



NATIONAL MASTERS NEWS

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



59th Issue

July, 1983

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Green 1st 50+ Runner to Win National Race

WASHINGTON, D.C. — Norman Green, 50, Wayne, Penn., today became the first American 50 years and over to ever win a national masters championship race. He set his fifth American age-group record in the past six months in winning the TAC National Masters 20K at Hains Point, with a 65:50. Green's time broke Ray Hatton's 50-54 record of 66:15 set last year.

Green changed leads with Herb Lorenz, 44, Willingsboro, N.J., during the first of the four loops, but as he passed the midpoint in 33:00, Green had a two-stride lead over Lorenz, George Keim, 40, Waynesboro, Penn., and Bill Hall, 42, Durham, N.C. At about 16 kilometers, Green surged ahead of his tight pack of pursuers, except for Tony Gerrity, 40, Devon, Penn., who stayed within 15 yards of Green until the final straightaway, when Green broke away for his thirteen second win over Gerrity.

Green, who holds the 50-54 records for 8, 15, and 25 kilometers and 10 miles, was somewhat surprised that he and Gerrity had left the other runners 50 yards behind with 1½ miles left because he had been more concerned with breaking the 50-54 20K standard than in winning the race.

In the women's race, Susan Henderson, 36, Boulder, Colo., captured first place in 77:36 over Lolitia Bache (84:40), 41, Annandale, VA, and Irma Lorenz (85:23), 41, Willingsboro, N.J.

Smith First Master in Avon Marathon; Gardner U.S. Champion

by VALDEMAR SCHULTZ

LOS ANGELES, June 5. The 6th Avon International Marathon was also the 1983 TAC National Masters Championship for women. It was also:

- the open championship for women (TAC Senior)
- the selection race for first World Championships in Helsinki
- held over most of the Olympic course
- the largest women's-only marathon held (1,200 entries), 1,000+ starters, 950 finishers)

With the best of intentions, the
(Continued on page 11)



Ireland Sloan (#12) and Ralph Zimmerman wage closest master battle of Cotton Row Run, Huntsville, Ala., May 30. Both finished in 33:16 as Dan Conwayled all 40+ runners in 31:18.

Photo by Greg Machen, Huntsville News

400 Compete In Florida Masters

by DICK LACEY

It isn't often that the number of participants is the big story in a masters track meet—especially a state championship—but this was certainly the case at the 9th Annual Florida State Championships in Clearwater, April 9-10. Four hundred athletes from twelve states, Canada, and Puerto Rico took part, making it one of the largest-ever masters meets in domestic competition.

Sharing the spotlight with the sheer size of the field was Charlie Polhamus, 39, of the Atlanta TC, with a pole vault of 15'9". A team of sixty-six from Puerto Rico dominated the meet and ran away with the Out-of-State trophy. West Florida 'Y' RC, the host team, captured the state title, dethroning defending champion Manasota TC of Bradenton.

The first day was almost completely wiped out by day-long torrential rains. Only the shot putters and hammer throwers braved the weather. Oddly, the hammer men, of whom there were an amazing 40 entries, outnumbered only by 76 intrepid javelin throwers, turned in many personal bests.

Because of Saturday's rain-out, the entire running program, plus most of the field events, had to be completed on Sunday. Beginning at 7 a.m., over a twelve hour period, 120 races (heats and finals) were run off.

John Ross, 60, Manasota TC, must have set some kind of masters record by competing in fifteen out of sixteen individual events during Sunday and placing in the top six in each one. □

Conway Picks Cotton Row Apart Again

by JIM OAKS

HUNTSVILLE, Alabama, May 30. The Cotton Row, although an open race, is also one of the top master 10K races in the U.S.

On this cool, dry Memorial Day, Wisconsin's 44-year-old Dan Conway successfully defended his masters championship with an impressive 31:18 triumph over an outstanding field of over age-40 runners.

Opening a gap just before the 4-mile mark, Conway hung on for a 12-second victory over Mississippi's Jim Ewing, also 44. California's Frank Duarte finished 3rd in the masters competition in 31:42.

Bill Stewart's scratch the week of the race, due to the impending arrival of a new family member, threw the race wide open for a showdown among five runners with PR's within a half minute of each other. These top seeds were Ireland Sloan (30:57) of Virginia, Conway (31:03), Ewing (31:15), Duarte (31:27), and Ralph Zimmerman (31:29) of New York. There were also eight other masters with seed times less than 33 minutes who ran the race.

The race start was moved up 30 minutes to 8 a.m. to take advantage of the cooler morning temperatures. The

(Continued on page 9)

THROWERS EXCEL AT ANTEATERS CLASSIC

by JERRY WOJCIK

Eleven years ago, when all of this was fairly new, George Ker originated the Grandfather Games at Los Angeles Valley College, where he was track mentor and is still an instructor. This year, budget cuts and lack of support by the college district board made it impractical for Ker to continue the G-Games.

However, Dave Lewis rescued the meet from oblivion, staging it at the University of California, Irvine, May 21. Lewis re-named the event "The Anteaters Classic," after the UCI athletic teams' nickname. (UCI was founded in the mid-1960's, when university students and faculties eschewed names that smacked of ethnicity (Indians), ferocity (Panthers), or war (Generals).

So, it was fitting that Ker, now 60, responded to the meet by throwing the

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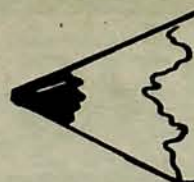
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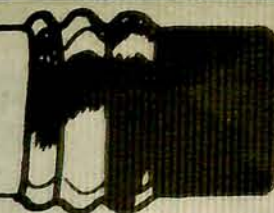
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Write On!



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

AGE-GROUP RECORDS

An error appeared in your June issue under the age 35-39 High Jump. You have John Dobroth holding the American Record at 6'8 1/4". However, I broke that record last year at the Nationals in Wichita, Kansas, August 6-8, with a jump of 6'9". This information was published in your September, 1982, issue.

I would appreciate you making the necessary correction in this matter.

John Hartfield
Missouri City, Texas

(NMN and National Records Chairman Pete Mundle have received some

complaints from athletes who set pending records at the Nationals in Wichita, the Sports Festival in Philadelphia, and the European Championships. "The reason these pending marks are not included in last month's list," Mundle says, "is because I never received the signed forms from either the athlete or the meet director." Mundle said he's made several unsuccessful attempts to obtain the documentation — which is required for official approval of age-group records. — Ed.)

SENIOR OLYMPICS

I recently received a flier for the 1983 edition of the Los Angeles Senior Olympics. I now realize why and how the attempts by several stalwart members of our masters movement in revising the Senior Olympics meet has met with frustration. At a cost of \$10 for the first event, and the limited number of attempts set for field event competitors at three it just has to be the most expensive meet around.

I have competed in the Senior Olympics meet in the past and it has appeared to be continually run downhill and I will not participate again under the present management. I urge the entire field event community to boycott the L.A. Senior Olympic Meet, and for that matter any meet offering half the number of attempts allowed under the rules. Runners should also consult their consciences about their participation.

We, the athletes, should rebel against being used, especially by so-called "non-profit" organizations which are far more interested in themselves than in the athletes and the sports.

Philip R. Conley
Woodside, California

THROWING IT AWAY

It may be the national championships for decathlon and heptathlon (women) this month in Merced, California, but the marks set there by 50+ men and all women are going to be ineligible for world record consideration because of the endlessly silly use of non-standard throwing implements.

Richard Stepp
Arcata, California

MIDWEST REGIONALS

I really enjoy the National Masters News each month.

Your publication with its results, letters, news, and photos means so

much. I competed in the Masters Indoor Midwest Track & Field Championships (Feb. 20) in Cincinnati, and was very disappointed (as were others), with the awards that were given to the winners. No ribbons or trophies. The awards (all alike), were red plastic with U.S. Masters Track & Field, U. of Cincinnati printed on the face. Really they meant nothing. No first, second, or third place. All alike. The track was great. The meet was well run. The awards: forget about it. Nevertheless I enjoy Masters Track, and your paper.

Charles R. Northrup
Indianapolis, Indiana

Ingemar and Floyd,
On The Road Again

Never thought you could have a go at a heavyweight champion, even a former one? Think again, but you'll have to beat him with your feet — not your mitts.

Newsweek, March 21, 1983, reports that ex-champions Ingemar Johansson and Floyd Patterson are doing road work again, training for marathons. Johansson, 50, has run two Swedish marathons and plans on entering five long-distance races this year. In Stockholm last June, Patterson, 48, covered his first marathon course in 4:20., beating Johansson.

Two years ago, Johansson weighed in at 280, after having turned to food to solve personal problems. He began running seven miles a day at Pompano Beach, Florida, where he owns a motel. Besides running, Johansson follows the U.S. Army's new "Lifestyle Program." So far, he has shed 40 pounds and plans to drop another 40. He says that training without a target is too dull, but racing makes it fun again.

Patterson runs to keep in trim and to serve as a model for the young hopefuls who train at his boxing camp in New Paltz, New York. A member of the New York Athletic Commission, he works toward making boxing safer and has designed a successful "thumbless glove" to prevent eye injuries. He views boxing as a better alternative than crime or drugs for ghetto youngsters and would rather see boxing made safe than abolished. □

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Australian Veteran "Shuffles" To National Fame

by JACK PENNINGTON

SYDNEY, April 24. Robert DeCastella, Australia's most noted runner, fired the pistol today to start "The Great Race" from Sydney to Melbourne, 875K (547 miles) of tortuous highway rising 3000 feet over the Tablelands. First prize: \$10,000, winner take-all. The course had been run solo several times previously, with John Hughes of New Zealand setting a best of 7 days, 9 hours, 47 minutes.

The field of fourteen included well-qualified trans-continentals like George Peardon, 58, (2,800 miles at 62 miles per day), Tony Rafferty (3,400 miles at 40 mpd), New Zealanders John Hughes and Siegfried Bauer, and Joe Record, 41, of European fame.

The dark horse was 61-year-old farmer Cliff Young, who, a few weeks earlier, had won an annual 100 mile track race over Record. In 1981, Young ran his first Veteran race in slacks in World Games in Christchurch, competing in the M55 cross-country and the marathon which he finished in 2:58.

Before that, Young had been noted for running 50 miles round trip for a haircut, but didn't compete until he was persuaded by the locals in a pub to run a marathon, which he ran in street clothes in 3:04.

At the end of the first day of "The Great Race," thirteen runners bedded down for the night. The fourteenth, Young, continued for 20 hours non-stop, eating pears and soup on the run. When the others arose, Young was tak-

ing a 3 hour nap, 50 miles ahead.

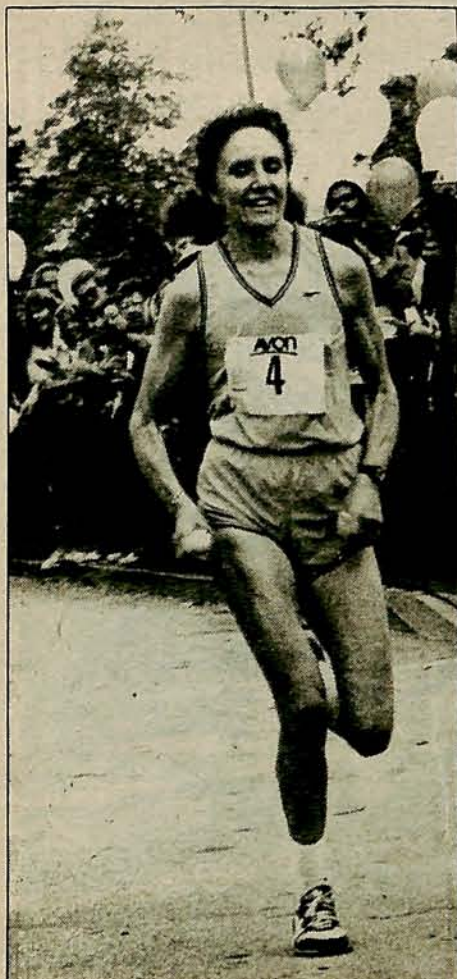
Record and Peardon were running to a scheduled 80 miles per day, but taking a night's sleep. Young, the middle stages, ran 33K in 2 hours and was a marathon ahead while the rest slept. However, Record took the lead on the third day, only to be forced out by kidney failure and swollen ankles at 730K.

Meanwhile, Australians began to watch the race on national television. When Young finished in 5 days, 15 hours, 4 minutes, eclipsing the old record by over 1 day and 18 hours, he was greeted by a brass band, thousands of well-wishers, and his 89-year-old mother, who does not condone such madness.

Peardon finished second in 6 days, 1 hour; Bauer in 6 days, 4 hours; and John Hughes in 6 days, 4 hours, 49 minutes.

Young's winning shuffle wore out eleven pairs of shoes and elevated him to second place in Australian sports coverage only to Decastella. Asked what kept him going, Young replied, "Those blokes behind me."

Young will share his hard won \$10,000 with Record, who had spent the last three months running 300 miles per week with Young. They had made a pact to share the prize if either won.



Joyce Smith, 45, Great Britain, first master and fifth overall, 2:34:39, Avon International Marathon, June 5, 1983, Los Angeles. Photo by Richard Lee Slotkin



Rose Gardner, 1st U.S. master at Avon International Marathon, June 5, Los Angeles, in 3:00:10 for the national championship.

Photo by Richard Lee Slotkin

SCHEDULE
On Page 26

22 Win Trips to NIKE Masters Grand Prix Finals

by VALDEMAR SCHULTZ

This year's NIKE Masters Grand Prix "circuit" involved only four races, all in May. They were held in Minneapolis (5/8), Portland (5/22), Washington, D.C. (5/29), and Huntsville (5/30).

As with last year, age-graded charts

were used to determine trip winners. These charts were adapted from charts acquired from the National Running Data Center (NRDC). The NRDC will shortly publish new charts and has no responsibility for NIKE's use of the older charts. NRDC deserves credit, however, for providing the basis for a

(Continued on Page 17)

Young's performance under rainy conditions ranks with the old six-day "wobbles," when the best runners averaged 100 miles indoors. Spurred by television coverage, Young is the talk of the nation and is now planning a 1000 miler, for which sponsors have offered \$30,000. He works on his brother's dairy farm and augments his

meager income by growing potatoes.

Jack Pennington, who has followed Young's running career, said: "Last year, he attempted a 50 mile track record and was exhausted by 40 miles—why? Well, he'd loaded 10 tons of potatoes the day before. The day before his 2:58 at Christchurch, he ran for 3 hours! I was there." □



Dan Conway (#1), 44, and Dick Trickel, 42, relax after their duel in Minnesota Masters 15K, May 8, in Edina, won by Conway (48:58). Both won trips to NIKE Masters Grand Prix finals.

Photo by Jack Moran

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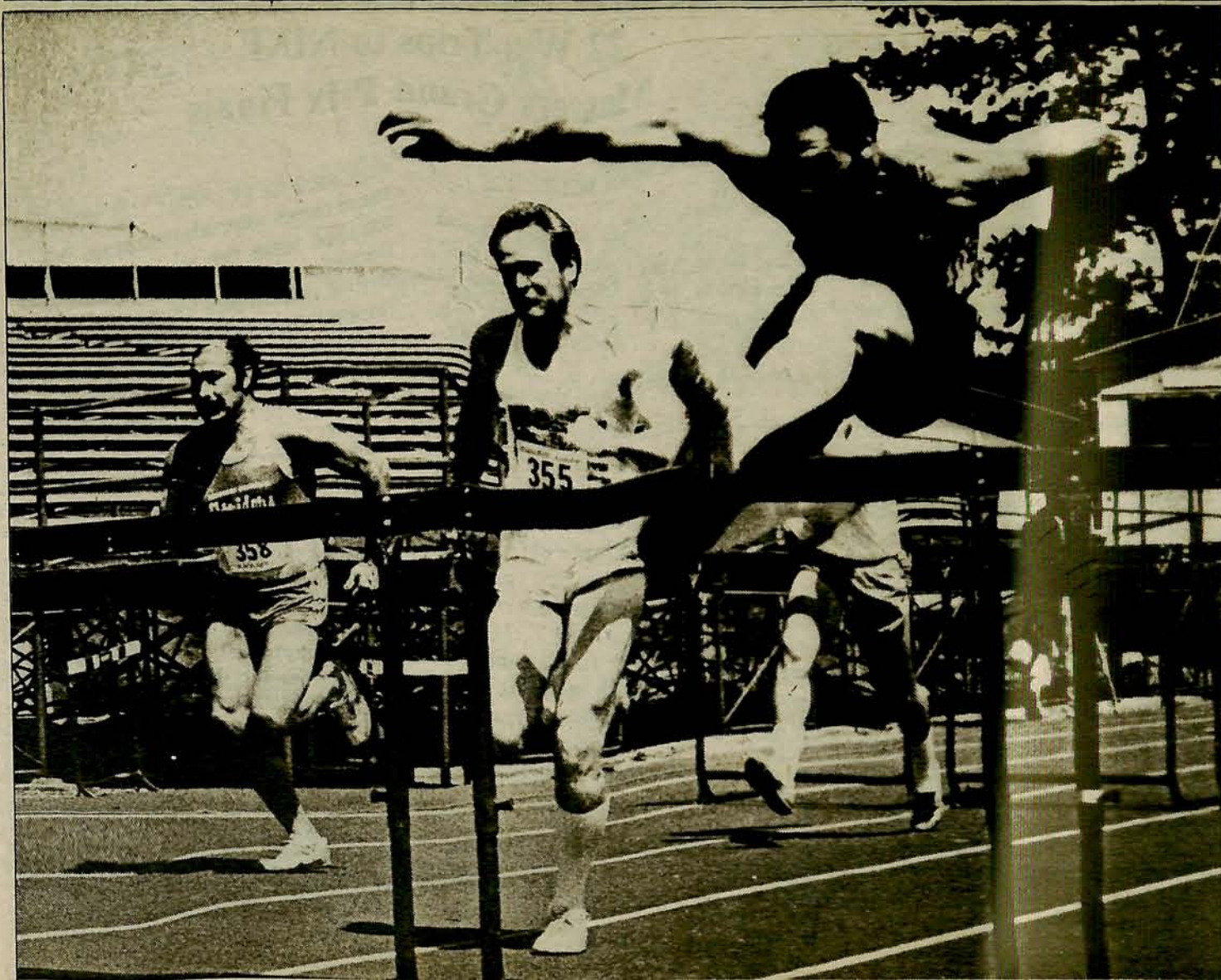
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L. to r.: Fred Johnson, Ed Baskauskas, and Cornelius McCormick in 35-39 110HH, TAC/Pacific Assoc. Masters Championships, Los Gatos, CA, May 21.

Illinois Valley Striders Win 10K Team Title

by DANE SHEA

MONTICELLO, Ill., April 30. The Illinois Valley Striders' masters team won the Road Runners Club of America National Championships in the Sage City 10K run here today.

The Peoria-based team, led by IVS club president Steve Shostrom, 40 (36:10) and Jeryl Riebling, 41, (36:10), defeated the defending champion Illinois TC, 102-105. Other IVS runners were Harold Upp, 48, (36:30); John Goodwin, 42, (36:59); Gordon Adams, 51, (37:29); Larry Arbise, 42, (37:58); Doug Braasch, 43, (38:38); and Dan Shea, 52, (54:21).

The runner-up Champaign club was composed of Paul Nielsen, 43, (35:22); Bob Turnbull, 41, (35:33); Eric Weir, 41, (36:05); Art Chasing, 46, (36:28); Alfred Morris, 40, (36:32); Paul Quinlan, 48, (39:16); and Jerry Dees, 47, (40:33).

The women's division team champions was the Sage City Striders. Members were Juanita Bowman, 48, (43:10); Bonnie Kamin, 42, (45:02); Mary Monohan, 41, (49:15); Norma Logue, 41, (49:17); Marcia Kopp, 43, (50:45); and Georgia King, 40, (51:58). The oldest runner among the 1,354 competitors was 72-year-old Mitzi Probst, Staunton, Ill., who finished in 1:43:21. □

26,000 MAKE THE BLOOMSDAY SCENE

by JERRY WOJCIK

If Nostradamus, the 16th century French astologist, had included among his predictions that tens of thousands of people in the 20th century would gather by choice to run over seven miles for fun and a few awards, it would have been considered the most outlandish of his prophecies.

But, such things occurred in the month of May. In San Francisco, and on a somewhat smaller scale on May 1, when 25,923 official finishers made the Lilac Bloomsday 7.5 Run the largest U.S. race over to that date, according to the NRDC. Northwest area stand-out Michael Heffernan, 42, Portland, OR, was first master in 39:35, and Robert Ruggeri won the 45-49 race in 43:27. Gordon Pirie took the 50-59 contest with a fine 44:14.

Cindy Dalrymple, 41, NY, was the first 40-44 female in 43:16, which placed her eleventh woman overall and about three minutes ahead of her closest 40-44 competitors: Bette Poppers, 40, Littleton, CO, (46:08), and Doris Heritage, 40, Seattle, (46:20).

Jon Sinclair, 25, was first finisher in 34:55, and Anne Audain, 27, led all Bloomsday women, for the third time in a row, with 39:29. □



5000 starts at Mt. SAC Relays, Walnut, CA, May 1, M40+. L. to r.: unidentified; Jerry Withers; Gene Blankenship; Jim Murphy; Skip Shaffer; and winner, Tom Burns (15:55.5).

Photo by George Cohen

1983 NIKE MASTERS GRAND PRIX FINALS

10 KILOMETERS
Santa Barbara, California
September 11, 1983
Sunday, 8:30 AM

ELIGIBILITY:

U.S. Masters (Men 40 + /women 35 +) runners.
(NOTE: Anyone of any age may run the race, but only U.S. Masters will be eligible for the trip awards and some of the special events.)

COURSE:

A scenic, moderately rolling course through the affluent community of Montecito, at the eastern end of Santa Barbara. It is accurately-measured and intended to be certified.

DIRECTOR:

John Brennand, 1983 Avon International Marathon director, and his able crew of Running Systems' staff.

AWARDS:

All participants receive a beautifully-designed quality tee-shirt for participating.
(NOTE: Eligible masters will have a reduced entry fee of \$3.00 — open runners pay \$8.00!)

TRIPS:

Transportation, up to four (4) days' lodging at the race site, and \$150 expense money, will be awarded the first three (3) men over 40 and the first three (3) women over 35 (i.e., international masters or veterans), to the XVI International Distance Running Championships (IGAL) in Perpignan, France, October 15-16, 1983.

PARTY:

There will be a reception (6-9 pm) on the evening before the race and a gala awards ceremony afterward, at which everybody and his/her uncle/aunt will be recognized, but only some will win the big prizes!
(NOTE: only eligible masters at these events.)

ENTRIES:

John Brennand
P.O. Box 6616
Santa Barbara, CA 93160
(SASE please!)

INFORMATION:

For general info about the NIKE Masters Grand Prix Finals, the IGAL races (10K/25K) in Perpignan, or the 1984 NIKE Masters Race Series, contact Valdemar Schultz, NIKE, Inc., 3900 S.W. Murray Blvd., Beaverton, OR 97005, (503) 641-6453.



THE GUN LAP

by MIKE TYMN

THE INS, OUTS, AND WHYS OF RUNNING ATTIRE

In his just released book, *Running A to Z*, Joe Henderson, one of the sport's best known writers, tells us what's *in* and what's *out* this year in the way of running attire.

These items are *in*: European cut shorts, mesh singlets, baseball-style caps, black digital watches, white half socks, long nylon pants, and burgundy, beige, and silver shoes.

These are *out*: Cotton gym shorts, male racers without a top, headbands, baggy gray sweats, no socks and knee-high socks, stopwatches you carry in your hands, and blue shoes.

These are *way out*: Cutoff Levis, wearing a T-shirt from the race being run, headphones, wearing shorts on the outside of the sweat pants, colored stretch socks, wearing no watch at all and claiming not to care about time, and white leather shoes.

Henderson, the former editor of *Runner's World* who now publishes "Running Commentary," also says that you can count yourself *in* if you wear running shoes when not running . . . *out* if you wear full running uniforms to the grocery store . . . and *way out* if you wear the same clothes

all day after running in them.

And, it is *in* to fold, tear, or otherwise mutilate racing numbers to make them smaller and it's *out* to race with no numbers as an "outlaw."

"The styles extend beyond what you wear," Henderson writes. "To be truly *in*, you must call yourself a 'serious runner.' You must say you are 'training to improve at the shorter distances.' You must never admit to doing anything but high-quality training. You must say, 'I began running a long time ago — before it was *in*.'"

I wonder if that comment about the shorter distances means that the marathon is *out*. I hope so. It's time we got back to real running.

It appears that I'm more *out* than *in*. While I like the European cut shorts — the kind that Henderson says "would have been outlawed as obscene a few years ago," I still prefer to run without socks, shirt (only joggers wear shirts in Hawaii) or hat. My reason has nothing to do with fashion. I select running attire which enhances my self-image as a runner.

When I wear European cut shorts and go without socks my legs appear



The Oregon Waffle Racer - Shoes to Race In

longer than when I wear long, baggy shorts and ankle-high socks. To further accentuate this self-imagery, I prefer white or light colored shoes with pointed toes. This has the effect of bringing my legs all the way down to my toes and giving me a more streamlined feeling. And when I see myself as a long-striding, free-flowing, streamlined runner, I find that I actually run better. I strive to make my running motion fit the mental image I have of myself.

In addition to enhancing one's self-image, this visualization technique can serve to psyche out the opposition. The best example of this in big-time sports is the second Muhammad Ali - Joe Frazier fight of a decade or so ago. Ali wore short trunks and flashy white shoes. These served to accentuate his best quality, his leg speed (remember the Ali shuffle?). Frazier's strength, however, was in his arms and shoulders. Therefore, he wore knee-length trunks, which had the effect of disguising his relative lack of height and calling attention to his upper body.

A couple of years ago, somewhat frustrated by the attire on the market, I set forth my self-imagery ideas in a letter to Nike headquarters. A week or two later, I received a letter back from Jeff Johnson, Nike's chief designer. He wrote: "Your memory of Ali-Frazier apparel is one of my favorites in the imagery department. I used to coach a high school girl's cross-country team, and we went to the new uniforms in the second year, dumping the Joe Frazier style shorts in favor of bikini briefs and tapered tank tops. We won four State championships in five years, and I swear we won a lot of races right on the starting line. We *looked* about ten times faster than we were!"

Johnson assured me that "imagery" was very much on the minds of the designers, but he said that the marketing people would sometimes botch things up.

While my body type is such that I

can benefit from "showing my legs, I'm not sure that the same thing would hold for a short or stocky runner. Perhaps he would want to use the Joe Frazier approach and "lengthen" his legs.

Henderson, in his book, touches upon something else which has bothered me in recent years. That is, there are some of us who prefer racing shoes without all the flares, flanges, and cushions that come with them today. I like shoes which permit me to, as New Zealander Jack Foster puts it, "dig your toes into the ground." It's hard to find such shoes these days.

To me, the ultimate racing shoe was made by Nike when they first opened shop. It is a white canvas job, very narrow, with pointed toes, and no significant heel. I don't know what they weighed, but I would guess around four ounces. They didn't last long, maybe 75 miles of racing, if that. But they were shoes I could run in.

The old Oregon waffle racer is another shoe along this line, although it has a track last with even less of a heel, which makes it tough on the calves if you're racing much more than 5 K. It's good to see that Nike has brought this shoe back.

Then again, I feel that the best car I've ever owned was my '41 Chevy. So much for advances in technology. □

World Marks Set In Southeastern Meet

+ NMN hasn't yet received the complete results of the Southeastern Masters T&F Meet in Raleigh, N.C. May 6-8, but pending world age-division records were set by: Ed Benham, M75, 3000m, 12:23.4; Claude Hills, M70, 110H, 20.07; Frank Finger, M65, 400H, 73.07; Hills, M70, 400H, 83.88. Phillippa Raschker, 36, picked up where she left off in '82 with a blazing 400 in 57.9. Complete results next month. □

NOW AVAILABLE Masters Age - Records 1983

Compiled by National TAC Masters T&F Records Chairman
Pete Mundle with Lori Maynard and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1983.
- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1983.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 48 pages. Thousands of entries. Lists name, age, state and date of record.

Send \$3 plus \$1 for postage and handling to:
NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Name _____
Address _____
City _____ State _____ Zip _____

BOOK REVIEW

by B. Palmer

Hanna, J. O., Running With Your Head. U. & U. Publications, Inc. P.O. Box 7013, Bloomfield Hills, MI 48302, 1982. 327p. \$24.

A thoughtful, detailed, resource manual for runners presented by an international coach. Hanna's approach is scientific, methodical and technical. He emphasizes the need for the runner to combine mind, body and soul in achieving the best performance. The author guides the runner to methods of self-coaching which are based on sound technical principles, enabling him/her to fully use abilities and potential. The book is divided into three parts: (1) The background information for the beginner uses common sense and basic standards to enable the runner to analyze and prepare himself for running, and presents training methods from Sweden, Finland and the U.S. (2) The training program is detailed and includes total stamina, muscle stamina, and speed. Also presented are 23 charts, 22 graphs and over 70 pages of training schedules. (3) The supplement of a cross-reference index to charts, runners, graphs and training schedules is somewhat confusing. This is an incredible compilation of material, which has something for everyone and is almost mind-boggling. The writing style is technical and halting but will not deter the mathematically minded or addicted runner. □

TORRENT SLOWS
WEST PENN
ATHLETES

Dampened, but determined, athletes at the Western Pennsylvania Masters meet in Washington, Pa., May 22, managed to complete the day's events in spite of five downpours, including two thunder and lightning storms.

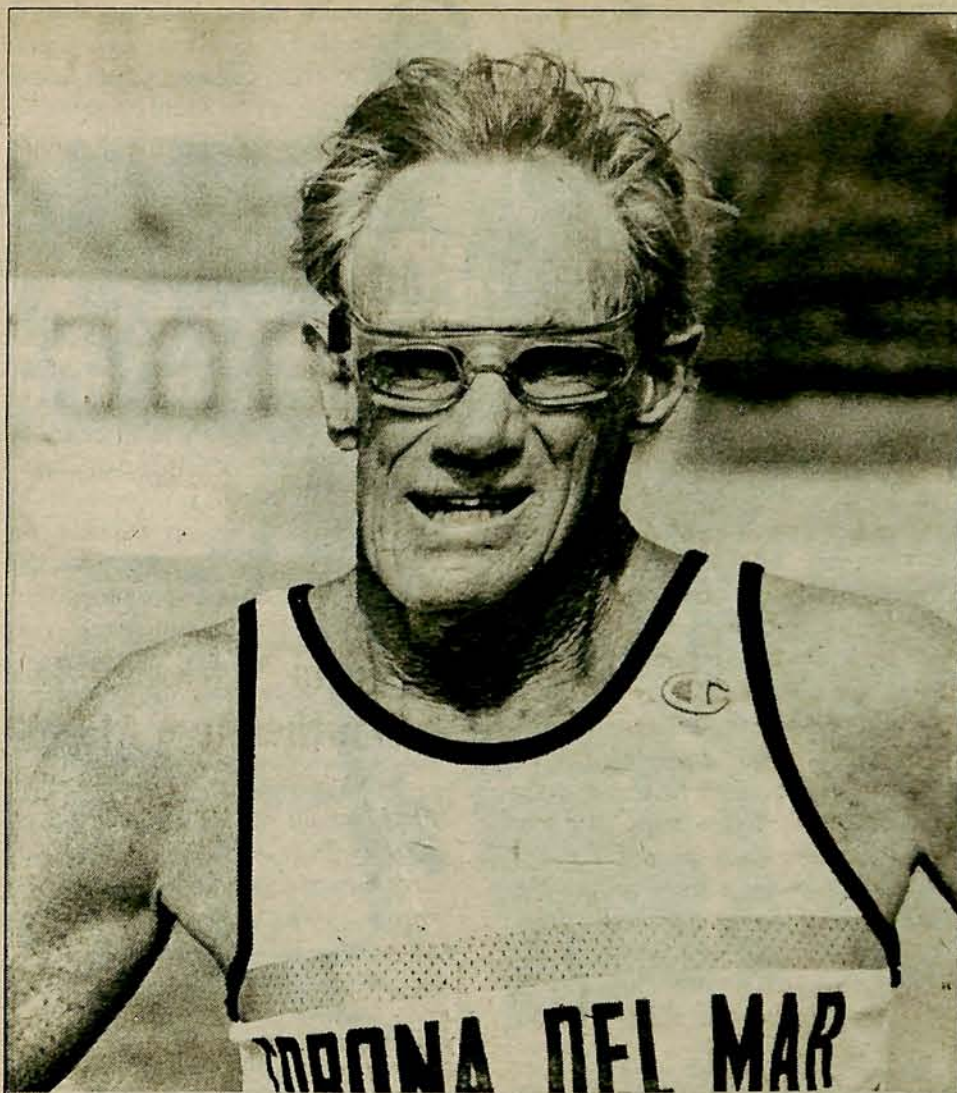
Several meet records were set, some due to events not having been contested before. Events were contested in ten-year age groups, but meet marks were recorded by five-year age divisions.

In the M30-39 division, speedster Tim Walters, 31, tripled in the 110HH (39"), 14.89; the 400IH (36"), 60.49; and the 100M, 11.79. Jumper Dave Mapes, 33, also took three firsts, with a 5'2" high jump; a 17' 3/4" long jump; and a 34' 1 1/2" triple jump.

Barry Kline, 43, stood out in the M40-49 with three meet victories in the 110HH (36"), 17.1; the 400IH (33"), 64.41; and the high jump, 5'6", plus other second and third places. Tom Ragland, 47, long jumped an 18' 6 1/2" meet record despite the rain.

In the M50-59 group, Rudy Bredenbeck, 52, overcame wet throwing rings for a double in the shot and discus, while Fred Hirsimaki, 58, took the 110HH (33") and the long and high jumps for three wins.

Only two M60-69 athletes competed, and thrower Dave Batchelor, 62, out-first-placed runner Fred Weiland, 64, five events to four. □



Al Guidet, 65, winner of 110HH in 18.1 WR, Redlands, May 14.

Sportsfoto by John Allen

1983 TAC National Masters
Track & Field Championships

Date: Friday, September 16 through Sunday, September 18, 1983

Time: See schedule of events

Site: Rice Track Stadium
Rice University (Main and University)

Awards: TAC Medals to first three

Entries: P.O. Box 740728
Houston, Texas 77274
Deadline - postmarked September 1, 1983
Entries will not be accepted after this day; they will be returnedEntry Fee: \$5 for first event \$16 per relay team
\$3 for each additional event \$10 pentathlonRegistration: Pick up packet at stadium prior to event
No refunds for no-shows
Report to start when event calledResults: Results will be published in the November National Masters News.
No results will be mailed. Subscriptions to National Masters News are \$15 per year; write to: National Masters News, P.O. Box 2372, Van Nuys, California 91404

General Information:

- Order of competition: women first, oldest to youngest
- Events 800 and above will be run as one race. If there are too many competitors, races will be seeded according to times submitted.
- 10,000m will be run in two sections: 1) 50 & over and women, clock stops at 1 hour 10 minutes; 2) 30-49, clock stops at 55 minutes.
- Houston will be warm and humid with temperatures in the 80's. Entrants should only seek participation in distance events if they are well conditioned and cautious in their racing strategy.
- There will be a "get-together" at Roy & Mary Cullen's at 7:00 pm on Saturday, September 17. All athletes and officials are invited. Information will be included in your race package.

Hotels:

Tidelands Motor Inn
6500 Main St.
Houston, Texas 77030
(Across street from track)Single - \$39
Double - \$49
(713) 526-4161 (Teresa Flores)Holiday Inn
801 Calhoun St.
Houston, Texas 77001
(Situated downtown, 4 miles from stadium. Transportation to and from track.)Single - \$32
Double thru Quarter - \$34
(713) 659-2222 (Judy Einbinder)

Friday, September 16, 1983:

6:00 pm 100m hurdles (prelims, 70+ & women)
110m hurdles (prelims, 30-69)
6:30 pm 2000m steeplechase (70+)
3000m steeplechase (30-69)
6:50 pm 100m hurdles (finals)
110m hurdles (finals)

Field Events:

5:00 pm hammer
6:00 pm long jump (50+ & women)
6:00 pm high jump (30-49)

Saturday, September 17, 1983:

7:30 am 5000m racewalk
8:00 am 5000m (50+ & women)
8:30 am 5000m (30-49)
9:00 am 100m (prelims)
10:00 am 400m (prelims)
11:00 am 400m relay
- break -
2:00 pm 100m (finals)
3:00 pm 400m (finals)
4:00 pm 3200m relay
5:00 pm 400m hurdles (finals)

Field Events:

8:00 am discus
10:00 am long jump (30-49)
12:00 pm javelin
2:00 pm shot (30-49)
3:00 pm high jump (50+ & women)
3:00 pm pole vault

Sunday, September 18, 1983:

7:00 am 20k racewalk
7:15 am 10,000m (50+ & women) (clock stops 1hr 10 min)
8:30 am 10,000m (30-49) (clock stops 55 min)
9:30 am 200m (prelims)
10:15 am 800m (finals)
12:00 pm 200m (finals)
1:00 pm 1600m relay

Field Events:

8:00 am triple jump
10:00 am shot put (50+ & women)
8:00 am pentathlon

1983 TAC MASTERS TRACK & FIELD CHAMPIONSHIPS

(Please print)

Name (Last) (First) (Initial) Male Female
Birthdate
Address (Street) (City) (Zip) Age 9-16-83

Events Entered	Best Mark 1983	Entry Fee
1.		
2.		
3.		
4.		
5.		
6.		

TAC #

Total Entry Fee:

T-SHIRT ORDER: \$5.00 each

T-Shirt:

Circle shirt size: S M L XL

Total Amount:

TOTAL AMOUNT ENCLOSED: \$ (Make checks payable to HOUSTON HARRIERS)
Mail to: James McLatchie, P.O. Box 740728, Houston, Texas 77274.

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

Signature Date



On Approaching Every Problem With an OPEN MOUTH

by W. MacDonald MILLER

OBSERVATIONS AND REFLECTIONS OF AN INVENTOR (RUNNING)

There's a special mystique about some races. It can't be planned, and it's difficult to explain but, it's unmistakably there. Grandma's Marathon has it, so does Avenue of the Giants, Boston, New York, Honolulu and Peachtree.

There just can't be any prettier place in the country to run than Washington, D.C., in the spring.

Spotsworth Hall III still has to be one of the great names in sport.

How could a guy win a gold medal in four different Olympics in the same event? Think of it — it's impossible, yet Al Oerter did it.

I wonder what ever became of Ted Cain?

I wonder what ever became of that crazy doctor in Redfield, Iowa, who used to put on a Marathon. He not only organized and managed the affair, he logged a seven-hour marathon himself, in spikes!

How could an activity that included people like Paul Spangler, John Dick, and Sister Marion be bad?

In the early days (1970) guys ran the Highland Games Marathon in Boone, North Carolina, in kilts. Afterwards they threw the kaber around as part of the day. Ah, I was a wee lad.

And what is all this Corporate Cup business? Is it a money making scam by someone?

It was years ago in San Diego at one of the first Masters Meets. Laurie O'Hara of England was about to lap Hal Higdon in the 10,000. Hig wouldn't let him do it and took off in a hopeless effort to make up the lap. He didn't, but I'll never forget the effort. Gutty and maybe a tad aloof, Hal is truly a giant in Masters running.

Records are for breaking; time waits for no man, as they say. Now comes Bill Stewart and the passing of an era dominated by one Ernie Billups. Don't bet on it!

