murphy	42	6:02.7	84. Joe Wilkins	48	5:49.2
33. Bob Hunter	40	5:19.6	85. John Lafferty	62	5:41.6
34. Ken McIntyre	41	5:21.6	86. John Denora	49	5:29.7
35. Jack Sardo	50	5:45.6	87. Rod Johnson	55	6:07.0
36. Al Trivelpiece	49	6:23.8	88. Jim Skelly	44	6:25.4
37. Tom Johnson	45	5:47.5	89. Hal Elrick	62	6:04.0
38. T.R. Eddy	47	5:26.7	90. Jim Waters	40	5:43.3
39. John Meyer	40	5:31.7	91. Russ Doolittle	49	5:41.2
40. Dennis Nichols	50	5:34.7	92. Jeff Brodick	45	5:39.0
41. Frank Siaz	42	4:49.1	93. Ray Ramage	45	5:37.8
42. Art Pischell	40	5:46.8	94. John Rodenbo	46	5:57.3
43. Warren Frederick	40	5:20.6	95. Rod Myers	44	6:02.6
44. Leon Sowers	42	5:27.9	96. Noel Parker	41	6:31.5
45. Dave Pound	40	5:21.9	97. Tom Brown	42	5:05.0
46. Ed Richards	44	5:25.3	98. Andy Panno	47	5:38.0
47. Ernie McCray	42	5:33.5	99. Larry Loomer	51	5:54.5
48. Bob Mangrum	47	5:36.0	100. Dale Daniel	41	5:46.0
49. Don Hegerle	50	5:24.0			
50. Bill Raney	42	5:41.4			

Total Time: 9:15:44.3 (5:33.4/mile) World Record

BOSTON COLLEGE THROWING MEET

October 19, 1980	
8 LB SHOT:	
M60-69	
Nat Heard	48-10
Bill Gilligan	44- 6 1/2
Ian Hume	36- 9
Art O'Brien	31- 1

M70-79	
Ray Connolly	34- 0

DISCUS:

M60-69	
Bill Gilligan	135-11
Nat Heard	129- 0
Ian Hume	106- 8

M70-79	
Ray Connolly	84- 0

4K HAMMER:

M60-69	
Bill Gilligan	129- 3
Nat Heard	122-11
Ian Hume	73-10 1/2

M70-79	
Ray Connolly	78- 6 1/2

12 LB SHOT

Nat Heard	39-11 1/2
Bill Gilligan	39- 7 1/2

M70-79	
Ray Connolly	25- 7 1/2

JAVELIN:

Ian Hume	124- 8
Bill Gilligan	101- 1
Nat Heard	86- 5

M70-79	
Ray Connolly	69- 0

25 LB WEIGHT

Bill Gilligan	41- 7
Nat Heard	47- 7
Ian Hume	31- 9 1/2

M70-79	
Ray Connolly	29- 9 1/2

VIRGINIA 10-MILER LYNCHBURG, VIRGINIA September 27, 1980

Open	
Rod Dixon	46:51

M40-49	
Bill Hall	40 52:56
Roger Robinson	41 53:05

METROPOLITAN ATHLETIC CONGRESS 1980 MASTERS 10K CROSS-COUNTRY CHAMPIONSHIPS, BRONX, N.Y.

40-44			
JIM FILLIS	43 ML	37:41	
MARTIN SCHIFF	42 VC	41:06	
JAMES DOOLEY	43 UN	41:54	
WILLIAM STAAB	41 WS	42:09	
ABDUL EL-AMIN	40 PC	47:05	
SIMON NUCHTERN	44 ML	47:49	
JOHN RELKIN	40 UN	50:21	

45-49			
VINCE CHIAPPETTA	47 ML	38:23	
HANS HARTMAN	45 WS	39:00	
LOU STERN	46 PP	39:38	
TAD WHITE	47 WS	42:07	
GUS LIKOS	47 PC	42:47	
NOEL BYRNE	46 UN	44:21	
ROBERT GALLANTY	49 UN	45:56	
PETER FLEMING	49 NY	48:44	

50-54			
JOE BURNS	50 ML	40:36	
TOM CAMERON	50 ML	40:56	
CHARLES BAXLEY	50 ML	45:43	
LES MARGEISON	54 UN	47:19	
BOB WHEELER	51 UN	47:56	
IRV ABRAHAM	53 UN	52:44	
AL KURLAND	50 WS	53:29	
JOE McDOWELL	50 UN	57:35	

55-59			
BOB MUELLER	55 PP	41:33	
MORT KAIL	56 UN	46:53	
JACK FINGER	59 VC	47:31	

60+			
STEVE RICHARDSON	60 NY	41:41	

BIG BROTHER 10K
SAN DIEGO, CALIF.
November 8, 1980

Open:		
Kirk Pfeffer	28:47	
M35-39		
Dan McCaskill	32:29	
Don Shanahan	33:51	
Howard Moody	34:24	

M40-44		
Norm Second	34:10	
Tom Brown	35:45	
Bob Holland	35:53	

M45-49		
Jim Blankenship	37:20	
Scott Wotkins	37:23	
Donald Foster	37:50	

M60+		
Lovi Rocha	42:20	
Sef Torres	45:21	

W35-39		
June Allen	42:20	
Lynn Flanagan	45:00	
Sandy Brooks	46:24	

W40-44		
Diane Stocklin	41:33	
Judy Splitgerber	42:15	
Beverly Fox	46:40	

W45-59		
Helene Lavrent	41:08	
Ruth Fogue	47:09	
Anita Miller	47:12	

GULF ASSOC. ATHLETICS
CONGRESS 25KM CHAMPIONSHIPS,
HOUSTON, TEXAS, November 8.

Open:		
Jerry Yunker	25 1:22:13	
M40-49		
Bill Hoss	45 1:31:20	
Allen McDaniel	41 1:33:51	
Michael Seich	46 1:34:03	

M50-59		
Al Lawrence	50 1:32:27	
Bob Ellis	50 1:37:29	
Bob Ramage	50 1:39:18	

M60+		
Gene Askew	60 1:54:26	
W40-49		
Mary Ann McBrayer	46 2:15:43	
Elaine Pattillo	44 2:20:51	
Nancy Shoup	48 2:28:18	

W50+		
Lida Askew	54 2:13:53	
Edith Grinnell	54 2:28:14	

W36-49		
Christa Romppanen	39:23	
Dianna Chronont	43:31	
Kari Nordaas	44:36	

W50+		
Helen Dick	45:12	
Daisy Wong	48:17	
Margaret Minick	56:04	

HARRISBURG MARATHON
HARRISBURG, PA.
November 9, 1980

Open:		
Timothy Rollings	2:21:52	
M35-39		
George Keim	2:31:35	
Alan Sommerville	2:34:44	
Calvin Hill	2:41:01	

M40-44		
Ed Geisendaffer	2:37:24	
Jack Blakely	2:41:50	
Robert Wood	2:43:18	

M45-49		
Ben Hyser	2:37:40	
Guenter Erich	2:45:21	
Richard Gottshall	2:45:48	

M50-59		
Hubert Morgan	2:55:17	
Raymond Roth	2:58:02	
John Benzoni	3:00:39	

M60+		
Fred Cox	3:45:36	
Richard Lukes	4:03:57	
Albert Booth	4:05:14	

W30-39		
Deborah Kepler	3:04:39	
Patricia Williams	3:16:39	
Karen Norton	3:22:42	

W40+		
Jean Olcese	3:29:09	
Merle Strain	3:51:57	
Nancy Reider	3:58:40	

W50+		
Len Thornton	50 2:47:24	
Richard Rozier	50 3:08:41	
Sid Toabe	56 3:11:07	

W40-49		
Ramona Diaz	41 3:51:26	
Pat Hurst	49 4:05:35	
Verla Phillips	45 4:12:58	

W50+		
Liz DeMonte	50 3:50:35	

W50+		
Liz DeMonte	50 3:50:35	

AVON 10-MILE, SPRINGDALE,
OHIO, November 9, 1980

W40 Mitzi Henscheid	1:16:23	
Odessa Barnett	1:17:00	
W50 Lynn Edwards	1:28:51	
W60 Ann Koehler	1:40:27	

MACY'S MARATHON & 10K
KANSAS CITY, MO.
November 9, 1980

Open:		
Bob Busby	MO 2:20:49	
M40-49		
Joe Schrag	KS 2:49:43	
Wayne Hobelman	KS 2:51:33	
Tom McIntire	KS 2:52:03	

M50+		
Jerry Morrison	MO 2:52:09	
Robert Highfill	MO 3:19:24	
Leo Wozniak	KS 3:20:39	

W40-49		
Nancy Hamaker	MO 3:45:10	
Dixie Ubben	KS 3:54:09	
Sharon Wagner	KS 3:57:45	

W50+		
None		
10K		
Open:		
Robert Wallace	NE 29:50	

M40-49		
Clyde Davidson	KS 33:46	
John Haraughty	KS 34:45	
Wally Brawner	KS 37:09	

