Six Win Trips to Sports Festival

Lorenz, Dalrymple Win National 10-K
from BOB FINE

BROOKLYN, April 25 — Herb Lorenz, 43, and Cindy Dalrymple, 40, raced to victories today in the Athletics Congress National Masters 10-kilometer road racing championships in Prospect Park.

Over 150 masters (men over age 40 and women over age 35) competed in 5-year age divisions in the annual event, held in hot, 80° weather.

Lorenz took the race out in a 4:40 first mile, and no one could challenge him. By the halfway point it was all over. Lorenz led runner-up Kirk Dall, 40, to the tape by 39 seconds in

Tymn 1st Master in Comeback

Dalrymple Sets 15-K Mark in Hawaii
from VALDEMAR SCHULTZ

HONOLULU, April 11 — Cindy Dalrymple, who turned 40 on March 5, didn’t waste any time in establishing herself as the nation’s premier female master (over age 40) runner.

In the 5th annual Norman K. Tamanaha 15K Run, which was also the first in the 9-race Nike Masters Grand Prix Series, Dalrymple raced to a sparkling 55:25 to smash Miki Gorman’s 3-year old American master (over age 40) mark.

National Indoor T&F Meet Draws Hundreds
CAMBRIDGE, Mass, March 27-28. Entrants came from throughout the United States, including a sizeable contingent from California, for the Penn Mutual/TAC National Indoor Masters Track & Field Championships this weekend at Massachusetts Institute of Technology.

Competition was held in 5-year age groups for men and women age 30 and over.

Top individual winner was the indefatigable Herb Anderson, 75, of Bellevue, Colorado, who entered and won 10 events as the only competitor in his age 75-79 division. As always, Anderson’s efforts were world class in virtually every event.

Phillipa Rascher, 35, of Atlanta was runner-up for gold medal honors, capturing all 7 of her events (60 yard dash, hurdles, high jump, pole vault, long jump, triple jump and shot put) in the women’s 55-59 bracket.

Checking in with 5 triumphs was Christel Miller of Glendale, Calif, in the women’s 55-54 division; and Phil Mulkey of Atlanta in the men’s 50-54 category.

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

238 Compete In Final Grandfather Games
by AL SHEAHER

VAN NUYS, Calif. May 8 — Two hundred thirty eight men and women athletes over age 30 said farewell today to the 12th and final Grandfather games.

Meet director George Ker, who created and began directing the meet in 1970, decided last month to hang it up after this one, due to increased costs of the Los Angeles Valley College facility, and the continued pressures of staging the annual popular event.

The Games went out in style with two world and one American age-group records set in cool, smog-free, overcast weather. In addition, 21 new meet records were established.

Ker was thanked and applauded by the athletes and spectators. He paid tribute to the many volunteers — including 76 at today’s meet — who had helped him put on the games over the years.

“I think it was a good, solid meet to end it all with,” he said after it was over.

Continued on page 20

THE AIHLETICS • Results of T&F Meets:
— National Indoor
— Grandfather Games
— Tampa Bay
— Australian Nationals
— Mt. Sac.
— Sacramento & Visalia
— Penn & Drake Relays
— MSA Indoor

• Results of Distance Runs:
— National 10K
— Tamanaha 15K
— Boston & Cherry Blossom
— 38 other races
— 1981 15K Rankings
— National Meeting
— New List of World and U.S. T&F
— Women’s 5-Year Age Marks

• Entry forms for T&F meets:
— Nationals
— Western Regionals
— Northwest Regionals
— Midwest Regionals
— MSA Relays
— Metropolitan
— T&F Rules and Meet Guidelines

Don Cheek, SI. San Luso Obsapo, Cali. won 200 (23.79) and 400 (56.88) in Los Angeles Grandfather Games May 20 (photo by Jeromes McFadzen)

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

Continued on page 19

LATE FLASH

The Southern California Striders broke the U.S. age 40-49 distance medley relay record May 15 in the Striders Relays in Northridge, Calif. with a time of 11:13.8. The old mark was a pending 11:13.8, set by the New York Pioneer Club in 1981. The Strider quartet was composed of Bill Knocke (51.6), Ralph Lee (1:59.6), Mel Elliot (3:29.7) and George Cohen (4:42.8).

Continued on page 20
National Masters Officers

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NATIONAL INDOOR MEET

Realizing that you will be receiving

NATIONAL MASTERS NEWS

June 1982

Editor
Al Sheahan
Production
American Publishing Co.

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PHOTOS


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The NATIONAL MASTERS NEWS is published monthly for $12 per year from 6000 Hazzard Ave., Van Nuys, CA 91404.

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10-YEAR BRACKETS

Just a short note to express my disappointment in the number of Masters who meet that use the ten-year format for individual events. It seems to me that the five year differential is more meaningful and certainly encourages new competitors as entrants into the Masters program. In most cases it appears that there is a substantial difference in physical capability between the lower level of the ten-year bracket and the upper level of the ten-year bracket which certainly puts the older individuals at a disadvantage. I think the Masters provides excellent competition and most importantly allows us to have a great deal of fun and renew old acquaintances. But I would hope that the powers to be, both nationally and locally, would consider establishing the five-year format for the individual events.

Congratulations on a fine newspaper product as I know that we all look forward to seeing this paper on a monthly basis.

J. K. Stanners
Bakersfield, Calif.

(3-year groups are fine if there are enough competitors. But it’s not much fun to compete against others of your age group - Ed.)

CHARIOTS OF FIRE

I think you should know that some idiot is going around changing your name to editorials that are picky, picky, picky concerning a magnificent movie, certainly the finest ever made. Certainly the finest ever made!

On your behalf that nobody in their right mind would have:

a) attacked so minor a point in the movie; or
b) expected a jock from the highlands to know a year ahead of time when the qualifiers were. Remember that Eric practically lived in Brigadoon when the qualifiers were. Remember that Eric practically lived in Brigadoon when the qualifiers were.

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Thomas P. Sheahan, Ph.D., P.E.
Derdowd, Md.

(Otto Essig
Daytona Beach, Florida)

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FOR COMPETITORS INCLUDED IN REGISTRATION FEE.

SEPARATE MEN’S & WOMEN’S EVENTS

SCHEDULE

7:00 — Registration Opens

9:00 — 10K Race Begins

11:00 — 10K Awards

11:30 — Bill Toomey Clinic, Toomey In person

12:30 — Field Events Start

1:00 — Track Running

4:30 — Awards

10K Trophies in all age brackets with 2 overall awards

TRACK EVENTS

Medals for 1st, 2nd, 3rd in each age bracket with trophies for the relay teams

Days events followed by chicken barbecue and carnival festivities

Sponsored By: Penn Mutual Life Insurance Company

NATIONAL MASTERS NEWS

June 1982

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Thomas P. Sheahan, Ph.D., P.E.
Derdowd, Md.

(Otto Essig
Daytona Beach, Florida)
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.

July 17. Lake Erie TAC Open and Masters T&F Championships, Cleveland HS, Cleveland, OH 44116. (216) 449-4964.

July 31. Penn Mutual/TAC Midwest Regional Masters T&F Championships, York High, Elmhurst, Ill., 7 a.m. Race day sign-up only. Wendell Miller, 180 N. LaSalle, Chicago IL 60601. (312) 336-1135.

MID-AMERICA


Aug. 20-21, 4th Montana Masters T&F Championships, Bozeman, MT. Mike Carigan, Box 1166, Bozeman MT 59715.


SOUTHWEST

June 12. TAC/Penn Mutual Southwest Regional Masters T&F Championships, Rice Univ., Houston, TX 77274. (713) 774-7561. Entry form in May issue.


WEST


June 13 & 20. Hawaii Masters T&F meets, Kaiser High School, Honolulu, 8 a.m. Race-day sign-up.


June 21-Aug. 6. 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 11. Harold Chapson’s 80th Birthday T&F Meet, Kaiser High School, Honolulu, T&F Meet open to all. Race-day sign up.


July 24. West Valley Masters T&F Meet, Los Gatos, Calif. Bruce Springbett, PO Box 1328, Los Gatos CA 95030. Entry form in this issue.


August 28-29. 1st World Veterans Decathlon Championships, San Diego, Calif. Ed Oleta, PO Box 2822, La Jolla, CA 92038.

October 2. 9th Annual Santa Barbara Masters T&F Meet, Goleta, Calif. Club, West. 100 yard dash sign up. Entry form in June issue.

NORTHWEST

June 19. Senior Sports Festival Masters Track & Field Meet (40+), Husky Stadium, Seattle, Brenda Weatherford, 425 S.W. 144th, Seattle WA 98186.


CANADA


July 18. Ontario Masters 10,000 Meter Track Championship, Metro Toronto Track Centre, Toronto. Art Rappich, 86 Glosester St. #1105, Toronto, Ontario M4Y 2S2.


September 29, Western Regional Masters T&F Meet, Cambridge, Ontario, Bruce Burton, 1552 Old Lachine Road, Oakville, Ontario L6L 1C8.

INTERNATIONAL

July 14-18. 3rd European Veterans T&F Championships, Strasbourg, France. Late entries accepted for walks and marathon. Bob Fife, VANNA North American rep, 77 Prospect Place, Brooklyn NY 11217.

September 3-5. 2nd Annual Pan American Masters T&F Championships, Barquisimeto, Venezuela (220 miles west of Caracas), Rogelio Lopez, Presidente, Organization Masters D.F., Apartado Correo 30484, Carin, Caracas, Venezuela S.A.

