

★ HIGHLIGHTS ★



• 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:

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- Tamanaha 15K
- Boston & Cherry Blossom
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- New List of World and U.S. T&F
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• Entry forms for T&F meets:

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- Northwest Regionals
- Midwest Regionals
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- Metropolitan
- T&F Rules and Meet Guidelines



National Masters News



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

46th Issue

June 1982

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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 Randall, 40, to the tape by 39 seconds in

Continued on page 19

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 Raschker, 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 35-39 bracket.

Checking in with 5 triumphs was Christel Miller of Glendale, Calif. in the women's 45-49 division; and Phil Mulkey of Atlanta in the men's 50-54 category.

Continued on page 19



Don Cheek, 51, San Luis Obispo, Cal. won 200 (23.78) and 400 (56.88) in Los Angeles Grandfather Games May 8. (photo by Jerome McFadden)

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 women's masters 15K mark of 57:15 by nearly two minutes.

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 11:03.7. 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).

238 Compete In Final Grandfather Games

by AL SHEAHEN

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 effort earned the former Hawaiian — now living in New York — a free trip to the Grand Prix finals August 15 in Philadelphia at the National Masters Sports Festival.

The race was held under some of the best weather conditions ever on the Islands, with about 2000 open and masters entrants. It was slightly over 70°F with not much wind. The course was an out-and-back around Diamond Head, beginning and ending at Kapiolani Park.

National Masters News columnist Mike Tymn, 45, made an astonishing comeback after a year's battle with weight, injuries and surgery. He finished 4th overall and 1st master in 49:43, followed closely by Dr. Jim Gallup (50:04) and Jeremy Clark (50:43). Tymn, whose "Gun Lap" column appears monthly on page 6, ran over a minute faster than he did in winning overall in 1978. "Jim (Gallup) keeps getting closer and closer to me,

Continued on page 20

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



Write On!



Address letters to:

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NATIONAL INDOOR MEET

Realizing that you will be receiving

National Masters Officers

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Beaverton, OR 97005 (503) 641-6453

many complaints concerning the recent TAC Nationals held in Boston, I felt there is one very important point which those of us who competed must remember. Although the meet had more than its share of problems, without John Pistone and his crew of supporting help, there would have been no meet. Therefore, no complaints. I want to thank John for the opportunity to have run in a 1982 Nationals and feel we should all remember that as we look back on the meet.

Barry Kline,
Washington, PA.

FLORIDA LDR

I've just moved to Florida and I have found that the Masters Scene is in a deplorable state, at least for the older runner. Road races which draw 2000 or more entries have an upper division of 60 plus only! We need a 70 plus division in this state. I myself am 76 years old, I enjoy competition, but what chance do I have against a sixty year old?

Some pioneer work seems to be in order. To start with send me four year-

NATIONAL MASTERS NEWS

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JUNE 1982

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Al Sheahen

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ly subscriptions of your newsletter to my Florida address, so I can pass the issues along to Florida racedirectors and others.

Otto Essig
Daytona Beach, Florida

10-YEAR BRACKETS

Just a short note to express my disappointment in the number of Masters meets 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 the 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.

(5-year groups are fine if there are enough competitors. But it's not much fun to compete against only yourself or one or two others - Ed.)

CHARIOTS OF FIRE

I think you should know that some idiot is going around signing your name to editorials that are picky, picky, picky concerning a magnificent movie, certainly the finest ever made on the subject of running. If you are successful in apprehending the imposter who is making you look like a total schmuck, I will be glad to testify 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 — he had no phone in 1924!

The fact is, Chariots of Fire ranks with The Black Stallion as one of the few movies with an intelligent plot that a guy can take his kids to these days. In a time when many Masters'-age-level parents worry about poor communications with their kids, Chariots conveys better than any words just how much running can mean to a person. Go see it again.

Thomas P. Sheahen, Ph.D., P.E.
Derwood, Md.