M50-59		
Gerald Witten	KS 37:14	
Bart Hakan	MO 44:46	
Frank Royer	MO 45:59	

M60+		
Bill Dyer	KS 47:10	
Charles Hieronymus	53:34	
William Schuler	KS 53:43	

W40-49		
DeLores Albertini	MO 44:18	
Onetta Chester	KS 45:04	
Jacque Weber	KS 45:31	

W50-59		
Joan Dodge	KS 49:43	
Alberta Daw	MO 50:26	
Shirley Forsythe	MO 52:17	

W60+		
Celeste Obermiller	63:37	

FOUR-IN-ONE TRACK RUN		
TUCSON, ARIZONA (400 meter		
tartan track, U. of Ariz.)		
November 16, 1980		

2-HOUR RUN		
M30 Hayden Smith	AZ 18/1406	
M35 John Mericle	AZ 18/1111	
M40 Jim Smith	NY 16/1638	
M50 Don Shea	AZ 15/ 552	
M55 Bob Martin	AZ 16/ 224	

50K		
M30 Fred Riemer	AZ 4:37:28	
M40 Jim Smith	NY 3:51:30	
M45 William Smith	TX 4:23:25	

50 MILES		
M30 Fred Riemer	AZ 8:13:54	
M45 William Smith	TX 7:26:54	
100K		
M30 Fred Riemer	11:09:28	

SANTA MONICA MARATHON		
SANTA MONICA, CALIF.		
Open:		
Jim Hartig	26 2:30:50	

M40-49		
Jim Knerr	46 2:36:54	
Joseph Gassman	40 2:41:47	
Ray Schmidt	42 2:51:33	

M50-59		
Con Eroen	2:56:04	
Patrick Devine	51 2:59:48	
David Hirschson	53 3:07:27	

M60+		
AT Kalina	63 2:46:30	
Morris Perez	71 3:23:31	
Louis Schneider	61 3:46:50	

W40-49		
Tina Brackenbush	3:35:02	
Jane Dods	44 3:52:52	
Joyce Boedecter	49 4:34:16	

W50+		
Joyce Boedecter	49 4:34:16	

W50+		
Joyce Boedecter	49 4:34:16	

W50+		
Joyce Boedecter	49 4:34:16	

W50+		
Joyce Boedecter	49 4:34:16	

W50+		
Joyce Boedecter	49 4:34:16	

VETERANS DAY 10K, FLUSHING
MEADOW PARK, QUEENS, N.Y.
November 9, 1980. 765 men.
152 women. Mid 40's.

M40-49		
Bob Fischer	40 32:11	
Marty Ball	43 34:45	
Ramon Ruiz	40 36:06	

M50-59		
Joseph Janicek	56 36:39	
Walter Brown	55 38:31	
Lou DiFazio	58 39:10	

M60+		
Wilfredo Rios	64 41:18	

W40-49		
Mila Kania	49 37:31	
Doris Engelmann	41 48:09	
Bunny Franco	49 50:56	

W50+		
Dorothy Portericker	60:53	
(51)		

PITTSBURGH KC JFK 5000
METER RUN - 1980

M40-49		
John Krause	19:39	
Bill Lennox	19:49	
John Harwick	20:27	

M50-59		
Ray Riffe	18:56	
Hal Schenk	21:36	
Mike Giancola	22:59	

MIDWEST MASTERS 5K-CROSS-
COUNTRY CHAMPIONSHIPS
CRYSTAL LAKE, ILLINOIS
November 9, 1980

M30-34		
Alex Augustine	IL 18:59	
Bill Jackson	IL 21:18	
John Pietz	IL 22:02	

W30-34		
Nancy Smith	IL 29:16	

M35-39		
Alan Hutchcroft	IL 18:16	
Jack Kloeppfer	IL 18:28	
Gary Collins	IL 19:22	

M40-44		
Bob Schrader	IL 17:20	
Dick Kloeppfer	IL 17:57	
Allan Stearns	IL 19:57	

M45-49		
Les Berquist	IL 20:24	
Bob Beebe	IL 21:10	
John Horwath	IL 21:22	

M50-54		
Bernie Tjarksen	IL 20:52	
David Booth	IL 22:07	
Sam Sorrentino	IL 23:05	

M60-64		
Arnold Johnson	IL 22:27	
Chester Marshall	IL 31:52	
Douglas Falls	IL 32:15	

3RD ANNUAL LASSE VIREN FINNISH INVITATIONAL 20K* POINT MUGU, CALIF. November 16, 1980		
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Open:		
Jon Sinclair	23 1:05:19	

M40-49		
Skip Shaffer	42 1:17:06	
Jim Murphy	41 1:18:57	
Bob Holte	49 1:20:40	
Ben Sawyer	43 1:21:45	
Karl Ryden	41 1:23:10	

M50+		
Dick Durand	52 1:28:48	
Jack Thomas	50 1:29:35	
Curt Brownfield	51 1:29:45	

W40+		
Christa Romppanen	41 1:29:36	
Jane Dods	44 1:39:46	
Lynn Cranmer	40 1:45:06	

(*Due to high risk of fire, Park Department changed course, adding about 1000 meters to length of race)		
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Open Women:		
Grete Waitz	27 1:14:42	

DETROIT FREE PRESS
INTERNATIONAL MARATHON
October 19, 1980.

M35-39		
Tony Mifsud	36 2:31:40	
Dennis Scott	37 2:38:16	
Lou Wagner	36 2:38:16	

M40-44		
Carl Hall	42 2:34:37	
Dave Peele	42 2:35:48	
Hartley Vezina	44 2:38:51	

<u>M45-49</u>	
Bob Trudgeon	46 2:42:34
Jack Chase	45 2:43:30
Norm Eastman	49 2:43:56

1980 TAC NATIONAL POSTAL ONE HOUR RUN CHAMPIONSHIPS

PLACE	ASSOC	DATE	CONDITIONS/TRACK	COORDINATOR	ENTRANTS
SEATTLE, WA	PHU1	040580	RAIN	ALL WEAT AL HUFF	25
SEATTLE, WA	PHU2	041880	45 CLEARALL WEAT AL HUFF		9
SEATTLE, WA	PHU3	080580	45 CLEARALL WEAT AL HUFF		12
SANTA BARBARA, CA	SPA1	072480	40-70 CHEVRON JOHN BRENNAN		29
ANCHORAGE, ALASKA	FLRC	071280	40 CLOUD	BEN HADUTZEL	24
ITHACA, NY	FLRC	051180		BARBARA BOOKER	13
SAN LUIS OBISPO, CA	SPA2	071280		STAN ROSENFELD	19
VISALIA, CA	CCA	060780	78-85 ALL WEAT DAVID BRONZAN		15
KNOXVILLE, TN	TEHN	051080	47 SUNNYTARTAN HAROLD CANFIELD		37
BROOKINGS, SD	SD	041380	36 CLOUDALL WEAT BOB BARTLING		8
HOUSTON, TX	GULF	020580	38 RAIN ALL WEAT MIRA ROEDUCK		6
ROSBURG, ORE	ORE	021680	RAIN	STANLEY STAFFORD	4
MASSACHUSETTS	ME			FRED BROWN, SR	6
BETHESDA, MD	PV	051780		TONY DIAMOND	18
SEATTLE, WA	PHU4	071080	COOL, UNBALL WEAT DICK UTTICK		27

CLUB ABBREVIATIONS

- MONED = NORTH MEMPHIS
 URC = WASHINGTON RUNNING CLUB
 BOC = BATHING OLYMPIC CLUB
 MCRC = NATIONAL CAPITAL TRACK CLUB
 TER = TERLINGUA
 HH = HOUSTON HARRIERS
 SOS = SOUTHERN OREGON SIZERS
 RTC = ROSEBURG TRACK CLUB
 KTC = KNOXVILLE TRACK CLUB
 PUSTC = POTOMAC VALLEY SENIORS TRACK CLUB
 HSTC = HIGH SIERRA TRACK CLUB
 FIC = FRESNO TRACK CLUB
 SLDC = SAN LUIS DISTANCE CLUB
 FLRC = FINGER LAKES RUNNERS CLUB
 TRC = TRIPLE CITIES RUNNERS CLUB
 PULS = PULSATIONS
 AZTL = AZTLAN
 FL = FAST LADIES
 SBA = SANTA BARBARA AA
 TIT = TEAM INSIDE TRACK
 CCAC = CULVER CITY A C
 CHU = CLUB NORTHWEST
 SNTC = SNOHOMISH TRACK CLUB
 SEATC = SEATTLE TRACK CLUB