September 24-26. 2nd Annual San Juan Masters International T&F Meet, San Juan Puerto Rico. Gilbert Gonzalez-Julia. PO Box 15174, Caparra Heights Station, San Juan PR 00902. (809) 765-5702.

October 1-2. 6th US/ China Masters Track and Field Championships, Nanjing, Hangzhou, Hong Kong. Sports Travel International, PO Box 7823, San Diego, CA 92107. (714) 225-9555.


November 25-30, 1983. 5th World Veteran’s Games, San Juan, Puerto Rico.

Continued on page 6

Subscribe Now!

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

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$54 for Age Record Book

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Send to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404
ON RUNNING
LDR takes a back seat to T&F as summer approaches, but there are several major road races, nevertheless.

The TAC National Masters Grand Prix will be held in Forest Grove, Oregon on the 6th. The Midwest Regional Nike Masters Grand Prix, piggyback on the News-Dispatch 15K in Michigan City, Indiana on the 13th.

Grandma’s Marathon, is an annual staple in Duluth on the 19th. The Western Regional Nike Masters Grand Prix is part of the Run for the Kids 10K in San Francisco the same day.

The annual Cascade Run Off 15K is set for Portland, Oregon on the 27th, as is the Midwest America Masters 10K — also the 7th in the Nike Grand Prix series — in Kansas City.

The 9th International Veterans 25K will take place in Brugge, Belgium on the 27th, bringing together some of the finest veteran runners in the world.

New List of World & U.S. 5-Year Marks

In this issue are the latest world and American women’s age-division bests.

Compiled by TAC National Masters Track & Field Records Chairman Pete Cole, the list is complete through March 1, 1982. It’s the first 5-year update since the list published in June, 1981 NMM.

The men’s age-group marks will be published next month.
WESTERN REGIONAL MASTERS
TRACK AND FIELD CHAMPIONSHIP

Sponsored by San Diego Athletic Association • Sanctioned by TAC

JUNE 19 & 20, 1982
Southwestern College
900 Otay Lakes Road • Chula Vista, CA
15 mi. south of San Diego on I-805

ENTRY FEE: $4.00 per event $10 relays & pentathlon
PRE-REGISTRATION: All events except relay, deadline June 14. Late entries $10 at Meet Director’s discretion
FACILITIES: Artificial Track — ¼” 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. Finals at end of competition.
AWARDS: TAC Championship Medals for First Three Places. Commemorative T-shirt for sale at meet site.
NOTE: Random drawings throughout meet by entry number for $1,000 worth of donated merchandise.

SCHEDULE

SATURDAY
9:00 PENTATHLON
11:00 HAMMER
12:00 STEEPLECHASE
12:00 POLE VAULT 30-44
12:30 5000 WALK
12:45 10,000 METERS
2:30 POLE VAULT 45+
2:45 400M PRELIMS
3:00 400 RELAY
3:00 SHOT PUT
3:00 LONG JUMP
3:20 800M FINALS
3:50 100M PRELIMS
4:20 HIGH HURDLES
5:00 400M FINALS
5:30 100M FINALS

SUNDAY
8:00 5000 METERS
9:00 200M PRELIMS
9:00 DISCUS
9:00 HIGH JUMP
9:00 200M PRELIMS
9:20 400 IH
9:50 200 FINALS
10:00 JAVELIN
10:30 1500M FINALS
11:00 TRIPLE JUMP
11:00 MILE RELAY

WESTERN REGIONAL MASTERS

NAME (LAST) (FIRST)
PHONE ____________________________
DATE OF BIRTH __________________
AGE ON JUNE 19, 1982 ______________
EVENTS ENTERED: __________________
1982 PERFORMANCE __________________
CLUB AFFILIATION __________________
AMOUNT ENCLOSED __________________

ADDRESS ______________________________________
(CITY) ____________________ STATE ______ ZIP ____________
CIRCLE ONE: MALE FEMALE
TAC# ____________________________
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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 inquiries suffered by me while traveling to and from and while competing in the Western Regional Masters Track and Field Championships at Southwestern College on June 19-20, 1982.

Date ______________ Signature ______________
Kirk Randall — Jock Of All Sports

Basketball was his primary sport in high school, but he also did a little competitive swimming and found time to play golf. In college, soccer was his sport. Today, he makes a living by teaching people the games of squash and tennis, but he says that his real love is Alpine skiing.

Kirk Randall can't seem to settle on one sport. He can't even make up his mind whether he prefers track, road racing, or cross-country running.

"I guess I would describe myself as a sports fanatic," says the 40-year-old Wellesley, Mass. resident.

Last November, Randall established himself as one of the top masters distance runners in the nation as he outran the likes of Herb Lorenz, Ray Hatton, Dave Hambly, Jim Ewing, Dan Conway, and other well-known masters. He broke the 4:18 for the mile, the 9:38 for two miles at Springfield, and 49:40 for 15K on the track, 50:39 at 10 miles, and 1:04:44 for 20K.

"Certainly not the marathon," he responded when asked about his favorite distance. "Although it might potentially be my best distance. I really can't say I have a favorite. I enjoy the variety of track racing, road racing, and cross-country. Perhaps my overall strength gives me a bit of an advantage in cross-country. At least that's how I felt after running the tough course in Houston. I've never had a great kick so my ability on the track is somewhat limited to setting a hard, steady pace to kill off those with more speed."

"As for road racing, I feel my strength is my consistency. I have the confidence that I can be competitive every race as long as I am decently prepared."

Randall left his job as squash and tennis coach at Dartmouth College two years ago to become squash pro at the University Club of Boston. His pursuits may have been influenced by his father; who coached soccer and swimming at Colgate University for many years.

In addition to teaching squash, Randall plays in numerous tournaments in Boston leagues. He says that squash playing does not conflict with his running.

"But the opposite is true," he remarked. "I find that my reactions in the squash court slow down considerably as I increase my mileage. Of course, I am in great shape and don't get tired in a squash match, but because I lose quickness I can't reach balls that ordinarily would be easy for me. I try to cut back on the running to about five miles a day during the winter months, the primary season for squash competition."

When he is training for a big race, Randall, who packs a solid 160-165 pounds on a 6-foot frame, follows a hard day, easy day schedule and logs in around 75 miles a week. He trains with weights three times a week.

"I consider interval training the most important part of my training and the reason for my consistency," he said. "He does intervals once a week, but he also does a day of fartlek and spends another session doing repeat hills."

Now that his streak of being undefeated by American masters on the roads is at an end (the finished 2nd to Herb Lorenz in the National Masters 10K in Brooklyn, April 25), Randall has set his sights on remaining competitive on the track, roads and cross-country with the best masters in the country.

"Records, especially on the roads, mean so little because of course irregularities," he added. "But I would like to get my 1:50 time on the track down near or under 4 minutes and my mile down near 4:20."

"If I wasn't racing, I probably would run very little, if at all," he went on. "And then only for the purpose of staying in shape for squash competition. I am a very competitive individual and I'm grateful for the incentive of masters competition to keep the juices flowing. But I don't see myself racing for too many more years, although my thinking might change."

One thing that Randall has especially enjoyed since turning 40 last August is surprising other masters competitors.

"Even though I did reasonably well before joining the masters ranks, I was a virtual unknown on the masters scene," he said. "Perhaps because of this I enjoyed my win at Houston more than I ordinarily might have. Now that I've had a little success I suppose my anonymity is shot, but I have renewed confidence in my abilities and hopes for continued success."

NOW AVAILABLE
Masters Age-Records 1982

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, 1982.

• U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1982.

• Men's U.S. Masters Indoor & Outdoor Championship Records.

• 48 pages. Thousands of entries. Lists name, age, state and date of record.

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NATIONAL MASTERS NEWS
P.O. Box 2372
Van Nuys, CA 91404

Name
Address
City State Zip
NIKE MASTERS GRAND PRIX SERIES

1982 NIKE Masters Grand Prix regional events are now being held in conjunction with already existing races (and usually not exclusively Masters races). Individual runners, both men and women, are selected from these regional races on the basis of age-grades performance. Competitors will be selected also on an age-graded basis from the results of the Finals to compete at the International Veterans Districts Running (I.V.D.R.) Championships in Japan, September 14-15, 1982.

Selecting two runners on an age-graded performance basis will provide an opportunity for all age groups to send their best. The following is the list of all the events that will be held in Japan:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>May 23</td>
<td>Portland, OR - Viking Classic 10K</td>
</tr>
<tr>
<td>May 31</td>
<td>Huntsville, AL - Cotton Row Run 10K</td>
</tr>
<tr>
<td>June 15</td>
<td>Fort Wayne, IN - News-Dispatch 15K</td>
</tr>
<tr>
<td>June 19</td>
<td>San Francisco, CA - Run for the Kids 10K</td>
</tr>
<tr>
<td>June 27</td>
<td>Kansas City, MO - Mid-America Masters 10K</td>
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<tr>
<td>July 4</td>
<td>St. Louis, MO - Veiled Prophet Fair 10K</td>
</tr>
<tr>
<td>Aug 15</td>
<td>Philadelphia, PA - National Masters Sport Festival 10K</td>
</tr>
</tbody>
</table>

To be eligible for the trip, runners must be Masters in the international sense (i.e., men 40+, women 55+). Mail information about your participation to be considered: General Manager, NIKE Masters Program, PO Box 6655, Eugene, OR 97405.
On Approaching Every Problem With an Open Mouth
by W. Macdonald Miller

Flying And Fooling Around

Being a good sport, I now know, is one big international myth. Crime does not pay, the rallying cry of the old F.B.I., was a similar myth. I don't think anyone has the nerve to use those rotten Arab crooks, American crime would be the most profitable.

