

★ HIGHLIGHTS ★



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National Masters News

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

53rd Issue

January, 1983

\$1.25

Vasquez, Hasham Take National 15K X-C

SAN DIEGO, November 28. Sal Vasquez, 42, added another national masters championship to his impressive list of 1982 running achievements with a convincing, 28-second triumph over a tough field of national-class runners today in the Penn Mutual/TAC National Masters 15-kilometer cross-country championships in Balboa Park.

In the race limited to runners age 40-and-over, Vasquez, competing for the Pamakids of Northern California, completed the 9.3-mile course in 51:55. Doug Rustad, of the Snohomish Track Club of Seattle, was second in 52:23, followed by Tim Rostegge, 42, of the West Valley Joggers & Striders, in 53:19.

Leading all female finishers was Shiela Hasham, 40, of the Culver City Athletic Club. Her time of 65:11 was over a minute ahead of the second woman, Dorothy Stock, 50, of the San Diego Track Club, who claimed the 50-54 division championship. It was a battle between Stock and Anne Johnson, 50, with only five seconds separating them at the tape.

Andre Tocco, 47, turned in a good 54:11 as 1st 45-49 runner and 7th overall. Jim O'Neil, 57, checked in with a fast 58:17 for 55-59 honors. Hal Winton, 51, defeated a tough 50-54 field in 58:38.

Snohomish captured the men's 40-49 team title with 38 points, followed by West Valley (59) and Culver City (70). San Diego notched all the other team titles: men 50-59 & 60-69; and women 40-49 and 50+. Ninety-nine runners completed the race. □

Fischer, Benham Win 25K Titles

RALEIGH, N.C., November 6. New Jersey's Bob Fischer, 42, and Maryland's Ed Benham, 75, shared honors today in the Penn Mutual/TAC National Masters 25K Road Racing Championships at North Carolina State University.

Fischer was 1st over-age-40 runner and 2nd overall in 1:27:53. Benham continued to rewrite the record book by becoming the first person over age

(Continued on page 11)



St. Louis Baseball Cardinals' mascot Firebird takes a peck at Polly Peacock, winner of the Busch Stadium Run, held September 25 in St. Louis. Polly, age 38 of Ladue, Missouri, finished the race, which featured handicapped starting times, in 36:42 (her handicap time was recorded as 27:12). Polly was also the winner in this event last year. Walter Bauer, left, age 57, of University City, Missouri, finished second with a handicapped time of 28:10 (actual time, 37:40).

Photo by R. Weaver, 1982

Manley Sets Masters 10K Mark of 29:30

ROSEMONT, Illinois, November 21. Mike Manley, 40, of Eugene, Oregon, blazed to his 5th American masters record since turning 40 last spring by racing to a stunning 29:30 today in the Turkey Trot 10K.

Pending approval of the National Running Data Center, the time demolishes Manley's own pending 40-44 10K road record of 30:30, set August 14 in Seaside, Oregon. (The of-

(Continued on page 11)

National 5-Mile Goes To Keim, Bing

by PETER TAYLOR

PHILADELPHIA, December 4, 1982

George Keim, who turned 40 just two days before this race, and Anne Bing, still winding down from her 2:56:08 effort at the New York City Marathon, earned top honors here today at the first annual Penn Mutual/Nike/TAC National Masters 5-Mile Road Racing Championships.

Keim, from Waynesboro, PA, grab-

(Continued on page 11)

Randall, Matson Win National 10K Cross-Country

STATE COLLEGE, PA, November 14. Kirk Randall and Shirley Matson were the first male and female finishers today in the 1982 Penn Mutual/TAC/Nike National Masters 10 kilometer cross-country championships.

With the race limited to men and women age 40 and up, 148 finished the hilly Penn State University course in near freezing weather, often running into the teeth of a stiff, cold wind.

Randall, 41, a professional squash teacher from Wellesley, Mass. set a masters course record 33:29. Matson, 41, a nutritionist from San Diego, logged 39:49 for a women's 40+ course mark.

The Snohomish Track Club of Seattle captured the men's team title over the Philadelphia Masters and National Capital clubs. The Millrose AA won the women's crown.

When asked why she came all the way from San Diego, Matson told the Centre Daily Times: "To try to win a national championship. Why not come?" Matson has been jogging for

(Continued on page 11)

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Write On!



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National Masters Officers

ATHLETICS CONGRESS

TRACK & FIELD CHAIRMAN:

Jim Weed
11672 E. 2nd Ave.
Aurora, CO 80010
(303) 341-2980

LONG DISTANCE CHAIRMAN:

Bob Boal
121 W. Sycamore Ave.
Wake Forest, NC 27587

TRACK & FIELD RECORDS:

Pete Mundle
4017 Via Marina #C-301
Venice, CA 90291
(213) 823-8804

LONG DISTANCE RECORDS:

National Running Data Center
P.O. Box 42888
Tucson, AZ 85733
(602) 323-2223
(602) 326-6416

INDOOR RECORDS AND RANKINGS:

Haig Bohigian
225 Hunter Ave.
North Tarrytown, NY 10591
(914) 631-1547

INDOOR T&F MEET COORDINATOR

Ron Salvio
Squan Rd.
Clarksburg, NJ 08510
(609) 259-9268

OUTDOOR T&F MEET COORDINATOR:

Bruce Springbett
P.O. Box 1328
Los Gatos, CA 95030
(408) 354-7333

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SEEDING IN NATIONALS

While at the National championships in Wichita this past summer I was surprised to see that several runners of national caliber were all in the first heat of the 100 meter dash. Runners such as J.B. Haggerty, Eugene Driver, Nate Robinson, Clifton Jackson, and myself were included in the heat.

NATIONAL MASTERS NEWS

53rd Issue
January, 1983

Editor

Al Sheahen

Production

American Publishing Co.

Kathleen M. Phiffer

CONTRIBUTORS

Alistair Aitken, Ruth Anderson, Leo Benning, Haig Bohigian, Alvin Clark, Phil Conley, Bob Fine, Nolan Fowler, Bill Gentry, Jim Gerard, Clem Green, Spotswood Hall, Don Harris, Hal Higdon, Wally Ingram, Dave Jackson, Jack Karbens, Sandra Knott, Bob Langenbach, Bob Martin, Joe Martin, Wendell Miller, Wilf Morgan, Pete Mundle, Jack Pennington, Phil Partridge, Barbara Pike, Marty Post, Jim Scannell, Valdemar Schultz, Tom Sheahen, Bruce Springbett, Bill Stock, Pete Taylor, Danny Thiel, Mike Tymn, Jim Weed, Jennifer Hesketh Young, John Allen, Alex Coffin, Don Farquharson, Dan McCaskill, Ed Oleata, Will Rasmussen, Christa Rompanen, Dr. Jack Russell, Richard Lee Slotkin, Jorge Alzamora, Sue Stricklin.

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The *National Masters News* is an official publication of the Athletics Congress Masters Track & Field and Long Distance Running Committees. The editorial policy is not necessarily that of the Athletics Congress.

The *NATIONAL MASTERS NEWS* (ISSN #0744-2416) is published monthly for \$12 per year from 6200 Hazeltine Ave., Van Nuys, CA 91401. Phone: (213) 785-1895. Second class postage paid at Van Nuys CA. 91409.

POSTMASTER: Send address changes to: *National Masters News*, PO Box 2372, Van Nuys CA 91404.

At a National Championship this is unheard of, and a honest effort should be made by officials who seed the heats to evenly distribute athletes throughout the heats so everyone will have the chance to make the final and not end up sitting in the stands watching the final.

Also at a Natinal Championship there should be at least eight lanes. Athletes come from throughout the United States only to be eliminated in **one** heat, because there was only six lanes to battle for. All the expense of travel and hotels goes down the drain for those athletes.

The 30-34 age group was of very high caliber as evidenced in the finals of the 100, 200 and 400 meters; even more so than in previous years past.

Officials should be aware of national class athletes, and only as a last resort, put together a heat of national caliber athletes.

The National meet was run very well and I take my hat off to Mr. Lida who was most helpful to those athletes he encountered. Everyone was kind during my stay in Wichita.

I look forward to competing again against my comrades from around the country next year. Good Luck to everyone.

Armand Gibson
Atlanta, Georgia

AND STILL CHAMPION

Phil Conley philosophizes about motivation. Wendell Miller opens his mouth about athletic highs. Mike Tymn profiles courageous athletes.

The Wichita TAC Masters had it all! Al Sheahen, track and field's outstanding color man on the P.A.; Baker, Billups, Burnett, Cohen, Greenwood, and - hold on! - Reverend Bob Richards! Bob Richards, my lifelong idol, in the flesh, competing, throwing, vaulting. My skin went cold. I got his autograph, I caught his pole.

My thought slipped back to Milwaukee during 1957, when I last jumped against my idol. He attempted a world record that night in Milwaukee's Arena. He encouraged a young kid who was trying to make 14 feet for the first time. But the kid couldn't do it that night.

Well now was my big chance to make 14 feet and show my mentor I could do it. Bob Richards won his age group and made it look easy. I started at 13 feet to conserve energy. I couldn't make opening height, but never mind, a fourth jump was attempted at 14 feet, and I made it cleanly. It was only the second time in the last ten years. It was a practice jump, but I didn't care.

The TAC was well worth it. Bob Richards was a magnificent thrill. After 25 years, there he was - *deja vu*. After Wichita, I'll never forget, he's still the champ!

Ed Hoyle,
Richfield, Ohio

IMPLEMENT WEIGHTS IN RESULTS

In your results section, it must be noted what the weight of the implement is. This must head all summaries or the report is a worthless guessing game.

Tom McDermott
Madison, Connecticut

(We agree completely, and we ask all T&F meet directors to note the implement weights and hurdle heights in all result summaries. — Ed.)

MORE FEMALE CATEGORIES

In the Pittsburgh area, we are pushing for increased representation of age categories for females, and for awards to be allotted on a percentage of runners in an age group. In distance races, if there are 10 times as many males in the 30-39 category than males in the 60-69 category, then there should be 10 times as many awards for participants in the lower age category.

Bob & Ann Ruth
Clairton, PA

KUDOS

As a former subscriber to *TrackMaster*, we know there is a need for the growth of *National Masters News*. Hence, the enclosed check for a subscription. Our first viewing of your paper indicates quality and some of the humor of *Running Times*.

Bob & Ann Ruth
Clairton, PA

You have a great publication.

Glen Lafarlette
Tulsa, Oklahoma

I enjoy the *National Masters News* very much. Keep up the good work.

Johnny Newton
Nacogdoches, Texas

CALL FOR PENN RELAY TEAMS

The 1983 Penn Relays will be held in Franklin Field, Philadelphia April 29-30. Masters relays are scheduled for 40-49 and 50 plus age groups. It's a chance for you and your team to run in front of 40,000 people and show what you can do. Fred Mannis encourages teams from all over the country to participate. If you're interested, call Fred at 215-985-1780 before March 1. □

schedule

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



TRACK & FIELD

NATIONAL

March 26-27. TAC National Masters Indoor Championships, Lehigh Univ., Allentown PA. Bert Lancaster, 609-347-5800; 609-347-5400.

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

NEW ENGLAND

January 22-23. TAC New England Indoor Championships. Masters mile. Boston Univ. 617-625-1040.

EAST

January 2. TAC Metro Grand Prix, West Point, N.Y. Some masters events. Contact Metro TAC.

January 4 (Tues.). ARCO/7-Up Masters Indoor Meet, Civic Center, Philadelphia, 6 p.m. Bert Lancaster, 609-347-5800.

January 15. Metro TAC Grand Prix, Princeton Univ., N.J. Contact Metro TAC.

January 16. Philadelphia Masters Indoor Development Meet, Haverford College, 11 a.m.

January 19 (Wed.). Metro TAC Relay Championships. (Masters 1 & 2-mile relays). 168th St. Armory, N.Y. Contact Metro TAC.

January 22. West Pont, N.Y. Invitational (some Masters events). Contact: West Point Athletic Director.

January 23. Western Pa. Indoor Championships - Open & Masters, men & women, 10 yr. age groups. Slippery Rock, Pa. Dev Lemster, 40 Elmhurst Rd., Pgh., Pa. 15220. 412-563-7833 before 9 p.m.

January 28. Millrose Games, New York City.

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ty. Masters events. Ed Small, 531 Main St., New York, N.Y. 10044.

January 30. Philadelphia Masters Indoor Meet, St. Joseph's U., 10 a.m. Fred Mannis, 215-985-1780.

February 5. (tentative) Philadelphia Masters Meet, Wilmington, Del. Fred Mannis 215-985-1780.

February 6. West Penn Track Club Indoor Masters Championships (this meet replaces the Eastern TFA Championships which drew athletes from 9 states last winter) Slippery Rock, Pa. Sue Kline, 1245 Almac Lakes Rd., Washington, Pa. 15301. 412-228-1872 before 9:30 p.m.

February 6. TAC Metropolitan Masters Indoor Championships, 168th St. Armory, NYC, 10 a.m. Tom Talbott, 55 Frontier Road, Cos Cob CT 06807. Open to all.

February 12. NY Masters Indoor Club Championships, Rockland Community College, Viola NY. Tom Talbott, above. Open to all.

February 13. Masters Sports Association Indoor Championships, Manhattan College, 11 a.m., Bronx, NY. Tom Talbott, above.

February 20 or 27. New York Masters Indoor Championships, Staten Island, N.Y.

February 27. Philadelphia Masters Indoor Meet, St. Joseph's Univ., 10 a.m. Fred Mannis, 215-985-1780.

March 5. Philadelphia Masters Indoor Club Championships, Widener College, 6 p.m. Open to all. Fred Mannis, 215-985-1780.

March 13. New Jersey TAC Masters Indoor Championships (open to all). Peddie School, Hightstown NJ, 1 p.m. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 609-259-9268.

March 20. TAC Eastern Masters Indoor Championships, West Point, N.Y. Tom Talbott, 55 Frontier Road, Cos Cob CT 06807.

May 15. Masters Sports Association Meet, Randall's Island, New York City, Bob Fine, 77 Prospect Place, Brooklyn NY. 11217. (212) 789-6622 from 7:30 to 9:30 p.m.

June 19. Metropolitan Masters Championships, Randall's Island, New York City, Bob Fine, 77 Prospect Place, Brooklyn, NY 11217.

June 25-26. TAC Eastern Regional Masters Championships, East Stroudsburg, PA.

July 10. Eastern Club Quadrangular. (Shore AC, NY Masters, Phila Masters, Potomac Valley) Washington, D.C. Sal Corrallo, 5351 N. 37th St. Arlington, VA 22207. 703-241-1854.

July 21-24. 2nd Annual National Masters Sports Festival, Philadelphia, Fred Mannis, 215-985-1780.

September 4. Potomac Valley Masters Games, Washington, D.C. Sal Corrallo, 5351 N. 37th St. Arlington, VA 22207. 703-241-1854.

SOUTHEAST

January 15. Mini meet, 9 a.m., Manatee Junior College, Bradenton FL. Nick Ryan, 813-758-7675.

February 12. Mini meet, 9 a.m., Manatee JC, Bradenton FL. Nick Ryan, 813-758-7675.

March 5. Virginia TAC Masters Indoor Track & Field Championships, Lexington VA.

March 19. Mini meet, 9 a.m., Manatee JC, Bradenton FL. Nick Ryan, 813-758-7675.

April 9. Tampa Bay T&F Championship/Weight Pentathlon, Tampa FL. Carlos Fraundorfer, Hillsborough High, 5000 Central Ave. Tampa FL 33603.

April 9-10. 9th Annual Florida State Masters Championships, Clearwater High, Clearwater Florida. Dick Lacey, 1207 S. Duncan Ave., Clearwater FL 33516. 813-447-7161.

May 6-8. TAC Southeast Masters Classic Raleigh, N.C. PO Box 590, Raleigh NC 27602.

June 11-12. TAC National Masters Club Championships, and TAC Southeast Regional Masters Championships, Atlanta. Ken Kirk, 3800 Stonewall Terrace, Atlanta GA 30339.

June 11-12. 8th Annual Northwest Classic, Miami Dade CC, Miami. Jesse Holt, 1310 N.W. 90 St., Miami FL 33147. 305-836-2409 (h); 305-579-4437 (o).

October 8. T&F SE Weight Pentathlon and Pentathlon Championships, Atlantic H.S., Delray Beach, Florida. 9 a.m. M30-59; 1 p.m. M60+, W30+. Randall Cooper, Atlantic H.S., 2501 Seacrest Blvd., Delray Beach, FL 33444.

MIDWEST

January 8. 7th Annual Wisconsin Masters Indoor Championship, Univ. of Wisconsin, Madison. Bruce Craig, 238 Alden Drive, Madison WI 53705.

January 9. Lake Erie Indoor Track & Field Championships, Maple Heights High (Cleveland). Open and 5-year age groups from 30 up. Mary Chadbourne. 216-321-8830.

February 20. Open Indoor Meet, 8 a.m. Forest View High, 2120 Goebbert Rd., Arlington Hts. IL. Wendell Miller, 180 N. LaSalle, Chicago IL 60601. 312-236-1315 days, 312-234-2154 eves.

ON TAP FOR JANUARY TRACK & FIELD

Plenty of indoor development meets dot the early 1983 season, along with some major open meets with masters events.

It all begins with a meet on the 4th in Philadelphia. The Mid-America Regional Masters Championships are set for Lincoln, Nebraska on the 8th, as are the 7th Wisconsin Masters Championship in Madison. The Lake Erie Classic in Cleveland on the 9th features open and age-group competition.

There's action in Princeton, New Jersey on the 15th; then the Snake River Open & Masters Championships in Pocatello, Idaho on the 21st and 22nd. The West Penn masters meet is set for the 23rd in Slippery Rock, as is the outdoor College of the Desert meet in Palm Desert, Calif.

LONG DISTANCE RUNNING

Major open races this month include the Charlotte Observer Marathon on the 8th, the Orange Bowl 10K on the 15th and Marathon on the 22nd in Miami; the Houston Tenneco Marathon in Houston on the 15th; and the Mission Bay Marathon in San Diego on the 23rd.

The New Jersey Masters 15K and 20K masters championships will take place on the 16th and 30th, respectively.

February 20. TAC Midwest Indoor Regional Masters Championships, Cincinnati. Rich Ceroni 513-475-5708.

April 24. North Coast Relay Championships, Cleveland, Ohio. James Barrett, 3801 Shannon Rd., Cleveland Hts. OH 44118.

June 8-12. Indy Senior Classic (Senior Olympics), Indiana U., Indianapolis. Bob Coughlin, 305 S. Barton, Indianapolis IN 46241. 317-241-5446.

June 18. Cleveland Track Classic. James Barrett, above.

(Continued on page 4)

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(Continued from page 3)

June 25. Open Meet, York High, Elmhurst IL., 7 a.m.

July 2-4. Indiana Masters Championships/White River Park State Games.

July 23. TAC Midwest Regional Masters Championships, York High, Elmhurst IL, 7 a.m. Race day sign up. Wendell Miller, 180 N. LaSalle, Chicago, IL 60601. 312-236-1315. (o); 312-234-2154 (h).

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

MID-AMERICA

January 8. TAC Mid-America Indoor Regional Masters Track & Field Championships. Lincoln, Nebraska. Noon. Forest Doling, 5030 S. 65th St., Lincoln, NE 68516. (402) 483-4842.

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

SOUTHWEST

May 28. TAC Southwest Regional Masters Championships, New Orleans. Danny Thiel, 2609 Canal St., New Orleans LA 70119. 504-822-9057.

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

WEST

January 21, 28 (Fri.). 3 p.m. All-comers meets, Long Beach State Univ.

January 23. College-of-the Desert. All-comers Meet, Palm Desert, Calif. 11:30 a.m. Shirley Davisson, 14770 Rodeo Rd., Victorville, CA 92392.

February 19. Orange Masters Meet, Santa Ana College, CA. Larry Sallinger, 203 E. Monroe, Orange CA 92667. 714-639-6707.

April 2. TAC Central Calif. Assoc. Masters Championships, Fresno State College, All-Weather Track, Hugh Adams, 7904 S. McCall Selma, CA 93662.

April 23. Sacramento Masters Relays, Cal State Univ., Sacramento CA. Chevron 400 track. Bob Roemer, 3808 Yellowstone Ct., El Dorado Hills CA 95630. 916-933-1438.

May 7. West Coast Masters Classic, Visalia, CA. Marty Higginbotham, 1026 W. Princeton, Visalia CA 93277.

May 14. 4th Annual U. of Redlands Masters Meet. Buz Wagner, 1522 Margarita Dr., Redlands CA 92373. (714) 793-2638.

May 21. TAC Pacific Assoc. Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos CA 95030.

May 21. Anteater Masters Games, UC Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar 92625.

July 23-24. West Valley Masters Meet, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030. (Includes 18-29 division).

August 21-22. TAC Western Regional Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030.

September 10-11. New Senior Olympics, UCLA, Los Angeles.

October 1. Club West Masters Meet, Goleta, CA. George Adams, PO Box Drawer K, Goleta, CA 93017.

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

NORTHWEST

January 21-22. 3rd Annual Snake River TAC Indoor Track & Field Championships, Idaho State Univ. Mini-Dome, Pocatello, Idaho. Age-groups. Box 8173 ISU, Pocatello, ID 83209.

June 18. 4th Annual Senior Sports Festival, Seattle, King County Rec. Dept., 425 S.W. 144th St., Seattle WA 98166.

June 25-26. Hayward Masters Classic, Eugene, OR. Lew Thorn, 503-484-9087; Bill McChesney, 1755 Coburg Rd., Eugene, OR 97401.

July 10-15. Masters track & field training camp, Seeley Lake, Montana. Northwest Sports Medicine Foundation, 1551 Northwest 54th; Suite 200; Seattle, WA 98107. 206-782-3383.

July 29-30. TAC Northwest Regional Masters Championships, Gresham, Oregon. Held at night. Jim Puckett, Mt. Hood College, 26000 SE Stark, Gresham, OR 97030. Entry form in July issue.

HAWAII

Each Wednesday thru April 27. All-comers meets at U. of Hawaii, Honolulu, 6 p.m.

January 9, 23. Development meet, 8 a.m., Kaiser HS, Honolulu.

February 6, 20. Development meet, 8 a.m., Kaiser HS, Honolulu.

March 6, 20. Development meet, 8 a.m., Kaiser HS, Honolulu.

April 10, 24. Development meet, 8 a.m., Kaiser HS, Honolulu.

May 21-22. Hawaii Masters Championships and Decathlon, Honolulu. Stan Thompson, 1549 Ipukula, Honolulu HI 96821.

INTERNATIONAL

April 1-4. Australian Veterans Championships, Melbourne. Ray Callaghan, 6 Yvonne Ave., South Croydon, Victoria 3136. Men 50+, Women 35+.

September 23 - October 1. V World Veterans Games, San Juan, Puerto Rico. Men 40+. Women 35+. GPO Box 336, San Juan, PR 00936; or Sports Travel International, PO Box 7823, San Diego, CA 92107. 619-225-9555.

LONG DISTANCE RUNNING

NEW ENGLAND

April 18 (Monday). Boston Marathon. 8000 runners. Box 223, Boston MA 02199.

EAST

January 16. New Jersey TAC Masters 15K Championships, West Long Branch NJ. Ron Salvio, 609-259-9268.

January 30. New Jersey TAC 20K Masters Championships West Long Branch NJ. Ron Salvio, above.

February 27. TAC New Jersey 10-mile Masters Championships, West Long Branch NJ. Ron Salvio, 609-259-9268.

March 6. TAC Eastern Masters Marathon Championships (30+) and Monmouth Marathon, Brookdale Community College, Lencroft NJ. Ron Salvio, Squan Rd., Clarkburg NJ 08510. 609-259-9268.

March 27. Perrier Cherry Blossom 10 mile (plus 2-mile), Washington, D.C. 3000 runners. Box 4711; Arlington VA 22204.

May 1. Trevira Twosome 10 mile, New York, N.Y.-Central Park. 3300 runners. Box 881, FDR Station, New York NY 10150. 212-860-4455.

SOUTHEAST

January 8. Charlotte N.C. Observer Marathon (1,200 runners) and 10K (3,800 runners). Do Fleck, Box 30294, Charlotte, N.C. 28230.

January 15. Orange Bowl 10K. Miami 3,000 runners. Orange Bowl, Florida U., Tamiami Trail, Miami, FL 33199.

January 22. Orange Bowl Marathon, Miami. 4,000 runners. Basil Honikman, Florida U., Miami, FL 33199.

February 5. Gasparilla Distance Classic 15K, Tampa, Florida. 10,000 runners. Karen Goforth, Box 1881, Tampa FL 33601.

February 20. Mardi Gras Marathon, New Orleans. 3,000 runners. Box 30491, New Orleans, LA 30791.

March 20. North Carolina TAC 10K Championships and Cary Road Race. Cary Park & Rec. Dept., 919-469-4064.

March 27. Crescent City 10K, New Orleans. 12000 runners. Mac DeV Vaughn, 5242 Magazine St., New Orleans LA 70115. 504-895-4705.

May 28. Elby's 20K, Wheeling, WV. Hugh Stobbs, 933 Main St., Wheeling WV 26003. 304-232-6120.

MIDWEST

May 7. Old Kent River Bank 25K, Grand Rapids, MI. David Teater, 1 Vanden Berg Center, Grand Rapids MI 49503. 616-774-5272.

May 15. Revco-Cleveland Marathon & 10K, Cleveland, Ohio. Reno Starnoni, PO Box 46604, Bedford OH 44146. 216-292-2675.

SOUTHWEST

January 15. Houston-Tenneco Marathon, Houston. 3,000 runners. Cy Strong, Box 19454, Houston, TX 77024.

WEST

January 23. Mission Bay Marathon, San Diego. 1,000 runners. Dave Jackdaw St., San Diego, CA 9

January 30. Super Bowl Sunday 10K, Redondo Beach, Calif., 10,000 runners. Box 637, Redondo Beach, CA 90277.

February 6. Oakland Marathon, Oakland, Calif. 6,000 runners. Cherie Swenson, Box 2501, Oakland, CA 94614.



Bev LaVeck, 42, Seattle. 1st female overall in 100-mile race walk in American open record 21:42:14 in Chula Vista, Cal November 20-21. Sportsfoto by John Allen

NORTHWEST

February 26. Seaside Trails End Marathon, Seaside, Oregon. Box 7, Seaside OR 97138. 800-452-6740.

March 25-26. 16th Annual Sports Medicine and Conditioning Seminar, Seattle. Ken Foreman, Ph.D., 1551 N.W. 54th, Suite 200, Seattle, WA 98107. (206) 782-0172.

March 27. TAC National Masters Men's Marathon, Seattle.

HAWAII

April 10. Norman K. Tamanaha Memorial 15K, Honolulu.

INTERNATIONAL

October 15-16. XVI World Veterans (IGAL) 10K and 25K Championships, Perpignan, France. Tom Sturak, 3900 S.W. Murray Blvd., Beaverton, OR 97005.



Caught sitting down on the job - Alan & Carrol Maxwell in China.

March 20. San Jose Mercury News 10K, San Jose, CA. Karen Storey, Mercury News, 750 Ridder Park Dr., San Jose CA 95190. 408-920-5533.

May 1. Avenue of the Giants Marathon, Arcata CA. 1750 runners. Deadline, Jan. 31. Don Hughes, Box 214, Arcata CA 95521.

May 15. Bay to Breakers 7.63 mile run, San Francisco. 70,000 runners. Special Events Dept., San Francisco Examiner, San Francisco CA 94103. 415-777-7777.

May 29. Brentwood 10K, Los Angeles. 3000 runners. Valerie Johnson, Box 49913, Los Angeles CA 90049.

DEADLINE

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

FIFTH WORLD VETERANS CHAMPIONSHIPS

SEPT. 23-30, 1983

IN

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Fly **FREE**, round-trip from one of 76 cities in the U.S., to San Juan, Puerto Rico, the site of the 5th Bi-annual Championships of the World Association of Veteran Athletes, on Wednesday, September 21, 1983.

Stay 10 nights at the world-famous Caribe Hilton—the first-class hotel nearest to the stadium.

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Immerse yourself in shipboard activities from dawn until well after sundown. Or do absolutely nothing...except sit back and enjoy that luxurious sense of ease that's unique to a cruise.



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Enclosed please find \$ _____ (\$500.00 per person deposit + \$25.00 per person non-refundable tour registration fee). The deposit is fully refundable until July 15, when the balance of payment is due.

Signed _____



THE GUN LAP

by MIKE TYMN

Aging (Part II) — Touching All Bases

Does aging affect baseball players differently than distance runners? Some people think so.

In the August issue, this column dealt with the subject of aging and its effect on distance running performance. I wrote that we do not "fall off a cliff" around age 35 as we have been led to believe by observing the decline of professional baseball players, boxers, and athletes from other sports. Rather, I concluded, it is more a matter of easing oneself down the cliff.

I opined that aging affects ballplayers in much the same way as it does runners. However, because professional ballplayers usually give up their sports totally it just appears that they "fall off a cliff." Many of them might be able to play well into their 40's, 50's, or even 60's if a club would have them or if their pride permitted them to continue playing with diminished skills.

A few observers of the sports scene took issue with me. They said that you cannot compare runners and ballplayers because we're talking about different physical attributes — primarily endurance for the runner and reflex action, coordination, etc. for the ballplayers. They theorized that the reflexes and those other things important to ballplayers go before the endurance does.

Before I really got into the subject, I also thought that way. As I analyzed the records of former great baseball players my thinking changed. While space limitations did not permit me to deal with it in my column, I tried to touch upon this issue by prefacing the column with a comment made by Ty Cobb, the great Detroit Tiger outfielder of the early part of this century. Cobb said that when he retired at age 42 his "batting eye" was as dependable as ever, but his legs were giving out. "I literally had to grit my teeth and force myself to run," he wrote in his autobiography.

True, getting down to first base or going after a fly ball is hardly an act of endurance. Still, the legs must be strong, fast, and full of life if one is to endure at the same level as he was able to in earlier years.

Take a look at the stats on the major league ballplayers who survived to their late 30's and early 40's. You will find that many of them had some ex-

ceptional years in batting averages and home run production late in their careers, but they had to be rested frequently. Consider, for example, Hank Aaron, the all-time home-run king. At the age of 39, he came to bat only 392 times, compared to around 600 in his younger years. Yet, he still hit 40 home runs that year. In terms of home runs per times at bat it was his best year.

Like so many aging ballplayers, Aaron had to be rested every third or fourth game, would sit out the second game of doubleheaders, and would sometimes come out of the game early.

Although not exactly a paragon of total fitness, Babe Ruth had a good year at age 37 with a .341 batting average and 41 home runs. But he also sat out quite a few games that year.