The Falmouth Race in spite of all those Democratic accents (how can a grown man say **Cuber** instead of **Cuba**?) and Easterners is a rare treat. Give Tommy Leonard and his buddy, Sharpless Jones, a case of beer; and they'll tell magnificent running stories all weekend long.

I've often wondered what went through the minds of the executives at companies like Converse, Spalding, Wilson, Dr. Sholls and so forth, while

the Japanese, Germans, French, Koreans and Taiwanese marched across our country selling running shoes as fast as they could make them? Not much, I guess.

Does good 'ol Marcellus Miller still do those weird exercises before he runs? People tried to call an ambulance for him before a recent meet.

I never knew much about Canada until I met Ian Hume and Arnolds Ticmanis. They're all fine.

When I was younger I used to duke it out with Bob Boal and Ruth Anderson. I could usually out-kick Bob, but Ruthie was tough.

I always liked to be around Bob Fine until he put his headband over his ears and began warming up for the walk. I mean, everybody stared at us.

Because I manage other people's money for a living, it's rather difficult for me to admit I watched the price of a share of Nike rise more than 100 points — and never bought a share. I did recommend it, but not me Pal — never bought a dime's worth. On the other hand, I starting watching Hyde Athletic Company (Saucony) at about \$2. It is now selling for over \$40 per share; and we bought a ton of it at right around, oh, give or take a point or two either way, say \$40. Converse keeps saying it will market a good running shoe one of these days. They did hire Arthur Lydiard recently and that couldn't hurt. Converse issued stock in the company the other day, amid much stock broker hype. It hasn't done much in the following weeks.

If Bert Lancaster and Josh Culbreath aren't a couple of bad dudes, there isn't any such thing.

You'd think, by now, Jack Greenwood could afford a new T-shirt. Poor guy has been wearing that Kansas rag now for over thirty years.

Remember the Glass City Marathon? Sy Mah always did the registration the night before the race at the Pizza Hut.

If Hilliard Sumner and Walt Butler ever teamed up with Bert Lancaster and Josh Culbreath, I know we'd have some fun.

Gentleman Jim O'Neil reminds me of what a matinee idol must have been — handsome, silent, wealthy.

I heard a rumor Bill Stock has let his hair grow down to his shoulders.

Someone tell Val Schultz and Mike

Tymn about the limit on how many times you can have your picture in NMN. Just what was Penn Mutual anyway?

I never met Ron Laird or Ron Davis but the stories people tell about them are among my favorites.

My favorite line in the hillbilly song about "She got the gold mine I got the Shaft" is when our hero is being admonished by the judge and he pleads to no one in particular, "Why didn't I learn to cook?"

Remember the expression you used to hear when we were kids, "ix-nay." Was that Latin?

I discovered the other day why the business world can be a drag, on occasion. Of the five hours I worked, I was put on hold for three of them.

Nowhere is the different strokes concept more evident than at the races I attend around the country. In California, everyone got in a Hot Tub after the race. In Milwaukee, the couples dry-shave one another.

I hope Phil Mulkey is staying in shape.

How can men (and women) of good conscience and sense not allow women athletes a full Olympic T&F schedule?

How could you have a marathon in Atlantic City and not run on the Boardwalk?

I'll never forget Ken Young's indoor marathon on the University of Chicago's 220 yard clay track. The way those people acted that day, it may also have been the first recorded toxic leak

in America.

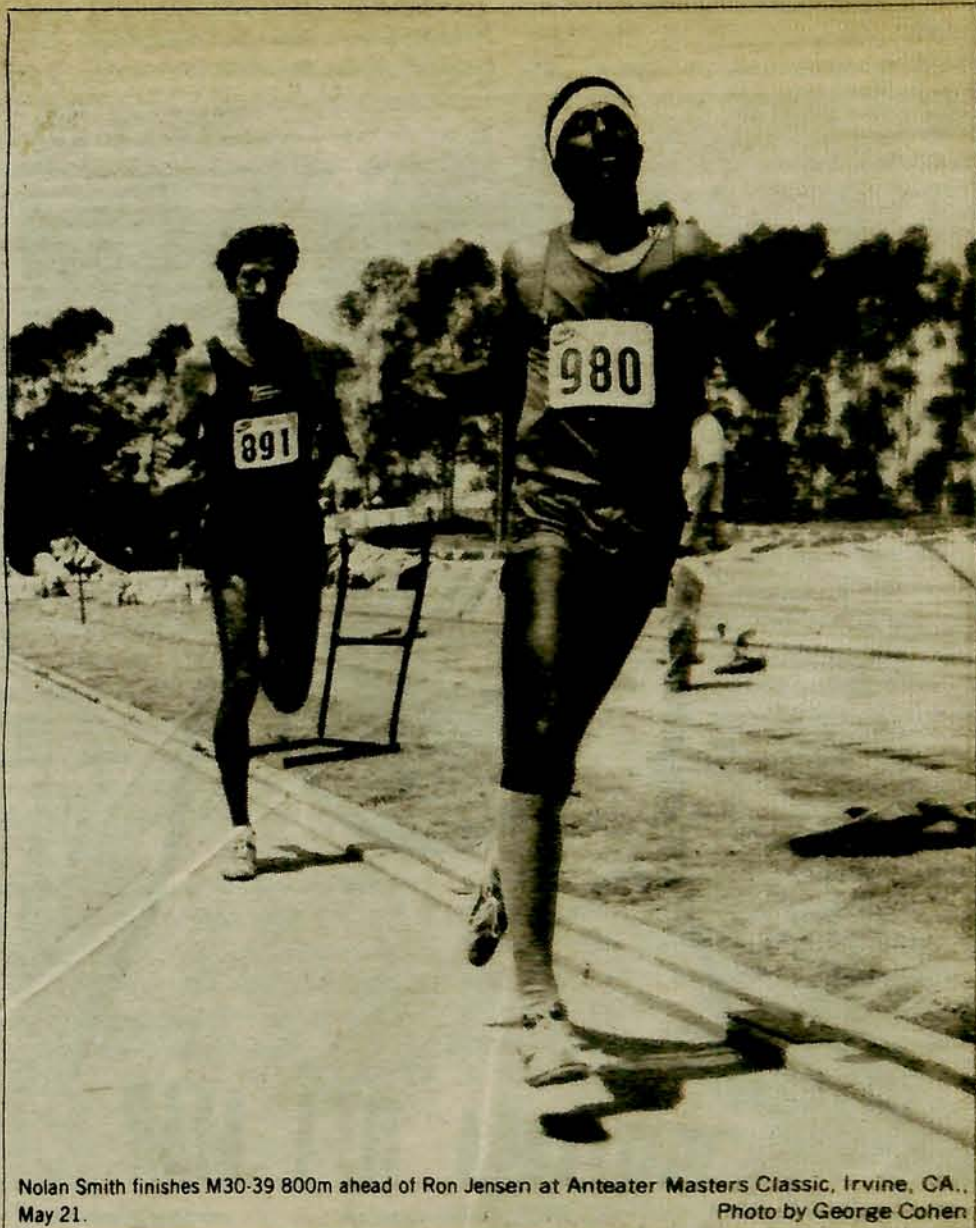
In spite of dramatic protestations to the contrary by Messrs. Chapman, Anderson, Spangler, Deacon and more, the fact remains: we're growing older. Please, God, allow us not to have to grow up.

The bad rap on Los Angeles is as phony as most bad raps. It's still the greatest and the only place the Olympics could possibly have been held in this country. I think the reason I like Chicago is because it's so much like L.A. Remember the line by the Southsider upon seeing Long Beach, "Look, Mother, it's Gary, Indiana, with palm trees."

I never really understood what was going on but I always liked John Brennard doing that postal business in Santa Barbara. It's such a nice place.

I just finished three graduation ceremonies with all their talk about opportunities and the future. I could never escape GBS's old line. "The importance of a college education is simply to avoid going through life worrying whether you missed something. The only way to convince anyone they didn't was to have them go."

That's it, folks, no more zany brand of humor this month. Let me end with a message to our younger members who still might be doing things like this; the next time some he-man, 130-pound marathoner whispers some sweet nothings in your ear, remind him of the modern translation; a loaf of bread, a jug of wine and (\$50) thou. □



Nolan Smith finishes M30-39 800m ahead of Ron Jensen at Anteater Masters Classic, Irvine, CA., May 21.
Photo by George Cohen

Cotton Row

(Continued from page 1)

runners had a chance to battle each other instead of the weather. Of course, there is still that obstacle at two and a half miles that always hurts — Mountain Wood Hill, which takes the runner 105 feet vertically in 200 yards.

Sloan was hampered by a week-long viral infection, and although he was with the leaders for the first mile, it was not his day for a good race. Instead, Cotton Row IV developed into a three man race among Conway, Ewing and Duarte.

The trio was together as they went through one mile in 5:02. "I was surprised to find myself in the lead after the first mile," Conway said. "I usually just try to relax in the first part of the race."

Between miles one and two, Ewing moved into the lead with Duarte behind. Conway stayed in third, all hitting two miles about 10:12. Soon after the two mile mark, Duarte took the lead from Ewing, but by the time they reached to foot of Mountain Wood, Ewing was up front. Duarte worked the hill harder and led by two or three yards at the top.

At the three mile mark, about a quarter mile after the top of Mountain Wood, Ewing caught Duarte. Their three mile split was 15:46. That 5:34 effort on the third mile, which includes the hill, may have made the difference. Just past the three mile mark, there is a slight uphill before the course turns sharply left to start the one-mile downhill. Ewing moved ahead of Duarte on this grade, then made a strong surge to try to break away from Frank as they started downhill. Ewing recalled, "I decided to make a strong move when we started down to see if I could get away from him. I had not seen Dan after we left Mountain Wood, and it really shocked me when he caught me about half way down the long hill and moved ahead about 20 yards. At that time I thought I could come back on him, once things leveled off at about four and a half."

Conway said that he tried not to race Duarte and Ewing on the hill in order to save the effort to use on the down side. His tactic proved decisive, as Ewing was never able to close the gap that Conway opened before the 4 mile mark. Neither runner could remember their splits for the last half of the race, but Conway must have run close to a 4:40 mile between three and four. "I was really hurting during the last two miles," the Wisconsin PE teacher commented, "but I knew Jim would have to expend a lot of energy to close the gap, and I felt that I had a little left for the final quarter-mile if I needed it."

As it turned out, Conway never had to make the "gut-check."

Conway's time of 31:18 was better than the listed NRDC age 44 record for a closed course, and 19 seconds faster than his winning time at Cotton Row

last year. Kirk Randall from Wellesley, Mass., took fourth in 32:20, and Alabama's top master, Morgan Looney, ran a 32:33 for 5th. Long time southern ace, Ken Winn, finished 8th to take the 45-49 title in 32:43 and win one of the four men's trips given by Nike. The other three trips went to Conway, Ewing and Duarte.

Mike Heffernan from Portland, OR, and Art Williams, a Greenville, SC, runner who recently turned 40, had a close battle for 6th with Heffernan taking a one second victory. Flu-weakened Ireland Sloan held off Ralph Zimmerman by less than a second in the closest contest among the fine field of male masters.

Shirley Weaver from Great Falls, MT, upheld her top seed among the female masters with a 38:11 to finish 8th among women. Southern runner Elfreda Wyner of Jacksonville, FL, served notice that she will be one of the nation's top masters with a 38:37 for second. Both won Nike Grand Prix trips.

Mae Cleveland, Tallahassee, FL, was 3rd 40+ woman, in 41:16, Mary Ann Wehrun, Memphis, TN, who has been the top southern female master this season, was slowed by an ankle injury in this final race of Racing South's Grand Prix series. However, Mary Ann won the first southern female master title and a trip to the Cascade Run Off in June.

Iowa school teacher John Wellerding beat the best runners the south offered in a course-record-breaking 29:10 performance, and Florida State grad student Darien Andreau won the female title in 34:53, as 2400 runners took part in this Memorial Day celebration. □



Ross Smith, 55, Reno, finished Viking 8K, Portland, OR, in 27:54; earned Nike Grand Prix finals trip.



TAC WESTERN REGIONAL MASTERS AND SUBMASTERS CHAMPIONSHIP TRACK & FIELD MEET

AUGUST 20, 21, 1983

Los Gatos High School & San Jose City College
Los Gatos, California

Hosted by

LOS GATOS ATHLETIC ASSOCIATION, TAC/USA, NIKE

ENTRY DEADLINE AUGUST 16, 1983

- FACILITIES:** 8 lane Chevron 400 all weather track. 1/4" spikes only. Concrete throwing rings. Grass javelin runway at San Jose City College.
- ELIGIBILITY:** Men and women in 5 year age groups from age 30 with a 1983 TAC registration number.
- FEES:** \$6.00 per event. \$16.00 per relay team — all from same club.
- ENTRY DEADLINE:** Tuesday, August 16, 1983. No post entries except by phone. \$10.00/event depending on available space in event. Relay teams may enter on meet days with all runners from same club.
- TAC REGISTRATION:** Required registration, 1983 number available at meet for \$6.00.
- AWARDS:** Medals for first 3 places in each age group. Random drawings for merchandise.
- BARBEQUE:** Saturday evening — delicious hamburger BBQ adjacent to track — complete with salad and beverages: \$5.00. Wooded shaded nature area at our Boy Scout facility.
- DECLARATION:** Scratches must be declared by Friday in all events run in lanes or disqualification from all subsequent lined events will result.
- NOTE:** Hammer, javelin, steeplechase will be held at San Jose City College. 20K walk will be held at 7:00 AM Sunday morning at Vasona Park. Course map available race day, or mail self-addressed stamped envelope.
- HOUSING:** Los Gatos Lodge, 354-3300. Los Gatos Garden Inn, 354-6446. Los Gatos Motor Inn, 356-9191. Village Inn, 354-8210.

SATURDAY, AUGUST 21

TRACK

8:00 AM 5 K WALK
9:00 AM 10,000 m
10:00 AM 400 m HEATS
11:00 AM 400 m RELAY
11:30 AM 100 m HURDLES, MEN 70+ & WOMEN
11:45 AM 110 m HURDLES
12:30 800 m
LUNCH BREAK
2:00 100 m HEATS & FINALS
3:15 400 m FINALS

FIELD

9:00 AM HIGH JUMP, MEN 60+ & WOMEN
10:00 AM POLE VAULT, 50+
10:00 AM HIGH JUMP, 30-59
11:00 AM LONG JUMP, MEN 50+ & WOMEN
11:00 AM POLE VAULT, 30-49
11:30 AM SHOT PUT, MEN 50+ & WOMEN
11:45 AM LONG JUMP, 30-49
12:30 PM SHOT PUT, 30-49
2:00 PM DISCUS
BBQ 5:00 to 7:00 PM AT SCOUT HUT

SUNDAY, AUGUST 22

TRACK

7:00 AM 20 K WALK — VASONA PARK
8:00 AM STEEPLE CHASE — SAN JOSE CITY
8:00 AM 5 K RUN, WOMEN 60+
8:30 AM 5 K RUN, 40-59
9:00 AM 5 K RUN, 30-39
9:00 AM PENTATHALON — SAN JOSE CITY
9:30 AM 200 m HEATS & FINALS
10:30 AM 400 m
11:15 AM 1500 m
12:15 PM MILE RELAY
PENTATHALON WILL COMMENCE AT 9:00 AM AT SAN JOSE CITY COLLEGE

FIELD

9:00 AM JAVELIN — SAN JOSE CITY
10:30 AM TRIPLE JUMP
11:15 AM HAMMER — SAN JOSE CITY

TAC/USA WESTERN REGIONAL MASTERS AND SUBMASTERS CHAMPIONSHIP TRACK & FIELD MEET ENTRY DEADLINE AUGUST 16, 1983

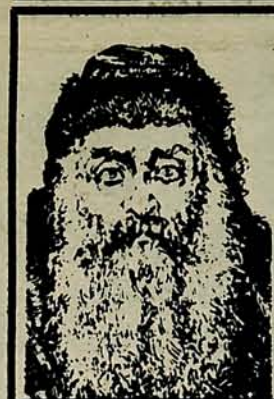
BRUCE SPRINGBETT, Meet Director
P.O. Box 1328, Los Gatos, California 95030
408/354-2005

Name _____	Address _____
(LAST) (FIRST)	(NUMBER & STREET)
Phone _____	(CITY) (STATE) (ZIP)
Date of birth _____	Circle one: MALE FEMALE
Age as of August 20, 1983 _____	
Events entered & best time 1983 _____	
Club affiliation _____	
Amount enclosed _____	Your 1983 TAC # _____
(Make checks payable to Los Gatos Athletic Association, Inc.)	
NO REFUNDS FOR DEFAULT	

WAIVER:

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Nike, San Jose City College, Los Gatos Athletic Association, TAC Pacific Association, Los Gatos High School, and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the TAC/USA Western Regional Masters and Submasters Championship Track & Field Meet held August 20 and 21, 1983, at Los Gatos High School, Los Gatos, California, and at San Jose City College.

Date _____ Signature _____



Phil the Philosopher

by PHIL CONLEY

FRIENDSHIPS: Revisited

Earlier this year I wrote a two-part column on address books, writing, the telephone, and establishing and maintaining friendships. No other subject evoked nearly as much comment from the readership and my friends to whom I direct copies of NMN. This month I have selected excerpts from that commentary and personal feedback.

An article appearing in *U.S. News & World Report*, authored by Professor Hugh Kenner of Johns Hopkins University, stated,

"Most people today do less writing than people did 50 years ago. In the past, people wrote invitations to come to lunch - and they wrote refusals to come to lunch. That kind of random, trivial correspondence meant that picking up a pen was not an abnormal act.

"But the invasion of the telephone changed all of that. Now writing is an abnormal act. It has reached the point where writing a letter is something people gird themselves for. In many people's lives, very little writing goes on. There is not need for it."

My step-mother, Phebe Conley, writes as follows: "Friendship is something that has been very much on my mind. My damaged right hand has written 86 personal letters of thanks since my (90th) birthday. There are still a few more to go. These were not all to my Vassar classmates, whom (son) Jim alerted to the situation. Which are friends? Which were casual and pleasurable companions for just a while? What differentiates the term "friend" from all the others I know and like, or don't like? Can you be a

real friends when you have not seen the person for 50 years? How about that most important quality, mutuality of feeling?"

Bruce Kennedy, a 1980 Olympic javelinist wrote in February, "It is indeed sad how relationships drift apart once a common interest falls away. To date, not a single track acquaintance has contacted us since I started at Stanford last September.

"When I first went to boarding school at age 8, it was compulsory that we wrote to our parents every Sunday night. Since then, other than when I was living at home, I can honestly say that no matter where I was in the world, every Sunday night I wrote home."

Bruce's wife, Barbara, writes, "I used to love to write letters and still feel I express myself best in writing. Alas, I do so much repetitious writing on my job that my creative energies seem to fade away at letter writing time.

"I don't believe I've ever remarked to you how truly grateful we are to receive many articles you set aside and send to us. How many times does one read something that would interest a friend, but one doesn't take time to cut, save and mail! These various and sundry "missives" are constant reminders of our friendship and are greatly appreciated."

Sid Gendin of the Philosophy Department at Eastern Michigan University says: "Another factor in favor of letters (as opposed to the telephone) is that you don't feel pressured to say something, simply to

keep a conversation going. Neither does that happen when friends are together. Their sheer presence is often enough for each other. But when nothing is going on during a phone call, the "conversation" is like death. Phone calls need conversation while letters or real presence do not.

According to Aristotle, true friendship can only exist between good people because you can only like a person for his good qualities. But although it may be that you like a person because of his good qualities, yet it is the person you like, and not the qualities. People are not interchangeable. Furthermore, it seems as if you can like someone because he has qualities similar to your own.

"Finally, perhaps being a friend requires, to some degree, having created a personal "concept of friendship" so that you know what friendship really entails."

John E. Gibson writing in the February 13, 1983, issue of *Family Weekly* says: "A sociological study on friendships of men and women, conducted at Temple University, found the friendships of women to be more personal and emotional than those of men. The results also showed that women overwhelmingly reveal many of their fears and anxieties to their best friends, while men...do not. The close-friend relationship between women is generally defined as one which involves self-revelation and self-acceptance, whereas the close-friend relationship between men is subjectively defined as **doing things together.**"

Gibson further discusses two distinct personality types; the "external" person who tends to feel controlled by luck and destiny, and the "internal" type who feels that one controls his or her own fate. Each type appears to establish close-friend relationships only with members of the same personality type.

A thoughtful woman from the midwest wrote as follows: "Males are much more devastated by broken friendships than females. I suspect females expect less of others, so are never too surprised at anything. Loyalty is probably the only thing in our economy which has gone down in price rather than up. Greed and hunger for power can just knock the hell out of friendship.

"I have lived here all my life and know this little corner of the world pretty well. I have some good friends here, but the friendships I really value are not here - they are the friendships my husband and I have formed through the Masters track program. You are the people who seem to like one another; there seems to be minimal jealousy and most people are willing to help one another. I truly value these friendships - mostly men. I guess having grown up with 3 older brothers, I just feel more comfortable with male friends than female."

The legendary Walt Stack of San

Francisco writes, "Thank you for sending the interesting column on friendships. You're not the half-assed philosopher you used to be, you're getting to be the whole real thing! By the way, do you know the definition of a smart ass? He's the one who can sit on an ice cream cone and tell the flavor!"

A friend, Ken Lorell of Los Altos, talked about the disposition of friends to feel comfortable with a debtor/debtee relationship and how that relates to the giving and receiving of favors and kindnesses. He said, correctly, that I always display an overwhelming desire to remain "out of debt" to my friends. It is true that I do not want to feel obliged, and that I do "keep track", more or less about "who owes whom." This is what I am, and probably will not change. I must recognize, Ken suggests, that this attitude limits friendships with those who are more liberal and appreciate wider amplitudes of favors and kindnesses, both given and received.

Another friend, Bill Benz of Palo Alto, wrote, "I think that you are more analytical about friendships than I am. Unfortunately I am generally quite negative about people at first, and require them to prove their worth. I come to like people better as I get to know them better. Thus, I can have a lot of casual friendships. I do not go through a weed-out process on the issue of where and with whom to allocate my friendship dollars.

"Your nature in all things is consciously to test, weigh and focus. This coupled with your use of writing, which promotes improved communication between friends, probably gives you a better process for maintaining selected friendships over long periods."

Indeed the most poignant letter in this flurry of mail came from an Olympic javelinist (female) with whom I have worked and encouraged. She ended her letter by saying that she had recently rewritten her address book, thanked me for my everlasting presence in her life, and that she had copied MY NAME in her new book IN INK! □

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HIGH ALTITUDE TRAINING

Run in 8000 - 11000 foot beautiful Sierra Nevada Mountains in Mammoth Lakes, Calif. World famous ski area is ideal for sports-minded vacationers in summer and fall. Unmatched running on roads to 11,000 feet, back country trails to 14,000 plus. Three road races plus a music/arts festival are scheduled for August. (including the world's highest 10K.) Beautiful summit resort condominiums have mountain view, pool, jacuzzi, saunas and tennis courts. Local area has mountain climbing, hiking, horseback riding, water skiing and California's finest fishing. Write or call for details.

John Cosgrove - Masters finalist, Corporate cup championships 82
7411 Earldom Ave.
Playa Del Rey, Calif. 90191
(213) 823-9448



Philadelphia Masters 60+ Relay team, which ran blazing 4:32.8 4x400m, Franklin Field, May 15. L. to R. Claude Hills, Don Harris, Dave Hall, Jay Sponseller.
Photo by Pete Taylor

ANTEATER CLASSIC

(Continued from page 1)

8 lb. shot for a world 60-64 best of 55'4". Red Doms broke is month-old age 76 WR's in the discus, with a 113'3" throw, and the shot, with a 37'10" put. Larry Stuart set a new 45-49 javelin AR with a 211'4" mark. Dave Douglass won the 50-54 hammer (12 lb.) with a 132'1" throw. Shirley Kinsey, 53, upped her recent age-group AR in the javelin with an 87'9" hurl.

In the 110HH, Tom Patsalis, 61, and Al Guidet, 65, set new single age AR's; Patsalis, with a 16.2, and Guidet, with 18.1.

Over 250 athletes showed up at the top-notch UCI track in Orange County, some 40 miles southeast of the center of Los Angeles. □

Avon

(Continued from page 1)

masters championships would have been obscured. There could have been an improvement by numbering the masters separately and seeding many of them.

Fortunately, it was a U.S. Championship. Joyce Smith's 2:34:39 for fifth place overall at age 45 was tough enough to cope with, but she's English and all of us know how tough they are. And anyway she's done so many

marathons in the 2:29 - 2:35 range, they're not news.

The U.S. masters found the course more difficult than Smith apparently found it. First in was Rose Gardner in a PR of 3:00:10. Patty Lee Parmalee of New Yorks Atalanta TC ran 3:06+, Toshiko d'Elia also from Atalanta, N.Y. was third U.S. master with a 3:10. Julia Emmons of Atlanta (Georgia) was third in the 40-44 division.

Margaret Miller finished nearly unnoticed and easily captured the 55-59 title. Four women over 70 finished this historic marathon, and Mavis Lindgren, 76, was headed for the first time by a woman in the 70's as Fenya Crown of Beverly Hills won the 70-74. Bess James, 73, and Felicitas Salasar, 72, both of Southern California, did well also.

Executive Race Director Valerie Johnson and Race Administrator (and course designer) John Brennand can be proud of this test run of the 1984 Olympic course. It is challenging in the beginning, but with an early morning start in early June with overlying clouds, the course was near-perfect, at least for some who got PR's. Whether the course in August at a later hour with potentially smoggy conditions will prove to be safe is moot; it will certainly be competitive. □



Mavis Lindgren and Barbi Benton, after Avon International Marathon, June 5, 1983, Los Angeles. Photo by Richard Lee Slotkin

**WEST VALLEY MASTERS
TRACK & FIELD MEET****JULY 23, 24, 1983****Los Gatos High School & San Jose City College****Los Gatos, California****Hosted by****LOS GATOS ATHLETIC ASSOCIATION, TAC/USA, NIKE****ENTRY DEADLINE JULY 19, 1983****FACILITIES:**

8 lane Chevron 400 all weather track 1/4" spikes only. Concrete throwing rings. Grass javelin runway at San Jose City College.

ELIGIBILITY:

Men and women in 5 year age groups from age 30 with a 1983 TAC registration number and men and women age 18 - 29 non-national standard achievers with 1983 TAC registration number.

FEES:

\$6.00 per event. \$16.00 per relay team — all from same club.

ENTRY DEADLINE:

Tuesday, July 19, 1983. No post entries except by phone. \$10.00/event depending on available space in event. Relay teams may enter on meet days with all runners from same club.

TAC REGISTRATION:

Required registration, 1983 number available at meet for \$6.00.

AWARDS:

Medals for first 3 places in each age group. Random drawings for merchandise.

BARBEQUE:

Saturday evening — delicious hamburger BBQ adjacent to track — complete with salad and beverages: \$5.00. Wooded shaded nature area at our Boy Scout facility.

DECLARATION:

Scratches must be declared by Friday in all events run in lanes or disqualification from all subsequent lined events will result.

NOTE:

Hammer, javelin, steeplechase will be held at San Jose City College. 20K walk will be held at 7:00 AM Sunday morning at Vasona Park. Course map available race day, or mail self-addressed stamped envelope.

HOUSING:

Los Gatos Lodge, 354-3300. Los Gatos Garden Inn, 354-6446. Los Gatos Motor Inn, 356-9191. Village Inn, 354-8210.

SATURDAY, JULY 23**TRACK**

8:00 AM 5 K WALK
9:00 AM 400 m HEATS
9:30 AM 5 K RUN, MEN 60+ & WOMEN
10:00 AM 5 K RUN, 40-59
10:30 AM 5 K RUN, 18-39
11:00 AM 400 m RELAY
11:30 AM 100 m HURDLES, MEN 70+ & WOMEN
11:45 AM 110 m HURDLES
12:30 PM 800 m
LUNCH BREAK
2:00 PM 100 m HEATS & FINALS
3:15 PM 400 m FINALS

FIELD

9:00 AM HIGH JUMP, MEN 50+ & WOMEN
10:00 AM POLE VAULT, 50+
10:00 AM HIGH JUMP, 18-49
11:00 AM LONG JUMP, MEN 50+ & WOMEN
11:00 AM POLE VAULT, 18-49
11:30 AM SHOT PUT, MEN 50+ & WOMEN
11:45 AM LONG JUMP, 18-49
12:30 PM SHOT PUT, 18-49
2:00 PM DISCUS

BBQ 5:00 to 7:00 PM AT SCOUT HUT

SUNDAY, JULY 24**TRACK**

7:00 AM 20 K WALK — VASONA PARK
8:00 AM STEEPLE CHASE — SAN JOSE CITY
9:30 AM 200 m HEATS & FINALS
10:30 AM 400 m IH
11:15 AM 1500 m
12:15 MILE RELAY

FIELD

9:00 AM JAVELIN — SAN JOSE CITY
10:30 AM TRIPLE JUMP
11:15 AM HAMMER — SAN JOSE CITY

**WEST VALLEY MASTERS
TRACK & FIELD MEET
ENTRY DEADLINE JULY 19, 1983**

BRUCE SPRINGBETT, Meet Director
P.O. Box 1328, Los Gatos, California 95030
408/354-2005

Name _____ (LAST) (FIRST) Address _____ (NUMBER & STREET)
Phone _____ (CITY) (STATE) (ZIP)
Date of birth _____ Circle one: MALE FEMALE
Age as of July 23, 1983 _____
Events entered & best time 1983 _____
Club affiliation _____
Amount enclosed _____ BBQ Your 1983 TAC # _____

WAIVER:

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Nike, San Jose City College, Los Gatos Athletic Association, TAC Pacific Association, Los Gatos High School, and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the West Valley Masters Track & Field Meet held July 23 and 24, 1983, at Los Gatos High School, Los Gatos, California, and at San Jose City College.

Date: _____ Signature: _____



RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

FEET, SHOES AND SOCKS

If there is one subject that dominates runners' conversations, it is feet. Perhaps because the feet are the first to suffer from the effects of repeated concussions, weight bearing, slipping and sliding. And perhaps because the feet are the most distal elements of the anatomy, they receive the least consideration from the central slave-driver—the brain.

Rubbing the forefinger and the thumb together ten-thousand times will produce a blister. And, yet runners are dismayed and surprised that after a workout involving twenty thousand concussions at several hundred of pounds of pressure, the feet respond to the insult by developing blisters. Or hematomas or bone spurs or some pathology combining elements of all three of these.

Fortunately for all of us, blisters usually result in pain. If it were not for the pain most runners would probably abuse the poor feet beyond redemption. Pain is a gift. A gift reminding us to take it easy. And rest. And take care of the feet. And a number of other time consuming consideration that all runners find unpleasant.

There is a way to avoid these problems. If we prepare the feet for distance running as we prepare the rest of our anatomy and physiology, blisters and sore feet can be avoided.

The newest of the running shoes are superb examples of modern design and engineering. And, what is more, they do the job at hand very well. They have survived in the market place of the running public, which is indeed a super-critical and demanding consumer group.

Choosing the proper shoes is always easy for me. I always buy my footwear in a shop where the owner is a runner and the sales personnel are runners. And I feel comfortable in following the suggestions I receive on the current state of the art—what will do the best job for me. . .for the dollar.

All of the distance runners I am familiar with have multiple pairs of shoes at hand. Each pair for a purpose. The modern shoe store offers a feast of shoe selection. The large variety permits optimal performance under any given condition. Whether the condition be the weather, or the terrain to be traversed, or the distance to be covered. Because the runner-salesperson is well informed and also

motivated to provide satisfaction, I pay close attention to his suggestions. This person knows of the experience of other runners with a given shoe. . .and helps me to avoid disappointments. And frequently fits me with a pair of shoes currently on sale or discounted.

Once the new shoes are at home I wear them about as casual shoes for a number of days, and even weeks if possible. This permits the feet and the inner lining of the shoe to adjust gradually to their long term, intimate relationship.

A small thing here. . .but, one small solution to what was, for me, an important and long term problem. A problem that kept me injured off and on for the better part of a decade. A problem that still comes back to haunt me if I'm not careful.

Most running shoes have an arch that is too low for my foot. As a result I two-point foot-strike, with the heel and forefoot getting very high loading. To minimize this I modify my shoes and build up the arch. In the early days I accomplished this by adding foam and felt to increase arch height. But, after much experience and with the newer shoes, I can accomplish all of this, and avoid the mickey-mouse, simply by adding a Dr. Scholls metatarsal triangle between the memory sole and the inner sole. Now the weight bearing is distributed more equitably both fore and aft as well as medial to lateral. The success of this little modification has not only made my feet far more comfortable, but has vastly improved foot strike and stride. In addition my knee and hip injuries are rarely a problem.

Some runners work out and compete with shoes but not socks. I have tried this and do enjoy the lighter feeling. But, in Minnesota winters my feet would freeze. And our springs and summers seem to be too short to let my feet make the slow adjustment. By progressive thickening of skin in the rub areas, and the loss of impact absorption that socks provide. Perhaps the socks also limit some injuries by providing increased absorption of sweat, and when a small stone finds its way into the shoe, the sock cushions the foot against this small insult.

There are a variety of materials available in the current running socks. I prefer a mix of wool and nylon, or straight cotton. But, runners disagree



Huntsville, Ala., master, 57 year-old Alene Park after winning 50+ division, Cotton Row Run, May 30.

Photo by Greg Machen, Huntsville News

on this. And this is another of those decision areas that should result from experimenting.

To vaseline or not? I somehow always decide moments before a long workout or at the sound of the starter's gun. And live to regret this. On the other hand I put too much on and felt as though I was about to slide down the camber of the road. If the decision is to vaseline, I put small amounts on the critical area early on, long before running, and then repeat this once or twice before the event. This allows the socks to absorb their share of grease and still leave enough to lubricate the skin surface.

Perhaps, since I'm an important doctor and know everything, one of the early articles will deal with blister management. Since, at your reading of this I will have just run in Grandma's Marathon, you will have an opportunity to read your choice of: an expert in pain, or a painful expert.

As I suggested in last month's National Masters News, I would greatly welcome your comments and questions. You may write to my home, where all of this magnificent prose is hatched:

Dr. Alex Ratelle
6621 Mohawk Trail
Edina, MN 55435. □

CALL FOR 1984-85 LDR SITES

by BOB BOAL, TAC National Masters Long Distance Running Chairman

At this time, all TAC National Masters Long Distance Running Championships are open for bid for 1984, except: 5K Road on February 5 in Clearwater, Florida; 10K Road on September 8, 1984 in North Creek, New York; 10K Cross-Country on November 17-18, 1984, in Holmdel Park, N.J.; and 20K Road on January 22 in Sacramento, Calif.

We need a calendar, well balanced, geographically and chronologically. Now is the time to consider getting your TAC Association LDR program to bid for a championship in 1984 or

1985.

For 1985, all are open except the 10K on January 10, 1985 in Clearwater, Florida.

The full calendar of Masters LDR Championships is: 5K Road and X/C, 10K Road and X/C, 15K Road and X/C, 20K, 25K, 30K, Marathon, 50K, 50-mile, 100 mile, 8K Road at the time and site of the TAC Convention, and one- and two-hour postal runs.

Bids received by October 1 for championships for the first half of 1984 will be reviewed and voted upon by the Masters LDR Executive Committee. The remaining bids will be voted on at the TAC Convention in Indianapolis in December. □



2 Months to go COUNTDOWN TO PUERTO RICO

By: RAFAEL A. SERRATI
Administrative Officer
V World Veterans Games

There are only about 90 days left before the opening of the V World Masters games. We are happy to report that we have received a substantial number of entries, from 37 countries, spanning five continents, making the games a real world-wide event.

The cross-section of entries already received includes world record-holders, ex-Olympians, real veterans of the previous four games, and, of course, novices participating for the first time. The female representative, so far, is relatively higher than previous games.

However, our original estimate of 5,000 participants seems unattainable. This estimate was based on early information obtained from about 50 of the 62 countries known to have some sort of Masters movement.

Actual indications at this time are, that we could have between 2,800 and 3,000 participants. The big difference between the original estimate and ac-

tuality is that world-wide inflation and economic conditions were more of a factor than originally weighed.

Anyway, a meet with 3,000 athletes, should turn out to be a very interesting event. In fact, the lower figure will help us in eliminating some of the burden of such a tight schedule as originally planned. This, we will know for certain, once the entries are closed and our computers start to tick.

The entries received by us are being confirmed to each participant in a form letter which includes a summary of the statistical information contained in the entry form. This form should be checked by each participant, and in case of any discrepancies, we should be advised right away.

PHOTOS — Some people are still inquiring as to the reason for our request for 2x2 photos. One of these will remain with the entrant's file, while the other will be used for the ID card of each participant. This ID card will facilitate the access to restricted areas, like the field, warm up areas, and the

olympic pool. This pool, located right across from the main stadium, will be set up as an information center, and a lounge area for athletes and their families. And don't forget your bathing suits, since a dip in between events is not such a bad idea with the temperature in the 80's.

TRANSPORTATION — We want to be sure everyone understands what our transportation service comprises. When you subscribe to our service, you will be entitled to use our shuttle-type system between all the participating hotels and guest houses, and the stadiums. Obviously, we will not be able to run right in front of every hotel or guest house, but the selected routes will go very near every one of them. This route and the stops will be clearly marked and you will get a map of same and the schedule upon arrival at San Juan. The fee for this service is \$10 per person, and the passes can be obtained at our registration center upon arrival at San Juan. We want to make clear that this service does not include transfers to and from the airport.

HOTELS AND GUEST HOUSES: As you know, we selected various hotels and guest houses for the accommodation of all participants and their families. In case you have not made your arrangements yet, we are publishing, in this issue of NMN, an updated listing of accommodations still available, and the rates. The special rates quoted are only available to you if the reservation is made
(Continued on page 14)



Barbara Durham, Reno, Nev., 1st 50+ and 131/overall, Raley's Marathon, Sacramento, CA., April 9. Photo by Gene Cohn

Only 2 months to go!!

Fifth World Veterans Games in San Juan

23 September - 02 October 1983

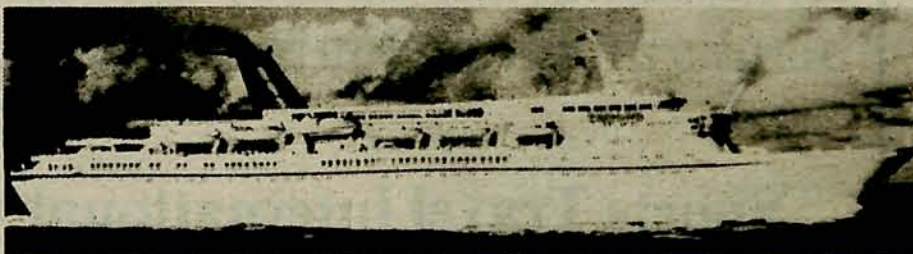
FLY American Airlines from New York
STAY 9 nights at the Regency Hotel
Airfare, hotel and transfers: \$479 per person

Optional
Extension

AND then on 01 October leave San Juan for 7 nights on
YOUR CUNARD COUNTESS CRUISE

Only \$778 per person, additional (plus port tax)
Cruise option must be purchased with land program.

Discover a different Caribbean island almost every day



CUNARD COUNTESS Registered in Great Britain
New adventures, "new" ship. Cunard Countess has just been redone from stern to stern and redecored. There are fabulous new facilities. Plus acres of open deck, outdoor pool and cafe, paddle tennis, sauna, nightclub, bars, 4 sumptuous meals a day.