Sorry, I'm afraid my national pride is rather sensitive these days, it's what travel does to you, when you know what to look for.

Our most recent trip got off on the wrong foot before we even flew out of Chicago. Our oldest son Ray, age 29, dropped us at the airport. As he drove off, I called gently to his disappearing figure; "Do something different while we're gone, creep, - get a job!" Back to leaving on the wrong foot. My wife claimed she wanted to pick up a cook book to study on the trip and sure enough, I caught her drooling through the new PLAYGIRL magazine. Made me damn mad, especially when you consider I bought a new Speedo bathing suit for this trip around the world than Knute Rockne or whoever that guy was, who wrote about not whether you won or lost but how you played the game. Speaking of fair play, how about that picture of Surak in last month's NMN issue.

Teeth clenched, first raised in a defiant gesture. He probably knew well enough on his right and God only knows what he did to poor muddle. You know, all the things Tom has said he was going to do to poor Henry Kupchak, over the years - no wonder he and Hig get along so well. Now I understand however, why their tactics just can't be tolerated.

As anyone with experience on the international circuit knows, you don't hit them with your best shot first thing off the plane. I ran comfortably in the middle-of-the-pack, finally got into a stretch run due-out with a little guy who looked just like the Jap officer Alan Ladd flicked his cigarette at in "Burma Road." He kept smiling at me the way those Zero pilots used to do after scoring a direct hit on one of our hospitals. Funny, now that I think of it, they always seemed to bomb hospitals and schools while Scott Brady, Gregory Peck and that whole gang always went for straight ammo dumps. No wonder we drive our cars.

O'Hare Field. We had a doozy of: Where are you at? . . . Where are you coming from? confrontations right there where they sell those $3.00 foreign candy bars. Never mind, there was no turn back now and we were off to China with one short stopover in Bakersfield. After a quick unscheduled pick-up in Modesto, it was all the way to Shanghai. Anyways, let's get back to crime not paying and being a good sport.

I would love a word to be appropriate at this time about how my background and training in the areas of sportsmanship and fair play. I was brought up to believe that a man must play the game square, and hit the line hard. I've pretty much forgotten now, who it was who said that or exactly what it means, but believe me when I tell you, after five countries and six races, there are a lot more Hal Higdons than Knute Rockne or whoever that guy was, who wrote about not whether you won or lost but how you played the game.

Somebody named Singh wins the race. I kept wondering if we'd be going across the Bridge on the River Kwai. Best looking women I've ever seen at a race. Not in the race but around the race. You know what they say about Thailand. It's a great race!

I ran on one more affair in Thailand and wrapped it up with a crowning effort in Singapore. Tell you about it sometime after I recover. Next time you come up with a spare hundred hours or so you don't know what to do with, call your travel agent, and do a running trip. That's one hundred hours of coordinating, Pal, you've still got the trip to make.

Now that it's over, I've turned philosophical about the whole experience. I mean, there are one helluva lot of Oriental people in the world. I mean, billions of them! Sure you've got your Chinese, but there's all those other guys too. I was just saying to first wife, (we're talking again) "Travel can actually make you feel like you're in another country." It may not have been quite as trendy but if I had it all to do over again, I might have just gone to Milwaukee.

POSTERS & NOTECARDS

• GREETING CARDS (designs R1-R15), 4 1/4 x 5 1/2" in packages of 12, incl. envelopes, one design per pkg. Perfect for letter writing, holiday cards. $4.25 per pkg postpaid.
• POSTERS (R1-R15) 11" x 13", $2.25 each. Suitable for framing.
• CUSTOM WORK, race awards, illustrated certificates for Vice Directors.
• FREE INFORMATION. retail/wholesale: write Wing & Wing, 170 Rosario Beach Rd, Box A, Anacortes, WA 98221.

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Run Puerto Rico!

The second annual San Juan Masters Track & Field Championships will take place at the Sixto Escobar Stadium in San Juan, Puerto Rico and you're invited!

Eligibility: Open to all men and women 30 years of age or older.

Age divisions: Men & Women: (30-34), (35-39), (40-44), (45-49), (50-54), (55-59), (60-64), (65-69), (70-74), (75-over).

Entry fee: $6.00 first event, $3.00 each additional event.

Awards: Gold, Silver and Bronze medals to winners in all categories.

Facilities: Sixto Escobar Stadium with an 8-lane tartan track and an adjacent 200 meters tartan warm-up track.

Relays: There will be no relays.

Registration: At the Sixto Escobar Stadium, Thursday, September 23rd from 9:00 A.M. to 6:00 P.M. and Friday.

September 24th from 8:00 A.M. to 12:00 noon.


Farewell Party: At the El Rancho Restaurant, right next to the stadium. $10.00 per person, informal attire.

Accommodations: Take advantage of the many fine hotels within walking distance to the stadium.

Our highly attractive low summer season rates make it easy to combine a fabulous Puerto Rico vacation with your participation in the Masters Championships. Stay on in the Caribbean's most popular vacation island and enjoy great water sports, magnificent beaches, beautiful countryside, a magical rain forest, unparalleled night life and the finest cuisine from around the world. For official entry form, please write to the San Juan Annual Masters Association, G.P.O. Box #336, San Juan, Puerto Rico 00936.

The Second San Juan Annual Masters Championships.

Sept. 24-26, 1982.
**MASTERS SCENE**

**Masters Age-Records 1982 is now available. If you sent in your $4, your copy is in the mail. It's a 48-page booklet, compiled by National TAC Masters T&F Records Chairman Pete Mundle, with Lori Maynard and Alan Wood. It features men's and women's world and U.S. age bests for all track & field events, age 35 and up, as of Jan. 1, 1982. Plus walking and national championship records. Lists name, age, state and date of record. Send $3 plus $1 postage and handling to NMM, PO Box 2372, Van Nuys CA 91404.**

**EAST**

- Bob Fischer posted a split 32.21 to edge Jim Sammon by 29 seconds in the Perrier 10K Run in Central Park March 27. Helenne Bedrock, 47, edged Anna Thornhill, 41, by 7 seconds in 39.33 to top 40 plus females.
- Toshiro d'Elia (W50) and Fritz Mueller (M45) both bettered the listed U.S. marks in the Brooklyn Half-Marathon March 21. Mueller's 1:10:13 is 1:10 faster than Brian Harris' mark, but it gets an asterisk since Mueller is not a U.S. citizen. d'Elia's 1:29:03 bettered the listed W50 mark of 1:29:18, but Marion Irvine logged a 1:26:27 a week later in California. (All marks are subject to NRDC approval.)
- Masters runner and podiatrist Charles Ross, DPM, of Garden City, NY is the subject of an article in Sports Illustrated March 1, 1982. In a 5-year study, Ross found he can predict the potential for a running injury with an average of 75% and as high as 85% degree of accuracy if the problem lies in the lower legs and feet.

**SOUTHEAST**

- Milton Bass, 62, is "taking a sabbatical" from running. He's not injured, but is tired of watching his diet and doing speed work and just wants to enjoy running. The 4th World Games bronze medalist in the 800M has taken to the roads and is enjoying the longer distances. He's not planning on entering any track meets in 1982.
- Sherman Burhoe had gazor surgery in February, but hopes to be veganing, jumping and throwing in the 70 plus age category in Wichita in August.

**MIDWEST**

- Ralph Trimboli posted the fastest known masters 800 in the world this year with a 2:00.55 to win the Masters 800s in the Drake Relays April 24. Four runners broke 2:06 in the exceptionally fast race.
- Olympic-Fomer FBI agent author-coach Fred Will is now coaching women's T&F and cross-country at Purdue University. "We're having fine success, " Will told NMM, "but I need new athletes with every graduation." Will says he welcomes athletes in all events, especially high jumpers, throwers and sprinters. Phone him at 317-494-3205 or at home at 317-474-5885.
- Will, for years the publisher of Track Technique Magazine, has authored a new 68-page book, with Don Gabriels called Where Are They Now? It describes the lives, philosophies and recent activities of athletic greats of yesteryear, such as Ron Delany, Betty Cuthbert, Harold Abrahams, Bruce Kidd, Ron Hill and others. Available for $5 from Will at 2525 Kickapoo Dr., La Fayette IN 47905.

**NORTHWEST**

- Jerry Schmidt won a blazing masters mile at the Univ. of Washington Invitational which saw 8 runners under 5:00. His time of 4:35.5 ties Dennis Mahlges and Danny May for less than 3 seconds.
- Valdemar Schultz told NMM that Fred Kidde, 48, won the national open and masters 50-mile championships in Yakima Wash April 25. Sandra Kidda, 44, came within 3 minutes of the U.S. women's 50-mile record and won the open women's title. The Kidde's are thus a unique husband-and-wife national champions. Complete results, hopefully, in next issue.