* SPONSORED BY THE SNOHOMISH TRACK CLUB

- MEET DIRECTOR AL HUFF
 • 18127 1ST AVE NW
 • SEATTLE, WA 98177
 • PHONE 206-542-2930

1 GARY TUTTLE	TIT	32 M 12 164	1 OP SPA
2 ROBERT HOLLISTER	SBA	21 M 11 1328	2 OP SPA
3 DONALD OCHANA	SBA	29 M 11 1243	3 OP SPA
4 JON JACKSON	SBA	21 M 11 1236	4 OP SPA
5 DAVID GLIDEWELL	KTC	25 M 11 1237	5 OP TENN
6 ALLEN MAYLOR	URC	25 M 11 1137	6 OP PV
7 TERRY BARR	KTC	22 M 11 932	7 OP TENN
8 JUAN MOLINA	HSTC	24 M 11 759	8 OP SPA
9 ERIC HUFF	SLDC	23 M 11 731	9 OP SPA2
10 MANNY BAUTISTA	SLDC	22 M 11 731	10 OP SPA2
11 DAVE HANLEY	SNTC	26 M 11 490	11 OP ALSK
12 MIKE ARAGO	SBA	19 M 11 404	1 JR SPA
13 BOB BRENNAN	HSTC	28 M 11 267	12 OP CCA
14 JUAN GARZA	HSTC	17 M 11 245	2 JR SPA
15 ROBERT LOHSE	SBA	25 M 11 240	13 OP SPA
16 DAN MCCANN	HSTC	33 M 11 160	14 OP TENN
17 ANDREW SCHRAH	KTC	33 M 11 84	15 OP CCA
18 DAVID BRONZAN	FTC	29 M 11 82	16 OP CCA
19 CURT ELIA	DOC	23 M 11 72	17 OP PV
20 BOB STACK	SNTC	41 M 11 45	2 H40 PNU3
21 PHIL WALKER	CHU	31 M 11 42	18 OP PNU3
22 PHILIP WELCH	SNTC	44 M 11 40	3 H40 PNU3
23 DAVE PITKETHLY	URC	33 M 10 1731	19 OP PV
24 RAY MORRISON	HSTC	37 M 10 1673	20 OP CCA
25 KARL UELSER	HSTC	33 M 10 1444	21 OP CCA
26 DON CHAPIN	PSTC	23 M 10 1632	22 OP SD
27 RANBY FISCHER	SEATC	17 M 10 1557	3 JR PNU1
28 JEFF KIMBLEMAN	SNTC	34 M 10 1466	23 OP ALSK
29 KRIS PITTET	PULS	20 M 10 1460	24 OP ALSK
30 WIS HUELLER	BLDC	26 M 10 1420	26 OP SPA2
31 JIM PEARSON	SBA	44 M 10 1395	4 H40 SPA
32 JOHN BEATON	SNTC	43 M 10 1308	5 H40 PNU2
33 JOHN BRENNAN	SNTC	44 M 10 1307	6 H40 PNU2
34 MAURICE PRATT	NONED	41 M 10 1220	7 H40 NE
35 KIL ENRY	HSTC	19 M 10 1177	8 H40 NE
37 ROLAND CORRIER	FTC	19 M 10 1141	4 JR CCA
38 FRED CASTILLO	SNTC	27 M 10 1107	27 OP CCA
39 AL LOHELI	SNTC	37 M 10 1105	28 OP PNU2
40 EVAN SHULL	TER	31 M 10 1100	29 OP TENN
41 EDWARD VALKUITZ	KTC	33 M 10 1056	30 OP GULF
42 THOMAS GARDNER	SNTC	24 M 10 946	1 H45 PNU4
43 RICK ALBERGER	SNTC	26 M 10 937	32 OP SPA2
44 DEREK MAHAFFEY	SLDC	20 M 10 934	33 OP TENN
45 DAN RUECKERT	SBA	47 M 10 850	2 H45 SPA
46 MICHAEL ROSATO	NTC	29 M 10 824	35 OP SD
47 WAYNE MITTON	HSTC	43 M 10 806	9 H40 CCA
48 RICHARD BARTER	SLDC	22 M 10 798	36 OP SPA2
49 ALLEN L GUTHMILLER	KTC	20 M 10 768	37 OP PNU3
50 WAYNE VAN BELLEN	SNTC	21 M 10 753	38 OP TENN
51 JOHN B COFFEY	KTC	19 M 10 744	5 JR PNU4
52 SCOTT NICHOLS	SEATC	34 M 10 700	39 OP PNU2
53 ROBERT ROACH	MONED	41 M 10 625	10 H40 NE
54 JEFF WILLIAMSON	MONED	49 M 10 607	3 H45 NE
55 JOHN RUPP	HH	28 F 10 556	41 OP PNU1
56 DANIEL KAVET	SNTC	37 M 10 545	42 OP PNU4
57 ARTHUR DOYLE	SLDC	35 M 10 534	43 OP PNU2
58 ED DENARRAIS	SNTC	19 M 10 522	6 JR SPA2
59 GARY MORSE	SNTC	42 M 10 493	11 H40 PNU1
60 CAROL URISH	SNTC	18 M 10 490	7 JR ALSK
61 BEN DODGE	CCAC	40 M 10 440	12 H40 SPA
62 MIKE THOULB	SNTC	43 M 10 401	13 H40 PNU1
63 PAUL LEE	PULS	29 M 10 400	45 OP ALSK
64 AL HUFF	FTC	44 M 10 390	14 H40 CCA
65 JESSE GORE			
66 BILL CLEMENTS			
67 FRANK FREYNE			
68 MIKE CHRISTIANSEN			
69 KEVIN DELANEY			
70 FRANK DELGADO			

TEAM RESULTS

MENS OPEN				
1. SANTA BARBARA AA	54 1084	2	4	13 16 33
2. HIGH SIERRA TC	55 1259	8	14	15 19 26
3. KNOXVILLE TC	55 365	5	7	17 43 53
4. SAN LUIS DISTANCE CLUB	54 1097	9	10	32 45 51
5. SNOHOMISH TRACK CLUB	52 1008	29	40	47 59 42
6. HIGH SIERRA TC B	51	7	38	50 78 80 112
7. PRAIRIE STRIDERS TC	47 344	27	104	130 145 189
MENS MASTERS 40-49				
1. SNOHOMISH TRACK CLUB	54 1439	11	21	23 34 35
2. NORTH MEMPHIS	52 216	36	37	57 58 84
3. SNOHOMISH TC B	51 414	44	64	68 79 82
4. SNOHOMISH TC C	48 875	90	98	99 123 146
5. TEAM INSIDE TRACK	46 1131	109	111	113 154 172
6. KNOXVILLE TRACK CLUB	44 871	142	158	159 161 167
7. SAN LUIS DISTANCE CLUB	44 627	94	149	152 198 199
MENS MASTERS 50-59				
1. POTOMAC VALLEY SENIORS	46 827	97	116	147 153 163
2. POTOMAC VALLEY SR TC B	37 82	175	213	237 238 240
WOMENS OPEN				
1. SEATTLE TRACK CLUB	47 222	100	129	132 134 136
2. SEATTLE TRACK CLUB B	44 1442	141	150	155 157 160
3. KNOXVILLE TRACK CLUB	37 1028	201	229	230 231 232
4. SAN LUIS DISTANCE CLUB	37 1025	197	210	225 234 239
WOMENS MASTERS				
1. FINGERS LAKE RUNNING CLUB	39 1400	107	209	211 219 223
71 JOSEPH LABERT				
72 O J WHITFIELD				
73 JOE FALCON				
74 KEVIN YOUNG				
75 ADAM HORNBUCKLE				
76 CHARLES C CRADDE				
77 WALLY WOOD				
78 FRANK ORTEGA				
79 KEITH BAKER				
80 TIM HILL				
81 AL LAURENCE				
82 ALLYN SCHWINKENDORF				
83 BEN HADUTZEL				
84 JOHN L SULLIVAN				
85 EDWARD J NEFF				
86 CRAIG MEUPORT				
87 MARK FLORIDA				
88 PAUL GREGORY BROWN				
89 GEORGE HARTENTHAL				
90 VAL SCHULTZ				
91 ARLEN ARBOLD				
92 STEVE LENAY				
93 ALLAN MORGAN				
94 T B PEMPEL				
95 DOUGLAS CLARK				
96 JOHN F COFFEY				
97 TONY DIAMOND				
98 HOWARD MILLER				
99 BOB LANGENBACH				
100 DANIELA HAIRABEDIAN				
101 CRAIG GARNER				
102 WILLIAM RACHER				
103 MICHAEL R CUMMINS				
104 BOB BARTLING				
105 VANESSA VAJDOB				
106 FARRIS JORDAN				
107 BILL HUGHES				
108 BRIAN SPITZER				
109 GEORGE BERG				
110 WAYNE GLIFFIN				
111 TED YAGUTIRE				
112 BILL WOODY				
113 FRED C MAGELSCHNIDT				
114 BILL KING				
115 CHARLES ANDERTON				
116 FRANCIS KELLEY				
117 JOHN E DANBUR				
118 DAVE SCHWARZ				
119 WILLIAM ENNIS				
120 BOB EDER				
121 SID TOBE				
122 BURT DAVIS				
123 EDWARD CURTIS				
124 JOHN L WOOLLEY				
125 HAROLD HESSLER				
126 ALLAN L SCHUEHLE				
127 ROBERT RAINWATER				
128 TIMOTHY MARTIN				
129 ARLENE VOLKMER				
130 JOE SCHUCH				
131 CLINT WINEY				
132 CHRISTINE CURTIS				
133 JAMES VOLK				
134 JUDY GROOMBRIDGE				
135 DAVE BESTE				
136 SHANNY MARAGHE				
137 PAUL SUZMAN				
138 ROBERT SCHWARZ				
139 STAN CHRAMINSKI				
140 FRANK SJURSEN				
141 TRISTAN HOLMBERG				
142 JOE GROSS				
143 WILL SHIPLEY				
144 BOB CHABOT				
145 ED REEVE				
146 ROBERT PHELPS				
147 JEROME M KERKHOF				