(Why did Mom always like you best? — Ed)

Denver Days Masters Sports Festival

Denver High School Track
Denver, Iowa

Saturday, June 26, 1982
10,000 Meter Run
& Masters Track Meet

Sanctioned By:
The Athletics Congress (TAC)

— TAC registration and insurance available on the day of the meet

TRACK FACILITIES — Denver High School
Cinder track, asphalt runways, concrete pads

BEVERAGES AND SANDWICHES PROVIDED 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

AWARDS

10K

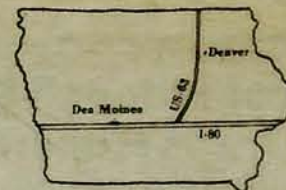
Trophies in all age brackets with 2 overall awards

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



REGISTRATION

AGE GROUPS: Men's: 5-year age groups 25 years to 60
Women's: Same

ENTRY FEE: \$5.00 registration (T-shirt included)
\$2.00 per each event entered

EVENTS: [Both men/women] [Check events for entry]

10K Race	110 High Hurdle [36"]
	[men]
Field Events	100 Low Hurdles [30"]
High Jump	[women]
Long Jump	
Triple Jump	Club or Team Events
Shot	440 Relay [Free Entry]
Discus	1 Mile Relay [Free Entry]
Javelin	

Running Events	TOTAL ENTRIES
100 Yd. Dash	
220 Yd. Dash	X\$2 =
440 Yd. Dash	
880 Yd. Dash	REGISTRATION FEE PLUS \$5
1 Mile Run	
	YOUR TOTAL FEE

Name: _____

Address: _____ City: _____

State: _____ Zip Code: _____

Phone: _____ Age: _____ Birthdate: _____

Sex: Male _____ Female _____ TAC No. _____

Tee Shirt Size _____

Mail Entry Form To: Meet Director
Box 226
Denver, Iowa 50622

Please Mail By: June 15, 1982. Late entries accepted on day of meet at discretion of meet directors.

For more information call: 319-984-5028

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.



August 12-15. National Masters Sports Festival, Philadelphia. 3000 athletes over age 25 compete in 11 sports. Randi Shapiro, National Masters Sports Festival, 34th & Civic Center Blvd., Philadelphia, PA 19104. (215) 387-0262.

TRACK & FIELD

1982 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS
(Age 30 and over)

August 6-8. 15th Annual Penn Mutual/TAC National Masters Track & Field Championships, Wichita, Kansas. Bob Lida, 221 N. Main St., Wichita KS 67202. (316) 263-1029. Entry form in June and July issue.

EAST

Each Wednesday. Development meets, John F. Kennedy High School, Bronx, N.Y. Masters events at 6 p.m.

June 6. Dutch Masters T&F Meet, Reading, Pa.

June 13. 11th Annual Metropolitan TAC Masters T&F Championship, Ink's Point Merchant Marine Academy, Great Neck, Long Island, NY., 10 a.m. Beverly Cohen, 55 Theodore Roosevelt Dr., Blauvelt NY 10913. Entry form in this issue.

June 26. 14th Annual Eastern Regional Masters Track & Field Championships, Univ. of Rochester Fauver Stadium, Rochester, NY. GRTC, PO Box 8310, Rochester NY 14618. Entry form in May issue.

July 11. Masters Sports Association 3rd Annual Running Relay & Field Event Relay Carnival, Randall's Island, New York City 11 a.m. Masters Sports, 77 Prospect Place, Brooklyn NY 11217. Entry form in June issue.

July 25. Triangular T&F meet: New York, Philadelphia, Washington.

SOUTHEAST

June 12. Southeastern TAC Masters T&F Championships, Atlanta. SASE to: Ken Kirk, 3800 Stonewall Terrace, Atlanta GA 30339.

MIDWEST

June 12. Indianapolis Masters T&F Meet. Bob Coughlin, 305 S. Barton, Indianapolis IN 46241. (317) 241-5446.

June 19. Wisconsin United Athletic Club 3rd annual masters T&F outdoor meet. UW Madison. Ron Dennis, 6408 West Gate Rd. Monona, WI 53716 (608) 221-8020.

June 19. 3rd Annual Cleveland Track Classic, Cuyahoga CC West, Parma, Ohio. Jeff Gerson, 6509 Marsol Rd. #308, Mayfield Heights OH 44124. (216) 449-4964.

June 26. T&F Open Meet, York High, Elmhurst, Ill. 7 a.m. Race day sign-up. Wendell Miller, 180 N. LaSalle, Chicago ILL. 60601. (312) 236-1315.

July 17. Lake Erie TAC Open and Masters T&F Championships. Cleveland Hts High School, Cleveland. Jeff Gerson, 6509 Marsol Rd. No. 308, Mayfield Hts. OH 44124. (216) 449-4964.