"The old legs were getting tired," he wrote in his autobiography. "I just couldn't get over the ground as well as I had only a few years before. McCarthy was sending in pinchrunners Byrd and Myril Hoag for me and when we got ahead Joe would send one of those kid outfielders to right field in the late innings."

Of his final year at the age of 41, Ruth wrote: "... the harder I tried the worse I did. My old dogs just couldn't take it any longer. It was more and more of an effort to move over the outfield or run down to first base. I had tried hard to condition myself, but it just was torture."

Stan Musial, the great St. Louis Cardinal outfielder, had this to say: "Actually, I didn't begin to think of this game of baseball as work until I got to be about forty. Those last couple of years it was much harder to get in shape and stay in shape. After a doubleheader I'd be stiff for two days."

Musial continued to hit well until he was 42, but, he, too, played less and less and after age 35.

How is it, many masters distance runners may be asking, that men in their 50's and 60's can put in 100 training miles a week and run marathons in well under three hours while all those great ballplayers can't stand around in the outfield for a 2½ hour game, half of which is spent sitting in the dugout? I have wondered about this myself, but Christmas shopping for a couple of hours with my wife helps me to understand. My legs give out faster when just

walking and standing than they do when running. In other words, I can endure a marathon better than I can a 2½ hour shopping spree and baseball is much more like shopping.

Perhaps the trouble with all those ballplayers was not so much physical as it was mental. Musial comments on this: "This is hard to explain. When I was younger I would listen to my subconscious and my subconscious would always tell me what the pitcher was trying to do. It was an amazing thing. In the field, too."

"After I turned 40 my subconscious tried to tell me what was coming, but I'd lost that perfect concentration, and I'd doubt my subconscious. It was a sad thing, but I just couldn't keep that same concentration going forever."

Bill Russell, the basketball great, touches upon this aspect in his book,

Second Wind: "Rarely will you see an athlete who hasn't put on ten or fifteen pounds over a full career, but even rarer are the ones who don't put on the same amount of mental fat. That's the biggest killer of aging champions, because it works on your concentration and mental toughness, which are the margins of victory; it prevents you from using your mind to compensate for your diminishing physical skills."

I still contend that age affects the ballplayer and the distance runner in much the same way. Neither falls off a cliff. It just gets to be a little more difficult to "leg it out" as we get older. But there are compensating factors. As the late Satchel Paige, who pitched in the big leagues at age 52, once said, "When a man gets older, the steam builds up faster." □

TUCKER COPS RRCA 5K

NEW YORK, November 7. Stuart Tucker, 40, captured the masters title today in the National RRCA 5K cross-country championships in a time of 16:57, for an 8-second margin over runner-up Harold Hatch, 43.

Gudrun Phillips, 46, copped the female masters crown by over a minute in 22:06. Bob Kerney, 52, was 1st 50+ runner in 19:14. Audrey Jacobson, 54, posted 27:37 for best 50+ woman. □

Masters Conspicuous in Charlotte

by ALEX COFFIN

CHARLOTTE, N.C., November 14. The masters nearly dominated the field of 139 runners in the 13th annual James K. Polk Road Race here today by taking five of the top 15 places.

Bob Maydole, a 41-year-old professor from nearby Davidson College, was fifth overall in 38:59. Second to Maydole among the masters was Bill Voight, whose 40:14 for the seven-mile flat course was good enough for 10th overall. Third masters and 12th overall was Leonard Jones in 40:45.

The 14th and 15th runners were masters Larry Barden and Alex Coffin, both of whom were running personal bests when they passed the 10K-mark. Coffin finished the seven miles in 41:26 with Barden about 10 seconds ahead.

Tops in the 50-and-over category was Bruce Ballenger in 48:47. Luckett Davis was second in 50:56 and Bob Bloomer was third in 51:18.

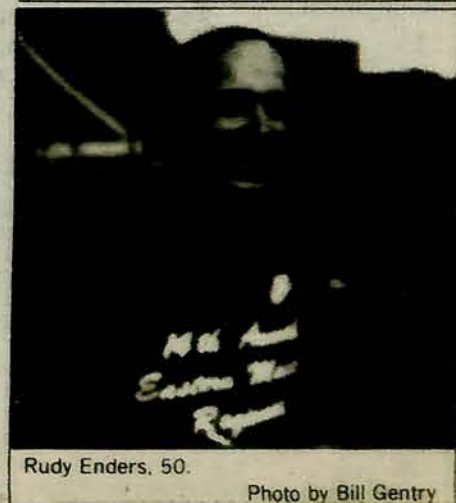
Among the women, Sue Boyer was first in the 40-49 age category with a time of 56:52. Edith Johnson was second in 60:02, and Joan Hargett was third in 66:31.

Overall winner was Earl Owens, 33, of Charlotte in 35:18. □



Dan Oliver, 48, 1st 40-49 in Rose Bowl Marathon November 21 in Pasadena in 2:53:17.

Sportsfoto by John Allen



Rudy Enders, 50.

Photo by Bill Gentry



Marshall Matye, 1st M35 in Santa Monica 1/2 marathon in 1:10:06.

Photo by Richard Lee Slotkin

Lindgren Sets Marathon Mark

PORTLAND, Oregon, October 4. Mavis Lindgren, 75, ran the Portland Marathon today in 4 hours, ten minutes, 20 seconds — the fastest 26.2 miles ever run by a woman age 75 or over.

Her time was even faster than her own 70-74 record of 4:33:35 set in 1981 in California. She was accompanied on the run by Edward McKean-Smith, 70, who finished in the identical time.

Ron Gayer sped to a fast 2:38:48 to finish as first over-age-40 runner. □

Alexander Nabs Ohio 10-Mile Title

COLUMBUS, OHIO, November 7. Bob Alexander, 42, won the Ohio Masters 10-mile Championship in 56:48 today over an out-and-back course with rolling, formidable hills.

Walt McGreevy, 41, took 2nd in 58:28 with Jerry Miller, 41, 3rd in 59:06. Richard Bauman was 1st 50+ runner, and 4th overall, in 59:56. Peggy Drauglis, 46, was top female in 75:33.

Ninety six runners took part in the annual event.



Vaughn Bell, 42, in blocks for 100 meter dash in Florida as Ed Schuler waits his turn.

Photo by Bill Gentry

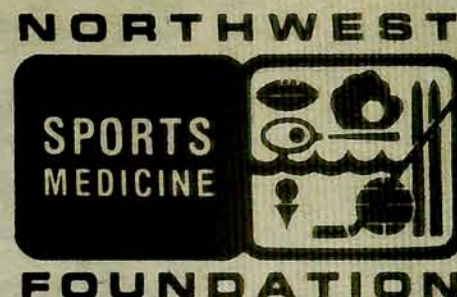
NORTHWEST SPORTS CAMP TRACK AND FIELD

A training camp for the

MASTERS PERFORMER

Seeley Lake, Montana

July 10 - 15, 1983



PROGRAM

The Northwest Sports Camp, in its 13th year of continuous operation, offers the first track and field camp in the United States which is concentrating primarily to the training of the masters performer.

Using technically sound and individually challenging teaching/coaching procedures, the camp program has been designed to meet the needs of individuals at all levels of ability. Each participant is evaluated in terms of skill potential and given several hours of specialized instruction on a daily basis.

Recreational opportunities include water sports, horseback riding, hiking, fishing, bowing, and individual and team sports. The camp concludes with the Seeley Lake Olympics, with awards being given to the top performers in each event.

Registration is from 9:00 a.m. to 5:00 p.m. on Sunday, July 10, 1983 at Camp Paxson. Skill assessment will be conducted at the Seeley Lake High School track from 3:00 - 5:00 p.m. on Sunday. The opening program will be at Camp Paxson at 8:30 p.m.

CAMP FEES

Option A	Board, room, instruction and camp attire (including at the Double Arrow Ranch, meals at the ranch, double occupancy)	\$275.00
Option B	Board, room, instruction and camp attire (including at "rustic" Camp Paxson)	\$180.00
Option C	Continental breakfasts only (Campers will need to make their own arrangements for meals)	\$80.00
	Two units of upper division college credit are available	\$40/credit
	Pick up/delivery at Missoula	\$15.00

STAFF

DR. KEN FOREMAN - Camp Director, Head Coach 1982 United States Team, The World Championships, Helsinki.

KIM HAINES - Head Coach Seeley Lake High School and the Western Montana Track Club.

DORIS HERITAGE - Head Coach Seattle Pacific University, 1984 United States Olympic Team.

DALE BARNARD - Assistant Director, Head Coach University of Montana.

JOHN NEWBY - Head Coach The University of Oregon, 1984 United States Olympic Team.

BOB GRIFFIN - Head Coach 1984 United States Team, USOC.

Other staff and participants will assist in instruction.

Dr. Ken Foreman, Camp Director, Northwest Sports Medicine Foundation, 1551 Northwest 54th Suite 200, Seattle, Washington 98107.

Name _____
Address _____ City _____ State _____ Zip _____

I hereby certify that I am able to participate in all camp activities. I accept full responsibility for any medical expenses as a result of camp activities. (All camp participants are covered by insurance during the conduct of the camp)

Signature _____
Please list any special medical problems, precautions, medications and the like.

A pre-registration fee of \$80.00 must accompany this form. No fees will be refunded after June 17, 1983. PRE-REGISTRATION FEE MUST BE RECEIVED BY JUNE 17, 1983. ALSO, Please make all checks payable to and send to:

NORTHWEST SPORTS MEDICINE FOUNDATION
1551 Northwest 54th Suite 200
Seattle, Washington 98107 206-782-3383

For further information contact Dr. Ken Foreman or Beverly Richdale, Administrative Assistant at the above number.



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

by W. MacDONALD MILLER

NEVER A COLUMN! (A WARNING — SILLY SMUTTY)

I think it altogether appropriate that columns from time to time be devoted to the efforts of individual people. It's a mainstay of the published word, from that giant of reporting insight, People magazine, talking about Helen Gurley Brown to Fred Lebow.

Until recently I had the feeling that the NMNL provided wonderful balance, in this respect. As you know, there are basically three regular writers. One offers a tremendously witty column, albeit on a somewhat irregular basis. Another is a column in which the author talks about a variety of people, ranging from himself to Hal Higdon, to himself, to himself, to Alex Ratelle, to himself, etc. I don't think anyone objects to a blow by blow account that highlights a particularly interesting race from time to time, but give me a break. I estimate we've been subjected to roughly 98% of all the competitive steps the author has taken in his entire life. I mean Hal Higdon, at his best, only covered about 50% of all his racing footfalls. The NMNL offers another column in which the author writes brilliantly on a wide area of subjects ranging from Stanford University, to the Farm, to Angell Field, to The Big Game, to Herbert Hoover, to Payton Jordan, to Palo Alto, and anything and everything happening in and around California, Hooptee Doo! I mean take a drive down to San Jose

sometime, there's a whole world out there. Geez!

Recently however, it was brought to my attention that many many very deserving people have never been afforded the column they so richly deserve, in the NMNL. Let me give you a few examples of what I mean. Look at Dave Pain, the founder of the Masters Movement. Dave is such a successful attorney, he has his own fleet of ambulances (leased), and he's never been afforded a column in the NMNL devoted to his other accomplishments. Reverend Bob Oury, an Edsel on the highway of life with a Pinto gas tank, and never a column. Peter Mundle, oh maybe a few figs in conjunction with that whole weird record keeping crowd but never a full blown column!

Spotsworth Hall III, Yale '21 and one of the classiest guys I've ever met - Spot is so Ivy, at a Meet recently in Chicago he was observed getting out of the shower to take a leak. No column! Bob Fine, a spear carrier par excellence and still trying to make himself a better lawyer - attends whiplash class three nights a week. Never a column! Lou Morgan. What can you possibly say about Lou that hasn't already been said about herpes and you guessed it, never a column. Tom Sturak, the Don King of running with never a column. Lou Schneider, who in 1962 couldn't afford a 1962 automobile and now he



Sandra Knott, Cleveland wins 40-44 800 in moonlight in 1982 Nationals.

Sports photo by John Allen

lives in one. How that lovely cheerleader wife stays with this man, I'll never know. Just the same, no column.

Good old Julius Axelbolt, still going strong and who, during the 1982 Nationals, had such an erection he blacked out between jumps in the pole vault competition. No column! Chuck Klehm, for all his travels was finally rewarded when he recently discovered the Fountain of Youth and reportedly shit his pants. No column! Bill Toomey, who has written a trilogy of his Olympic experiences; Gidget Gives a Shot Putter the Clap, Smokey the Bear Sucks Off a Bee Hive and the Bad News Bears Get Pubic Hair. No column? I don't believe it! Ken Young and Bob Martin at the Data Center, doing all kinds of worthwhile things, currently hard at work on a pornographic ranking for the horny blind. No column!

Jim O'Neil has taken a new wife and I've never heard of a more understanding woman. When he wants sex, she leaves the room to allow him total privacy. And he never had a column! Bill Stock, inventor of the crew cut, curb feelers and the no-pest strip. Never a column! Senator Cranston, who offered much needed precision at a Washington caucus, "Floridation you say - I'll say this much, if I ever catch my boy doing it, I'll kill him". No column! Bill Gookin, inventor of Gookurine, spit balls and the pocket

protector. No column! John Dick, who shot his son-in-law over oil spots in the driveway. No column! Ron Fox, the only person I know with a chemical dependency on medieval sex. Believe me, you don't want to know the details, but just the same. No column. Billups and Cohen, one Jewish the other Catholic, fierce and friendly competitors through the years. No column! Frankly I've always felt the Jewish guy had the better rhythm. Neil King, adult motel owner, who so accurately pointed out that California's single greatest contribution to the cultural and intellectual development of our nation was the right turn on red. Never a column. Jim White, another in a long list of dirty researchers at San Diego State. No column. Ozzie Dawkins, the greatest thing that ever happened to dentistry in Southern California - no column. Bud Deacon, who gave commuting a new dimension, North Carolina to Hawaii for weekends. No column. Billy Andberg, one of the greatest birddogs to ever come out of the land of Sniffers, Minnesota. No column. Sister Marion? Hey pal, what kind of an article do you think this is?

Good '83, keep running and jumping, maybe all of you will get the column you so richly deserve during the New Year. Remember the words of famous writer/athlete, Wendell Miller, "Do unto others and then cut out." □



Ken Prior leading Ellen Hart at 3 miles in run against crime 15K.

Photo by Richard Lee Slotkin

4TH ANNUAL ATHLETICS CONGRESS (TAC) CONVENTION

PHILADELPHIA, DECEMBER 1-5, 1982

Minutes of Masters Track & Field Committee Meetings

by JERRY DONLEY, Secretary
and AL SHEAHEN
Presiding: Masters T&F Chairman Jim Weed

National Masters News

Discussion was held on how to make NMN self-supporting. It was agreed all masters should continue to sell subscriptions, and use the News for publicizing meets and runs. The committee voted to recommend to NMN that the subscription price be raised to \$15 per year as of January 1, 1983.

Mulkey

All competitors who participated in the 1982 National Indoor meet in events in which Phil Mulkey competed are to be moved up one place in the official standing, and this change is to be publicized in the National Masters News.

Scratching from Heats

In the National Championships, entrants in the 100, 200, 400 and both hurdle races who plan to scratch must do so by Friday night. Anyone who scratches after that is disqualified from further competition in the meet.

Athlete Awards

Starting in 1983, instead of selecting a "Master of the Year" for TAC awards, the committee voted to award certificates for outstanding performances. These awards would recognize those who attain a specific standard of performance in each age group and event. The standard and the form of the certificate will be determined by a new Awards Chairman, designated to be Al Sheahen with the aid of Records Chairman Pete Mundle.

For 1982, Al Oerter, 45, and Phillipa Raschker, 35, were named outstanding athletes.

Administrator Award

George Hatzfeld and Jack Kelly were named outstanding administrators for their efforts in bringing national sponsorship and the National Masters Sports Festival to the masters program.

In the discussion before the vote, Jim Weed noted that: "Early in 1982, Penn Mutual decided to cut off the remaining 1981 LDR funds and all the T&F and LDR 1982 funds which it originally had committed. Hatzfeld went over his boss' head to the Chairman of the Board at Penn to appeal to reinstate the 1982 funds. He succeeded — not from Penn's regular marketing budget, but from the Chairman's own special budget — but, in doing so, he stepped on a lot of toes and thereby sacrificed his career at Penn for the sake of the masters program."

Standards for Medals

It was agreed that there are no entry standards for any masters event, except to be the proper age. But should there be standards for winning medals? Many countries apply medal standards when there are three or less competitors in an event. After much discussion, no action was taken except to require meet directors at national and regional championships to set a time limit on each event. Any competitors still on the track past the allotted time will be asked to step off the track so the next event may proceed. The same for field events.

Uniforms

Val Schultz said the NIKE uniform designed for Masters track & field will sell for \$50 (men) and \$45 (women). It includes warmups, shorts, singlet and a stuff bag. An order form will appear in next month's NMN.

WAVA Decathlon

Masters delegates to WAVA were authorized to bid at the 1983 World Games in Puerto Rico for the 1984 World Decathlon competition.

Medals

TAC is asked to design a medal using appropriate USA symbols to replace the medals currently being used.

WAVA Delegates

The following delegates were selected to represent the USA Masters Track & Field Committee at the

(Continued on page 13)

Minutes of Masters Long Distance Running Committee Meetings

By J. J. PERRY, Secretary

Presiding: Masters LDR Chairman Bob Boal

TAC Committee Reports

The reports by Masters LDR representatives to TAC committees are as follows:

Rules — George Kleeman. No report.

Budget and Audit — George Vernosky. All of the 1982 funds from Penn Mutual (\$15,000) and TAC (\$5,000) have been budgeted. We were able to aid our national championships. We have requested an increase in 1983 from TAC to offset the loss of Penn Mutual funds. As of now, we have \$5,000 certain for 1983 operations. Ken Bernard discussed the loss of 1981 funds which were promised by Penn Mutual but withdrawn after the money had been allocated by the committee at last years' convention. (Ed. note: Among the funds allocated by the committee but never paid by Penn Mutual were \$3,500 to the National Masters News, \$1,000 to T&F Records Chairman Pete Mundle, and several thousand dollars to various meet directors). Ken Bernard and Chairman Bob Boal said they would see an attorney to ascertain whether legal action might be taken to secure the promised funds.

Sports Medicine — Harold Greenberg. No report.

General Programs — Tony Dia-

mond. Discussion on the application of the Wheelchair Association to TAC.

Law and Legislation — Richard Mochrie. Discussion on how representatives on the TAC Board of Directors should be chosen to ensure proportional voices in TAC operations.

Officials — J. J. Perry. Discussed the TAC Officials organization.

Records — Bob Gilmore. No report.

Membership — Bob Langenbach. This TAC committee will have expanded responsibilities.

Athlete's Representative — Danny Thiel. No report.

Regional Championships

Bob Fine said it has not been difficult in the East and West to establish regional championships, but response to letters and requests in the National Masters News have been poor. Personal contacts are the only way to establish programs.

National Championship Site Selection

Cutoff date for applying for national championships is October 1st, to allow time to compile and present applications in a more orderly fashion at the convention. We will make awards of championships two years in advance, henceforth.

Championship Sites for 1983

5K X-C, North Carolina Association, Bob Baxter, director,

(Continued on page 15)

AGE RECORDS, 56# WEIGHT THROW (REVISED)

Compiled by
Dave Batchelor, Phil Partridge, and Nolan Fowler

35 46-5	14.15 George Frenn(CA)	12/26/41 Manchester, CT	6/26/77
36 44-0-1/2	13.42 Robert Backus(MA)	7/11/26 Pembroke, MA	8/4/62
37 39-8	12.09 Matt McGrath(NY)	12/30/76 Travers Is, NY	9/26/14
38 45-1-1/2	13.75 Robert Backus(MA)	7/11/26 Carver, MA	6/31/65
39 45-6	13.87 Robert Backus(MA)	7/11/26 Beverly, MA	7/14/65
40 46-11	14.30 George Frenn(CA)	12/26/41 Manchester, CT	6/26/82
41 44-0-1/2	13.42 Albert Hall(MA)	8/2/34 Manchester, CT	6/28/76
42 39-1	11.91 Albert Hall(MA)	8/2/34 Manchester, CT	6/26/77
43 39-3-1/2	11.97 Matt McGrath(NY)	12/30/76 Pelham Manor, NY	6/12/20
44 37-11-1/2	11.57 Matt McGrath(NY)	12/30/76 Pelham Manor, NY	9/24/21
45 38-6	11.73 Matt McGrath(NY)	12/30/76 Pelham Manor, NY	9/23/22
46 38-0	11.58 Matt McGrath(NY)	12/30/76 Chicago, IL	9/1/23
47 38-1	11.61 Matt McGrath(NY)	12/30/76 Dublin, Ireland	8/ /24
48 37-11	11.55 Matt McGrath(NY)	12/30/76 Baltimore, MD	8/29/25
49 42-8-1/2	13.02 Robert Backus(MA)	7/11/26 Manchester, CT	6/28/76
50 44-0	13.41 Robert Backus(MA)	7/11/26 Manchester, CT	6/26/77
51 42-0-1/2	12.81 Robert Backus(MA)	7/11/26 New Britain, CT	6/24/78
52 31-3-1/2	9.53 Robert Backus(MA)	7/11/26 Raleigh, NC	5/5/79
53 38-11-1/2	11.87 Robert Backus(MA)	7/11/26 New Britain, CT	6/28/80
54 38-6	11.73 Robert Backus(MA)	7/11/26 Manchester, CT	6/27/81
55 40-2	12.24 Robert Backus(MA)	7/11/26 Manchester, CT	6/26/82
56 31-11-1/2	9.74 Matt McGrath(NY)	12/30/76 Pelham Manor, NY	6/18/33
57 31-2	9.50 Matt McGrath(NY)	12/30/76 Pelham Manor, NY	6/24/34
58 30-8	9.34 Matt McGrath(NY)	12/30/76 Yonkers, NY	6/22/35
59 12-11-1/2	3.95 Herman C. Hand(PA)	10/29/16 Raleigh, NC	4/3/76
60 17-0-1/2	5.19 Harold Parsons(CAN)	2/1/19 Raleigh, NC	5/5/79
61 22-8-1/2	6.91 Nolan Fowler(TN)	11/3/13 Raleigh, NC	4/5/75
62 24-4-1/2	7.42 Nolan Fowler(TN)	11/3/13 Raleigh, NC	4/3/76
63 23-6-1/2	7.17 Nolan Fowler(TN)	11/3/13 Raleigh, NC	4/2/77
64 22-8-1/2	6.93 Nolan Fowler(TN)	11/3/13 Raleigh, NC	5/6/78
65 20-7-1/2	6.28 Nolan Fowler(TN)	11/3/13 Raleigh, NC	5/5/79
66 21-9-1/2	6.64 Nolan Fowler(TN)	11/3/13 Raleigh, NC	10/19/80
67 25-1	7.64 Nolan Fowler(TN)	11/3/13 Arlington Hts, IL	5/14/81
68 22-4-1/2	6.81 Nolan Fowler(TN)	11/3/13 Raleigh, NC	5/9/82
69 13-4-1/2	4.07 Philip Partridge(MI)	3/29/11 Raleigh, NC	10/19/80
70 14-7-1/2	4.45 Jack Siringer(OH)	9/10/12 Amherst, OH	9/12/82
71 14-5-1/2	4.41 Philip Partridge(MI)	3/29/11 Amherst, OH	9/12/82
72 12-10	3.91 Ray J. Connolly(MA)	11/21/06 Raleigh, NC	5/5/79
73 12-10-1/2	3.93 Arnolds Ticmanis(CAN)	12/14/05 Raleigh, NC	5/5/79
74 14-10	4.52 Arnolds Ticmanis(CAN)	12/14/05 Raleigh, NC	10/19/80
75 15-10-1/2	4.84 Arnolds Ticmanis(CAN)	12/14/05 Woodstock, IL	9/27/81
14-4-1/2	4.39 Ray J. Connolly(MA)	11/21/06 Raleigh, NC	5/9/82
76 15-10	4.82 Arnolds Ticmanis(CAN)	12/14/05 Amherst, OH	9/12/82
8-5-1/2	2.58 Arthur S. Wright(NY)	5/10/02 Raleigh, NC	5/5/79
77 13-5	4.09 Stanley Herrmann(CA)	5/11/04 Atlanta, GA	6/13/81
79 10-5-1/2	3.18 Arthur S. Wright(NY)	5/10/02 Atlanta, GA	6/13/81



Photo by Jerome McFadden

#680 Augustus Prince
#684 Louis Schneider



Phil THE Philosopher

by PHIL CONLEY

FRIENDSHIPS (PART 1)

Do you still keep in touch with all the members of your wedding party? Do you still enjoy getting together with your old college roommates or Navy buddies? Do you relish returning to old class reunions in order to renew old friendships, or do you go, if at all, merely out of curiosity?

This month and next, I plan to examine the subject of friendships — why some of them have been maintained and even strengthened, while others have diminished or even have been dropped.

I am indebted for basic inspiration on this topic to a newspaper column I read and savored. Beverly Stephen of the *New York Daily News* wrote a column entitled, "New address book can reveal what's indelible in life." It was a wonderfully sound, witty and philosophical compilation of thoughts she generated while recopying her old address book data into a new volume.

I was turned on by her thoughts of how and why one evaluates whether a certain party qualifies to be listed in INK as opposed to just in pencil. I decided to take her analysis one step farther, and examined each of the names in OUR family address book. In doing so I attempted to identify the original locale and the rationale for the friendship, whether it was primarily mine or wife Fran's, whether the intensity of the friendship had endured, and if so, WHY.

Then I tried to draw some conclusions. My conclusions may be valid for me, but may not be universally valid, so I urge you to spend some cold wintery afternoon doing the same sort of thing with YOUR own address book. Then if you want to share your conclusions with me, please send them to me.

Friendships would appear to be BONDED while sharing some unusually happy or traumatic event, and then SOLIDIFIED and CURED upon reflection and communication over a period of time.

Growing up as fellow-siblings in a family environment might serve, although I was raised as an only child, and thus have not experienced brotherly or sisterly love. I did have 4 or 5 close friends in high school, and we corresponded fairly regularly for about

20 years. This summer we attended my 30th high school reunion. I was sparked to go more out of curiosity than by friendships, and as of now I have no strong inclination to attend future gatherings. Perhaps my adolescence was not traumatic enough, or commonality of interests since not sufficient to whet my appetite.

Certainly for me college and grad school were intense intellectual and athletic experiences, and until 4-5 years ago, I corresponded with 5 or 6 guys from each school on a regular basis. Communication is less now and I write to only two of my old school chums on a regular schedule.

Part of the problem for me is a disparate communication style. I ENJOY writing and I HATE the sound of the telephone. Letters can be written, as well as read by the recipient, when the mood is correct. Phone calls, on the other hand, are unilaterally dialed, and receipt is often at the wrong time. Back in my March 1982 NMN column I explored why I had received so few letters from readers discussing motivation and coping mechanisms. I stated then that I felt that writing had become a lost art, and particularly so for men. The use of the telephone has taken over and this explains the lessened communication between friends, as well as between readers and unknown faceless columnists. It all makes sense: "Time is scarce", "I did write him a Christmas card!", and unrenewed commonality does erode each year.

Most of the names in our address book involve couples. We in the upper middle-class in the US are "a couples society." One is expected to entertain as a couple; one is expected to be entertained as a couple. This means that there occurs a significant disruption to friendships each time a divorce or separation of long-term partners occurs. Probably the deepest friendships are bonded when each partner of one couple genuinely likes each partner of the other couple. I will refer to this as a "cross linked" friendship, and those friendships can be very satisfying to all concerned.

Upon separation or divorce in a cross-linked friendship, the ongoing couple attempts to offer support and guidance, but there generally is an

allocation of allegiances and activities. Separation or divorce therefore spreads the primary discomfort generated between the two warring parties throughout all their individual and collective friendships. Often the divorce of one cross-linked couple prompts the loss of ALL friendship between the separating and the ongoing parties.

In the above couples discussion, I should add that the traditional definition of couples, one guy/one gal, usually applies. In most areas of the country it still is extremely difficult for homosexuals to bond and solidify cross linked friendships with traditional male/female couples. Statistics would indicate that half of the 15 or so adult male names carried in our address book are those of homosexuals. I do not know, or want to know for sure. I did not seek out their friendships initially, or continue communication over the years, with that as a criterion. However, being a traditionalist, I guess that I, at least subliminally, would impose a stricter standard for the friendship should such friends decide to "come out of the closet."

A number of the names in our address book date back to the late 1950's

when I was in the service. Deep bonds could have been formed there for future friendships where inactivity in peacetime, and life-threatening circumstances in wartime, would bring two or more people together. I served as a draftee in the peacetime Army and found that I formed numerous friendships among other underutilized college graduate draftees. I have retained one close and several medium friendships even though this experience was over 23 years ago.

Other names in our book stem from contact as neighbors, foreign trips made for vacation or athletic travel (that attractive Italian couple we met while watching the spectacular sunset in Tahiti, or the German couple with whom we stayed while watching the Munich Olympics in 1972), or from contact due to parents or other relatives. I suspect that all of these, although intense while commonality is shared, have a shelflife of limited duration.

In Part 2 in the February 1983 NMN I will continue on this theme and present some conclusions. Stay tuned!

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Heart Attack Takes Witowski

by DON HARRIS

The East has lost one of its greatest Master Track competitors: Casey Witowski, 69, died of a heart attack while preparing for his daily workout on Thanksgiving morning.

A family-requested autopsy revealed that two large arteries leading to the heart were completely blocked and scar tissue indicated that Casey had experienced an earlier attack years ago.

Joseph Witowski, Casey's younger son and his coach, was astounded to learn that his father was competing so well with a damaged heart for years. Only last August, Casey completed the first quarter in the 800 meter run in 77 seconds, while competing against Frank Finger and Jack Stevens, World Record holder from Australia. This run was the beginning of Casey's "comeback" from a plateau level which he found disappointing, and he was looking forward to entering the

70 + age group in January.

Rendering a beautiful eulogy at the funeral, Joseph speculated that Casey would be working on improving his finishing kick in heaven, so he could beat George Braceland in the final 100 yards.

The family wanted other Master runners to know that sometimes stress tests don't always give the true picture of an athlete's condition and that all symptoms should be followed up carefully.

They were glad that Casey was doing what he enjoyed and that running really enhanced his life.

Although Casey represented the North Jersey Masters in team competition, he was a dues paying member of the Philadelphia Masters Association also.

Contributions dedicated to the memory of Casmir Witowski can be given to the heart or Cancer foundations. □



Dorothy Stotsenberg and friends check on race results.