THANKSGIVING TURKEY TROT
BROOKLYN, N.Y. 5-MILES.
November 27, 1980

M40-49	ONE HOUR RUN, TUCSON, ARIZ.
December 7, 1980	
39 Les Kahl	M35 Les Kahl
41 Sid Howard	M40 Don Smith
45 James Aneshansley	M45 Joe Cary
46 Lou Stern	M50 Pat Martin
55 Walter Brown	
53 Jack Sokolofsky	
59 Thomas Gibbons	

27:19	39 8/1013
27:33	40 8/ 46
28:11	48 10/ 731
30:16	51 7/ 245

16 M	9	120	17 JR	ALSK
SLDC	40 M	9	34	27 H40 SPA2
SEATC	24 F	9	30	6 W0 PNU4
	37 M	9	23	78 UP TENN
SLDC	48 M	8	1750	13 H45 SPA2
PVSTC	57 M	8	1745	4 H55 PV
TIT	40 M	8	1657	28 H40 SPA
SEATC	34 F	8	1651	7 U0 PNU4
FLRC	58 M	8	1600	5 H5 FLRC
SEATC	40 F	8	1593	3 UN PNU4
KTC	42 M	8	1533	29 H40 TENN
KTC	42 M	8	1532	30 H40 TENN
SEATC	23 F	8	1531	8 U0 PNU4
KTC	45 M	8	1526	14 H45 TENN
GBAA	38 M	8	1464	79 OP SPA
PVSTC	32 M	8	1452	4 H50 PV
	36 M	8	1448	4 H55 PV
PSTC	22 M	8	1404	80 OP SD
SEATC	22 F	8	1317	9 U0 PNU4
KTC	41 M	8	1240	31 H40 TENN
	36 M	8	1237	81 OP PV
	33 M	8	1232	82 OP TENN
	53 M	8	1094	7 H50 TENN
TIT	49 M	8	1065	2 U0 SPA
	35 M	8	1057	15 H45 SPA
PVSTC	50 M	8	913	8 H50 PV
SEATC	31 F	8	899	4 UN PNU3
FLRC	39 M	8	890	84 OP FLRC
	44 M	8	820	33 H40 ALSK
	12 F	8	789	3 UJR ALSK
RTC	39 M	8	727	85 OP ORE
FLRC	19 F	8	725	10 U0 FLRC
	42 M	8	723	34 H40 TENN
	22 M	8	705	86 OP SD
SEATC	15 M	8	675	18 JR ALSK
	37 M	8	673	4 UJR PNU4
FLRC	43 F	8	649	87 OP TENN
SDAA	43 M	8	635	5 UN FLRC
PSTC	65 M	8	565	35 H40 SPA
SEATC	16 F	8	561	1 H60 SD
PSTC	25 M	8	561	5 UJR PNU4
	46 M	8	540	88 OP SD
SWTC	51 M	8	505	16 H45 PNU1
SOS	61 M	8	495	2 H50 PNU1
	13 F	8	427	6 UJR ALSK
FLRC	31 M	8	427	89 OP FLRC
SLDC	29 F	8	395	11 U0 SPA2
BLDC	49 M	8	346	17 H45 SPA2
SLDC	49 M	8	346	18 H45 SPA2
	48 M	8	311	19 H45 CCA
KTC	26 F	8	259	12 U0 TENN
	41 M	8	242	36 H40 PNU3
PULB	62 F	8	219	6 UN ALSK
FL	41 F	8	219	7 UN ALSK
	16 M	8	146	37 H40 CCA
	31 M	8	104	19 JR ALSK
	30 M	8	70	90 OP TENN
FLRC	40 F	8	58	8 UN FLRC
SWTC	47 M	8	25	20 H45 PNU1
FLRC	44 F	8	17	9 UJR FLRC
SWTC	71 M	7	1670	3 H60 PNU1
PVSTC	61 M	7	1669	4 H60 PV
FLRC	51 M	7	1624	11 H50 FLRC
TER	68 M	7	1596	5 H60 GULF
	33 F	7	1536	13 U0 GULF
SLDC	40 M	7	1453	3B H40 ALSK
FLRC	46 F	7	1359	10 UN SPA2
SLDC	46 F	7	1354	11 UN FLRC
	40 M	7	1266	39 H40 TENN
TCRC	34 F	7	1218	14 U0 FLRC
FLRC	40 F	7	1082	12 UN FLRC
PULB	53 M	7	997	12 H50 ALSK
SLDC	27 F	7	983	15 U0 SPA2
	47 M	7	950	21 H45 SPA
SLDC	57 M	7	738	7 H55 PNU3
KTC	37 F	7	726	17 U0 TENN
KTC	42 F	7	654	13 UJR TENN
KTC	39 F	7	587	18 U0 TENN
KTC	23 F	7	562	19 U0 TENN
	35 M	7	519	91 OP CCA
SLDC	34 F	7	413	20 U0 SPA2
SWTC	14 F	7	212	7 UJR PNU3
SEATC	41 F	7	200	14 UN PNU4
PVSTC	56 M	7	72	8 H55 PV
PVSTC	65 M	6	1503	7 H60 PV
SLDC	32 F	6	1395	21 U0 SPA2
PVSTC	70 M	6	1205	8 H60 PV
	27 F	6	797	22 U0 TENN
MONED	74 M	6	28	9 H60 NE
PULB	62 M	5	1061	10 H60 ALSK