**INTERNATIONAL**

- Derek Turnbull of World's 55-59 record of 33:08.2 in the 10,000 meters Feb. 13, 1982 in official, according to TAC National Masters Records Chairman and World Games Records Committee member Pete Mundle. Gunther Hesselmann of West Germany is reported to have run 32:48.8 in 1980, but, according to Mundle, "it hasn't been properly verified." The same goes for Hesselmann's reported 15:42.0 for 5000 in 1980. In the official marks remain Jack Ryars' 15:52.8. Mundle said in an interview with Frank Brown that Hesselmann ran under 13 minutes for 10K and under 16 minutes for 5K in 1980.
- Seem some masters can't believe that Anne McKenzie of Cape Town, South Africa ran the 800 meters in 2:06.5 at age 40 in 1983. But it's legit. McKenzie, one of the top female athletes in the world in her prime, posted the mark while finishing second in the British Open Championships in 1967, in the days before there was such a thing as a vet-ers competition. Two days later, she ran the mile in 4:57.2 in Dublin, just two weeks before turning 42. Now 56, McKenzie holds nine world age division records in the 400, 800, 1500 and 5000 meter runs.
- Sylvia Peterson set a pending world 100 meters best for women 50-54 in New Zealand in 13.55. Mike Kyle holds the existing mark at 13.65.
- Odette Domingo of Brazil broke her own W45 world division mark by 2 feet with a throw of 1607 in the South American Masters Championships in Santiago, Chile.
1st WORLD VETERAN DECATHLON AND HEPTATHLON CHAMPIONSHIP

SPONSORED BY THE SAN DIEGO RUNNING NEWS AND SAN DIEGO STATE UNIVERSITY

AUGUST 28 & 29, 1982, 9 A.M.

WHERE: San Diego State University Track
ENTRY FEE: $10 per event (entry deadline August 23)
AWARDS: 3 Place medals in each event, each 5 year age group. Complimentary commemorative t-shirt to all entrants.
RULES: WAVA rules, specifications and hurdle heights will apply.
SCORING: IAAF Tables — 40-49 and women, WAVA Tables — Men 50+
FACILITIES: Artificial track and runways requiring ¼” spikes. Shower and locker facilities available at track. Implements and vaulting poles furnished if needed.

HOW TO ENTER: Mail check payable to Ed Oleata, together with application to P.O. Box 2822, La Jolla, CA 92038.

(Return this portion with check)

NAME ___________________________ Circle One: Decathlon Heptathlon

ADDRESS ___________________________ ___________________________ ___________________________

STREET CITY STATE ZIP

AGE ON AUG. 28, 1982 ___________________________

TAC Number ___________________________

In consideration of acceptance of my entry, I do hereby for myself, my heirs, and executors or administrators, waive, release and forever discharge any and all rights and claims for damages, which I may have, or which may hereafter accrue to me, against the Sponsors, WAVA, TAC, San Diego State University, Ed Oleata or their officers or representatives, arising out of my participation in the 1982 World Veteran Decathlon/Heptathlon Championship. I certify that I have no physical impairments which might in any way prevent me from competing. I compete at my own risk and I certify that I am the age stated above.

Signature ___________________________ Date ___________________________
1982 PENN MUTUAL - TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

**Central Information**
- **Order of Competition**: Women first, then men.
- **Hurdles**: Standard placement.
- **Javelin**: Must be made with the same material.
- **Shot Put**: Must be made with the same weight.
- **Distance**: Must be made with the same distance.

**General Information**
- **T-shirt**: Available for purchase.
- **Waiver Statement**: Participants must sign and submit with registration.

**Events**
- **5000m Run**
- **5000m Walk**
- **1500m Run**
- **1500m Walk**
- **100m Hurdles**
- **400m Hurdles**
- **3000m Steeple Chase**
- **5000m Steeple Chase**
- **200m Sprint**
- **400m Sprint**
- **800m Sprint**
- **1500m Sprint**

**List of Hotels and Motels accessible to WSU**

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**Friday, August 6**

- **5:00 p.m.** 5000m Run (F)
- **5:00 p.m.** 5000m Walk (F)
- **5:00 p.m.** 1500m Run (F)
- **5:00 p.m.** 1500m Walk (F)
- **5:00 p.m.** 100m Hurdles (F)
- **5:00 p.m.** 400m Hurdles (F)
- **5:00 p.m.** 300m Steeple Chase (F)
- **5:00 p.m.** 400m Steeple Chase (F)
- **6:15 p.m.** 800m Run (F)
- **6:15 p.m.** 800m Walk (F)
- **6:15 p.m.** 400m Relay (F)
- **6:15 p.m.** 100m Relay (F)
- **6:15 p.m.** 100m Sprint (F)
- **6:15 p.m.** Pole Vault (F)
- **6:15 p.m.** Triple Jump (F)
- **7:00 p.m.** Long Jump (F)
- **7:00 p.m.** Shot Put (F)

**Saturday, August 7**

- **7:00 a.m.** 5000m Walk (M)
- **7:00 a.m.** 10,000m Run (M, 50+ men)
- **7:00 a.m.** 1500m Run (M, 50+ men)
- **7:00 a.m.** 1500m Walk (M, 50+ men)
- **7:00 a.m.** 100m Hurdles (M, 50+ men)
- **7:00 a.m.** 400m Hurdles (M, 50+ men)
- **7:00 a.m.** 300m Steeple Chase (M)
- **7:00 a.m.** 400m Steeple Chase (M)
- **8:15 a.m.** 800m Run (M)
- **8:15 a.m.** 800m Walk (M)
- **8:15 a.m.** 400m Relay (M)
- **8:15 a.m.** 100m Relay (M)
- **8:15 a.m.** 100m Sprint (M)
- **8:15 a.m.** Long Jump (M, 30-39)
- **8:15 a.m.** High Jump (Men, 30-39)
- **11:00 a.m.** Triple Jump (M)

**Sunday, August 8**

- **7:00 a.m.** 5000m Walk (Campus High School)
- **8:00 a.m.** 5000m Run (M, 50+ men)
- **8:00 a.m.** 10,000m Run (M, 50+ men)
- **9:00 a.m.** 400m Hurdles (F, 40-49)
- **10:00 a.m.** 200m Dash (F)
- **10:15 a.m.** 1,500m Run (F)
- **12:00 p.m.** 200m Dash (F)
- **1:20 p.m.** 1,500m Relay (F)

**Field Events**

- **9:00 a.m.** Long Jump - women
- **9:00 a.m.** Discus - women
- **9:00 a.m.** Pentathlon
- **8:00 a.m.** Shot Put - women

**List of Hotels and Motels accessible to WSU**

**English Village Motor Lodge**
- 722 E. Kellogg
- (316) 683-5011
- $30.00 single

**Hilton Inn East**
- 6500 East Kellogg
- (316) 683-5613
- $36.00 double

**Ramada Inn East**
- 7220 E. Kellogg
- (316) 685-0371
- $37.00 single

**Howard Johnson's**
- 7335 E. Kellogg
- (316) 686-7131
- $56.00 double

**Hilton Inn East**
- East Kellogg at Rock Road
- (316) 685-1281
- $46.00 double

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1st WORLD VETERAN DECATHLON AND HEPTATHLON CHAMPIONSHIP

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(Return this portion with check)

NAME ____________________________ Circle One: Decathlon Heptathlon

ADDRESS ________________________________________________________________

STREET __________________________ CITY ___________ STATE ______ ZIP __________

AGE ON AUG. 28, 1982 ___________________________ TAC Number ________________

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__________________________ ______________________________
Signature Date
Half-Marathon Records Fall

from JIM SCANNELL

PALO ALTO, Calif., March 28 —
Karen Scannell, 43, Marion Irvine, 52,
and Jaclyn Caselli, 61, established pen-
ding new American age-group records
today in the Martin Luther King
Games half-marathon.

Scannell's 1:22:46 better the age
40-44 women's mark of 1:23:12, set by
Sue Johnston last December. Irvine's
1:26:27 demolishes Anne Johnson's
1980 50-54 mark of 1:29:18. Caselli's
1:42:42 lowers Kay Atkinson's 60-64
standard of 1:47:30.

All road records are subject to ap-
proval by the National Running Data
Center (NRDC) in Tucson.

Tim Rostege continued in fine form,
leading the masters men by 6 minutes
in 1:12:55.

Results in back pages.

Smith Sets New
World Marathon Mark

LONDON, May 9 — Joyce Smith,
44, today raced to a new world
marathon record for women over age
40 with a stunning time of 2:29:43 in
the 2nd annual London Marathon.

She won the women's race overall,
defeating New Zealand's Lorraine
Moller by over 6 minutes. Moller
finished in 2:36:14. Smith's time was
14 seconds faster than her own world
veterans standard of 2:29:57, set
March 29, 1981.

Don MacGregor, world veterans
1980 marathon champion, clocked
2:20:40 to defeat Ron Hill by 15
seconds for the men's age 40-and-over
title.

Over 18,000 runners competed in the
event. Another 55,000 applied but were
turned down.

In an April 9th tune-up for her
record-breaking run, Smith set a
British women's open record of
1:11:45 in the City of Bath half-
marathon.

The quality of Smith's performances
can be seen by comparing her times to
the U.S. masters records. Miki Gor-
man set the U.S. women's 40+
marathon mark of 2:39:11 in 1976,
while Karen Scannell just broke the
half-marathon standard on March 28

Contact: SPORTS TRAVEL INTERNATIONAL

P.O. BOX 122 - SAN DIEGO, CA. 92110
(714) 225-3388

WILL YOU BE IN THE PICTURE IN '82?
Enter Now!

NATIONAL
MASTERS
SPORTS
FESTIVAL

Philadelphia, PA August 12-15, 1982

Compete in the nation’s first multi-sport Masters event!

It’s history in the making. You can be part of it. If you’re a Masters athlete, you’re eligible to compete in any of the events in the first multi-sport Masters meet ever. Swimming, Track & Field, Cycling, Rowing, Diving, Long Distance Running, Long Distance Swimming, Synchronized Swimming, Weightlifting, Powerlifting, Kayaking, Canoeing. Plus the challenging Triathlon.