Fischer, Benham Win 25K Titles

(Continued from page 1)

75 to ever break two hours in the difficult event. His clocking of 1:56:18 over the certified course established a new American record for men 75 and up.

"I believe the low turnout (only 49 finishers) was due to unusually cold weather, conflict with the Marine Marathon in D.C., and the lateness in our decision to hold the event," Director Lou Bilodeau said. "Those that participated were pleased with the overall race."

Benham is on target toward his 1982 goal of winning eight of the 13 TAC National Masters championships in 1982. In 1983, he plans to win all 13. His 1983 goals also include setting every age and age-division mark for distances from 800 meters to 50 miles on the track and on the road; and capturing at least 5 gold medals at the V World Veteran Games in San Juan. □

Manley sets Masters 10K Mark of 29:30

(Continued from page 1)

official 10K masters road marks are 30:51 by Sal Vasquez for a looped course and 30:42 by Herb Lorenz for a point-to-point course).

Greg Meyer was 1st in the men's division in 28:59 with Joan Benoit setting a women's U.S. record in 31:44.

Manley was named outstanding 1982 age 40-44 long distance runner of the year by the Athletics Congress. His 1982 times include a 2:17:32 marathon in China, a 1:06:32 half-marathon in San Diego, and a 14:27 for 5000 meters on the track. □

National 5-Mile Goes To Keim, Bing

(Continued from page 1)

bed the overall lead very early on this unseasonably warm (63° at the start), humid day, and was never threatened,

passing 2 miles in 9:56, 3 about 15:10, 4 in 20:20, and the finish in 25:30.3. The race was held on the out-and-back course along the East River Drive in Fairmount Park.

Anne Bing, who led a sparkling North Jersey Masters 40-49 women's team, went through 2 miles in 12:11 and was never in danger as she battled home (against the wind) to win in 31:40. Bonnie McKenzie (33:56), Helene Bedrock (34:02 despite a stress fracture), Lorraine Dawson (37:25) and Sylvia Pasquino (40:28) joined Anne for the team win. Delaware's Suzanne Patton was second woman master.

Fifty-year old Norman Green, a 4:24 Miler decades ago at the University of California (Berkeley), continued his phenomenal racing with a 26:00 effort to take second place overall. Norman, who ran 2:29:53 in the Philadelphia Independence Marathon just a week prior to this race, blasted through 3 miles in 15:21 and appeared to be headed for a time well under 26 minutes. Had he waited until after the race to retrieve the car keys he dropped with about 3/4 miles to go, he no doubt could have run around 25:45 or so.

Seventy-five year-old Ed Beham, the affable "Maryland cowboy," continues to run unbelievable times, on this occasion prancing home in 34:39, another U.S. age 75-79 record for 8 kilometers (51 yards less than 5 miles). It was Benham's 7th TAC National Masters Long Distance Championship title in 1982.

Interestingly, Keim, Bing, and Green all use fast running as important parts of their training. The 5'10 1/2", 145 pound Keim, who trains with Terry Baker (conqueror of Bill Rodgers at the Perrier Cherry Blossom 10-Mile) and John Doub (winner of the recent Harrisburg National Marathon), generally runs 65 miles a week, but has upped that to 75-80 this fall. George likes to do a set of six 1-mile runs in 5:00-5:05 each, with a 440 jog in between.

Anne Bing, who credits Columbia University track coach Pete Schuder with giving her excellent guidance, has



Everyone was a winner in China! You can recognize Jim Waste, Dr. Walt McConnell, and Dave Stevenson.

done a great deal of speed work this year. Anne does up to 24 440's (in sets of six) in 85-90 seconds, and also runs five single miles in 6:00-6:10 each.

Norman Green, a straight-talking minister who retired as a runner in 1952, resumed it "for exercise" in 1968, and started racing again in 1981, has an unusual way of training. He runs 65 miles a week, all of it fast. Specifically, Green reported that his average time (training plus racing combined) for all his mileage was under 6 minutes in ten of the previous twelve months. (Complete results next month.) □

Randall, Matson Win National 10K Cross-Country

(Continued from page 1)

10 years. When she turned 40 in 1980, she became serious. Under the tutelage of Dan McCaskill, she has blossomed into a national champion.

"It was a nice experience," she said, despite shivering in the wind after the race. "I've read about the kind of weather people have to run in here, and I found the crisp air invigorating. The wind was tough, though, especially on that last half-mile to the finish."

Randall ran cross-country and track in college and then came to Penn State for a Masters degree in physical education.

"I was here in '63 and '64," he said after the race. "I played a lot of golf here."

Randall said he felt guilty about leaving his club (the University Club in Boston) for the TAC Championship because the touring squash pros were playing a tournament there this weekend.

"But a national championship made it worth it," he said. "The way the race went, I took the lead after a mile (5:09), and broke away at two (10:17). And once you break away in cross-country, it's tough for the others to close it up. I just kept it steady and cruised along."

"He had a 20-second lead on me at

the mile, and I couldn't gain on him," said runnerup Bob Fischer of Newark, New Jersey, who finished in 33:33.

Doug Rustad, 42, finished 3rd in 34:06 to lead the Snohomish squad to victory. The team also was comprised of Dave Williams (8th), Al Huff (10th), Herb Parsons (17th) and Maurice Pratt (21st).

Competition was stiff, with national-class runners Joe Thomas, Vic Zwolak, Lou Coppens, Ken Prior, and Ralph Zimmerman rounding out the top ten.

With competition held in 5-year age brackets, several age-group course records were smashed: Henry Glyde of Delaware TC legged a 35:13 in the 45-49 competition; George Vernosky of Potomac Valley Seniors sped to a 35:46 in the M50 division; Jim Glidewell of Converse Sports posted 39:11 in M55; Tom Gibbons of Millrose clicked off a 40:54 in M60; Bob Boal of Potomac managed a 49:30 in M70; Ed Benham zipped an even faster 48:35 for an M75 mark.

Dorothy Stock also came from San Diego to set a women's 50+ course record of 42:50. Other division winners were Nate Hacker of Syracuse, M65, (56:44); Jane McKivison, W55, (56:17) and Joyce Fletcher, W45, (47:25.)

The race included 1964 Olympic 5000-meter gold medalist Bob Schul, who now coaches masters runners in Ohio. Schul took 3rd in the 45-49 division in 36:03. □



Paul Spangler and Betty Nolen, his daughter, pose with new Chinese friends.



In San Juan, 75 years old Mr. Ramon Cordero, shown here completing the 400 Mts. in 1:32.81 for a new meet record. Cordero also won the 100, 200, 800.



FROM THE TRACK & FIELD CHAIRMAN

by JIM WEED

CONVENTION

The 4th Annual Athletics Congress Convention was a most gratifying experience for me. We worked out solutions to a variety of problems facing masters track and field performers.

I observed some individuals who came to the convention with their opinions formed on a given issue, and, after hearing the discussion and thinking about it, changed their minds. This is the only forum we have where this can happen.

I want to thank those who came as Association representatives, and especially those who made a special trip to cover specific issues. Many volunteered their time to serve on the Executive Committee and as masters representatives to the standing TAC committees.

The 5th TAC Convention will be held next December in Indianapolis. We'll have an executive meeting Wednesday night at 8 p.m., meeting on Thursday evening, two meetings on Friday, and a combined T&F/LDR meeting Saturday morning, with a final T&F meeting Saturday afternoon. The general TAC meeting will be held on Sunday, as usual.

I ask those who attended the meetings to send comments to the National Masters News. Was it worth your while going? Will you go next year? Do you need to go to capture the feeling of accomplishment? Was your input listened to? What do you recommend we do next year to improve the meetings?

Next month's NMN will include comments from the newly-elected Executive Committee members. The names of those who attended are: Bill Shrader, Jerry Donley, Don Hall, Phil Partridge, Stewart Daniel, Mary Cullen, Jim McLatchie, Jo Ann Grissom, William Hawkes, Bob Fine, Sandy Pashkin, Bert Lancaster, Jim Lewis, Ron Kulik, Ron Salvio, Chuck Klehm, Nick Wetter, Jim Brown, Bill McChesney, Bruce Springbett, Lori Maynard, Laurel James, Carole Langenbach, George Vernosky, Sal Corrallo, Ken Bernard, Dan Thiel, Clarence Cross, Al Sheahen, Joe Murphy, Doug Spencer, Nicholas Winowich, Brian Kimball, Val Schultz, Tom Rutine.

DONATIONS

Lou Schneider's suggestions in the December issue of NMN to fund Masters Track & Field and Long

Distance Running Programs from individual donations, is an important concept that has, for the first time, a way to become reality.

Not that national sponsorship isn't important — it should continue to be a source of funds that support all of our national and regional meets and make possible the rapid development of sport services and promotion.

Lou's point is one we've been wrestling with for several months — the creation of a basic fund for each sport, from which support could be drawn when sponsorship is absent, or for a set of needs not usually addressed, such as a facilities-access account allowing a Masters club or Association matching grants for rental of needed facilities or race equipment.

A charitable 501(c)(3) tax-exempt organization now exists in the National Masters Sports Festival, and another is being approved for the National Masters Sports Association, donations which can be directed to a T&F or LDR account. As a vice president of the Association, and a member of its Board of Directors, I am authorized to request establishment of such a fund, to be administered by the Association for its member sports. I have agreed to submit such a request at the next meeting of the Association Board.

This concept of self-funding or partial support by members will be even more important to the new Association, because it must establish a one-third donations to two-thirds sponsorship balance required to maintain its tax-exempt status.

We can help it by helping ourselves, and thereby gaining a tax-exemption for our donations.

The association will eventually spell out its charitable goals and methods to achieve them in a contributions booklet, to be printed and distributed later in the year. Basically, three avenues to giving are envisioned. The first is, as Lou suggests, outright donations of cash. These would be individualized for each of the 13 or more sports in the Association, and would not be accessible by other sports. A modest administration fee would go to the Association to keep the books. Any amount would be accepted.

The second and third methods to support the sports would also be tax-advantaged, as well as having certain income options and beneficiary options available to the donor. One

would be a pooled income fund, in which an initial donation of \$1,000 and subsequent donations of \$500 would pay earnings of say 6 percent to the donor, with any excess going to the sports allocated 50 percent to the sport of your choice, and 50 percent to the remaining Masters Sports in the Association. Another would be a sophisticated financial planning tool called a charitable lead trust, in which a substantial amount, say \$50,000 placed in trust would earn interest payable to the Association using the 50/50 split for a period of 10 to 15 years. After that time the principal and any interest donated would be gift and estate tax free depending upon the rate of interest over the period. The principal could be passed over to a beneficiary or to the original donor, at a time of expected lower income, thus avoiding tax liabilities.

Obviously, your financial advisors would be able to draft appropriate agreements for the charitable lead trust or other trust arrangements. The pooled income fund will be available to investors with equal desire to be helpful,

but with fewer dollars to use.

The most pressing need we now have is the cost of operating the National Masters Sports office during this transition period between sponsors. George Hatzfeld and Pat Meehan have donated their time since September and have borne expenses of the office themselves rather than shut down for a period of time. Since they are currently working on the tax-exempt National Masters Sports Festival for 1983, it is appropriate to send your checks for supporting the national administrative and sponsor-search effort to them at 6308 Wissahickon Avenue, Philadelphia, PA 19144.

Hopefully, within a few months, we'll be able to get to you something of a prospectus outlining in more detail the opportunities to support Masters Track & Field and Long Distance Running with whatever you can spare. We want to do it correctly and in a way that will offer you as many tax advantages as possible. In the meantime, if you wish to alert me to your intentions, drop me a line at 11671 East 2nd Avenue, Aurora, CO 80010. □



Joe Staub, 41, New Jersey, in New York Marathon October 24.

Photo by Ken Levinson

Minutes of Masters Track & Field Committee Meetings

(Continued from page 9)

WAVA meetings in Puerto Rico in 1983: Bruce Springbett, Al Sheahen and Ron Salvio. Alternates: Joe Murphy and Jerry Donley.

National Championship Site Selection

Eugene, Oregon was named host of the 1984 TAC National Masters Championships, in mid-August, following the Olympic Games.

Because of the high number of bids for upcoming national championships, the chairman was directed to appoint a site selection committee for both outdoor and indoor meets, and to report to the national convention in 1983 its recommendations for sites for 1985 and 1986 national meets.

The chairman appointed the following to the site selection committee: Chairman, Nicholas Winowich. Members: Clarence Cross, Stewart Daniel, Jo Ann Grissom, Bert Lancaster, Joe Murphy, Tom Ristine, Bruce Springbett, Danny Thiel.

The committee voted authority to the Chairman and the executive committee to change the site location for a national championship if they deem necessary.

These Officers were elected:

Chairman, Jim Weed; Vice Chairman, Ron Salvio; Sec-Treas., Jerry Donley; Outdoor Coord., Bruce Spr-

ingbett; Indoor Coord., Ron Salvio; Communications, Al Sheahen; Records, Peter Mundle; Multi Events, Ed Oleata; Weight Games, Chuck Klehm; At Large, JoAnn T. Grissom, Dan Thiel and Dave Jackson.

Committees

The following were appointed to the TAC Standing Committees:

Law and Legislation, Robert Fine; Marketing & Media, Joe Murphy; Budget & Audit, Doug Spencer; Sports Medicine, Jack Russell; Records, Pete Mundle; Membership, Jim Brown; General Program, Alice Hare; Rules Committee, Ron Salvio; Board of Directors, Ron Salvio; Alternate, Jo Ann T. Grissom.

Regional Coordinators

Chairman Weed designated the following as regional coordinators:

East — Open

Southeast — Ken Kirk

Midwest — Wendell Miller

Mid-America — Jack Greenwood

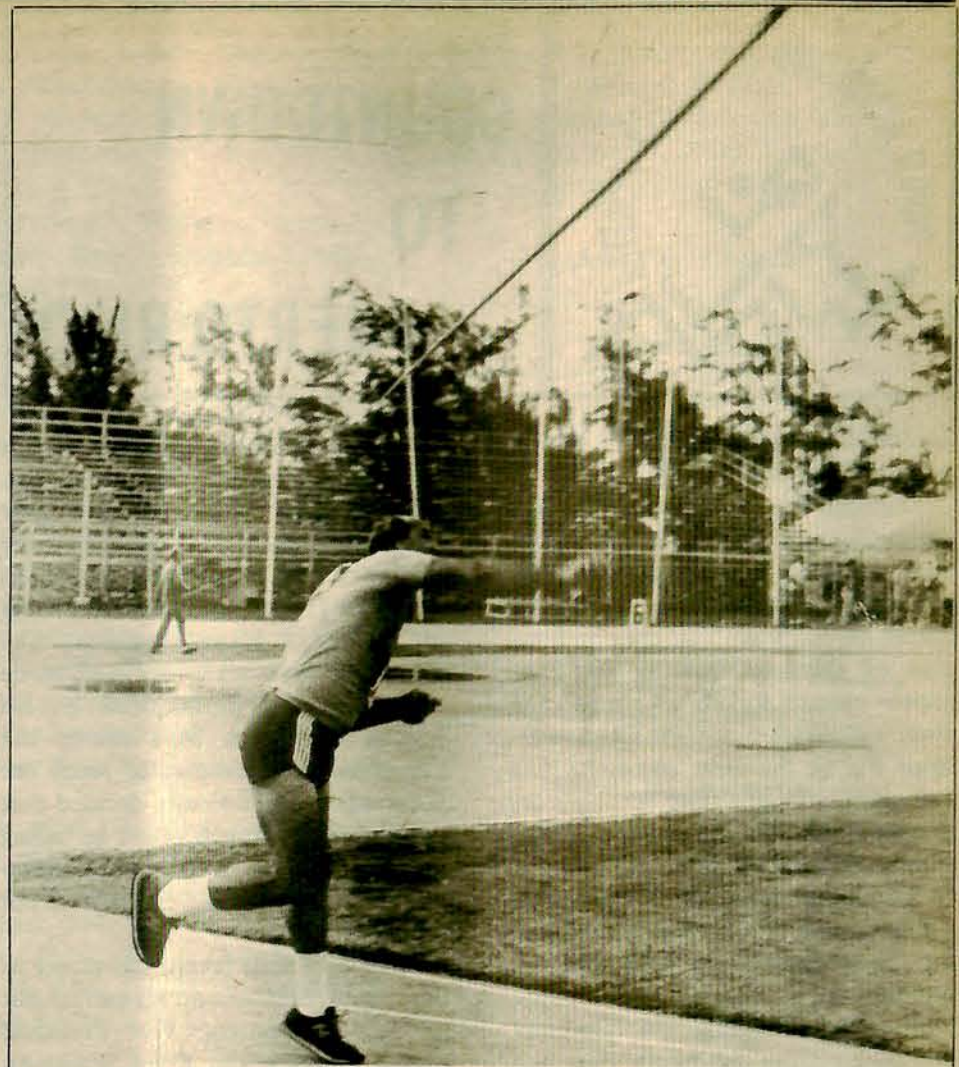
Southwest — Danny Thiel

West — Dave Jackson

Northwest — Jim Puckett

Budget

In 1982, the masters T&F committee should eventually receive the promised \$5000 from TAC, and the \$15,000 from Penn Mutual (which is paid through TAC). Weed said the funds have been slow in being paid because



Meet Director Reinaldo Oliver (50-54) broke World's age 50 javelin Record in San Juan with a 190' 1/2" (57.94) Effort. Oliver is an ex-olympian. (Helsinki '52, Melbourne '56)

TAC put the \$15,000 from Penn into its general fund, not into a masters fund. Then, when TAC lost money on some mid-season meets, they spent Penn's money on other things and weren't able to pay masters meet directors. They didn't even tell me about it. Finally they're catching up and there's only about \$1800 left. The National Masters News was allocated \$2,000 by this committee last year, but TAC hasn't paid it yet."

Since there is as yet no national sponsor for 1983, the total 1983 budget will be only \$5000; all from TAC. The following budget was approved:

TAC MASTERS T&F BUDGET

Chairman: Awards, travel convention, phone, mail	\$1,000.00
Convention Expense (Travel, executive committee)	1,000.00
Outdoor meet coordinator: travel, meets, conventions, mail	2,000.00
Indoor meet coordinator: travel, meals, conventions, meets)	1,000.00
	5,000.00

NIKE Support

The following NIKE masters assistance program was approved. It consists of sportswear and equipment for TAC sanctioned events totalling \$20,000 (based on matching funds by

the committee).

"NIKE sincerely encourages all types of local and regional sponsorship of masters events," NIKE rep Val Schultz told the committee. "We want the masters movement to grow, and we pledge to put a significant amount of resources toward that end."

Schultz said "each meet director is invited to contact my office and request the type of assistance his meet best can use. In many instances, and at NIKE's discretion, we may provide more assistance than that allocated to a particular event."

The allocations voted by the executive committee are:

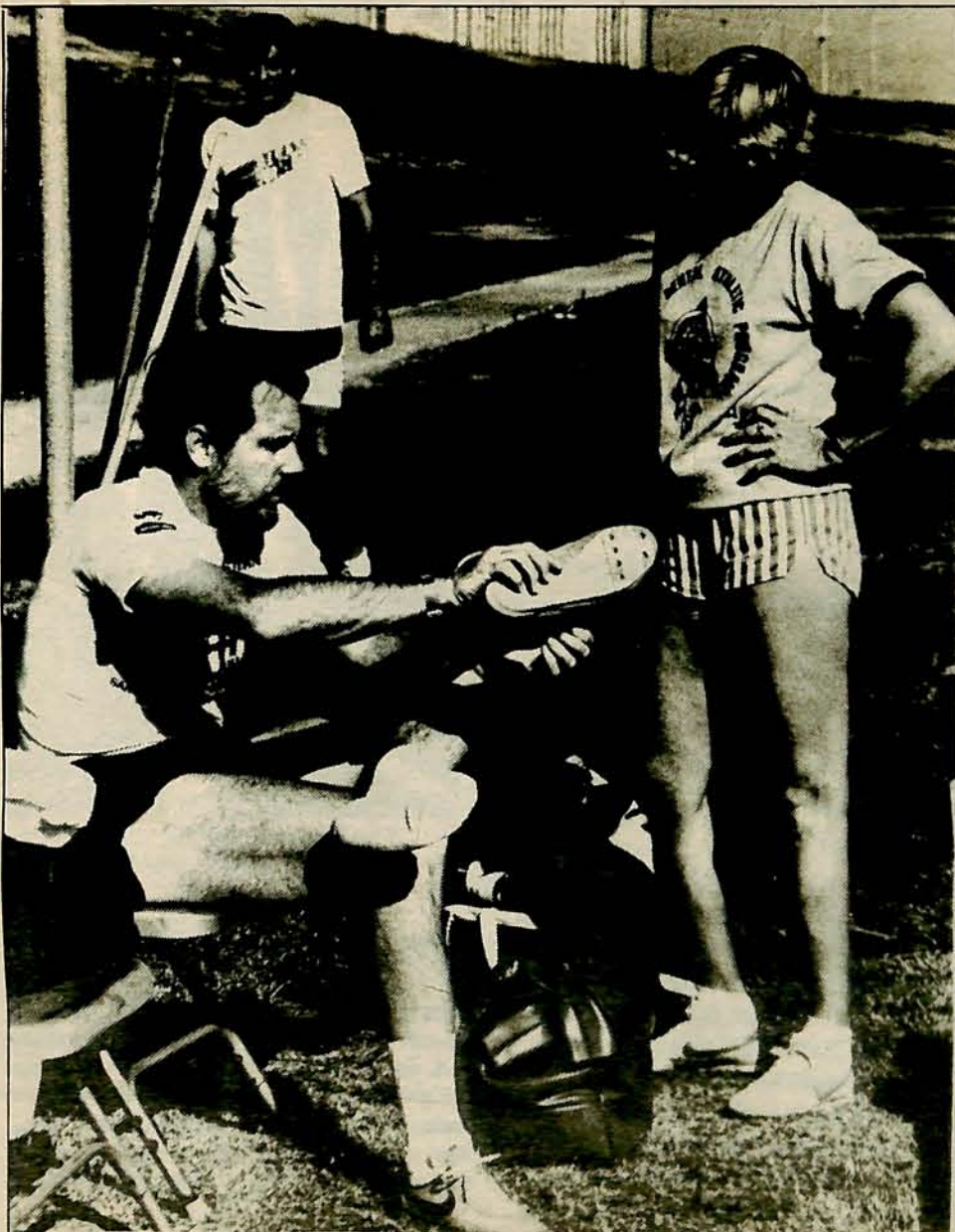
National Outdoor	\$7,000
National Indoor	4,000
National Decathlon	700
National Weight Pentathlon	300
Outdoor Regionals (est. 7)	4,200
Indoor Regionals (est. 3)	1,800
Association Meets (Maximum \$100 per meet)	2,000
	\$20,000

The contacts for distribution will be the outdoor (Bruce Springbett) and the indoor (Ron Salvio) meet coordinator and Val Schultz of NIKE.

NMSA

George Hatzfeld outlined the purposes of the newly-formed National Masters Sports Association to a joint meeting of the Masters T&F and LDR Committees. T&F expressed solid support for the concept. (see separate

(Continued on page 15)



Christel Miller gives last minute instructions to Gary Miller as he prepares for U.S. National Pentathlon action in Wichita. Miller won the 40-44 division.



8 Months to go

COUNTDOWN TO PUERTO RICO

by OWEN FLAHERTY
Secretary, WAVA

The Fifth World Veterans Track and Field Championships will be held in Puerto Rico from 23rd to 30th September 1983. The Organizing Committee are confident that the combination of excellent athletics facilities, superb climate and the charm of San Juan will ensure that these Championships will be the most successful and enjoyable of all. The explanatory booklet (with entry form) is available from: - V World Veterans Games, G.P.O. Box 336, San Juan, PR 00936.

Puerto Rico is only about 19°N. of the Equator and has around the year sunshine and warmth. The humidity is high but, fortunately, the dominant breezes are from the North East and whilst they are warm breezes they make a great difference to comfort, especially in the late afternoon and evening. Those who are considering the trip next year should bear this in mind when selecting locations.

And now to a different matter which has troubled the W.A.V.A. Executive for some time. Since before the Championships at Christchurch, the Executive were perturbed at the way in which the Treasurer's duties were being carried out by Harm Hendricks. The Executive Council's views were made clear to Harm at Christchurch, but his actions since then have caused the Council's dissatisfaction to reach the point where the majority decided that the Executive Council would be failing in its duty to the accredited organisations if the Treasurer's duties were not transferred.

Steps are being taken, therefore, to have the Treasurer's duties carried out by Jacques Serruys, Vice President (Road Running and Road Walking), pending the election of a new Treasurer at the General Assembly in Puerto Rico. This decision was taken with great reluctance and sadness in view of the service which Harm had rendered to veterans' athletics. □



Novi Milicevic 54
Hurdling in 1st World Veterans Decathlon.

Photo by Mike Plant

COUNIHAN SETS DECATHLON MARK

by HAIG BOHIGIAN

Thirty two athletes, including two women, participated in the first Northeastern multi-event championship held at Randall's Island in New York City on October 2, 1982. Gerald Counihan, 43, of the New York A.C., turned in the outstanding performance of the meet by breaking the age 43 World Decathlon record of 4806 set by Hal Smith of California in December 1978. Counihan scored 4959 to better the old mark by 153 points. He did so under very trying conditions. Not only was the decathlon run in one day, but because of a late start the last event did not finish until 8:30 p.m. under the yellow sodium lights of the Triborough Bridge.

Counihan and Ed Hoyle, 46, of Ohio, were awesome as they both cleared 13 feet in the pole vault under such poor lighting conditions that they could hardly see the runway, let alone the vault box. It was an inspiring performance for both men and for Paul Richard, 44, of Shore A.C. who managed to clear 12'6" under similar conditions.

Joe McCluskey, 71, of the N.Y.A.C., took on the toughest

schedule as he doubled and won the decathlon (1205 pts.) and the weight pentathlon (1262 pts.) Ivan Black, 33, of the N.Y.A.C., also scored a double victory in the regular pentathlon (1844 pts.) and the decathlon (3823 pts.).

Skipper Clark, 35, of the New York Masters, won the running pentathlon with an impressive 1194 points from the I.A.A.F. men's tables. Richard Rizzo, 45, of the New York Pioneers, had the highest point total of all in the running pentathlon with 2244. Tony Nasralla, 50, of California, won the running pentathlon with an 1831 point total, and looked very sharp in beating Rizzo in the 400.

The success of any meet depends upon the dedication of the officials as much as the performances of the athletes. I was very lucky to have all of the athletes pitch in when they were not competing in order to help officiate. I am also indebted to the great cooperation of Bob Fine, Tom Talbott, Brother Joe Kernan, Gil Erskine, and Pete Mendes for their help in officiating throughout the meet. Everyone was asking about next year and I hope we will be able to do it again. □

Sloan, Klopfer Win National 5K Cross-Country

by ALEX COFFIN

RALEIGH, N.C., November 26. Two of the nation's best masters runners went head to head here today in the TAC National Masters 5K Cross-Country Championships, with Ireland Sloan defeating Lew Faxon over a tough course.

Sloan, representing Southern Sports Stores, finished in 16:00 with Faxon of the Tidewater Striders second in 16:40 in the 40-44 age category. Bob Mohler of the Houston Striders was third in 17:20.

In the 45-49 bracket, Roland Moy of Boone, N.C. was first in 18:25 with Charles Kirby Jr. of Winston-Salem, representing the Twin City Striders, just behind in 18:26. Charles Desjardins of Washington, D.C., representing the Potomac Valley Seniors, was third in 18:36.

In the 50-and-over class, it was Guy Beretich of Clinton, running for the N.C. Roadrunners, first in 18:30. Mike Shea of Raleigh and the N.C. State Faculty, was second in 19:11. Peter Klopfer of Chapel Hill and the Godiva Track Club was third in 19:18.

Martha Klopfer of Godiva won the 40-and-over-women category in 20:58. Second was Dianne Cravens of the Ohio Angels in 22:00 and third went to Catherine Wilfert of the C. Pacers in 23:14. □



Jack Greenwood
Sportsfoto by John Allen

MASTERS AGE RECORDS 1982. 48-page booklet contains men's and women's world and U.S. age bests for all track & field events, age 35 and up, as of Jan. 1, 1982. Plus walking and national championship records. Lists name, age, state and date of record. Send \$3 plus \$1 postage and handling to NMN, PO Box 2372, Van Nuys CA 91404.

Minutes of Masters Track & Field Committee Meetings

(Continued from page 13)

story)

TAC Membership

Masters athletes were encouraged to join TAC and check off "Masters" and "Track & Field" on the application form. "How can a person become a champion of a group he's not a member of?" Ken Bernard reasoned.

Age-Factor Scoring

Phil Partridge proposed an age-factor scoring system for the pentathlon, decathlon and weight throws. The committee referred it to the Weight Pentathlon Committee, with instructions to individually ballot weight competitors to see if they want age scoring. Recommendations are to be submitted to the Chairman prior to next year's Convention.

Hurdle Heights & Spacings

The committee voted, 7-1, to retain the present hurdle heights & spacings for 1983, and directed the committee's WAVA delegates to try to persuade WAVA to change its hurdle rules to conform to U.S. standards.

Records

Although the masters age-records kept by Records Chairman Pete Mundle are official as far as masters are concerned, they are technically not official TAC records. The committee voted to accept them as such at next year's convention (thru Oct. 1983), and thereafter all records be approved on a year-to-year basis by this committee and certified by the TAC Records Chairman (Bob Hersh is the current chairman).

The committee voted, 8-3, to allow formerly excluded marks set by resident aliens and U.S. citizens of Puerto Rico to be included as official American masters records as of December 4, 1982.

Foreign Competitors

It is anticipated that as our 1983 National Championships in Houston immediately precede the World Games in Puerto Rico, a number of athletes from foreign countries will likely enter our meet. How to handle the awards? Should there be separate medals for Americans and foreign athletes? Should medals be awarded to the first three places, whether or not those places were won by Americans or foreign competitors, as has been done in the past 15 national championships?

A motion was made to: 1) welcome foreign competitors; 2) award championship medals only to the first three Americans or resident aliens; and 3) award appropriate medals to foreigners who placed in the top three.

While the sentiment seemed unanimous to welcome foreign athletes to the meet, award them medals, and include them in the results and in any victory-stand presentation, there was sharp disagreement on whether they should receive **championship** medals.

By a vote of 9-8, the above motion passed. Thus, **championship** medals

will only be awarded to Americans and resident aliens in the TAC National Masters T&F Championships.

Wheelchair Athletes

The committee voted to support the Wheelchair Athletic Association's request to be admitted to TAC.