All prices quoted from New York gateway.
Departures available from other cities.

DAY	PORT	ARRIVE	DEPART
Saturday:	San Juan	—	7:30 pm
Sunday:	At Sea	—	—
Monday:	Caracas (La Guaira)	8:00 am	5:00 pm
Tuesday:	Grenada	2:00 pm	7:00 pm
Wednesday:	Barbados	8:00 am	7:30 pm
Thursday:	Martinique	8:00 am	2:00 pm
Friday:	St. Thomas (St. John)	10:00 am	11:30 pm
Saturday:	San Juan	8:00 am	—

Note: Times stated are approximate and subject to change.

Call today for complete information: Diana Schneider (212) 496-1900
Simone Travel Bureau • Suite 500 • 2112 Broadway • New York N.Y. 10023

There is still some confusion regarding the different weights, heights and distances used by WAVA and TAC in some age groups. Below are both WAVA and TAC measurements. Each is expressed in both metric and English. The international (WAVA) standards will be used at the V World Veterans Games. The U.S. (TAC) standards will be used at the TAC National and Regional T&F Masters Champ

INTERNATIONAL COMPETITION (IAAF & WAVA)		UNITED STATES COMPETITION (TAC)		INTERNATIONAL COMPETITION (IAAF & WAVA)		UNITED STATES COMPETITION (TAC)	
KILOS	POUNDS	KILOS	POUNDS	KILOS	POUNDS	KILOS	POUNDS
SHOT PUT				JAVELIN			
MEN				MEN			
HS				HS			
18-39	7.26K 16 lb.	5.44K 12 lb.	7.26K 16 lb.	18-39	800 gm.	800 gm.	800 gm.
40-49	7.26K 16 lb.	7.26K 16 lb.	7.26K 16 lb.	40-49	800 gm.	800 gm.	800 gm.
*50-59	5.50K 12 lb. 2 oz.	5.44K 12 lb.	5.44K 12 lb.	50-59	800 gm.	800 gm.	800 gm.
*60+	4.00K 8 lb. 13 oz.	3.63K 8 lb.	3.63K 8 lb.	60+	600 gm.	600 gm.	600 gm.
WOMEN				WOMEN			
HS				HS			
18-34	4.00K 8 lb. 13 oz.	4.00K 8 lb. 13 oz.	4.00K 8 lb. 13 oz.	18-34	600 gm.	600 gm.	600 gm.
35-49	4.00K 8 lb. 13 oz.	4.00K 8 lb. 13 oz.	4.00K 8 lb. 13 oz.	35-49	600 gm.	600 gm.	600 gm.
50+	3.00K 6 lb. 10 oz.	3.00K 6 lb. 10 oz.	3.00K 6 lb. 10 oz.	50+	400 gm.	400 gm.	400 gm.
DISCUS				400 METER HURDLES			
MEN				MEN			
HS				HS			
18-39	2.00K 4 lb. 6 1/2 oz.	1.616K 3 lb. 6 1/2 oz.	2.00K 4 lb. 6 1/2 oz.	Open	.914m 36"	.914m 36"	.914m 36"
40-49	2.00K 4 lb. 6 1/2 oz.	2.00K 4 lb. 6 1/2 oz.	2.00K 4 lb. 6 1/2 oz.	*40-49	.914m 36"	.840m 33"	.840m 33"
*50-59	1.50K 3 lb. 5 oz.	1.616K 3 lb. 6 1/2 oz.	1.616K 3 lb. 6 1/2 oz.	*50-59	.840m 33"	.762m 30"	.762m 30"
60+	1.00K 2 lb. 3 1/2 oz.	1.00K 2 lb. 3 1/2 oz.	1.00K 2 lb. 3 1/2 oz.	60+	.762m 30"	.762m 30"	.762m 30"
WOMEN				WOMEN			
HS							
18-34	1.00K 2 lb. 3 1/2 oz.	1.00K 2 lb. 3 1/2 oz.	1.00K 2 lb. 3 1/2 oz.				
35+	1.00K 2 lb. 3 1/2 oz.	1.00K 2 lb. 3 1/2 oz.	1.00K 2 lb. 3 1/2 oz.				
HAMMER				U.S. High School Athletes run 300 meters.			
MEN				In all above age groups, the distance to the first hurdle is 45 meters (49'2 1/2"); the distance between hurdles is 35 meters (38'3 3/4"); the distance from the last hurdle to the finish is 40 meters (43'9").			
HS							
18-39	7.26K 16 lb.	5.44K 12 lb.	7.26K 16 lb.				
40-49	7.26K 16 lb.	5.44K 12 lb.	7.26K 16 lb.				
*50-59	7.26K 16 lb.	5.44K 12 lb.	7.26K 16 lb.				
*60-69	6.00K 13 lb. 4 oz.	5.44K 12 lb.	5.44K 12 lb.				
*70+	4.00 8 lb. 13 oz.	5.44K 12 lb.	5.44K 12 lb.				
WOMEN							
HS							
18-34	No competition	No competition	No competition				
35+	No competition	No competition	No competition				

INTERNATIONAL COMPETITION (IAAF & WAVA)						UNITED STATES COMPETITION (TAC)					
110 METER HURDLES						110 METER HURDLES					
Age Group	Dis- tance of race	Height of Hurdle	distance to first hurdle	distance between hurdles	distance from last hurdle to finish	distance of race	Height of Hurdle	distance to first hurdle	distance between hurdles	distance from last hurdle to finish	
MEN											
HS											
18-29	110m	1.067m	13.72m	9.14m	14.02m	110m	.991m	13.72m	9.14m	14.02m	
	120y	42"	45'	30'	46'		39"	45'	30'	46'	
*30-39	110m	1.067m	13.72m	9.14m	14.02m	110m	.991m	13.72m	9.14m	14.02m	
	120y	42"	45'	30'	46'		39"	45'	30'	46'	
*40-49	110m	.991m	13.72m	8.7m	17.98m	110m	.914m	13.72m	9.14m	14.02m	
	120y	39"	45'	28'6"	59'		36"	45'	30'	46'	
*50-59	110m	.914m	13.72	8.7m	17.98m	110m	.840m	13.72m	9.14m	14.02m	
	120y	36"	45'	28'6"	59'		33"	45'	30'	46'	
*60-69	100m	.840m	13.00m	8.5m	10.50m	110m	.762m	13.72m	9.14m	14.02m	
	109y	33"	42'8 1/2"	27'10 1/2"	34'5"		30"	45'	30'	46'	
*70+	80m	.762m	12.00m	8.0m	12.00m	100m	.762m	13.00m	8.50m	10.50m	
	87y	30"	39'4"	26'3"	39'4"		30"	42'8 1/2"	27'10 1/2"	34'5"	
WOMEN											
HS											
18-34	100m	.840m	13.00m	8.5m	10.50m	100m	.840m	13.00m	8.5m	10.50m	
	109y	33"	42'8 1/2"	27'10 1/2"	34'5"		33"	42'8 1/2"	27'10 1/2"	34'5"	
*35-39	100m	.762m	13.00m	8.5m	10.50m	100m	.840m	13.00m	8.5m	10.50m	
	109y	30"	42'8 1/2"	27'10 1/2"	34'5"		33"	42'8 1/2"	27'10 1/2"	34'5"	
*40+	80m	.762m	12.00m	8.0m	12.00m	100m	.762m	13.00m	8.5m	10.50m	
	87y	30"	39'4"	26'3"	39'4"		30"	42'8 1/2"	27'10 1/2"	34'5"	

†8 hurdles

RELAY ENTRY FORM

TO: USMITT

P.O. Box 7479

San Diego, CA 92107

Please include me in the
relays for the World Vets
Games in Puerto Rico.

40-49 _____ 50-59 _____ 60 & over _____

4x100 _____ 4x400 _____ 4x800 _____

Name: _____

Address _____

City/State _____

Telephone _____



Local runner Letha Figg-Hoblyn., 42, first
W40+, Viking 8K, Portland, OR, in 31:45,
also won Nike Grand Prix finals trip.

(Continued from page 13)

through our convention bureau, or through Sports Travel International in California, or Simone Travel Bureau in NY, or through our office. You can use the reservation request form included in our ad.

OFFICIAL MASCOT: Following the tradition of most sports events, the organizing committee decided to select an official mascot for the V World Games.

Our ad in this issue carries the logo of said mascot called "Jico." "Jico" is short for the Puerto Rican "Taino" Indians word "Jicotea, which was the way the Tainos called the fresh water turtle.

This mascot was selected, obviously not because of its speed, but because the Tainos considered it the ancestral father and mother of their race and, because to them, it symbolized a long and healthy life.

You will see a lot of "Jico" during the games.

INFORMATION: Upon arrival at San Juan, each participant will be handed an information booklet, which hopefully will cover most of your questions. However, we will have information booths at the airport, at the registration center, and at our administrative offices, with personnel specially trained to answer your questions or assist you in any way possible. These booths will be properly identified, and their only purpose is to help you.

The organizing committee is working full blast in these last few weeks, with only one purpose in mind — to make this event an unforgettable one for each of the participants, we will provide the best possible means, technical and otherwise, to make you feel at home, and in the best of moods.

This environment, coupled with the camaraderie spirit that we know will prevail, will definitely make the V World Masters Games an unforgettable event.

COMPETITORS to the V WORLD VETERANS GAMES IN PUERTO RICO and U.S. NATIONAL MASTERS T&F CHAMPIONSHIPS IN HOUSTON

CONTACT: Sports Travel International for Schedules, entry blanks and travel information.

Sports Travel International
P.O. Box 7823
San Diego CA 92107
(619) 225-9555

V WORLD MASTERS GAMES

SEPTEMBER 23-30, 1983

SAN JUAN, PUERTO RICO



ROOMS ARE STILL AVAILABLE AT THE SPECIAL RATES LISTED BELOW FOR PARTICIPANTS OF THE V WORLD MASTERS GAMES.

IF YOU HAVE NOT AS YET ARRANGED FOR YOUR ACCOMMODATIONS, YOU CAN DO SO BY COMPLETING THE RESERVATION REQUEST FORM INCLUDED BELOW.



ROOM RESERVATION REQUEST

ROOMS STILL AVAILABLE AT:

CARIBE HILTON	250	\$73.00	\$81.00	\$111.00
LA CONCHA	150	51.00	60.00	
CONDADO BEACH	150	56.00	66.00	
CONDADO HOLIDAY INN	200	60.00	70.00	100.00
DUPONT PLAZA	250	55.00	60.00	75.00
SAN JUAN RAMADA	75	50.00	60.00	
LA VISTA	20	26.00	30.00	34.00
BUTCH INN	20	50.00	55.00	70.00
HOWARD JOHNSONS	50	53.00	58.00	68.00
REGENCY	75	40.00	44.00	59.00
LINDOMAR	15	15.00	20.00	35.00/38.00 w/m k
PIERRE	100	42.00	46.00	56.00
SANDS	25	25.00	30.00	36.00
THE PALACE	300	51.00	55.00	70.00
ESJ TOWERS	150	51.00	55.00	70.00
ISLA VERDE HOLIDAY INN	200	50.00	55.00	65.00
CARIB-INN	150	52.00	57.00	
EXCELSIOR	40	40.00	47.00	55.00
OLIMPO COURT	10	32.00	34.00	42.00
GRAN SANIA	150	28.00	34.00	43.00
EL CONVENTO	50	50.00	55.00	70.00
GUEST HOUSES				
EL CANARIO	40	43.18	50.00	
HOSTERIA DEL MAR	15	26.14	28.41	
EL PRADO	15	34.09	39.77	
SIMAR	6	25.00	28.00	
CASA CERVANTES	8	31.82	31.82	
ARCADE INN	12	27.27	30.30	
THE BEACH HOUSE	8	45.00	51.00	
SAN ANTONIO	7	28.41	39.77	
LA CONDESA	8	37.50	44.32	
LUTECE	37	34.09	39.77	
ATLANTIC GUEST HOUSE	10	26.00	30.00	
LA CASA MATHIESEN	8	39.77	44.32	
LA PLAYA	8	28.41	30.30	
DON PEDRO	16	25.00	31.82	
EL PATIO	10	26.14	29.55	
GREEN ISLA	14	28.41	39.77	
MARIOS HOTEL	40	27.00	27.00	

Name(s) of occupant(s)

PLEASE PRINT OR TYPE

Surname	First Name	Nationality

Mailing Address

Street & Number	City
State	Country
Zip Code	

Arrival schedule

Arrival date	Airline	Flight number (if available)
Departure date	Airline	Flight number (if available)

Hotel accommodations

1st. choice	Single 1 person 1 bed
2nd. choice	Double 2 persons 2 beds
3rd. choice	Triple

PLEASE COMPLETE FORM AND SEND TO:

To: San Juan Puerto Rico Convention Bureau
Housing Department
1120 Ashford Avenue
Santurce, Puerto Rico 00907

OR

Mr. Rafael Serrati
G.P.O. Box 336
San Juan, P.R. 00936
Tel. (809) 783-6521



SPEAKER'S CORNER

by BOB FINE, North
American Representative
to WAVA

Phil Partridge is sponsoring a Weight Pentathlon which he is labeling a "World Veterans Weight Pentathlon Championship."

For many years veteran athletes fought to have our own independent organization. We succeeded and formed the World Association of Veteran Athletes (WAVA). The United States and more than 50 other countries joined in WAVA and adopted by democratic vote the WAVA Constitution.

That Constitution requires that the WAVA General Assembly, composed of delegates from each country, sanction any world veteran championship. The General Assembly meets every two years at the World Veterans Track and Field Championships. The next meeting is scheduled for the last week in September in Puerto Rico.

Phil Partridge was advised as to the procedures for obtaining a sanction, which requires a vote of the General Assembly. Since it has been his intention to hold his event right after the World Track & Field Championships, and since there is no guarantee that the world body would sanction such an event, it means that a World Veterans Weight Pentathlon can not be sanctioned for 1983.

I suggested to him that he apply for a North American Veterans Weight Pentathlon or seek a local sanction to call it a Gold Coast Championship or any other name he might wish. He was advised of this by telephone early this year and by letter.

I also advised him that if he persists in going ahead with his "World Veterans Championship" that I would seek sanctions against him both in TAC and WAVA.

The local Association in Florida can not sanction an international event. Only the National Athletic Congress Committee can do so. The President of the Florida Gold Coast Association agrees with this.

Phil is now circulating a letter with many misrepresentations. No attempt is being made to represent the "World Pentathlon Championships" as a "crackpot operation," nor will any action be taken against anyone who partakes in the event, such as blacklisting. The only contemplated action is against Phil Partridge. The meet is not within the Florida Athletic Congress

Association but within the Florida Gold Coast Association. A sanction will not be given.

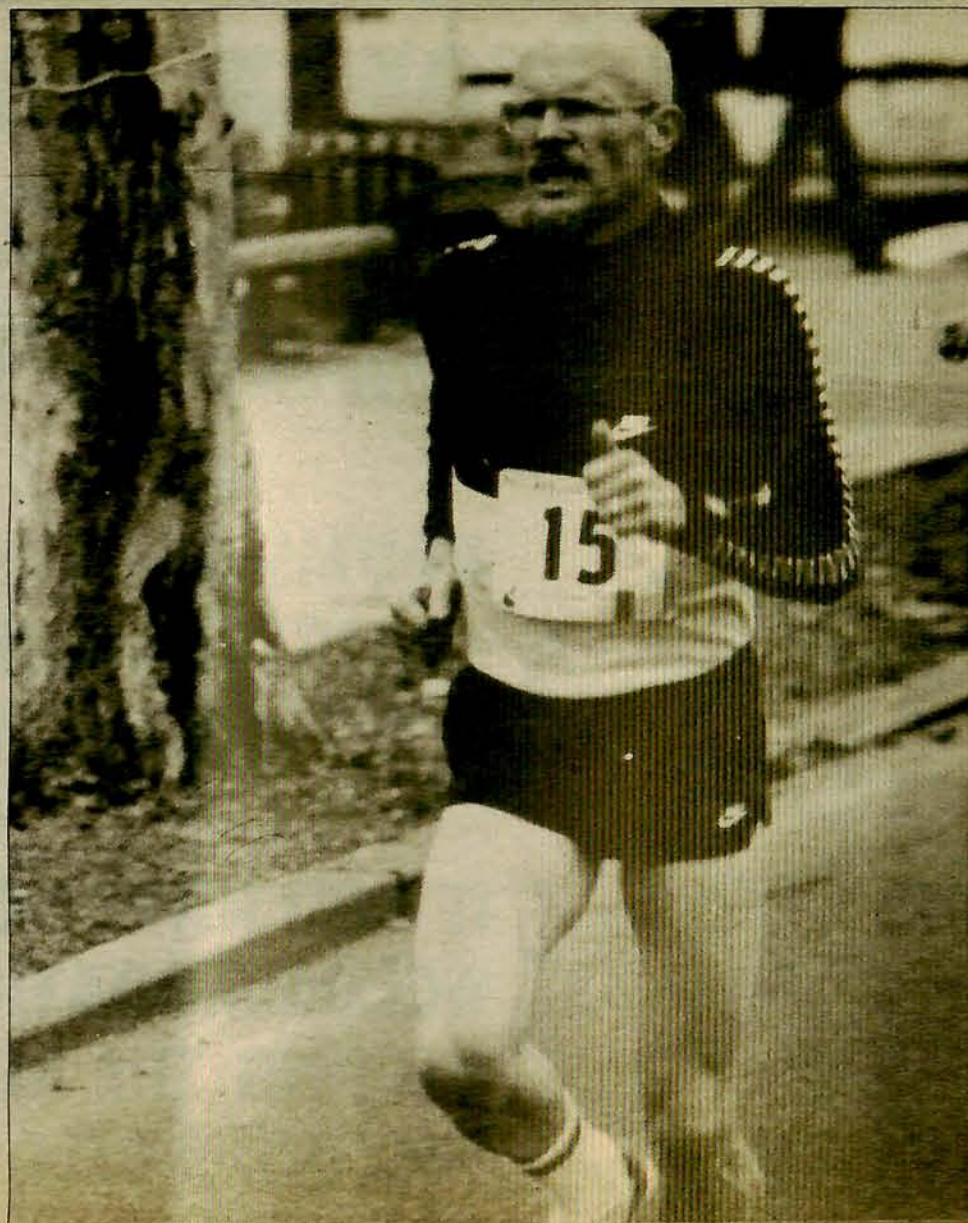
Phil takes the position that no reply was received from WAVA officials. In the first instance that is not true since this writer, as the North American Chairman, advised Phil as to the procedures and the fact that it would not be possible to get a sanction in 1983. Also, only the General Assembly, as Phil was so advised, can give such a sanction.

No question has been raised about the quality of the proposed meet.

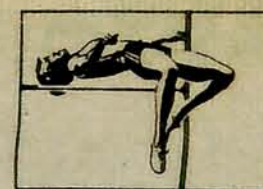
If Phil Partridge wishes to go on an ego trip and call his local meet a "World Championship" then WAVA and TAC have not only the right but the obligation of imposing sanctions against him. No one is trying to prevent the meet from being held. What is being done is an effort to preserve the integrity of the Masters movement and to keep our own house in order. Otherwise, there will be anarchy in the Masters movement and the efforts of hundreds of Masters throughout the years will have been wasted. □



Bob Jones, 43, wins 40-44 LJ with 18'10" at Pedlands, May 14. Sportsfoto by John Allen



Norman Green, 50, from Wayne, PA, 1983 national masters 20K champion with age-group record 1:05:50.



CLASSIFIEDS

AS A PUBLIC SERVICE to the masters community, National Master News will publish all announcements free of charge.

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

PERSONALS

"Mid-west master female (runner & biker) would like to write/meet 35-45 white male with same interests; write S.L., Box 241014, Omaha, Nebraska 68124.

RUNNER'S SOLE

"The San Fernando Valley's Running Center" We cater to beginning and experienced master runners who need advice on shoes and running gear. We'll match anyone's advertised price. And share our 25 years of running experience. Dave and Tom Babiracki, 17820 Chatsworth, Granada Hills, CA 91344. (213) 368-7889.

CORONADO HALF-MARATHON

July 4th, Coronado, CA. An old fashioned 4th of July "Runner's Picnic" follows the race. Music, a parade and fireworks are provided. Ernie Dickerson, Coronado High School, c/o 533 F. Ave., Coronado, CA. 92118. 619-435-3148.

1st Annual Southeastern Triathlon Championship. 1 Mile Swim; 25 Mile Bike; 6.2 Mile Run. October 9, 1983. 8:00 a.m. Raleigh, North Carolina. Individuals — Teams. For application, write to: American Lung Association, P.O. Box 10394, Raleigh, NC 27605. 919-834-8235.

1st Annual Walker/North Country Marathon and 10K Run. Saturday, October 8, 1983. Walker, Minnesota. The course winds through a portion of the Chippewa National Forest and the National Scenic Hiking Trail. TAC certification pending. Awards will be works of local artisans. Commemorative medallion to all finishers. Write to: Leech Lake Area Chamber of Commerce, Box 1G, Walker, MN 56484, or call Jeannie Berg, 218-547-1313(M-F, 9-4).

22 Win

(Continued from page 3)

different way to produce winners in masters races.

Grand Prix Final

The NIKE Masters Grand Prix is fortunate to have obtained the services of John Brennand, designer and director of the 1983 Avon International Marathon. The final run off or "Road to Perpignan" will be held in Santa Barbara, California, Sunday, September 11.

Since trip winners from the Santa Barbara race will be the first three men over 40 and the first three women over 35 (U.S. citizens or those eligible to compete for the U.S.), the age-graded charts were altered to provide a younger group of regional winners than those of last year.

These regional winners (14 men/8 women) will vie with all other eligible masters in the final race, for trips to the International Distance Running Championships (IGAL XVI), this year held in Perpignan, France, October 15-16. It must be emphasized that all masters (men 40+/women 35+) are eligible to run in the Santa Barbara final.

Winners from the four regionals:

Minnesota Master 15K, Edina, MN, May 8: Alex Ratelle, 55-59; Dan Conway, 40-44; Dick Trickle, 40-44; Ann

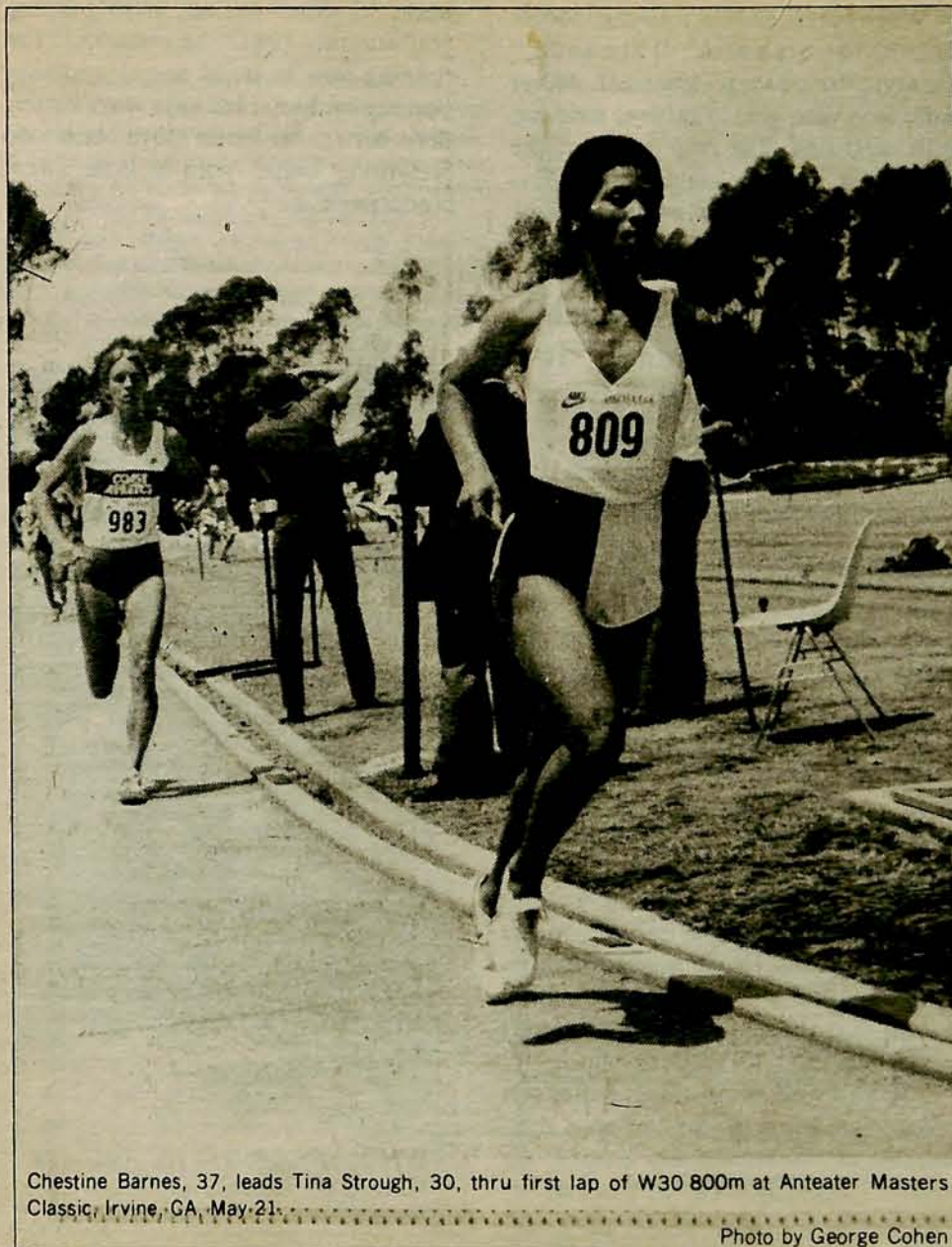
Diaz, 40-44 and Trudy Rapp, 45-49.

Viking Classic 8K, Portland, OR, May 22: Clive Davies, 65-69; Ray Hutton, 50-54; Ross Smith, 55-59; Letha Figg-Hoblyn, 40-44 and Alice Turowski, 55-59.

National Masters 20K Washington, D.C., May 29: Norman Green, 50-54; Tony Gerrity, 40-44; George Keim, 40-44; Bill Foulk, 50-54; Susan Henderson, 35-39 and Lolitia Bache, 40-44.

Cotton Row Run 10K, Huntsville, AL, May 30: Jim Ewing, 40-44; Ken Winn, 45-49; Frank Duarte, 40-44; Kirk Randall, 40-44; Shirley Weaver, 40-44 and Elfrieda Wyner, 40-44.

The above list is quite representative of the enormous masters running talent in the U.S. These 22 come from all over the United States and range in age from 36-67. The NIKE Masters Grand Prix Final should draw another equally talented group, mostly from California, but many from elsewhere, to contend for the six trips. Since winners of the trips to France will not be chosen by age-grading and need not be regional winners, any male runner 40 years of age on September 11 (or women 35 on that date) is eligible. Come one, come all! □



Chestine Barnes, 37, leads Tina Strough, 30, thru first lap of W30 800m at Anteater Masters Classic, Irvine, CA, May 21.

Photo by George Cohen

BLACK HILLS MARATHON 10K

LABOR DAY WEEKEND

Sept. 3—10K Race

T-shirts, Prize Awards, \$6 Entry

Sept. 4—Marathon Race

\$10 Entry

Course Records: Overall Men — Mike Dunlap, 2:20.31

Women — Sue Thomas, 2:49.34

AWARDS will include air fare to the **Honolulu Marathon** for the First Overall and Masters Division (ages 35+ female; 40+ male)

Bring the whole family and enjoy the holiday break in Rapid City with transportation to the **Trout Haven** starting point via **Grey Line Bus Service** — your warm-ups transported to the finish.

6:30 a.m. Start • TAC Sanctioned
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Box 9243
Rapid City, SD 57709

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**1983 MIDWEST
MASTERS REGIONAL
CHAMPIONSHIPS
MEN & WOMEN**
AGE 30 AND OVER (ONLY)



Sponsored by the Masters Track & Field Committee, TAC, Nike, and York High School, Elmhurst, Ill.

DATE & TIME: Saturday, July, 30, 1983; starting at 9:00 A.M.
SITE: York High School, Elmhurst, Ill. **FACILITIES:** All new Chevron track, HJ, LJ, and PV runways are Chevron.
DIVISIONS: Submasters Male and Female 30-34, 35-39; Masters Male and Female 40-44, 45-49, etc.

AWARDS: Championship patches to all regional champions. Trophies to first five places.

ENTRY FEES: \$6.00 for one event, \$8.00 for two or more. \$2.00 late fee. Entry fee entitles all entrants who place (1-5) one trophy. Additional trophies available at \$4.00 each. Make checks payable to MIDWEST MASTERS, 180 N. LASALLE, CHICAGO, IL. 60601; c/o Wendell Miller; (312) 234-2154.

SCHEDULE OF EVENTS: Unless otherwise noted, all track events will be run in reverse chronological order: Women (60-64, 59-55, etc.). Some age groups will be combined.

TRACK EVENTS

9:00 A.M. 10,000 Meter Run
10:00 110 Meter High
10:30 3,000 Meter Steeple
11:00 100 Meter Dash
12:00 P.M. 800 Meter Dash
12:30 3,000 Walk
1:00 200 Meter Dash
1:45 400 Meter Dash
2:15 1,500 Meter Run
2:40 1H
3:00 5,000 Run

9:00 A.M. Hammer
10:00 High Jump, Long
Jump, Pole Vault
11:00 Javelin
12:00 P.M. Shot Put, Triple
Jump



ENTRY FORM AND RELEASE

NAME _____ DOB _____

ADDRESS _____

ENTER ME IN THE FOLLOWING EVENTS 1 _____ 2 _____ 3 _____ 4 _____ 5 _____

ATHLETIC RELEASE: In consideration of my entry, I do hereby for myself, heirs and administrators, waive and release all claims I may have against the Midwest Masters, Nike, and York High School, Elmhurst, Ill. their representatives and the various sports governing bodies, and sponsors, for any and all injuries suffered by me in any event or sports facility. I certify that I have no physical defects that would prevent me from competing. Further, I take full responsibility for personal equipment owned by me for breakage.

INDIVIDUAL SIGNATURE _____

PROFILE

Denny Meyer — Marking Time Now, But Wait Until Next Year

by MIKE TYMN

"I take it as it comes. I hate goals. Everybody talks goals, and it usually results in pressure, tension, and sub-par performances. I've had best success when I allow it to happen and less when I really try hard as I have a tendency to overtrain."

So says Denny Meyer of Seattle, Wash., one of the country's leading masters runners over the past decade. This attitude may explain in part why other top ranked 50 and over competitors haven't heard much from Meyer since he celebrated a half-century of living last December.

"Actually, I've been too busy surviving," Meyer says. "Sometimes that gets in the way of the important things in life." He explains that after 28 years with the Seattle public school system as a teacher and principal he took an "early retirement" last year and opened his own tutoring business. That has taken so much of his time and energy that little has been left over for competition.

Meyer began running in high school in 1946 and except for "just a few pauses," has never really stopped. At Seattle's Lincoln High he recorded a

2:01.3 half-mile and a 4:29.6 mile. Then, at the University of Washington, he lowered his mile best to 4:15.0 while winning the event at the 1954 Drake Relays. He also set a Pacific Coast Conference two-mile record that same year with a 9:09.1.

"Between graduation from college and age 39 it was run for fun," the six-foot, 170 pound Meyer comments. "At 39, I started to experiment with all that I had read about to see what would happen. 'I can still remember running continuously for one hour for the first time.'"

Meyer's competitive comeback yielded a 4:21.6 mile and a 2:27:38 marathon at age 39. He points out that he hasn't run a marathon since and doesn't plan to run that distance again.

"The mile is my best distance," he says. "I have fairly good leg speed and enough endurance to mount a kick."

Meyer has a hard time remembering his personal bests as a masters, but recalls "a 4:09 something at age 42 or 43" to win a National Masters 1500 meter title at Gresham, Ore. He also remembers a 10:01 steeplechase "somewhere along the line." And, the



DENNY MEYER

record books show him with a 9:37.8 two-mile at age 45 and a 15:26.6 for 5,000 meters at age 40.

Finishing second to Ernie Billups in the National Masters Sports Festival 1500 at Philadelphia last August, Meyer clocked 4:14.4 and although still a few months shy of his 50th birthday was just a few strides behind Hal Higdon, the 50-54 winner, in the 10-K road race with a 33:39.

When he's in serious training, Meyer logs 50-70 miles a week. "I like a mix," he says, "some long, slow stuff, 440 or mile intervals, grass running, striding, hills, and rest. The trick is to get the right mix at the right times. Experimenting with your own body and mind is fascinating and challenging."

"I think that too much speed kills," he adds. "It's too depleting, especially when you get older."

One of his favorite workouts is a six mile run in which he starts with a six minute first mile and then picks up the pace a little on each succeeding mile, ending up somewhere between 33 and 36 minutes. He credits that workout with producing his 4:21 mile at age 39.

"I think that too much speed kills," he adds. "It's too depleting, especially when you get older. I like running briskly but at a pace that gives me a flowing feeling."

Asked about his training routine during high school and college, Meyer laughs and says he has a hard time remembering what he did in high school, except that it wasn't much and wasn't very scientific.

"In college I don't think I ever ran more than four or six miles a day, usually at the top of my lungs," he muses. "Looking back, we just ran off the top of our heads without any foun-

dation of miles. I never ran more than 40 minutes steady. We started doing intervals during the last two college years."

"I think most people age mentally and then talk themselves into aging physically."

How has aging affected him? "There has been a gradual slowing down," he answers. "I think most people age mentally and then talk themselves into aging physically. They think they have to act old or what society tells them is old. One ages alright, but barring accidents and disease, I think the human body can function and perform far longer and more efficiently than what is thought of as the present day 'norm' for old. I think I have a little less ambition now, but I find more enjoyment in my running."

Meyer has been married for 31 years and has five children, ranging in age from 30 down to 18-year-old twins. "I owe my wife much," he says. "It takes a remarkable woman to put up with a running nut and raise that many children. I think she has seen more track meets and road runs than any living woman."

With the burden of his new job, Meyer's running is presently at the "recreational level" — 15-20 miles a week. "I don't see any hard running until summer 1984," he remarks. "I'm running now to build energy and support my business. I always work better, sleep better, eat better, love better, do everything better with a little sweat producing run." □

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Clive Davies, wearing his age, at Viking 8K, Portland, OR., wins trip to Nike Grand Prix finals, 29:45.

MASTERS GLOSSARY OF TERMS

T&F: Track and field

LDR: Long distance running

RW: Race walking

Athletic: The sports of track & field, long distance running and race walking.

Masters: Men and women age 40 or over.

Sub-masters: Men and women age 30-39.

Veterans: The international term for "masters," with the exception that "veterans" also include women age 35-39. (The term "veterans" is also unofficially used in some LDR races to define runners age 50-59.)

Seniors: A word of many meanings: 1) A TAC competitor age 20 or over; 2) Unofficially used in some LDR events to define runners age 60 and over; 3) Sometimes unofficially used by the media and others as a substitute for "masters."

AR: American record

WR: World record

PR: Personal record

The Athletics Congress (TAC): The "national governing body" (NGB) for athletics in the USA. TAC is the exclusive U.S. member of the IAAF. TAC's home office is in Indianapolis, with district (local) offices throughout the nation. TAC is composed of various committees, including the Masters T&F and Masters LDR committees. The committees meet each December at the TAC Convention.

International Amateur Athletic Federation (IAAF): The international governing body for athletics.

World Association of Veteran Athletes (WAVA): The official international veterans athletics governing body for athletics. WAVA stages a World Veterans Games every odd-numbered year for men age 40+ and women age 35+.

IGAL: An official international veterans LDR organization. IGAL holds an annual World Veterans Distance Running Championship (10K & 25K in odd-numbered years; 10K & Marathon in even-numbered years.).

National Masters Sports Association (NMSA): A coalition of 14 masters sports which held a Masters Sports Festival in 1982, and is planning future Festivals with national sponsorship.

Age-groups: Masters and sub-masters competition is divided into 5- or 10-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). Your date of birth (not year of birth) determines your age.

Masters competition: Every event from the 100-yard dash to the pole vault to the marathon is available. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

Local masters T&F: All Masters T&F meets feature competition for anyone age 30 or over. Masters meets are generally directed by a single individual or club. Some local meets are "sanctioned" by TAC; some are not.

Local masters LDR: Local LDR races are generally open to all ages, with masters awards for each 10-year age group.

TAC Regional and National T&F Championships: The TAC Masters T&F Committee sponsors and supervises annual national and regional indoor and outdoor masters and sub-masters T&F Championships.

TAC National Masters LDR Championships: The TAC Masters LDR Committee sponsors and supervises several national LDR championships (10K, 15K, etc.) each year, as well as a few Regional LDR championships.

TAC Memberships: It is not necessary for a participant to become a member of TAC (\$6 per year) to compete in non-sanctioned masters events or in international competition. It is officially necessary to become a TAC member to compete in TAC-sanctioned events (although this rule is not always followed by event directors). It is not necessary for a foreign competitor to become a TAC member to compete in TAC events. (A TAC member is automatically insured

against injury while competing in, or traveling to, a TAC-sanctioned competition.)

Eligibility: There are no other requirements needed to enter masters athletics competition, except to be at least the minimum age. (One should also be reasonably fit.) An athlete may generally compete in a younger age group if he or she so chooses, but one may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from TAC masters competition for a period of two years.

Standards: There are no entry or award standards in TAC Masters competition.

World Veterans Games: There are no requirements needed to compete in the bi-annual World Veterans Games, except to be at least age 40 (men) or age 35 (women). "Travel permits" are not needed. No one is banned because of occupation, race, religion, national origin or any other reason.

Uniforms: Some masters athletes compete in their club uniform; some in simple T-shirt and shorts. In the World Games, each participant competes as an individual, not as a representative of any nation. Thus national uniforms are entirely optional. USA uniforms are available for \$50 (men) or \$45 (women) from Jim Weed, TAC Masters T&F Chairman, 11672 E. 2nd Ave., Aurora, CO 80010.

Sponsorship: Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

Senior Olympics: A program unrelated to the TAC Masters program. Open to age 25+ or 55+, depending on the area, and featuring athletics, swimming, softball, etc.

Master Clubs: Most areas have local running clubs, some of which cater to the masters per-

former. See list next month.

Age Records: An annual book of masters age records for each T&F event is available for \$4 from NMN, PO Box 2372, Van Nuys CA 91404; and for each LDR event for \$9.95 from NRDC, PO Box 42888, Tucson AZ 85733.

Rankings: An annual book of masters rankings by event and age-group, is available for \$10 (T&F) from NMN, above; and for \$9.95 (LDR) from NRDC, above.

Implements: Lighter implements weights are used in the older age-groups.

Hurdles: The height of the hurdles is lowered for older age-groups.

Rule Books: The IAAF Rule Book (\$10), the IAAF Men's Scoring Tables (\$5), the IAAF Women's Scoring Tables (\$5), and the TAC Rule Book (\$6) are available from TAC, Box 120, Indianapolis IN 46204.

WAVA Standards: WAVA hurdle and implement standards and multi-event scoring tables are available from Ian Hume, RR #1, Melbourne, Quebec, Canada (please enclose postage).

Weight Tables: Age-group factoring tables are available for \$1 from Phil Partridge, 337 S.W. 14th Ave., Boynton Beach FL 33435.