July 31. Penn Mutual/TAC Midwest Regional Masters T&F Championship, York High, Elmhurst, Ill. 7 a.m. Race day sign-up only. Wendell Miller, 180 N. LaSalle, Chicago IL 60601. (312) 236-1315.

MID-AMERICA

June 6. Family Sports Festival Track Meet. Independence, Kansas. Open to all. Thornton Shelton, 810 E. Maple St., Independence KS 67301. (316) 331-5352.

June 26. Masters T&F Meet (age 25 up) and 10K Run, featuring Bill Toomey. Denver, Iowa. Steve Moulder (319) 984-6042.

June 26-27. Salina Open & Masters Decathlon. Salina, Kansas.

June 5, 19, July 10, 24. T&F Meets, Aurora Central HS, Aurora, Colorado. Steve Kaeuper (303) 388-8180.

June 26-27. Decathlon. Aurora Central HS, Aurora, Colorado. Jim Weed (303) 341-2980.

Aug. 20-21. 4th Montana Masters T&F Championships, Bozeman, MT. Mike Cargan, Box 1766, Bozeman MT 59715.

September 5. Rocky Mountain Games, Aurora, Colo. Jim Weed, 11672 E. 2nd Ave. Aurora CO 80010.

SOUTHWEST

June 12. TAC/Penn Mutual Southwest Regional Masters T&F Championships, Rice Univ., Houston. Jim McLatchie, PO Box 740728, Houston TX 77274. (713) 774-7561; 2629. Entry form in May issue.

June 19. Hill Country Classic Masters Track Meet, Mason, Texas. Hill Country Classic, Mason High, Rucker Rt., Box 39C, Mason TX 76856. Charles Linsey (915) 347-6261; (915) 347-5921. Age 20 and up.

July 24. 2nd Annual Texas Masters Track & Field Championship. TAC sanctioned. Hanby Stadium, Mesquite High School, Mesquite, TX. Dallas Masters T&F Club. 4308 N. Central Expressway, Suite 206, Dallas TX 75206. Joe Murphy (214) 826-9650 or Les Tiedtke (214) 823-8045.

WEST

June 12. TAC Pacific Assoc. Masters T&F Championships, Los Gatos, Calif. Bruce Springbett, PO Box 1328, Los Gatos, CA 95031. (408) 354-2005.

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

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June 19-20. Penn Mutual/TAC Western Regional Masters Track & Field Championships, Southwestern College, Chula Vista, Calif. Joe Horn, 1147 Agate St., San Diego, CA 92109. (714) 488-8885.

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 pm. Masters competition each Wed. at Birmingham.

July 10. TAC So. Pacific Masters T&F Championships, Cal-State LA, Los Angeles. Gary Miller, 12137 Magnolia Blvd, North Hollywood CA (213) 843-2139.

July 11. Harold Chapson's 80th Birthday T&F Meet, Kaiser High School, Honolulu, 7:30 am. Race-day sign up.

July 24-25. 13th Senior Olympics, Cal State Los Angeles. Sr. Olympics, 5726 Wilshire Blvd., Los Angeles CA 90036.

July 24. West Valley Masters T&F Meet, Los Gatos, Calif. Bruce Springbett, PO Box 1328, Los Gatos CA 95030. (408) 354-7333.

July 31. 10th Annual CDM "Don Palmer Memorial" Relays, Los Angeles, Dave Jackson, 19103 S. Andmark Ave., Carson CA 90746. (213) 638-7125.

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

October 2. 9th Annual Santa Barbara Masters T&F Meet, Goleta, Calif. Club West., PO Box K, Goleta CA 93107. (805) 687-6323.

NORTHWEST

June 19. Senior Sports Festival Masters Track & Field Meet (40+), Husky Stadium, Seattle. Brenda Weatherford, 425 S.W. 144th, Seattle WA 98166.

June 26-27. Hayward Field Masters Classic, Eugene, Oregon. Bill McChesney, OTC Masters, 4965 W. Hillside Dr., Eugene OR 97405.

July 30-31. Penn Mutual/TAC Northwest Regional Masters T&F Championships, Gresham, Oregon. Jim Puckett, c/o Mt. Hood College Athletic Dept., 26000 SE Stark Ave., Gresham OR 97030. (503) 667-7354. Entry form in June and July issue.