Canada vs USA Masters International Cross Country Match

Ann Arbor, Michigan
November 16, 1980



MEN 40-44							
Place	Overall Place	Name	Age	City	Time		
1	1	Dereck Fernee	40	Toronto, Ont.	33:05		
2	2	Robert Moore	40	Toronto, Ont.	33:07		
3	7	Bob Daniell	42	Georgetown, Ont.	33:15		
4	9	Larry Heath	41	Clio, Mi.	35:54		
5	10	Don Sleeman	42	Ann Arbor, Mi.	36:00		
6	11	Dave Peelle	42	Ann Arbor, Mi.	36:16		
7	14	Harry Gregory	42	Pte. Claire, Que.	37:22		
8	21	Kurt Berggren	42	Ann Arbor, Mi.	38:16		
9	25	Harlan VanBlaricum	40	Dexter, Mi.	38:50		
10	26	Rex Perrine	43	Garden City, Mi.	38:53		
11	28	Ed Hughes	43	Etoibcoke, Ont.	39:10		
12	30	Fred Karn	43	Trenton, Mi.	39:23		
13	33	Roger Larsen	42	Battle Creek, Mi.	39:43		
14	36	Vern Hoshal	42	Brighton, Mi.	39:59		
15	41	Sang, Vettorello	43	Grosse Pte., Mi.	40:09		
16	42	Kurt Makowski	41	Windsor, Ont.	40:15		
17	49	Larry McCurdy	43	Willis, Mi.	40:57		
18	51	Ray Unger	40	Islington, Ont.	41:05		
19	58	Al Owens	40	Hudsonville, Mi.	41:54		
20	65	Drago Jakob	42	Toronto, Ont.	42:23		
21	71	Chris Martin	40	Bloomfield Hills, Mi.	42:44		
22	76	Stan Milne	43	North York, Ont.	43:01		
23	78	Ren Farley	42	Ann Arbor, Mi.	43:52		
24	83	Art Kitze	42	Garden City, Mi.	44:20		
25	84	Pedro Sanchez	42	Ann Arbor, Mi.	44:23		
26	86	Alwyne Marshall	42	Woodhaven, Mi.	44:29		
27	111	Nat Ehrlich	40	Ann Arbor, Mi.	47:56		
28	112	Ken Tolf	42	Battle Creek, Mi.	48:02		
29	114	Charles Hess	42	Ypsilanti, Mi.	48:24		
30	116	John Dobos	40	Livonia, Mi.	48:54		
31	118	Dave Grose	43	Carleton, Mi.	48:54		
32	135	Allan Johnson	43	Ann Arbor, Mi.	52:04		
33	144	Jack St. Genis	41	W. Bloomfield, Mi.	54:33		
34	156	Dan Peterson	40	Ann Arbor, Mi.	60:51		
MEN 45-49							
1	6	Brian Harris	45	Royal Oak, Mi.	34:58		
2	12	Jerry Gonser	46	London, Ont.	36:25		
3	13	Robert Bowman	49	Woodstock, Ont.	37:17		
4	15	Dave Wallace	45	Markham, Ont.	37:28		
5	16	Ed Vanderhevel	45	Port Huron, Mi.	37:31		
6	17	Jim Howe	48	Ottawa, Ont.	37:38		
7	19	Bob Trudgeon	46	Detroit, Mi.	37:54		
8	20	Derek Hatley	46	Wyoming, Mi.	38:09		
9	22	John Johnston	48	Scarborough, Ont.	38:33		
10	31	Gordon Boyd	46	Brantford, Ont.	39:34		
11	32	Richard Graves	47	Etoibcoke, Ont.	39:39		
12	35	Art Rappich	48	Toronto, Ont.	39:47		
13	36	Jim Vanderklok	48	Grand Rapids, Mi.	39:48		
14	43	Norward Rivette	47	Saginaw, Mi.	40:25		
15	45	George Gluppe	47	Willowdale, Ont.	40:35		
16	46	Paul Griffin	45	Davison, Mi.	40:40		
17	48	Dave Milne	49	Scarborough, Ont.	40:47		
18	53	Bill Woolwine	45	Morehead, Mn.	41:33		
19	57	Hanks Schmitt	49	Birmingham, Mi.	41:51		
20	60	Harold Laukka	49	Livonia, Mi.	41:57		
21	62	Art Bechoefer	45	Washington, D.C.	42:07		
22	66	Darick Sweeting	45	Oakville, Ont.	42:29		
23	69	Mike Anderson	48	Flint, Mi.	42:39		
24	74	Bob Hayes	49	Grosse Pte., Mi.	42:56		
25	75	David Sixon	46	St. Catharines, Ont.	42:58		
26	79	Brian Oxley	47	Scarborough, Ont.	43:35		
27	91	John Waite	49	Ann Arbor, Mi.	45:19		
28	103	Ernest Stratelak	45	Grosse Pte. Woods, Mi.	46:40		
29	105	Jack Hagist	47	Battle Creek, Mi.	46:40		
30	120	Joe Porter	46	Grand Rapids, Mi.	49:19		
31	122	Dave Perkins	49	Ann Arbor, Mi.	49:24		
32	132	Thomas Coles	49	Grosse Pte., Mi.	51:00		
33	140	Stewart Leach	45	Brighton, Mi.	53:02		
34	141	Joe Schillmoeller	45	Detroit, Mi.	54:02		
MEN 50-54							
1	18	Cliff Hall	54	Downsville, Ont.	37:41		
2	34	Danny Daniels	51	Ottawa, Ont.	39:47		
3	37	Ralph Lang	52	Rexdale, Ont.	39:56		
4	47	Jim Morrow	53	Scarsdale, Ont.	40:42		
5	50	Fred Holappa	52	Plymouth, Mi.	41:03		
6	54	Jim Menlove	50	Ann Arbor, Mi.	41:36		
7	56	Glenn Cunningham	50	St. Charles, Mi.	41:41		
8	59	Manuel Teodoro	52	London, Ont.	41:56		
9	73	Giulio Panicia	53	Detroit, Mi.	42:52		
10	81	Bill Ullenbruch	54	Marlette, Mi.	44:04		
11	96	Alex MacDonald	51	Ottawa, Ont.	45:37		
12	98	Dan McEwen	52	Ann Arbor, Mi.	45:45		
13	100	Walt Johnson	52	Southfield, Mi.	45:51		
14	104	Fazi Nickhah	50	Ypsilanti, Mi.	46:36		
15	107	Paul Belliveau	53	Oshawa, Ont.	46:52		
16	110	Nathan Feldman	52	Bloomfield Hills, Mi.	47:52		
17	119	Dan Maxwell	51	Pinckney, Mi.	49:05		
18	126	Dick Raabe	50	Ann Arbor, Mi.	50:03		
19	129	Tim Thompson	52	Nepean, Ont.	50:20		
20	130	Bob Gignac	50	Belleville, Mi.	50:42		
21	131	Charles Felty	51	Ypsilanti, Mi.	50:53		
22	133	Thomas Collier	53	Ann Arbor, Mi.	51:10		
23	134	Ryszard Nawrocki	52	Inkster, Mi.	51:10		
24	142	Isaac Barsky	53	Windsor, Ont.	54:17		
25	143	Warren Fisher	51	Chelsea, Mi.	54:30		
MEN 55-59							
1	27	Bill Cameron	55	Toronto, Ont.	38:57		
2	55	Don Greenwood	56	Ann Arbor, Mi.	41:40		
3	68	Charles Blancher	56	London, Ont.	42:34		

MEN 60-64							
1	85	Alex Woodhouse	61	Scarborough, Ont.	44:24		
2	88	Stan Smith	62	West Hill, Ont.	44:43		
3	93	Whitey Sheridan	64	Waterdown, Ont.	45:26		
4	106	Walter Kayser	63	Stamwood, Mi.	46:50		
5	108	Ken Hignell	61	Mississauga, Ont.	47:20		
6	123	Bob Taylor	60	Hilford, Mi.	49:32		
7	125	Peter Hlinka	62	Brockville, Ont.	49:40		
8	136	Art Obokata	61	Sterling Hts., Mi.	52:11		
9	138	Gunnar Littrup	60	Wilford, Mi.	52:52		
10	147	Archie Noon	62	Santa Monica, Calif.	55:45		
11	152	Julian Myers	62		58:00		
MEN 70+							
1	149	Ed Wiberg	73	Flint, Mi.	56:44		
2	153	Jim Ransey	73	Detroit, Mi.	58:32		
WOMEN 35-39							
1	82	Jenny Stocker	35	Oakville, Ont.	45:20		
2	95	Cheryl Hughes	37	Etoibcoke, Ont.	45:31		
3	109	Jeanne Bocci	37	Grosse Pte. Pk., Mi.	47:41		
4	113	Bonnie Brereton	38	Ann Arbor, Mi.	48:00		
5	137	Judy Morley	37	Hamilton, Ont.	52:23		
WOMEN 40-49							
1	79	Karen Holappa	44	Plymouth, Mi.	43:59		
2	87	Christin Walker	41	West Hill, Ont.	44:40		
3	117	Mary VanCamp	40	Ann Arbor, Mi.	48:48		
4	124	Peggy Fairs	43	London, Ont.	49:40		
5	128	Caroline Pryor	40	Pinckney, Mi.	50:18		
6	145	Eve Barsky	40	Windsor, Ont.	54:50		
7	150	Barbara Steinwachs	42	U.S.	57:52		
8	155	Barbara Fanger	45	Birmingham, Mi.	60:51		
WOMEN 50+							
1	139	Judith Dazden	60	Willowdale, Ont.	52:56		
2	146	Mary Varani	62	Detroit, Mi.	55:43		
3	148	Pat Hill	53	Franklin, Mi.	56:14		
MEN 30-39							
1	3	Bruce Soulsby	32	Winnipeg, Man.	34:04		
2	4	Jeff Hlinka	30	Brecksville, Oh.	34:46		
3	5	Roger Steudle	33	Battle Creek, Mi.	34:55		
4	8	Graham Smith	38	Ann Arbor, Mi.	35:46		
5	23	Rory Conolly	32	Ypsilanti, Mi.	38:37		
6	24	Elmo Morales	34	Ann Arbor, Mi.	38:38		
7	29	Jim Sylvester	33	Ann Arbor, Mi.	39:14		
8	40	Robert Randolph	35	Ann Arbor, Mi.	40:03		
9	41	Larry Friedman	30	Ann Arbor, Mi.	40:03		
10	45	Steve Hanway	33	Saline, Mi.	40:28		
11	63	Tom Hoad	33	Farmington Hills, Mi.	41:58		
12	64	Dewey Ames	33	Detroit, Mi.	42:12		
13	65	Jack Wilson	35	Royal Oak, Mi.	42:23		
14	68	Robert Gunzel	38	Ann Arbor, Mi.	42:31		
15	71	Ram Krishnan	34	Ann Arbor, Mi.	42:42		
16	73	Charles Johnson	32	Detroit, Mi.	42:47		
17	83	Gary Burkhardt	37	Birmingham, Mi.	44:04		
18	95	Steve Hashall	39	Owasso, Mi.	45:29		
19	129	Richard Scheff	37	Ann Arbor, Mi.	50:16		
20	153	Al Buckey	33	Ypsilanti, Mi.	57:58		
21	158	Jerry Fortney	33	Farmington Hills, Mi.	61:39		
WOMEN 30-34							
1	52	Wendy Cecil-Stuart	32	Aurora, Ont.	41:09		

MASTERS SCORING - MEN

	44-44	45-49	50-54	55-59	60-64	65-69	70+	Total
Canada	100	89	44	16	8	0	3	258
USA	81	121	62	20	17	0	1	302

MASTERS SCORING - WOMEN

	35-39	40-49	50+	Total
Canada	8	12	1	21
USA	13	9	2	23

COMBINED SCORE

	Men	Women	Final Total
Canada	258	21	279
USA	302	23	325



Preliminary results of the National Postal Relay Championships, 1980 (all distances in meters)

		All of these relays are for the 40-49 year old group.	
4 x 100			
CORONA DEL MAR	43.7		
POTOMAC VALLEY	47.0	4 x 440 (yards)	
SAN DIEGO	48.7	POTOMAC VALLEY	3:37.6
		SOUTHERN CALIF. STRIDERS	3:38.4
4 x 200			
CORONA DEL MAR	1:33.9	DISTANCE MEDLEY (3/4, 1/4, 1/2, 1)	
POTOMAC VALLEY!	1:35.8	SOUTHERN CALIF. STRIDERS	11:28.1
SAN DIEGO	1:39.3	POTOMAC VALLEY	12.01
4 x 400			
CORONA DEL MAR	3:23.3	SPRINT MEDLEY (1/4;1/8;1/8;1/2)	
		SAN DIEGO	3:50.9
		POTOMAC VALLEY	3:53.2
		SOUTHERN CALIF. STRIDEFS	3:58.0
4 x 880 (yards)			
WEST VALLEY	8:25.4	AGE MEDLEY (40-50-40-60+)	
POTOMAC VALLEY	8:36.4	POTOMAC VALLEY	4:21.4

HELP!!!!