National Masters News (NMN): The bible of the Masters athletics program. NMN is an official publication of TAC. Each month, it delivers 24 to 40 pages of results, schedules, entry blanks, age records, rankings, photos, articles, training tips and all the inside scoops and information that affect the world of masters athletics competition. NMN welcomes contributions from its readers — results, schedule info, photos, letters and opinions. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is \$15 (2nd class), \$25 (1st class), or \$30 (overseas). Send to NMN, PO Box 5185, Pasadena CA 91107.



Gary Miller, 45, en route to 2:07.1 800m win, Anteaters Masters Classic, May 21. Photo by George Cohen



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AUGUST 13, 1983
FURMAN UNIVERSITY
GREENVILLE, SOUTH CAROLINA



AUGUST 13, 1983
FURMAN UNIVERSITY
GREENVILLE, SOUTH CAROLINA

SPONSORED BY: STONE MANUFACTURING & ATHLETIC ATTIC of GREENVILLE.
SITE: FURMAN UNIVERSITY TRACK (Hwy. 25 North Greenville, S.C.)
FACILITY: Resilite track and runways. 1/4" spike may be used. Concrete circles and grass Javelin runway.
AGE GROUPS: Submasters: 5-year age groups Men & Women 30-34 & 35-39. Masters: 5-year age groups Men & Women 40-44 through 75+.
ENTRY FEES: \$5.00 First event (Include T-Shirt) \$3.00 each additional event. Relay teams \$12.00. Non-refundable.
ENTRY DEADLINE: August 1, 1983. Entries postmarked after August 1 or incomplete entries subject to a \$1.00 late fee per event, relays \$4.00 late fee. ENTRIES WILL BE ACCEPTED THE DAY OF THE MEET.
INQUIRIES: Tom Malik (803) 879-4549.
AWARDS: Special designed awards for 3 places. Events with less than three competitors maybe combined for award purposes.
TIME SCHEDULE: EVENTS WILL RUN WOMEN FOLLOWED BY MEN OLDEST TO YOUNGEST.
8:30 10,000 (all ages) 12:30 HAMMER 4:45 100 7:00 400 HURDLES
9:30 PENTATHLON 3:30 110 HURDLES 5:15 1500 7:20 200
9:30 HIGH JUMP, SHOT 4:00 4X100 RELAY 5:45 400 7:50 4X400 RELAY
10:30 DISCUS, LJ, PV. 4:15 3,000 SC 6:15 800 8:10 5,000 (all ages)
11:30 TJ, JAVELIN
All lane races will be heats seeded on time.
ENTRY FORM:

NAME: _____ ADDRESS: _____ CITY: _____
STATE: _____ ZIP: _____ PHONE: () _____ AGE: _____ D.O.B. _____ / M F
TEAM AFFILIATION: _____ T-SHIRT SIZE: S M L XL
EVENTS & BEST MARKS: 1. _____ 2. _____ 3. _____ 4. _____
5. _____ 6. _____ 7. _____ 8. _____ 9. _____
RELAY TEAMS: 4X100: _____
4X400: _____

In consideration of accepting this entry I declare myself physically able to compete in this event & waive myself, heirs & administrators of all claims for damages which I may incur against any & all persons in any way associated with this event including, but not limited to Furman University, Stone Manufacturing, Athletic Attic, Meet Officials. I also authorize the use of my name and photograph in any media.

SIGNATURE: _____ DATE: _____

FEES PAYABLE TO: SOUTHEASTERN TRACK CLASSIC MAIL TO: TOM MALIK, 104 Penwood Dr., Greenville, S.C. 29615

Schedule

(Continued from page 27)

WEST

July 4. Coronado Half-Marathon, Coronado, CA. Ernie Dickerson, Coronado High School, 533 F. Avenue, Coronado, CA. 92118. 619/435-3148.

July 24. San Francisco Marathon. 10,000 runners. Box 27385, San Francisco, CA 94127, 415-681-2322.

August 21. America's Finest City Half-Marathon, San Diego, CA. Deadline July 21. Jack E. Damson, Box 3879, San Diego, CA 92103. 714-297-3907.

NORTHWEST

September 11. Nike-OTC Marathon, Eugene, OR. Deadline mid-June. Jerry Settelmeier, Box 10412, Eugene, OR 97440. 503-687-2477.

September 17. Prefontaine Memorial Run 10K, Coos Bay, Ore. Bob Huggins, PO Box 1019, Coos Bay, OR 97420. 503/269-1103.

CANADA

July 10. Canadian Men's Masters 10K Road Championship and Women's Masters 10K, Edmonton, Alberta. Beth Wilkins, 1007 Garland Terrace, Sherwood Park, Alberta T8A 2R5. 403/467-8252.

September 24. 5th Annual Women's Masters 5K Road Championships, Sunnysbrook Park, Toronto. 1:30 p.m. Christine Walker, 34 Rodda Blvd. West Hills, Ontario M1E 2Z6.

October 15. Canadian Masters Cross-Country Championships, Vancouver, B.C. Shirley Smith, 965 Poirier St., Coquitlam, B.C. V3J 6C4.

October 15. USA vs. Canada Cross-Country Championships, Ottawa. Danny Daniels. 1145 Ambleside Drive, Ottawa, Ontario K2B 8E2.

INTERNATIONAL

October 15-16. XVI World Veterans (IGAL) 10K and 25K Championships, Perpignan, France. Maurice Nozerand, ASPPT Perpignan 66020, France. 68/61-66-11.



**Among the disabled
are talented chefs,
designers, secretaries
and economists.
The talent is there.
Use it.**

LARGEST MINNESOTA MASTERS RACE YIELDS RECORDS

The biggest masters-only race ever held in Minnesota was also the first race of the NIKE Master Grand Prix series, the 4th Minnesota Masters 15K on May 8 at Edina, a suburb of Minneapolis, site of the previous three races.

Dan Conway, 44, Chetek, WI, led the men's race from wire-to-wire to win in 48:58, one second faster than his meet record. Up and coming Dick Trickle, 42, Apple Valley, MN, was second in 49:48. Running in his home town, Alex Ratelle, 58, set an age American record in 53:28, to place sixth overall and ahead of all racers over 45. Bill Andberg, 71, Anoka, MN, received a special award for his fine 68:15 performance.

The women's race included ages 35-39, to offer them an opportunity to win in the NIKE series. Susan Josselson, 37, who reportedly has been running just over a year, was winner overall in a PR 57:31. Ann Diaz, 42, Glencoe, IL, followed, also with a PR, in 59:44. Diane Stoneking, 35, was third in 61:04 and Trudy Rapp, 46,

Eden Prairie, MN, was fourth in 61:37.

Based on age-graded tables, Conway and Trickle won repeat trips to the NIKE Masters Grand Prix final. Trips were also won by Ratelle, Diaz, and Rapp.

The Edina race was directed by Jack Moran (who is directing the Twin Cities Marathon in October) and was sponsored by Blue Cross/Blue Shield.



Rudolf Nilsen, Philadelphia, doing speedwork with great-granddaughter, Kristelle, 2 1/2.

RUNNERS MISS TURN AT VIKING 8K

from VALDEMAR SCHULTZ

PORTLAND, Oregon, May 22. The Viking classic was again chosen as a regional NIKE Masters Grand Prix race. Last year, this race, a 10K, had a superb Masters field. This year, reduced to 8K, the race attracted few from out-of-the-area.

Based on the age-graded charts, the winners of the trips to the NIKE Masters Grand Prix finals in Santa Barbara, Calif., Sept. 11, were Clive Davies, 67, Ray Hatton, 51, Ross Smith, 55, Letha Figg-Hoblyn, 42, and Alice Turowski, 55.

The race was a good one, though it could have suffered severely from one course misdirection. Near the three-mile point, after the leader in the open race, Peter Fitch, eventual winner, turned a corner with a sizeable lead, those following, well over a dozen runners, continued straight. They were quickly re-routed, and the mishap did not appear to affect anyone's position. However, times were affected, and the awarding of trips, based on age-grading, might have been influenced. Those who ran off course lost from 30-40 seconds by most estimates.

After Fitch and second placer Jim Bright, came Mike Heffernan, 42, Portland, OR, in 26:08* for third overall. Mike not only lost over 30 seconds but lost a trip, as well. (This happened last year, notably to Frank Duarte, Santa Ana, CA, who ran a 48:34 15K in Santa Barbara but failed to win one of the four trips because of great performances by masters in older age groups in the race.)

Hatton, 51, Bend, OR, was fourth overall in 26:19* and the first winner of a Grand Prix final triup. Steve Lester was sixth overall and second in 40-44 with a good 26:24*. He and Bill Johnston, winner of the 45-49 division in 27:25*, were disappointed by the monitoring error, having come from Utah to have a shot at the trips.

Norman Oyler, Oregon runner and winner of the Masters 1983 indoor 2-mile at Lehigh in March, was third 40-44 with a 27:24*. Smith, 55, Reno, easily won his age group with a 27:54. He claimed to have been the first person after the leader to run the true course. This bit of "luck" and his excellent performance assured him the trip honor.

Remarkable Davies came in at 29:45 and again won a trip. No form of age-grading can deny this man! Just in front of him was NIKE's Tom Sturak, with a 29:41 at age 51.

The women's race was won by Joanne Lahti, 22, in 28:06. She was followed by former world holder in the marathon, Jacqueline Hansen, 34, with a 29:08. First "masters" woman across the line was Mary Ann Peterson, 36, in the time of 30:43, but age-grading cost her a trip. Figg-Hoblyn was fifth woman and winner of a NIKE trip; while Turowski, narrowly edged Peterson by age-grading to win the second women's trip.

The course has some steady uphill on the return of the out-and-back but is fairly fast and should be faster when all the front runners do eight kilometers instead of 200 meters longer.

*Times with an asterisk are for those runners who ran longer than 8K. □



1983 NORTHWEST REGIONAL MASTERS & SUB-MASTERS TRACK & FIELD CHAMPIONSHIPS

SPONSORED BY
PORTLAND TRACK CLUB & MT. HOOD COLLEGE
Held at Mt. Hood College Gresham, Oregon

SCHEDULE OF EVENTS

FRIDAY NIGHT JULY 29

6-8 PM Long Jump (Men & Women)
Shot Put (Men & Women)
Discus (Men & Women)
High Jump (Men 30-49)
3000 St (Men Only)
7:00 Co-ed Relay Open Div
8:15 110 Hurdles (Men Only)
100 Meters (Men & Women)
1500 (Men & Women)
400 (Men & Women)

SPECIAL LOCAL
EVENT ONLY

SATURDAY NIGHT JULY 30

6-8 PM Triple Jump (Men Only)
Javelin (Men & Women)
Pole Vault (Men Only)
High Jump (Men 50 & Up & Women)
Hammer (Men Only)
7:00 Co-ed Relay Masters Div
8:15 400 Hurdles (Men Only)
200 (Men & Women)
3000 (Women Only)
Specify Which Race #1- 5000 (Men 40 & Over)
Race In Appl. Race #2- 5000 (Men 30-39 & Men Over 40)
Who Want To Be In This Race)
800 (Men & Women)

*Times Determine Winners In Each Age Group In 5000's

HELD AT NIGHT - BEST POSSIBLE CONDITIONS . . . ALL WEATHER TRACK SURFACE

PLEASE PRINT

NAME _____ For Athletes Age 30 & Over
AGE (As of 7-29-83) _____

ADDRESS _____ MALE _____ FEMALE _____

PHONE _____

EVENT

1. _____ Best 82 or 83 Mark if any
2. _____
3. _____
4. _____
5. _____
6. _____

• No changing events after July 28 •

Beautiful olympic size medal on plaque with Metal plate ready for engraving to every participant.
Total Entry Fee - \$10.00

Make Checks Payable To: Portland Track Club (Not to anyone else)

Send Entry With Check To: Jim Puckett c/o Mt. Hood College Athletic Dept.
26000 S.E. Stark St., Gresham, OR 97030

All entries must be in by Monday July 25th, 1983 - \$5.50 advanced payment for breakfast per person.

No Host Breakfast - 9 a.m. Sat. Heidi's in Gresham

I will attend breakfast _____

I will not attend breakfast _____

(Include payment for breakfast with entry fee.)

I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur in participating in this event or at this event.
I declare that I am in good health to participate in this event.

SIGNED _____

DATED _____

FOR ANY ADDITIONAL INFORMATION PHONE JIM PUCKETT AT AREA CODE 503/667-7354

New Handicap Races

The progressively minded SDAA (San Diego Athletic Association) is introducing Handicap Races to the Masters scene during its Southern California Masters Championships in San Diego on August 27, 1983.

The races billed as the U.S. Handicap Championships in the 100M and 800M are the idea of SDAA vice-president Rob Hunter, Masters competitor and experienced runner and handicapper in similar events in his native Scotland.

Each competitor will be assigned a handicap or head-start in meters based on his or her best time in the 100M and 800M during the past two years. Runners will therefore compete head-to-head with one another regardless of age.

The races are designed to add variety, incentive and excitement to the Masters agenda as well as provide all entrants with a chance to win.

SDAA has been holding a series of similar races very successfully over various distances up to a mile since November of 1982, resulting in many close and exciting finishes.

In addition to place medals, winners of the handicap races will receive a set of starting blocks and a pair of track shoes, respectfully, as prizes.

Clubs or organizations interested in holding handicap races to augment their regular masters events are encouraged to call Rob Hunter at 619-299-7672 or write 1042 W. Spruce, San Diego, Ca. 92103, for information. □

Golden State Draws Class Field

On May 28, about 100 athletes gathered at the excellent track at Porterville College, in the foothills of the Sierras, for the 6th Golden State Masters T&F Invitational. This meet does not usually attract throngs of participants, but it probably lures more record holders and top competitors than any other "small" meet in the country.

However, the lack of competition, the heat (90 plus), and the humidity, under an overcast sky, did not discourage good performances. Payton Jordan, 66, came from the Bay area to glide to two victories in the 100m (12.8) and 200m (26.9), as did Bruce Springbett, 50, from Los Gatos, in his races, in 11.8 and 24.5. Bill Knocke, 43, of Fresno, took the 100m in 11.8 and the 400IH in 60.5. James Harvey, 32, L.A. Valley College sprint coach and virtual unknown, who says he wants to stay that way, but will have difficulty doing so, ran a smooth 49.9 400m to break Hilliard Sumner's 30-39 meet record of 50.4.

Tom Sturak, 51, taking a respite from his Nike chores, started with a 4:47.5 1500m, ran an apologetic 2:18.9 800m, and finished with an 18:43.8 5000m workout, all of this while trying to drum up a 400m relay team. Decathlete Harvey Schellenberg, 50,

announced his return to masters competition after several years lay-off by hurling the javelin 148'1", long jumping 17'8", high jumping 5'6", and vaulting 10'.

Ed Chynoweth, 59, the lanky grape grower from Sanger, CA, soon to turn 60, outclassed his javelin competition with a 147'2" throw. And then there was Bob Hunt, Tony Castro, Joe Caruso, Gary and Christel Miller,



George Ker throwing 60-64 world best 55'4" for 8# shot at Anteater Classic, Irvine, CA, May 21.

Mike Castaneda, John Roehr, Nick Newton, Herm Wyatt, and on and on.

For master athletes, this meet was

worth the drive from the urban centers of California even if they showed up just to be spectators. □

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width Height
52	Full page	250	10" 13"
39	1/2 page	210	10" 9 1/2" 7 1/2" 13"
26	1/3 page	160	5" 13" 10" 6 1/2"
13	1/4 page	100	5" 6 1/2" 10" 3 1/4"
7	1/8 page	60	5" 3 1/4" 2 1/4" 6 1/2"
3 1/2	1/16 page	50	2 1/4" 3 1/4"
1		25	2 1/4" 1"

2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions	10%
6 to 12 insertions	15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES

50% discount for race and meet notices. No frequency discounts or agency commissions.

5. TERMS

Net 10 days from billing date.

6. CLASSIFIED RATES

50 cents per word. Count name and address as 5 words. Race notices are 25 cents per word. Prepayment required with copy.

7. MECHANICAL REQUIREMENTS

- See display rates for ad sizes.
- Photo offset printing.
- 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)

Paid: 2425. Distribution: 4000
Published monthly. Subscriptions \$12/year.

Mail order to: National Masters News
P.O. Box 2372
Van Nuys, Calif. 91404
(213) 785-1895



Barbara Pike, Eastern Regionals, West Point, March 20, 1983.

SOUTHERN CALIFORNIA MASTERS TRACK & FIELD CHAMPIONSHIPS

FEATURING THE
U.S. CHAMPIONSHIP
100M HANDICAP & 800M HANDICAP

AUGUST 27, 1983

SPONSORED BY
SAN DIEGO
ATHLETIC ASSOCIATION

900 Otay Lakes Road • Chula Vista, CA
15 mi. south of San Diego on I-805

HANDICAPPED BY
**THE AMERICAN ASSOCIATION
AAHR
OF HANDICAP RUNNING**

ENTRY FEE: \$4.00 per event \$10 relays

PRE-REGISTRATION: All events except relay, deadline **AUGUST 22** Late entries \$10 at Meet Director's discretion

FACILITIES: Artificial Track — 1/4" Spikes — Showers — Concrete Rings — Grass Javelin — Runways

ORDER OF COMPETITION: Women first — oldest to youngest in 5-year age groups starting at 30 years. Races may be combined at meet director's discretion.

HEATS: Heats will be run first if needed.

AWARDS: Championship Medals for First Three Places. Commemorative T-shirt for sale at meet site.

NOTE: Random drawings throughout meet by entry number for donated merchandise.

HANDICAP RACES: All entrants compete against each other regardless of age, with every competitor receiving a handicap or head-start in meters based on runners' best times during the past two years.

SCHEDULE

10:00 HAMMER	11:00 5000 WALK	1:15 400M PRELIMS	2:30 100M FINALS
11:00 POLE VAULT	11:45 100M PRELIMS	1:30 800M Handicap	3:00 800M FINALS
JAVELIN	12:00 5000 METERS	1:45 100M Handicap	3:30 200 FINALS
1:00 SHOT PUT	12:30 200M PRELIMS	2:00 400 IH	4:00 1500M FINALS
1:30 LONG JUMP	12:45 STEEPLECHASE		4:20 400M FINALS
3:00 DISCUS			5:00 HIGH HURDLES
HIGH JUMP			5:30 400 RELAY
TRIPLE JUMP			6:00 1600M RELAY

ENTRY FORM

Joe Horn, Entry Coordinator 1147 Agate, San Diego, CA 92109 • 619-488-8885

NAME (LAST) _____ (FIRST) _____ AGE _____ DATE OF BIRTH _____

PHONE _____ EVENTS ENTERED: _____

ADDRESS _____ PERFORMANCE _____

CITY _____ STATE _____ ZIP _____ CLUB AFFILIATION _____

CIRCLE ONE: MALE FEMALE AMOUNT ENCLOSED _____

(Make checks payable to San Diego Athletic Association)

WAIVER

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against San Diego Athletic Association, TAC, Southwestern College, and all sponsors of this meet, their successors, representatives and assigns, for any and all injuries, losses or damages while traveling to and from and while competing. Date _____ Signature _____

1,000 Compete in First Women's Triathlon

by ROBERT SHEAHEN

REDWOOD CITY, Cal., May 29. In a grueling, gut-wrenching display of herculean endurance, almost 1,000 women swam a salty kilometer, cycled 18 hilly kilometers, and ran ten dusty kilometers today in the nation's first women-only triathlon. A 51-year-old Californian set a masters course record of two hours and 34 minutes.

The overall winners finished at about two hours. Some women looked as slick and feminine as the first dawn of spring, others looked like Latvian

weightlifters.

Redwood City is an unlikely place for anything. Its natives call it Deadwood City and usually marry or leave home by age 17. The town is located in the Transylvania section of San Mateo country, just south of San Francisco. It is always dark, continuously raining, and hauntingly forboding. Some even say hunchbacks lurk in shadows, as church gongs split the sound of the splattering rain.

Whoever selected Deadwood as the site for a major event is probably a hideously disfigured podiatrist bent on revenge against a variety of real or imagined enemies. For the swim, the organizers chose the whale pond of a Marineland outlet. Odd, indeed, to see 1,000 swimmers as the noon attraction in this tiny lagoon. It was like a Kentucky Derby with 80 horses on the track, a Celtics game with 30 players on the court, a Super Bowl with all 28 NFL teams playing at once.

Surrounding this throng of swimmers was an assortment of African animals. Swimmers were cautioned not to beach on islands for fear of monkey-bites. Only the rhinos showed real fear. At the sight of a 1,000 charging orange "Bonnie Bell" swim caps, the rhinos cowered into their caves.

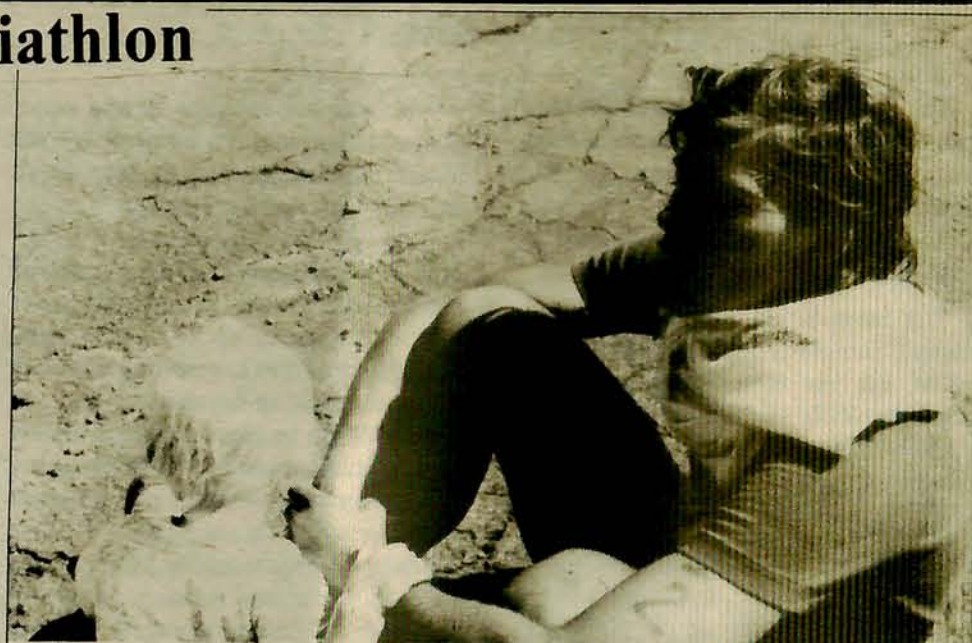
Someone named Cathy Crabtree announced the triathlon would start when the elephant trumpeted. Several attempts failed to prod the elephant even to toot. At 12:30 p.m. the mass of flesh took off, kicking and flailing away for position. One swimmer's shoulder dislocated. According to Kathy Sheahen, one of the first ten swimmers to dredge themselves out of the muck, "It was the stench of people, salt and animal dung that propelled me out of the water so quickly."

Somehow the sun was coming out, even in Transylvania. As the swimmers reached the transition area, voyeur race officials had a field day ogling the disrobers. Those entrants who would take the lead did not bother to change.

★ ★ ★

The bike race fared better only because so many orange-capped women were still in the whale brine. Starting out at sea level for a few miles over train tracks and past broken-down businesses, the bike course then went straight up a California mountain for three miles. The exhausted girls who gasped their way to the summit then choked on exhaust fumes from cars on Interstate 280. No race official (virtually all were curiously male as were the lifeguards) thought to trek from the whale pond area to the top of the bike-breaking hill.

At this desolate outpost were two bogus race officials. Tim Clancey and his brother Patrick are two students from Berkeley who had earlier been given race official uniforms by mistake. Vested with this apparent authority, the Clancey brothers tried to



Kelly Sheahen comforts mother Kathy who survived first women's triathlon in Redwood City, Calif. in 2:34.

It's not too early to start



Now you can follow a time-proven marathon training program guaranteed to get you to the finish line at Kapiolani Park with style and grace. Designed by track coach Ron Gunn and writer/runner Hal Higdon, this program features a planning guide plus monthly schedule updates with tips on diet and pacing right up to your final carbo-load.

Whether training for Honolulu or for your local 26-miler, enroll now. The fee is only \$25, which you can apply as deposit to travel with Roadrunner Tours to Honolulu, or on any of our other trips including Bermuda, London, Avon, Grandma's and Athens, or our new running camp this summer at Telemark Lodge.

We also send you the "Training for the Honolulu Marathon" t-shirt pictured above plus an autographed copy of Hal Higdon's book, "The Marathoners." Write now for details and the latest free issue of "The Running Tourist."

- ☐ Yes, I want the training package.
Enclosed is \$25.
☐ Please send info plus "The Running Tourist."

Name _____
Address _____
City/state/zip _____
T-shirt size _____



301 West Highway 20
Michigan City, Indiana 46360
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conduct "gender checks" in nearby bushes.

Bypassing the Berkeley boys, the women cyclists turned around and began to come down the mountain at 60 mph. The bikes must have felt like six white horses as the girls cheered for each other. It was the first moment anyone sensed she could finish the race. But on the other side of this steep incline were the slower women, like sisters of Sisyphus, still struggling to reach the top, staring vacantly at their downhill counterparts. One breathlessly exclaimed, "I've never seen anyone go faster on a bike than that second girl going downhill."

No car could keep up with the bikes as they sped through the city streets, past the smoky factories and back to the whale pond area.

It was time to run.

★ ★ ★

Like the swim and bike courses, the ten kilometers course was designed by someone who on judgment day will answer for cruelty and evil. A mile on pavement was followed by four miles

of potholed, desert-like dirt and grit. A masters entrant said, "I've never seen anything so yucky. They should have played Duane Eddy's '40 Miles of Bad Road.'"

Out of the potholes, the triathletes had one mile to go. They passed a diesel truck belching fumes, but a stunning chorus of cheers was soon to come.

No one seemed to care about the insidious course. Finishing was all that mattered. And the girls finished. More than 800 of them.

"A woman's place is on the top," said a tee-shirt in the after-race picnic area. These women are indeed on top. Even one of the would-be gender-checkers from Berkeley said, "I couldn't even drive that course — these chicks are awesome."

As the sun disappeared and the Transylvania gloom returned, one observer, sipping on his fifth Coors, said, "My god, there was enough energy expended here today to heat Chicago for the winter." □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUL 1983

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
DANIEL ALDRICH (NEWPORT BEACH, CALIF.)	7-12-18	65-69
KONRAD BOAS (WHITE STONE, NY)	7-15-03	80 +
AL BRENDA (MODESTO, CA)	7-6-28	55-59
DOUGLAS CLEMENT (CANADA)	7-15-33	50-54
RICHARD EMBERGER (ESCONDIDO, CA)	7-3-38	45-49
WALLY HAYWARD (RSA)	7-10-08	75-79
PETER LAURINO (US)	7-27-93	80 +
JOSEF MATOUSEK (CZE)	7-2-28	55-59
ROBERT MCDONALD (EL CAJON, CALIF.)	7-12-18	65-69
ROBERT MONZINGO (US)	7-18-38	45-49
ALBIN NOREN (SWEDEN)	7-4-13	70-74
DAVE POWER (AUSTRALIA)	7-14-28	55-59
KENNETH ST-CLAIR (TARKIO, MD)	7-3-08	75-79
NIKOLAY SVIRIDOV (URS)	7-6-38	45-49
TOM THORNE (EUREKA, KS)	7-2-43	40-44
RUDDOLPH VALENTINE (NYC, NY)	7-12-23	60-64
ALAN WATERMAN (SAN FRANCISCO, CA)	7-8-18	65-69
ADRIAN WEATHERHEAD (GB)	7-22-43	40-44
SIGNE GALLAHER (RIDGECREST, CA)	7-23-23	60-64
MELBA HATCH (CANTON, MI)	7-1-28	55-59
SYLVIA HATTON (BEND, OR)	7-2-33	50-54
MARY MIDDLEBROOK (HOUSTON, TX)	7-23-38	45-49
ERMA TRANTER (CHICAGO, IL)	7-23-43	40-44
HEATHER DOHERTY (AUS)	7-21-33	50-54
JANE MILES (NZ)	7-2-33	50-54
SHIRLEY PETERSON (NZ)	7-24-28	55-59



Bob Hunt clears final hurdle to win M60-64 400IH at West Coast Masters, Visalia, CA, May 8.
Photo by George Cohen

Heritage Smashes Mile Record

On April 23 at the Washington Invitational T&F Meet in Seattle, Doris Heritage, 40, ran a 4:54.33 mile, a pending American women's masters record.

For four years, almost every female master distance runner turned forty has sought to break Sandra Knott's 1978 national 40-and-over record of 5:12.2. Heritage did it by over 17 seconds, a margin that brings up comparisons to Bob Beamon's Mexico City long jump and Tom Petranoff's recent world record javelin throw.

Regardless of the duration of Heritage's mark, it is perhaps best appreciated when compared to those of high school, and even college, female runners. A 4:54 mile would easily win most high school and some college duals and would even score points against the males.

Until the many excellent sub-40 women come of age, or an unknown forty-year old phenom appears on the scene, Heritage is one to keep our eyes on. □

REPORT FROM BRITAIN

by ALASTAIR AITKEN

Two Veterans had particularly fast times in recent road races. Don McGregor, who did a 2:17 Dundee Marathon, ran 49:40 in the Scottish Veterans 10 Mile Championships, April 9, at Motherwell. 'Taff Davies,' now 45, posted a 50:03 at the Nike Grand Prix 10 Mile at Walton in May.

British Veterans Athletic Federation 10,000m champion (40-45), Johnny Batchelor ran a half-marathon at Effingham, May 21, in 1:10:37 over a tough course to place first Veteran and twelfth overall out of 300. Margaret Lockley, 36, was women's Veteran

winner in 1:19:49.

Joan Allison, 35, ex-international middle-distance runner for the UK, ran the fastest times last year for W35-39 in the 800 (2:11.9), the 1500 (4:25.2), and the 3000 (9:49.6), all in open competition.

Paul Nihill, '68 European and '64 Olympic walking medalist, plans a comeback shortly. Lillian Millen, 36, Veteran walker who still competes for the UK, was third in the RWA Championships, May 14. Her time of 23:51 was not far behind the winner's, non-Vet Irene Bateman, 23:28, on a windy, rain-soaked course at Southport. □

MASTERS SPORTS ASSOCIATION'S 4th ANNUAL RUNNING RELAY & FIELD EVENT RELAY CARNAVAL
SUNDAY, JULY 24, 1983
RANDALL'S ISLAND, NEW YORK CITY. TAC SANCTIONED.

OPEN TO ALL MEN AND WOMEN REGISTERED IN TAC, OVER THIRTY YEARS OF AGE.

ENTRY FEE: \$10.00 PER EVENT PER TEAM FOR RUNNING RELAYS

\$ 5.00 PER EVENT PER TEAM FOR FIELD EVENT RELAYS.

DIVISIONS: SUB-MASTERS (30-39); MASTERS I (40-49); MASTERS II (50-59); MASTERS III (60+)
FOR BOTH MEN AND WOMEN TEAMS.

PRIZES: MEDALS TO THE FIRST THREE TEAMS IN EACH CATEGORY.

TEAM TROPHIES: FOR RUNNING EVENTS: TO TEAM SCORING THE MOST POINTS ADDING ALL OF THE
RUNNING RELAY RESULTS ON THE BASIS OF 5-4-3-2-1.

FOR FIELD EVENTS: SAME METHOD AS FOR RUNNING EVENTS

RUNNING EVENTS: (in meters) 800; 1600; 3200; 6400; sprint medley 400, 200, 200, 800;
distance medley 1200; 400; 800; 1600; age medley 40-50-60-40 years of age.

FIELD EVENTS: Long Jump; Discus; Triple Jump; Shot Put.

TEAM COMPOSITION: Running events: 4 member teams. All must be registered in TAC. Age of
youngest member determines division. All must be in same club.

NOTE: THE RESULT OF ALL OF THE 40+ TEAMS IN THE RUNNING EVENTS CAN BE USED IN THE NATIONAL
ATHLETIC CONGRESS POSTAL RELAY CHAMPIONSHIPS.

Field events: 2 member teams. All must be registered in TAC. Age of
youngest competitor determines division.

TO ASSIST IN THE ADMINISTRATION OF THE MEET PLEASE PRE-ENTER. THE SPECIFIC TEAM MAY BE
DECLARED PRIOR TO THE EVENT.

SCHEDULE: WE ARE INTENTIONALLY LEAVING SUFFICIENT TIME BETWEEN EVENTS TO PERMIT DOUBLING.

800 m. relay	11:00 A.M.	distance medley	2:00 P.M.	Long Jump	11:00 A.M.
6400 m. relay	12:00 noon	sprint medley	3:00 P.M.	Discus	12:00 noon
1600 m. relay	1:00 P.M.	age medley	3:30 P.M.	Triple Jump	1:00 P.M.
3200 m. relay	1:30 P.M.			Shot put	2:00 P.M.

In the field events each competitor will have four jumps or throws. The two best
performances of each competitor will be added together with that of the team mate
for the total distance. The teams with the longest distances win.

PLEASE MAKE OUT A SEPERATE SHEET FOR EACH RELAY.

NOTE: THE SPECIFIC TEAM MAY BE DECLARED AT THE MEET. PLEASE BE SURE TO HAVE THE TAC
NUMBERS. ALL ATHLETES MUST BE REGISTERED IN TAC.

RUNNING RELAY EVENT		TEAM	
TEAM MEMBERS:			
1st LEG	TAC#	2nd LEG	TAC#
3rd LEG	TAC#	4th LEG	TAC#

MAILING ADDRESS FOR NATIONAL POSTAL RELAY PRIZE: NAME:

ADDRESS: ZIP PHONE
TIME:

FIELD EVENT RELAY		CLUB		AGE	
RELAY EVENT					
TEAM MEMBERS:					
NAME	TAC#	NAME	TAC#	NAME	TAC#

MAKE CHECK PAYABLE TO: MASTERS SPORTS ASSOC. (\$10 RUNNING RELAY; \$5 FIELD EVENT RELAY)

MAIL TO: MASTERS SPORTS, 77 PROSPECT PLACE, BKLYN, NY 11217...

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Mens \$50 Womens \$45 including shipping in U.S.

Circle appropriate information.

MENS	WOMENS	NAME
S M L	XL	ADDRESS
TRUNKS	RED BLUE	CITY State Zip
		TAC NO.

MASTERS SCENE

NATIONAL

Based on a survey of 424 runners, psychiatrist **Kenneth E. Callen**, Portland, OR, writing in the journal *Psychosomatics*, found that the women tended to start running for weight loss; whereas, large numbers of the men were attracted by the idea of competition, and that the "hardest-running, most competitive group is older males, especially those who started running after 40."

- **Harold Tinsley** was elected president of the Road Runners' Club of America at the organization's annual convention and 25th anniversary fete, May 14, in San Francisco. Tinsley, race director of the Rocket City Marathon held in his native city, Huntsville, AL, led the RRCA's Southern Region's growth to the largest in the U.S. **Paul DeBruyn**, '32 Boston Marathon winner, **Ed Benham**, 70+ multiple record-holder, and **Gabe Mirkin**, health and sports physician, were elected to the RRCA Hall of Fame in S.F.

- Several corporations have expressed interest in sponsoring the National Masters Sports Association but no one has yet signed on the dotted line. The scheduled 1983 Festival in Philadelphia has been cancelled.

"We've had more interest in a Winter Masters Sports Festival," NMSA Director **George Hatzfeld** told NMN, "with the seven Olympic sports: hockey, skiing, skating, etc. The problem is that we're ahead of our time. We're not washing on shore yet. We're the next wave just out there. They see the baby boom phenomenon coming, and they say: 'In two to five years, this will be fantastic! And I say 'Get in now,' But they say 'Well, maybe we'll do another tennis program.' They know it will take some work to move it up to a level of national awareness. Some companies would rather just put money in the Special Olympics for the sympathy factor."

NEW ENGLAND

- **Jim Gray**, 40, with a time of 27:33, won the 1st Annual Ralph Pellicano Masters 5M Road Race, Warwick, RI, May 15. **Peggy Todd**, 40, was the 1st W/40+ in 46:40.

EAST

- Philadelphia Master TC 60+ sprinters roared to a 4x400m clocking of 4:32.8 in a development meet at Franklin Field, May 15. Seventy-year-old **Claude Hills**, started with a

1:14.2 split; **Don Harris**, the "youth" of the team at 60, picked up the pace with a 1:07.8 leg and passed to 65-year-old **Dave Hill**, who really got things rolling with a 1:04.8 split; **Jay Sponseller**, 65, flew to the finish in 1:06. **Luther Burdelle**, 58, back from an injury, bettered the American age mark for the 3000m with a time of 10:40.1. In the 100m, North Philadelphia's **Harry Jackson**, who still works in a movie theater at age 87, ran a 23.8, despite a bad start, to set an American age record.

- **Patty Lee Parmalee**, running into winds that participants said added 6-10 minutes to their times in the Long Island Marathon, May 1, lost a shot at an Olympic qualifying time (2:51:16), but hung on for a 7th overall and 1st W40 win in a PR, by 11 minutes, of 3:03:13. **Tosh d'Elia** and **Alicia Moore** finished 1-2 in the W50 division for the 2nd straight year.

- Husband and wife master runners were prominent in the 5th Annual Trevira Twosome 10-mile, Central Park, NY, May 1. **Herb**, 44, (52:42) and **Irma Lorenz**, 41, (1:09:51) took the 80-99 age bracket in a total of 2:02:33. **Harold**, 43, (56:20) and **Andrea Hatch**, 38, (1:10:44) followed for a 2nd place with a 2:07:03 total. In the 100-119 group, **Herbert**, 54, (1:02:02) and **Mila Kania**, 51, (1:06:32) placed 1st in 2:08:35; while **Peter**, 53, (1:12:37) and **Alicia Moore**, 52, (1:12:52) were 3rd in 2:25:29.

- **Rudy Valentine**, M55, NY, won 4 events in the MSA T&F Championships, May 22, Great Neck, Long Island: 100 (12.9), 200 (27.9), 400 (60.3), and 3M walk (19:13.2). Other top efforts included: **Rich Rizzo**, M45, 400 (55.0); **Mason O'Neal**, M45, 800 (2:11.3); **Len Olson**, M50, 3 wins, discus (41.82m), hammer (42.60), and shot (14.70).

SOUTHEAST

- **Alex Coffin**, 46, Charlotte, NC, was 5th overall, taking the masters title at the Bethlehem 10K, Hickory, NC, May 28, 38:06, over a hilly course. **Hume Collins**, 46, Hickory, was 2nd master and 6th overall in 39:58. Too small to follow in her father's footsteps, Coffin's daughter, Anna, 8, opted for the 1 mile run and was 1st female in 7:57.5.

MIDWEST

- **Alan Claremont**, 47, U. of Wisconsin professor and former Canadian distance runner,



Shirley Kinsey, 53, winner 50-54 discus, Redlands, May 14.

Sportsfoto by John Allen.

clicked off a 35:33 to beat the 40+ group in the Madison, WI, Pepsi-Challenge 10K, May 7. He was followed by **James Clark**, 40, 35:52, and **Steve Rogers**, 40, 36:15. **Kathleen Soderbloom**, 43, took the women's segment in 45:44.

- **Phyllis Schwandt**, 61, set a new age-group record with a 1:33:34 20K at Terre Haute, IN, on April 9.

- **Lamar Miller**, 37, and **Ted Potts**, 35, exchanged victories in the Berkley, Mich., Masters T&F meet, May 22. Potts edged Miller, 10.90 to 10.96 in the 30-39 100m, but Miller got even in the 200, 22.23 to 22.50. **Brian Westfield**, 40, motored to a 54.19 400.