CANADA

June 12-13. Ontario Masters Track & Field Championships, Centennial Stadium, Kitchener, Ontario. Don MacFarlane, 814 Birchwood Ave., Cambridge, Ontario N3H 2V5.

June 19-20. Canadian Masters Decathlon Championships and Standard Pentathlon, Sherbrook, Quebec. Ian Hume, Listed page 2.

July 3-4. BC Jr. & Masters T&F Championships, Vancouver, B.C. Vancouver Olympic Club.

July 18. Ontario Masters Pentathlon Championship, Metro Toronto Track Centre Toronto. Gord Garshowitz, 3300 Don Mills Rd. #908, Willowdale, Ontario M2J 4X7.

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

August 14-15. North American & Canadian Masters T&F Championships, Ottawa., Danny Daniels, 1145 Ambleside Dr., Ottawa, Ontario K2B 8E2. (613) 820-2131.

August 29. Western Regional Masters T&F Meet, Cambridge, Ontario. Bruce Burton, 1562 Old Lakeshore 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 Fine, WAVA North American rep, 77 Prospect Place, Brooklyn NY 11217. (212) 787-6622.

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

September 24-26. 2nd Annual San Juan Masters International T&F Meet, San Juan Puerto Rico. Gilberto Gonzalez-Julia, PO Box 11074, Caparra Heights Station, San Juan PR 00922. (809) 765-5702.

October 1-10. 1st U.S./ China Masters Track and Field Championships. Nanjing, Hangzhou, Hong Kong. Sports Travel International, PO Box 7823, San Diego, CA 92107. (714) 225-9555.

December 11. Puerto Rico Masters T&F Championships, San Juan, Gilberto Gonzalez-Julia, above.

September 23-30, 1983. 5th World Veterans Games, San Juan, Puerto Rico.

Continued on page 4

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LONG DISTANCE RUNNING

POSTAL

Thru August 31. TAC National Postal One-Hour Run. Open and Masters Championships. Al Huff, 18127 1st Ave., N.W. Seattle WA 98177. (206) 542-2930.

NEW ENGLAND

June 13. TAC National Women's Open 25K Road Race, Sudbury, Mass. Cindy Hastings, 90 Hampshire St. Cambridge MA 02139. (617) 864-9479.

June 27. Masters 10K, Providence RI. G. Silva, 82 Fowler St., No. Kingstown RI 02852.

August 14. Falmouth 7.1 mile, Woods Hole, Mass. Falmouth Recreation Dept., Main St. Falmouth MA 02540. (617) 540-4417.

September 19. Maple Leaf Half Marathon. Manchester, Vermont. Way's Lane, Manchester Center VT 05255. (802) 362-3401.

EAST

June 5. TAC 100 Mile Open National Championships, Queens, NY. George Villasi, PO Box 881, FDR Station, NYC 10150.

June 6. Manufacturers Hanover 5-Borough Championship, Queens. Box 881, FDR Station, NYC 10022.

June 12. Long Day's Journey Into Night 24-hr relay, Delhi, NY. 36½ Main St., Delhi NY 13753.

June 12. Finleyville, Pa. 10K, Bob Vanvorhis (412) 348-7470.

July 3. Pepsi 10K National Championships, New York City. Box 881, NYC 10022.

July 7. Manufacturers Hanover Corporate Challenge #1, Central Park, 7 p.m. (Wed.)

July 18. NY Masters 10K Racewalk Handicap, Prospect Park, 10 a.m.

July 28. Manufacturers Hanover #3, Central Park, 7 p.m.

August 1. Essex County Summer Track Festival VI. 10K, 3K X-C Masters 100, 880, mile. Maplewood, NJ SASE to Pete Cole, 30B Nob Hill, Roseland NJ 07068.

Sept 19. TAC National Masters 30K, Albany, NY. George Regan, PO Box 894, Troy NY 12184.

Oct. 3 TAC National Masters 15K Road Championships, Washington. Larry Noel, 105 Northway Dr., Greenbelt MD 20770. (301) 474-9362.

October 24. New York Marathon. Box 881, NYC 10022.

SOUTHEAST

July 4. Peachtree 10K, Atlanta. Royce Hodge, 3224 Peachtree St. N.E. Atlanta GA 30305. Limited to 25,000.