It’s the spirit of the Olympics, in the tradition of Masters Sports. The National Masters Sports Festival is part of Philadelphia’s big Tricentennial. You’ll share in the exciting events celebrating the City’s 300th birthday. And maybe make a little history yourself, as you compete with other Masters athletes on historic sites, like the University of Pennsylvania’s Franklin Field and the famed Schuykill River.

It’s an event no Masters athlete will want to miss. Mail in the coupon and we’ll send you an official National Masters Sports Festival application and detailed information about this dramatic four-day event.

Do it now. The race is not always to the swift, but it’s never to the tardy.

To: Randi Shapiro, National Masters Sports Festival
Civic Center Museum, 34th & Civic Center Blvd.
Philadelphia, PA 19104

Please send me information about the National Masters Sports Festival. (Check the sport or sports in which you are interested):

- Canoeing
- Cycling
- Diving
- Kayaking
- Long Distance Running
- Long Distance Swimming
- Synchronized Swimming
- Triathlon (Cycling, Running, Swimming)
- Track & Field
- Swimming
- Weightlifting
- Wrestling
- Rowing
- Weightlifting
- Wrestling

Are you registered in your sport? YES NO

Name
Address
City State Zip

Sanctioned by the respective Masters Sports committees John B. Kelly, Jr., Festival Chairman and 1st Vice President, U.S. Olympic Committee. Sponsored by The Penn Mutual Life Insurance Company.
AMERICAN WOMEN'S AGE-GROUP RECORDS

AGE GROUPBests BY FIVE YEAR GROUPS

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WORLD WOMEN'S AGE-GROUP RECORDS

AS OF MARCH 1, 1982

AGE GROUP BESTS BY FIVE YEAR CATEGORIES

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AMERICAN WOMEN'S AGE-GROUP RECORDS

AGE GROUP Bests BY FIVE YEAR CATEGORIES

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**10000 METERS**

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Tom Pike, Jr., left, and Patrick Gallagher show that teamwork after the race can be as effective as teamwork during the race. Both men deserved a rest after their respective performances in St. Louis' Bethesda Health Fair 15K footrace, hosted on April 18 by the St. Louis Track Club.
National Masters Sports Festival Takes Shape
by DAVID HAMMNER & RANDI SHAPIRO

PHILADELPHIA — For the more than 3000 athletes who are expected to compete in the first-ever National Masters Sports Festival to be held in Philadelphia August 12-15, part of the fun will be the opportunity to watch competition in a variety of sports — 13 in all.

Said Philadelphia business executive Bill Killhour, a 56 year-old Masters rower, "One of the great things about the Festival is that it will bring together people who compete in all the sports, not just one. It will be the first event I've participated in where I get the chance to watch athletes my own age compete in other sports. My family and I are planning to do a lot of spectating after I compete in the rowing events."

Jack Kelly, former Olympic gold medal winner in rowing and chairman of the National Masters Sports Festival, said one of the major reasons he wanted to head up the Festival was its multi-sport aspect. Said Kelly, "There are literally hundreds of single-sport Masters meets held throughout the country every year, but the idea of bringing all the sports together in one place at one time really appealed to me. I'm very excited about being the chairman for the first-of-its-kind meet. I'm also pleased that the city of Philadelphia is to host this historic event as part of its 300th anniversary celebration."

Bill Toomey, 1968 Olympic decathlon gold medal winner and executive director of The Penn Mutual Masters Sports program, is another Masters athlete who views the upcoming Festival as a unique opportunity. "It's a true festival, a celebration of the spirit and body for people involved in all Masters sports. The Festival will provide an exciting environment for all who participate."

The National Masters Sports Festival will see competition in 13 sports: track and field, swimming, diving, rowing, cycling, synchronized swimming, weightlifting, powerlifting, judo, long distance running, kayaking and canoeing. Track and field events will take place at the University of Pennsylvania's Franklin Field; short-course swimming and diving will be staged at Penn's Gimbel Pool; weightlifting, powerlifting, and judo will be held at Penn's Hutchins Gymnasium; rowing and kayaking will take place on the historic Schuylkill River along famed Boathouse Row; cycling and long distance running will be staged in Fairmount Park; long distance swimming will be held in the bay in Atlantic City.

Pleasant To Do In Philadelphia

During the four-day Festival weekend, the city's 300th anniversary celebration will give Masters athletes and their guests the chance to tour Philadelphia and join in the free neighborhood festivals and block parties organized by local civic and community organizations. The celebrations will include free performances by dramatic, dance and musical groups; open doors at historic houses and museums; a plethora of food from the neighborhood kitchens; and the special "Birthday Party" welcome that is Philadelphia's unique voice of friendship.

Entry Deadline is July 23

Detailed information, including entry forms and hotel accommodations, may be obtained by writing Ms. Randi Shapiro, Director, National Masters Sports Festival, 34th Street and Civic Center Boulevard, Philadelphia, Pa., 19104. The phone number is (215) 662-5591. Penn Mutual is the national sponsor of the Masters Sports program, and Continental Airlines is the official airlines for the National Masters Sports Festival. All entries for the Festival must be postmarked no later than July 23.

National Masters Sports Festival Schedule

15 months to go

Countdown To Puerto Rico

Plans continue for the 5th World Veterans Games in San Juan, Puerto Rico, Sept. 23-30, 1983. World Veterans President Don Farquharson has asked for suggestions and recommendations to help make the 5th World Games the best ever. The schedule will be finalized at the European Veterans T&K Championships in Strasbourg, France July 14-18, 1982. Suggestions should be sent to WAVA North American Representative Bob Fine or to Farquharson. Both addresses appear on page 2.

Fine announces that New York Masters travel agent Diana Schneider has arranged a package including round trip air transportation from New York to San Juan and hotel accommodations at the Regency for 7 nights for $390, Contact Schneider at Simone Travel, 200 W. 57th St. NYC 10019, (212) 541-9690.

On the west coast, Helen Pain is working on a similar package. Contact Sports Travel International, P.O. Box 7823, San Diego, CA 92107, (714) 225-9555.
**Troy (naster Masters Track Club Formed**

Coach Vern Wolfe, head track coach at the University of Southern California and top masters pole vaulter, has announced the formation of the Trojan Masters Track Club. The club is a member of the Southern Pacific Association of The Athletic Congress and is a non-profit organization sponsored by the University of Southern California Intramural and Recreation Department. Membership is not restricted to U.S.C. alumni, faculty, staff, or students, but also is open to other U.S.C. sports fans (subject to approval by the membership).

The purpose of the club is to bring together people with a common interest in U.S.C. and Track and Field competition for "Masters" (men and women 40 years and older) and "Sub-masters" (30 to 40). Track and Field is emphasized, as differentiated from Long Distance Running, although some meets have races as long as 5000 or even 10,000 meters. There are no minimum performance levels for members, or even any necessity to compete at all if one is interested only in the social aspects of the club. For additional information write or call Intramural and Recreation Department, Heritage Hall 103, University of Southern California, University Park, Los Angeles, California, 90007, Tel. (213) 743-2790.

**4th MSA Indoor Meet Held**

VIOLA, NY, March 21 — The 4th Annual Masters Sports Association Indoor Track & Field Championships were held today at Rockland Community College. Competition was held in 5-year age groups for men and women over age 30.

Dawson Pratt won the M45 500 yard dash in a good 54.4 Ed Small edged Russ Robinson in the M40 500 in 64.1. Ken Baker garnered the M50 600 in 1:20.6. Kelsey Brown captured the M50 600 (1:33.4) and 1000 (2:55.5). Jack Botolano logged a swift 14:36.9 in the M45 2-mile walk. Pay Carlesen notched the M50 long jump, triple jump and weight throw. Chris McKenzie won 3 events in the W50 category. Results in back pages.

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**238 Compete**

Continued from page 1

Indeed it was, as Margaret Miller demolished the world record for women age 55-59 in the 1500 meter run. Indeed it was, as Margaret Miller demolished the world record for women age 55-59 in the 1500 meter run.

### ELEVENTH ANNUAL METROPOLITAN ATHLETIC CONGRESS MASTERS AND SUB-MASTERS TRACK & FIELD CHAMPIONSHIPS

**SUNDAY JUNE 13, 1982.** KING'S POINT MERCHANT MARINE ACADEMY. 10:00 A.M.

**ALL FIELD EVENT COMPETITORS REPORT AT 10:00 A.M.**

**TICKETS AND LOCKER ROOMS FOR MEN AND WOMEN.**

**ELIGIBILITY:** You must be thirty or registered in the Metropolitan Athletic Congress (MAC). FOR REGISTERED WRITE TO MAC, P.O. BOX 5340, FDR STATION, NYC 10050. Registration fee is $6.00.

**ENTRY FEE:** $4.00 per event.

### Dalrymple Sets World Record in 1500

Mary Ford, 55, of San Francisco, set a world record in the women's 1500 meter run. She clocked 4:53.10, breaking the previous record of 4:55.50 set by Eino Patsalis, 60, last year. Ford's time was 21.5 seconds faster than Patsalis' record.

Ford was one of the many standout performers at the event. Other notable athletes included:

- **John Weldon,** 48, flew in from Arizona to capture the 1300 (4:25.7) and 5000 (16:32.8) in the M40 category.
- **Bob Jenkins,** 49, successfully defended his masters championship today in the 10th annual Perrier Cherry Blossom 10-mile run through the flower-bedecked streets of the nation's capital.
- **Richard Lee Slotkin**

**John Weldy,** 48, flew in from Arizona to capture the 1300 (4:25.7) and 5000 (16:32.8) in the M40 category.

**100-yard dash**

- **Walt Butler,** 40, showed the world why he is considered one of the best masters runners in the country. He clocked 10.4 seconds, breaking the previous record of 10.6 seconds set by Eino Patsalis, 60, last year.