- **George Cook**, 30-39, Plymouth, IN, **Donald Sleeman**, 40-49, Ann Arbor, MI, and **Richard Bauman**, 50+, Sterling, OH, were winners of the Pepsi Challenge 10K Regional, South Bend, IN, May 21. Female victors were **Diana Duncan**, 30-39, Elkhart, IN, **Tina Hayward**, 40-49, Vicksburg, MI., and **Sister Margaret Norris**, 50+, Jasper, IN. All were awarded trips to New York for the July 3rd Pepsi National Championships, where they will face other regional winners for \$25,000 prize money.

- Apparently pleased with the success of the world masters ski championships at Telemark, Wisconsin this year, Tom Kelly and Tony Wise are planning to hold a national masters ski championships the week before the American Birkebeiner in 1984.

MID-AMERICA

- NMN readers who want an excellent list of rankings for 50+ runners who ran the Lincoln Marathon, 1978 thru 1983, should write Harry Crockett, 3918 Orchard, Lincoln, Nebraska 68503. Include SASE for 2 oz.

- Closing off Colorado's best indoor season ever, master athletes at the state's age-group championships, Colorado Springs, March 15, set 35 meet records, topped off by a 13'5" PV by **Jerry Donley**, 53. **Herb Anderson**, 80-84, won six events, including the shot, 27'3", and the 60m, 9.8.

- **Jack Moran**, race director of The Twin Cities Marathon, October 2, says it "will have awards of \$500 for any master who sets an American exact-age record in the race."

WEST

- **Marcel Jobin**, 41, Canada, was 1st overall and top master in the National TAC 15K Walk, Santa Monica, May 15, in a remarkable WR 1:03:06. **Larry Walker**, Van Nuys, was 1st U.S. master in a swift AR 1:07:33, his 3rd AR since becoming a master in December. **Vicki Jones**, 37, Topanga Canyon, CA, was 1st female in 1:20:25.

- **Neal "Grim Reaper" Picken**, 41, Bentonville, AR, won the National TAC 50K Walk, Monterey, Ca, in 5:13:37. **Bev La Veck**, 47, Seattle, won the women's race with a 5:27:20.

- At Redlands, CA, May 14, **Shirley Kinsey**, 53, increased her javelin age-group AR to 86'10" and set an AR for the 80m hurdles in 17.7, as did **Christel Miller**, 45, in the time of 15.2. At Redlands, **Redmond Doms**, broke the age 76 WR in the discus with 108'10" and the shot with a 36'5" put.

- **Sal Vasquez**, 43, caught open runner Dan Anderson at 4 1/2 miles to take the lead and win the Nowhere to Run 10K, Livermore, CA, April 17, by 20 seconds in 32:22. **Shirley Church**, was first W40 and second w/overall in 44:03.

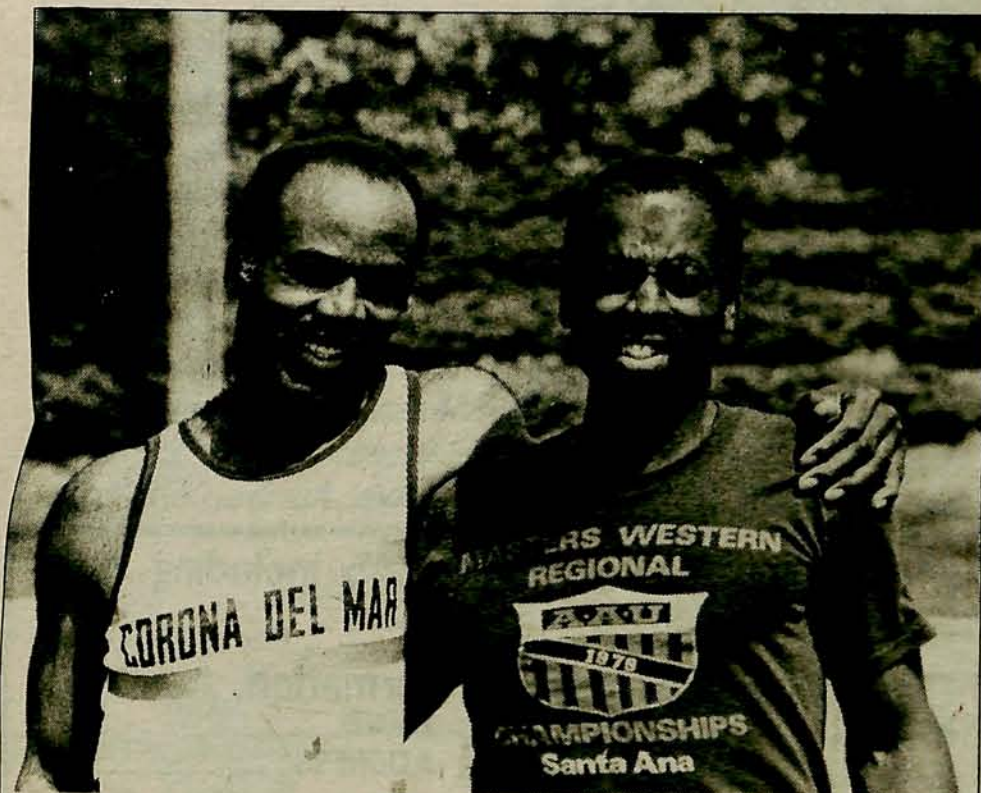
- **Herm Wyatt**, 51, Los Gatos, CA, and **Payton Jordan**, 66, Los Altos, CA, both broke their own WR's at the PA/TAC Masters T&F Championships, May 21, 22, at Los Gatos. Wyatt upped his HJ mark to 6'1", and Jordan lowered the 100m to 12.58.

- **Mel Shine** bettered the listed American age 74 record of 46:15 with a 46:12 at the Cotati 10K.

- To dedicate its contribution of seven world-class training tracks at L.A. educational institutions, ARCO is sponsoring a series of community 5K races under the title of "RUN L.A." from July thru September, and the Coliseum 10K (formerly Mercury 10K) on October 2, which will have open and invitational fields, with prize money of \$55,000. Jim Goulding, L.A. Athletic Club, 431 W. 7th St., L.A., CA 90014 is race director.

- Need something extra for the nationals, World Games or Grand Prix? How about some high altitude training in the Sierra Nevada? Im-

(Continued on page 25)



Pasadena's Lou Beadle, 56, and Altadena's Ron Beadle, 34, father and son, competed at Redlands, May 14.

Sportsfoto by John Allen.

(Continued from page 24)

proves your lung capacity. Beautiful scenery and air. Masters runner John Cosgrove invites you to Mammoth Lakes, Calif. to run on roads and trails from 11,000 to 14,000 feet. Houston and San Juan will be a piece of cake after that. The world's highest 10K is set for August 13. For info, 213/823-9448.

- **Tim Rostege** and **Sue Johnston** each won \$100 as top masters at the How The West Was Run 15K PA/TAC championships. **Bill Catanese** and **Birthe Kirsch** received \$50 apiece for 2nd places. Temps in the 80's and a probable long course may have accounted for slow times.

- **Bill Knocke**, 43, is featured on the cover of *California T&F News*, June 1983, running a relay leg in red Spandex tights.

- **Eino**, writing to NMN about the TAC/SPA 5K District Championships, Westlake Village, CA, poses the question, "Why do people pay \$10 to go to a race like Bay to Breakers rather than run a good district championship purely dedicated to racing? The district race provides an excellent opportunity to get a good time in a usually exact, wheel-measured distance in a race put on by runners for runner." In that race, **Michelle Soderberg**, 30-39, outkicked **Ann Gladue**, 19-29, to win by one second in 18:01. **Tom Burns**, 40-44, was top master in 15:46. **George Cohen**, 43, who started his comeback in 1979 with 10K's before his prowess in the middle-distances, was 3rd in the 40-44 with 16:57, behind Burns and Gene Blankenship's 16:52.

- **Charlie Hoover**, 30-39, Sepulveda, CA, last year's runner-up, overtook **Jim Howard**, 18-29, '82 winner, at 35 miles and kept the lead after Howard retired at 41 miles, to win the American River 50 Miler, Sacramento, April 17, in 5:55:56. **Sally Edwards**, 30-39, Sacramento, never relinquished her lead to win the women's race in 7:18:24, a course record by over 12 minutes. **Jeff Wall**, 40-49, Daly City, CA, charged thru the course in 6:07:26, sawing 46 minutes of the M40+ course standard. **Bjorg Austerheim-Smith**, 40, Sacramento, demolished the W40+ course time by an hour with 7:35:59. **Ruth Anderson**, Oakland, improved her own W50+ race mark by almost 6 minutes to 9:04:46. An amazing 92% of the starters completed the uphill course.

NORTHWEST

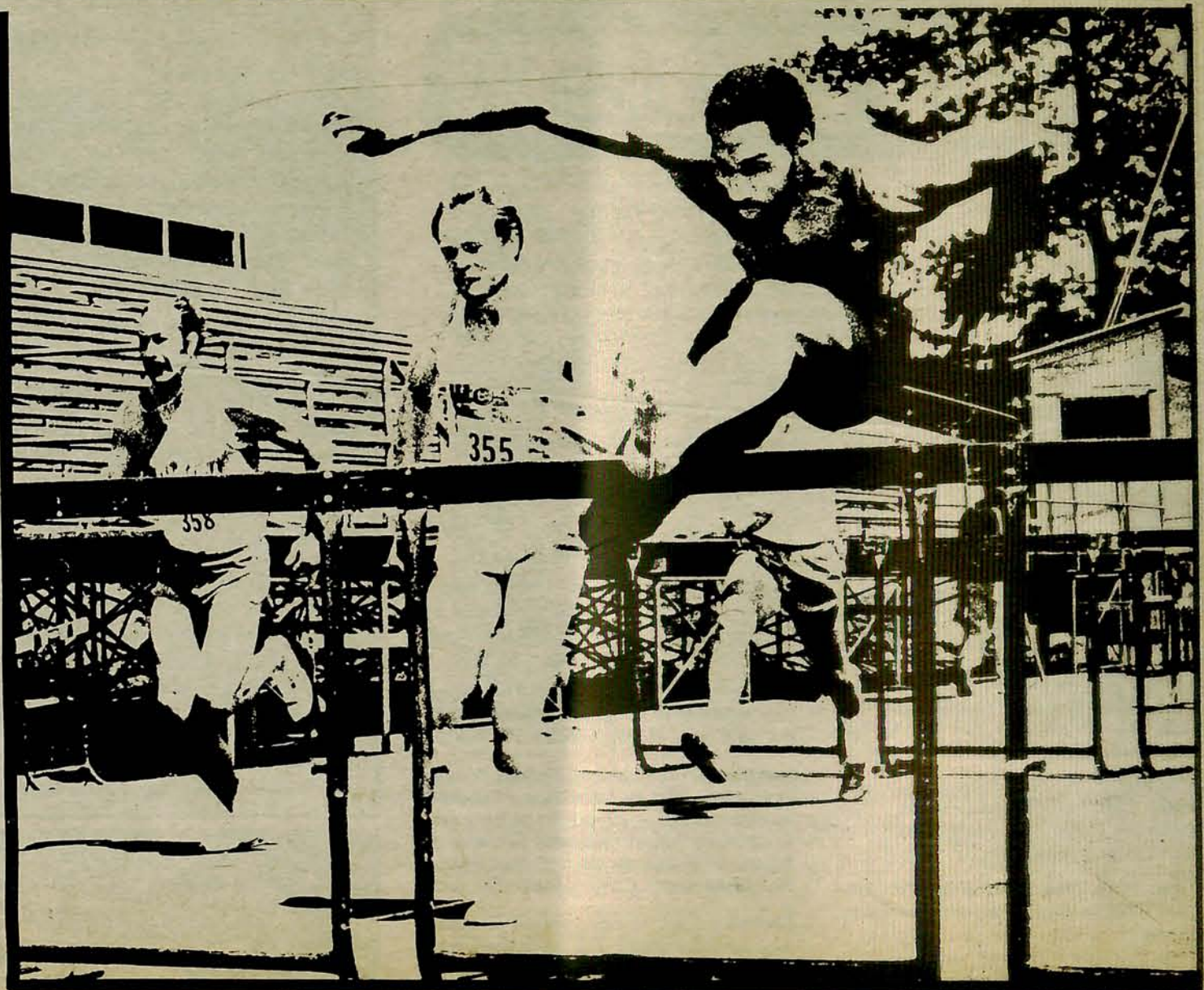
- NMN's May issue did not include results for women in the Emerald City Marathon, March 27, Seattle. The top women's marks are in this issue's result section. Contrary to our information, the women did receive awards, which, unfortunately, were not delivered early enough for presentation immediately after the race.

- Female runners in Eugene, OR, who fear harassment or attack may solve the problem by running with a companion rented from a business called "Project Safe-Run." One woman reports not "a single comment from a guy since I started with Jake." Jake is a doberman pinscher, who leases out at \$5 a month.

INTERNATIONAL

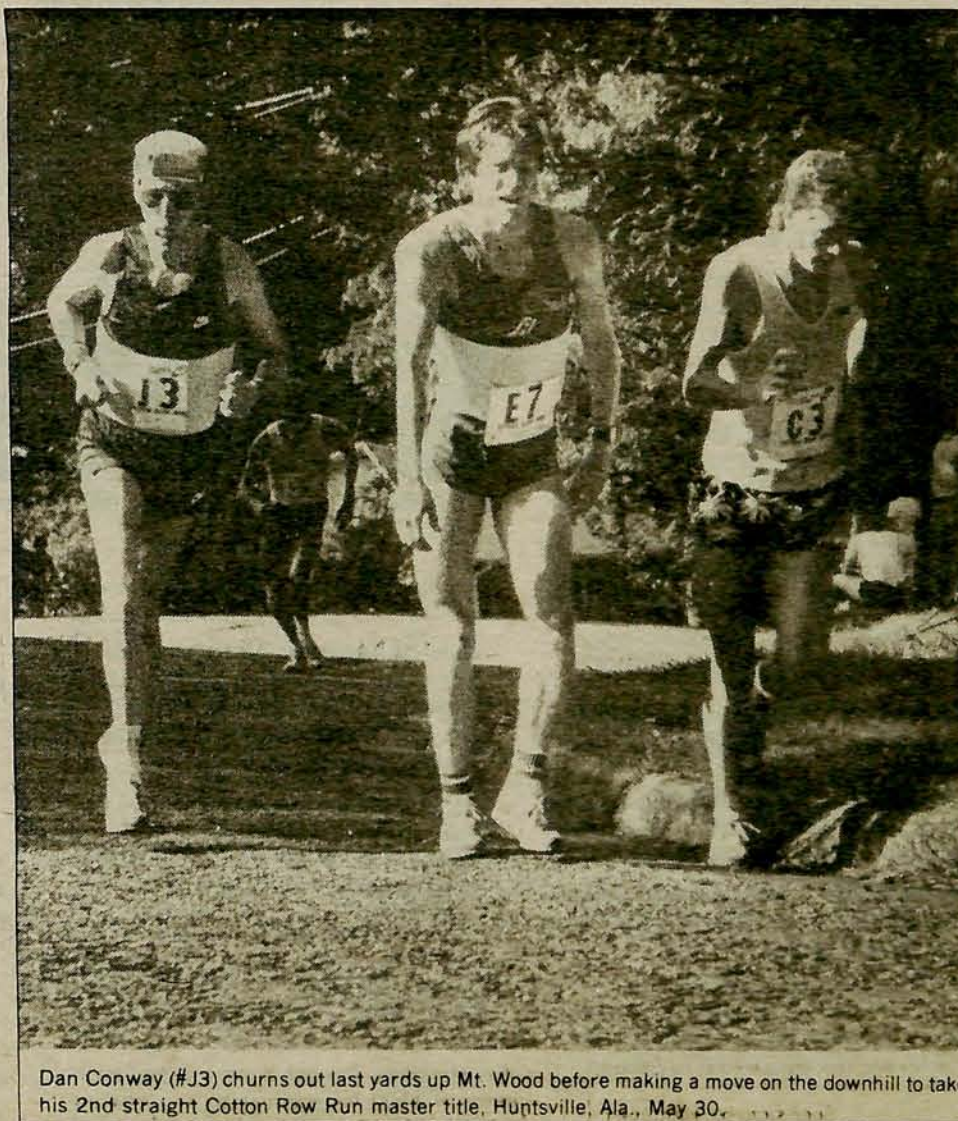
- The 13,000 runners in the Stockholm Marathon, June 4, included ex-world heavyweight champs **Floyd Patterson** and **Ingemar Johansson**. Johansson toured the scenic course in under 4 hours. No word how Patterson did, but another celebrity, **Bob Beamon**, 36, world LJ record holder, in his first marathon, just 6 months after running his first 10K, withdrew early.

- After **Brendon Wilson** contracted polio at age 4, doctors said he would never walk again. He spent 2 years in a hospital — his legs bandaged and strapped to a frame to discourage movement. Wilson, now 40, overcame his disability to become a fireman for the South Australia Fire Service near Adelaide and to win gold medals in the recent 1983 Veterans Athletics Championships at Melbourne in the 100m, 200m, and 400m. He has been granted 2 months leave to compete at Puerto Rico and would like to make U.S. contacts before his arrival in early August. His address is 32 Stuart Rd., Dulwich, South Australia 5065. Phone: 61-8-312683.



- Running practically unopposed, Puerto Rican **Ovidio de Jesus**, now 50, gave warning to world 50-54 sprinters, who will have to face him on his home-ground in September, when he

flashed to 60.26 400mIH, and 11.48 100m, a 200m in 23.28, and a 400m in 52.89, at San Juan, May 28-29. The 200m time is a pending 50-54 WR, breaking Thane Baker's 23.4 clocking, set last September in Texas.



Dan Conway (#J3) churns out last yards up Mt. Wood before making a move on the downhill to take his 2nd straight Cotton Row Run master title, Huntsville, Ala., May 30.

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Running Times



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schedule

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



TRACK & FIELD NATIONAL

July 2-3. TAC National Masters Decathlon (men) and Heptathlon (women), Merced, Calif. A.J. Puglizevich, 720 E. 21 St., Merced CA 95340. 209-722-6078.

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

August 17-19, 1984. 17th Annual TAC National Masters Championships, Eugene, Oregon.

EAST

Each Wednesday thru August 31, Mini-meets, Downing Stadium, Randall's Island, NYC. Masters at 6 p.m.

July 10. Eastern Club Quadrangular. (Shore AC, NY Masters, Phila Masters, Dick De Schriver, State College, East Stroudsburg, PA 18301. 717/424-3425. Potomac Valley) Washington, D.C. Sal Corrallo, 5351 N. 37th St. Arlington, VA 22207. 703-241-1854.

July 17. Masters Sports Association Relays. New York City. Masters Sports, 77 Prospect Place, Brooklyn, N.Y. 11217.

August 11-14. Empire State Games, Albany, N.Y. Open and masters. Residents of New York State only. Entry standards. Deadline July 15, Michael Abernethy. 518/474-8889.

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

September 10-11. North American Championships, New York City.

Need Back Issues?

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Send to:

National Masters News
P.O. Box 2372
Van Nuys, CA 91404

SOUTHEAST

Each Tuesday. All-comers meets, Lakewood Stadium, Atlanta. 6 p.m.

July 7, 21, 28. Orlando All comers meets, Showalter Field, Winter Park, Fla. (July 14, Colonial High. 6:30 p.m.)

August 13. Southeastern Track Classic. Greenville, S.C. Entry forms will appear in the July issue. Tom Malik, 104 Pinewood Dr. SC 29651 (803) 879-4549.

October 2. Masters Weight Pentathlon. Delray Beach, Florida. Phil Partridge, 337 SW 14th Ave., Boynton Beach FL. 33435.

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

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

MIDWEST

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

July 9. Greater Peoria Senior Olympics, Central Jr. H., East Peoria, IL. 9:00 a.m. Susan Schafer, St. Francis Medical Center, 530 NE Glen Oak Ave., Peoria, IL 61637. 309-672-2775.

July 30. 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 6. Heights Summer Track Classic. All ages and masters. Dorothy Davis, c/o Community Services, 2155 Miramar Rd., University Heights, OH 44118. 216-371-7406.

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

October 8. 3rd Annual Chicago Corporate Classic for men, women and masters. CCC, 1423 W. Fullerton Ave., Chicago IL 60614. 312-348-1724.

MID-AMERICA

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

September 3-4. Rocky Mountain Games, Denver. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303-341-2980.

September 18. Missouri Valley Masters Championships. Lawrence, Kansas. Clint Leon, 913-842-6240.

SOUTHWEST

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

ON TAP FOR JULY

TRACK AND FIELD

July starts off with a bang with the TAC National Masters Decathlon (men) and Heptathlon (women) at Merced, California, the Northern California Seniors Classic at Berkeley, California and the Indiana Masters Championships at White River Park, Indiana.

The second weekend finds the Northwest Masters Decathlon at The Dalles, Oregon, the TAC/SPA District Championships in Long Beach, California and the Greater Peoria Senior Olympics at East Peoria, Illinois. The challenging Eastern Club Quadrangular in Washington D.C. is on the 10th.

The Masters track and field training camp at Seeley Lake, Montana fills in the third week followed by the Masters Sports Association Relays in New York City on the 17th.

On the weekend of the 23rd is the West Valley Meet at Los Gatos, California and the Northwest

Masters Pentathlon at The Dalles, Oregon.

The TAC Northwest Regional Masters Championships in Gresham, Oregon, the CDM "Don Palmer Memorial Relays" in Los Angeles and the Midwest Regionals in Elmhurst, Illinois round out the month.

LONG DISTANCE RUNNING

Two hot events which will draw thousands are the Pepsi Challenge 10K National Championships in New York City on the 3rd and the Peachtree 10K Road Race in Atlanta on the 4th. The Coronado Half-Marathon at Coronado, California celebrates the 4th with a picnic after the race.

On the 10th is the Chicago Distance Classic 20K, and on the 24th, you could leave your heart at the city by the bay where 10,000 runners are expected for the San Francisco Marathon.

The 2nd Annual Mini-Masters 5K races at Peoria, Illinois on the 31st cap off the month. □



Kay Atkinson, and Els Tuinzing, PAC SUN 10K, May 29, 1983. Tuinzing won 60+ title in 50:22. Photo by Gene Cohn

WEST

June 20-August 5. All-comers T&F meets, Los Angeles area. Mon: Gardena HS; Tues: Venice HS; Wed: Birmingham HS; Thurs: Bell HS. 7 p.m. Masters competition each Wed. at Birmingham.

July 3. Northern California Seniors Classic, University of Calif., Berkeley. Contact Mark Grubi, P.O. Box 4512, San Francisco, CA 94101. (415-285-3352).

July 9. TAC/SPA District Masters Championships, CSU, Long Beach, Calif. Woody Studemund, 213-790-9480, or Doug Smith, 20861 Queens Park Lane, Huntington Beach CA 92546. 714-968-2812.

July 23-24. West Valley Masters Meet, Los Gatos, CA, Bruce Springbett, PO Box

1328, Los Gatos, CA 95030. (Includes 18-29 division).

July 30. 10th Annual CDM "Don Palmer Memorial Relays," Los Angeles. Cynthia Jackson, 19103 S. Andmark Ave., Carson, CA 90746. 213-638-7125. No field or individual events.

August 6. CDM, Striders & San Diego AA Tri-Masters Meet, Southwestern College, Chula Vista, Calif. Joe Horn, 1147 Agate St., San Diego CA 92109.

August 20-21. TAC Western Regional Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030.

(Continued on page 27)

(Continued from page 26)

August 27. Southern California Masters Championships. Includes 100/800m handicap championships. Southwestern College, Chula Vista, CA. Joe Horn, 1147 Agate St., San Diego, CA 92109.

September 10-11. 14th Senior Olympics, Cal State U at Los Angeles. Senior Olympics, 5726 Wilshire Blvd., Los Angeles, CA 90036. 213/938-5548.

October 1. Club West Masters Meet, Goleta, CA. George Adams, PO Box Drawer K, Goleta, CA 93017. 805-687-6323.

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

NORTHWEST

July 8-9. Northwest Masters Decathlon, The Dalles, Oregon. Buck Gent, 4725 Simonelli Rd. West, The Dalles, Oregon 97058. 298-8290. Night meet.

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 23. Northwest Masters Pentathlon, The Dalles, Oregon. Buck Gent, 4725 Simonelli Rd. West, The Dalles, Oregon 97058. 298-8290. Night meet.

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.

August 26-27. 5th Annual Montana Masters Championships. Bozeman, Mike Carignan, Box 1766, Bozeman MT 59715.

CANADA

July 16. Ontario Masters Pentathlon Championship. Scarborough, Ontario. Art Rappich, 86 Gloucester St. #1105 Toronto, Ontario M4Y2S2.

July 23. Canadian Masters Inter-Club Championships, York U., Toronto. Dave Welch, 97 Churchill Ave., Willowdale, Ontario M2N 1Z2.

August 13-14. Canadian Masters Championships, York U., Toronto. Dave Welch, 97 Churchill Ave., Willowdale, Ontario M2N 1Z2. 416/225-0846.

September 4. Canadian Masters Weight Pentathlon, Stofville, Ontario. Jackson Tovell, 183 Duncan Road, Thornhill, Ontario L3T 3N7. 416/889-3392.

INTERNATIONAL

August 19-21. European Veterans Championships, Brighton, England. Non-Europeans welcome. Jack Fitzgerald, 6 Tyers House, Aldington Road, London SW 16. Phone: 01/677-1303.

September 23 - October 1. V World Veterans Games, San Juan, Puerto Rico.

July 28-August 12, 1984. Olympic Games, Los Angeles.

LONG DISTANCE RUNNING

NATIONAL

Thru August 31. TAC National Masters Postal One-Hour Run Championships. Al Huff, 18127 First Five. N.W. Seattle WA 98177. 206/542-2930.

September 11. NIKE Masters Grand Prix 10K Finals, Santa Barbara, Calif. John Brennand, PO Box 6616, Santa Barbara CA 93160.

October 1. TAC National Masters 15K

Road Championships, El Paso, Texas. John Hinshaw, 6848 Pino Real, El Paso TX 79912. 915/755-1381.

October 2. TAC National Masters 25K Championships, Central Park, New York City. Vince Chiappetta, 3400 Corlear Ave., Bronx, NY 10463. 212/796-5189.

October 2. TAC National Masters 20K Racewalk Championships, Dearborn, Michigan. Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127. 313-322-0913.

October 9. TAC National Masters 10K Road Championships, North Creek, N.Y. George Regan, 231 4th St., Troy NY 12180. 518/273-5552.

October 9. TAC National Masters 40K Racewalk Championships, Ft. Monmouth, New Jersey. E. Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764. 201-222-9213.

October 15. TAC National Masters 5K Road Championships, Searcy, Arkansas. Cliff Sharp, Harding U., Searcy AR 72143. 501/268-6161.

October 30. TAC National Masters 15K Cross-Country Championships, Penn State Univ. Harry Groves, Penn State U., University Park PA 16802. 814/863-0237.

November 13. TAC National Masters 10K Cross-Country Championships, Van Cortlandt Park, Bronx, N.Y. Bob Fine, 77 Prospect Place, Brooklyn NY.

November 25. TAC National Masters 5K Cross-country Championships, Raleigh, N.C. Bob Baxter, 800 Purdue St., Raleigh NC 27609. 919/876-5674.

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

NEW ENGLAND

August 14. Falmouth Road Race, 7.1 M, Falmouth, Mass. Falmouth RR, PO Box 732, Falmouth MA 02540. 617-548-4417.

September 4. Jim Kelly "Over 30" 10 Mile Run, Snow School, Middletown, Conn. Bernie O'Rourke, PO Box 1300, Middletown, CT 06457. 203-344-3400.

September 5. American National Bank New Haven 10K. New Haven Road Race, Box 1893, New Haven, CT 06508.

September 12. Westfield Masters 5 Mile. SASE to Walter Childs, Sr., P.O. Box 1484, Springfield, MA 01101.

October 2. Saucony Freedom Trail 8-Mile, Boston, Mass. Greater Boston TC, 90 Hampshire St., Cambridge, MA 02139. 617-864-9479.

October 10. Bonne Bell 10K National Championship, Boston, Mass. Coventures, Inc., 45 Newbury St., Boston, MA 02116. 617-267-0055.

EAST

July 3. Pepsi Challenge 10K National Championships, New York City.

August 13. 3rd Annual Asbury Park 10K Classic, Asbury Park, N.J. Good masters field. (750 in '82). Phil Benson, PO Box 2287, Ocean NJ 07712.

August 14. Empire State Games Marathon, Albany, N.Y. Open to all. Mike Abernethy, 518/474-8889.

September 18. Philadelphia Half-Marathon. Bill Jackson, Central YMCA,



Ben Anixter (11.72) edging Gil LaTorre (11.80) in 45-49 100m, TAC/Pacific Assoc. Masters Championships, Los Gatos, CA., May 21.

1421 Arch St., Philadelphia, PA 19102.

September 25. Great Race 10K, Pittsburgh, Penn. Great Race 10K, Public Info. Office, Parks & Rec., 400 City County Bldg., Pittsburgh, PA 15219. 412-391-5539.

October 16. Skylon International Marathon, Buffalo, NY. Skylon Marathon, Box SIM, Birdwell Station, Buffalo, NY 14222. 716-883-8141.

October 23. New York City Marathon. NY City Marathon, PO Box 1388, GPO, New York, NY 10116. 212-860-4455.

SOUTHEAST

July 4. Peachtree 10K Road Race, Atlanta. 25,000 runners. Royce Hodge, 3097 E. Shadowlawn Ave. Atlanta, GA 30305. 404-231-9065.

September 3. Charleston Distance Run 15-Mile. Charleston, WV. Tony Gallo, Box 2749, Charleston, WV 25330.

September 24. Virginia 10 Miler, Lynchburg, Virg. Marilyn Straub, 3030 Canehill Dr., Lynchburg, VA. 24503.

MIDWEST

July 10. Chicago Distance Classic 20K, Chicago, IL. Also National Corporate LDR Championship. Chicago Distance Classic, 1440 W. Washington, Chicago, IL 60607. Jan Schunk, 312-243-2000.

July 31. 2nd Annual Mini-masters 5K races. Peoria, IL. 7:00 p.m. Doug Braasch, 15 Holly Lane, Bartonville, ILL. 61607. 309-697-8105.

August 7-13. Telemark Running Camp, Cable, Wisconsin. 10,000 meter cross-country race, August 13. Roadrunner Tours, 301 W. Highway 20, Michigan City, IN 46360. 219-872-7217.

August 27. Bobby Crim 10-M for Special Olympics, Flint, MI. Deadline Aug. 10. Lois Craig, Box 981, Flint, MI 48501. 313-767-7903.

August 28. 25K Road Midwest Championship (Open run), Lake Bluff Jr. H.S., Lake Bluff, IL. Wendell Miller, 180 N. La Salle, Chicago, IL 60601. 312/234-2154 (evenings).

September 25. America's Marathon, Chicago, IL. Mary McCall, 1676 N. La Salle, Chicago, IL. 60610. 312/951-0660.

September 26. Dayton River Corridor Half-marathon, Dayton, Ohio. Stephen A. Barr, 13700 Far Hills Ave., Dayton, OH 45429. 513/298-2391.

October 9. Columbus/Bank One Marathon, Columbus, Ohio. Dr. William DeJong, 7645 Foxboro Court, Worthington, OH 43220. 614/889-9070.

MID-AMERICA

August 20-21. Pikes Peak Marathon, Manitou Springs, Colo. Marge Carter/YMCA, Manitou Springs, CO 80829. 303/471-9790.

August 28. 6th Jim Emmerich 15K, Brookings, S.D. SDSU, Brookings SD 57007.

August-November. Oklahoma Grand Prix Races. Harry L. Deupree, Allied Oklahoma Bank PO Box 75250, Oklahoma City, OK 73147. 405/943-5711.

September 3-4. Black Hills 10K and Marathon, Rapid City, S.D. PO Box 9243, Rapid City, SD 57709.

September 5. 3rd Annual Garry Bentley 20K, Brookings, So. Dak. SDSU, Brookings, SD 57007. 605/688-5526.

(Continued on page 20)

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.

National Running Data Center News

This issue contains the 1982 20K rankings in 5-year age groups from age 35+, as compiled exclusively for NMN by the National Running Data Center.

NMN readers who are distance runners and want to know what is going on in running should include the NRDC NEWS in their monthly required reading list for its information and commentary on masters issues.

For instance, the May NRDC NEWS contains this paragraph on the problem of too few award categories for older runners: "Veallon Hixson (75) from Sun City, AZ, writes that her racing is very limited because few races have categories for 70 and over. As we've noted before, offering more age categories to older runners attracts them to your race. How many times does Veallon have to finish behind 50

and 60 year olds before someone recognizes she holds six national single-age records and deserves some recognition too! Race directors can offer awards to different depths, depending on expected participation but it is quite unfair to expect older runners to compete on an equal basis with runners 15 and 20 years younger. To all you race directors, how about offering special awards to any runner setting a national single-age record in your race? After all, it is good PR; the media loves records."

The NRDC NEWS is not sold anywhere, but readers can receive it by donating a tax-deductible \$15 or more and being added to its mailing list. The address is National Running Data Center, PO Box 42888, Tucson, AZ 85733.

1982 MASTERS 20 KILOMETER RANKINGS

Top 25 in each 5-year age group from age 35 up. Compiled by the National Running Data Center exclusively for the National Masters News. Now available in the book U.S. Distance Rankings, 1982, Vol. II.