John MacLachlan, who has been keeping the postal relay records, due to extensive travelling required in his business, can no longer take on the responsibility. Anyone who would volunteer for the job should write to Bob Fine, 77 Prospect Place, Brooklyn, NY 11217, 212-789-6622 (7:30 to 9:00 at night). The medals will be sent out directly. All that is needed is someone to tabulate the results by Nov. 1st.

The above results only represent the efforts of four teams. Please send all the performances of your team for both Division 1 (40-49) and Division 2 (50+). There are no entry fees. Official National Championship medals will be awarded. Send the results to: Bob Fine, 77 Prospect Place, Brooklyn, NY 11217. The final results will be published after the first of the year.

RELAY EVENT: _____ TEAM NAME: _____

TEAM MEMBERS: _____ AGE: _____ AGE: _____

TEAM MEMBERS: _____ AGE: _____ AGE: _____

TIME: _____ Mailing address for awards: NAME

page 22 National Masters Newsletter - January 1981

NATIONAL ATHLETIC CONGRESS MASTERS 15K CROSS-COUNTRY CHAMPIONSHIPS, NOV. 23, 1980
VAN CORTLANDT PARK, BRONX, N.Y. CLEAR 60°

40-44				55-59			
HERB LORENZ	50.27.8	MC	41	BOB MULLER	61.13.4	PP	55
ROLAND CORRIER	53.21.1	NM	40	JOHN BURTON	68.01.5	UN	57
JAMES FILLIS	54.56.4	ML	43	MORI KAIL	68.51.1	UN	56
SCOTT MARSH	55.37.1	SF	43	STAN EDELMAN	69.48.3	CP	56
FRED BEST	55.50.1	SF	44	JACK PENNINGTON	71.14.8	NY	57
JAMES MCGUINNESS	56.03.7	ML	42	BILL LEVANTRASSER	77.33.2	UN	55
GENE TOOMEY	57.42.6	ML	41	MAURICE POST	78.35.6	UN	55
ED DONAHUE	58.09.5	SF	42	DON SCHLENGER	91.35.3	MC	55
JOHN HOULIHAN	60.20.9	CP	41				
JAMES DOOLEY	60.47.4	UN	43	60-64			
JACK SEXTON	61.15.1	VC	41	STEVE RICHARDSON	61.24.6	NY	60
WALI SIMPKINS	61.37.6	ML	44	JOE START	63.56.0	MB	60
ELLIOT WEISS	62.10.2	SF	40	JOHN HUBBARD	69.29.8	HT	61
FRANCIS BYRNE	62.46.7	UN	41	JACK FINGER	70.51.8	VC	60
WILLIAM STAAB	63.10.0	WS	41				
STEVE HOLMES	64.52.0	MC	40	65-69			
ISRAEL HOROWITZ	65.36.7	GB	41	AARON FIALKOW	69.40.5	UN	69
GARRY JUDELSON	71.37.3	9Y	42	WALT WESTERHOLM	77.45.1	ML	66
JOEL SALZARULLO	72.32.9	PP	40	ALAN POOLE	91.20.0	MB	66
ABDUL EL AMIN	72.58.6	PC	40				
JACK SLATOR	76.23.3	PP	41				

45-49				WOMEN			
BOB BROCK	56.19.3	SY	47	40-44			
ED DEMARRAIS	56.48.1	NM	49	PAT BESSELL	73.02.4	GI	43
AL KASTIN	57.27.6	SF	46	BILLIE MOTEN	82.53.0	GN	43
HANS HARTMANN	57.34.1	WS	45	ANN BUSIADICKI	85.21.9	SH	44
CHARLES CLARK	58.18.6	MB	45				
LOU STERN	58.57.4	PP	46	45-49			
RUDY BECKER	59.42.1	SF	47	LINDA SIPPRELLE	62.25.9	PV	46
DON BURDORF	62.02.2	UN	46	DOROTH KELLEY	77.28.9	UN	45
BOB FINE	62.16.0	NY	49				
DUDLEY SIPPRELLE	64.02	PV	45	50-54			
ROY EMERSON	64.36.8	MC	45	CHRIS DICKINSON	86.33.2	ML	51
DON DENIG	66.24.3	NY	48	AUDREY JACOBSON	91.35.3	NY	52
MIKE BENNETT	68.16.8	WT	49	65-69			
TED BUSIADECKI	68.46.5	SH	45	ADRIENNE SALMINI	92.26.9	VC	65
HAROLD KELITZ	70.45.8	UN	49				
RON VALIENTE	75.01.1	UN	49				

50-54				KEY			
JOE BURNS	58.37.1	ML	50	CP = CENTRAL PARK T.C.			
GORDON MCKENZIE	59.27.9	NY	53	GI = GRAND ISLAND T.C.			
TOM CAMERON	61.02.9	ML	50	GN = GREATER NEW YORK T.C.			
KEN JONES	61.17.1	NY	50	GB = GREATER BOSTON			
JOE HANDELMAN	64.29.8	SC	50	MB = MERCER BUCKS			
JOE SIMONTE	65.01.1	CP	52	MC = MITCHELL CREEK RUNNERS			
ED PEETS	65.32.2	ML	51	NM = NORTH MEDFORD			
FRED YONKMAN	65.41.0	CP	51	NY = NEW YORK MASTERS			
RAY DELAND	66.42.9	WT	53	PC = NEW YORK PIONEERS			
CHARLES MAXLEY	67.58.1	ML	50	PP = PROSPECT PARK			
CHARLES HOFMEISTER	68.59.7	NY	51	PV = POTOMAC VALLEY SENIOR T.C.			
MORRIS GEWITZ	69.27.9	CP	53	SF = SNEAKER FACTORY			
HARRY McALPINE	69.42.1	PP	50	SH = SHORE A.C.			
DES MARGETSON	73.24.8	UN	54	SC = SCARSDALE ANTIQUES			
SAM WILSON	76.13.1	NY	52	SY = SYRACUSE CHARGERS			
AL KURLAND	77.01.1	WS	50	VC = VAN CORTLANDT T.C.			
CHARLES MCKINNEY	88.28.9	UN	50	ML = MILLROSE			
				MY = McBURNEY Y			
				9Y = 92nd STREET Y			
				WT = WESTCHESTER ROAD RUNNER			
				WS = WEST SIDE Y			
				UN = UNATTACHED			

NATIONAL ATHLETIC CONGRESS 15 K CROSS COUNTRY CHAMPIONSHIPS, NOV. 23, 1980

TEAM SCORES	(Based on total cumulative time of the first five for 40-49 & first three for 50+)		
SNEAKER FACTORY:	286 min. 46.4 sec.	average per man	57.21.3
MILLROSE A.A.	297 min. 38.4 sec.	average per man	59.31.7
PROSPECT PARK	339 min. 49.1 sec.	average per man	67.57.8

50+			
NEW YORK MASTERS	182 min. 9.6 sec.	average per man	60.43.2
MILLROSE A.A.	185 min 12.2 sec.	average per man	61.43.8
CENTRAL PARK	200 min 10.0 sec.	average per man	66.44.0

2ND ANNUAL LAS VEGAS SUN MARATHON CHAMPIONSHIPS

10K -- December 5, 1980

Open:

Thom Hunt AZ 29:24

Dave Moorecroft GB 29:35

Mathew Motshwarateu 29:39

M30-34

Gordon Minty MI 31:23

Wayne Douglas NV 35:57

Paul Stavolone CA 39:14

M35-39

James McLatchie TX 35:17

Clive Bevan NV 37:54

Van Hoffman CO 38:41

M40-44

Steve Parker NV 36:12

Jim Morgan MO 40:27

Roger Beasley TX 41:07

M45-49

Steve Kurr NV 40:57

Ross Thomas NV 41:12

Franklin Brown IA 47:06

M50-54

Rueben Vigil NM 36:58

John Gianotti NV 38:20

August Castille 48:45

M55-59

Dick Walsh NV 43:22

G.W. Adair 46:54

Donald Miller 54:38

M60-64

John Lafferty CA 40:16

Ap Isom CA 46:34

M65-69

Larry Patterson MO 44:31

Gypsy Boots CA 46:34

Women:

Carol Urish TX 36:18

M30-34

Laura Banks 48:08

Roselyn Cohn NV 49:47

Carolyn Helm AZ 55:21

M35-39

Lynn Brown CA 53:14

Delores Gallardo CA 54:23

Judy Churchill CA 55:19

M40-44

Veatha Dorn CA 51:02

Anne Harrigan 53:24

Nancy Walker CA 64:18

M45-49

Marche Booth CA 50:42

Peggy White NV 59:18

Joanna Sheng CA 63:39

M50-54

Raquel Schlam MX 66:44

Pat Pedersen NV 74:28

M55-59

Marybelle Russell NV 55:22

Rebecca Zemke CA 56:18

Doris Vernon CA 61:47

M65+

Ivy Granstrom BC 75:19

Frances Pattison MO 75:54

HALF-MARATHON -- December 5

Open:

Rick Rojas 1:05:34

Dick Quax 1:05:37

Tom Wysocki 1:06:22

M30-34

Dick Quax NZ 1:05:37

Ken Hunter 1:08:00

Ron Kurrle CA 1:08:48

M35-39

Mario Sanchez 1:11:48

Tom Richards NV 1:19:07

Mike Scott 1:20:31

M40-44

Tom Hillary CA 1:20:08

Neal Chappell NV 1:25:06

Tom Brown CA 1:25:07

M45-49

John Forrest OH 1:20:39

William Kinnel NV 1:26:31

Charles Fitzgerald 1:29:04

M50-54

Marsh Haraden CA 1:22:18

Tom Hodges NV 1:29:22

George Delaney NJ 1:30:11

NATIONAL MASTERS TAC 5K CROSS-COUNTRY CHAMPIONSHIPS, BALBOA PARK, SAN DIEGO, CALIFORNIA, November 29, 1980.

RESULTS:							
1. Bill Meinhardt	40	WVJ&S	16:51	32. Otto Reed	41	Unatt	18:55
2. Andre Tocco	45	CCAC	17:00	33. Rod Johnson	51	SDTC	18:56
3. Skip Shaffer	42	CCAC	17:06	34. Ray Gil	56	STC	19:58
4. Gary Sampson	40	SDTC	17:10	35. Walter Atcheson	54	SCS	19:01
5. Frank Seiz	42	BPHT	17:17	36. Buzz Bennetts	43	CCAC	19:03
6. Bill Porter	41	SDTC	17:22	37. Gunnar Linde	52	SMT	19:22
7. Jim Temples	43	SDTC	17:37	38. Don Hegerle	50	SDTC	19:25
8. Kent Guthrie	44	WVJ&S	17:39	39. Jerry Jordan	44	SDTC	19:27
9. Bill Crum	45	STC	17:41	40. Patrick Devine	52	Unatt	19:35
10. Bill Hotchkiss	40	WVJ&S	17:46	41. Russ Doolittle	49	SDTC	19:49
11. Bill Stock	51	SDTC	17:46	42. Jim Heldoorn	42	SDTC	20:09
12. Bill Phillips	52	SDTC	17:50	43. John Lafferty	62	SDTC	20:13
13. Tom Brown	42	BPHT	17:53	44. T. R. Eddy	47	SDTC	20:14
14. Myron Nevraumont	46	WVJ&S	17:57	45. John Giller	42	BPHT	20:24
15. Dick Pallies	43	CCAC	17:59	46. Buzz Hincley	46	SDTC	21:05
16. Bob Daniel	40	SDTC	18:01	47. Bob Holmes	52	SDTC	21:07
17. Phillip Welny	45	Unatt.	18:01	48. Frederick Frye	46	SDTC	21:07
18. Ray Sablan	41	SDTC	18:13	49. Wayne Zook	63	SDTC	21:15
19. Richard Belliveau	44	CCAC	18:16	50. Don Dilworth	61	SDTC	21:27
20. Pat Watkins	43	SLCTC	18:24	51. Hal Elrick	62	SDTC	21:40
21. Walt Van Zant	41	WVJ&S	18:26	52. Dale Sutton	41	SDTC	21:54
22. Pete Larson	43	BPHT	18:26	53. John Elliott	60	WVJ&S	21:55
23. Tom Hillary	44	BPHT	18:32	54. Ken Bernard	54	SDTC	21:56
24. Ian McInnes	45	BPHT	18:37	55. Jerry Dietrich	46	Unatt	21:58
25. Will Rasmussen	40	SDTC	18:38	56. Woodrow Derby	62	SDTC	22:06
26. Bryan Holmes	46	WVJ&S	18:40	57. Alejandro Garduno	40	BPHT	22:30
27. Wells Gardner	43	BPHT	18:41	58. Lloyd McGuire	48	SDTC	22:33
28. Marsh Haraden	50	SDTC	18:42	59. "Red" Isom	61	SDTC	22:34
29. Jim O'Neil	55	SDTC	18:44	60. Herb Wright	67	SLCTC	22:36
30. Ray Schmidt	43	CCAC	18:47	61. John Garcia	62	CCAC	24:48
31. Joe Wilson	45	SDTC	18:54	62. John Norris	62	SLCTC	25:14
				63. Paul Spawler	84	SLCTC	26:50
				64. Alvin Guth	72	STC	27:43
				65. Lucian Salazar	73	SDTC	27:39

1. Jim Mosher	30	PTC	16:12	7. Howard Moody	39	SDTC	17:46
2. Richard Enriquez	31	Unatt	16:25	8. Jim Doran	32	WVJ&S	17:54
3. Dennis Kasischke	34	SDTC	16:38	9. Bill Wildrick	35	BPHT	17:58
4. George Luiken	37	BPHT	16:42	10. Mike Carpenter	37	SDTC	18:41
5. Dan McCaskill	39	SDTC	16:47	11. Bruce Norvell	37	BPHT	19:19
6. Mac Larson	32	Unatt	17:30	12. Larry Main	37	Unatt	20:59

Masters Women							
1. Jennifer Wright	45	STC	19:53	8. Elsa Evans	46	SDTC	22:30
2. Dorothy Stock	48	SDTC	20:13	9. Una Pierce	42	SDTC	22:54
3. Anne Johnson	52	SDTC	20:47	10. Anne Belovich	56	SDTC	26:21
4. Helene Laurent	46	SDTC	20:52	11. Hazel Klein	58	SDTC	30:05
5. Kicki Hobson	49	SDTC	21:19	12. Gladys Lehman	58	FJ	30:10
6. Faye Heldoorn	43	SDTC	21:23	13. Felicitas Salazar	71	SDTC	39:42
7. Mary Storey	56	SDTC	21:26				

BROOKS MASTERS 25-KILOMETER, SAN FRANCISCO, NOVEMBER 30, 1980
(Divisions: X=35-39; A=40-44; B=45-49; C=50-54; D=55-59;
E=60-64; F=65-69; G=70-up... *U.S. age record)

WOMEN

1	JUDY FOX (40, CA)	1:35:25*	A-1
2	Joan Ulliot (40, CA)	1:41:15	A-2
3	SKIP SWANNACK (39, CA)	1:42:04*	X-1
4	Marilynn Harbin (43, CA)	1:42:50*	A-3
5	Heide Skaden-Poyser (43, CA)	1:46:23	A-4
6	Judy Groombridge (41, CA)	1:47:38	A-5
7	MARLYS HAYDEN (47, CA)	1:49:29	B-1
8	Jytte Fruchtmann (41, CA)	1:56:22	A-6
9	Connie Grayson (46, CA)	1:57:00	B-2
10	Martha Maricle (47, CA)	1:57:27	B-3
11	FRANCES SACKERMAN (51, CA)	2:00:56	C-1
12	Ginger Burrola (43, CA)	2:02:02	A-7
13	MARCIE TRENT (62, Alaska)	2:03:14*	E-1
14	Kay Atkinson (63, CA)	2:05:00*	E-2
15	Diana Platt (41, CA)	2:06:18	A-8
16	ELS TUNZING (59, CA)	2:10:44*	D-1
17	Jaclyn Caselli (59, CA)	2:11:47	D-2
18	Maritta Hayhurst (51, CA)	2:17:15	C-2
19	Angie Girven (51, CA)	2:18:37	C-3
20	Shirley Tobin (54, CA)	2:21:52	C-4

TEAMS (3 score): 1. West Valley TC 7; 2. Tamalpa 31

U.S. MASTERS RECORD (40 and over) - Judy Fox, 1:35:25, breaking the mark of 1:38:40 held by Miki Gorman