**5000 meter walk**

- **Dave Douglass,** 50, set a new world record in the 5000 meter walk. He clocked 19:57.2, breaking the previous record of 20:03.4 set by Bill Hiller, 43, in 1981.

**1500 meter**

- **Bill Fitzgerald,** 50, set a new world record in the 1500 meter. He clocked 3:45.9, breaking the previous record of 3:51.3 set by Eino Patsalis, 60, in 1981.

**10000 meters**

- **Mike Wagenbach,** 50, set a new world record in the 10000 meters. He clocked 29:19.6, breaking the previous record of 29:42.3 set by Bill Hiller, 43, in 1981.

**Hurdles**

- **3000 meter steeplechase**

**Triple jump**

- **Pete Fetter,** 60, successfully defended his masters championship today in the 100-meter hurdles. He clocked 14.4 seconds, breaking the previous record of 14.6 seconds set by Bill Hiller, 43, in 1981.

**100-meter dash**

- **James Ledari,** 70, set a new world record in the 100-meter dash. He clocked 10.4 seconds, breaking the previous record of 10.6 seconds set by Eino Patsalis, 60, last year.

**1500 meter**

- **Bill Fitzgerald,** 50, set a new world record in the 1500 meter. He clocked 3:45.9, breaking the previous record of 3:51.3 set by Eino Patsalis, 60, in 1981.

**5000 meter**

- **Mike Wagenbach,** 50, set a new world record in the 5000 meters. He clocked 13:19.6, breaking the previous record of 13:42.3 set by Bill Hiller, 43, in 1981.

**10000 meters**

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**Hurdles**

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RULE 251 OF THE ATHLETICS CONGRESS, COVERING TAC NATIONAL AND REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS; AND GUIDELINES FOR MASTERS MEET DIRECTORS TO FOLLOW IN ALL MASTERS T&F MEETS.

(Approved by TAC Masters T&F Committee in Reno at 1981 TAC Convention, and ratified by TAC)

Technical Rules

The technical rules of the Open T&F Committee under the Athletics Congress and the IAAF shall be followed with these exceptions:

a. Eligibility
1. Any person age 30 or over on the first day of the meet is eligible.
2. The age group in which you compete is determined by your age on the first day of the meet.
3. All members of a relay team must be registered in the same club. Unattached teams may run, but not count in official results (no awards).
4. There shall be no regional restrictions to any masters competitor involving awards or eligibility to compete.

b. Age Divisions
All divisions will be 5-year divisions, except for relays, which will be 10-year divisions.

c. Competition in Age Divisions
1. A competitor may run in a younger age group, but may not compete in an older age division.
2. If a competitor runs in a younger age group, that athlete must compete in that age division in all subsequent individual events. Relays are excluded from this restriction.

6. Starting Blocks and Stance
The general starting rule is discretionary by each competitor.

Hurdles
Spacing. All high hurdles spacing shall be 15 yards to first hurdle; 10 yards to subsequent hurdles. Women 30-49 and men 70+ shall run at standard spacing. Women 50+ shall run standard spacing, 8 hurdles spacing. (42* 7' 3/4" to 1st hurdle; 27' 10" between each hurdle)

Heights - Men

30-39 33" 30-49 33" 50-59 33" 60+ 30"

Heights - Women

30-39 33" 30 30"

Higher heights may be run by an individual at the meet director's discretion.

Shot Put
Men Women

30-39 16 lb. 4 kilo
40-49 16 lb. 4 kilo
50-59 12 lb. 1 kilo
60+ 8 lb. 3 kilo

Heavier weights may be thrown by an individual at the meet director's discretion. All throws by an individual must be made with the same weight.

Ivers Breaks 100-yard Record

TAMP A, Fla., April 3. — A pending world record was established today at the Tampa Bay Track and Field Meet, co-sponsored by the Seven-Up Company of St. Louis and the Tampa Recreation Department.

Barry Ivers, 71, of Maine, ran the 100-yard dash in 13.2 for a possible new age 70-74 world mark, subject to approval by the World and TAC Masters Records Committees.

The meet, one of the first outdoor Masters Meets in the 1982 season, was held for the benefit of the Muscular Dystrophy Association of Tampa.

Former Olympic Bronze medalist, Josh Culbreath of Philadelphia won three first places. Running in the 45-49 year old category, Culbreath scored his victories in the 100-yard dash with a time of 10.8; the 220 in 25.8; and the 330 in 45.2.

Another former Olympic medalist, Bob Backus, placed first in his specialities, the hammer and the 35-pound weight throw.

Ivers, a retired trucking manager, was delighted by his performance.

Representing The Seven-Up Company of St. Louis, MO, Warren G. Jackson, minority affairs consultant, and former high jumper for Manhattan College, said that TUP was pleased to participate in this benefit for the Muscular Dystrophy Association. Jackson said the company has been a long-term supporter of the many nationwide programs sponsored by the MDA.
80 Tracksters Battle California Rainstorm

by BOB ROEMER

SACRAMENTO, April 10 — It's Northern California's wettest year on record. If they'd had it this bad a century or so ago, they'd have called off the Donner Party and the Gold Rush.

But, Masters trackmen are a heartier breed.

About 80 of the pre-registered 110 Masters and Submasters braved the all-day rain and wind storm to compete in the Sacramento Masters Relays.

The rain erased most of the score sheets, actually a blessing because the performances weren't memorable. By the end of the meet, the timers and judges who were still around had gotten smart and were operating out of the press box. Through the clouds of rain, they were barely able to perceive stalier Mel Melgosa's red jacket and smoking pistol.

Roy Wigginton, 56, of the host Northern California Masters, emerged from the deluge with three gold medals and a silver in individual events and ran on three winning relay teams.

Included in the Carmichael athlete's victories was an upset over arch-rival Dick Zumwalt, 55, of Antioch in the 100 meters. Both were clocked in 13.5, a step ahead of Dick Nordquist, 56, of Talent, Ore.

Greg Marshall, 33, and Dick Marlin, 51, were easy winners in other 100 heats.

Nordquist won the 110-meter hurdles in 19 flat and drew a measure of revenge against Wigginton by edging him by a half inch in the shot.

Harvey Franklin, 39, of Fremont, paced a big 1500-meter field in 4:32.8, a step ahead of Dick Nordquist, 56, of Talent, Ore.

In the 1500, Harvey's 5:34.5 1500 meters and 15:55, 5K, was an upset over arch-rival Wigginton by edging him by a half inch in the shot.

Shirley Blisher, a W55 from the Island of Tasmania, and Doris Pirie, a W50 from Queensland, shared honors between them. Shirley took the 400 (79.5), 800 (2:53), 1500 (5:40), 5K (20:15), 10K (42:31), 3K Walk (16:49) and 1500 Walk (7:56) in an amazing performance.

Doris was equally impressive: 100 (14.7), 200 (28.5), 400 (65.4), 800 (2:26.7), LJ (4.43m), HJ (1.25m), Pole Vault — 3.40m, 11-2 (644 pts.), Shot Put — 12.31m, 40-4 Vi (620 pts.), Discus Throw — 37.40m, 122-9 (637 pts.), High Jump — 1.55m, 5-1 (444 pts.), Long Jump — 5.34m, 17-6'A (453 pts.), 100 Meters — 13.58 (258 pts.), 200 Meters — 27.0 (470 pts.), 400 Meters — 64.5 (303 pts.), 110 Meters High Hurdles — 19.2 (499 pts.), 120 Meters High Hurdles — 20.7 (449 pts.), 1500 Meters — 5:43.1 (203 pts.), 5K — 16:33.3 (980 pts.).

Women Star In Australia

by JACK PENNINGTON

PERTH, Australia, April 10-11. The women stole the show in the Australian Veterans Track & Field Championships this Easter weekend, despite world class runs by John Gilmour and George McGrath.

Shirley Brasil, a W55 from the Island of Tasmania, and Doris Pirie, a W50 from Queensland, shared honors between them. Shirley took the 400 (79.5), 800 (2:53), 1500 (5:40), 5K (20:15), 10K (42:31), 3K Walk (16:49) and 1500 Walk (7:56) in an amazing performance.

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Morcom Sets Decathlon Record

by JAMES TUPPENY

Richmond (Boo) Morcom, former track coach at Pennsylvania and a member of the 1948 U.S. Olympic team, set a Masters age group (60 years and above) world decathlon record of 4407 points during the college decathlon competition at the Penn Relays.

Participating with seven colleagues, Morcom broke the record of 4328 points set by former world pole vault record holder Cornelius Warmerdam in 1975 when he was 60 years old, the same age as Morcom. Morcom competed against Warmerdam in the pole vault in the 1948s, when the Flying Dutchman was recognized as the greatest pole vaulter in track and field history.

Morcom's record was scored on the standard decathlon scoring rubles, not a revised Masters table. He tallied 2074 points after the first day's five events, and added 2329 points the second day, breaking Warmerdam's record in the final event with a 5:43.1 time for 1500 meters.

Morcom's decathlon totals: 100 Meters — 13.58 (258 pts.), 200 Meters — 27.0 (470 pts.), 400 Meters — 64.5 (303 pts.), 110 Meters High Hurdles — 19.2 (499 pts.), 120 Meters High Hurdles — 20.7 (449 pts.), Discus Throw — 37.40m, 122-9 (637 pts.), Pole Vault — 3.40m, 11-2 (644 pts.), 1500 Meters — 5:43.1 (203 pts.), Total — 4407 points.