20 kilometers

1:05:29	Richard Aurelio
1:05:42	Bill Sevald
1:05:45	David Foley
1:06:10	Tony Mifsud
1:06:30	Ed Cadman
1:06:44	Rick Thompson
1:07:25	Daryl Zapata
1:07:25	Donn Bischoff
1:07:25	Jeff Fischer
1:07:52	Tom Durie
1:08:46	Earl Showerman
1:08:52a	Thomas Gardner
1:08:56	Carl Hatfield
1:09:04	Doug Butt
1:09:20	Neil Coville
1:09:24	Jack Bickley
1:09:25	Mike Conroy
1:09:30	Thomas Allison
1:09:31	Gary Madison
1:09:33	Web Loudat
1:09:37	Steve Frisk
1:09:39a	David Surman
1:09:43	Frank Krebs
1:09:56a	Robert Pratte
1:10:14	Dan Alarid

Men- 35 thru 39

38	Libertyville	IL	28 Nov, IL-A
35	San Francisco	CA	6 Feb, CA-A
35	Cadillac	MI	22 May, MI-A
38	Troy	MI	22 May, MI-A
37	North Haven	CT	6 Sep, CT-A
35	Virginia Beach	VA	18 Dec, VA-A
36	Millbrae	CA	6 Feb, CA-A
35	Maize	KS	2 Oct, NE-A
39	Aurora	CO	20 Nov, OK-A
39	Rocky Hill	CT	6 Sep, CT-A
37	Ashland	OR	10 Apr, OR-A
35	Houston	TX	3 Apr, TX-A
35	Morgantown	WV	29 May, WV-A
36	CA	6 Feb, CA-A	
36	CA	6 Feb, CA-A	
35+	7 Mar, MD-A		
37	CA	6 Feb, CA-A	
35	Wheeling	WV	29 May, WV-A
36	Tulsa	OK	20 Nov, OK-A
35	Albuquerque	NM	10 Jul, NM-A
37	Virginia Beach	VA	18 Dec, VA-A
38	W Vancouver	WA	24 Jan, AZ-A
38	6 Feb, CA-A		
37	Albuquerque	NM	24 Jan, AZ-A
39	CA	6 Feb, CA-A	

20 kilometers

1:06:25	Kirk Randall
1:06:34	Bob Fischer
1:07:21	Michael Heffernan
1:07:59	Lew Faxon
1:08:40	Doug Rennie
1:08:51	Tom Kirchner
1:09:33	Herb Lorenz
1:09:36	Bill Catanese
1:09:38	Mike Sabino
1:09:44	Lowell Gaither
1:09:52a	Ken Schei
1:10:03	Dick Hipp
1:10:07	Nik Epanchin
1:10:11	Doug Latimer
1:10:16	Mike Schlacter
1:10:43a	Carlos Giron Sr
1:11:00	Joseph Thomas
1:11:31a	Ed Bruen
1:12:01	John Nair
1:12:03	Jon MacPherson
1:12:07	Roger Pflugfelder
1:12:08	John Puorto
1:12:18	John Graham
1:12:24	Ed Geisendaffer
1:12:27	Peter Madden

Men- 40 thru 44

41	Wellesley	MA	6 Sep, CT-A
42	Newark	NJ	6 Sep, CT-A
41	Portland	OR	10 Apr, OR-A
43	Hampton	VA	18 Dec, VA-A
41	CA	6 Feb, CA-A	
41	CA	6 Feb, CA-A	
43	Willingboro	NJ	29 May, WV-A
43	CA	6 Feb, CA-A	
42	Baltimore	MD	7 Mar, MD-A
44	Lincoln	NE	2 Oct, NE-A
41	Englewood	CO	24 Jan, AZ-A
42	Columbia	MD	7 Mar, MD-A
42	CA	6 Feb, CA-A	
44	Redwood City	CA	6 Feb, CA-A
40	16 Oct, IN-A		
42	3 Apr, TX-A		
40+	7 Mar, MD-A		
42	Tucson	AZ	24 Jan, AZ-A
40	Park Forest	IL	28 Nov, IL-A
40	Santa Rosa	CA	28 Feb, CA-A
40	Greensburg	PA	29 May, WV-A
43	Orange	CT	6 Sep, CT-A
43	Duryea	PA	19 Sep, PA-A
41	Fallston	MD	7 Mar, MD-A
41	Bethany	CT	6 Sep, CT-A

20 kilometers

1:06:26	Darryl Beardall
1:07:23	Brian Harris
1:09:30	Ernest Billups
1:10:18	Mel Williams
1:10:58	Carl Carey
1:12:01	Henning Falkenstein
1:13:23	Robert Bourbeau
1:13:34a	Ken Ashley
1:13:50	Everett Riggle
1:14:10a	Ray Loftin
1:14:50	Roger Ritsema
1:14:50	Jack Blakely
1:14:53	John Mahoney
1:15:43	Allan Brown
1:16:05	James Jacobs
1:16:18a	Ted Griffy
1:16:21	Tom Kurihara
1:16:26a	Bill Wagner
1:16:30	Walt Dolliver
1:17:22	Bill Shay
1:17:31a	Lynn Ridsdale
1:17:38	Charles Des Jardins
1:17:50	Alvin Marcy
1:17:54	Sherman Bull
1:17:56	Robert Becker

Men- 45 thru 49

45	Santa Rosa	CA	6 Feb, CA-A
47	Royal Oak	MI	22 May, MI-A
45	Chicago	IL	28 Nov, IL-A
45	Virginia Beach	VA	18 Dec, VA-A
45	Cleverdale	IN	16 Oct, IN-A
47	16 Oct, IN-A		
46	Sacramento	CA	6 Feb, CA-A
49	3 Apr, TX-A		
49	6 Feb, CA-A		
45	3 Apr, TX-A		
46	Grand Rapids	MI	22 May, MI-A
46	Ithaca	NY	19 Jun, NY-A
47	Winchester	MA	6 Sep, CT-A
45	Pittsburgh	PA	29 May, WV-A
48	6 Feb, CA-A		
46	3 Apr, TX-A		
46	Vienna	VA	7 Mar, MD-A
45	Scottsdale	AZ	24 Jan, AZ-A
45	Eugene	OR	10 Apr, OR-A
46	Hampton	VA	18 Dec, VA-A
48	3 Apr, TX-A		
45	Fairfax	VA	7 Mar, MD-A
46	Centerville	VA	7 Mar, MD-A
46	Stamford	CT	6 Sep, CT-A
48	Wickford	RI	6 Sep, CT-A

20 kilometers

1:08:12	Hal Higdon
1:13:02	John J Kelley
1:13:33	Geoffrey Etherington
1:14:24	Jim VanderKlok
1:15:29	Kenneth Jones
1:15:32	Robert Malain
1:15:50	Clyde Baker
1:15:52	Morton Gray
1:15:54	Ray Carey
1:16:28	Al Brodzik

Men- 50 thru 54

51	Michigan City	IN	16 Oct, IN-A
51	Mystic	CT	6 Sep, CT-A
50	Madison	CT	6 Sep, CT-A
50	Grand Rapids	MI	22 May, MI-A
52	Larchmont	NY	6 Sep, CT-A
54	Sacramento	CA	6 Feb, CA-A
52	Evanston	IL	28 Nov, IL-A
50	Santa Rosa	CA	28 Feb, CA-A
50	16 Oct, IN-A		
52	Chicago	IL	28 Nov, IL-A

10

1:17:25	Lee Chisholm
1:17:43	Tim Klings
1:17:56	Fred Holappa
1:18:01	John L Sullivan
1:18:04	Pierce Cornelius
1:19:46	Don Pickett
1:20:08	Don Thackrey
1:20:08	Ronald Vichiola
1:20:19	Bob Kenyon
1:20:49	Ken Oliver
1:21:28	Ben Morton
1:21:37	Thomas Momiyama
1:22:03	Dwayne Weeda
1:22:07	William Buck
1:22:18	Dale Goering

50

50	Farmington	CT	6 Sep, CT-A
54	Wilkes-Barre	PA	19 Sep, PA-A
54	Plymouth	MI	3 Jul, MI-A
50	Holliston	MA	13 Mar, DC-A
51	Bend	OR	10 Apr, OR-A
54	Tiburon	CA	6 Feb, CA-A
53	Ann Arbor	MI	22 May, MI-A
51	Trumbull	CT	6 Sep, CT-A
53	Kenilworth	IL	28 Nov, IL-A
52	Medford	OR	10 Apr, OR-A
52	Tuscaloosa	AL	30 Oct, AL-A
50+	7 Mar, MD-A		
53	N Muskegon	MI	22 May, MI-A
50+	3 Jul, MI-A		
51	Santa Fe	NM	10 Jul, NM-A

20 kilometers

1:15:32	Herb Chisholm
1:17:56	Joe King
1:18:23	Myron Meyer
1:19:57	Ian Sussex
1:20:07	Bob Bartling
1:20:31	Jordan Bisceglia
1:20:52	Jerome Kerkhof
1:21:06	Len Ramp
1:21:34	Nocus McIntosh
1:21:35	Walter Riley
1:22:43	Samuel Adams Jr
1:23:04	Roger Kennedy
1:23:34	Bob Stear
1:25:19	Ray Gil
1:25:57	Leo Stenick
1:26:37	Joe Van Gulik
1:26:40	David Keiser
1:26:44	Dixon Hemphill
1:27:12	Keith Brennan
1:27:18	Herb Silander
1:27:26a	Lionel Ortega
1:27:30	Jim Smith
1:27:30	Stas Guertsen
1:27:39a	Stewart Lancaster
1:28:04	Howard Shelp

Men- 55 thru 59

55	Alexandria	VA	7 Mar, MD-A
55	Alameda	CA	10 Apr, OR-A
55	Ft Wayne	IN	16 Oct, IN-A
55	Guilford	CT	6 Sep, CT-A
55	Brookings	SD	23 May, SD-A
56	Pittsburgh	PA	29 May, WV-A
55	Silver Spring	MD	7 Mar, MD-A
55	Grants Pass	OR	10 Apr, OR-A
56	Tulsa	OK	17 Jan, OK-A
58	Darien	CT	6 Sep, CT-A
55	Spring Lake	MI	22 May, MI-A
55	Greenwich	CT	6 Sep, CT-A
56	Lincoln	NE	2 Oct, NE-A
57	Lompoc	CA	4 Apr, CA-A
55	Santa Rosa	CA	28 Feb, CA-A
55	Lake Oswego	OR	10 Apr, OR-A
55	Medford	OR	10 Apr, OR-A
57	Fairfax Stn	VA	7 Mar, MD-A
55	Nebraska City	NE	2 Oct, NE-A
57	Ridgefield	CT	6 Sep, CT-A
59	Albuquerque	NM	24 Jan, AZ-A
59	Oklahoma City	OK	17 Jan, OK-A
56	Sebastopol	CA	28 Feb, CA-A
55	Tucson	AZ	24 Jan, AZ-A
57	Portage	MI	22 May, MI-A

20 kilometers

1:18:59	Warren Utes
1:23:35	Jim Smith
1:24:23	Kenneth Morrison
1:25:36	Dom Rinaldi
1:27:09a	Robert Baugh
1:30:46	Doug Hooth
1:30:50	Theron Hodge
1:31:19	Lionel Ortega
1:31:24a	Duke Barrett
1:31:32	Bill Kowalisyn
1:32:50	Robert Freligh
1:33:13	Tony Lipscomb
1:33:14	Philip Russell
1:33:29	Bob Taylor
1:34:19	George Weinzel
1:34:41	Carlton Hancock
1:34:43	Peter Casa
1:34:44	Floyd Smithberg
1:35:09	John McIntyre
1:35:46a	Robert Schiller

Men- 60 thru 64

62	Park Forest	IL	28 Nov, IL-A
60	Oklahoma City	OK	20 Nov, OK-A
60	Ashland	OR	10 Apr, OR-A
61	Old Forge	NY	19 Sep, PA-A
61	Dallas	TX	3 Apr, TX-A
61	Grand Ledge	MI	3 Jul, MI-A
60	Flint	MI	3 Jul, MI-A
60	Albuquerque	NM	10 Jul, NM-A
61	3 Apr, TX-A		
61	Hammond	IN	3 Jul, MI-A
60+	3 Jul, MI-A		
64	Demopolis	AL	30 Oct, AL-A
61	Kirkwood	NY	19 Jun, NY-A
60+	3 Jul, MI-A		
63	Williams	OR	10 Apr, OR-A
61	Atlantic	VA	18 Dec, VA-A
62	Chicago	IL	28 Nov, IL-A
64	South Elgin	IL	28 Nov, IL-A
61	Springfield	VA	13 Mar, DC-A
63	3 Apr, TX-A		

1:35:52	Warren Van Inoen	60	Douglassville	PA	19 Sep,PA-A
1:36:30	Horace Oren	60	Grand Rapids	MI	22 May,MI-A
1:37:28a	Clifton Wilson	62	Tucson	AZ	24 Jan,AZ-A
1:38:03	Jack McClain	61	Granville	OH	29 May,WV-A
1:38:41	Bill Schweizer	60	Owego	NY	19 Jun,NY-A

20 kilometers

Men- 65 thru 69

1:25:47	Ed Vuolo	66	New Haven	CT	6 Sep,CT-A
1:26:00	John Holoubek	65	Lompoc	CA	4 Apr,CA-A
1:29:34	Walter Semenoff	65	Larksville	PA	19 Sep,PA-A
1:31:23	Charles Seekins	65	Carpinteria	CA	4 Apr,CA-A
1:35:54	George Vezmar	67	Weirton	WV	29 May,WV-A
1:36:35a	Ralph Osborn	69	Raymondville	TX	3 Apr,TX-A
1:38:59	Andrew Malanchuk	66	Johnson City	NY	19 Jun,NY-A
1:41:00	John Williams	68	Park Forest	IL	28 Nov,IL-A
1:41:11	Robert Hull	65	Basking Ridge	NJ	6 Sep,CT-A
1:43:17	Oliver Neal	66	Morgantown	WV	29 May,WV-A
10					
1:45:24	Joe Reid	65	Meridian	MS	30 Oct,AL-A
1:47:29	Bill Haggerty	65	Dunmore	PA	19 Sep,PA-A
1:47:31a	Paul Wagner	67	Missoula	MT	5 Jun,MT-A
1:49:49a	Brooks Fitzgerald	69	Billings	MT	5 Jun,MT-A
1:50:31	Howard Foster	68	Grand Rapids	MI	22 May,MI-A
1:50:52	Bob Sterling	69	San Luis Obispo	CA	4 Apr,CA-A
1:58:17a	Lloyd Berg	67	Bozeman	MT	5 Jun,MT-A
2:00:29	Jason Moore	67	Albuquerque	NM	10 Jul,NM-A
2:03:57	Orin Smith	65	New Hope	CT	6 Sep,CT-A
2:05:15	Lewis Larkey	69	Binghamton	NY	19 Jun,NY-A

20 kilometers

Men- 70 thru 74

1:34:40a	Clyde Villemez	70	Plano	TX	3 Apr,TX-A
1:34:55	Vernon Geary	70	Williamsburg	VA	18 Dec,VA-A
1:37:15	Edward Benham	74	Ocean City	MD	7 Mar,MD-A
1:54:52a	Floyd Shafer	70			3 Apr,TX-A
2:01:58	Edward McKean-Smith	72	Coquille	OR	10 Apr,OR-A
2:06:35	William Meier	71	Medford	OR	10 Apr,OR-A
2:09:32	Alton Childers	72	Smithburg	WV	29 May,WV-A
2:22:38	George Knox	71	Gahanna	OH	10 Oct,OH-A

20 kilometers

Men- 75 thru 79

none

20 kilometers

Men- 80 and over

2:05:50	Paul Spangler	83	San Luis Obispo	CA	4 Apr,CA-A
2:30:11	Everett Amos	80	Knox	IN	16 Oct,IN-A

20 kilometers

Women- 35 thru 39

1:16:07	Betty Hite	36	N Webster	IN	16 Oct,IN-A
1:16:18	Madeline Harmeling	36	Merrick	NY	6 Mar,DC-A
1:18:56	Mary Ellen Williams	35	Gaithersburg	MD	7 Mar,MD-A
1:19:21a	Bette Poppers	39	Littleton	CO	24 Jan,AZ-A
1:19:28	Barbara Rasmussen	37	St Charles	IL	28 Nov,IL-A
1:20:03	Kathy Cesaro	35	Pompano Beach	FL	6 Mar,DC-A
1:22:51	Pat McKay	35	Portage	IN	16 Oct,IN-A
1:23:26	Lolitia Bache	39	Annandale	VA	6 Mar,DC-A
1:23:31	Andrea Harris	35	Glencoe	IL	10 Oct,IL-A
1:23:40	Elaine Delsman	36	Ashland	OR	10 Apr,OR-A
10					
1:25:02	Judith Friedes	37	Lake Forest	IL	28 Nov,IL-A
1:25:28	Valerie Nye	36	Alexandria	VA	6 Mar,DC-A
1:25:32	Nancy Goodridge	35	Yorktown	VA	6 Mar,DC-A
1:25:53	Susan Terwedow	35	Glen Ellyn	IL	10 Oct,IL-A
1:25:55	Barbara Cesal	38	Orland Park	IL	10 Oct,IL-A
1:26:15	Sharon Miller	39			6 Feb,CA-A
1:26:16	Hideko Pirie	37	Fairfax	VA	24 Jan,DC-A
1:26:27	Becky Caldwell	36	Annandale	VA	6 Mar,DC-A
1:26:28	Gale Cordell	37	Herndon	VA	6 Mar,DC-A
1:26:28	Susan Weihl	35	Madison	CT	6 Sep,CT-A
10					
1:26:32	Nancy McIntosh	36	Chicago	IL	28 Nov,IL-A
1:27:32	Carol Jackson	35	Eugene	OR	10 Apr,OR-A
1:27:47	Jackie MacFarlane	39	Los Alamos	NM	10 Jul,NM-A
1:27:47	Susan Croll	35	Wheaton	IL	10 Oct,IL-A
1:28:11	Jill Cahill	35	Lombard	IL	10 Oct,IL-A

20 kilometers

Women- 40 thru 44

1:19:02	Karen Scannell	43	San Francisco	CA	6 Feb,CA-A
1:19:49	Marilyn Harbin	44	Martinez	CA	6 Feb,CA-A
1:20:54	Tina Hayward	41	Vicksburg	MI	22 May,MI-A
1:21:10	Jane Arnold	41	Bloomfield	CT	6 Sep,CT-A
1:21:30	Ann Diaz	42	Glencoe	IL	28 Nov,IL-A
1:21:33	Patty Lee Parmalee	41	New York	NY	6 Mar,DC-A
1:22:55	Mary Lund	42	Novi	MI	3 Jul,MI-A
1:23:54	Joan Reiss	44	Sacramento	CA	6 Feb,CA-A
1:24:38	Carole Herrick	41	McLean	VA	6 Mar,DC-A
1:24:51	Mary Jo House	41			16 Oct,IN-A
10					

1:26:34	Sharon Cacioppo	40	Kenilworth	IL	10 Oct,IL-A
1:27:41a	Kaarira Uutinen	40			3 Apr,TX-A
1:27:51	Mary Namey	42	Grand Rapids	MI	22 May,MI-A
1:28:20	Sue Nebel	42	Evanston	IL	10 Oct,IL-A
1:28:37	Sue Stricklin	44	San Francisco	CA	6 Mar,DC-A
1:29:16	Pat Dancy	40	Grand Rapids	MI	22 May,MI-A
1:29:29a	Maria Johnston	44	Dallas	TX	3 Apr,TX-A
1:30:03	Kathryn Singer	41	Novato	CA	28 Feb,CA-A
1:30:06	Susan Blaisdell	41	Danbury	CT	6 Sep,CT-A
1:30:29	Carol Heffner	40	Jacobus	PA	6 Mar,DC-A
20					

1:30:30	Marge Dunlap	42	Anderson	CA	10 Apr,OR-A
1:30:32a	Marge Gerrity	44			3 Apr,TX-A
1:30:47	Judy Hoiness	40	Bend	OR	10 Apr,OR-A
1:31:22	Nanette Blakely	42	Ithaca	NY	19 Jun,NY-A
1:31:29a	Mary Alys Kennard	42			3 Apr,TX-A

20 kilometers

Women- 45 thru 49

1:20:24	Trudy Rapp	45	Alexandria	VA	6 Mar,DC-A
1:22:27	Karen Holappa	45	Plymouth	MI	3 Jul,MI-A
1:26:27	Faith Walkwitz	48	Bensenville	IL	10 Oct,IL-A
1:28:08a	Mary Miller	45	Plano	TX	3 Apr,TX-A
1:28:18	Janet Buckendahl	47	Petaluma	CA	28 Feb,CA-A
1:30:21	Janet Voss	45	Chicago	IL	10 Oct,IL-A
1:30:30	Margaret Oakes	46	Healdsburg	CA	28 Feb,CA-A
1:31:03	Lillian Woodward	45			6 Feb,CA-A
1:31:45	Ruth Waters	48	San Carlos	CA	6 Feb,CA-A
1:32:14	Joanne Mallet	48	Rockville	MD	6 Mar,DC-A
10					
1:32:45	Fran Adams	49	Virginia Beach	VA	18 Dec,VA-A
1:33:40	Janis Saltzman	45	Oxon Hill	MD	6 Mar,DC-A
1:33:52	Sylvia Shriner	45	Lancaster	PA	6 Mar,DC-A
1:34:08	Mary VanCamp	45	Ann Arbor	MI	3 Jul,MI-A
1:35:04	Sherry Kendall	45	Baltimore	MD	6 Mar,DC-A
1:35:46	Peggy Acton	46	Rochester	MI	3 Jul,MI-A
1:35:51	Helen Huckendubler	46	Vicksburg	MI	22 May,MI-A
1:35:51	Ida Kazmirski	47	Calumet City	IL	10 Oct,IL-A
1:36:18	Diane Bromstead	45	San Jose	CA	3 Jul,MI-A
1:38:10	June Burdick	45	Chicago	IL	10 Oct,IL-A
20					
1:38:46	Katharine Brieger	49	Berkeley	CA	6 Feb,CA-A
1:40:22	Marcia Herbst	48	Madison	CT	6 Sep,CT-A
1:41:46	Lucy Duffy	49	Woodbridge	CT	6 Sep,CT-A
1:42:00	Carmel Gordan	45	Santa Rosa	CA	28 Feb,CA-A
1:42:22	Margaret Perez	45	Oak Park	IL	10 Oct,IL-A

20 kilometers

Women- 50 thru 54

1:29:52	Alicia Moore	51	New York	NY	6 Mar,DC-A
1:29:57	Matilee Christman	51	Des Plaines	IL	28 Nov,IL-A
1:31:12	Ruth Anderson	52	Oakland	CA	6 Feb,CA-A
1:32:15	Melba Hatch	54	Canton	MI	10 Oct,IL-A
1:34:01	Eileen Castle	51	Muskegon	MI	22 May,MI-A
1:35:25	Rachel Bourn	52	Fairfax	VA	6 Mar,DC-A
1:36:50	Jean Irvin	50	Corvallis	OR	10 Apr,OR-A
1:36:56	Stephanie Harrison	51	Detroit	MI	22 May,MI-A
1:39:49	Vivian Kane	52	Bristol	IL	10 Oct,IL-A
1:42:51	San Chastain	50	Annapolis	MD	6 Mar,DC-A
10					
1:43:21	Patricia Nesley	53	Washington	DC	6 Mar,DC-A
1:43:23	Roseann Salvadori	53	Chicago	IL	28 Nov,IL-A
1:43:54	Frances Cable	53	Berthoud	CO	10 Apr,OR-A
1:44:02	Adeline Kearney	53	Canton	CT	6 Sep,CT-A
1:45:16	Alyce Jewell	52	Silver Spring	MD	6 Mar,DC-A
1:45:26	Cam Meyer	54	Highland Park	IL	28 Nov,IL-A
1:46:34	Eleanor Alofs	50	Hudsonville	MI	22 May,MI-A
1:47:20	Evelyn Fitzpatrick	54	Des Plaines	IL	10 Oct,IL-A
1:47:40	Ann Brown	51	Lincoln	NE	2 Oct,NE-A
1:48:35	Lee Lance	50	Allentown	PA	19 Sep,PA-A
20					
1:50:36	Barbara Young	54	Chicago	IL	10 Oct,IL-A
1:51:27a	Janet Coss	50	Tucson	AZ	24 Jan,AZ-A
1:51:50	Eleanor Smith	50	Albuquerque	NM	10 Jul,NM-A
1:54:28a	Nancy Raitz	52			3 Apr,TX-A
1:54:30	Mary Cosentino	50	Chicago	IL	28 Nov,IL-A

20 kilometers

Women- 55 thru 59

1:43:15a	Adele Milicevic	55	Scottsdale	AZ	24 Jan,AZ-A
1:47:40	Esther Cox	57	Stratford	CT	6 Sep,CT-A
1:47:50	Victoria Savage	57	Commack	NY	6 Mar,DC-A
1:49:58	Margaret Cochran	58	Severna Park	MD	6 Mar,DC-A
1:50:34	Helen Todd	55	Elmhurst	IL	10 Oct,IL-A
1:50:56	Peggy Gudbrandsen	55	Lake Forest	IL	10 Oct,IL-A
1:53:09	Mildred O'Brien	55	Old Lyme	CT	6 Sep,CT-A
1:59:04	Helen Somerville	56	Arlington	VA	6 Mar,DC-A
1:59:12	Regina Schattnik	57	Chicago	IL	10 Oct,IL-A
2:01:59	Carmen Haney	58	Arlington	VA	7 Mar,MD-A
10					
2:15:33	Pearl Collins	55	Three Rivers	MI	22 May,MI-A
2:16:00	Mary Altherr	57	Albuquerque	NM	10 Jul,NM-A
2:17:21	Shirley Segar	55	Santa Rosa	CA	28 Feb,CA-A

20 kilometers

Women- 60 thru 64

1:36:31	Patricia Dixon	63	Bend	OR	10 Apr,OR-A
1:58:20	Patricia Welch	61	Ukiah	CA	10 Apr,OR-A
2:05:56	Katy Merrick	60	Wheaton	IL	10 Oct,IL-A
2:06:04	Virginia Godwin	60	Clinton	CT	6 Sep,CT-A
2:07:28	Violet Leonard	61	Morgantown	WV	29 May,WV-A
2:14:22	Carol Klocke	61	Springfield	OR	10 Apr,OR-A

20 kilometers

Women- 65 thru 69

none

20 kilometers

Women- 70 thru 79

1:56:25	Leona Lugers	75	Holland	MI	22 May,MI-A
1:59:33	Anne Clarke	73	Glen Ellyn	IL	10 Oct,IL-A

20 kilometers

Women- 80 and over

2:26:34	Ruth Rothfarb	80	Miami	FL	6 Mar,DC-A
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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.

9th FLORIDA STATE MASTERS
T&F CHAMPIONSHIPS; CLEARWATER;
APRIL 9-10, 1983

Team Scores

Men

Submasters' Men (30-39)

1. Puerto Rican Masters	126
2. Manasota T. C.	92
3. W. Fla. Y F. C.	91
4. Louisiana Lightning T	77
5. Orlando T. C.	69
6. Atlanta T. C.	29
7. Palm Beach T. C.	28
8. Charleston (S.C.) T.C.	12
9. (Daytona T.C.)	7
(N.W. Fl. T.C.)	7
11. Seminole T.C.	6

Masters' Men (40 and older)

1. Puerto Rican Masters	641
2. W. Fl. Y R.C.	366
3. Manasota T.C.	294
4. Palm Beach T.C.	221
5. Atlanta T.C.	189
6. Philadelphia Masters	59
7. Hoosier T.C.	26
8. Louisiana Lightning	24
9. N. Y. Pioneer Club	21
10. (N. Y. Masters	19
(Toronto T. C.)	19
12. Orlando R. C.	17
13. (Charleston (S.C.) T.C	16
(Coaches' Corner	16
15. Seminole, T. C.	15
16. Daytona T.C.	14
17. Forerunners	8
18. Greenville (S.C.) T.C.	5
19. Jacksonville T.C.	3
20. Gulf Winds T.C.	2

Men-Total

1. Puerto Rican Masters	767
2. W. Fl. Y R.C.	457
3. Manasota T.C.	386
4. Palm Beach T.C.	249
5. Atlanta T.C.	218
6. Louisiana Lightning T	101
7. Orlando R.C.	86

Team Scores

Women

Submasters' Women (30-39)

1. Puerto Rican Masters	121
2. Orlando R. C.	107
3. W. Fla. Y R.C.	102
4. Manasota T.C.	67
5. Atlanta T. C.	66
6. Palm Beach, T. C.	26
7. Tampa Bay T. C.	10

Masters' Women (40 and older)

1. Manasota T. C.	221
2. W. Fla. Y R. C.	188
3. Puerto Rican Masters	117
4. Orlando R. C.	53
5. Atlantic T. C.	39
6. Palm Beach T. C.	28
7. Florida Striders	19

Women - Total

1. W. Fla. Y R. C.	290
2. Manasota T. C.	288
3. Puerto Rican Masters	238
4. Orlando R. C.	160
5. Atlanta T. C.	105
6. Palm Beach T. C.	54
7. Florida Striders	19
8. Tampa Bay T. C.	10

Grand Total (Top Ten)

1. Puerto Rican Masters	1005
2. West Fl. Y. R. C.	747
3. Manasota T. C.	674
4. Atlanta T. C.	294
5. Palm Beach T. C.	275
6. Orlando R. C.	246
7. Louisiana Lightning T. C	101
8. Philadelphia Masters	59
9. Hoosier T. C.	26
10. N. Y. Pioneer Club	21

Event - 110M H.H.

Men 30-34

Nate Robinson	14.6
Al Lipscomb	16.2
John Broel	16.3

Men 35-39

Jim Martin	17.3
Eric Vehlén	21.9

Men 40-44

Tom Kilroy	18.7
Robert Utley	19.0
John Butler	19.8
Agustin Rodriguez	20.0
Charles Futch	20.4

Men 45-49

Buzz Porter	18.5
Jack Gilmore	19.5
Tom Tucker	20.9
Charles Hill	26.0

Men 50-54

Josh Culbreath	17.0
Luis Cano	
Bill Gentry	
Les Trubey	

Men 55-59

Ed Schuler	19.2
Luis Arroyo	19.3
Francesco Maya	19.7
Bill O'Brien	26.5

Men 60-64

Don Hull	21.5
Bill Scoville	21.7
Mike McGee	23.0
John Ross	25.7

Men 65-69

Gilberto Gonzal	20.4
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Event - 330 YD I.H.

Men 30-34

John Braell	43.0
Al Lipscomb	44.0
Gary Schuler	46.6
Stephen Chapal	49.7
Tim Buckley	52.3

Men 35-39

Jim Martin	43.2
Lindsey Bodden	48.0
Luis Manzano	54.2
Eric Vehlén	57.1

Men 40-44

Augustin Rodriguez	43.9
Tom Kilroy	47.0
Robert Utley	49.1
David Compton	49.9
John Butler	52.0
John Manning	1:08.2

Men 45-49

Buzz Porter	46.4
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Men 50-54

Josh Culbreath	45.91
Luis Cano	48.0
Phil Mulkey	48.7
Bill Gentry	41.9
Kent Wirley	1:00.9

Men 55-59

Luis Torres	50.3
Francisco Moya	51.5
Luis Arroyo	53.9
Earl Downey	1:03.5
Bill O'Brien	1:14.5

Men 60-64

Bill Scoville	56.3
Mike McGee	1:01.1
John Ross	1:01.5

Men 65-69

Gilbert Gonzalez	1:08.8
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Event 100 M Dash

Men 30-34

Almood Gibson	11.0
Nate Robinson	11.0
Danny Thiel	11.3
Joseph Sincere	11.4
Elton Jones	11.9
Gary Schuler	12.0

Men 35-39

Wilfredo Picarelli	11.8
Michael Purinton	12.0
Eugenio Salamanra	12.2
Jim Martin	12.4
Candido Agosto	12.6
Keith Kelly	12.6

Men 40-44

Willie Diaz	11.8
Augustin Rodriguez	12.0
Vaughn Bell	12.0
Calvin Kincheloe	12.1
Wayne De Young	12.4

Men 45-49

Ruben Diaz	12.2
Dick Deere	12.2
George Houton	12.3
Charles Miller	12.7
Marcelo Canales	13.4
Ariel Perez	13.4

Men 50-54

Gilberto Rondon	12.8
A. E. Clark	12.8
Josh Culbreath	12.9
Ruben Rodriguez	13.3
Gonzalo Combas	13.3
Bill Gentry	13.7

Men 55-59

Josh Ubarri	12.4
Ed Schuler	12.4
Luis Arroyo	13.5
Don Hall	14.7
Bill Downey	15.1
Bill O'Brien	15.7

Men 60-64

David Rohena	13.7
Don Hull	13.9
Vernon Mattson	14.1
Gordon Nordgren	14.6
Mike McGee	14.7
Bill Scoville	15.1

Men 65-69

Nat Heard	14.3
Gilberto Gonzalez	14.4
Bill Weinacht	14.5
Jay Sponseller	14.9
John Eklund	14.9

Men 70-74

Jose Oquendo	16.3
George Storey	17.4
John Keeley	20.45
Frederico Cordero	33.3

Men 75-79

Frank Furniss	17.09
Ramon Cordero	22.85

Men 80-84

Arlino Pitcher	16.75
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Womens' 100 Meters

W Sub-Masters 30-34

Myrna Pizzarro	13.6
Laura Kerben	15.2
Marilyn Kataros	16.2
Linda Ny	16.9
Cheryl Montgomery	17.3
Trinity Gonzales	17.4

W Sub-Masters 35-39

Phil Raschker	13.0
Frances Glaze	17.6

W Masters 40-44

Teresa Ruiz Martin	14.1
Nydia Lopez	14.9
Frances Gonzalez	16.8
Vicki Hockaday	18.1
Emily Christman	18.1

W Masters 45-49

Shirley Smith	15.1
Dorothy Dorion	15.3
Luzgarda Rondon	16.5
Ruth Houghteling	18.4

W 50-54

Irma Velez	17.6
Dorothy Downey	24.0

W 55-59

Elizabeth McBride	20.9
Mary Schanzle	29.4

W 60 +

Martha Pembroke	23.7
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200-Meter Dash

Men

30-34	
Dan Thiel	23.5
Bill Smith	24.1
Elton Jones	24.2
Al Lipscomb	24.5
Nick Ryan	24.6

35-39

Wilfredo Picar	24.0
Eugenio Salama	24.2
Candido Agosto	25.0
Wayne Spoon	26.6
Jim Craft	27.5

40-44

Willie Diaz	24.3
Wayne DeYoung	24.8
Oscar Lojo	25.3
Tom Kilroy	25.8
Maurice Hob-	
Thompson	26.9
Herb Karl	27.0

45-49

Ruben Diaz	24.4
Rick Deere	24.5
Charles Miller	25.8
Marcelo Canales	26.8
Charles Stanta	27.4
Jim Baggett	28.4

50-54

Josh Culbreath	26.2
Ruben Rodriguez	26.9
Gonzalo Combas	27.4
Luis Cano	27.6
Bill Gentry	28.3
Les Trubey	28.9

55-59

Jose Ubarri	26.9
Bill Daprano	27.0
Luis Torres	28.4
Bill Downey	29.4
Don Hall	30.5
Carl Mays	32.7

Men

60-64	
David Rohena	28.5
Don Hull	29.3
Bill Scoville	31.4
Charles Futrell	31.7
Arthur Luchs	33.7
John Ross	36.2

65-69

Nat Heard	29.7
Jay Sponseller	30.0
Bill Weinacht	30.7
Tom Lawler	32.0
John Eklund	38.4

70-74

Jose Oquendo	33.7
George Storey	39.6
Federico Corder	53.3

75-79

Konrad Boas	35.6
Frank Furniss	38.3
Ramon Cordero	44.6

80-84

Arling Pitcher	37.8
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Women

21-29

Carol Schwind	31.9
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30-34

Myrna Pizzarro	29.9
Laura Kerben	33.0
Marilyn Kazaros	33.5

35-39

Judy Greer	34.3
Frances Glaze	36.9

40-44

Teresa Ruiz de M	29.6
Nydia Lopez	30.2
Vicki Hockaday	38.0
Emily Christman	38.1

45-49

Shirley Smith	31.6
Mary Dixon	38.7

50-54

Libby Tinker	44.8
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55-59

Elizabeth McBride	46.8
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60 +

Martha Pembroke	44.0
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400 Meters

Men Sub-Masters

30-34	
Danny Thiel	0:52.5
Nick Ryan	0:54.7
Ray Russell	0:54.9
Stephen Chapal	0:59.3

35-39

Candido Agosto	0:54.3
Lindsey Bodden	0:55.3
Javier Rivera	0:55.8
Roger Lowry	0:59.6

50-54	
Libby Tinker	4:12.6
55-59	
Nancy Broward	3:33.2
Elizabeth McBride	4:22.3

1500 Meters

Sub-Masters	
30-34	
Fernando Roman	4:17.5
Stephen Chapal	4:32.6
Tim Buckley	4:26.2
Glen Fritz	4:36.7
Glenn Cable	4:43.2
Ray Russell	5:10.8

35-39	
Javier Rivera	4:23.0
Jack Sullivan	4:25.6
Dave Storey	4:27.3
Lindsey Bodden	4:30.7
Angel Manzano	4:34.9
Otis Fesler	4:35.8

Masters	
40-44	
Cristobal Laurean	4:23.3
Chuck Tucker	4:24.7
Pete Foret	4:24.9
Jaime Luna	4:26.4
Carlos Aponte	4:33.8
Jim Steele	4:42.7

45-49	
Ken Winn	4:23.5
Alfonso Pelegrin	4:29.4
Charles Wimberly	4:33.4
Jim Larson	4:55.7
Alfredo Polo	5:05.7

50-54	
Jack Gough	5:02.4
Stewart Daniel	5:06.9
Jim Blount	5:04.2
Antonio Vallejo	5:15.3
Jim Hively	5:27.8
Harold Franklin	5:33.2

Men 55-59	
Luis Torres	4:42.7
Earl Downey	5:42.2
Harold Johnson	5:48.0
Bill O'Brien	5:54.8
Walter White	5:55.8
Francisco Moya	6:22.5

60-64	
Millard Shumate	5:45.4
Bill Scoville	6:01.0
Bernie Ryan	6:02.6
John Ross	6:11.4

65-69	
Jim Ward	6:01.3
Arthur Fisher	6:51.6
John Eklund	7:28.3
Mort Lander	7:48.2

70-74	
Charley Espy	6:43.1
George Storey	6:52.0
Fred Wegner	6:58.4

75-79	
Ramon Cordero	8:21/8

Women

Sub-Masters	
30-34	
Janet Seward	5:12.3
Carolyn Crochet	5:13.3
Patricia Kadis	5:54.9
Linda Boyd	6:24.8

35-39	
Susan Houlton	5:01.4
Judy Greer	5:13.5
Elizabeth Burke	6:11.2
Sarah Kelly	6:42.7
Frances Glase	6:43.2
Kathy Rosenblum	7:26.8

Women

Masters 40-44	
Yvonne Rodgers	5:28.0
Opal Hein	5:51.3
Linda Burgasser	6:17.0
Patricia DeBolt	6:19.6
Emily Christman	6:56.3
Peggy Kronus	7:24.5

45-49	
Jean Varnes	5:54.7
Barbara Moeller	6:11.5
Ruth Houghteling	6:40.6
Donna Hively	8:05.3
Nancy Carson	8:29.5

50-54	
Libby Tinker	7:44.5
Jean Ickes	9:02.5

55-59	
Anna Trigg	5:54.3
Terri Wiley	6:58.0
Elizabeth McBride	8:20.5

3,000 Meters	
Men	
Sub-Masters	
30-34	
Tim Buckley	10:09.8
Mike Tomkinson	10:12.6
Billy Kovaly	10:47.1

35-39	
Jack Sullivan	9:41.7
Javier Rivera	9:55.2
Angel Manzano	9:56.6
Otis Fesler	9:58.5
Gary Southfelder	11:50.0

Masters	
40-44	
Pete Foret	9:25.1
Jay Luna	9:26.3
Cristobal Laurean	9:53.6
Joe Burgasser	10:07.4
Ron Bliss	10:17.5
Victor Melendez	10:20.5

45-49	
Alfonso Pelegrin	9:31.1
Jim Larson	10:21.7
John Carlos, Jr.	10:55.1

50-54	
John Hardevick	10:30.3
Jack Gough	10:40.5
Jim Blount	10:53.0
Antonio Vallejo	11:28.2
Din Tinker	12:32.9
Kent Wiley	13:18.5

55-59	
Luis Torres	10:26.6
Jack Houghteling	13:59.7
Dr. Robert Stout	14:58.5

60-64	
Bill Eppright	12:04.1
John Ross	12:51.2
Bill Scoville	13:18.0

65-69	
Jim Ward	13:09.2
John Eklund	15:18.8

70-74	
Charles Espy	14:27.9
George Storey	14:46.1
Ed Wildermuth	16:18.7

Women

Sub-Masters	
30-34	
Carolyn Crochet	11:03.3
Lynn Lisa	12:30.3

35-39	
Judy Greer	11:32.5
Nancy Morgan	13:10.2
Frances Glase	14:06.8
Kathy Rosenblum	15:35.8
Nilda Cordero	15:48.5

Masters	
40-44	
Yvonne Rodgers	11:43.7
Linda Burke-Burga	13:05.5

45-49	
Barbara Moeller	13:20.4
Ruth Houghteling	14:18.9

50-54	
NONE	

55-59	
Nancy Broward	14:04.6
Elizabeth McBride	15:27.6

60 +	
Martha Pembroke	15:23.8

5,000-Meter Run

Men	
30-34	
Mike Tomkinson	17:32.6
Tim Buckley	17:41.5
Pat Dallman	17:45.9
Billy Kovaly	17:47.7
Harold Moe	19:30.3
Ralph Nelson	19:50.1

35-39	
David Storey	16:15.8
Jack Sullivan	16:37.0
Boots Baesler	16:53.8
Angel Manzano	17:04.8
Otis Fesler	17:05.8
Bill Scoville	18:33.7

40-44	
Chuck Tucker	16:15.5
Luna	16:29.0
Joe Burgasser	16:45.5
John Boyle	17:06.1
Ron Bliss	17:17.8
Victor Melende	17:48.0

45-49	
Ken Winn	16:05.6
Alfonso Pelegrin	16:18.9
Jim Larson	17:55.6
Ed Kochis	19:49.6

50-54	
Jack Gough	18:08.6
Jim Blount	18:34.9
Dick Koehler	19:06.5
Stewart Daniel	19:08.1
Jim Hively	19:46.3
Antonio Vallejo	19:46.9

55-59	
Luis Torres	18:02.3
Harold Johnson	20:17.1
Bill O'Brien	21:11.8
Walter White	21:38.7
Jack Houghteling	25:45.5

Men	
60-64	
Bill Eppright	18:53.1
Charles Lewis	21:12.9
Bill Scoville	21:15.0
John Ross	21:15.6

65-69	
Max Quackenbush	21:17.9
Arthur Fisher	24:27.5
John Eklund	28:18.9
Mort Lander	28:59.3

70-74	
Charles Espy	25:09.3
Fred Wegner	25:25.0
Ed Wildermuth	28:15.4

Women

30-34	
Carolyn Crochet	19:12.6
Patricia Kadis	21:31.4

35-39	
Nancy Morgan	23:41.0
Frances Glase	23:57.7
Sarah Kelly	25:07.7
Kathy Rosenblum	26:35.3
Nilda Cordero	27:26.1

40-44	
Yvonne Rodgers	19:37.9
Opal Hein	22:11.8
Emily Christman	25:38.5
Vicki Hockaday	26:08.9
Elissa Martinez	27:00.6
Joan Kopper	28:03.8

45-49	
Jean Varnes	22:30.0
Barbara Moeller	22:52.3
Ruth Houghteling	25:02.0
Mary Dixon	26:08.0
Donna Hively	29:33.0
Nancy Carson	30:44.3

50-54	
Libby Tinker	29:00.0

55-59	
Elizabeth McBride	35:41.1

440-Yard Relay

Men	
30-39	
Louisiana Lightning	0:44.9
Puerto Rico	0:46.2
WFYRC	0:49.4

40-49	
Puerto Rico	0:47.0
Atlanta TC	0:49.3
WFYRC Miller, Stant	0:49.3
Puerto Rico	0:51.2
Manasota	

50-59	
Puerto Rico	0:50.5
WFYRC	0:52.3
Puerto Rico	0:52.6
Palm Beach	0:57.8
Manasota	0:58.0

60 +	
Puerto Rico	
Manasota	

Women	
30-39	
Orlando	1:04.8
WFYRC	1:09.8
Puerto Rico	1:12.1
Manasota	1:23.1

40-49	
Puerto Rico	1:02.8
WFYRC	1:08.1
Manasota	1:20.5

One Mile Relay

Men	
30-39	
Puerto Rico	3:38.1
Puerto Rico	3:40.1
Orlando	3:59.1
WFYRC	4:04.1

40-49	
Puerto Rico	3:55.1
Puerto Rico	3:58.1
WFYRC (Stantz, Myers)	4:00.2
Palm Beach	4:04.1
WFYRC	4:38.1