MSA

Because the Masters Sports Association has been instrumental in developing and promoting subscriptions to the National Masters News, the committee suggested that 25c of each new \$15 subscription, not to exceed \$500, be given to MSA. □

Cantu 1st Over-40

REINHART WINS GULF 10K

HOUSTON, November 6. Dave Reinhart, 30, outdistanced a field of over-age-30 runners today to win the First City/Nike TAC Gulf Regional Masters 10 kilometer Cross-Country Championships.

Reinhart, the 1982 National Masters age 30-34 track champion in the steeplechase (9:24) and 1500 (3:58), rolled to an impressive 58-second triumph over Jim Darcy, 32, in 35:09. Darcy, (36:07) Darcy was followed by Joe Dinan, 1st M35, in 36:21; Billy Blann, 37, 37:28; and Ino Cantu, 48, the 1st over-40 runner, in 37:35.

Larry Worth claimed the 40-44 title in 38:18; Bob Ellis copped the M50 crown in 42:26; Georgette Green notched W30 laurels in 43:54; and Mary Jo Gillaspay picked off W40 honors in 47:19. Other division winners were Gene Askew, M60; Libby Marks, W45; Gloria McLeod, W50; and Lida Askew, W55; Lorraine Killion, W35.

The over-40 team title was won by Cantu's Terlingua club, followed by the Houston Harriers and the Houston Masters.

The race drew 106 runners. □

Long Distance Running Committee Meetings

(Continued from page 9)

Nov. 25.

5K Road, Arkansas Assn., Cliff Sharp, director, Oct. 15.

10K X-C, Metropolitan Assn., Bob Fine, director, Nov. 13.

10K Road, Adirondak Assn., George Regan, Oct. 9.

15 K, X-C, Mid Atlantic Assn., Harry Groves, director, Oct. 30.

15K Road, Border Assn., John Hinshaw, director, Oct. 1.

20K Road, Potomac Valley Assn., Chuck Des Jardins, director, Oct. 9.

25K Road, Metropolitan Assn., Vince Chiappetta, Oct. 2.

30K Road, Metropolitan Assn., Vince Chiappetta, director, Dec. 18.

50K Road, Metropolitan Assn., Aldo Scandura, director, May.

50 Mile, Metropolitan Assn., Vince Chiappetta, Nov. 6.

Marathon, Women, Avon-Los Angeles Assn., Elizabeth Phillips, director, June 5.

Marathon, Men, Pacific Northwest Assn., Bob Langenbach, March 27.

Half Marathon, Ohio Assn., Stephan Barr, director, Sept. 25.

8K Road, Convention-1983
100 Mile, Metropolitan Assn., Vince Chiappetta, July 16.

The committee agreed the Chairman could accept applications and award any championship not already taken, and voted to change the TAC Convention race from 5 miles to 8 kilometers.

The 1984 Championships awarded were: 5K X-C, San Diego-Imperial, Ken Bernard, tentative Thanksgiving weekend; 10K X-C, New Jersey, Ron Salvio, Nov. 18; 20K Road, Pacific, Jan. 23, 1984; 10K Road, Adirondak, George Regan, July 15.

AWARDS

Men: 40-44 Mike Manley; 45-49, Ernie Billups; 50-54, Ray Hatton; 55-59, Alex Ratelle; 60-64, Jack Start; 65-69, Clive Davies; 70-74, Bill Andberg; 75-79, Eddie Benham, and 80 plus, Paul Spangler.

Women: 40-44, Cindy Dalrymple; 45-49, Vicki Bieglow; 50-54, Marion Irvine; 55-59, Margaret Miller; 60-64, Jacki Caselli; 65-69, Kay Atkinson; 70-74, Bess James; 75-79, Leona Lugers, and 80 plus, Ruth Rothfarb.

The Otto Essig Award for meritorious service to Masters Long Distance Running went to: Man — Richard Kendall; Woman — Mary Anne McBrayer.

ELECTIONS

Elections for 1983 were held and, in every case, the vote was unanimous;

Chairman — Robert S. Boal, Vice-chairman, Women — Mary Cullen, Men — Robert Fine. Secretary, Recording — Jerome J. Perry, Corresponding — George Vernosky.

VALID TAC CARDS

Bob Fine said the Central Massachusetts Striders accepted a regional team championship without having valid TAC cards. It was approved that this club not be allowed to have a regional or national championship for 1983.

MEDALS

The committee voted to back the effort to change the championship medal from the coliseum and Greek Gods to symbols representing America.

WAVA DELEGATES

WAVA delegates were selected: Ruth Anderson and Chuck Des Jardins with George Vernosky as alternate. IGAL Delegate Val Schultz will be the representative to the International Association of Long Distance Runners (IGAL).

TAC COMMITTEE ELECTIONS

The following were selected as representatives of Masters-LDR in the Athletics Congress:

Rules — Cliff Sharp; Budget and Audit — George Vernosky; Board of Directors — Chuck Des Jardins; Sports Medicine — Donald Maron; Law and Legislation — Richard D. Mochrie; General Programs — Jim Puckett; Marketing and Media — Sanford Kalb; Officials Committee — Jerome J. Perry.

NMSA

The Masters LDR Executive Committee was authorized to affiliate the Masters LDR Committee with the National Masters Sports Association, if and when it decides such affiliation will be advantageous for both groups. □



POSTERS & NOTECARDS

- **GREETING CARDS** (designs R1-R15), 4 1/4 x 5 1/2" in packages of 12, incl. envelopes, one design per pkg. Perfect for letter writing, holiday cards. \$4.25 per pkg postpaid.
- **POSTERS** (R1-R15) 11" x 15", \$2.25 each. Suitable for framing.
- **CUSTOM WORK** race awards, illustrated certificates for Coaches, Race Directors.
- **FREE INFORMATION** retail/wholesale: write Wing & Wing, 170 Rosario Beach Rd, Box A, Anacortes, WA 98221.

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FROM THE INDOOR TRACK AND FIELD COORDINATOR

By RON SALVIO

Fellow Masters: If you've been diligently reading your National Masters News (and I can't think of a more enjoyable way to spend a little leisure time), you are aware of how much the masters movement has progressed and the new thresholds that we are about to cross. As we enter 1983, I'd like to give you a few points for consideration.

Elitism: That ugly animal is again rearing its head. It I believe was one of the precepts that the masters movement was founded upon that masters competition was (and I fervently hope still is) open to all athletes regardless of their respective abilities and aspirations. The movement was meant to encourage as much participation as possible in order to promote physical fitness within the adult population. However, at the request of some of our more vocal members, Jim Weed in his most recent article brought out a few points that I find most disturbing.

We should never exclude any masters competition from our program. Such ideas as standards for either entry into competitions or for the awarding of medals etc., have no place in our program. The thought that the Nationals "are not for everyone" are most inappropriate. The solution lies not in the elimination of prospective entrants but in better organization of the competitions.

Meet Directors: It was truly a revelation to me when repeated calls for bids, for the 1983 Indoor National Championships went literally unanswered. I can understand the reluctance of people to step forward, first, because of the high personal commitment over months that one must put into such a project, and second, the tremendous amount of abuse that one must put up with before, during and even after the event has been staged. Just consider the amount of complaints that were thrown after both of the 1982 National Championship meets. It seems like an almost no-win situation I saw more complaints than praise, for instance, after the Outdoor Champs even though Bob and Bonnie Lida did a tremendous job and deserved our thanks. Again, as mentioned before, better organization is the key and the National Committee is making progress. The next time you have a complaint, after voicing it, volunteer to serve as a meet director. I guarantee it will be a most enlightening experience.

Masters Growth: I'm afraid the "boom" in both Masters LDR and T&F is on the decline. The huge numbers that we saw coming from those competitors who had little or no prior running experience or who had been away for decades is declining. The

growth in masters sports in the future will be coming from the advancement into our ranks of the younger athlete. If you look at a survey of almost any road race or track meet, the submasters contingent is, to say the least, quite substantial. In our geographic area, they lend the highest percentage of athletes of any group. Not only does this have a definitive impact on the number of participants, but I dare say, more often as not, is a most important aspect of the economic viability of the meet or race.

It is only by the maintenance of a viable submasters program can we expect to grow. As the athlete leaves college, he might well stay active, since he can see an age-group program down the road.

If we are to attract the sponsorship we are after to keep our program financially sound and to permit us to do the things we wish, it seems that we must encourage growth in our ranks by avoiding the elitist attitude mentioned earlier and by establishing a viable officially recognized submasters program. Remember, there is no submasters program on the LDR side at all.

Dateline Philadelphia. Bert Lancaster has stepped forward with a bid to host the 1983 Indoor Nationals at Lehigh University in Allentown Pa., the weekend of March 26th & 27th. Bert has been talking to the people at Nike & 7-Up. There is a good possibility that dormitory facilities will be made available at Lehigh providing very inexpensive room and board. Additionally rooms will be reserved in Philly at the City Line Marriott. Transportation from the airport to the hotel and the University is being ironed out. □

ANNOUNCEMENT ON THE 1981 TRACK & FIELD RANKINGS BOOK

by Haig Bohigian

The 1981 Track & Field Rankings Book will be sent to the Publisher on January 31, 1983. It covers all track and field events, pentathlon, decathlon, weight pentathlon, relays, and cross rank listing for all meets in 1981 in five year age groups for men and women ages 30 - 89. For the 150 individuals who have pre-ordered and paid for the book there will be no change in price. Anyone who wishes to purchase a 1981 RB should send a check for \$10 to Haig Bohigian at 225 Hunter Ave., North Tarrytown, NY 10591 prior to January 31, 1983. Only those who have paid by this date will receive a 1981 RB. No additional books will be printed and they will not be offered during the year at meets as the 1980 rankings book was. The 1981 RB will be a collector's item only available by advanced subscription.

This action was necessitated by my experience with the 1980 RB. The 1980 RB had 242 individual purchasers, 315 sold to meet directors at cost (\$4) for resale, 200 purchased by Nike at cost for free distribution, and 165 distributed free for advertising and promotion — a total of 922. With 1050 printed that leaves me with 128 on hand. I spent most of the Spring and Summer of 1982 promoting the 1980 RB in order to cover expenses. It is not humanly possible to develop a rankings book that takes more than 1,000 hours to

prepare and also spend days promoting it and trying to collect outstanding bills. With only 242 individual sales in 1980 and 150 advance sales for the 1981 RB, sufficient interest is not present for such effort.

My expenses for the 1980 RB were as follows: printing \$3,689, UPS & mailings \$595, duplicating & materials \$361, advertising & transportation \$273, for a total of \$4,918. The income was \$2,016 (504 books @ \$4), \$660 (110 books @ \$6), sold advertisements \$460, TAC/Penn Mutual \$600, for a total of \$3,736 — which leaves a deficit of \$1,182. In addition, 143 books were sent to meet directors at \$4 who have not yet paid. When they do pay that will reduce the deficit to \$614 which would be eliminated if I could sell the remaining 128 1980 RB's. When I undertook to do the rankings I did not expect to make a profit or even cover the hours of work necessary to get the book out, but, by the same token, I did not expect to have to subsidize the effort and have to chase people to pay their bills.

To all my faithful subscribers who have sent me letters of appreciation and praise for the 1980 RB, I thank you for your patience and support — you have been the only thing that has encouraged me to continue my efforts for the 1981 RB. Please understand that time does not permit me to answer individual letters, but you will receive the 1981 RB as soon as it is available.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH DEC 1982

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JEANNE CRUT (DEN)	12-13-27	55-59
ELSE HUMMER (WG)	12-16-12	70-74
ANTONINA IVANOVA (URS)	12-25-32	50-54
CHRISTIANE WIPPERSTEG (WG)	12-25-27	55-59
BARBARA DURAND (THOUSAND OAKS, CA)	12-30-32	50-54
VEALLON HIXSON (SUN CITY, AZ)	12- 2-07	75-79
PHYLLIS SMITH (SAN DIEGO, CA)	12- 4-37	45-49
MARCI TRENT (ANCHORAGE, AK)	12-22-17	65-69
EDNA VALENCIA (US)	12-30-22	60-64
DAVID EKORN (WHITTIER, CALIF)	12-22-22	60-64
ERNE CLEVELAND (US)	12-10-17	65-69
ALEX CERAPACIOUS (HONOLULU)	12-25-07	75-79
ROBERT DELLNO (SPOKANE, WASH)	12-10-17	65-69
ELICIO CALICIA (MEX)	12- 1-22	60-64
FRED CRACE (LOS ANGELES)	12-26-97	80 +
IVAN IVANIC (YUG)	12- 6-37	45-49
NORMAN LLOYD (PALO ALTO, CALIF)	12- 3-32	50-54
DENNY GLEYSER (SEATTLE, WASH)	12-27-32	50-54
JAMES CLESONIC (SANTA MONICA, CALIF)	12-29-17	65-69
JACK FENNINGTON (AUSTRALIA)	12-11-22	60-64
MAX FICKL (CANADA)	12-24-17	65-69
RODIE FLUTH (VICTORIA, CAN)	12-23-27	55-59
ROSS SMITH (RENO, NV)	12-11-27	55-59
GUNTHER STOLZENBURG (WG)	12-13-07	75-79
JAMES VAN MARRIN (CA)	12-15-32	50-54
HAFFLE WALLACE (ANAHEIM, CALIF)	12-17-27	55-59
JAY WALLACE (RICHMOND, VA)	12- 8-27	55-59
JIMMY WHITE (EAST POINT, GA)	12-23-37	45-49

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JAN 1983

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
LORE EIFLER (WG)	1-28-23	60-64
BARBARA TURBOTT (NZL)	1-16-38	45-49
MARTEL VON DER BERGE (WG)	1- 6-28	55-59
DOT CALLAN (HI)	1- 4-18	65-69
FLORENCE FAWLEY (WESTERVILLE, OH)	1-29-23	60-64
SUSAN MEANS (LAKE OSWEGO, ORE)	1- 7-33	50-54
MARYLIN PAUL (PORTLAND, OR)	1-20-39	45-49
ANNE VANDERHOFF (BOTHELL, WA)	1- 2-39	45-49
WILLIAM ADLER (WOODLAND HILLS, CA)	1- 2-33	50-54
HEINRICH ARIANS (WG)	1-26-28	55-59
GARY BANE (ANAHEIM, CA)	1-15-38	45-49
BOB BILLINGS (EL CENTRO, CA)	1-21-33	50-54
JOHN BOWLES (AUSTRALIA)	1-13-13	70-74
PAUL CARMICHAEL (SAN FRANCISCO, CA)	1-22-08	75-79
SYDNEY CLARKE (GB)	1- 5-33	50-54
RON FRANKLIN (GB)	1- 7-28	55-59
GEORGE GLUPPE (CAN)	1-19-33	50-54
GEORGE KER (GRANADA HILLS, CALIF)	1-15-23	60-64
CLARENCE KILLION (DINUBA, CA)	1-26-18	65-69
HENRY KUPCZYK (CAN, NASHVILLE, TENN)	1- 2-33	50-54
JOHN LAFFERTY (SAN DIEGO, CALIF)	1-14-18	65-69
MASON D'NEIL (NEW YORK CITY, NY)	1- 2-38	45-49
LOUIS PERESSENYI (MONTEREY, CA)	1-16-08	75-79
WILLIAM PHILLIPS (SAN DIEGO)	1-22-28	55-59
DONALD PICKETT (TIBURON, CALIF)	1-11-28	55-59
LARRY SALLINGER (ORANGE, CA)	1-17-43	40-44
HAROLD SMITH (GB)	1- 5-18	65-69
CHARLEY SPEECHLY (GB)	1- 3-88	80 +
BILL STEWART (US)	1- 6-43	40-44
BOB WARREN (OTTUMWA, IA)	1- 6-38	45-49
FRED WHITE (DUNCANVILLE, TEX)	1- 3-12	70-74
WILLIAM WOLF (MINNETONKA, MN)	1- 1-28	55-59
ALASTAIR WOOD (GB)	1-13-33	50-54

National Masters Sports Association Formed

by GEORGE HATZFELD
and PAT MEEHAN

(Ed. note:

As of December 31, 1982, the Penn Mutual Life Insurance Co. is no longer the national sponsor of Masters sports. A new sponsor is being sought by the newly-formed National Masters Sports Association. NMSA is headquartered in Philadelphia. Former Penn Mutual executive George Hatzfeld and Pat Meehan have been working on a volunteer basis for four months, preparing the organizational structure of NMSA, and contacting potential national sponsors. Several major corporations have expressed interest.)

The purpose of NMSA will be to provide a cohesive force in the development of adult athletics in the United States. NMSA is an outgrowth of the National Masters Sports Festival which drew over 1700 masters athletes from 13 sports to Philadelphia last summer.

The successful event demonstrated the power of Masters sports, and showcased the excitement of a festival setting. Several Masters sports chairmen endorsed the concept of continued association. They want NMSA to represent the collective interests of Masters sports, while preserving the autonomy of each sport.

Currently, the U.S. is in a fitness mood and the baby boom generation is heading out of its twenties and into the range of masters competition. Unless properly channeled, this phenomenon will splinter and dilute.

NMSA was formed to promote a controlled growth and development of Masters Sports. It does not replace any organization. It will act as the marketing, administrative and promotional arm of each master sport.

Marketing

A) A major sponsor is important to each sport. A body of masters sports offering a package of national and regional competition for sponsorship will gain more funding than each sport might gain on its own.

B) Coordinated, multi-sport events are more attractive to the national media. We have network and cable interest in future Festivals.

C) Media coverage means more participation and more memberships for each sport.

D) Non-profit status will attract private funding, in addition to sponsor support.

Administration

NMSA has no part in running any sport. Each sport maintains control over its own activities: setting rules, registering athletes, running events, etc. NMSA will provide greater visibility for each sport, will provide computer services, mailings, an 800 number for fast information, development of a masters sports directory, a comprehensive event schedule, where

to join a local club, and more.

Promotion

Working with the sponsor, NMSA will utilize advertising, publicity, the efforts of national spokesman Bill Toomey and others.

The National Masters Sports Association is a natural extension of the growth of adult athletics. Because it represents the competitive aspect of fitness, it will attract sponsorship and media attention. It will have the energy necessary to encourage the controlled growth of Masters sports.

Executive Committee

President: John B. Kelly, Jr., Chairman, National Masters Sports Festival; Vice-President: Jim Weed, National Chairman, Masters T&F; Secretary: Michael Laux, President, U.S. Masters Swimming, Inc.; Treasurer: Robert Lea, National Chairman, Masters Cycling; At-Large: Charles Medani, National Chairman, Masters Judo.

Board of Directors

Robert Boal, National Chairman, Masters Long Distance Running; Charles Golgan, National Chairman, Masters Rowing; Barbara Eaton, National Chairman, Masters Synchronized Swimming; Larry Lauchle, Masters Wrestling representative; David Mayor, Masters Weightlifting rep; Dale Petranech, Masters Long Distance Swimming rep; Richard Steadman, Masters Diving rep; Jerry Welbourn, National Chairman, Masters Canoeing and Kayaking.

National Office Staff

Executive Director: George Hatzfeld, former assistant vice-president of advertising and communications for Penn Mutual; National Program Director: Patrick Meehan, former National Hockey League Official. □



Jack Rice



Start of 45-49 1500M at National Sports Festival. #561 Mo Meyer, #552, Edward Hothorn, #550 Harry Holm, #540 Charlie Davies, #526 Ernie Billups, #523 Ken Baker, #576 Phil Steel, Hawaii Jersey - Mike Tymn.

Photo by Jerome McFadden

Kiddy sets U.S. Open 100K Mark

CHICAGO, October 3. Sandra Kiddy, 45, of Palm Springs, Calif. set an American open women's record for 100 kilometers (62.5 miles) today in 7 hours, 59 minutes, 58 seconds in the AMJA and RRCA National Championship 50-mile/100K run.

Her time lowered the record of 8:05:26, set by Sue Ellen Trapp, 34, January 31, 1981.

Kiddy finished 4th in the 100K run behind three male runners, including John Sullivan, 50, of Massachusetts, who set a 50-54 mark of 7:38:42, breaking the 8-year-old standard of 7:52:37, set by Ted Corbitt of New

York.

En route to her open (and, of course, masters) 100K record, Kiddy finished as 2nd woman overall in the concurrent 50-mile race in 6:21:48, just six minutes off her own masters record, and 22 minutes behind Marcy Schwam, 29, who set a women's world mark for the 50-mile distance in 5:59:25. In 3rd was Bjorg Austrheim-Smith, 39, at 6:52:55.

Kiddy's 100K open mark becomes the 2nd American long distance running record held by an over-age-40 runner. Bernd Heinrich, 41, of Vermont, holds the men's 100K open mark of 6:38:20. □

YOU CAN'T DROP OUT OF THIS RACE

from BOB MARTIN

GRAND CANYON, Arizona, November 7. The largest field ever to tackle a double crossing of the Grand Canyon set out in the early dawn hours today. The race starts at the Canyon's South Rim, which is 7200 feet above sea level. The course winds down to the Canyon floor (2000 feet), crosses the Colorado River, slices up to the north rim, then heads back down and up again to finish at the South Rim. It's about 40 miles, with no aid stations. Once you begin, you can't drop out. The only way out is up.

To insure that all would finish before dark, there were four starting times (2:35 a.m., 4:02 a.m., 5:00 a.m., and 6:39 a.m.). A last-quarter moon helped illuminate the trail, but most of the early starters used flashlights, creating an eerie scene of dancing lights snaking a path into the depths of the canyon.

The first runners arrived at the North Rim at 8:40 a.m. Rae Clark, 30, San Jose, Calif., the eventual winner, and John Cappis, 40, Los Alamos, N. M., the runnerup, reached the North Rim in 3:42:25, some 3 minutes ahead of the record pace set last year by Allyn Cureton. They remained together on

the return leg until the 33-mile point, when Rae opened up to a 15-minute victory in 7:58:37.

Valerie Doyle, 40, Berkeley, Calif. had the fastest women's time finishing in 10:53:54 to take 45 minutes off of Bjorg Austrheim-Smith's 1981 record. Bjorg was unable to make this year's race.

Carol LaPlant, 35, of Albany, Calif. made the return trip 10 minutes faster than the first leg, posting an 11:49:48 for second woman and #3 all time.

Only five of the 49 finishers were under 30 years of age; the average was 39 years. Richard Kegley, 64, College Place, WA, was the oldest finisher in 14:37:46. Melda Dean, 53, San Francisco, was the oldest woman in 13:46:31. Nine states and Canada were represented, with California accounting for 26 finishers. Four runners came from the east coast and two from Minnesota. All 49 finishers posted times under 15 hours.

Official permission was granted for this year's event by the National Park Service. Only pre-screened runners were permitted to sign up for the hazardous run.

Perfect weather helped, but snow fell on both rims the next day. □

MASTERS SCENE

NATIONAL

•National USA Masters uniforms are now available and can be ordered (men - \$50; women - \$45) from T&F Chairman Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. An order form will appear in February's NMN.

•The 1983 TAC National Masters Indoor T&F Championships will be held at Lehigh University in Allentown, Pa. (40 miles north of Philadelphia) March 26-27. Bert Lancaster will direct.

NEW ENGLAND

•Carrie Parsi was 1st female master in 32:40 in the Jordan Marsh 5-miler November 25 in Boston. Jim Gray topped the 40 plus men in 25:57.

•Tom Jennings, 41, ran a 2:05.9 800 meters for 4th place in the Dartmouth Open meet December 1 in Hanover, New Hampshire. "We need more 'oldies' up here," Jennings said. "those Dartmouth JV's are tough."

•Robert McCarthy, 42, won the masters-only Pearl Harbor Day Memorial 5.1-mile Road Race December 5 in East Lyme, Connecticut in 27:09.6. Lenore Broehm, 40, led the women in 36:56.7, with Marcia Herbst, 48, posting a good 37:44.7. George Maine's 30:44.7 was best 50-54.

EAST

•A difficult achievement is a husband and wife each over age 40, each running the same marathon under three hours. Fred and Sandra Kiddy of California were the only ones to do it until October 24 in New York when Dave (2:59:40) and Linda (2:56:41) Thurston of Somerville, N.J. accomplished the unique feat. "We share something special," Linda said. Indeed they do.

•Cindy Dalrymple was 1st master in 23:12 in the Avon Women's 4-miler in Central Park November 13. Bunny Franco, 51, 29:00; and Althea Wetherbee, 63, 33:09; also won division honors.

•Former 2nd-place-Boston-Marathon-finisher Gordon McKenzie, 55, and his wife Chris, 51, each set pending 8K age-group records in Mineola, NY Nov. 7. Gordon posted 27:10 to better Jack Angel's pending 55-59 mark of 27:54. Chris blasted 33:16 to demolish her own women's 50-54 record of 34:14. Gordon also raced to a fast 1:33:54 in a Central Park 25K Oct. 3, and to a 1:13:03 20K in Eisenhower Park Oct. 10.

•Don Davis, 40, was top master in the Marine Corps Marathon November 7 in 2:30:22, 14 seconds ahead of Roger Pflugfelder, 40. Dick Jamborsky, 46, 2:38:43; Tom Barclay, 51, 2:44:25; Herb Chisholm, 55, 2:48:52; and Lolita Bache, 40, 3:07:30 claimed division crowns.

•NMN erred in saying Ken Winn finished 3rd in the TAC National Masters 15K in Washington, D. C. Oct. 3. Should have read Dave Winn, 39, of Fairport, New York. Ken Winn is a national class 40-44 runner from Georgia. Dave is the 1982 national masters 5000 and 10000 meter 35-39 track champion.

MIDWEST

•Bob Alexander captured masters honors in the Pepsi 10K in Russell, Ohio, October 23 in 33:41. Rose Balmer was 1st woman master in 45:12.

•Brian Harris, 46, turned in a torrid 31:56 to top Hal Higdon, 51, (32:18) and Ernie Billups, 45 (32:41) in the Sportsmed 10K in South Bend, Indiana November 7 sponsored by the St. Joseph's Medical Center. Alberto Salazar and

Allison Roe participated in weekend promotional activities as 3600 ran in the 10K and 1½ mile runs. Over 10,000 attended the Health/Running Expo featuring a race director's workshop by Phil Stewart. Over 20,000 viewed the Dean Reinke-directed race.

•A bit late, but important to note the 2:30:47 by Roger Roullier, 44, in America's Marathon in Chicago September 26. Billups posted 2:34:47. Cindy Dalrymple broke her own U.S. Masters looped-course marathon mark of 2:45:04 with a 2:43:35.

•Hal Higdon, 51, turned in a swift 1:12:48 for a U.S. 50-54 record at the Williamston Half Marathon November 14. Randy Hoffman, of Kalamazoo, was top master 40 plus, posting 1:11 plus. Despite chilly 31° weather, some 700 runners took their marks in the 13.1 miler, while an equal amount settled for a 5K.

•Higdon had to abort a multiple record attempt at 25K, 30K, and 20M during the Lakeshore Marathon, November 21. After hitting the 25K in 1:29:44, 43 seconds off Alex Ratelle's record, Hal said, "low training miles and too many races took its toll!"

•All-American honors go to Bill Andberg! A RRCA/Running Times 1982 Certificate was awarded on the basis of an outstanding 42:19 for 10K, 1:35:42 half marathon, and 3:30:25 for the full 26.2 miles. Bill paid dearly for his efforts! Medical reports described buttock, sciatic, and hamstring injuries. He said, "its embarrassing to tell people you have this problem, 'cause it's a pain in the . . .!"

•John Kenton, 38, of Lynwood, Ill. put together a string of sub-33 10K's this year, including a 32:57 in New Lenox, a 32:21 in Chicago (where he edged Ernie Billups, 45, by 3 seconds) and a 32:31 in an October 24 Oak Park 10K.

•Chris Winters, 38, defeated Kenton for 35-39 honors in the Oak Park 10K in a swift 31:41.

•Roger Roullier, 44, was 1st 40 plus in 33:43 in the Stateville 10K in Joliet October 16.

MID-AMERICA

•Ron Strader trod a 36:34 as best 40 plus in the Maupintour Fall Classic 10K in Lawrence, Kansas November 14. Jim Buckley's 37:44 was best 50 plus. Division winners won handmade pottery pieces. A total of 1147 runners participated in the 10K and 5K runs.

•Responding to a NMN inquiry regarding his subscription lapse, Dave Shrader explained, "I've been ill most of the year!" A gall bladder operation was performed and Dave says, "It was quite an ordeal, with months of slow recovery complicated by a diabetic condition." His big disappointment was "missing the Nationals in Wichita!" "I'll be back if its possible!" Shrader said.

•South Dakota master extraordinaire Bob Bartling, 56, won the Sue Thomas 30K in Brookings, S.D. over all other runners.

WEST

•Learn to race walk each Thursday at 6 p.m. at Cal Tech. Ron Daniel and John Allen will instruct. Call 213-577-2123. The Rose Bowl 10-mile handicap walk is set for January 23.

•A total of 177 finished the 1982 Western States 100-miler in California's Sierra Nevada mountains, a 63% survival record. Ninety two earned the Hermes silver belt buckle, five of which were women, for finishing in under 24 hours. Bjorg Austrheim-Smith, 38, repeated as first woman in 18:23:04. Doug Latimer, 44, was top male master in 18:47:28 for 8th overall. Jim King's 16:17:07 won it.

•Ray Hughes, 43, won a trip to New York next July for the Pepsi Challenge finals by

finishing as top 40-49 runner in the Los Angeles 10K Pepsi Regionals October 31 in 33:46. Christa Romppanen, 40, (38:58); Patrick Devine, 54 (37:16), and Margaret Miller, 56 (42:21) were other division and trip winners. Rod Dixon won overall in 28:39.

•John Richards, 50, was 1st master in 6:22:36 in the SPA/TAC 50-miler October 24 in L.A.

•Skip Shaffer's 16:03 was good for masters laurels in the TAC 5K November 7 in Los Angeles. Christa Romppanen, 40, posted 18:57.

•Hallelujah! October 17 was Citizens Day for Christel Miller, 45, of Glendale, Calif. The superstar has been smashing American age records for years in events ranging from the 100 meter dash to the Javelin. Trouble is, she wasn't a U.S. citizen. Hence, no records went into the books. That's all changed, and NMN wouldn't give much for the survival chances of several women's 45-49 marks, not to mention single-age records. "I plan on competing one more season for Glendale College," said the 45-year-old coed. "1982 had a lot of ups and downs; the elbow injury didn't help and long-jumping was the pits." Miller's other half, Gary, national 40-44 Pentathlon champ, is recovering from a groin pull. Their oldest, Nils, competed with his Occidental College teammates in the Cross-country nationals in New York.

•World 45-49 400 record holder (51.0) Nick Newton, 48, Inglewood, Calif., manufactures starting blocks which are used in every major track meet in Los Angeles and were endorsed for use in the 1980 Olympic trials. But they won't be used in the 1984 Olympics. According to the Olympic Committee, Omega was awarded the contract to provide blocks equipped with electronic timing — a feature Newton's blocks equipped with electronic timing — a feature Newton's blocks don't have but, Newton says, could have easily been added. "I'm upset because I was never notified," he said.