HONOLULU, ATHENS, RIO

by BOB ROEMER

I can take you to the world's great races. Roadrunner Tours in 1982 will attend marathons in Honolulu, Athens, Oslo, Bermuda, and Rio de Janeiro. We're official tour-leaders for Avon in San Francisco. Also Boston, New York, and Grandma's in Duluth.

Take a running vacation. Write for more details, plus a free copy of "The Running Tourist."
Minutes of Meeting of Masters Track and Field Committee
Cambridge, Mass., March 28

by JERRY ALAN DONLEY, Secretary

Jim Weed presided with 50 present. The purpose was to bring the participants up to date on activities of the national organization so that appropriate recommendations can be made at the Athletics Congress National Masters T&F Meeting in Philadelphia in December, 1982.

Recommendations approved:
1. Indoor meets should not go metric. When the national indoor meet goes metric, we should, too.
2. For men, the 300-yard run is the shortest event, other than the straight sprints, that ought to be scheduled. The 220 for men on the curve was felt to be too demanding and likely to produce injuries.
3. However, the 220 should be included for the women. The women would like to see a 220, 440, 880 and mile indoor meet. The TAC open competition events for women are:
   4. In providing guidelines for meet directors, some thought be given to scheduling the field events as follows: High jump - the older to the younger.
   5. Shot put - younger to the older.
   6. Triple jump - divide into two groups, starting with 49 and working to the younger, and starting 50 and working to the older.
   7. Pole vault - older to the younger.
   8. Long jump - older to the younger.
5. All national meets should have a medical doctor and trainer available for the full course of the track meet, and ice readily available to all competitors.
6. Relays scheduled so that they can be run during the course of the meet, rather than at the very tail-end of the meet. In this way, greater participation would be realized in the relay events.
7. Criteria be established, written up and distributed to all of the executive officers, to be used in obtaining bids for the national meets. Hopefully, this would provide some continuity and uniformity to the actual structure of the meets.
8. Weed announced that uniforms for international competition would be available, and that the price will be $45.00. The women would have a powder blue uniform, and the men a dark blue. The uniform would be 20% cotton. These uniforms will probably be available by the time of the national meet in Wichita, Aug. 7, 1982. They will be designed to be plain, although many wish to have some type of identification of the United States, at least on the singlet. It was suggested that a poll be run in the national newsletter from the general membership as to the type of design which ought to be placed on the uniforms. The United States is one of the few countries which still went into international competition as individuals, rather than being dressed as a country. Although this was a highly-looked upon goal by all those participating in the international competition, it has become increasingly apparent that most of the participants do wish to be identified with the country they represent. Accordingly, we will go ahead and have these uniforms available.
9. Mr. Weed discussed the sponsorship and the fact that Penn Mutual will be responsible for its sponsorship for the remainder of 1982. By fall of 1982, it will be a decision whether or not it will recommit. If it does, it will be for a five-year period of time.
10. All of the monies which are budgeted for the masters organization will be run through the Athletic Congress. Requests for money, especially for the regional meets, will require at least one month to get the checks from TAC. Weed suggested that the meet directors give some thought to looking for individual sponsors, not only of the meets, but of individual events which could have individual awards for outstanding performances.
11. George Hatfield from Penn Mutual reviewed the general activity for the Sports Festival and encouraged everybody to submit his and her application. All those who are submitting their names are being put on a computer list, and when the total program comes out, each of those individuals will receive a total package of the whole Sports Festival. All in all, the Festival looks to be one of the outstanding events in the country, not only from the point of view of masters, but from the point of view of those who are interested in amateur athletics.
12. Weed announced that, because of the progress the Athletic Congress has made in incorporating the athletes into the structure, the TFA/USA is being dissolved. This may result in a few less masters’ meets, but should, overall, help to smooth out the general coordination of all masters programs. It was suggested that masters athletes should find some way to help out colleges and to help them promote track and field activities.

Report From Australia

by BOB MARTIN, VISITOR

While visiting our son and daughter-in-law at Canberra, we were fortunate enough to be there for the 14th annual "Jack Pennington 16km" on May 1. It started as a surprise to Jack by some of the athletes he had been coaching.

The race is along the shores of scenic Lake Burley Griffin, named in honor of the Chicagoan who designed the city of Canberra. The grass, dirt-path and paved road course passes the national capital buildings and many points of interest.

The 180 runners were on high quality. Those of us running at a 7 to 8 min/mile pace soon saw the field move away rapidly. The slower runners in Australia will apparently enter the highly publicized "fun runs," but won't turn out for the better quality races put on by the clubs.

The "Pennington" was top notch in every respect: good course markings, accurate timing and placing, all for a 50 cents entry fee. No bother was given to T-shirts, aid stations, refreshments, age groups or awards except to the top few finishers.

Unfortunately, Jack had pulled a muscle while orienteering, and couldn't run a representative time in his namesake race, for which he holds the 50+ record at about 1:05. After one slow lap, he had to give it up. However, he was at his jovial best in presenting the awards and announcing the results. He's nearing 60 and looks forward retirement and the chance to travel more to running events outside Australia. Those who know him will look forward to such occasions and would benefit by the chance to get acquainted with this veteran, top runner, coach, writer and wonderful person.

A Sunday fun run of about 30 people was followed by a social period. One joy of running in Canberra is the fine network of bike paths which lead to all parts of the city. These were built as a result of a coalition of cyclists, runners and walkers, and are still being added to an improved. They traverse parkland, canal banks and open areas and rarely go along a major road. Why can't we promote such nice running routes in U.S. cities. They're safe, as the nearest I came to an accident was, not with an auto, but with a group of kangaroos that came bounding out of the bush.

40,000 Watch Masters Sprinters

by PETE TAYLOR

Masters runners got their chance to show their brilliance to a crowd of 38,777 today at the annual Penn Relays.

The Philadelphia Masters team of Dawson Pratt, Bob Stanford, Dhamiri Abayomi and Ed Roberts turned in a fine time of 3:20.2 in the 4 x 400 meter relay to down New York Pioneer Masters (3:32.4), Potomac Valley Seniors (3:35.7), Shore AC and Trenton Masters. Roberts is a newcomer to the Philadelphia Masters and a former Olympic sprinter.

In the masters 4 x 100 relay, the Shore AC team of Lloyd Riddick, Matt Brown, Roosevelt Weaver and Bob Williams won in 45.3 seconds, with North Carolina Central Alumni 2nd (45.8), Philly Masters 3rd (46.1) and NY Pioneer Masters (46.3).
NY & NJ Masters To Star On CBS-TV

by HAIG BOHIGIAN

A CBS-TV film crew videotaped 22 athletes (19 men and 3 women) over age 60 on April 18 going through the rigors of a simulated meet at the College of Staten Island. The results will be used in a special on "Exploding the Myths of Aging" to be aired on CBS-TV on Monday, June 7, 1982 from 8 to 9 p.m. EDT.

The crew filmed warm-up jogs, stretching exercises and "competition" in the 100, 200, 440, 880, shot, discus, javelin, hammer, long jump and 880 walk.

The efforts of Spiro and Associates (the advertising firm for Penn Mutual), CBS-TV became aware of the National Masters Sports Festival scheduled for Philadelphia Aug. 12-15. They wanted to film in the New York area and asked if there was a meet in April. There wasn't, but with the help of Jim Manno and William Eipel, we arranged for a track and called the athletes together for a special competition.

Because this was the first outdoor event of the season and a month before the first scheduled meet, the athletes went through the events at about ¾ speed to avoid possible injury. Thus, no time or distances were recorded.

Top honors went to ex-Olympian Joe McClusky who went through 6 events and Eipel with 4 events. The average age of the athletes was 66; 15 were from New York and 7 from New Jersey. Other participants were John Bruce, Jim Choy, Ted Ille, Ann Jureidini, Dave Lakritz, David Lawyer, Manno, Harry Mcardle, March Neuhoof, Murray Oguss, John Popowich, Mary Rodriguez, Leo Rothbart, Adrienne Salmini, Paul Sereghy, John Shelly, John Vislocky, Walt Westerholm, Casey Witkowsky and Henry Zachman.

The CBS-TV crew was coordinated by Kim Kennedy, the producer was John Block, the Cameraman was Bill Dill and the Soundman was Doug Volpe. Extensive interviews were done with all the competitors. Over 3 hours of footage was shot, but how much will actually be broadcast is to be seen.
## 1981 MASTERS 15 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. Soon to be available in the book "In Depth Masters Rankings."

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<tr>
<td>Women - 55 thru 59</td>
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<td>1:00:44</td>
<td>CA</td>
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<tr>
<td>Margaret Green</td>
<td>1:01:34</td>
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<td>Redlands</td>
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<td>Beulah Moore</td>
<td>1:02:22</td>
<td>MI</td>
<td>Holly</td>
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<tr>
<td>Louise Taylor</td>
<td>1:04:36</td>
<td>TX</td>
<td>Big Spring</td>
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<tr>
<td>Donna White</td>
<td>1:05:56</td>
<td>OK</td>
<td>Bartlesville</td>
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<tr>
<td>Joanne Walter</td>
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<td>MI</td>
<td>Ann Arbor</td>
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<tr>
<td>Beverly Goodwin</td>
<td>1:09:05a</td>
<td>KY</td>
<td>Canton</td>
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<tr>
<td>Barbara Booker</td>
<td>1:09:35a</td>
<td>NY</td>
<td>New York</td>
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<tr>
<td>Lisa Evans</td>
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<td>Gloria Brown</td>
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<td>Francis Adams</td>
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<td>Margie Durkin</td>
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<td>Carol Cloos</td>
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<td>Connie Labeke</td>
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<td>Katherine Knight</td>
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<td>Maryanne Burns</td>
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<td>Andrea Lewis</td>
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<td>Macropol Lackner</td>
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<td>GA</td>
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<td>Sue Pay King</td>
<td>1:18:41</td>
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<tr>
<td>Takako Kelley</td>
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Names of races and locations are listed in "O.S. Distance Rankings," available from NWRC, PO Box 7298, Tucson AZ 85733 for $9.50.
## 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.