50-59	
Puerto Rico	4:21.4
Palm Beach	4:43.1
Manasota	5:42.1

60 +	
WFYRC (Futrell, Ryan)	4:56.0

High Jump

Men	
30-34	
Bill Smith	6'2"
Brasell	5'6"
Eric Brown	5'4"
Jerry Kidwell	5'4"

35-39	
Ron Purdum	6'3"
Ruby Vdaardinger	5'6"
Charles Polhamus	5'3"

40-44	
Larry Judd	5'2"
Augustin Rodrigu	5'0"
John Russell	5'0"
Jose Quilles	4'0"
Tom Kilroy	4'6"
Dennis Banks	4'4"

45-49	
Sam White	5'4"
Jack Gilmore	5'2"
Buzz Porter	5'0"
Tom Tucker	4'10"
Chuck Hill	4'4"

50-54	
Gilberto Rondon	4'10"
Bill Gentry	4'8"
Kent Wiley	4'6"
A. E. Clark	4'6"
Les Trubey	4'6"
Warren Jackson	4'4"

55-59	
Jose Ubarri	4'8"
Ed Schuler	4'6"
Bill O'Brien	4'6"
Francisco Moya	4'0"
Carl Mays	3'10"
Luis Torres	3'4"

60-64	
Don Hull	4'0"
Bill Scoville	3'10"
John Ross	3'8"
Mike McGee	3'8"
Charles Futrell	3'2"

65-69	
Gilberto Gonzalez	4'0"
Santiago Verdejo	4'0"
Ferris Stiles	3'10"

70-74	
Antonio Gotay	4'0"

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DISCUS			HAMMER			JAVELIN - CONT.			High Point Women			HIGH POINT Men		
Men 30-34			Men 30-34			Men 65-69								
Winston Lee	111'5"		Al McRoberts	82'1"		Gil Gonzalez	97'4-1/2"		60+	1. Martha Pembroke - W. Fl. Y	75+	1. Frank Furniss - Manasota		
Mario Valcarel	102'3"		Esteban Cruz	78'4-1/4"		Jim Ward	76'2-1/2"			2. Elizabeth Partridge - Palm Beach		2. Arling Pitcher - Hoosier T. C.		
Al Lipscomb	101'9-3/4'					John Russell	63'8-1/2"			3. Juanita Gonzales - Puerto Rico		3. Chas Espy - W. Fl. Y		
Estaban Cruz	89'1"		35-39			70-74					70-74	1. George Storey - Manasota		
Jerry Kidwell	85'5-1/2"		Tony Bianchi	122'9"		Phil Partridge	84'7-1/2"		55-59	1. Elizabeth McBride - Manasota		2. Antonio Gotay - Puerto Rico		
A. McRoberts	82'-10-1/2'		R. Vlaudingerbro	119'11-1/2"		Jose Oguendo	74'5"			2. Mary Schanzle - Unattached		3. John Eklund - W. Fl. Y.		
			Bill Erdesky	69'3-1/4"		Robert Schantz	70'8"			3. Nancy Broward - Atlanta				
35-39			40-44			75-79								
Wm. Erdesky	98'7"					Frank Furniss	65'6"		50-54	1. Irma Velez - Puerto Rico	65-69	1. Gilberto Gonzalez - Puerto Rico		
Lou Cox	70'7"		Chuck Klehm	118'3"						2. Libby Tiner -		2. Jim Ward - W. Fl. Y.		
Eric Vehlen	63'		John Russell	97'6-1/2"						3. Dorothy Downey - Palm Beach		3. John Eklund - W. Fl. Y.		
40-44						80-84								
John Russell	112'4"		Larry Judd	85'-11-1/2'		Arling Pitcher 56'								
Chuck Klehm	108'2"		John Manning	57'2"										
Pedro Rojas	99'		Ralph VonLutzow	51'9"										
Larry Judd	95'7"		45-49			JAVELIN								
Tom Kilroy	'88'4-1/2'		Tim Twomey	118'4"		Women 30-34								
Jose Bellido	80'11"		Pedro Candelaria	89'5-3/4"		Aido Luz Diaz	49'5-1/2"		40-44	1. Shirley Smith - W. Fl. Y	60-64	1. Bill Scoville - Palm Beach		
45-49			Jim Baggett	66'9-1/2"		Kay Ivie	44'5"			2. Ruth Houghteling - W. Fl. Y		2. John Ross - Manasota		
Sam White	107'8"		George Potter	66'5"		Celeste Cox	42'11"			3. Barbara Moeller - W. Fl. Y		3. Don Hull - Atlanta T.C.		
Tim Twomey	106'2"		Nelson Alemar	66'3"		35-39								
Anibal Rosario	101'		50-54			Marion Torres								
Rick Deere	96'4-1/2"		Dagoberto Gonzale	145'11"		Celia Rivera	52'8"		40-44	1. Vicki Hockaday - Orlando	55-59	1. Luis Torres - Puerto Rico		
Jack Gilmore	93'		Len Olson	140'5-3/4"		Judy Greer	50'3"			2. Yvonne Rodgers - W. Fl. Y		2. Bill O'Brien - Manasota		
Chauncey Wallace	84'9-1/2"		Luis Velez	135'		Deanna Morisi	41'6"			3. Nydia Lopez - Puerto Rico		3. Jose Ubarri - Puerto Rico		
50-54			Juan Roman	85'5"		Elizabeth Burke	39'3-1/4"							
Dagoberto Gonzal	164'		Thomas Bartenfeld	76'10-1/2"		Cathy Rosenblum	28'5-1/2"							
Len Olson	143'5"		Kent Wiley	42'7-1/2"		40-44								
Randy Cooper	127'5"		55-59			Peggy Kronus								
Austin Baggett	118'9"		Warren Carter	88'7"		Vicki Hockaday	47'1/2"							
Brooker	105'5-8/8"		Bill O'Brien	53'6"		Gay VonLutzow	34'1/2"							
Warren Jackson	93'8"		Jack Houghteling	50'11"		Sharon Joyce	32'							
55-59			Luis Torres	46'5"		Jewel Shank	31'11-1/2"							
Warren Carter	93'5"		60-64			Emily Chrisman								
Bill Downey	82'10"		Don Hull	98'9-1/2"		Shirley Smith	98'3"							
Don Hall	81'2-1/2"		Israel Perez	93'4-1/2"		Doris Wilson	47'10"							
Ed Schuler	80'5"		John Ross	63'2"		Mary Dixon	43'16-1/2"							
Bart Haigh	78'4"		65-69			Dorothy Dorion								
Earl Donner	72'9"		Pete Gulgin	100'9"		Nancy Carson	35'10-1/2"							
60-64			Gil Gonzalez	92'3-3/4"		Ruth Houghteling	34'9-1/2"							
Gordon Nordgren	111'8-1/2"		Jim Ward	80'1-1/2"		50-54								
Don Hull	92'7-1/2"		John Russell	77'7"		Irma Velez	54'8"							
Israel Perez	91'7-3/4"		70 +			55-59								
John Ross	88'8-1/2"		Phil Partridge	99'8"		Elizabeth McBride	36'8-1/2"							
Mike McGee	84'2"		Arnold Ticmanis	95'6"		Mary Schanzle	32'							
Bill Eppright	76'8"		Antonio Gotay	75'3-1/2"		60 +								
Men 65-69			Robert Schantzle	72'3-1/4"		Elizabeth Partridg	3'3"							
Pete Gulgin	127'4-3/4"		JAVELIN			POLE VAULT								
Nat Heard	109'		Men 30-34			Men 30-34								
Gil Gonzalez	108'2"		Nate Robinson	157'5"		Harold Moe								
John Russell	93'		Winston Lee	130'7"		Men 35-39								
Ferris Stiles	78'3"		Esteban Cruz	123'2"		Charlie Polhamus								
Jim Ward	563'4"		Al McRoberts	116'2-1/2"		Wally Klein								
70-74			35-39			Men 40-44								
Phil Partridge	109'7-1/2"		R. Vlaudingerbro	200'		Jose Quiles								
Antonio Gotay	88'9-1/2"		Carlos Silverio	148'8-1/2"		John Butler								
Robert Schanzl	87'6"		Eric Vehlen	98'1"		John Bellido								
Arnold Ticmani	80'2"		Bill Erdesky	93'4-1/2"		Men 45-49								
75-79			40-44			Jim Hayslett								
Frank Furniss	77'		John Manning	153'2"		Jim Baggett								
80-84			Pedro Rojas	132'11-1/2'		Charles Hill								
Arling Pitcher	45'2-1/2"		Larry Judd	119'11"		Tom Dixon								
Discus			Jose Bellido	119'8-1/2'		Men 50-54								
Women 30-34			Chuck Tucker	109'1-1/2'		Phil Mulkey								
Aida Luz Diaz	80'8"		Carlos Anglero	106'10"		Les Truby								
Kay Ivie	72'1"		45-49			Bill Gentry								
Celeste Cox	49'11-1/2'		Frank Loudano	143'2-1/2"		Men 55-59								
35-39			Sam White	142'4"		Jose Ubarri								
Celia Rivera	63'8-1/2"		Jack Gilmore	138'1/2"		Bill O'Brien								
Cathy Rosen	47'10"		Pedro Candelaria	135'7-1/2"		Luis Torres								
Deanna Morisi	36'10"		Anibal Rosario	132'9"		Men 60-64								
Sandy Baester	36'8-1/2"		Tim Twomey	119'6"		Vern Matson								
Ann Judd	34'1/4"		50-54			John Ross								
40-44			Randy Cooper	142'3"		Men 65-69								
Gay VonLutzow	59'11"		Juan Roman	136'1/2"		Gilberto Gonzalez								
Mary Jane Zukair	45'2"		Len Olson	129'3"		Men 70-74								
Peggy Kromm	43'3"		Gilberto Rondon	117'1"		Antonio Gotay								
Jewel Shenk	42'1"		Kent Wiley	102'8"		George Storey								
VickiHockaday	34'6-1/4"		Paul Goulden	72'6"		Men 75-79								
45-49			55-59			Men 80+								
Shirley Smith	69'3-1/2"		Jose Ubarri	102'8"		Arling Pitcher								
Doris Wilson	69'2"		Bill Downey	88'10-1/2'										
Dorothy Dorion	62'1"		Bill O'Brien	87'5"										
Nancy Carson	48'8-3/4"		Francisco Moya	86'5-1/2"										
Ruth Houghteling	42'10-1/2"		Luis Torres	81'7"										
Dorothy Carlin	37'1"		Jack Houghteling	57'7"										
50-54			60-64											
Irma Velez	60'4-3/4"		Gordon Nordgren	143'8"										
55-59			Israel Perez	87'10"										
Elizabeth McBride	46'5-1/2"		Bill Eppright	85'7"										
Mary Schanzle	42'2-1/2"		Don Hull	79'7"										
60+			Bill Scoville	75'11"										
Juanita Gonzalez	35'1/2"		John Ross	49'1/2"										
Elizabeth Partrid	34'5"													

TAMPA BAY TRACK & FIELD CHAMPIONSHIPS WEIGHT PENTATHLON									
Hillsborough High School Tampa, Florida Sat. Apr. 16, 1983									
	Age	Discus	Shot	Jav	Ham	Wt.Th.	Score		
Rocky Yarwood	18+	109.08	35.33	99.33	86.42	26.33			
		33.25	10.77	30.28	26.34	8.03			
		546	516	335	420.5	308			2125
John Hanlon	30+		30.17	94.5	66.5	24.81			
			9.20	28.80	20.27	7.56			
			400.5	309	296.5	269			1275/4 ev.
Ed Hill	40+	149.75	46.71	171.0	150.83	51.87			
		45.64	14.24	52.12	45.97	15.81			
		793.5	769.5	704	756.5	836.5			3860
Larry Judd	40+	90.83	30.42	75.0	88.21	27.96			
		27.68	9.27	22.86	26.89	8.52			
		420.5	427	226	439	347			1859
Austin Baggett	50+	122.67	40.79	120.0	91.75	33.21			
		37.35	12.43	36.58	27.97	9.82			
		660.5	628	589	449	573			2899
Lawrence Siegel	50+	104.75	40.02	89.0	89.5	23.46			
		31.93	12.20	27.33	27.28	7.15			
		543	612.5	408.5	436	342			2342
Dreher Gaskin	50+	112.92	39.21	108.0	120.08	31.54			
		34.42	11.95	32.92	36.60	9.61			
		598	596	522	598.5	556.5			2871
Warren Carter	55+	94.83	35.79	79.5	88.58	21.79			
		28.90	10.91	24.23	27.0	6.64			
		535	588	405	483	356			2367
Donald Hull	60+	96.29	33.21	81.0	87.33	22.35			
		29.34	10.12	24.69	26.62	6.81			
		459	469	431	448.5	272			2079.5
Nat Heard	65+	117.71	41.29		115.46				
		35.88	12.59		35.19				
		677.5	718		682.5				
John Russell	65+	87.58	30.46	69.0	80.75	21.79			
		26.69	9.28	21.03	24.61	6.64			
		461.5	475	414	473.5	327			2151
Peter Gulgin	65+	124.88	39.92	72.0	106.17	27.16			
		38.06	12.17	21.95	32.36	8.28			
		724	688.5	438.5	630	484			2965
Phil Partridge	70+	116.97	32.69	93.17	98.40*	29.79			
		35.65	9.96	28.40	29.99	9.08			
		741	610	698	694.5	653			3396.5
Bob Schanzle	70+	86.25	28.50	74.42	73.79	23.58			
		26.29	8.69	22.68	22.34	7.18			
		526.5	505	548	499	471			2549
Arnolds Ticmanis	75+	80.33	34.02	50.83	93.81	25.0			
		24.48	10.37	15.49	28.53	7.62			
		563	742	493	749	626			3173
by Age Factor Scoring All Standard Masters Implements except 8 lb. hammer over 60 #4K @800g									

TAMPA BAY TRACK & FIELD CHAMPIONSHIPS WEIGHT PENTATHLON

Hillsborough High School Tampa, Florida Sat. Apr. 16, 1983

	Age	Discus	Shot	Jav	Ham	Wt.Th.	Score
Rocky Yarwood	18+	109.08	35.33	99.33	86.42	26.33	
		33.25	10.77	30.28	26.34	8.03	
		546	516	335	420.5	308	2125
John Hanlon	30+		30.17	94.5	66.5	24.81	
			9.20	28.80	20.27	7.56	
			400.5	309	296.5	269	1275/4 ev.
Ed Hill	40+	149.75	46.71	171.0	150.83	51.87	
		45.64	14.24	52.12	45.97	15.81	
		793.5	769.5	704	756.5	836.5	3860
Larry Judd	40+	90.83	30.42	75.0	88.21	27.96	
		27.68	9.27	22.86	26.89	8.52	
		420.5	427	226	439	347	1859
Austin Baggett	50+	122.67	40.79	120.0	91.75	33.21	
		37.35	12.43	36.58	27.97	9.82	
		660.5	628	589	449	573	2899
Lawrence Siegel	50+	104.75	40.02	89.0	89.5	23.46	
		31.93	12.20	27.13	27.28	7.15	
		543	612.5	408.5	436	342	2342
Dreher Gaskin	50+	112.92	39.21	108.0	120.08	31.54	
		34.42	11.95	32.92	36.60	9.61	
		598	596	522	598.5	556.5	2871
Warren Carter	55+	94.83	35.79	79.5	88.58	21.79	
		28.90	10.91	24.23	27.0	6.64	
		535	588	405	483	356	2367
Donald Hull	60+	96.29	33.21	81.0	87.33	22.35	
		29.34	10.12	24.69	26.62	6.81	
		459	469	431	448.5	272	2079.5
Nat Heard	65+	117.71	41.29		115.46		
		35.88	12.59		35.19		
		677.5	718		682.5		
John Russell	65+	87.58	30.46	69.0	80.75	21.79	
		26.69	9.28	21.03	24.61	6.64	
		461.5	475	414	473.5	327	2151
Peter Gulgin	65+	124.88	39.92	72.0	106.17	27.16	
		38.06	12.17	21.95	32.36	8.28	
		724	688.5	438.5	630	484	2965
Phil Partridge	70+	116.97	32.69	93.17	98.40*	29.79	
		35.65	9.96	28.40	29.99	9.08	
		741	610	698	694.5	653	3396.5
Bob Schanzle	70+	86.25	28.50	74.42	73.79	23.58	
		26.29	8.69	22.68	22.34	7.18	
		526.5	505	548	499	471	2549
Arnolds Tiemanis	75+	80.33	34.02	50.83	93.81	25.0	
		24.48	10.37	15.49	28.53	7.62	
		563	742	493	749	626	3173



800	
Women:	
30-34	Tina Stough 2:32.8
35-39	Deana Sanders 2:42.8
75-79	Marilla Saltsbury 2:29.8
Men:	
30-34	Nolan Smith 1:57.0
35-39	Kyle Jockela 2:01.4
40-44	Rex Hall 2:02.6
45-49	Mike Williams 2:13.4
50-54	Ron Jensen 1:57.1
55-59	Mike Eck 2:02.6
60-64	Mike Figueras 2:02.6
75-79	Norm Towers 2:07.7
80-84	Paul Spangler 3:48.8
1500	
Women:	
30-34	Debbie Heaton 5:05.0
35-39	Deana Sanders 5:45.2
40-44	Coty Miller 7:06.0
45-49	Barbara Smith 6:22.0
50-54	Irene Braucher 7:07.7
75-79	Marilla Saltsbury 13:12.9
Men:	
30-34	Henry Lange 4:44.0
35-39	Gregg Kall 4:50.0
40-44	Mike Figueras 4:13.8
45-49	T. Nelson 4:27.8
50-54	Lee Miller 4:44.7
55-59	Buddy Belche 5:02.9
60-64	John Welly 5:07.1
75-79	Jerry Withers 4:54.3
80-84	Paul Spangler 7:43.4
3000 Meters	
Women:	
30-34	Debbie Heaton 10:41.8
35-39	Coty Miller 14:34.8
40-44	Charlene Madvig 14:43.4
45-49	Linda Stippelle 11:19.2
50-54	Carol Hochschild 14:26.8
55-59	Evelyn Keiten 13:56.1
Men:	
35-39	Mike Figueras 9:44.6
40-45	Robert Hill 9:52.1
45-49	Jerry Daniel 9:54.7
50-54	Robert Hill 9:54.7
55-59	Steve Badolato 10:40.0
60-64	Mike Figueras 11:04.0
75-79	John Welly 9:49.2
80-84	Paul Spangler 15:49.0

110 HH	
Men:	
30-34	Eddie Loughridge 14.6
35-39	Walt Butler 14.8
40-44	Larry Salinger 15.3
45-49	Dee DeWitt 15.8
50-54	Ray Fitzhugh 18.1
55-59	Ray Fitzhugh 18.1
60-64	Ray Fitzhugh 18.1
75-79	Chia Pao 20.9
80-84	Herb Miller 18.8
400M HH	
Men:	
30-34	James Ball 1:03.0
35-39	James Ball 1:02.5
40-44	Ray Fitzhugh 1:07.4
45-49	Ray Fitzhugh 1:08.8
50-54	Ray Fitzhugh 1:09.8
55-59	Ray Fitzhugh 1:12.5
60-64	Ray Fitzhugh 1:12.8
75-79	Chia Pao 1:25.0
80-84	Paul Spangler 1:33.4
800M HH	
Men:	
30-34	James Ball 1:03.0
35-39	James Ball 1:02.5
40-44	Ray Fitzhugh 1:07.4
45-49	Ray Fitzhugh 1:08.8
50-54	Ray Fitzhugh 1:09.8
55-59	Ray Fitzhugh 1:12.5
60-64	Ray Fitzhugh 1:12.8
75-79	Chia Pao 1:25.0
80-84	Paul Spangler 1:33.4


Triple Jump	
Women:	
40-44	Christel Miller 27.25
45-49	Christel Miller 27.25
50-54	Christel Miller 27.25
55-59	Christel Miller 27.25
60-64	Christel Miller 27.25
75-79	Christel Miller 27.25
80-84	Christel Miller 27.25
Shot Put	
Women:	
30-34	Mike Delier 45.10
35-39	Mike Delier 45.10
40-44	Mike Delier 45.10
45-49	Mike Delier 45.10
50-54	Mike Delier 45.10
55-59	Mike Delier 45.10
60-64	Mike Delier 45.10
75-79	Mike Delier 45.10
80-84	Mike Delier 45.10
Discus	
Women:	
30-34	Mike Delier 146.11
35-39	Mike Delier 146.11
40-44	Mike Delier 146.11
45-49	Mike Delier 146.11
50-54	Mike Delier 146.11
55-59	Mike Delier 146.11
60-64	Mike Delier 146.11
75-79	Mike Delier 146.11
80-84	Mike Delier 146.11

5000m Walk	
Women:	
30-34	Debbie Heaton 10:41.8
35-39	Coty Miller 14:34.8
40-44	Charlene Madvig 14:43.4
45-49	Linda Stippelle 11:19.2
50-54	Carol Hochschild 14:26.8
55-59	Evelyn Keiten 13:56.1
Men:	
35-39	Mike Figueras 9:44.6
40-45	Robert Hill 9:52.1
45-49	Jerry Daniel 9:54.7
50-54	Robert Hill 9:54.7
55-59	Steve Badolato 10:40.0
60-64	Mike Figueras 11:04.0
75-79	John Welly 9:49.2
80-84	Paul Spangler 15:49.0

1000m	
Women:	
30-34	Debbie Heaton 10:41.8
35-39	Coty Miller 14:34.8
40-44	Charlene Madvig 14:43.4
45-49	Linda Stippelle 11:19.2
50-54	Carol Hochschild 14:26.8
55-59	Evelyn Keiten 13:56.1
Men:	
35-39	Mike Figueras 9:44.6
40-45	Robert Hill 9:52.1
45-49	Jerry Daniel 9:54.7
50-54	Robert Hill 9:54.7
55-59	Steve Badolato 10:40.0
60-64	Mike Figueras 11:04.0
75-79	John Welly 9:49.2
80-84	Paul Spangler 15:49.0

110m Hurdles M60-64 33" Jim Johnson, 60 20.1 M55-59 33" B. Higginbotham, 56 17.7 M50-54 33" John Billmeyer, 51 17.9 R. Vanderbeets, 50 20.2 M45-49 36" Mal Andres, 48 18.0 Don Gray, 48 21.0 M40-44 36" Thom Jones, 43 19.0 M35-39 39" C. McCormick, 39 15.65 Fred Johnston, 37 16.30 Gary Laine, 35 16.60 M30-34 39" Ed Baskaukas, 32 15.79 Gary Schmidt, 30 16.40 100m W65-69 Josephine Kolda, 65 16.20 M45-49 Almeta Parish, 46 14.35 M75-79 Lamar Jackson, 77 15.56 M70-74 Joe Caruso, 73 15.07 M65-69 Payton Jordan, 66 12.58WR C. Killion, 65 13.38 Bill Fairbank, 66 15.30 M60-64 Jim Johnson, 60 13.82 Robert Garretto, 62 14.32 Sam Hoover, 64 14.71 Rulon Bigelow, 62 15.30 M55-59 Bob Roemer, 57 13.05 B. Higginbotham, 56 13.46 Bill Toasperm, 59 14.20 Charlie Powers, 56 14.46 M50-54 Bruce Springbett, 50 12.00 Bernie Stevens, 54 12.89 M45-49 Ben Anixter, 45 11.72 Gil Latorre, 45 11.80 M. Eleccion, 46 13.95 M40-44 Bob McIntyre, 40 11.59 Bobby Simpson, 40 11.81 Dennis Duffy, 40 12.11 Gerald Varty, 41 12.99 Mark Rocchio, 43 13.30 M35-39 Bill Johnson, 37 11.51 Sammie Robinson, 39 11.77 Greg Marshall, 35 11.79 Tom Allen, 35 11.82 Nate Wright, 36 12.17 Steve Franklin, 36 12.42 James Johnson, 36 12.44 Clyde Short, 35 12.49 M30-34 Glenn Jackson, 30 11.06 Reggie Davis, 33 11.10 Doug Chapman, 30 11.30 Gary Schmidt, 30 11.70 Ray Moody, 30 11.75 James Noel, 31 12.00 800m W45-49 Gretchen Snyder, 49 2:40.0 Irene Obera, 49 2:49.6 Marilyn Harbin, 45 3:21.6 M40-44 Agatha-Sue Lee, 43 2:35.2 W35-39 Janie Duff, 37 2:28.2 W30-34 L. Baker-Davis 2:50.2 M65-69 Harry Koppel, 69 2:39.3 M55-59 Gilbert Duran, 55 2:39.3 M50-54 Jack Hodges, 51 2:22.0 Ed Mehmedbasich, 51 2:30.3 M45-49 Bill Green, 46 2:14.8 O. Legend, 46 2:15.6 James Erbes, 45 2:19.2 M40-44 Ben Miller, 42 2:10.6 M35-39 George Mason, 39 1:58.5 Dennis Tracy, 36 1:59.5 Bill Knocke, 43 2:01.0 Bob Browne, 37 2:03.1 P. Richardson, 48 2:04.9 M30-34 Phillip Kay, 30 2:00.4 Des Knuckey, 32 2:00.8 Jim Bordon, 32 2:00.8 Henry Thomson, 32 2:01.5 Glenn Sweitzer, 34 2:04.4 Tom Moody, 33 2:11.2	200m W65-69 J. Kolda, 65 35.59 W45-49 A. Parish, 46 30.17 G. Snyder, 49 30.58 W35-39 J. Duff, 37 29.21 M65-69 P. Jordan, 66 26.29 C. Killion, 66 27.83 M60-64 R. Garreto, 62 30.10 M55-59 B. Roemer, 57 27.03 Charlie Powers, 56 29.45 M50-54 B. Springbett, 50 24.69 B. Stevens, 54 26.29 E. Mehmedbasich, 51 28.71 M45-49 B. Anixter, 45 23.92 G. Latorre, 45 24.29 M40-44 David Romain, 41 23.35 Bobby Simpson, 40 23.78 D. Duffy, 40 23.78 Ben Miller, 41 23.93 G. Varty, 41 25.10 M35-39 Matt Pruitt, 37 22.58 Tom Allen, 35 23.96 Greg Marshall, 35 24.12 S. Robinson, 39 25.52 M30-34 G. Jackson, 30 22.24 R. Davis, 33 23.17 Doug Chapman, 30 23.28 Ray Moody, 30 23.87 400m M50-54 J. Billmeyer, 51 1:09.66 D. Stevenson, 54 1:13.23 M45-49 Mal Andrews, 49 1:06.79 M40-44 Phil Agostini, 41 1:07.52 M35-39 G. Laine, 35 1:00.37 C. McCormick, 39 1:02.71 M30-34 Bill Phillips, 33 1:07.03 1500m W40-44 A. Lee, 43 5:18.5 W35-39 L. Williams, 35 5:11.2 M70-74 W. Bigelow, 72 6:10.1 M55-59 Gil Duran, 55 5:05.8 M50-54 D. Stevenson, 54 4:48.0 Michael Murphy, 52 4:50.4 Bill Almon, 50 4:53.1 Steve Geraghty, 51 6:20.0 M45-49 Glynn Wood, 49 4:35.3 Kent Guthrie, 46 4:37.4 J. Erbes, 45 4:50.9 P. Richardson, 48 5:04.5 O. Legend, 46 5:18.0 M40-44 H. Franklin, 41 4:10.2 Richard Schupbach, 42 4:15.1 Steven Donovan, 41 4:50.5 M35-39 Steve Ferraz, 35 4:02.9 Danny Moon, 35 4:28.3 M30-34 Derek McIver, 33 4:03.5 P. Kay, 30 4:15.3 Reynaldo Corona, 33 4:28.0 400m W45-49 I. Obera, 49 65.96 G. Snyder, 49 68.23 A. Parish, 46 74.30 W30-34 Annette Borden, 32 70.90 M65-69 P. Jordan, 66 65.78 C. Killion, 65 68.30 Bill Fairbank, 66 69.39 M60-64 R. Garreto, 62 69.06 M55-59 G. Duran, 55 73.71 M50-54 B. Stevens, 54 59.41 E. Mehmedbasich, 51 65.01 M45-49 B. Green, 46 55.09 O. Legend, 46 56.21 Bill Rumford, 49 57.03 M40-44 Bill Knocke, 42 52.19 D. Romain, 41 52.76 D. Duffy, 40 53.65 B. Simpson, 45 54.03 M35-39 Matt Pruitt, 37 50.47 George Mason, 39 51.74 M30-34 Ray Moody, 30 52.81 J. Noel, 31 57.20	5000m W35-39 L. Williams, 35 20:24.0 W30-34 M. Taylor-Allen 17:39.7 M70-74 Joe Goodman, 71 25:35.5 W. Bigelow, 72 25:36.2 John McGee, 74 27:14.4 1600m Relay W30-39 NorCal Seniors 5:12.0 M30-39 NorCal Seniors 3:27.8 All East Bay 3:39.0 3000m Steeplechase M50-54 D. Stevenson, 54 11:31.3 B. Almon, 50 13:01.7 M45-49 K. Guthrie, 46 11:01.6 Jerry Lewis, 48 11:43.9 High Jump M40-44 David McCarthy, 68 4'6" M60-64 Jim Johnson, 60 4'4" M50-54 Herm Wyatt, 51 6'1"WR M45-49 Don Rose, 47 5'4" M40-44 Don Dvorak, 41 5'2" Thom Jones, 43 4'8 1/2" M30-34 Paul Sullivan, 30 6'4" J. Hougen, 30 6'2" E. Baskauskas, 32 6'0" Pole Vault M60-64 J. Johnson, 60 9'6" M50-54 AlBrenda, 54 10'6" J. Billmeyer, 51 9'0" M45-49
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TRIPLE JUMP 30-34 I. BLACK 36'6" 35-39 K. SALTER 38'8" 40-44 R. BURY 39'7" A. ROOS 32'7" R. KAYE 31'2" A. MIRECKI 30'4" J. MULVEY 22'2" 45-49 H. BOHIGIAN 33'6" 50-54 S. SALT 29'8" M. LIPTON 25'9" 55-59 H. COLEN 27'6" 65-69 S. SORLEIN 28'10" 70-74 R. ZACHMAN 18'9"	M40-49 110HH(36") Barry Kline 43 WP 17.1 Tom Ragland 47 OTH 19.9 Grover Coates 44 OTH 21.3 400IH(33") Kline 43 WP 64.41 Ragland 47 OTH 81.80 100m Coates 44 OTH 12.15 Leroy McClain 42 OTH 12.26 Ragland 47 OTH 12.55 Fred Stoicheff 41 Un 12.71 200m McClain 42 OTH 25.4 Coates 44 OTH 25.8 400m Robin Flicker 40 PVS 54.07 Coates 44 OTH 57.23 Ed Hoyle 47 WP 59.50 800m Flicker 40 PVS 2:16.70 A. Brown 43 WP 2:26.38 T. Breatl 45 WP 2:49.50 5000m C. Manauro 46 21:11.0 High Jump Kline 43 WP 5'6" Coates 44 OTH 4'8 1/2" Long Jump Ragland 47 OTH 18'6 1/2" Coates 44 OTH 16'5" Flicker 40 PVS 15'2" McClain 42 OTH 12'11" Triple Jump Coates 44 OTH 29'9" Shot Put G. Mirka 44 OTH 40'1 1/2" Pete Hoyt 42 WP 36' 1/4" Harry Holm 49 PM 31'10" Discus Mirka 44 OTH 139'4" Holm 49 PM 109'8" Hoyt 42 WP 102'6" Hammer Hoyt 42 WP 127'2" 35# Wt Kline 43 WP 20'7" Javelin Stoicheff 41 Un 137'5" Ragland 47 OTH 115'6" Kline 43 WP 84'0" Pole Vault Mike Trader 47 PVS 8'0" *Team Scores: West Penn 23 M30-39 110HH(39") Tim Walters 31 AIA 14.89 400IH(36") Walters 60.49 Dev Lemster 36 WP 61.51 100m Walters 31 AIA 11.79 Joe Silverio 34 12.85 Bob Gonzallas 39 JA 13.00 Ed Silverio 35 13.00 C. Thompson 35 (tie)13.00 200m Geo. Smith 38 JA 25.34 Nick Salupo 36 OTH 25.90 Gonzallas 39 JA 27.20 400m Salupo 36 OTH 55.45 G. Smith 38 JA 55.50 Dick Koschik 33 WP 56.41 800m Norm Thomas 33 OTH 2:10 Jeff Gerson 35 OTH 2:20 Jim Enright 31 WP 2:22 Ron Barnes 35 JA 2:26 1500m Thomas 33 OTH 4:27.02 I. McCall 33 JA 4:34.40 Gerson 35 OTH 4:43.00 Barnes 35 OTH 4:49.00 5000m Milt Gess 37 Un 16:22 Jim Helicki 31 WRR 17:32 McCall 33 JA 18:29 Enright 31 WP 18:44 4x100m Relay WP (Lemster, Sinderson Kline, Mapes) (30-34) 49.51 OTH (Ragland, McClain, Salupo, Coates) (35-39)51.73 4x400m Relay OTH (Gerson, Salupo,3:57.0 Thomas, Coates)(30-34) Jaguars 4:20.02 High Jump Dave Mapes 33 WP 5'2" Rich Kelly 30 Un 5'2" J. Silverio 34 Un 4'10" Long Jump Mapes 33 WP 17' 1/2" J. Silverio 34 Un 16' 1/2" E. Silverio 35 Un 15'4" Triple Jump Mapes 33 WP 34'1 1/2" Palmer Sweet 39 WP 29'5 1/2" Shot Put John Rutledge 31 OTH 42'1" Pinky Johnson 33 OTH 36'1" Sweet 39 WP 34'8" Discus Rutledge 31 OTH 124'8" Sweet 39 WP 101'6" Johnson 33 OTH 98'9" Hammer Johnson 33 OTH 99'3" Sweet 39 WP 96'12" Gerson 35 OTH 55'6" 35# Wt Sweet 39 WP 28'0" Javelin Steve Sholin 33 WP 180' Sweet 39 WP 112'9" *Team Scores: Over The Hill 50; WP 48; AIA 15; Emanon Jaguars 14; Wash Road Runners 3	Discus Batchelor 83'2" Weiland 78'11" Hammer Batchelor 113' 25# Wt Batchelor 33' 1/2" Javelin Batchelor 76'3" Weiland 63'9" 6th GOLDEN STATE MASTERS T&F CHAMPIONSHIPS; PORTER- VILLE, CALIF.; MAY 28, 1983 MEN 100m 30-39 Robert Murphy,31 11.4 Bob Brantley,33 11.9 40-44 Bill Knocke,43 11.8 Dennis Duffy,40 11.9 Dee Dewitt,44 11.9 45-49 Gilbert Latorre,45 11.8 Ray Fitzhugh,48 13.4 Jerry Stanners,48 13.5 50-54 Bruce Springbett,50 11.8 60-64 Charles Mercurio,63 14.0 65-69 Payton Jordan,66 12.8 Clarence Killion,65 13.8 Elmer Landis,67 16.8 70-74 Anthony Castro,73 14.8 Joe Caruso,73 15.0 75+ Sing Lum,78 16.3 200m 30-39 Jerry Baladad,37 24.8 Jerry Koop,30 25.2 Lelon Rich,34 25.8 40-44 Dennis Duffy,40 24.1 Anthony Craddock,40 25.8 Ken Vaughn,41 27.3 45-49 Gilbert Latorre,45 24.2 50-54 B. Springbett,50 24.5 55-59 Bob Higginbotham,56 28.3 60-64 Robert Hunt,63 28.0 65-69 Payton Jordan,66 26.9 Clarence Killion,65 28.4 Bill Fairbanks,66 31.3 70-74 Anthony Castro,70 31.3 75+ Sing Lum,78 35.6 400m 30-39 James Harvey, 32 49.9 Jerry Baladad,37 53.6 Jerry Koop,30 54.5 40-44 Dennis Duffy,40 52.7 Kenneth Washman,40 65.6 45-49 Nick Newton,49 56.0 Ross Irving,45 70.0 55-59 Walter Atcheson,56 65.3 Bob Higginbotham,56 65.9 60-64 Robert Hunt,63 64.0 Davis Lewis,61 69.2 65-69 Clarence Killion,65 67.0 Bill Fairbanks,66 69.5 800m 30-39 Wayne Douglas,35 2:05.6 40-44 Dennis Scott,40 2:12.1 Neal Chappell,44 2:16.6 50-54 Tom Sturak,51 2:18.9 Tony Bush,54 2:46.3 55-59 Walter Atcheson,56 2:38.3 60-64 David Lewis,61 2:46.2 Warren Rankins,62 3:45.1 1500m 30-39 Wayne Douglas,35 4:23.3 Dennis Farrell,30 5:54.2 40-44 Neal Chappell,44 4:45.4 Fred Mendoza,44 4:53.3 50-54 Tom Sturak,51 4:47.5 55-59 Walter Atcheson,56 5:17.9 60-64 Warren Rankins,62 7:35.6	5000m 30-39 Juan Garza,31 15:43.1 Richard Snekvik,3517:06.9 Paul Cross,36 18:02.5 40-44 Dennis Scott,40 16:09.2 Fred Mendoza,44 18:33.7 50-54 Tom Sturak,51 18:43.8 Douglas Dittmar,5120:56.8 3000m Steeplechase 30-39 Juan Garza,31 9:52.0 5000m Walk 30-39 Carl Farrell,33 29:27.4 65-69 Frank Saylor,69 35:43.6 110m Hurdles 30-39 (39") Ed Baskauskas,32 15.7 Robert Murphy,31 15.9 Jerry Hougén,30 17.7 40-44 (36") Larry Salinger,40 15.5 Dee Dewitt,44 16.2 Dennis Dismuke,40 16.3 45-49 (36") Ray Fitzhugh,48 18.6 Jerry Stanners,48 19.2 50-54 Dave Douglass,51 18.4 55-59 Bob Higginbotham,56 17.9 60-64 Robert Hunt,63 17.5 Burl Gist,63 17.8 Bill Burke,64 22.6 400m Hurdles 40-44 (33") Bill Knocke,43 60.5 Ken Washman,40 83.4 45-49 (33") Ray Fitzhugh,48 73.2 55-59 Walter Atcheson,56 95.7 60-64 Robert Hunt,63 75.3 400m Relay 30-39 Carl Warrell,33,Dale Tedrow,36,Paul Cross,36, Jerry Koop,30 51.0 60-64 Charles Mercurio,63,Robert Hunt,63,Bill Burke,64, Burl Gist,63 55.2 Discus 30-39 John Roehr,35 139'0" Jerry Hougén,30 129'9" Gary Kelmenson,32 111'0" 40-44 Chuck Hann,41 121'4" Abe Sheinker,43 89'3" 45-49 Gary Miller,45 105'4" Jerry Stanners,48 86'1" Ray Fitzhugh,48 85'5" 50-54 Sherrell Sears,53 103'1" Dave Douglass,51 92'1" Jerry Wojcik,53 89'5" 55-59 Bill Bangert,59 121'10" 60-64 Mike Castaneda,63 138'6" Bob Stone,62 137'4" Quinto Merlo,63 114'5" 65-69 James York,69 108'11" 70-74 David Pierotti,72 97'0" Javelin 30-39 G. Kelmenson,32 133'2" Dennis Farrell,30 98'0" 40-44 Dee Dewitt,44 110'3" 45-49 Gary Miller,45 162'8" Ray Fitzhugh,48 117'10" Jerry Stanners,48 95'9" 50-54 H. Schellenberg,50 148'11" Jerry Wojcik,53 109'11" Jack Morrill,54 96'6" 55-59 Ed Chynoweth,59 147'2" Bill Bangert,59 89'10" 60-64 Bob Stone,62 126'8" Bill Burke,64 121'4" 65-69 Frank Saylor, 69 74'3" 70-74 David Pierotti,72 76'11"	Shot Put 30-39 John Roehr,35 48'9 1/2" G. Kelmenson,32 35'3 1/2" 40-44 Chuck Hann,41 45'1" Abe Sheinker,43 27'1" 45-49 Ray Martin,47 40'10" Ray Fitzhugh,48 28' 1/2" Jerry Stanners,48 27'6 1/2" 60-64 Dave Brown,60 9'6" Ralph Biesmeyer,63 9'6" Orv Gillett,63 8'6" 65-69 Jim Vernon,66 10'0" WOMEN 100m 30-39 Maria Magana,33 15.6 45-49 Christel Miller,48 14.5 60-64 Myrtle Oak,60 20.3 Marjorie Hunt,64 21.9 200m 30-39 Maria Magana,33 33.0 400m 60-64 Myrtle Oak,60 1:46.5 1500m 60-64 Myrtle Oak,60 8:27.8 5000m 30-39 Susan Rubin,33 24:04.9 Rita Reynaga,31 26:35.1 Discus 30-39 Marsha Cartwright,31 90'3" 40-44 Catie Burke,44 46'9" 45-49 Christel Miller,48 76'0" Javelin 40-44 Catie Burke,44 49'5" 45-49 Christel Miller,48 96'8" Shot Put 30-39 Donna Hugen,30 19'5" 40-44 Catie Burke,44 20'10" 60-64 Myrtle Oak,60 17'4 1/2" High Jump 45-49 Sheila Newton,46 4'2" Christel Miller,48 4'2"	
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3rd PUERTO RICO MASTERS
MEET, SAN JUAN
MAY 28-29, 1983