MEN

1	JIM BOWERS (42, CA)	1:22:39*	A-1
2	Mike Lynn (43, HI)	1:23:55*	A-2
3	Tom Laris (40, CA)	1:24:34	A-3
4	HAL HIGDON (49, IN)	1:25:33*	B-1
5	Charles Harris (40, CA)	1:25:35	A-4
6	Tim Rostvege (40, CA)	1:26:42	A-5
7	Darryl Beardsall (44, CA)	1:26:57	A-6
8	Robert Wellick (43, CA)	1:27:22	A-7
9	John Thresher (40, Canada)	1:27:57	A-8
10	Earl Ellis (41, WA)	1:28:57	A-9
11	Ulrich Kaempf (49, CA)	1:29:11	B-2
12	Ralph Bowles (44, CA)	1:29:16	A-10
13	AL LAWRENCE (50, TX)	1:29:16*	C-1
14	Ed Bruen (41, CA)	1:31:04	A-11
15	Ray Hughes (41, CA)	1:32:19	A-12
16	Charles Stagliano (41, CA)	1:32:29	A-13
17	Ross Smith (52, NY)	1:32:33*	C-2
18	Bill Catanese (42, CA)	1:32:40	A-14
19	Glynn Wood (46, CA)	1:33:36	B-3
20	Russ Kiernan (42, CA)	1:35:52	A-Q5
21	Robert Malain (53, CA)	1:36:55	C-3
22	Dave Stevenson (52, CA)	1:37:21	C-4
23	James Jacobs (47, CA)	1:37:49	B-4
24	James Nicholson (50, CA)	1:38:21	C-5
25	Gerald McGowan (42, CA)	1:38:22	A-16
26	Bryan Holmes (46, CA)	1:38:26	B-5
27	John Brazinsky (42, CA)	1:38:49	A-17
28	John McGrillis (42, CA)	1:39:11	A-18
29	Richard Whitewater (40, CA)	1:39:37	A-19
30	Bob Ward (41, CA)	1:39:57	A-20
31	Rocco Fazio (47, CA)	1:40:34	B-6
32	Steve McCain (41, CA)	1:40:42	A-21
33	REV POTS (59, CA)	1:40:53	D-1
34	Don Fickett (52, CA)	1:41:05	C-6
35	Bill Hall (40, NC)	1:42:10	A-22
36	Don Lucero (53, CA)	1:44:17	C-7
37	Fred Iear (47, CA)	1:44:59	E-7
38	Simon McNamee (41, TX)	1:44:59	A-23
39	Larry Farmer (44, CR)	1:45:44	A-24
40	Paul Bush (42, CA)	1:45:56	A-25
41	Robert Wright (57, CA)	1:46:33	D-2
42	CHARLES OGILVIE (62, TX)	1:46:51*	B-1
43	Walter Strauss (53, CA)	1:48:24	C-8
44	Ray Poyser (46, CA)	1:49:22	B-8
45	Richard Hayden (42, CA)	1:50:26	A-26
46	Ray Benefiel (43, CA)	1:51:57	A-27
47	Samuel Roake (44, CA)	1:52:46	A-28
48	Bill Zigmant (44, CA)	1:52:46	A-29
49	Sam Varela (44, CA)	1:55:28	A-30
50	James Lipscomb (47, CA)	1:56:31	B-9
51	John Helmer (57, CR)	1:56:52	D-3
52	Gordon Russell (47, CA)	1:57:14	B-10
53	Dennis Faccino (42, CA)	1:58:20	A-31
54	Ed Preston (63, CA)	2:01:12	E-2
55	Norman Davis (40, CA)	2:02:51	A-32
56	Roy Carlson (40, CA)	2:04:13	A-33
57	Tim Smith (41, CA)	2:04:39	A-34
58	Prescott Johnson (50, CA)	2:04:58	C-9
59	Morris Kadish (63, CA)	2:08:17	E-3
60	Jim Groves (53, CA)	2:10:07	C-10
61	Dale Yee (60, CA)	2:10:36	F-4
62	DOH ROSS (67, CA)	2:10:53	F-1
63	JOHN MC GEE (71, CA)	2:10:54	G-1
64	Joe Goodman (69, CA)	2:16:46	F-2
65	Bob Cantwell (48, CA)	2:17:11	B-11
66	Thurman Holladay (45, MI)	2:23:32	E-12
67	Walt Stack (73, CA)	2:34:04*	C-2
68	Eugene Hallant (54, CA)	2:35:29	C-11
69	J. Herman Blake (46, SO)	2:36:20	E-13
70	Dick Conboy (47, CA)	2:40:28	B-14
71	Ivor Welch (35, CA)	3:31:37*	C-3

TEAMS (5 score): 1. West Valley TC 42; 2. Tamalpa 120;

3. California SA 249

U.S. MASTERS RECORD (40 and over) - Jim Bowers, 1:22:39, breaking the mark of 1:23:18 held by Ken Mueller

Thanks to all of you for making this race a successful one. Plan on being part of an even better one next year.

—DEAN REINKER, HAL HIGDON, LEN WALLACH, JOE HENDERSON

MARINE CORPS MARATHON

WASHINGTON, D.C.
November 2, 1980

M40-49

Richard Jamborsky 2:31:36
Alton Miques 2:34:11
Richard Harris 2:35:26

M40-49

Trudy Rapp 2:53:29
Dianne Headen 3:11:12
Jane Rasmussen 3:21:59

M50-59

Herb Chisholm 2:39:54
Harold Knapp 2:50:23
Dom Taddonio 3:53:44

M50-59

Joanita Reed 3:55:12
Betty Moore 4:37:15
Mary Spadone 4:37:15

M60+

Greg Kohlmaier 2:57:16
Manfred Schwarz 3:00:14
Charles Ogilvie 3:17:49

M60+

Althea Weatherbee 3:44:33



Marilla Salisbury, 72, "Sunbonnet Sue," of San Diego, who set 3 World 70-74 Records in 1980 in 200, 400 & 800.



Sue & Pete Peterson running for the money in the Jordache Rosebowl Pro Marathon on November 21.

photo by Richard Slotkin

TWO GREAT 1981 INDOOR MEETS

Forest View High School (ALL NEW FACILITY)
Arlington Heights, Illinois

FEB. 15

SUNDAY

MAR. 14 & 15

SAT. & SUN.

Midwest Masters Regional Championship

Masters North American (Indoor Championship)

AGE GROUP

30-34, 35-39, 40-44, 45-49, 50-54
55-59, 60-64, 65-69, 70-74, 75-79

AWARDS

ENTRY FEES

REGISTRATION

SPONSORED

INFORMATION

First Five Places in each age group

Regional: \$6 UNLIMITED No. American: \$5 first \$3 each add'l

Anytime to day of meet

Midwest Masters 180 N. LaSalle Chicago, IL 60601

Wendell Miller 312/236-1315 Bill Smith 312/346-1797

SUNDAY - FEBRUARY 15

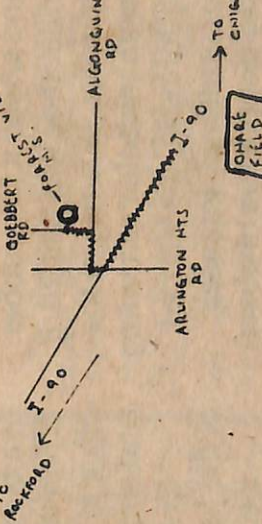
Regional

8:30	10,000 Meter Run
9:00	High Jump
9:30	60 Meter Dash
10:00	Long Jump - Pole Vault
10:30	800 Meter Run
11:00	70 Meter Low Hurdles/Shot Put
11:30	3,000 Meter Run
12:00	3,000 Meter Walk/Triple Jump
12:30	400 Meter Dash
1:00	60 Meter High Hurdles
1:30	5,000 Meter Run
2:00	1,500 Meter Run

SATURDAY - MARCH 14

North American Championship

10:00	10,000 Meter Run
10:30	High Jump
11:00	Shot Put
11:30	60 Meter Dash
12:00	35# weight
12:30	1500 Meter Run
1:00	50# weight
1:30	70 Meter Low Hurdles
2:00	3,000 Meter Run



SUNDAY - MARCH 15

North American Championship

10:00	5,000 Meter Run
10:30	Long Jump
11:00	400 Meter Run
11:30	Pole Vault
12:00	60 Meter High Hurdles
12:30	3,000 Meter Run
1:00	Triple Jump
1:30	1500 Meter Run
2:00	1500 Meter Run

ENTRY BLANK

Regional

North American

Name:

Age:

Address:

City:

State:

Circle Events: 3K, 5K, 10K
60, 400, 800, 1500, 3KW, Lows, Highs, SP, PV, LJ, HJ, TJ



OUR FIRST EMPLOYEE IS STILL WITH US. WE THINK.

Actually, this middle-distance runner out of Stanford had us wondering right from the start.

Shortly after we hired him, he ripped a customer's shoe apart and sewed it to a rubber shower thong. But once that shoe was refined, it won the Boston Marathon and gave rise to the whole concept of full-length midsole cushioning.

Obviously, with Jeff Johnson, we learned to be patient. He is unconventional. Intensely curious. With almost child-like powers of observation.

He was the brains behind the Nike Elite. The new Internationalist. And scores of other models. His fascination with tying his shoes led

to our Variable Width Lacing System.

But for all that, the man has no sense of propriety. He'll read dime novels in the middle of a business lunch. Suddenly turn up missing. When we asked him to set up an east coast office in '67, he did it behind a funeral home. And shipped out shoes in embalming fluid boxes.

Under normal circumstances he'd be one of the hard core unemployables.

Because Jeff Johnson is a first class eccentric. A dreamer. In fact, it was during his sleep that he came up with our name.

No wonder we listen.



Beaverton, Oregon