•Ira Yawnick, 41, won the CRRS 15K overall in Los Angeles November 20 in 57:17. Jim Murphy, 43, was 2nd overall in the concurrent 30K in 1:52:08.

•A Health & Fitness Weekend is set for March 5-6 on Catalina Island. Call 619-481-6886.

•Mimi St. Clair led the Northern California Seniors Track Club to victory in the PA/TAC 10K Cross-Country Championships in San Francisco's Golden Gate Park November 7. She was the first masters woman to cross the finish line in a good time of 45:19 on a course described as "soft, uneven footing, water hazards and hay bales to bound over." Mimi was backed up by Nora Smiriga (2nd W40 in 45:55), Ruth Waters (3rd W40 in 46:46), Ruth Anderson (first W50 in 47:04), Joan Don (47:48), Marty Maricle (49:47) and Carroll O'Conner (53:55). Gail Wetzork turned in 45:10 for the men.

•Cupertino's Wayne Glusker was a handy winner of the 1982 Golden Gate Race Walkers 15K Championships, Nov. 20 at San Francisco's Golden Gate Park. Oakland masters age



Marie Montanez, 41, 1st 40-49 female in Rose Bowl Marathon November 21 in Pasadena in 3:32:39.

Sportsfoto by John Allen

group walker Charles Marut led for the first five kilometers, after which Glusker surged ahead to maintain the lead position the rest of the way. Marut won second place. Sheila Mullen, 42, San Francisco, was woman's division winner. Four walkers were disqualified for bent knee violations.

•Second Woman in U.S. race walk history to attain membership in the illustrious Centurion Club, Bev La Veck, 46, of Seattle, completed the National Senior TAC 100 Mile Walk with a M.S. record 21:42:12 to take first female award and fourth overall. Only seven of twenty-five starters completed the grueling test in Chula Vista, CA, November 20-21.

•John Kelly, 53, Santa Monica, set a best-ever masters record of 19:42:11 to finish third. (Continued on page 19)



Ernie Billups and Antonio Villanueva at Run Against Crime 15K in El Paso.

Photo by Richard Lee Slotkin

(Continued from page 18)

Kelly, a native of Ireland and a member of that country's 1968 Olympic Team first became a Centurion fifteen years ago in England with a time two and one-half hours slower.

•**Jim Bowers** set an age-43 15K mark of 47:59.5 in winning, outright, the Fall Color certified 15K in Geyserville, Calif. October 24. His time is only 41 seconds off **Herb Lorenz'** 40-44 U.S. division mark, and bettered **Mike Tymn's** age-43 mark of 49:17.

•**Margaret Oakes**, 47, 5th woman overall, set a new age record of 62:50. **Morton Gray**, 51, turned in a fast 52:59.5, just 71 seconds off the age 51 record.

•On November 21, **Bowers** ran the fastest 20 miles, ever, by an American over-age-40 in 1:47:36 in the Clarksburg/Pepsi Race. It lowered the U.S. 40-44 standard of 1:48:25, set by New York's **Gary Muhrcke** Feb. 22, 1981. Jim turned 44 on November 6.

•**George Toberman**, 40, was 1st master and 3rd overall in 2:28:00 in a Mailbu Triathlon October 9, consisting of a 1-mile swim (38:10), 23-mile bike-ride (1:17:16) and 5-mile beach run (32:34).

•**Wally Ingram**, 50, logged a quick 37:03 in the Loma Linda 10K Nov. 7 and a 56:58 in the Lake Perris 15K November 21, being 1st over-40 runner in both races.

•**Frank Hoelzle** topped all 40 plus runners in a sharp 2:37:38 in the Heart of San Diego Marathon Nov. 21. **David Salo's** 2:48:42 was best 50-59. **Barbara Woods** checked in with 3:15:54 as 1st female master.

•A new 24-hour women's world veterans (40 plus) track record was established November 26 in San Francisco: 202.87 miles.

•**Bruce Springbett** will include an 18-29 age-category in all meets under his direction this year.

•Due to logistics and timing problems, a **Bill Cosby**-sponsored masters T&F meet, proposed for Las Vegas, will probably not come off this year.

•**John Allen** and others have formed the Walkers Club of Los Angeles, which plans to send its most promising competitors to the V World Veterans Games in Puerto Rico this year. Fans of the race walking say the distinctive wiggling gait and swinging arms give the upper body more exercise than jogging, and legs get the same workout with less shock to the body.

•After winning the TAC Masters 10KM XC Championship in a course record time of 39:16 at Penn State University, **Shirley Matson** (42) returned home to Solana Beach, Ca. She was preparing for the TAC Masters 15K XC Championship to be held two weeks later in San Diego, her home turf. Everything was going great until she took a brisk 36 mile bike ride. She pulled the lower outer ankle tendon and missed the 15K Championship and 10 days of training. During this time she developed a severe case of the flu which put her in bed for several days. Finally through the rehabilitative efforts of **Mark Jacobson**, one of the best athletic trainers in the San Diego area, she was back running on December 1, put her taped tendon to the test on December 5, at the Newport Beach Back Bay 8K. She managed two new American records for 8KM. Her 30:45 breaks the age 42 record of 31:20 held by **Betty Powers** and also better the age group (40-44) record recently run by **Christa Romppanen**, 30:47.

•**Sandra Kiddy**, 45, turned in a 38:50 for women's masters honors over **Dorothy Stock**, 50, 40:06, and **Judy Splitgerber**, 41, 42:15 in a San Diego 10K in November. **Don Shanahan's** 34-08 and **Bill Stock's** 37:48 topped the men's 40 and 50 groups, respectively.

•Gentleman **Jim O'Neil**, 57, was 1st 40 plus runner in 35:04 in the People's 10K November 13 in San Diego. **Laurie Binder**, 35, set a pending new U.S. 35-39 mark of 34:06, bettering **Judy Fox's** 1980 standard of 34:23.

•**Jake White**, 40, edged **Tim Rostegge**, 42, by 5 seconds in 33:02 for top master in the Sportsmen of Stanislaus 10K in Modesto, Calif. October 31. **Len Thornton**, 52, legged 34:46 as best 50-59, while **Paul Reese**, 65, clocked a

rapid 40:38. **Denis O'Halloran's** 30:03 and **Muriel Olsen's** 41:35 were best of the 30-39 group, with **Jerry Jobski's** 31:07 setting a new age-38 mark. **Mavis Lindgren**, 75, turned in a good 58:22.

NORTHWEST

•**Ed Glander** walked to a 24:56 as 1st master in the 5K Turkey Trot November 14 in Seattle.

•A sports Medicine and Conditioning Seminar will be combined with a World Class Marathon in Seattle March 26-27, 1983. The 16th Annual Seminar, which normally would attract more than 1,000 participants, will feature 40 speakers ranging from Sports Psychology to Orthopedic Surgery. On hand will be **Dick Beardsley**, **Alberto Salazar**, **Craig Virgin** and **Drs. Dave Martin**, **Gabe Mirkin**, **Mona Shangold** and **John Robertson**. Contact **Dr. Ken Foreman**, Director, 1551 N.W. 54th; Suite 200, Seattle WA 98107. 206-782-3383.

•Oregon's **Bud Deacon**, 71, was named recipient of the Olympic Award by the Southland Corporation (7-11 stores) for outstanding achievements as an athlete, leader and service to the community. Judges, including **Rafer Johnson** and **Bob Mathias**, picked 12 of 300 nominations for the prestigious honor. Deacon was nominated by **Bob Boal**.

CANADA

•**Sverre Heitanen**, 62, logged some good times in October: 10-miles in 66:14; 10K in 38:51; half-marathon in 1:30:17. Heitanen is the 1981 World Vets 25K 60-64 champ. He took world bronze medals in the 10K (37:20) and 10K X-C; and was 4th in 2:55 in the marathon.

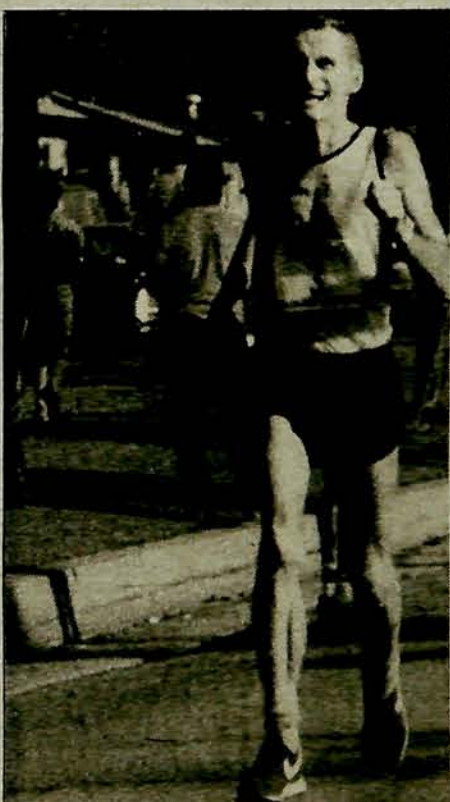
INTERNATIONAL

•"China is attempting to open itself to the world," **Alex Ratelle** said after the 3-week masters running tour in October. "It recognizes it needs help in several areas." Ratelle feels the Chinese government wants to attract the Olympic Games within the next 20 years. "The masters competitions are in preparation for that."

•Twenty-nine meet records were set in the South Africa Masters meet October 16, including a 24.7 in the M50 200 by **D Bawden** and a 13.9 in the W50 100 by **V. Weigemoed**. World vets champs **D. Senawamadi** and **Leon Hacker** clocked 23.0 in the M45 200, and 52.5 in the M40 400, respectively.

•About 200 took part in the IV International Championship "City of Buenos Aires" Veterans Meet November 15-17. Entrants came from Argentina, Brazil, Chile, Uruguay and Puerto Rico.

•**Lutz Phillips**, 42, of Darmstadt rolled to a 2:24:17 in the West German Marathon October 2. **Horst Frense**, 41, clocked 2:27:40. **Hermann Brecht**, 61, posted 2:55:02.



Patrick Devine, consistent age 50-59 winner on the roads in Los Angeles.

Photo by Richard Lee Slotkin

Coffin Wins In North Carolina

Chapel Hill, N.C., November 20. With competition divided into 31-45 and 46-60 age categories, **Alex Coffin**, 46, was running in his old college town, of Charlotte and seemed headed for an age-class win and a free pair of Brooks shoes in the first annual Run Around for Sound 10-K here today.

But despite running a personal record pace, Coffin found himself behind a grey-bearded runner whom he couldn't catch.

Coffin finished in 36:42.8 and 35th, out of 250 and gasped, "How old are you?" "42" came the answer.

Second in the 46-60 category turned

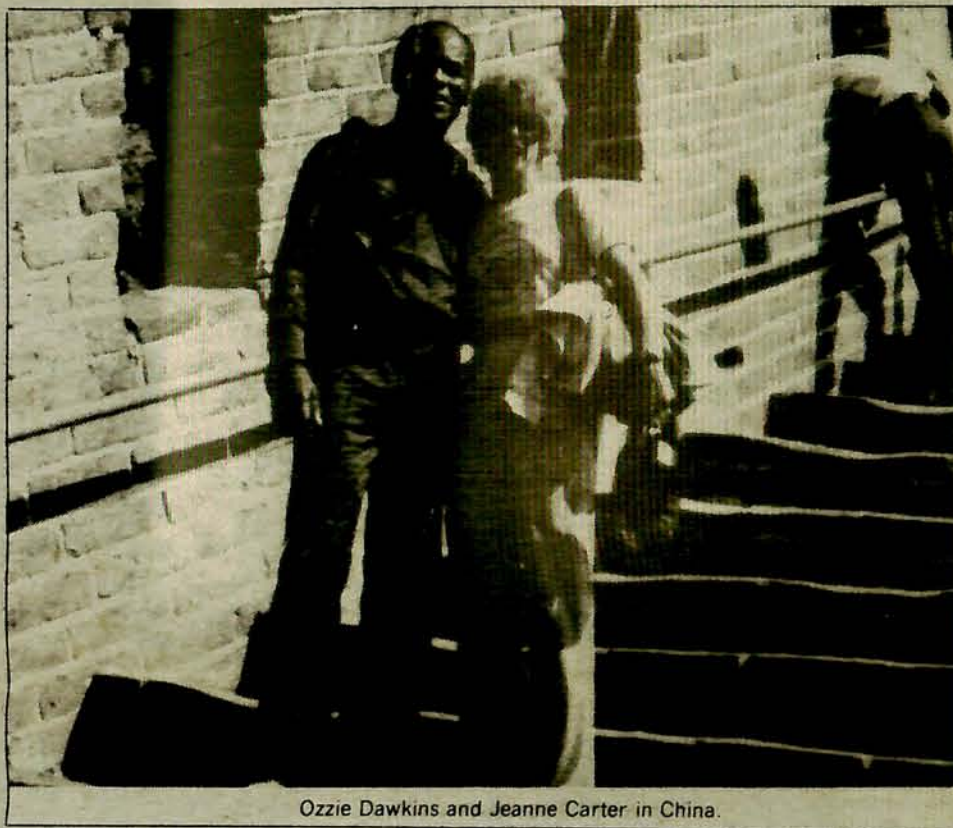
out to be Peter Kloper, 52, of Chapel Hill in 38:00.6. Third was Elton Tabon in 41:23.9.

Some masters were ahead of Coffin, yet victims of a 31-45-age category.

Bert Bailey was the top finisher in the 60-and-over category.

No women over 40 competed.

Overall winner was Jeff Wentworth in 30:31.5 and the male team championship went to the Godiva Track Club of Chapel Hill. Women team winner was N.C. Roadrunners of Raleigh. Team members were not eligible for individual categories. □



Ozzie Dawkins and Jeanne Carter in China.

Masters Training Camp Set

The Northwest Sports Camp, now in its 19th year of operation, will offer the first track & field training camp in the U.S. primarily aimed at the masters athlete.

Under the direction of Dr. Ken Foreman, head coach of the 1983 U.S. Track & Field team for the Helsinki World Championships, the program will be held in Seeley Lake, Montana, July 10-15, 1983.

"The program is designed to meet the needs of persons at all levels of ability," Foreman said. "Each participant will be personally evaluated and given hours of specialized instruction

on a daily basis."

The camp finishes with the Seeley Lake Olympics, with awards being given to the top performers in each age division.

Foreman has assembled a staff which includes Doris Heritage and Ken Shannon, 1984 U.S. Olympic team coaches; Dr. Paul Ward, Kim Haines, Dale Kennedy, guest coaches and international athletes.

For details, contact Northwest Sports Medicine Foundation, 1551 N.W. 54th, Seattle WA 98107. (Also see application form in this issue). □

GRAY WINS IN RHODE ISLAND

NEWPORT, R.I., November 7. Jim Gray raced to a fast 2:30:26 to win the masters title in the 1982 Ocean State Marathon today, as 1866 runners completed the annual event.

Gray topped masters runnerup Robert Aromando (2:33:46) and Bob Reagan (2:38:59). John Sullivan notch-

ed 50-59 laurels in a good 2:44:54. He was hard pressed by Phil Watson (2:46:19) and Geoffery Etherington (2:47:05). Manuel Slate took the 60+ division in 3:04:53, with Carolyn Capetta 1st 40+ woman in 3:12:23. Bobby Doyle, 34, was the overall winner in 2:17:29. □

TRACK & FIELD RESULTS

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

SECOND SAN JUAN ANNUAL MASTERS CHAMPIONSHIPS 9/24/82

100 MTS		FEM	
75-79			
Marilla Salisbury	USA	19.35 MR *	
50-54			
IRMA VELEZ	PR	16.62	
45-49			
DOROTHY DORION	USA	16.25 MR*	
LUZGARDA RONDON	PR	16.81	
JULIA VAZQUEZ	PR	16.99	
40-44			
TERESA RUIZ	PR	14.53 MR*	
CARMEN QUILES	PR	16.15	
35-39			
ANA M. ORTIZ	PR	15.12 MR *	
CARMEN GONZALEZ	PR	15.65	
30-34			
MYRNA PIZARRO	PR	13.40MR*	
JEANNETTE ESCABI	PR	15.94	
CARMEN AUDIFFRED	PR	15.98	
MASCULINO - MEN			
100 MTS.			
75-59			
RAMON CORDERO	PR	20.07	
70-74			
JOSE ORTIZ	PR	16.59	
ANTONIO ROSA	PR	16.90	
65-69			
GILBERTO GONZALEZ JULIA	PR	13.31 M/R	
LEON MARIN	VEN	13.96	
RAMON SEPULVEDA	PR	17.49	
60-64			
DAVID LAWYER	USA	12.85 MR*	
DAVID ROHENA	PR	13.41	
JULIO ROSARIO	PR	13.50	
55-59			
LUIS ARROYO	PR	13.28	
ALFRED HESS	AUSTRIA	13.48	
J. WALKER PIERSON	USA	13.48	
50-54			
JOSH CULBREATH	USA	12.25	
TONY NASRALLA	USA	12.27	
PABLO RIOS	PR	12.56	
45-49			
RUBEN RODRIGUEZ	PR	12.74	
PEDRO CANDELARIA	PR	13.03	
RUIEL CHINNERY	ST. THOMAS	13.11	
40-44			
RUBEN DIAZ	PR	11.23	
ERNESTO GONZALEZ	PR	11.57	
RILEY POYNER	USA	11.88	
35-39			
WILFREDO PICORELLI	PR	11.29	
LLOYD BACCKUS	USA	11.60	
RAFAEL LANZO	PR	11.79	
30-34			
NATE ROBINSON	USA	10.85 MR*	
PEDRO COLON RUIZ	PR	11.67	
RICARDO NOGUE	PR	12.06	
200 MTS. FEM			
75-79			
MARILLA SALISBURY	USA	1:03'77 MR*	

50-54			
IRMA T VELEZ	PR	36.21MR*	
45-49			
DOROTHY DORION	USA	34.19MR*	
LUZGARDA RONDON	PR	36.04	
JULIA VELAZQUEZ	PR	36.98	
40-44			
TERESA RUIZ	PR	30.70 MR*	
CARMEN QUILES	PR	34.93	
35-39			
CARMEN GONZALEZ	PR	34.60	
30-34			
MYRNA PIZARRO	PR	30.15	
CARMEN CASTRO	PR	34.63	
JEANNETTE ESCABI	PR	36.38	
MASCULINO - MEN			
75-79			
RAMON CORDERO	PR	42.11	
70-74			
JOSE ORTIZ	PR	33.93MR*	
ANTONIO ROSA	PR	36.27	
65-69			
GILBERTO GONZALEZ JULIA	PR	28.71	
LEON MARINI	VEN	29.81	
60-64			
DAVID LAWYER	USA	27.03	
DAVID ROHENA	PR	28.40	
DONALD HULL	USA	28.75	
55-59			
Alfred Hess	Austria	27.49	
Luis Arroyo	PR	27.81	
Walker Pierson	USA	27.88	
50-54			
Josh Culbreath	USA	25.07	
TONY NASRALLA	USA	25.36	
José Ludens	PR	26.69	
44-49			
Ovidio de Jesus	PR	23.76	
Marcelo Canales	PR	26.47	
Ruben Rodríguez	PR	27.02	
40-44			
Willie Díaz	PR	22.91 MR*	
Ruben Diaz	PR	23.74	
Oscar Rosado	PR	25.54	
35-39			
Wilfredo Picorelli	PR	23.49	
Edwin Febles	PR	23.90	
Enrique Medina	PR	24.74	
30-34			
Pedro Colón	PR	23.76	
Andrés Romero	PR	24.54	
Manuel Sanjurjo	PR	24.61	
400 MTS FEM			
75-79			
Marilla Salisbury	USA	2:37.48MR*	
50-54			
Irma T. Vélez	PR	1:33.97	
45-49			
Dorothy Dorion	USA	1:21.0MR*	
Marcia Casiano	PR	1:39.31	
40-44			
Teresa Ruiz	PR	1:15.35MR*	
Elisa Martínez	PR	1:22.38	
Virgenmina Arroyo	PR	1:37.50	

35-39			
Ana M. Ortiz	PR	1:21.29	
Ana L. Rivera	PR	1:26.75	
Carmen Gonzalez	PR	1:30.54	
30-34			
Myrna Pizarro	PR	1:12.00MR*	
MASCULINO - MEN			
75-79			
Ramón Cordero	PR	1:32.87 MR*	
70-74			
José Ortiz	PR	1:19.35 MR	
Antonio Rosa	PR	1:31.29	
65-69			
Gilberto Gonzalez	PR	1:07.76 MR*	
Leon Marin	VEN	1:14.75	
Ramon Sepulveda	PR	1:30.10	
60-64			
Julio Rosario	PR	1:07.29 MR*	
Donald Hul	USA	1:08.38	
Bill Carmen	USA	1:14.28	
55-59			
Luis Arroyo	PR	1:03.06	
Francisco Moya	PR	1:03.84	
Antonio Espinosa	VEN	1:14.22	
50-54			
Lee Blount	USA	54.70 MR*	
Tony Nasralla	USA	55.70	
Josh Culbreath	USA	57.52	
45-49			
Ovidio de Jesus	PR	53.58	
Marcelo Canales	PR	1:00.98	
Rudel Chinnery	St. Thomas	1:09.26	
40-44			
Walter L. Pankey	St. Thomas	51.41 MR*	
Willie Díaz	PR	52.42	
José Andino	PR	56.63	
35-39			
Candido Agosto	PR	53.11	
Carlos P. Santos	PR	56.38	
Martin J. Rovira	PR	59.16	
30-34			
Orominio Santaella	PR	53.16	
Julio Morales	PR	53.83	
Pedro Colón	PR	55.46	
800 MTS FEM			
75-79			
Marilla Salisbury	USA	6:08.07 MR*	
55-59			
Santa Mercado	PR	4:14.19	
45-49			
Dorothy Dorion	USA	3:19.75	
35-39			
Ana L. Rivera	PR	3:26.47	
Ana R. Torres	PR	3:27.02	
MASCULINO - MEN			
75-79			
Ramón Cordero	PR	3:49.01	
70-74			
Chen Ling Wang	USA	3:00.57	
60-64			
David Rohena	PR	2:52.61	
55-59			
Kelsey Brown	USA	2:42.94	
Clyne Lunsford	USA	2:27.34	
Francisco Moya	PR	2:39.36	
50-54			
Lee Blount	USA	2:11.59	
Vic Masi	USA	2:25.87	
Pablo Dávila	PR	2:28.76	

45-49			
Arthur Conro	USA	2:10.09	
Charles Winberly	USA	2:11.46	
Ramón F. Rivera	PR	2:20.20	
40-44			
Walter L. Pankey	St. Thomas	2:02.25 MR*	
Eduvigis Olivares	VEN	2:03.01	
Cristobal Laureano	PR	2:10.08	
35-39			
Javier Rivera	PR	2:04.08	
Victor Rivera	PR	2:09.43	
Luis A. Rodriguez	PR	2:11.94	
30-34			
Fernando Román	PR	2:00.55 MR*	
Julio Morales	PR	2:13.80	
1500 MTS. FEM			
75-79			
Marilla Salisbury	USA	12:54.03 MR*	
45-49			
Dorothy Dorion	USA	6:59.24 MR*	
40-44			
Elisa Martínez	PR	7:14.81	
35-39			
Delia A. Correa	PR	6:11.38	
Ana R. Torres	PR	7:06.89	
MASCULINO - MEN			
70-74			
Chen Ling Wang	USA	6:06.42 MR*	
65-69			
Clen Green	N. Zealand	6:08.59	
60-64			
Tony Lipscomb	USA	4:48.81	
55-59			
Kelsey Brown	USA	4:48.81	
Clyne Lunsford	USA	5:05.97	
Alfred Hess	Austria	5:38.72	
50-54			
Luis H. Torres	PR	4:38.58	
Gregorio Angulo	PR	5:05.80	
Robert Fine	USA	5:08.43	
45-49			
Arthur Conro	USA	4:34.08	
Charles Winsberly	USA	4:36.82	
Efrain Rondon	USA	4:52.97	
40-44			
Eduvigis Olivares	VEN	4:18.49	
Carlos Aponte	PR	4:26.93	
Pelegrin Alonso	PR	4:28.83	
35-39			
Modesto Carrión	PR	4:17.27	
Matias Citala	PR	4:26.54	
Esteban Figueroa	PR	4:30.44	
30-34			
Fernando Román	PR	4:14.11	
José Méndez	PR	4:18.06	
Antonio Familia	PR	4:21.45	
5000 MTS FEM			
75-79			
Marilla Salisbury	USA	51:21.01	
55-59			
Santa Mercado	PR	NR 35:04.07	
MASCULINO MEN			
70-74			
Chen Ling Wang	USA	23:05.1	
Domingo Padilla	PR	26:52.6	
55-59			
Alfred Hess	Austria	21:52.1	
50-54			
Luis H. Torres	PR	17:10.7	
Ken Carman	USA	17:47.0	
Antonio Valiejo	PR	20:15.4	

45-45			100 MTS HURDLES			MARATON			40-44		
				MASCULINO	MEN						
Cass Curtis	USA	18:04.51 MR*	60-64			35-39			Josefina Torres	PR	14.48
Luis A. Alicea	PR	19:47.29	Bill Carmen	USA	22.76 MR*	Delia Correa	PR	1:44.33.4	35-39		
José L. Ortega	PR	20:59.17	55-59			30-34			Marian Torres	PR	17.28
40-44			Luis Arroyo	PR	20.68	Lydia Cales	PR	1:43.19.8	30-34		
Luis J. Luna	PR	16:38.35 MR*/NR	William Arana	PR	22.71	MASCULINO	MEN		Emma Rivera	PR	13.12
Waldemar Schultz	USA	18:14.53	50-54			60-64			MASCULINO	MEN	
Miguel A. Nieves	PR	19:55.31	Josh Culbreath	USA	16.79	Pedro H. Rivera	PR	3:45.21.2	70-74		
35-39			Jorge Alzamora	Chile	22.57	55-59			José Ortiz	PR	27.74MR*
Angel L. Manzano	PR	17:26.63	40-44			Charles Kolstad	PR	1:52.46.9	Galo Segarra	PR	25.46
Víctor Cruz	PR	20:09.14	James O'Hara	USA	16.50 MR*	50-54			65-69		
José M. Rodríguez	PR	20:48.32	Gervasio Rodríguez	PR	22.27	Gregorio Angulo	PR	1:25.45.6	Gilberto Gonzalez	PR	31.26
30-34			35-39			William Rodriguez	PR	1:32.18.4	José Martínez	PR	30.58
José Méndez	PR	16:34.39	Edwin Febles	PR	18.27 MR*	Joselin Alonso	PR	1:32.35.9	Antonio González	PR	23.42
Miquel A. Rivera	PR	17:03.98	Bill Willis	USA	18.76	40-44			60-64		
Hiram Quiñones	PR	17:33.22	30-34			Nicolas Rivas	PR	1:21.10.4	Tommy Acevedo	PR	30.28MR*
1,000 MTS. FEM			Nate Robinson	USA	14.45 MR*	Efrain Rivera Febo	PR	1:22.50.0	Donald Hull	USA	25.64
35-39			Edwin Carrasquillo	PR	15.82	Ray Cosme	PR	1:23.31.1	60-64		
Delia Correa	PR	44:53.21 MR*	Iván Black	USA	19.82	35-39			Anibal Torres	PR	11.04M
MASCULINO	MEN		3000 MTS. STEELE CHASE	MASCULINO	MEN	Wallace Williams	St. Croix	1:18.07.5	José Delgado	PR	10.71
70-74			65-69			Eduardo Figueroa	PR	1:19.32.1	Donald Hull	USA	9.61
Cheng Ling Wang	USA	50:32.65 MR*	Clem Green	N.Z.	15:29.43 MR*	Juan F. Rodríguez	PR	1:21.59.1	55-59		
65-69			55-59			30-34			J. Walker Pierson	USA	8.58
Clem Green	N.Z.	47:50.20	Don Farquharson	Canada	13:55.40 MR*	Rafael Colón	PR	1:20.28.3	Antonio Espinosa	VEN	6.49
55-59			50-54			Lesme Fuentes	PR	1:20.58.0	50-54		
Alfred Hess	Austria	42:57.01MR*	Ken Carman	USA	11:19.63MR*	SHOT PUT	FEM		Dagoberto Gonzalez	PR	13.83 MR*
50-54			Luis H. Torres	PR	11:38.19	45-49			Antonio Andino	PR	9.52
Luis H. Torres	PR	36:13.51	Julio Reyes	PR	14:35.40	María Aguayo	PR	7.73	Juan Tinoco	VEN	8.72
George Dorion	USA	42:20.77	45-49			40-49			45-49		
Julio Reyes	PR	48:50.34	Cass Curtis	USA	11:43.59MR*	Nydia López	PR	8.21	Ariel Pérez	PR	8.14
45-49			Alfredo Polo	PR	13:49.51	Luisa Gaston	PR	7.22	40-44		
Juan Ortiz	PR	38:48.00	40-44			Yolanda Gonzalez	PR	4.09	Emilio Navarro	PR	11.21
Efrain Rondon	USA	40:41.34	Luis J. Luna	PR	10:38.87 MR*	35-39			Víctor Rivera	PR	9.97
40-44			Valdemar Schultz	USA	11:49.23	Francisca Estremera	PR	7.21	José Rodríguez	PR	9.89
Luis A. Luna	PR	35:40.97	35-39			Marian Torres	PR	6.75	35-39		
Nicolas Rivas	PR	37:04.01	Javier Rivera	PR	10:34.88	30-34			Anibal López	PR	11.96
Valdemar Schultz	USA	38:30.15	Angel L. Manzano	PR	11:05.17	Aida L. Díaz	PR	10.11 MR*	Jorge Huyke	PR	10.43
35-39			30-34			Marcelina Díaz	PR	6.24	Héctor Báez	PR	9.40
Angel L. Manzano	PR	38:13.92	Antonio Acevedo	PR	10:38.59	Emma Rivera	PR	5.21	30-34		
Michael Forte	PR	38:21.28	Iván Black	USA	13:25.14	MASCULINO	MEN		Esteban Cruz	PR	10.43
Jose L. Maya	PR	49:33.92	WALK	FEM		70-74			DISCUS	FEM	
30-34			75-79			Antonio Gotay	PR	10.98 m.	50-54		
Miquel A. Rivera	PR	35:06.74	Marilla Salisbury	USA	39:40.91	65-69			Irma Vélez	PR	17.68 MR*
Antonio Acevedo	PR	35:53.67	45-49			Pete Gulgin	USA	11.04 M.	45-49		
Rafael Colón	PR	36:36.42	Rinda Lawyer	USA	42:28.17	José Martínez	PR	10.69	Dorothy Dorion	USA	18.46 MR*
65-69 400 IH			MASCULINO	MEN		Antonio Gonzalez	PR	9.49	40-44		
Gilberto Gonzalez	PR	1:18.24 MR*/	50-54			60-64			Luisa E. Gastón	PR	18.28MR*
60-65			Gregorio Angulo	PR	30:38.50	José J. Delgado	PR	32.78MR*	Virgenmina Arroyo	PR	14.98
Bill Carmen	USA	1:20.00 MR*	Jorge Alzamora	Chile	30:46.12	Anibal Torres	PR	31.10	30-34		
55-59			John MacLachlan	USA	30:47.87	Donald Hull	USA	29.60	Aida L. Díaz	PR	25.86 MR*
Francisco Moya	PR	1:10.86 MR*	45-49			55-59			Marcelina Díaz	PR	21.64
Victor Clairmont	St. Croix	1:17.53	Angel I. Gonzalez	PR	36:01.62	Manuel Seoane	PR	19.60	Emma V. Rivera	PR	15.74
Antonio Espinosa	VEN	1:18.64	Ricardo Morales	PR	38:41.49	Antonio Espinosa	VEN	18.90	MASCULINO	MEN	
50-54			40-44			50-54			70-74		
Josh Culbreath	USA	1:03.9 MR*	Félix Rodriguez	PR	33:22.27	Dagoberto Gonzalez	PR	51.28MR*	Galo Segarra	PR	22.36
Tony Nasralla	USA	1:05.73	Manuel González	PR	33:58.49	Jorge Alzamora	Chile	25.84	65-69		
45-49			Adalberto Alvarado	PR	36:04.92	Juan Tinoco	VEN	23.96	Pete Gulgin	USA	37.26 MR*
Ovidio de Jesus	PR	1:04.35 MR*	35-39			45-49			Gilberto Gonzalez	PR	31.10
40-44			Roberto Gotay	PR	33:22.97	Marcelo Canales	PR	26.30	José Martínez	PR	26.50
Miguel A. Saéz	PR	1:11.04	30-34			Víctor Rivera	PR	35.70	55-59		
35-39			Iván Black	USA	32:34.95	Enrique Martínó	PR	31.18	Alfred Hess	Austria	21.48
Edwin Febles	PR	1:00.53 MR*	Francisco Vazquez	PR	33:31.95	30-34			50-54		
Bill Willis	USA	1:04.38	50-54			Esteban Cruz	PR	24.36	Reinaldo Oliver	PR	57.94MR*/NR/MR
Carlos F. Santos	PR	1:06.17	JAVA LINA	FEM		JAVA LINA	FEM		Elpidio Torres	PR	35.66
30-34			50-54			Irma T. Vélez	PR	18.32	Juan Tinoco	VEN	27.80
Manuel Sanjurjo	PR	1:03.54	45-49			45-49			45-49		
Iván Black	USA	1:03.85	María Aguayo	PR	18.74	Pedro Candelaria	PR	37.60	Robert Murray	USA	35.64
René Vélez	PR	1:05.42	Rhoda Lawyer	USA	6.24	Armando Pietri	PR	34.64			

0-44		
Emilio Navarro	PR	50.76
Wilfredo Cabán	PR	47.82
Edvigis Olivares	VEN	40.24

5-39		
Luis Díaz	PR	42.56
Carlos F. Santos	PR	42.40
Carlos Siverio	PR	41.88

0-34		
Victor M. Cruz	PR	54.50
Esteban Cruz	PR	42.56
Nate Robinson	USA	41.36

MARTILLO HAMMER MASC.