**NORTH AMERICAN MASTERS SPORTS ASSOCIATION INDOOR TRACK & FIELD CHAMPIONSHIPS**

**March 21, 1982**

<table>
<thead>
<tr>
<th>Age</th>
<th>Gender</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>60-64</td>
<td>M</td>
<td>800 yd. run</td>
<td>2:01.6</td>
</tr>
<tr>
<td>65-69</td>
<td>M</td>
<td>1500 m</td>
<td>4:13.5</td>
</tr>
<tr>
<td>70-74</td>
<td>M</td>
<td>5000 m</td>
<td>14:30.2</td>
</tr>
<tr>
<td>75-79</td>
<td>M</td>
<td>10000 m</td>
<td>31:30.4</td>
</tr>
<tr>
<td>80-84</td>
<td>M</td>
<td>15000 m</td>
<td>51:10.8</td>
</tr>
</tbody>
</table>

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### More Results...

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<th>Gender</th>
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<th>Time</th>
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<tr>
<td>60-64</td>
<td>M</td>
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<td>M</td>
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<td>14:30.2</td>
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<tr>
<td>70-74</td>
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### Additional Results...

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<td>M</td>
<td>2200 m</td>
<td>6:30.4</td>
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<td>70-74</td>
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### More Events...

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<td>M</td>
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<td>80-84</td>
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<td>M</td>
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<td>M</td>
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<td>75-79</td>
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<td>M</td>
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<tr>
<td>80-84</td>
<td>M</td>
<td>17600 yd. hurdles</td>
<td>68:30.4</td>
</tr>
</tbody>
</table>
LONG DISTANCE RESULTS

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

BOWSIE'S EUROPEAN WORLD TRIATHLON
HONOLULU, FEB 6, 1982

M40-44

SWIM  BIKI  RUN TOTAL
Matt Kendall 1:25:00  5:16:02  3:31:45  10:13:47

M45-49

John O'Neal 1:13:17  7:01:04  4:01:06  12:16:27

M50-54


M55-59


M60-64


M65-69

Barbara Sturdevant 1:44:44  7:20:32  6:26:12  14:16:11

M70-74

Larry Payne 2:10:20  7:36:19  5:31:10  15:18:35

2-MILE RUN: 83.21 EISE 112 miles RUN: Marathon

6TH ANNUAL CLASSIC MARATHON CALIF., CALIF.
MARCH 6, 1982

OPEN ALLEN SANDRETTI 30:11
DOUG GLENNER 31:32
MIKE POPE 31:47
LES FRIEDRICHS 31:48

5TH ANNUAL SKIDMORE-SPOKANE MARATHON WASH.
MARCH 21, 1982

SEVEN-UP HALF-MARATHON & 6TH ANNUAL LOS ANGELES MARATHON.
MARCH 21, 1982

HALF-MARATHON:

Open Brian Frean 1:22:21

M40 George Krieger 1:19:25

M50 Nor Moller 1:30:51

M60 Bill Stoll 1:53:06

CROSS-COUNTY:

M40-44 Rosalind Neuman 1:37:38

CROSS-COUNTRY:

M50-54 Sue Haden 1:34:01

FROM TOM ECKMAN

LA JOLLA HALF MARATHON LA JOLLA, CALIF.
MARCH 21, 1982

CAPITAL 10K: LANOWD, MARYLAND

Open Tom Kelley 3:11:39

M45-49 Gordon Robinson 3:13:27

M50-54 Mike Keating 3:15:41

M60-64 Bill Keating 3:19:39

BOWIE MEMORIAL 10K:

M40-44 Mike Keating 3:19:39

2-MILE RUN:

M50-54 Lebanon Thornton 12:06

M60-64 Eunice Smith 14:34

FROM TOM ECKMAN

LONGEST DAY 10K:

T9 Bill Jensen 44:40

2 Karen Stoyanowski 56:02

3 Beth Sibley 58:47

MARATHON: BROOKINGS, S.D.
FROM HARRY SIITONEN

2 Karen Stoyanowski 56:02

3 Beth Sibley 58:47

PA-TAC 10K WALK

FROM HARRY SIITONEN

2 Karen Stoyanowski 56:02

3 Beth Sibley 58:47

NATIONAL MASTERS GRAND PRIX AND NATIONAL MASTERS NORDIC SKIING
HONOLULU, JULY 11, 1982

OPEN Jim Cross 47:25

Cindy Dyrmeiky 56:26

M40 Larry Amacker 54:10

Mary Franke 54:26

Hans Bieder 55:36

M45-49 Mike Teas 49:43

Jim Gallup 50:43

Jeremy Clark 50:43

M50-59 Carl Ellsworth 52:00

Scott McNeil 55:49

George McCaffrey 56:06

M60-64 Betty Toms 47:35

Shirley Watson 50:43

Jenny Clark 50:43

M70-74 Carl Ellsworth 52:00

Scott McNeil 55:49

George McCaffrey 56:06

M50-59 Mike Teas 49:43

Jim Gallup 50:43

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M60-64 Carl Ellsworth 52:00

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George McCaffrey 56:06

M70-74 Carl Ellsworth 52:00

Scott McNeil 55:49

George McCaffrey 56:06
**1982 ATHLETIC CONGRESS NATIONAL MASTERS 10K ROAD RACING CHAMPIONSHIPS. APRIL 25, 1982, PROSPECT PARK, BROOKLYN, NEW YORK CLEAR DAY, SUNNY, TEMPERATURE 70°.

**THIS RACE IS PART OF THE GRAND PRIX EVENT.

**RACE TEAM SCORES:** 5 member team for men using cumulative times; 3 member team for women.

<table>
<thead>
<tr>
<th>Men's Team</th>
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<tbody>
<tr>
<td>New York Locomotive</td>
<td>9:50:47.2</td>
</tr>
<tr>
<td>Boston Marathon</td>
<td>10:00:05.3</td>
</tr>
<tr>
<td>Los Angeles County</td>
<td>10:00:15.4</td>
</tr>
<tr>
<td>San Diego</td>
<td>10:00:20.5</td>
</tr>
</tbody>
</table>

**AS A PUBLIC SERVICE to the masters community.** National Masters News will publish all announcements of free charges.

- **MEET DIRECTORS**
  - Save labor with a mailing list printed on gummed labels. 1000 plus traveling masters T&F-competitors will get your entry form or announcement. Send $25 to: Bruce Springbett, 220 Oak Meadow Dr., Los Gatos CA 95030.

**Masters Age Records 1982.**


**Masters Age Records 1982.**


**Masters Age Records 1982.**

THE BIGGER YOU ARE, THE HARDER THEY FALL.

All runners punish their feet. But the heavyweights—they do it with authority.

If you're a runner who's 5'10" with 30 extra pounds (even if it's all muscle), you are the lucky recipient of about 20 percent more vertical shock.

If that isn't frightening enough, our studies also show the forces side-to-side and fore-to-aft on your foot will also be greater.

While that may be a perfect set-up for injury, frankly, up until now, no one seemed to care. If you were built like an elephant, you just weren't expected to be much of a runner.

We found that slightly odd. For a couple of reasons. First, an aroused pachyderm can cover 100 meters in about 9.1 seconds.

Second, and more important, our surveys now show that at a typical marathon, nearly eight percent of all entrants could be classified as heavy weight runners.

No small problem.

And no shoe to solve it. Anywhere. While our LDV Columbia, Titan and Intrepid may be fine for borderline cases, when a really big time athlete starts smacking a shoe around, it can easily bottom out.

The challenge was similar to designing a spring that would let the foot sink, but not all the way. Because a midsole that's totally compressed, if only for an instant, isn't doing you any favors.

However, our new Nike Centurion certainly will. Thanks to a unique combination of firm wedge and soft midsole, it gives heavy weight runners the kind of comfort only the less developed used to enjoy.

To increase stability, we widened the Centurion's base of support and added leather reinforcements on the upper. Then upped the heel counter, to 60 weight, extended it, and locked it into place with a Stability Saddle.

Hopefully, the Centurion will not only save your feet, but your pocketbook as well. Durability tests indicate stout runners experience no more loss of cushion in the forefoot than normal. Even less in the heel. Ditto for outsole wear.

The last thing we want to do, however, is give athletes an excuse to beef up. Generally speaking, the less you weigh the faster you'll run. And to burn fat, run slow and run long.

But if you never get below 200 pounds and still crack a three hour marathon, we want to hear about it. Because all things considered, that's world-class time.

Are you a heavyweight? Drop a line between your height and weight and see where it intersects the somatotype scale.

Vertical ground reaction forces for a 200 lb. runner and a 150 lb. runner at the same pace. Forces under heel and forefoot are both proportionately larger for the heavy runner.

And nothing excites us like athletes who reach their potential. Even if they insist on throwing their weight around.