100 METERS

M30	Tomas Aponte	11:20
M35	Pedro Landrau	11:29
M40	Luis Colon	11:38
M45	Wilfredo Picorelli	11:38
M50	Juan Pachot	11:37
M55	Erwin Feblis	11:54
M60	Willie Diaz	11:54
M65	Ferdinand Peña	11:50
M70	Agustin Rodriguez	11:63
M75	Ruben Diaz	11:70
M80	Ardel Perez	12:35
M85	Marcelo Canales	12:37
M90	Ovidio de Jesus	11:48
M95	Gilberto Rondon	11:99
M100	Gonzalo Combas	12:48
M105	Alfred Hess	12:81
M110	Victor Clairmont	13:07
M115	David Bohena	13:06
M120	Gilberto Gonzalez	13:76
M125	Candido Polanco	15:59
M130	Jose Ortiz Oquendo	15:76
M135	Federico Cordero Villa	30:64
M140	Iris N. Ortiz	14:77
M145	Maria Cruz	16:37
M150	Ester Rodriguez	16:50
M155	Haydee Irizarry	17:10
M160	Celia Lopez	18:98
M165	Gloria Morales	14:77
M170	Sarah Molina	16:29
M175	Luzgardia Rondon	17:10
M180	Iraa Velez Rossy	16:32
M185	Santa Mercado	18:10
M190		24:34

200 METERS

M30	Pedro Landrau	22:98
M35	Tomas Aponte	23:63
M40	Luis Colon	23:77
M45	Wilfredo Picorelli	23:55
M50	Eugenio Roman	23:85
M55	Fernando Salamanca	23:98
M60	Willie Diaz	23:35
M65	Oscar Rosado	24:16
M70	Ferdinand Peña	25:95
M75	Ruben Diaz	24:00
M80	Ardel Perez	25:48
M85	Arnaldo Jimenez	26:10
M90	Ovidio de Jesus	23:28
M95	Gonzalo Combas	26:14
M100	Luis Cano Gandia	26:67
M105	Alfred Hess	25:98
M110	Francisco Moya	28:36
M115	Orlando Alvarez	29:27
M120	David Bohena	26:76
M125	Gilberto Gonzalez	29:33
M130	Candido Polanco	33:17
M135	Jose Ortiz Oquendo	33:55
M140	Iris Ortiz	33:20
M145	Maria Cruz	38:26
M150	Nydia Lopez	30:76
M155	Sarah Molina	34:63
M160	Santa Mercado	46:30

400 METERS

M30	Luis Colon	54:40
M35	Juan Pachot	56:27
M40	Fernando Roman	53:40
M45	Eugenio Salamanca	55:82
M50	Wilfredo Picorelli	58:60
M55	Agustin Rodriguez	53:53
M60	Willie Diaz	55:37
M65	Jose Andino	55:64

800 METERS

M30	Tomas Aponte	58:74
M35	Arnaldo Jimenez	1:00:26
M40	Ramon Rivera	1:02:59
M45	Ovidio de Jesus	52:89
M50	Gonzalo Combas	1:00:87
M55	Luis Cano Gandia	1:01:34
M60	Francisco Moya	1:04:81
M65	Orlando Alvarez	1:07:06
M70	Fernando Vazquez	1:19:86
M75	David Bohena	1:10:71
M80	Candido Polanco	1:28:90
M85	Jose Ortiz Oquendo	1:19:53
M90	Ardel Perez	1:36:96
M95	Sarah Molina	1:26:14
M100	Sarah Molina	1:25:68
M105	Santa Mercado	1:33:42
M110		1:45:07

1600 METERS

M30	Jorge Barreto	2:09:12
M35	Sotero Rodriguez	2:11:34
M40	Hiram Quiñones	2:13:59
M45	Fernando Roman	2:00:79
M50	Jose Ramos	2:12:18
M55	Arnel Puffoz	2:33:48
M60	Cristobal Laureano	2:06:87
M65	Carlos Aponte	2:08:13
M70	Emilio Bones	2:14:43
M75	Pelegrin Alfonso	2:09:19
M80	Tony Aponte	2:17:41
M85	Juan Marciano	2:29:06
M90	Jorge Salgado	2:29:06
M95	Torfin Cantanana	2:15:95

M55	Luis Humberto Torres	2:17.78
M60	Francisco Moya	2:42.85
M65	Fernando Vazquez	3:12.58
M70	David Bohena	2:47.83
M75	Pedro Rivera	3:15.60
M80	Steven Fenostick	3:55.47
M85	Jose Ortiz Oquendo	3:36.70
M90	Ramon Cordero Villa	5:06.63
M95	Federico Cordero Villa	5:06.77
M100	Anna Torres	3:33.94
M105	Esther Rodriguez	3:19.20
M110	Carmen Roda	3:54.66
M115	Maria Casiano	3:58.36
M120	Carmen Salas	3:55.22

1500 METERS

M30	Sotero Rodriguez	4:27.10
M35	Pedro Rodriguez	5:00.62
M40	Jose Ramos	4:33.46
M45	Jose Rodriguez	5:04.53
M50	Cristobal Laureano	4:26.03
M55	Carlos Aponte	4:33.69
M60	Arnel Puffoz	4:15.46
M65	Pelegrin Alfonso	4:27.26
M70	Juan Ortiz	5:02.47
M75	Luis Alicia	5:17.42
M80	Jose Salgado	5:22.86
M85	Fernando Vazquez	6:15.25
M90	Esmeralda Mariani	6:33.75
M95	Anna Torres	6:56.12
M100	Maria Casiano	8:10.14

5000 METERS

M30	Antonio Acevedo	17:21.05
M35	Hiram Quiñones	17:48.64
M40	Pedro Rodriguez	17:48.83

M35	Eduardo Figueroa	16:48.00
M40	Jose Rodriguez	19:40.22
M45	Juan Rivera Agost	19:25.98
M50	Alegrin Rodriguez	23:42.06
M55	Nicolas Rivas	18:29.08
M60	Felix Desiderio	18:53.92
M65	Ernesto Feliciano	19:06.12
M70	Torfin Cantanana	22:46.12
M75	Luis Humberto Torres	18:18.29
M80	Jose Salgado	19:49.90
M85	Pedro Rivera	24:51.75
M90	Desiderio Padilla	28:46.15
M95	Esmeralda Mariani	27:51.92
M100	Willie Diaz	25:26.56
M105	Hilda Cordere	26:36.89
M110	Maria Casiano	27:16.81
M115	Elba Diaz	31:59.77

10000 METERS

M30	Antonio Acevedo	36:47.62
M35	Hiram Quiñones	37:56.09
M40	Pedro Rodriguez	38:07.72
M45	Santiago Villegas	37:29.71
M50	Juan Rivera Agost	40:43.54
M55	Jose Luis Irizarry	41:41.35
M60	Manuel Agost	44:59.10
M65	Ernesto Feliciano	49:34.25
M70	Desiderio Padilla	40:44.04
M75	Fernando Vazquez	42:23.04
M80	Willie Diaz	51:05.40
M85	Jose Andino	55:27.77

110 M. HURDLES (WAVA HEIGHTS)

M35	Edwin Feblis	15:91
M40	Arnaldo Jimenez	20:54
M45	Gervasio Rodriguez	20:66
M50	Luis Cano Gandia	19:35
M55	Desiderio Padilla	22:28
M60	Victor Clairmont	19:80
M65	Luis Arroyo Velez	20:01
M70	Francisco Moya	20:70

400 M. HURDLES (WAVA HEIGHTS)

M30	Manuel Sanjurjo	1:08.75
M35	Antonio Acevedo	1:11.69
M40	Edwin Feblis	1:01.49
M45	Carlos Torres	1:13.62
M50	Arnaldo Jimenez	1:14.12
M55	Ovidio de Jesus	1:00.26
M60	Luis Cano Gandia	1:09.05
M65	Alfred Hess	1:08.12
M70	Luis Arroyo Velez	1:09.17
M75	Francisco Moya	1:24.89

3000 M STEEPLECHASE

M30	Antonio Acevedo	10:51.50
M35	Carlos Aponte	12:04.51
M40	Gervasio Rodriguez	16:15.13

LONG JUMP

M30	Tomas Aponte	5.94m
M35	Lenne Dalton	5.68m
M40	Juan Pachot	5.22m
M45	Juan Pachot	5.26m
M50	Ernesto Grau	5.24m
M55	Angel Cintren	5.06m
M60	Agustin Rodriguez	5.72m
M65		5.50m

JAVELIN

M30	Pablo Torres	40.18m
M35	Felix Mufes	38.52m
M40	Eduardo Cruz Morales	35.76m
M45	Eduardo Diaz Burges	39.82m
M50	Jose Rodriguez	28.38m
M55	Wilfredo Caban	23.44m
M60	Pedro Gippson	45.60m
M65	Fernando Montaner	37.06m
M70	Arnel Rosario	34.04m
M75	Pedro Candalaria	39.98m
M80	Leonel Beauchamp	30.44m
M85	Juan Seise	33.54m
M90	Antonio Andino	28.58m
M95	Francisco Moya	23.90m
M100	Alfred Hess	22.30m
M105	Jose Delgado	24.42m
M110	Jose Martinez de Andino	23.42m
M115	Antonio Gonzalez	20.73m
M120	Manuel Ortiz Oquendo	28.34m
M125	Maria Cruz	18.30m
M130	Carmen Gomez	17.50m
M135	Marian Torres	18.92m
M140	Celia Rivera	16.26m
M145	Esa Bonini	9.18m
M150	Mary Aguayo	20.72m
M155	Iraa Velez Rossy	16.06m

HAMMER

M30	Eduardo Cruz Morales	23.20m
M35	Pablo Torres	19.10m
M40	Fernando Montaner	27.90m
M45	Tomas Garcia	19.24m
M50	Pedro Candalaria	25.85m
M55	Arnel Rosario	23.51m

M50

M50	Luis Velez	42.67m
M55	Juan Seise	26.28m
M60	Jose Delgado	28.95m
M65	Arnel Perez	20.10m
M70	Antonio Torres	20.02m
M75	Jose Martinez de Andino	21.90m
M80	Antonio Getay	18.36m

PENTATHLON WAVA SCORING

M35	Carlos Santos	LJ-5.34 = 453
M40	J	J-36.77 = 441
M45	200	200-25.01 = 838
M50	D	D-18.12 = 169
M55	1500	1500-5.05 = 378
M60	Total Points	2279

M35

M35	Eduardo Diaz	LJ-4.64 = 281
M40	J	J-37.05 = 446
M45	200	200-27.03 = 691
M50	D	D-23.77 = 324
M55	1500	1500-5.07 = 366
M60	Total Points	2108

M35

M35	Victor Cruz	LJ-5.16 = 410
M40	J	J-31.53 = 356
M45	D	D-23.77 = 324
M50	1500	1500-5.07 = 366
M55	Total Points	766

M40

M40	Angel Cintren	LJ-5.50 = 570
M45	J	J-37.24 = 485
M50	D	D-21.95 = 195
M55	1500	1500-5.34 = 435
M60	Total Points	2283

M40

M40	Victor Melendez	LJ-3.94 = 102
M45	J	J-36.80 = 396
M50	D	D-21.02 = 169
M55	1500	1500-4.46 = 719
M60	Total Points	1932

M40

M40	Jose M. Perez	LJ-4.62 = 306
M45	J	J-28.87 = 237
M50	D	D-23.09 = 227
M55	1500	1500-5.12 = 564
M60	Total Points	1826

M45

M45	Arnaldo Jimenez	LJ-4.90 = 455
M50	J	J-31.39 = 360
M55	D	D-21.05 = 194
M60	1500	1500-6.09 = 286
M65	Total Points	1991

M45

M45	Pedro Candalaria	LJ-4.18 = 203
M50	J	J-40.00 = 575
M55	D	D-24.09 = 291
M60	1500	1500-6.14 = 255
M65	Total Points	1765

M45

M45	Leonel Beauchamp	LJ-4.02 = 147
M50	J	J-31.52 = 363
M55	D	D-22.74 = 248
M60	1500	1500-7.01 = 0
M65	Total Points	1053

M50

M50	Juan Seise	LJ - 3.86 = 144
M55	J	J-37.76 = 623
M60	D	D-27.86 = 386
M65	1500	1500-7.16 = 62
M70	Total Points	1498

M65

M65	Gilberto Gonzalez-Julio	LJ = 4.40 = 960
M70	J	J = 28.08 = 523
M75	200	200 - 28.65 = 935
M80	1500	1500 - 7.30 = 216
M85	Total Points	3420 (New World Age Division Record) Under IAAF scoring = LJ = 271; Jav = 294; 200 = 644; Disc = 621; 1500 = 0
M90	Total Points	1802 (Breaks Adelf Kech age division record of 1790 IAAF points.)

LONG DISTANCE RESULTS

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

CHANNEL SIX 10K DENVER, COLORADO MARCH 20, 1983

1st Overall	
Rick Musgrave	32:39
Lauri Sax	39:42
M30	
Chris Chambers	35:15
Creigh Kelley	35:25
Mike Montano	36:54
M40	
Joe Reichardt	37:16
Lee Courkamp	38:23
Chuck Downey	38:47
M50	
John Sherwood	45:52
Oscar Pate	47:40
Frank King	48:27
M60+Bob Poppe	
David Colman	54:49
Barb Mallette	43:25
Beth Carter	44:33
LeeAnn Nielsen	48:14
W40	
Bette Poppers	43:30
Shirley Hardin	49:07
Diana Jewett	49:09
W50	
Doris Bailey	52:56
(steady snowfall, wind; 405 runners)	

BONNIE BELL/CHEVROLET 10K SAN DIEGO, CALIF. MARCH 27, 1983

1st Overall	
Julie Brown	27 35:59
35	
Patti Hurl	35 36:54
Judy Dodge	36 38:16
Darlene Burns	39 40:25
40	
Betty Poppers	40 39:06
Nancy Courter	40 40:48
Ursula Rains	41 40:49
45	
Fay Heldoom	46 40:56
Dixie Barnard	46 43:12
Lynn Lipelzky	45 43:25
50	
Dorothy Stock	50 40:06
Anne Johnson	54 42:04
Mary Brown	53 49:00
60	
Gerry Davidson	62 48:26
Lois Edds	63 49:55
R. Wadsworth	60 53:27
70+Bess James	
Felicitas Salaza	73 61:10
Alicia Martinez	71 80:15

EMERALD CITY MARATHON SEATTLE, WASH. MARCH 27, 1983

Women	
35 Vicki Pultz	3:10:47
Levi Query	3:11:21
Susan J. Havens	3:11:49
Bettie M. Thomas	3:16:31
C.I. Henderson	3:16:40
40	
Rose Gardner	3:02:55
Charlotte Swanson	3:08:00
Pat Thomas	3:14:50
Judie Hill	3:22:39
J.A. Groombridge	3:26:23
45	
Sylvia Quinn	3:12:48
Nancy Hellyer	3:15:02
Christine Curtis	3:19:59
Sue Stipe	3:22:57
Gretchen Richards	3:29:46
50	
Alice Taggares	3:31:26
Anne P. Soffe	4:01:47
Harriet Wilson	4:03:07
Lavone Newell	4:17:22
Tami Mitsui	4:26:11
55 no results	
60+Evelyn Irvin	
	5:06:05

LOVE RUN 10 MILE CHARLOTTE, N. CAROLINA APRIL 23, 1983

M30-34	
Martin Gass	58:04
M35-39	
Bob Moss	58:01
M40-49	
L. Jones	1:00:20
M50+	
Zean Jamison	1:07:51
W30-34	
D. Robinson	1:15:36
W35-39	
Pat Carter	1:08:00
W40-49	
Sue Boyer	1:22:46
W50+	
N. Ballenger	1:32:16

TERRE HAUTE FIRST NATIONAL 20K; TERRE HAUTE, INDIANA APRIL 9, 1983

1st Overall	
Kyle Hays	20 69:30
Lori Veal	22 82:50
M30	
Ed Pabst	70:02
Dave Harris	70:23
Gary Bair	74:41
M35	
Dan Pflieger	74:51
Jerry Jennings	77:51
Roger Weaver	76:45
M40	
R. Lockhart	80:35
D. Harrington	82:31
M45	
Joseph Webb	79:04
Jim Housley	90:22
M50	
Russ Bonham	71:31
Bob Lemont	79:37
J. Hofmeister	83:00
M55	
Myron Meyer	77:54
M60+Bob Schwandt	
	90:22
W30	
Ruth Ann Moss	83:38
Marlene Benavides	86:30
W40	
Carolyn Duffey	1:13:36
W50	
Carolyn Davis	nt
W60+Phyllis Schwandt	
	1:03:34

AMERICAN RIVER 50 MILE SACRAMENTO, CALIF. APRIL 17, 1983

1st Overall	
Charlie Hoover	5:55:56
Sally Edwards	7:18:24
M30-39	
Hoover, Charlie	5:55:56
Clark, Rae	6:03:28
Williams, Dan	6:14:05
M40-49	
Wall, Jeffrey	6:07:26
Daniels, Roger	6:44:49
Delgado, Chris	6:49:04
M50+	
Silver, Eugene	7:01:37
Romesberg, Ephraim	7:06:59
Zabek, Jean	7:56:43
W30-39	
Edwards, Sally	7:18:24
Milkie, Judy	7:39:35
Sierra, Debbie	7:48:18
W40-49	
Austerheim-Smith, B	7:35:59
Gibbs, Skip	8:45:35
Maricle, Marty	8:53:35
W50+	
Anderson, Ruth	9:04:46
Brieger, Katharine	9:45:08
Hurst, Patricia	11:13:59

CREIGHTON U. 6M & HALF- MARATHON; OMAHA, NEBRASKA APRIL 17, 1983

6 Mile	
1st Overall	
Pat Colburn	25 30:32
Barb Catlin	28 39:36
Men	
30 Tim Hendricks	37 34:40
Robert Boardman	30 34:56
Denny Dau	38 35:18
40	
Terry Moore	44 37:09
Gordon Yager	40 41:09
Ed Mulholland	43 41:13
50+Al Weaver	
	54 39:15
Max Levine	50 47:14
Don Glissman	53 47:16
Women	
30 Kathy O'Bryan	35 47:02
Sue Harkness	34 49:09
Patty Hulac	36 49:53
40	
Mary Belitz	42 50:22
Carol Deman	41 54:29
Jane Smith	41 54:29
50+Gloria Glissman	
	52 47:37

Half-marathon 1st Overall

Men	
30 Ron Olsen	36 1:16:42
Rich Kusleika	35 1:20:32
Al Pokorski	30 1:22:03
40	
Bill Monahan	40 1:22:46
D. Hockenbury	45 1:23:47
Tom Frank	42 1:28:40
50+Ray Heldt	
	50 1:26:30
Leonard Varva	54 1:39:32
Dick Orr	58 1:39:42
Women	
30 Alice Skultety	30 1:29:26
Jill Garlock	33 1:34:37
Emily Sadler	31 1:47:43
40	
N. McCormick	48 1:30:22
Norma Jablonski	43 1:54:44
Daisy Eickhoff	40 1:59:36
50+ no entrants	

ONE FOR THE BOOKS 5 MILE HUNTSVILLE, ALABAMA APRIL 17, 1983

1st Overall	
Tom Palguta	30 25:19
Sue Krueger	19 33:20
Men 35-39	
Fred Beckett	36 26:57
Bill Bond	35 30:04
John Roberts	38 30:44
Jamie Jones	35 31:00
Rick Chappell	39 31:13
Men 40-44	
Jim Oaks	44 26:58
Roger Gans	41 29:33
Charlie Brown	41 30:30
Grady Todd	42 30:33
Brent Smith	42 31:12
Men 45-49	
A. Dickerson	46 28:13
Ken King, Sr.	45 32:57
Carl Senkbeil	46 33:10
Jess Heald	48 33:13
Robert Walthall	49 34:54
Men 50+	
Mark Wheat	52 34:21
Grady Edwards	53 34:44
Gariand Bray	52 35:22
Richard Sloan	58 36:07
Frank Maples	58 36:48
Women 30-39	
Ellen Harris	32 34:11
Betsy Hill	35 36:01
Neva Beasley	30 36:20
May McCoy	39 37:08
Faye Wilson	30 37:55
Women 40+	
Jackie Clark	43 41:50
Karol Landram	46 42:21
Ruth Luscher	42 42:51
Linda DeHaye	42 43:30
Mary Summerlin	45 43:41

YMCA LINCOLN TRAILS 4M AND HALF-MARATHON; DECATUR, ILL. APRIL 23, 1983

4 MILE	
M40	
Gerry Avery	24:26
G. Stevenson	25:20
Gary Roberts	25:42
M45	
Steve Green	26:25
Jan Kessinger	30:31
Mark Dickens	31:13
M50	
Harry Young	28:18
Ken Moser	29:34
R. Carlson	33:41
M55	
Doyle Slifer	28:30
M. Micenheimer	28:32
Dick Radsch	30:38
M60+Gerry Cassens	
	35:35
W40	
Susan Thill	31:05
Nola Hall	32:23
Marcia Jurgens	37:57
W45	
Betty Moser	36:50
W50	
Nancy Griffith	40:14
W55	
None	
W60+Phyllis Schwandt	
	31:08
HALF-MARATHON	
M40	
Hugh Salmones	1:23:34
Roger Propst	1:33:36
Doug Jurgens	1:36:50
M45	
Jerry Bailey	1:34:20
Art Cummins	1:34:29
V. Albert	1:34:53
M50	
Russ Johnson	1:23:37
Bob Brozio	1:39:33
Max Morgan	1:40:38
M55	
D. Rademacker	2:03:18
M60+Bob Schwandt	
	1:38:11
Russ Buster	1:46:49
Bill Huth	2:02:05
W40	
Marcia Kopp	1:44:39
Mary Monahan	1:46:40
W45	
Janet Lamb	1:50:24
W50	
Roberta Kious	1:43:59

SEATTLE MASTERS 10K RACE- WALK; SEATTLE, WASH. APRIL 30, 1983

Ed Glander	42 55:51
Paul Kaald	50 57:30
George Bogdan	54 59:30
Bev Laveck	47 59:30
Jay Haavik (20K)40	1:48:36

AVON 15K ROAD RACE SAN FRANCISCO, CALIF. APRIL 10, 1983

1st Overall	
Nancy Ditz	28 52:58
18 Sue Johnston	41 60:04
20 Marilyn Harbin	45 60:34
24 Marion Irvine	53 61:21
27 Birthe Kirsch	53 61:21
28 Agatha Sue Lee	43 61:44
32 Pat Whittingslow	43 62:06
33 Joan Ulyot	42 62:16
37 Gail Rodd	40 62:46
47 Sue Stricklin	45 64:28
63 Lani Medeiros	45 64:28
64 Ruth Anderson	53 66:45
67 Evelyn Blair	46 67:11
72 Ruth Waters	49 67:42
84 Jeanne Dawson	40 68:41
99 Joan Bransome	46 69:40

LILAC BLOOMSDAY 7.5 MILE SPOKANE, WASHINGTON MAY 1, 1983

40-44	
Michael Hefferman	29:35
Stephen Lester	40:08
Roger Pratt	40:31
45-49	
50-59	
Robert Ruggeri	43:27
Michael Christians	43:40
Ken Wendt	44:15
60-69	
Gordon Pirie	44:14
Robert Lytle	45:46
Jack Fruit	47:15
70-79	
John Vertrees	1:18:11
Bert Russell	1:26:15
Bernard Gallagher	1:27:25
80 plus	
Joseph Johnson	1:41:28
Emmett Jones	1:56:07
Milo Dean	2:21:31

40-44 Cindy Dalrymple 43:16 Bette Poppers 46:08 Doris Heritage 46:20

45-49 Sylvia Quinn 50:04 Carol Lytle 54:20 June Chance 59:14

50-59 Alice Taggares 58:48 Nola Bruhn 59:56 Joanne Hegedus 1:02:23

60-69 Carmel Robertson 1:11:38 Maureen Schmah 1:14:10 Alice Lindberg 1:14:36

70-79 Mabel K'ien 1:22:59 Joan Talbot 1:46:28 Constance Jergen 1:55:15

80 + plus Margaret Cowles 2:21:31

FIFTH ANNUAL TREVIRA TWOSOME TEN-MILE RACE CENTRAL PARK-NYC

Sponsored by Hoechst Fibers Industries.
Under the auspices of NYRR.
Date: May 1, 1983 10:30 AM.
Distance: 10 miles (both partners must complete the entire distance to score).
Course Records (Men): Herb Lindsay, 45:59.8, 1980.
Course Record (Women): Patti Catalano, 53:41.3, 1981.
Couple Record: Herb Lindsay and Patti Catalano, 1:39:57.3, 1981.
Entrants: 3828 (1914 couples).
Check-In: Men-1729, Women-1735, Total-3464.
Finishers: Couples-1243, Men whose partners did not finish-245, Women whose partners did not finish-99.
Total Men-1488, Total Women-1342, Total-2830.
Weather: Mid 70's, sunny, clear.

40-59 Couples

1. Smith, Geoff. 29 (47:07)	Groos, Margaret. 23 (55:28)	1:42:35
2. Baker, Terry. 26 (51:40)	Hiro, Anne. 25 (56:40)	1:48:20
3. Froelick, Marty. 25 (50:56)	Urish, Carol. 31 (58:37)	1:49:33

60-79 Couples

1. Wess

LAKE MERCED MASTERS 5 MILE
LAKE MERCED, CALIFORNIA
MAY 8, 1983

Philip Hager, 45-49	29:50
K. Whittingslow, 40-44	31:09
Fred Dunn, 50-54	33:15
P. Whittingslow, 40-44	33:31
(1st W)	
Bob Johnson, 45-49	34:48
Ernest Isaacs, 40-44	34:54
Mike Donohoe, 40-44	35:52
Elvyn Blair, 45-49	36:21
Mimi St. Clair, 40-44	37:15
Emilo Mercado, 45-49	38:36
Otto Sommerauer, 65-69	39:34
Richard Kegley, 60-64	39:37
Joseph Goodman, 70-74	41:59
M. Schiffman, 70-74	43:20
Paul Newman, 45-49	47:12
Ruth Detterling, 55-59	47:28
Marg. Kegley, 60-64	47:46
Dominic Artuso, 55-59	50:49
Carol. Merrill, 40-44	54:30
Annabel Marsh, 55-59	54:30

TAC/SPA 5K CHAMPIONSHIPS
WESTLAKE VILLAGE, CALIF.
MAY 15, 1983

1st Overall

Jim Triplett 14:56

Michelle Soderberg 18:01

Men

30 Lorenzo Herrera 16:58

George Morse 17:38

Greg Ward 18:00

35 Ron Smith 16:16

William Lovelace 16:50

Bernard Breslau 17:00

40 Tom Burns 15:46

Gene Blankenship 16:52

George Cohen 16:57

45 John Brennan 16:12

Andre Tocco 16:25

Jim Knerr 16:46

50 Patrick Devine 17:49

Hal Winton 18:06

Bill Winstanley 18:35

55 Ray Gil 19:28

M. Michelson 21:10

60+ Ed Stotsenberg 21:11

Glenn Ward 22:02

Lorin Peterson 23:57

Women

30 M. Soderberg 18:01

Judy Kewley 18:27

40+ Christa Rompanen 18:54

Emma Williamson 23:33

Yonkers Marathon
Yonkers, NY

Sponsored by the NYRR
Date: May 15, 1983, 10 AM
Distance: 26.2 Miles
Check-in: Men-370, Women-30, Total-400
Finishers: Men-318 and 2 racewalkers.
Women-28 and no racewalkers. Total-348.
Weather: Drizzly, misty, humid 60's.

Subvet (30-39)

1. Hall, Ray, 35 2:33:27

2. Vargas, Hector, 34 2:36:53

3. Brennan, Jack, 33 2:39:39

4. Rosenzweig, Robert, 39 2:42:48

5. DeVoe, William, 31 2:45:28

Vet (40-49)

1. Bordonaba, Rafael, 41 2:48:26

2. Kaye, William, 44 2:51:38

3. Dobry, Nevio, 43 2:52:43

4. Riche, Paul, 41 2:52:58

5. O'Leary, Jack, 45 2:58:26

Masters (50-59)

1. Dixon, Don, 55 2:53:30

2. Barclay, Thomas, 51 2:56:04

3. Opsahl, Richard, 51 3:09:06

Seniors (60-69)

1. Rogan, Bob, 61 3:20:27

2. Graham, Robert, 61 3:37:30

3. Freeman, Sam, 62 3:57:08

Golden Age (70+)

McNeil, William, 75 5:32:05

Racewalker

Wilson, Lon, 35 4:38:57

Subvet (30-39)

1. Hudson, Donna, 35 3:24:45

2. Small, Chris, 31 3:30:30

3. Daley, Sheri, 35 3:34:42

4. Tolaro, Debbie, 30 3:53:20

5. Lothrop, Micaela, 36 3:54:22

Vet (40-49)

1. Medaglia, Sue, 47 3:21:45

2. Brosnan, Margit, 44 3:48:26

3. Jones, Edith, 43 3:53:41

4. Gertz, Fran, 40 3:57:55

Masters (50-59)

1. Jacobson, Audrey, 54 5:03:16

2. Girardin, Marian, 52 5:07:42

Seniors (60 and over)

1. Rodriguez, Mary, 61 4:24:44

NAT'L TAC 15K Walk (Master)
Santa Monica, CA
MAY 15, 1983

1. Marcel Jobin, Canada (41)	1:03:06
2. Larry Walker	40 1:07:33
3. James Coots	43 1:18:42
4. Carl Acosta	49 1:31:14
5. Joe Vitucci	1:31:35
6. Hal McWilliams	68 1:33:00
8. Gordon Wallace	73 1:37:50
8. Al Guth	2:05:19

FEMALE

1. Vicki Jones	37 1:20:25
2. Jolene Stigenwalt	39 1:25:43
3. Allison Favour	35 1:39:41
4. Cindy Paffum	35 1:39:34
5. Caroline Butler	36 1:43:21
6. Rose Kash	62 1:50:34

1st ANNUAL RALPH PELLICANO
SM; WARWICK; RHODE ISLAND
MAY 15, 1983

Men

40 Jim Grey 40 27:34

Paul Oberg 41 28:44

Bill McNulty 40 29:39

45 Ken Farrelly 45 31:28

Fred Zuleger 45 31:47

Pete Swenton 45 33:03

50 John McGowan 50 29:14

Richard Hammond 52 29:53

Harry Keenan 50 34:08

55 Carl Hammen 59 31:49

William Gorman 57 32:14

George Silva 57 32:51

60+ Ray Dwyer 60 35:21

Women

40 Peggy Todd 40 46:40

Estelle Miele 44 47:55

from Carl Hammen

NAT'L TAC 50K WALK (MASTER DIV)
MONTEREY, CA
May 21, 1983

1. Grim Rasper 41 5:13:37

2. Charles Marut 45 5:18:52

3. Howie Jacobson 52 5:21:30

4. James Coots 43 5:30:37

5. Robert Matulac 6:30:14

6. Harry Stitonen 57 6:42:59

7. Frank Saylor 69 7:26:40

FEMALE

1. Bev La Veck 47 5:27:20

Staten Island Five Mile Run
Clove Lake Park, SI

Sponsored by the NYRR

Date: May 22, 1983, 11 AM

Distance: 5 Miles

Check-in: Men-177, Women-52, Total-229

Finishers: Men-157 and no racewalkers.

Women-38 and no racewalkers. Total-195.

Weather: Warm and sunny, followed by light rain, low 70's.

Subvet (30-39)

1. Wright, Bernard, 36 28:21

2. Malik, Stephen, 36 28:51

3. Perruccio, Richard, 34 29:41

4. Manganel, Edward, 36 30:06

5. Vega, Wilfredo, 30 30:10

Vet A (40-44)

1. Morrissey, Brian, 42 29:11

2. Rodriguez, Felipe, 42 31:44

3. Niles, Albert, 42 33:44

Vet B (45-49)

1. Kellner, Peter, 45 31:23

2. Polcano, Vincent, 49 35:20

3. Mercado, Eugenio, 46 39:53

Masters (50-59)

1. Attilio, Richard, 54 33:21

2. Down, Kent, 50 34:12

Senior (60-69)

Goldstein, Albert, 63 34:15

Subvet (30-39)

1. Messina, Fran, 33 34:50

2. Basch, Barbara, 31 36:31

3. Perruccio, Eileen, 38 37:59

4. Schultz, Kathleen, 36 39:11

5. Cartmell, Lois, 37 39:15

Vet A (40-44)

1. Greer, Sandra, 41 37:31

2. Sturman, Patricia, 43 38:22

Vet B (45-49)

1. Hour, Barbara, 46 41:02

2. Praskins, Lisa, 48 44:06

Master (50-59)

Rose, Florence, 53 42:54

Senior (60 and over)

Havens, Evelyn, 66 51:54

ATHLETIC EXPRESS TC 5/10K
RIVERSIDE, CALIFORNIA
MAY 22, 1983

30 Mike Figuero	16:45
40 Bill Crum	16:49
50 Wally Ingram	17:25
60+ Stephen White	21:05

5K WOMEN

30 Kathy Storey 20:22

40 Linda Hartman 21:11

50+ Ruth Webb 26:19

10K MEN

30 Dean King 35:40

40 Bill Crum 35:11

50 Wally Ingram 37:10

60+ Stephen White 45:18

10K WOMEN

30 Kathy Heard 45:02

40 Lorraine Hashey 44:56

50 Mary Storey 43:32

from Wally Ingram

HOW THE WEST WAS RUN
5/15K; 15K PA/TAC CHAMPION-
SHIPS; SACRAMENTO, CALIF.;
MAY 22, 1983

5K MEN

40 Jon Shelgran 17:59.00

Jim Drake 18:20.06

Charles Conway 18:27.04

50 Gene Lynch 19:38.08

Jack Sohl 21:19.05

Al Robinson 22:20.08

60+ Grant Ardell 27:02.06

Herb Rodebaugh 36:22.03

5K WOMEN

40 Vicki Bigelow 19:22.08

Karen Frincke 22:24.08

Helen Fisher 25:44.05

50 J. Powell 25:39.08

Doris Jones 34:23.00

Janet Aberley 35:33.01

60+ Ruth Smith 30:51.09

Dee Kalafa 32:50.09

Renee Reed 39:06.00

15K MEN

40 Tim Rostegge 52:04.08

Bill Catanesse 52:48.05

Doug Rennie 53:06.07

50 Ulrich Kaempf 53:58.01

Evert Riggie 57:18.06

John Rouse 60:37.08

60+ Paul Reese 64:53.01

Paul Camarer 74:06.07

Nestor Velasco 74:38.01

15K WOMEN

40 Sue Johnston 61:34.08

Birthe Kirsch 62:35.01

H Skaden-Poyser 62:51.04

50 Kathy Tseri 77:57.05

Peggy Bwing 83:55.06

Po Adams 92:56.08

60+ None

VIKING CLASSIC 8K
PORTLAND, OREGON
MAY 22, 1983

1st Overall

Peter Fitch, 23 24:21

Joanne Lahti, 22 28:06

M40-44

Mike Heffernan, 42 26:08

Stephen Lester, 40 26:24

Norman Oyley, 40 27:24

David Sherman, 40 27:43

Harry Cummins, 40 27:47

M45-49

W.A. Johnston, 45 27:25

George Martinez, 45 29:49

Ray Langston, 48 30:33

Dick Stephens, 49 31:28

Don Robertson, 46 32:06

M50+

Ray Hatton, 51 26:19

Ross Smith, 55 27:54

Tom Sturak, 51 29:41

Clive Davies, 67 29:45

Buz Masters, 54 30:32

W40-44

L. Figg-Hoblyn, 42 31:45

Gillian Pack, 40 35:45

Nancy Ragland, 40 36:21

Sandy Morgan, 40 37:44

Judy Posey, 42 38:09

W45-49

Margaret Ghatge, 46 37:10

Alice Jones, 46 37:18

Anne Whiting, 45 39:05

L.A. Bartholemey, 47 39:40

Johnni Freeborn, 47 42:09

W50+

Alice Turowski, 55 36:25

Joan Klopfer, 50 38:35

Tila Jimenez, 52 47:49

Vivian Goble, 59 50:47

Dorine Sawtelle, 57 52:01

TAC NATIONAL MASTERS 20K
CHAMPIONSHIPS; WASHINGTON,
D.C.; MAY 29, 1983

1 GREEN NORMAN	50	65:50
2 GERRITY TONY	40	66:03
3 KEIM GEORGE	40	66:24
4 LORENZ HERB	44	66:28
5 FAXON LEM	42	66:45
6 SMITH JERRY	40	67:05
7 DAVIS DON	40	67:14
8 BENDREY GRAHAM	43	67:25
9 HALL BILL	42	68:28
10 BRADLEY FAY	45	68:43
11 OLRICH BILL	47	69:07
12 MINN DAVID	40	69:13
13 HUFF AL	45	69:46
14 PRIOR KEN	42	69:50



**NEVER WILL SO MANY
OWN SO MUCH
FOR SO LITTLE.**

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.

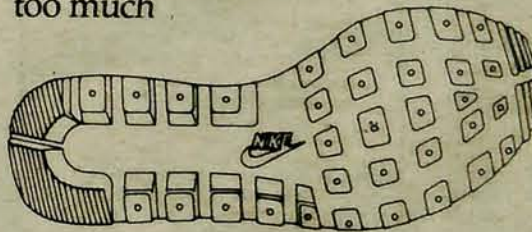
Next thing we knew, the Pegasus was sporting the Waffle™ Center-of-Pressure™ outsole. For even more cushion. And greater stability. It also made the Pegasus great for running over any number of different surfaces. From grass to asphalt, to gravel and mud.

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.

NIKE
Beaverton, Oregon