70-74		
Antonio Gotay	PR	17.18

5-69		
Ete Gulgin	USA	22.42

0-64		
José Delgado	PR	27.28
Donald Hull	USA	19.62
Tommy Acevedo	PR	16.32

50-54		
Dagoberto González	PR	38.60
Luis Vélez	PR	33.98
Jorge Alzamora	Chile	27.16

45-49		
Felipe N. Colon	PR	25.44
Pedro Candelaria	PR	24.70

40-44		
Victor Rivera	PR	27.84
Enrique Martín	PR	26.34

35-39		
Pedro Arciniegas	PR	38.76
Jorge Huyke	PR	34.78
Fernando Muntaner	PR	29.54

30-34		
Enoch Cruz	PR	27.26
Pablo Torres	PR	18.18

PERTIGA POLE VAULT MASC.

70-74		
Antonio Gotay	PR	7'5"MR*

65-69		
Richard Ganslen	USA	9'11"MR*
Gilberto Gonzalez	PR	8'8"

60-64		
Tommy Acevedo	PR	7'0"MR*

55-59		
William Arana	PR	9'6"

50-54		
Miguel Rivera	PR	12'2"MR*
Teddy Ramirez	PR	8'0"

45-49		
Carlos Loubriel	PR	9'6"

35-39		
José Marrero	PR	12'8"MR*
José A. Quiles	PR	12'2"
Will Willis	USA	10'8"

30-34		
Juan Rodríguez	PR	12'2"
Sivan Martinez	PR	11'8"

HIGH JUMP FEM.

45-49		
Luzgarda Rondón	PR	1.01

40-44		
Nydia Lopez	PR	1.06

MASCULINE MEN.

70-74		
Antonio Gotay	PR	1.32MR*

FIRST NORTHEASTERN MULTI EVENT CHAMPIONSHIP RANDALL'S ISLAND, DOWNING STADIUM, NEW YORK OCTOBER 2, 1982, 75°, CLEAR AND SUNNY

DECATHLON

M20	AGE	100	LJ	SHOT	HJ	400	1100h	DISC	PV	JAV	1500	IAFF
1 Nick Mitchell	22	12.22	5.79	10.15	1.72	54.70	17.8	34.93	2.44	37.00	4:30.5	5345
M30	AGE	100	LJ	SHOT	HJ	400	1100h	DISC	PV	JAV	1500	IAFF
1 Ivan Black	33	12.12	5.65	6.83	1.60	59.98	19.0	22.44	2.13	31.20	5:40.5	3823
M40	AGE	100	LJ	SHOT	HJ	400	1100h	DISC	PV	JAV	1500	IAFF
1 Gerald Counihan	43	12.25	5.80	9.81	1.77	61.25	18.1	28.59	3.96	34.22	5:53.0	4959
2 Paul Richard	44	11.87	5.71	8.45	1.45	57.00	18.5	24.60	3.81	30.52	5:35.7	4583
M45	AGE	100	LJ	SHOT	HJ	400	1100h	DISC	PV	JAV	1500	IAFF
1 Ed Hoyle	46	11.93	5.50	10.01	1.45	61.59	19.3	25.51	3.96	29.81	5:42.6	4433
M70	AGE	100	LJ	SHOT	HJ	400	1100h	DISC	PV	JAV	1500	IAFF
1 Joe McCluskey	71	17.87	3.05	8.55	.99	86.10	27.3	23.93	1.37	15.86	7:34.6	1205

RUNNING PENTATHLON

W35	AGE	100	200	400	800	1500	IAFF
1 Skipper Clark	35	13.49	27.80	65.65	2:49.4	6:02.0	1194
M40	AGE	100	200	400	800	1500	IAFF
1 Russell Robinson	41	11.98	25.28	60.23	2:23.0	5:27.8	2225
M45	AGE	100	200	400	800	1500	IAFF
1 Kathy Knight	47	17.00	33.90	80.98	3:02.3	6:12.7	133
M45	AGE	100	200	400	800	1500	IAFF
1 Richard Rizzo	45	12.22	25.30	59.46	2:23.3	5:17.3	2244
2 Kieran O'Reilly	46	13.96	27.80	62.57	2:30.6	5:27.0	1531
M50	AGE	100	200	400	800	1500	IAFF
1 Tony Nasralla	50	12.66	26.60	58.90	2:31.0	5:54.0	1831
2 Joe Kernan	52	14.27	29.30	65.03	2:32.6	5:24.5	1317
3 Tom Talbott	50	14.16	29.30	65.80	2:41.7	5:30.0	1193
M55	AGE	100	200	400	800	1500	IAFF
1 Archie Messenger	59	14.56	30.20	62.37	2:23.1	5:06.0	1493
M70	AGE	100	200	400	800	1500	IAFF
1 Manfred d'Elia	74	15.63	33.50	72.24	3:31.5	8:22.8	128

REGULAR PENTATHLON

M30	AGE	LJ	200	JAV	DISC	1500	IAFF
1 Ivan Black	33	5.69	26.00	30.64	22.44	5:40.5	1844
M40	AGE	LJ	200	JAV	DISC	1500	IAFF
1 Mike Valle	41	4.66	28.00	32.73	35.90	6:19.0	1663
2 Russell Robinson	41	5.38	25.28	20.83	14.94	5:27.8	1493
3 Andy Mirecki	42	5.02	27.80	25.93	26.67	7:01.3	1373
M45	AGE	LJ	200	JAV	DISC	1500	IAFF
1 Kathy Knight	47	3.16	33.90	16.10	12.61	6:12.7	490
M45	AGE	LJ	200	JAV	DISC	1500	IAFF
1 Haig Bohigian	46	5.08	26.85	31.20	25.20	5:31.3	1769
2 Ralph Perry	49	3.55	33.90	16.10	12.61	6:12.7	195
M50	AGE	LJ	200	JAV	DISC	1500	IAFF
1 Tom Brooks	53	3.56	26.85	31.11	18.40	6:49.3	941
M60	AGE	LJ	200	JAV	DISC	1500	IAFF
1 Don Harris	60	4.06	29.00	29.15	32.51	DNF	1239
2 Jim Manno	61	3.60	28.00	21.33	21.05	6:12.0	844

WEIGHT PENTATHLON

M30	AGE	SHOT	DISC	JAV	WT	HR	IAFF
1 Paul Corrigan	32	12.40	45.09	43.60	11.63	19.71	2811
M35	AGE	SHOT	DISC	JAV	WT	HR	IAFF
1 Michael Grisko	35	12.46	46.32	34.95	17.51	36.19	3376
M40	AGE	SHOT	DISC	JAV	WT	HR	IAFF
1 Mike Valle	41	11.39	33.66	32.90	12.84	28.94	2615
2 Brian McKenna	42	10.87	30.94	27.44	11.35	25.35	2238
3 Andy Mirecki	42	9.07	24.38	26.07	10.85	21.26	1886
M45	AGE	SHOT	DISC	JAV	WT	HR	IAFF
1 Rick Deere	45	11.20	26.18	28.81	12.70	23.02	2237
M60	AGE	SHOT	DISC	JAV	WT	HR	IAFF
1 Greg Battick	61	12.28	31.44	20.62	10.70	29.24	2262
M65	AGE	SHOT	DISC	JAV	WT	HR	IAFF
1 Bob Detweiler	68	9.83	28.59	25.13	9.03	27.02	1951
2 Bill Elpel	69	10.86	29.18	27.83	7.82	24.42	1920
3 Paul Sereghy	66	10.91	28.10	16.04	9.88	17.87	1699
4 George Langerfeld	65	9.23	24.96	20.73	5.89	12.74	1143
M70	AGE	SHOT	DISC	JAV	WT	HR	IAFF
1 Joe McCluskey	71	8.55	23.93	17.06	7.84	16.89	1262

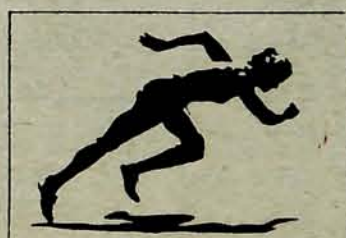
65-69		
Richard Ganslen	USA	1.32 m
Santiago Verdejo	PR	1.32m

60-64		
José Olivella	PR	1.27
Donald Hull	USA	1.27
Tommy Acevedo	PR	1.22

55-59		
Victor Clairmont	St. Croix	1.27

45-59		
Felipe Colón	PR	1.40
Pablo Garcia	PR	1.23

40-44		
Gervasio Rodriguez	PR	1.30



S.A. MASTERS CHAMPIONSHIPS

16 OCTOBER 1982

RESULTS / UITSIAE

100m - WOMEN

30-34	G.M. van Niekirk (ST)	12.4
	A. de Villiers (Natal)	12.8
35-39	L. le Roux (ST)	13.2
	E. Gertenbach (NT)	13.3
	P. Pietersen (NT)	13.4
40-44	M.H. Wirsam (ST)	14.2
	J. Burger (SWA)	14.5
	H. van Rheede (ST)	18.1
45-49	G. du Toit (NT)	14.1
	A. Ten-Tusscher (ST)	15.9
50-54	V. Welgemoed (NT)	13.9
	J. Rudman (ST)	15.5
55-59	M. Bucke (NT)	15.3
	N. du Plessis (NT)	16.9
60-64	No finishers	
65-69	W.A. Reid (S.T.)	16.0
	E. Paveley (Natal)	19.5
	L.E. Odendaal (OFS)	20.7

• S.A. Record

100m - MEN

30-34	E. Essman (ST)	10.5
	A.S. Claassen (ST)	10.7
	W.A.H. Olivier (NT)	11.0
35-39	H. Meissner (NT)	11.7
	P. Besnard (Natal)	12.3
40-44	S. Wald (S.T.)	10.8
	L. Hacker (S.T.)	11.5
	C. Augustyn (NT)	11.7
45-49	D. Senewamadi (WT)	11.4
	T. Unger (ST)	11.8
	A. Kock (WP)	13.0
50-54	D.P. Knott (WT)	12.3
	J. Brand (Natal)	12.7
	A. Jones (WP)	12.9
55-59	N. Sharpley (WP)	13.2
	J.H. Scholtz (NT)	13.5
	J.L. Visser (NT)	13.6
60-64	A.H.A. van Zyl (Natal)	14.0
	S.A. Borman (NT)	14.3
65-69	C.L. Paveley (Natal)	15.6
70-74	Dr. F. Reid (ST)	13.4
75-79	De.C.A. du Plessis (OFS)	15.7
80-84	L.J.J. van Rensburg (WT)	19.0

200m - WOMEN

30-34	G.M. van Niekirk (ST)	26.0
	A. de Villiers (Natal)	26.2
35-39	E. Gertenbach (NT)	27.9
	L. le Roux (ST)	28.0
	A. Poletti (NT)	29.4
40-44	M.H. Wirsam (ST)	29.3
	J. Burger (SWA)	32.5
	H. van Rheede (ST)	40.2
45-49	G. du Toit (NT)	30.4
	A. Ten-Tusscher (ST)	33.7
50-54	V. Welgemoed (NT)	30.4
	J. Rudman (ST)	33.4
55-59	M. Bucke (NT)	34.2
65-69	W.A. Reid (ST)	34.3
	L.E. Odendaal (OFS)	43.9

200m - MEN

30-34	E. Essman (ST)	21.2
	A.S. Claassen (ST)	22.0
	W.A.H. Olivier (NT)	22.7
35-39	L. Nxaba (WT)	23.6
	Dr. H. Meissner (ST)	24.9
	J.M. Steyn (ST)	25.9

40-44	L. Hacker (ST)	23.0
	C.H.Z. Booyen (NT)	24.4
	W. Serfontein (ST)	24.5
45-49	D. Senewamadi (WT)	23.0
	M. Grulic (ST)	23.5
	T. Unger (ST)	24.4
50-54	D.C. Bawden (ST)	24.7
	D.P. Knott (ST)	26.2
	J. Brand (Natal)	26.4
55-59	N. Sharpley (WP)	27.6
	J.L. Visser (NT)	28.6
	J.H. Scholtz (NT)	28.7
60-64	S.A. Borman (NT)	29.3
	A.H.A. van Zyl (Natal)	29.9
70-74	Dr. F.P. Reid (ST)	28.1
75-79	De.C.A. du Plessis (OFS)	34.3

• S.A. Record

400m - WOMEN

30-34	P. Immelman (ST)	59,0
	A. de Villiers (Natal)	62,9
35-39	E. Gertenbach (NT)	66,2
40-44	A. Kruger (Natal)	65,5
	M.H. Wirsam (ST)	73,9
45-49	G. du Toit (NT)	70,4
	A. TenTusscher (ST)	79,3
50-54	V. Welgemoed (NT)	72,9
65-69	W.A. Reid (ST)	81,5

1500m - MEN			LONG JUMP - MEN			DISCUS - MEN			IV INTERNACIONAL CHAMPIONSHIP CITY OF BUENOS AIRES 15, 16 and 17 NOVEMBER 1982		
30-34	P. Bennett (ST)	4:24,2	30-34	S. Kotze (ST)	6,76	35-39	M. Kruger (OFS)	29,48			
35-39	H. Sliet (ST)	4:18,9	35-39	B. Lombard (NT)	6,55 ●	40-44	J.A. du Preez (NT)	45,80			
	B.M.A. Smith (ST)	4:20,2		G.H.P. van Huygen (OFS)	5,89		J.L. Klaassens (NT)	38,74			
				J.M. Steyn (ST.)	5,71		K. Slabber (WP)	34,78			
40-44	P. van Breda (ST)	4:38,2	40-44	D. Augustyn (NT)	5,79	45-49	C.A. Lion-Cachet (ST)	33,90			
	J.A. Sterley (EP)	4:45,3		G. Swakala (WT)	5,58		A. Coetzee (NT)	32,04			
	M.A. Smith (NT)	5:28,2		F. Smith (OFS)	5,42		J.B. Klopper (OFS)	30,70			
45-49	A.L. Conradie (OFS)	4:32,2	45-49	L. Benning (WP)	5,13	50-54	L. du Preez (Natal)	35,16			
	S. Ross (WP)	4:49,4		L. Duma (OFS)	5,04		T. Bruwer (OFS)	33,34			
	D.J. van Vuuren (NT)	4:56,3		M.D. du Toit (ST)	4,86		F. Furstenburg (ST)	19,48			
50-54	I.P. Ackermann (ST)	5:04,5	50-54	J. Brand (Natal)	5,00	55-59	J.L. Visser (Natal)	31,34			
	J.S. Gericke (NT)	5:15,8		L. du Preez (Natal)	4,80		J.W. Thirion (SWA)	26,88			
	D. Thompson (WT)	6:54,9		M.T. Lewis (NT)	4,54		W.L. Scrooby (WT)	24,28			
55-59	L. Kgonyana (ST)	4:44,1	55-59	J.H. Scholtz (NT)	4,00	60-64	J.C. Booysen (ST)	39,72			
	J.S. Marais (WT)	5:23,9		J.P. v.d. Walt (WT)	3,97		J.H.V. Klopper (OFS)	32,20			
	J.C.J. Cronje (NT)	5:43,9					A.H.A. van Zyl (Natal)	31,82			
70-74	J.B. Serfontein (ST)	6:22,9	60-64	A.H.A. van Zyl (Natal)	4,51	65-69	A. Sirakis (SWA)	34,90			
● S.A. Record			65-69	A. Sirakis (SWA)	4,38 ●		C.L. Paveley (Natal)	24,60			
				C.J. Nel (WP)	3,67		C.J. Nel (WP)	24,24			
			75-79	Ds.C.A. du Plessis (OFS)	3,60 ●	70-74	E.P. Malan (OFS)	31,74			
			● S.A. Record			75-79	Ds.C.A. du Plessis (OFS)	16,66			
1500m - WOMEN			LONG JUMP - WOMEN			POLE VAULT					
30-34	V. Koegelenberg (WT)	5:31,8	30-34	G.M. van Niekerk (ST)	4,84 ●	40-44	C. Truter (WP)	3,55			
40-44	A.S. Kruger (Natal)	5:18,0	35-39	J. Sharples (ST)	4,43	45-49	J.B. Klopper (OFS)	2,90			
50-54	J. Rudman (ST)	6:27,6		P. Pietersen (NT)	4,33						
55-59	N. du Plessis (ST)	6:53,5	40-44	J. Burger (SWA)	3,24	DISCUS - WOMEN					
65-69	I.E. Odendaal (OFS)	8:03,1	45-49	L. Zimmerman (EP)	3,71	30-34	S.M. Kruger (WT)	32,28			
5000m - MEN			55-59	M. Bucke (NT)	3,55	35-39	P. Pietersen (NT)	27,89			
30-34	J. Mkhonza (WT)	17:41,7	SHOTPUT - MEN				I.C. Joubert (WT)	23,63			
	N. Nelma (WT)	18:01,2	30-34	H.P. Bignaut (ST)	12,71	40-44	M. Pieterse (WT)	23,33			
35-39	K. Keyser (WT)	16:03,0	40-44	P. Mlandzi (WT)	13,27		V.A. Lion-Cachet (ST)	22,95			
	G. Crotz (WP)	18:37,3		J.L. Klaassens (NT)	12,81		J. Burger (SWA)	19,93			
40-44	Dr. R.C. Northover (NT)	16:53,5	45-49	C.A. Lion-Cachet (ST)	10,98	45-49	L. Zimmerman (EP)	32,38			
	M.A. Smith (NT)	18:57,4		A. Coetzee (NT)	10,95		A. Ten Tusscher (ST)	17,44			
	J.B. Swart (ST)	19:09,6		J.B. Klopper (OFS)	10,50	50-54	V. Welgemoed (NT)	14,39			
45-49	A.L. Conradie (ST)	16:20,2		T. Bruwer (OFS)	11,04	60-64	M.J. van As (SWA)	25,26			
	G. Putsoa (WT)	17:07,3	50-54	I. du Preez (Natal)	10,73		C. Malan (OFS)	21,24			
	K.F. Stalton (ST)	18:19,8		C.C. Bam (ST)	10,26		R. van Zyl (Natal)	16,57			
50-54	L. King (WP)	19:43,2	55-59	J.L. Visser (NT)	9,25	65-69	E. Paveley (Natal)	15,62			
	D. Thompson (WT)	23:02,5		W.L. Scrooby (WT)	8,97	● S.A. Record					
55-59	L. Kgonyana (ST)	17:21,2		J.W. Thirion (SWA)	8,65	JAVELIN - WOMEN					
60-64	A.H. Ferguson (ST)	19:45,2	60-64	J.C. Booysen (ST)	13,82	30-34	S.M. Kruger (WT)	22,60			
5000m - WOMEN				M. Marcus (ST)	11,37	45-49	L. Zimmerman (EP)	25,06			
30-34	L. Hofer (ST)	20:02,6		J.H.V. Klopper (OFS)	11,22	50-54	V. Welgemoed (NT)	18,14			
	V. Koegelenberg (WT)	20:24,8	65-69	A. Sirakis (SWA)	12,11	60-64	M.J. van As (SWA)	20,77			
45-49	A. Ten Tusscher (ST)	21:59,7		J.B.S. Bruwer (OFS)	10,90		C. Malan (OFS)	17,98			
55-59	N. du Plessis (ST)	22:45,6		C.J. Nel (WP)	8,68		R. van Zyl (Natal)	8,82			
5000m WALK			70-74	E.P. Malan (OFS)	11,00	JAVELIN - MEN					
30-34	P.C. LeR Visser (NT)	29:42,0	HIGH JUMP - MEN			35-39	M. Kruger (OFS)	47,54			
40-44	J.F. Steyn (S.T)	30:16,4	30-34	W.A.H. Olivier (NT)	1,50		G.H.P. van Huygen (OFS)	35,76			
45-49	J. Stoltz (S.T.)	27:04,1	35-39	P.G.W. Kruger (ST)	1,85	40-44	P. Mlandzi (WT)	57,86			
	A.M. v.d. Heever (NT)	29:10,0		L.F.L. Cloete (ST)	1,70		G. Harvey (ST)	38,60			
50-54	M.T. Lewis (NT)	30:27,2		M. Kruger (OFS)	1,55		A. Brown (WP)	36,44			
10,000m - MEN			40-44	J.D. Garson (ST)	1,40	45-49	J.B. Klopper (OFS)	38,40			
35-39	B.M.A. Smith (ST)	35:22,7		F. Smith (OFS)	1,30		T. Unger (ST)	36,86			
	D.A. Peckitt (ST)	38:01,3		A. Twynham (ST)	1,30		M. Blacklaws (ST)	31,30			
40-44	Dr.R. Northover (NT)	35:44,9	45-49	L. Benning (WP)	1,50	50-54	Dr.E.J. Pretorius (OFS)	35,54			
	H. Mofl (WT)	36:01,5		M.D. Du Toit (ST)	1,40		L. du Preez (Natal)	32,24			
	J.F. Steyn (ST)	37:40,6		J.W. van Heerden (WT)	1,36		T. Bruwer (OFS)	31,22			
45-49	M. Hutchinson (ST)	38:09,2	50-54	M.T. Lewis (NT)	1,40	55-59	J.L. Visser (NT)	26,28			
	K. Stainton (ST)	38:24,2		J.P.v.d. Walt (WT)	1,40		J.W. Thirion (SWA)	26,26			
60-64	A.H. Ferguson (ST)	41:22,6	55-59	A.H.A. van Zyl (Natal)	1,40	60-64	A.H.A. van Zyl (Natal)	38,66			
● S.A. Record				F. Brooker (NT)	1,30		J.H.V. Klopper (OFS)	30,28			
				S.A. Bornman (NT)	1,20	65-69	A. Sirakis (SWA)	30,78			
			65-69	A. Sirakis (SWA)	1,45		C.J. Nel (WP)	30,22			
				C.L. Paveley (Natal)	1,10	70-74	E.P. Malan (OFS)	27,49			
			● S.A. Record			75-79	Ds. C.A. du Plessis (OFS)	14,15			
HAMMER			HIGH JUMP - WOMEN			● S.A. Record					
40-44	C. Truter (WP)	32,78	35-39	J. Sharples (ST)	1,45						
	J.A. du Preez (NT)	31,16	45-49	L. Zimmerman (EP)	1,20						
	K. Slabber (ST)	26,02	50-54	V. Welgemoed (NT)	1,15						
45-49	A. Coetzee (NT)	38,46	● S.A. Record								
	J.B. Klopper (OFS)	32,98	SHOTPUT - WOMEN								
	P.S. Potgieter (SWA)	30,28	30-34	S.M. Kruger (WT)	9,72						
50-54	T. Bruwer (OFS)	35,28		I.C. Joubert (WT)	9,16						
	J.D. Grundlingh (ST)	13,26		J. Sharples (ST)	8,26						
60-64	F. Brooker (NT)	41,32	40-44	A.S. Kruger (Natal)	8,06						
	J. Nel (ST)	33,26		M. Pieterse (WT)	8,05						
	J.H.V. Klopper (OFS)	27,04		J. Burger (SWA)	7,00						
65-69	C.J. Nel (WP)	23,20	45-49	L. Zimmerman (EP)	9,03						
	H.L.A. Nielsen (ST)	22,04	55-59	M. Bucke (NT)	7,60						
			60-65	M.J. van As (SWA)	10,55						
				C. Malan (OFS)	7,14						
			70-74	E. Paveley (Natal)	5,78						
TRIPLE JUMP											
30-34	S. Kotze (ST)	13,02									
35-39	T.E. Smith (Natal)	11,04									
40-44	J.D. Garson (ST)	10,88									
	F. Smith (OFS)	10,82									
45-49	L. Duma (OFS)	11,33									
	L. Benning (WP)	10,45									
50-54	L. du Preez (Natal)	9,98									



LONG DISTANCE RESULTS

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

SCANDIA 10K JUNCTION CITY, OREGON AUGUST 14, 1982

Open Dan Aldrich	29:12
M40 Mike Manley	30:30AR
James Searey	33:06
Stan Attig	34:21
M50 John Hepner	36:52
M60 Arnold Knudsen	47:29
W40 Pat Gentle	42:43
W50 Jean Irvin	45:18

SUMMER'S END 10K CHANNAM, ILLINOIS AUGUST 21, 1982

Open Paul Budnick	31:48
M35 Pat Davis	32:07
John Kenton	33:36
Pete Mathis	34:50
M40 Karl Minor	36:23
Pete Viehweg	39:06
Bob Sterling	40:03
M45 Ron Murphy	38:44
Dick Cronholm	39:49
M50 Roger Swank	38:19
Laurin Blasier	39:34
Glenn Brown	40:54
W35 Jackie McTe	45:55
Lynn Troost	48:19
W40 Bonita Laule	46:06
Pat Lorenz	60:28
Joan Kirby	62:22

from John Kenton

THIRD CHALLENGER 8K TULSA, OKLAHOMA; SEPT. 25

Open Kurt Graves	22 25:57
M40 Glen Lafarlette	30:51
Gil Krout	40 30:57
Miki Mugg	45 31:05
M50 Nocus McIntosh	57 31:16
David Weaver	50 34:38
Paul Johnson	56 36:08
W40 Donna Wright	47 36:02
Vreni Kemp	40 38:40
Margaret Speer	45 41:11
W50 Dorothy Akin	51 40:40

CARTERSVILLE 10K ATLANTA; SEPTEMBER 25.

Open Bill Sampson	28 32:21
M40 Chuck Tucker	41 33:07
Milt Lemon	44 37:24
Dennis Kelly	44 37:55
M45 Gene Berry	45 36:51
Don Mullins	45 38:07
Royce Hodge	45 38:57
M50 Jim Wallace	52 44:45
M55 Jack Moore	58 44:03
M60 Lloyd Lundin	62 45:50
Open Nancy Parker	46 39:25
W40 Betty Nevel	43 46:02
W50 Jackie McGehee	52 52:36

ONE-HOUR WALK ARLINGTON, VA.; FALL, 1982

1 Alan Price	35 7m 896y
2 Tom Hamilton	35 7m 637y
3 Sal Corrallo	51 7m 402y
4 Dave King	32 6m 1343y
5 Al Branigan	50 6m 1151y
6 Joel Holman	51 6m 1074y
7 Sharon Golden	30 5m 1582y
8 Sam Meerkreebs	65 5m 887y
9 Dot Michaels	55 5m 540y
10 Stan Lasky	65 5m 152y

AMERICA'S MARATHON CHICAGO; SEPTEMBER 26

Open Greg Meyer	2:10:59
Nancy Conz	2:33:23
M40 Roger Rouiller	2:30:47
M45 Ernie Billups	2:34:47
W40 Cindy Dalrymple	2:43:35AR

AMJA Ultramarathons

Chicago, Ill. Oct 3, 1982
Certified

50 miles, men

1. Bill DeVoe, 31, NY	5:15:47
2. Charles Hoover, 31, CA	5:17:28
3. John Coffey, 27, OR	5:27:34
4. Ray Krolewicz, 27, SC	5:35:10
5. Ray Scannell, 33, MA	5:41:00
6. Don Helfer, 22, IL	5:41:40
7. Scott Miller, 29, OH	5:43:43
8. Frank Bozanich, 38, WA	5:46:12
9. Kevin Eagleton, 31, MO	5:47:48
10. John Sullivan, 50, MA	5:47:50
11. Al Zeller, 35, MI	5:55:10
12. William Wilkey, 26, WI	5:57:15

50 miles, women

1. Marcy Schwan, 29, MA	5:59:25
(World Record)	
2. Sandra Kiddy, 45, CA	6:21:48
3. Bjorg Austrheim-Smith,	
39, CA	6:52:55
4. Lorna Richey, 24, OH	6:55:50
5. Melissa Uchitelle	
25, GA	7:22:22
6. Sally Webb, 32, MI	7:28:51
7. Karina Nequin, 29, IL	7:42:11

100 kilometers

1. Ray Krolewicz, 27, SC	7:11:56
2. Kevin Eagleton, 31, MO	7:27:32
3. John Sullivan, 50, MA	7:38:42
4. Sandra Kiddy, 45, CA	7:59:58
(American Record)	
5. Stu Mittleman, 31, NY	8:10:13
6. Park Barner, 38, PA	8:31:30
7. Gary Cross, 22, CO	8:44:06
8. William Smith, 47, TX	8:52:17
9. Richard Dammel, 34, OH	8:59:57
10. Harlan Martin, 40, IL	9:01:06
11. Lorna Richey, 24, OH	9:01:50

100 miles

1. Kevin Eagleton	13:40:29
2. Ray Krolewicz	14:14:14
3. Park Barner	14:14:14

PORTLAND, OREGON MARATHON OCTOBER 4, 1982

Open Charles Gray	2:19:42
M35 Cornelius Branson	2:33:07
Jim Marshall	2:39:42
Toby Skinner	2:40:42
M40 Ron Gayer	2:38:48
W35 Sue Henderson	2:49:25
Diane Penttila	3:05:44
Hedy Jackson	3:07:29
W40 Donna Messenger	3:21:42
Heinke Bonnlan'r	3:31:52
M J Wallace	3:34:46
W50 Madonna Buder	3:34:30
W70 Mavis Lindgren	4:10:20AR
W70 Ed McKean-Smith	4:10:20

EMORY 10K CROSS-COUNTRY ATLANTA; OCTOBER 9, 1982

Open Randy Stroud	28 33:31
M35 Allen McDaniel	39 35:47
Alex McNeil	37 36:05
Tom Cannon	39 36:09
M40 Fred Enloe	41 37:03
Henry Barksdale	41 41:09
Ron Keyes	40 41:33
M45 Ron Barrie	46 37:39
Gene Berry	45 39:06
Hans Vorpohl	45 40:53
M50 Don Shoup	52 42:14
Kip Sengstock	54 43:21
Warren Culpepper	43:43
M55 Joe Petrolino	56 44:48
M60 H T Marshall	65 44:58
W40 Marcia Keibart	42 64:05
W50 Rita Tomassini	61 62:50

MOHAWK PARK 15K TULSA, OKLAHOMA; OCTOBER 9

Open Greg Leroy	34 47:43
M40 Hewlett Nash	42 55:15
Charles Bertalot	56:45
Jay Minor	47 57:06
M45 R Ferguson	47 58:51
Pete Knight	48 59:21
M50 Dave Weaver	50 62:17
Arturo Melendez	51 65:40
M55 Harold McDonald	55 62:47
W40 Pat Wheeler	56 78:06
Deanna Henderson	83:05

MOHAWK PARK 5K TULSA, OKLA. OCTOBER 9

Open Jon Mathiason	23 15:57
M40 Dick Martin	41 17:28
Ken Smith	40 17:58
M45 Joe McDaniel	45 17:55
Charles Gray	49 19:58
M50 Rich Thompson	52 20:44
M55 Nocus McIntosh	57 17:35
W40 Vreni Kemp	40 20:43
Joy Austin	45 21:29
M60 Tom Ellis	62 25:35

BANK ONE MARATHON COLUMBUS, OHIO; OCTOBER 10

Open Malcolm East	2:18:50
Jane Buch	2:42:25
M35 Dave Swaim	2:40:55
Dan Sekerak	2:41:45
George Guins	2:41:50
W35 Barbara Filutze	2:54:16
Debbie Horning	3:14:31
Judy Ward	3:24:27
M40 Bill Tobin	2:40:50
Mervin Graham	2:48:43
Fay Bradley	2:50:56
Walt McGreevey	2:52:13
Pete Wall	2:52:54
W40 Mitzi Henscheid	3:38:18
Agnes Chrietzb'g	3:42:47
Odessa Barnett	3:48:11
M45 Henri Salvarada	2:34:27
Fred Hagerman	2:46:27
Earl Bradley	2:51:11
W45 Annette Johnson	3:44:54
Phyllis Long	3:57:26
M50 Jim Watterson	2:59:15
Al Becken	3:08:33
Otho Perkins	3:14:42
W50 Whayong Semer	3:54:59
M55 Jim Glidewell	2:50:15
Vere Bellian	3:02:19
Sy Mah	3:18:57

BONITA OPTIMIST CLUB HALF-MARATHON; SAN DIEGO OCTOBER 16, 1982

Open Robert Lusitanal	06:27
M40 Wally Johnson	1:19:56
Manuel Guaderr'al	1:22:07
David Diaz	1:22:55
M50 Dick Robinson	1:26:27
Bill Just	1:32:13
Luis Ojeda	1:33:17
M60 John Lafferty	1:33:51
W40 Ursula Raines	1:35:08
Lynn Flanagan	1:38:45
Toni Deal	1:39:25
W50 Faith Ramirez	1:51:07
Virginia Hastings	1:58:02
Pat Ferry	2:04:26

2ND ANNUAL STATEVILLE 10K JOLIET, ILLINOIS OCTOBER 16, 1982

1 Gary Barrett	33 32:07
4 Roger Rouiller	44 33:43
5 John Kenton	38 33:54
6 Bob Lewis	35 34:23
7 Pete Mathis	37 34:40
8 Fred Peterson	36 34:44
22 Bill Trlak	42 37:24
25 Steve Tracy	41 37:35

from John Kenton

PEPSI CHALLENGE 10K RUSSELL, OHIO; OCTOBER 23

Open Bruce Albert	32:30
Victoria Henner	56:18
M40 Bob Alexander	33:41
Keith Coffee	35:57
Jerry Fischer	38:48
Joe Hood	39:23
Corky Thompson	39:58
W40 Rose Balmer	45:12
Jean Fry	46:00
Ruth Hopkins	57:46

from Larry Stevens

FALL COLOR 15K GEYSERVILLE, CALIFORNIA OCTOBER 24, 1982

Open Jim Bowers	43 48:00
M40 Jim Bowers	43 48:00
Doug Rustad	42 49:25
Daryl Beardall	46 52:31
Dan Preston	40 52:47
Tom Morrow	44 56:29
W40 Janet Buckendahl	61:52
Karen Eberhardt	40 62:28
Margaret Oaks	47 62:50
Susan Pownall	43 70:59
Shirley Howe	42 73:23
M50 Morton Gray	51 53:00
Leo Steneck	55 59:56
Ron Kenney	52 60:41
Jim McRae	53 61:46
Howard Young	51 63:58
W50 Erna Baker	53 74:24
Shirley Segar	56 90:27
Phyllis Ennis	56 90:45
M60 Dick DeKay	66 72:26
Don Timmerman	66 83:06
K Ricker	60 87:07

from Morton Gray

CCAC/SPA/TAC 50-MILER LOS ANGELES; OCTOBER 24.

Open Tom Perry	37 6:21:42
M40 Don Pycior	43 6:42:24
Ken Hamada	42 7:54:59
Ted Hill	44 8:10:42
M45 Del Pearce	49 6:26:27
Charlie Unger	48 6:44:09
Walt Allbrook	49 8:08:15
M50 John Richards	50 6:22:36
Curt Brownfield	7:46:13
Hal Winton	51 7:49:32
M55 Fred Nagel-	
schmidt	58 6:46:32

TRAIN DON'T STRAIN 5K/10K GRAND TERRACE, CAL. OCT. 30

5K	
M40 Tom Richards	16:24
M50 Wally Ingram	17:23
W40 Joyce Reising	22:53
10K	
M40 Bill Crum	35:08
M50 Jose Quezana	41:25
W40 Myra Lauder	46:22

from Wally Ingram

SPORTSMEN OF STANISLAUS NATURAL LIGHT 10K MODESTO, CALIF. OCTOBER 31, 1982

Open Dan Buntman	25 29:35
M30 Denis	
O'Halloran	30 30:03
Dan Murray	37 30:57
Jerry Jobski	38 31:07
M40 Jake White	40 33:02
Tim Rostegge	42 33:07
Dan Alarid	40 34:27
Rick Dahlgren	40 35:48
Bryan Holmes	48 36:14
M50 Len Thornton	52 34:46
Dick Cain	50 36:25
Mort Ward	52 39:44
M60 Paul Reese	65 40:38
Don Lundberg	67 42:09
W30 Muriel Olsen	38 41:35
Debbi Aschwan'n	31 42:54
Michelle Bttjer	31 43:15
W40 Ginger Burrola	44 41:52
Ida Nankeville	43 44:59
Gayton Johnson	40 46:23
W50 Elaine Reese	52 58:56
Lois Parks	51 75:55
W60 Mavis Lindgren	75 58:22

PEPSI CHALLENGE 10K REGIONALS, LOS ANGELES OCTOBER 31, 1982

Open Rod Dixon	32 28:39
Monica Joyce	24 32:51
M40 Ray Hughes	43 33:46
J McDiarmid	42 35:15
E Blackenship	40 35:45
N Cohen	45 35:55
J Kalman	41 36:04

M50 Patrick Devine	54 37:16
Mick Flynn	51 37:41
Stan Block	51 38:28
John Holt	55 38:29
Jack Thomas	52 39:20

W40 Christa	
Rompanen	43 38:58
Teckla Armandcart	44:27
Elizabeth Bjork	41 45:33
Shirley Bush	46 45:42
Arlene Taylor	43 45:57
W50 Margaret Miller	56 42:27
Joyce Boedecker	51 58:56
Nancy Faychneaud	61:35
Natalie Kessler	52 63:43

Division winners earn free trips to New York for Pepsi 10K finals July 4, 1983

OCEAN BEACH 10K SAN DIEGO; NOVEMBER, 1982

M40 Don Shanahan	34:08
Fred Kiddy	34:44
Bob McAndrews	35:15
M50 Bill Stock	37:48
Don Cole	39:56
Cliff Johnson	40:10
W40 Sandra Kiddy	38:50
Dorothy Stock	40:06
Judy Splitgerber	42:15
W50 Ann Priddy	46:40
Gerry Davidson	49:45

PENN MUTUAL/TAC NATIONAL MASTERS 25K CHAMPIONSHIPS RALEIGH, NORTH CAROLINA NOVEMBER 6, 1982

Open J Wentworth	22 1:19:56
M30 Chas Meeker	32 1:40:34
Terry Craig	30 1:51:40
Larry Kroviak	31 2:03:04
W35 Mary Holroyd	38 2:08:05
M35 Tom Hare	39 1:30:45
Doran Cushing	36 1:37:19
Bill Smith	35 1:37:52
M40 Bob Fischer	42 1:27:53
Dave Vanden-	
Broeck	41 1:30:23
Luby Mooring	43 1:48:22
M45 Bill Hettler	45 1:40:54
M50 Guy Beretich	50 1:40:25
Larry Bates	50 1:50:13
Charles Van	
de Zande	53 1:51:03
M55 Bill Holroyd	55 1:55:53
Fonzy Epps	57 2:32:12
M60 Cliff Martin	63 2:22:24
Ike Ragland	6

FIRST CITY/NIKE TAC GULF REGIONAL MASTERS
10K CROSS-COUNTRY CHAMPIONSHIPS.
HOUSTON, NOVEMBER 6, 1982

PLACE	NAME	TIME	AGE
1.	1-M30 Dave Reinhart	35:09	30
2.	2-M30 James R. Darcy	36:07	32
3.	1-M35 Joe Dinan	36:21	36
4.	2-M35 Billy E. Blann	37:28	37
5.	1-M45 Ino Cantu	37:35	48
6.	3-M35 Bob Chanon	37:57	37
7.	1-M40 Larry Worth	38:18	44
8.	Nora B. Cooper	38:34	39
9.	2-M40 Ted Jasen	39:03	42
10.	3-M30 Kevin Kelloher	39:04	31
11.	3-M40 Cecil Smith	39:05	41
12.	Bob Mohler	39:42	43
13.	Jerry Garrott	39:52	40
14.	2-M45 Don Slocomb	40:16	48
15.	Mark R. Griffin	40:24	33
16.	Paul Pena, Jr.	40:26	40
17.	Neal Picken	41:34	41
18.	1-M50 Bob Ellis	42:26	52
19.	Dave Gwyn	42:30	30
20.	3-M45 Mark Stewart	42:37	45
21.	Simon McNamee	42:41	42
22.	Mark Hinton	43:06	40
23.	Jim Carlson	43:18	35
24.	Gary King	43:19	40
25.	Ray Owen	43:19	35
26.	Art Semick	43:33	39
27.	Patrick R. Kelley	43:34	32
28.	Harlan Evans	43:51	40
29.	1-M30 George Green	43:54	34
30.	John Mathews	44:12	40
31.	Charles Im	44:15	38
32.	Thor Hunsen	44:19	40
33.	Boris Balich	44:25	46
34.	2-M50 Bob Barnes	44:33	51
35.	Carl Whitley	44:37	44
36.	Ray Dickey	44:41	48
37.	Joe Jimenez	44:45	45
38.	John Kim Lowry	44:47	30
39.	Tom Bass	45:09	55
40.	G. Hoffman	45:36	41
41.	Phil Bradley	45:58	41
42.	Ray Hodges	46:06	33
43.	Ken Durrett	46:09	58
44.	Jim Briske	46:16	43
45.	David Harvey	46:22	42
46.	Bruce Kenamore	46:32	44
47.	Jeri L. Brown	46:36	45
48.	Phillip M. Artia	46:43	45
49.	A. Iaham	46:53	38
50.	Mike Kleinhenz	47:10	30
51.	Karl Lambrecht	47:18	46
52.	1-M40 Mary Jo Gillaspay	47:19	41
53.	3-M55 Jim Hill	47:20	56
54.	John Lippincott	47:21	59
55.	3-M50 Ed Reyna	47:35	52
56.	Bill Jennings	47:40	41
57.	Bill Rousseau	47:56	55
58.	Dan Withers	48:21	43
59.	Ken Crawford	48:26	47
60.	Waldo Leggett	48:31	47
61.	1-M60 Gene Askew	48:46	62
62.	Fred Price	48:59	55
63.	Eugene Hink	49:21	57
64.	2-M60 Louis Ciascio	49:28	60
65.	Philip Bixhof	49:38	50
66.	Ron Morrison	50:38	40
67.	Mathaniel Collins	50:48	46
68.	Robert Fuman	50:49	36
69.	Michelle Hoffman	51:07	33
70.	1-M45 Libby Marks	51:13	47
71.	Oscar De la Rosa	51:15	40
72.	Bob Biddle	51:19	41
73.	Mark Lowry	51:29	40
74.	D. Farries	51:38	36
75.	David Lloyd	51:49	43
76.	William Carmichael	51:51	59
77.	Phil Aigh	51:52	35
78.	1-M35 Lorraine Killian	51:56	35
79.	Janet M. Hemaley	52:34	35
80.	Bill Williams	53:09	35
81.	Neal White	53:13	27
82.	3-M60 Stanley Kirk	53:23	60
83.	Fred Kongabel	53:37	53
84.	2-M40 Carol McClelland	53:54	41
85.	Gene Van Dyke	54:19	56
86.	Stan Taylor	54:23	31
87.	Jack Reid	55:41	56
88.	Clab Bourianoff	55:53	43
89.	1-M50 Gloria McLeod	55:55	53
90.	Harold Harde	55:59	63
91.	Nancy Shurman	56:31	33
92.	Joe Quigley	57:06	52
93.	2-M45 Rosie Benson	57:18	46
94.	Buddy Thomas	57:37	42
95.	No Card Handed In		
96.	Mark Gottesman	58:35	30
97.	Martin Reynolds	58:52	61
98.	1-M55 Lida Askew	59:03	56
99.	Elaine Wood	60:25	48
100.	Fred Garcia, Jr.	61:21	45
101.	O.L. Jones	63:37	49
102.	Mary Garcia	64:11	48
103.	Janis Wheeler	66:33	36
104.	Harry McLeod	66:51	57
105.	Jayne Collins	69:35	43
106.	Florence Lang	71:41	57

*Woman

TEAM RESULTS

1st Terlingua

PLACE NAME

5	I. Cantu
16	P. Pena
32	T. Hansen
33	B. Balich
41	P. Bradley
127	

2nd Houston Harriers

PLACE NAME

12	R. Mohler
20	M. Stewart
34	B. Barner
35	C. Whitley
43	K. Durrett
146	

3rd Houston Masters

PLACE NAME

11	C. Smith
18	R. Ellis
39	T. Bass
54	L. Lippincott
61	G. Askew
183	

RESULTS

10-MILE OHIO MASTERS CHAMPIONSHIPS

Sunday, November 7, 1982

MEN OVERALL

1.	Bob Alexander	42	56:48
2.	Walt McGreevy	41	58:28
3.	Jerry Miller	41	59:06
4.	Richard Bauman	50	59:56
5.	John Zetler	45	60:47

WOMEN OVERALL

1.	Peggy Drauglis	46	75:33
2.	Gail Becher	44	76:41
3.	Miriam Brierley	47	78:18

AGE GROUP 40-44

1.	Paul Rowley	43	61:20
2.	Chuck Schultz	42	62:48
3.	Ron Lemerich	40	63:42
4.	Kent Legrow	40	64:10
5.	Lloyd Cox	43	64:17
6.	Daryl Siedentop	44	64:28
7.	Glenn Corgett	43	65:00
8.	Darwin Tange	42	65:01
9.	James Edwards	42	65:19
10.	Stan Huff	43	66:46
11.	Tim Hottinger	40	68:31
12.	David Fisher	42	69:12
13.	Roger Goeller	41	71:42
14.	Michael Murray	41	72:22
15.	Harry Ewing	44	73:30
16.	Robert Brown	44	73:55
17.	James Willis	43	75:24
18.	William Sweeney	41	76:06
19.	Pete Halko	43	77:23
20.	Dean Bollinger	43	78:44
21.	James Siniff	43	80:32
22.	Murrell Jarman	44	80:39
23.	Kenneth Brandol	40	81:49
24.	Robert Hinson	41	88:56
25.	David Larson	40	96:57

AGE GROUP 45-49

1.	Jim Forsythe	45	61:24
2.	Ray Thompson	49	61:59
3.	Quentin Craft	48	64:26
4.	Joe Kasile	45	66:21
5.	Don Miller	48	66:35
6.	Charles Kickopn	47	68:38
7.	Pete Riegel	47	67:08
8.	Joseph Shay	45	67:21
9.	Glenn Butterman	47	68:02
10.	Wendell Ware	47	68:16
11.	Joe Coffey	48	68:32
12.	Bill Bland	48	69:01
13.	E. Robert Premo	47	69:39
14.	Jim Tinstman	47	70:19
15.	Bruce Herring	45	72:47
16.	Phil Faciana	49	74:06
17.	Richard Yoerger	48	74:19
18.	Joseph Newlan	45	74:24
19.	Kurt Coil	45	74:52
20.	Bill Hayden	49	77:40
21.	Dick Ruhl	45	80:38
22.	Chuck Lindeman	45	88:55

AGE GROUP 50-54

1.	Huey Long	53	61:29
2.	Orville Martin	51	65:08
3.	Jack Furr	51	67:37
4.	Larry Nolan	53	67:39
5.	John Garst	54	68:12
6.	D. D. Young	54	69:02
7.	George R. McVey	50	69:03
8.	Jack Wallace	50	69:13
9.	Jack Shufel	52	73:11
10.	Jack A. Witchey	50	75:00
11.	Roger Hocker	53	75:49
12.	James Richards	54	75:50
13.	Roger Yeary	50	81:50
14.	Ted L. Johns	53	82:53
15.	Herb Lucas	52	83:19
16.	Bob Gately	54	83:29
17.	Norm Nethers	50	84:33
18.	Jerry Rymer	54	85:19
19.	Richard Sanford	50	86:06

AGE GROUP 55-59

1.	Bill Lewis	57	64:54
2.	John Mozacapa	55	69:20
3.	Bob Bell	57	73:58
4.	John McCormac	56	80:03
5.	Durrell Baker	57	80:17
6.	Francis Walsh	59	101:32

AGE GROUP 60-64

1.	Ray Chappelle	60	65:31
2.	Harry Smith	62	77:34
3.	Dick Weaver	60	80:56
4.	Joe Norris	64	82:59

AGE GROUP 65-69

No Entries

AGE GROUP 70 & Over

1.	Troy Organ	70	83:22
2.	Dr. George Knox	71	101:30

WOMEN

1.	Betty Crawford	43	81:25
2.	Lillian Edwards	43	84:40
3.	Judy Newberry	41	96:55

AGE GROUP 40-44

1.	Judith Amus	45	79:00
2.	Patsy Nuss	45	81:08

AGE GROUP 45-49

1.	Judith Amus	45	79:00
2.	Patsy Nuss	45	81:08

AGE GROUP 50-59

No Entries

AGE GROUP 60 & Over

No Entries

GRAND CANYON DOUBLE CROSSING

7 November 1982

41.2 miles

12,000 vertical feet

start- 24°F clear

1.	7:58:37	Rae Clark (30, San Jose CA)
2.	8:14:21	John Cappis (40, Los Alamos NM)
3.	8:20:56	Jim Harrison (38, Albuquerque NM)
4.	8:37:34	Harold Field (33, Albuquerque NM)
5.	9:03:12	David Lash (28, Clarkdale AZ)
6.	9:16:31	Bob Fujita (42, White Rock NM)
7.	9:25:11	Joe Hayes (34, New Britain CT)
8.	9:32:26	Bruce Mauldin (35, El Dorado Hills CA)
9.	9:53:24	Fred Riemer (35, Salt Lake City UT)
10.	10:08:56	Milano Leman (41, Mill Valley CA)
11.	10:10:38	Steve Papp (38, Tempe AZ)
12.	10:13:38	Joe Dugan (44, Brentwood NY)
13.	10:15:25	Vince Devlin (45, Scottsdale AZ)
14.	10:22:23	Ralph Payne (51, Crestline CA)
15.	10:23:42	Dave Wiederhaus (41, El Toro CA)
16.	10:24:14	Dick Vincent (30, Catskill NY)
17.	10:36:10	Tom Dunlop (29, Tucson AZ)
18.	10:44:03	Bob Kanyur (43, Tucson AZ)
19.	10:53:49	Stan Wagon (31, Boulder CO)
20.	10:53:54	Valerie Doyle (40P, Berkeley CA)
21.	11:05:35	John Kendall (49, Burlington ONT/CANADA)
22.	11:21:53	Jerry McIntosh (36, LaPorte CO)
23.	11:22:28	Robert DeVelice (28, Las Cruces NM)
24.	11:31:33	Jerry Blinn (35, Quincy CA)
25.	11:32:55	Jeff McConnell (37, Santa Monica CA)
26.	11:32:55	Gary Ruttenberg (36, Santa Monica CA)
27.	11:39:04	Steve Corona (21, San Pedro CA)
28.	11:44:11	Orin Dahl (47, Oakland CA)
29.	11:49:48	Carol Laplant (35P, Albany CA)
30.	11:58:35	John Maslund (32, Minneapolis MN)
31.	11:59:46	Gary Waldsmith (41, El Dorado Hills CA)
32.	12:06:31	Bill Casteele (54, Saratoga CA)
33.	12:08:05	Bill Bendor (55, Minneapolis MN)
34.	12:17:59	Robert Derry (45, El Dorado Hills CA)
35.	12:26:00	Mary Ann Buxton (40P, San Anselmo CA)
36.	12:26:03	Neil Mishalov (39, Berkeley CA)
37.	12:27:19	Thomas Barthold (38, San Anselmo CA)
38.	12:33:16	Cheryl Palen (29P, Tucson AZ)
39.	12:36:10	Jon Griffin (43, Rancho Palos Verdes CA)
40.	12:39:25	Bill Mawhinney (42, Tucson AZ)
41.	12:51:43	Charles Unger (48, Huntington Beach CA)
42.	12:56:02	Rick Pay (42, Los Angeles CA)
43.	13:03:23	Kathy Eriksen (31P, Phoenix AZ)
44.	13:30:46	James Burke (46, San Francisco CA)
45.	13:46:31	Melinda Dean (53P, San Francisco CA)
46.	14:09:05	Greg Franklin (36, San Francisco CA)
47.	14:09:38	Russell Gamble (32, Union City CA)
48.	14:37:46	Richard Kealey (64, College Place WA)
49.	14:43:50	Jim Fauss (42, Berkeley CA)

Race Directors- Ken and Jennifer Young

Aid Stations- Roy Schoonover, Chuck Travis, Allyn Cureton

Mary Ann Malletta, Kathy Shipp

SPORTSMED 10K

SOUTH BEND, INDIANA

NOVEMBER 7, 1982

Open Jim Hanson 28:59

Julie Isphording 33:33

M40 Roger Roullier NT

John Connor NT

M45 Brian Harris 31:56

Ernie Billups 32:41

M50 Hal Higdon 32:18

Ray Carey 35:38

M55 Myron Meyer 36:43

M60 Robert Frelich 43:59

M70 Jim Ramsey 58:45

USA/TAC NATIONAL - PENN MUTUAL/NIKE
MASTERS CROSS COUNTRY CHAMPIONSHIP

Individual medalist are underlined

November 14, 1982
10,000 MetersBlue Golf Course
Pennsylvania State
University

1.	Kirk Randall	33:25	Saucony Racing Team (41)
2.	Bob Fischer	33:44	Millrose A.A. (42)
3.	Doug Rustad	34:06	Snohomish T.C. (42)
4.	Joseph Thomas	34:07	Allegheny/Nike (41)
5.	Victor Zwolak	34:20	Phila. Masters (43)
6.	Lou Coppens	34:21	Phila. Masters (40)
7.	Ken Prior	34:29	Converse Sports Complex (42)
8.	Dave Williams	34:33	Snohomish T.C. (40)
9.	Ralph Zimmerman	34:50	Belle Watling A.C. (41)
10.	Al Huff	34:52	Snohomish T.C. (44)
11.	Fay Bradley	35:00	National Capital T.C. (44)
12.	Henry Glyde	35:13	Delaware T.C. (45)
13.	Bill Wise	35:24	Allegheny/Nike (40)
14.	Dick Hipp	35:39	National Capital T.C. (43)
15.	Gerry Glyde	35:41	N.V.T.C. (42)
16.	George Vernosky	35:46	Potomac Valley Seniors (52)
17.	Herb Parsons	35:57	Snohomish T.C. (45)
18.	Bob Schul	36:03	Converse Sports Complex (45)
19.	Sam Huckel	36:10	Phila. Masters (40)
20.	Warren Ohlrich	36:15	National Capital T.C. (43)
21.	Maurice Pratt	36:21	Snohomish (45)
22.	Al Wick	36:24	Phila. Masters (49)
23.	Dennis Walsh	36:26	Converse Sports Complex (40)
24.	Vince Chiappetta	36:29	Millrose A.A. (49)
25.	Vincent Fuller, Jr.	36:30	National Capital T.C. (41)
26.	Charles Ross	36:32	National Capital T.C. (44)
27.	Jim Sutton	36:37	Phila. Masters (51)
28.	Bob Langenbach	36:52	Snohomish T.C. (45)
29.	Jim Waldorf	36:57	Allegheny/Nike (40)
30.	Bob Brock	37:03	Syracuse Chargers (49)
31.	Bill Deaton	37:04	Converse Sports Complex (41)
32.	John Krause	37:07	Allegheny/Nike (42)
33.	Dick Kendall	37:12	Belle Watling (52)
34.	Frank Wick	37:16	Phila. Masters (49)
35.	Ed Stabler	37:17	Syracuse Chargers (53)
36.	M. Breckler	37:21	Millrose A.A. (45)
37.	Dan Cafferty	37:37	Millrose A.A. (45)
38.	Arthur Conro	37:47	Boston A.A. (45)
39.	Ray Riffe	37:48	Converse Sports Complex (52)
40.	Bill O'Brian	38:02	Syracuse Chargers (51)
41.	Harry Neeson	38:03	Millrose A.A. (44)
42.	John Garlepp	38:05	Millrose A.A. (44)
43.	Chan Robbins	38:31	National Capital T.C. (45)
44.	Ron Barbin	38:33	Allegheny/Nike (40)
45.	Garry Walters	38:34	Converse Sports Complex (44)
46.	Brian Delaney	38:46	Track Niagara (45)
47.	Don Gannon	38:57	NVTC (43)
48.	Thomas Barclay	38:59	Millrose A.A. (51)
49.	Owen McCrudden	39:06	Millrose A.A. (46)
50.	Jim Glidewell	39:11	Converse Sports Complex (55)
51.	Shirley Matson	39:16	San Diego T.C. (42)
52.	Tony Diamond	39:25	Potomac Valley Senior (53)
53.	Bill McCafferty	39:26	Millrose A.A. (56)
54.	Mike Gratzler	39:31	Syracuse Chargers (47)
55.	Robert Klaus	39:38	Belle Watling A.C. (51)
56.	Bill Carey	39:41	Over The Hill (55)
57.	Marty Uher	39:50	Fayette Striders (50)
58.	Jack Ucci	39:50	Syracuse Chargers (44)
59.	Bill Stock	40:00	San Diego T.C. (53)
60.	W. Ray Lister	40:04	Fayette Striders (55)
61.	Irv Detrich	40:34	NVTC (44)
62.	Joe Burns	40:45	Millrose A.A. (53)
63.	Dick Sullivan	40:46	Belle Watling A.C. (54)
64.	Roger Roll	40:51	U.S.M.C. (40)
65.	Tom Gibbons	40:54	Millrose A.A. (61)
66.	Jack Garrity	40:55	Belle Watling A.C. (52)
67.	Charles Baxley	41:04	Millrose A.A. (52)
68.	Frank Deutsch	41:15	NVTC (45)
69.	Jon Bixler	41:40	Over The Hill (44)
70.	Roger Whalley	41:42	Belle Watling (52)
71.	Frosty Long	41:43	NVTC (51)
72.	Ed Buckley	41:51	Syracuse Chargers (61)
73.	Edwin Harrington III	41:56	Syracuse Chargers (43)
74.	Carl Miller	41:57	NVTC (46)
75.	Dennis Gildea	42:08	NVTC (40)
76.	Al Pedler	42:21	Unatt. (46)
77.	Dick Skinner	42:35	Syracuse Chargers (50)
78.	Francis Keller	42:36	Potomac Valley (60)
79.	Dorothy Stock	42:50	San Diego T.C. (50)
80.	Thomas Walnut	43:04	Syracuse Chargers (58)
81.	Joe Albanese	43:10	Millrose A.A. (50)
82.	Bill McHale	43:31	NVTC (54)
83.	Bill Johnston	43:36	Chambersburg R.R. (42)
84.	T.V. Hershberger	43:49	NVTC (55)
85.	John White	44:09	NVTC (49)
86.	George Stillman	44:12	Millrose A.A. (51)
87.	Ed Hoyle	44:16	Over The Hill (46)
88.	Ralph Perry	44:19	Millrose A.A. (50)
89.	Nathaniel White	44:21	Syracuse Chargers T.C. (63)
90.	Richard Degnan	44:25	Millrose A.A. (52)
91.	Roger Ware	44:27	NVTC (40)
92.	Gloria Brown	44:32	Grand Island T.C. (50)
93.	William Cayne	44:33	Millrose A.A. (61)
94.	Ham Ward	44:54	Belle Watling A.C. (50)
95.	R. Gallanty	45:17	Millrose A.A. (51)
96.	Bill Roadarmel	45:47	NVTC (41)
97.	Roger Bowman	45:57	Syracuse Chargers (58)
98.	Ted Fuller	46:00	NVTC (53)
99.	Carl Brumgard	46:08	(57)
100.	Sue Medaglia	46:10	Millrose A.A. (47)
101.	Ed Benham	46:35	Potomac Valley Seniors (75)
102.	Bill Schweizer	46:47	Syracuse Chargers (60)
103.	Dave Todd	47:10	Over The Hill (40)
104.	J.A. Schonfeld	47:18	Millrose A.A. (43)
105.	Joyce Fletcher	47:25	Millrose A.A. (48)
106.	Kate Knight	47:29	Millrose A.A. (47)

87th(55-59)107.	Herh Leibowitz	47:30	NVTC (57)
9th(55-59)108.	M.T. Pigott	47:44	NVTC (59)
38 109.	Hugh Lutton	47:47	Unatt. (40)
22nd(45-49)110.	T.F. Corcoran	47:48	Syracuse Chargers (49)
39 111.	Barry Voight	47:55	Unatt. (44)
3rd Women 112.	Rosemary Walsh	48:00	NVTC (44)
39 113.	Grover Coats	48:20	Over The Hill (43)
4th Women 114.	Alice Murphy	48:30	Millrose A.A. (40)
7th(60-64)115.	L. Russell More	48:31	Syracuse Chargers (61)
5th Women 116.	Edith Jones	49:07	Millrose A.A. (43)
23rd(45-49)117.	Joseph Douds	49:23	Altoona T.C. (47)
1st(70-74)118.	R. S. Boal	49:30	Potomac Valley Seniors (70)
8th(60-64)119.	G.A. Etzweiler	49:46	NVTC (62)
9th(60-64)120.	Irv Dulberg	50:52	NVTC (60)
10th(60-64)121.	Leonard Tuft	51:52	Millrose A.A. (60)
10th(55-59)122.	Jim McKivision	56:20	NVTC (56)
2nd(75-79)123.	Charles Hackenheimer	56:27	Syracuse Chargers (76)
1st(65-69)124.	Nate Hacker	56:44	Syracuse Chargers (65)
1st Women 125.	Jane McKivision	56:17	NVTC (55)
11th(60-64)126.	Toby Johnson	57:33	Syracuse Chargers (63)
27th(50-54)127.	R. Steinbugler	57:36	Syracuse Chargers (52)
2nd Women 128.	Loretta Sheehan	58:02	Unatt. (59)
3rd Women 129.	Isabel McConnell	61:00	Unatt. (50)
55-59	Muriel More	62:06	Syracuse Chargers (57)

Team Scores

Men	
40-49	
1.	Snohomish Track Club 59 (3-8-10-17-21)
2.	Seattle, Wash.
3.	Philadelphia Masters Track Club 79 (5-6-19-22-27)
4.	National Capital Track Club 96 (11-14-20-25-43)
5.	Arlington, VA.
6.	Converse Sports Complex 118 (7-18-23-31-39)
7.	Allegheny/Nike 122 (4-13-29-32-44)
8.	Millrose A.A. 150 (2-24-36-37-42)
9.	New York, N.Y.
10.	Nittany Valley Track Club 265 (15-47-61-68-74)
11.	State College, Pa.
12.	Syracuse Chargers Track Club 325 (30-54-58-73-110)
13.	Fayetteville, N.Y.
14.	Over The Hill 428 (56-69-87-103-113)
15.	Cleveland, Ohio
50-59	
1.	Belle Watling A.C. 287 (33-55-63-66-70)
2.	Buffalo, NY.
3.	Millrose A.A. 311 (48-53-62-67-81)
4.	Syracuse Chargers 329 (35-40-77-80-90)
5.	Nittany Valley Track Club 442 (71-82-84-98-107)
60-69	
1.	Syracuse Chargers "A" 263 (72-89-102)
2.	Millrose A.A. 279 (65-93-121)
3.	Potomac Valley Seniors 297 (78-101-118)
4.	Syracuse Chargers "C" 362 (115-123-124)
70-79	
1.	Millrose A.A. 32pts (4-5-6-8-9)

NATIONAL TAC CROSS-COUNTRY
(10,000 meters at Penn State Sunday)

MEN'S RESULTS

40-44	1. Kirk Randall, Saucony Racing Team, Mass., 33:25 (course record); 2. Bob Fischer, Millrose, 33:44; 3. Doug Rustad, Snohomish TC, Seattle, Wash., 34:06; 4. Joe Thomas, Allegheny-Nike, 34:07; 5. Vic Zwolak, Phila. Masters, 34:20.
45-49	1. Henry Glyde, Delaware TC, 35:13 (course record); 2. Herb Parsons, Snohomish TC, 35:57; 3. Bob Schul, Converse Sports Complex, Ohio, 36:03; 4. Maurice Pratt, Snohomish, 36:21; 5. Al Wick, Phila. Masters, 36:24.
50-54	1. George Vernosky, Potomac Valley Seniors, 35:46 (course record); 2. Jim Sutton, Phila. Masters, 36:37; 3. Dick Kendall, Phila. Masters TC, Buffalo, N.Y., 37:12; 4. Ed Stabler, Syracuse Chargers, 37:17; 5. Ray Riffe, Converse Sports Complex, 37:48.
55-59	1. Jim Glidewell, Converse Sports Complex, 39:11 (course record); 2. Bill McCafferty, Millrose, 39:26; 3. Bill Carey, Over The Hill TC, Brooklyn, 39:41; 4. Roger Bowman, Syracuse Chargers, 45:57; 5. Carl Brumgard, Over The Hill TC, 46:08.
60-64	1. Tom Gibbons, Millrose, 40:54 (course record); 2. Ed Buckley, Syracuse Chargers, 41:51; 3. Francis Keller, Potomac Valley Seniors, 42:36.
65-69	1. Nate Hacker, Syracuse Chargers, 56:44.
70-74	1. Bob Boal, Potomac Valley Seniors, 49:30 (course record); 2. Ed Benham, Potomac Valley Seniors, 49:31; 3. Chuck Hackenheimer, Syracuse Chargers, 56:27.

TEAM SCORING

40-49	1. Snohomish 59; 2. Phila. Masters 79; 3. National Capital 96; 4. Converse Sports Complex 118; 5. Allegheny-Nike 122; 6. Millrose 150; 7. Syracuse Chargers 329; 8. Belle Watling TC 287; 9. NVTC 297; 10. Millrose B 362; 11. Millrose C 337; 12. NVTC B 390; 13. Over The Hill TC 428.
50-59	1. Belle Watling TC 287; 2. Millrose 311; 3. Syracuse Chargers 329; 4. NVTC 442.
60-69	1. Syracuse Chargers A 263; 2. Millrose 279; 3. Syracuse Chargers B 362.
70-79	1. Shirley Matson, San Diego TC, 39:16 (course record); 2. J.A. Schonfeld, Millrose, 47:18; 3. Rosemary Walsh, NVTC, 48:00; 4. Alice Murphy, Millrose, 48:30; 5. Edith Jones, Millrose, 49:07.
80-89	1. Joyce Fletcher, Millrose, 47:25; 2. Kate Knight, Millrose, 47:29.
90-99	1. Dorothy Stock, San Diego TC, 42:50 (course record); 2. Gloria Brown, Grand Island TC, N.Y., 44:32; 3. Isabel McConnell, unatt. 61:00.
100-109	1. Jane McKivision, NVTC, 56:17; 2. Loretta Sheehan, unatt. 58:02; 3. Marie Moore, Syracuse Chargers, 62:06.

TEAM SCORING — 1. Millrose 32 (only entry).

ERRC 30K; LOS ANGELES
NOVEMBER 20, 1982

Open	Jim Scott	28	1:46:37
M40	Jim Murphy	43	1:52:08
	Fred Perez	42	2:01:27
	Bill Skieresz	45	2:10:00
M50	Dick Belliss	50	2:10:32
M40	Terry Steele	40	2:57:57

POTOMAC VALLEY TOK WALK &
5K WALK, WASHINGTON, D.C.
NOVEMBER 20, 1982

10K			
1	David King	32	50:01
2	Sal Corrallo	51	50:06
3	Al Branigan	50	52:39
7	Gary Goudreau	37	64:30
8	Dot Michaels	55	68:02
5K			
1	Henry Toby	32	32:12
2	Bill Hillman	53	32:13
3	Stan Lasky	65	36:27
4	Hugo Robinson	34	36:27
7	Dave Melnick	34	41:28

ERRC 15K; LOS ANGELES
NOVEMBER 20, 1982

Open	Ira Yawnick	41	57:17
M40	Ira Yawnick	41	57:17
M50	Kurt Schubert	54	1:09:17
M60	Paul Richel	61	1:15:22

GOLDEN GATE WALKERS 15K
CLUB CHAMPIONSHIPS
SAN FRANCISCO
NOVEMBER 20, 1982

1	Wayne Glusker	34	1:14:02
2	Charles Marut	44	1:17:29
3	Rob Robinson	38	1:22:18
4	Pedro Perez	24	1:30:47
5	Steve Pendlay	30	1:33:00
7	Roger Anawalt	63	2:02:09
8	Frank Saylor	69	2:48:41
8	Sheila Mullen	42	2:07:19

from Harry Siitonen

TAC NATIONAL SENIORS AND
MASTERS 100-MILE RACE WALK
CHAMPIONSHIPS; SAN DIEGO.
NOVEMBER 20-21, 1982

1	Bob Keating	34	19:19:31
2	Alan Price	35	19:35:34
3	John Kelly	53	19:42:11
4	Bev LaVeck	46	21:42:50
5	Tom Dooley	38	22:30:00
6	Dale Sutton	42	23:36:50

25 starters.

from John Allen

LASSE VIREN FINNISH
INVITATIONAL 20K RUN
MALIBU, CAL. NOVEMBER 21.

Open			
Gary Tuttle	34	1:00:56	
Duncan MacDonald	33	1:01:55	
Ed Mendoza	29	1:02:58	
M40			
Andre Tocco	47	1:09:55	
Skip Shaffer	44	1:11:33	
Bruce Mitchell	40	1:14:44	
M50			
Francis Lee	50	1:26:50	
Jack Thomas	52	1:28:14	
M40			
Christa Romppanen	43	1:23:41	
Ingrid Hainline	44	1:28:26	
M50			
Margaret Miller	56	1:35:27AR	

from Eino & Christa

LAKE PERRIS 15K/4-MILE RUNS
PERRIS, CALIF. NOVEMBER 21

4-MILE			
M40	Tom Richards	21:42	
M50	Jason Harris	23:38	
M60	John Goodyear	27:36	
M40	Lillian Randall	65:05	
M50	Beverly Arnett	36:42	
15K			
M40	Bob McGeough	58:06	
M50	Wally Ingram	56:58	
M60	Bill Cornett	76:33	
M40	Rupe Aragon	73:25	
M50	Mary Storey	69:39	

from Wally Ingram

TURKEY TROT 10K
CHICAGO, NOVEMBER 21

Open	Dave Walters	29:20
M40	Ernie Billups	32:15
M50	James Helm	37:53
M60	Ray Markus	41:25
M40	Nancy Delab	44:39
M50	Marilyn Walters	50:51
M60	Rose Nakutny	57:06

HEART OF SAN DIEGO MARATHON
SAN DIEGO; NOVEMBER 21

Open	Tim Varley	2:14:51
M40	Frank Hoelzle	2:37:38
	John Meyer	2:40:20
	Wally ohnson	2:50:30
	Manuel Guaderr'a	2:51:01
	Ed McKenna	2:52:40
W40	Barbara Woods	3:15:54
	Lynn Lipetzky	3:20:35
	Ursula Rains	3:25:48
	Toni Deal	3:37:30
	Rosanne Abnet	3:41:40

Golden Age (70+)	
Brown William 7	45:24
Vel A (40-44)	
1. Parnalee, Patty, et al	31:10
2. Martin, Jill	33:04
3. Meyers, Mimi	34:20
Vel B (45-49)	
1. Ballour, Samara	36:13
2. Marcus, Esther	38:23
3. Twente, Pat	38:27
Masters (50-59)	
1. Nicora, Regina	39:24
2. Rose, Florence	40:44
Senior (60 and over)	
Rodriguez, Mary	42:55

ROSE BOWL MARATHON PASADENA, CALIF. NOVEMBER 25, 1982

35-39 — 1. Donald Bowman, 2:47:53;
2. Steve Dornish, 2:49:26; 3. William
Lovelace, 2:50:03; 4. Robert Kossin,
2:55:04; 5. Alec Meade, 2:55:11.
40-44 — 1. Dan Oliver, 2:53:11; 2.
Fred Mascorro, 2:55:11; 3. Raymond
Crandall, 3:01:06; 4. John McCrickard,
3:09:18; 5. M.J. Bakke, 3:12:27.
45-49 — 1. Joseph Vogl, 2:56:33; 2.
Robert Bernardi, 3:11:53; 3. Sam Gee,
3:12:39; 4. Jim Parra, 3:14:54; 5. Abdul-
hadi Ahmed, 3:12:17.
50-59 — 1. Stanley Block, 3:08:22;
William Broyles, 3:19:27; 3. Donald
Henze, 3:21:07; 4. Bob Stuart, 3:22:16; 5.
Ted Dowling, 3:22:39.
60 and over — 1. Paul Sterven,
3:56:37; 2. James Conrad, 4:03:12; 3. Bill
Bell, 4:20:20.

FEMALE

35-39 — 1. Pauline Stevens, 3:51:49;
2. Jinny Jackson, 4:41:51; 3. Janet
Rausch, 4:47:17; 4. Carol Lee, 4:47:18; 5.
Karen Sanger, 4:51:24.
40-44 — 1. Marie Montanze, 3:36:06;
2. Cecily Parke, 3:52:26; 3. Ute Procter,
4:02:18; 4. Kathryn Kutz, 4:25:51.
45-59 — 1. Judy Martin, 3:22:05; 2.
Joyce Momita, 3:32:39; 3. Atsuko Fuji-
moto, 3:51:16; 4. Price Dallas, 4:31:52; 5.
Del Wright, 4:44:43.

Half-Marathon

MALE

35-39 — 1. Phil Ryan, 1:15:26; 2. Pres-
ton Drake, 1:18:26; 3. Frank Williams,
1:19:10; 4. Robert Stephenson, 1:19:55;
5. Ed Wehan, 1:20:02.
40-44 — 1. Tom Carroll, 1:23:59; 2.
Don Ketchum, 1:25:12; 3. Tom Komar-
ek, 1:25:19; 4. Rick Jones, 1:26:24; 5.
Jay Willis, 1:27:30.
45-49 — 1. Clark Thurman, 1:10:43; 2.
Bruce Campbell, 1:23:15; 3. Ray Kuh-
lmeyer, 1:26:22; 4. Clayton Steffensen,
1:26:53; 5. Cecil Arnold, 1:28:41.
50-59 — 1. Jim Brownfield, 1:20:17; 2.
Jack Resh, 1:24:19; 3. Dave Parker,
1:28:06; 4. Andy Melkonian, 1:31:57; 5.
Robert Wroth, 1:33:43.
60 and over — 1. Robert Kroger,
1:36:18; 2. Oscar Borgen, 1:42:51; 3.
Louis Schneider, 1:50:44; 4. Ralph Free-
man, 1:54:27.

FEMALE

35-39 — 1. Judith Stone, 1:45:16; 2.
Jacque Randolph, 1:46:28; 3. Sherry
Puster, 1:49:24; 4. Barbara Basta,
1:50:49; 5. Diane Roller, 1:51:02.
40-44 — 1. Stella Hashom, 1:30:03; 2.
Anna Brownell, 1:45:56; 3. Bea Pindlay,
1:46:35; 4. Judy Oglesby, 1:49:09; 5.
Janet Hereth, 1:50:21.
45-59 — 1. Mariana McMullen,
1:33:48; 2. Dobi McDougall, 1:35:22; 3.
Desoritt Brown, 1:42:52; 4. Missy Jen-
nings, 1:44:30; 5. Oleta Dellasorte,
1:49:05.
50 and over — 1. Marjorie West,
1:39:53; 2. Mae Ann Garty, 1:48:14; 3.
Ann Priddy, 1:49:07; 4. Yukie Mochida,
1:51:28; 5. Ann Drury, 1:58:09.

10-K Run

MALE

35-39 — 1. Chuck Foot, 34:57; 2. Er-
rain Gonzalez, 34:59; 3. Richard Delaso-
la, 38:00; 4. Terry Cocciolo, 38:12; 5.
Sazebum Bau, 39:23.
40-44 — 1. Jesse Rodriguez, 36:25; 2.
James Murphy, 36:26; 3. Stanley Lowell,
38:00; 4. Ron Alway, 38:44.
45-49 — 1. Don Hisek, 41:47; 2. Glen
Finney, 42:23; 3. Gordon Imlay, 45:00; 4.
Chris Nutting, 45:04; 5. Edward Gonza-
lez, 45:14.
50-59 — 1. Sam DeLuca, 42:59; 2.
Jack Jacoy, 44:33; 3. Leroy Carter,
44:55; 4. Mario Carona, 46:33; 5. Louis
Ortiz, 46:57.
60 and over — 1. Richard Kegley,
45:18; 2. Melvin Schewe, (no time re-
ported); 3. George Feinstein, 48:41.

FEMALE

35-39 — 1. Cathy Bornfield, (no time
reported); 2. Pat Wilson, (no time re-
ported); 3. Margaret Edwards, 46:39; 4.
Karin Hackett, 46:53; 5. Mary Jane
Mehew, 48:26.
40-44 — 1. Ed Barry, 47:56; 2. Alice
Olson, 48:15; 3. Karen King, 50:00; 4.
Ellen Shockro, 52:49; 5. Judy Lawson,
53:20.
45-49 — 1. Ruth Nelson, 54:15; 2.
Goldsmith, 54:44; 3. Toni Pizer, 57:06; 4.
Merri McMurray, 58:54; 5. Joan Scher-
merhorn, 59:19.
50-59 — 1. Ethel Gerast, 53:24; 2. Eli-
zabeth Zemaick, 54:19; 3. Johanna Gon-
jobson, (no time reported).
60 and over — 1. Mein Howe, 51:34; 2.
Judy Simon, 52:38; 3. Margaret Kegley,
59:17; Fern Moore, 59:17.

PENN MUTUAL/TAC NATIONAL MASTERS 15K CROSS-COUNTRY CHAMPIONSHIPS; BALBOA PARK SAN DIEGO, CALIF. NOVEMBER 28, 1982

(Limited to Age 40+)

1st Sal Vasquez 42 51:55

M40-44

1 Sal Vasquez 42 PAMA 51:55
2 Doug Rustad 42 SNO 52:23
3 Tim Rostege 42 WVJS 53:19
4 Bill Meinhardt 42 WVJS 53:21
5 Al Huff 44 SNO 53:22
6 Dave Hambly 43 SNO 53:59
7 Don Shanahan 40 SDTC 54:13
8 Skip Shaffer 44 CCAC 54:18
9 Jake White 40 WVJS 54:32
10 Bill Jenney 41 WVJS 54:55
11 Dan McCaskill 41 SDTC 55:08
12 Gene Blankenship 40 56:43
13 Bruce Mitchell 40 56:59
14 Ray Hughes 43 CCAC 58:01
15 Dave Holland 42 CCAC 58:15
16 Vic Copeland 40 SDTC 58:16
17 Jerry Stowe 40 SDTC 58:23
18 Jim McDiarmid 43 STRI 58:25
19 Ray Sablan 43 SDTC 58:37
20 Walt Van Zant 43 WVJS 58:54

M45-49

1 Andre Tocco 47 CCAC 54:11
2 Earl Ellis 46 SNO 54:46
3 Derek Mahaffey 48 SNO 56:04
4 Jack Tuttle 45 57:00
5 Mike Christianson 46 SNO 58:16
6 Richard Belliveau 46 CCAC 60:59
7 Fred Lehr 49 SDTC 61:32
8 Terrel Eddy 49 SDTC 65:58
9 Buzz Hinckley 48 SDTC 69:38
10 Fred Frye 48 SDTC 71:45

M50-54

1 Hal Winton 51 STC 58:38
2 E R Silver 52 PAMA 58:45
3 Bob Farrington 51 PAMA 59:01
4 Bill Gookin 50 SDTC 60:03
5 Patrick Devine 54 OFLY 60:04
6 Tracy Brown 54 OFLY 60:45
7 Ephraim Romesberg 52 PAMA 61:21
8 John McIntyre 50 OFLY 61:56
9 Gunnar Linde 54 SMTG 62:51
10 Rod Johnson 53 SDTC 63:36
11 Pete Mundle 54 SMTG 64:08
12 Dick Robinson 52 SDTC 64:15
13 Bill Stock 53 SDTC 64:39
14 Scott Rasmussen 50 SMTG 64:45
15 Jerry Withers 53 SMTG 65:53

M55-59

1 Jim O'Neil 57 SDTC 58:17
2 Ray Gil 58 STC 66:38
3 Lew Roberts 55 STC 70:11
4 Jack Noble 56 STC 72:00
5 Jim Johnson 55 SMTG 76:15

M60-64

1 Jim McCown 60 SDTC 64:55
2 Don Dilworth 63 SDTC 67:13
3 Robert Page 61 69:20
4 Harold Elrick 64 SDTC 75:41

M65-69

1 Wayne Zook 65 SDTC 70:24
2 Eddie Simon 65 SDTC 105:20

M70-74

1 Richard Whittemore 71 95:13

M75-79

1 Willard Benton 78 SDTC 97:06

M80+

1 Paul Spangler 83 SLO 97:09

M40-44

1 Shiela Hasham 40 CCAC 65:11
2 Patty Pastore SDTC 67:27
3 Bev Harju 40 SDTC 77:05

M45-49

1 Suzi Gillis 48 SDTC 70:58
2 Fay Helldorn 45 SDTC 73:03
3 Elsa Evans 48 SDTC 73:42

M50-54

1 Dorothy Stock 50 SDTC 66:40
2 Anne Johnson 50 SDTC 66:45
3 Marjorie Eddy 50 SDTC 101:26

M55-59

1 Mary Storey 58 SDTC 72:29
2 Anne Noble 56 STC 87:17

M60-64

1 None

M65-69

1 Judy Simon 67 SDTC 95:38

M70-74

1 Felicitas Salazar 73 SDTC 113:50

99 finishers

Team Key:

SDTC - San Diego Track Club
SNO - Snohomish (Seattle)
WVJS - West Valley Joggers &
Striders (No. Calif.)
CCAC - Culver City Athletic Club
STC - Seniors Track Club (LA)
STRI - Striders
OFLY - Orange Flyers
SLO - San Luis Obispo

Team Results:

M40-49	pts
1 Snohomish Track Club (Rustad 2, Huff 5, Hambly 6, Ellis 11, Mahaffey 14)	38
2 West Valley J&S (Rostege 3, Meinhardt 4, White 10, Jenney 12, Van Zant 28)	59
3 Culver City AC (Shaffer 9, Tocco 7, Hughes 15, Holland 16, Belliveau 23)	70
4 San Diego TC 5 Pamakids	75 94
6 San Diego TC "B"	138

M50-59

1 San Diego TC (Flying Tigers) 24 (O'Neil 1, Gookin 3, Johnson 5, Robinson 7, Stock 8)	24
2 Santa Monica TC (Linde 4, Mundle 6, Rasmussen 9, Withers 10, Johnson 20)	49
3 Seniors Track Club (Winton 2, Elizarras 11, Gil 12, Roberts 15, Noble 16)	56
4 San Diego TC (Silver Streaks) 81	

M60-69

1 San Diego TC (McCown 1, Zook 2, Elrick 3)	6
--	---

M40-49

1 San Diego TC (Pastore 1, Gillis 2, Hel- ldorn 3, Evans 4, Lipetsky 5)	15
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M50+

1 San Diego TC (Stock 1, Johnson 2, Storey 3)	6
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from Ken Bernard

PEARL HARBOR DAY MEMORIAL 5.1-MILE ROAD RACE EAST LYME, CONNECTICUT DECEMBER 5, 1982

(Masters Only)

M40-44

Robert McCarthy	42	27:09.6*
Hal Bennett	40	28:12.8
Ted Phillips	41	29:26.5
Ron DeBriac	41	30:31.6
Phil Hammen	41	30:49.2
Glen McGrath	43	30:53.6
Bill McNulty	40	31:00.9
Joe Dowling	43	31:03.5
Joe Smith	40	31:25.6
Jack Curran	42	31:27.6

M45-49

Hank Golet	45	29:06.6
Joel Anderson	45	32:21.3
Russ Burton	47	33:19.2
Bob Read	46	34:12.6
Al Williams	45	34:47.3

M50-54

George Maine	50	30:44.7
Bob Ravenelle	51	33:47.3
Don Werling	52	33:56.2
John Barry	52	35:05.1
Willis Collins	50	35:42.1

M55-59

Carl Hammen	59	34:07.7
Ray Packer	58	34:56.6
Tom Reilly	59	35:31.3
John Leslie	55	36:40.3
George O'Brien	57	37:41.6

M60-64

Tony Campo	63	41:38.5
Jim Rowan	64	43:15.9
Jim Crowley	62	43:25.4
Francis Carmody	62	45:33.4
Paul Goodwin	62	45:40.1

M40-44

Lenore Broehm	40	36:56.7
Judith Anderson	41	37:37.8
Sharon Sherb	41	41:16.4
Elace Comrie	44	48:23.2
Sandra Austin	41	49:30.1

M45-49

Marcia Herbst	48	37:44.7*
Tami Graf	46	39:33.0
Marilyn Connor	45	51:34.9
Arlene McCoy	48	52:05.4

M50-54

None

M55-59

Barbara Kipp	55	44:30.5
Alice Campo	56	55:55.7

M60-64

Virginia Goodwin	61	49:29.1
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*Outstanding Runs

from C.S. Hammen

TOCCO TAKES LASSE VIREN 20K

by CHRISTA & EINO

Malibu, Cal. November 21

The Lasse Viren Invitational 20K Race created quite an excitement in the men's over 40 group. Out of 71 invitational runners that met the qualifications, 21 were men-over-40.

Right from the start Andre Tocco took the lead in the masters field. He felt his best chance to break Skip Shaffer's 3 year winning streak in this race was to be the first at the top of the hills with enough of a lead to keep Shaffer from floating past him on the downhills, which is the latter's strong point.

His plan worked well. On an in-parts muddy terrain, he won in 1:09:55. Shaffer, who had some kind of allergy problem, finished strong in 2nd place with 1:11:33, well ahead of 3rd master Bruce Mitchell, 1:14:44. Francis Lee was the fastest 50+ in 1:26:50.

The woman's masters "field" was a lone Christa Romppanen and Margaret Miller. Christa's fear of finishing last did not however materialize as she finished 3rd woman in a good field in 1:23:41, this being her 5th masters win in this race.

Miller chose to take it easy and enjoy the beautiful scenery in gorgeous weather. She finished smiling in 1:35:27, which is still under the national 20K record of 1:36:04 for women 55-59.

A few of the masters celebrities were actors Kris Kristofferson and Buck Taylor, and artist Billy Al Bengston.

Submaster Roger Bourbon, le garcon rapide, chose to run without his famous waiter's tray and uniform and finished 5th overall in 1:14:54.

The big disappointment was that special honoree Jack Foster was unable to attend at the last minute due to not being able to get time off from his government job.

Next year's events are scheduled for Nov. 12th, and please, girls over 40, WILL SOME OF YOU SHOW UP? □

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width Height
52	Full page	250	10" 18"
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13	1/4 page	100	5" 6 1/2"
7	1/8 page	60	5" 3 1/4"
3 1/2	1/16 page	50	2 1/4" 3 1/4"
1		25	2 1/4" 1"

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7. MECHANICAL REQUIREMENTS

- See display rates for ad sizes.
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- Negative ok. No mats, cuts or plates.
- No color ads.

8. CLOSING DATES

The 10th of month before date of issue.

9. CIRCULATION [Dec. 1981]

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**NEVER WILL SO MANY
OWN SO MUCH
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It was one of those victories that, frankly, took us by surprise.

All we were after was an Air shoe with a slightly more down-to-earth price tag.

The more runners who experience Air, we reasoned, the fewer will settle for anything less. That was the theory.

Pegasus. That was the name.

Then our R&D department proceeded to run amuck. First, they incorporated the Nike Air-Wedge.[™] That was fine. Because it gives the kind of long-lasting cushion you just can't find in any other shoe.

But then they started looking around for other innovations from some of our more specialized models.

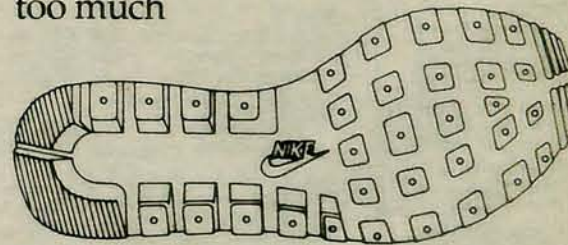
Next thing we knew, the Pegasus was sporting the Waffle[™] Center-of-Pressure[™] outsole. For even more cushion. And greater stability. It also made the Pegasus great for running over any number of different surfaces. From grass to asphalt, to gravel and mud.

Then, they flared the heel for a touch more stability. Notched the suede at the first metatarsal for flexibility. And even went to a lighter EVA formulation in the midsole.

As a result, the Pegasus is not only a great training shoe, but at

roughly 10 ounces in a size 9, it's more than light enough to race in.

We were stunned. And we told them—this is just too much



technology, too much versatility. The Pegasus is simply more shoe than we bargained for.

Then they reminded us. That's what a bargain is all about.



Beaverton, Oregon