Sept. 25. Virginia 10-Miler, Lynchburg, Va. 3020 Cranehill Dr., Lynchburg VA 24503. (804) 384-6816.

MIDWEST

June 5. 20th Annual Jackrabbit 15, Brookings, S.D. SDSU Track Office, Brookings SD 57007. (605) 688-5526.

June 13. NIKE Masters Grand Prix Series: News-Dispatch 15K, Michigan City, Indiana. Dunes Running Club, PO Box 42, Michigan City IN 46360.

June 19. Grandma's Marathon, Duluth. P.O. Box 6234, Duluth MN 55806 (218) 727-0947.

Aug. 14. Chicago Corporate Classic 5K & 10K. Stephanie Messick, 1423 W. Fullerton Ave, Chicago IL 60614. (312) 348-1724.

Aug. 28. Bobby Crim 10-mile, Flint, Michigan. 126 Rowe Hall, Central Michigan U., Mount Pleasant MI 48859. (517) 774-3102.

Aug. 29. Midwest Masters 25K Open Road Championships Lake Bluff Jr. High, Rt. 176 & Sheridan Road, Lake Bluff, Ill. 7 a.m. Sign up race day. Wendell Miller, 180 N. LaSalle St., Chicago IL 60601. (312) 236-1315.

Sept. 11. 2nd Annual Chicago Corporate Classic. Distance races and relays for determining the corporate team of the year. Stephanie Messick, Chicago Corporate Classic, 1423 W. Fullerton, Chicago IL 60614. (312) 348-1724.

MID-AMERICA

June 27. NIKE Masters Grand Prix Series and Mid-America Masters 10K, Kansas City.

July 4. Veiled Prophet Fair 10K and 3K Runs, St. Louis. PO Box 2956, St. Louis MO 63130. Tom Eckelman (314) 721-5312.

July 24. 13th Deseret News Marathon, Salt Lake City. Keith West. PO Box 1257, Salt Lake City UT 84110. (801) 237-2135.

September 5. TAC National Masters 5K Road Championships, Denver. Joe Arrizola, 12236 E. Kentucky Ave., Aurora CO 80012. (303) 343-8504.

WEST

June 6. Avon Women's International Marathon, San Francisco. Len Wallach, 1060 Continentals Way #104, Belmont CA 94022. (415) 593-2788.

June 19. NIKE Masters Grand Prix Series and Run for the Kids 10K, San Francisco. St. Jude Children's Hospital, 205 E. 3rd St. Ste. 315, San Mateo CA 94401.

July 3. NIKE Masters Grand Prix Series, Semana Nautica 15K, Santa Barbara, Calif. Semana Nautica PO Box 6616, Santa Barbara CA 93111.

July 11. San Francisco Marathon.

July 28. 10th annual David Pain Biathlon, South Mission Bay, Calif. 6 p.m. David Pain (714) 222-0503.

August 8. 5th Annual North Orange County 10K YMCA Run. Fullerton, Calif. Patsy Wendler, North Orange County YMCA, 2000 Youth Way, Fullerton, CA 92635 (714) 879-9622.

Nov. 28. Penn Mutual/TAC National Masters 15K Cross-country Championships, Balboa Park, San Diego, Calif. Ken Bernard, PO Box 80512, San Diego CA 92138.

NORTHWEST

June 6. TAC National Masters Marathon Championship, Forest Grove, Oregon. Forest Grove Kiwanis Club, PO Box 223, Forest Grove Or 97116.

June 27. Cascade Run Off 15K, ARRA Championship Series (prize money), Portland. Don Kardong (509) 838-8784.

August 21. 2nd Annual Earthquake Ultra Marathon. Anchorage, Alaska. Tim Middleton, 3445 Seppala Dr., Anchorage AK 99503.

September 12. NIKE Marathon, Eugene, Oregon. ARRA Championship Series (prize money). PO Box 10412, Eugene OR 97440. (503) 687-2477.

CANADA

June 27. Annual Masters-only 12K, Vancouver, B.C. Les McDonald (604) 987-0092.

September 25. Canadian Masters Women's 5K Road Race, Sunnybrook Park, Toronto. Christine Walker, 34 Rodda Blvd. West Hill, Ontario M1E 2Z6, Canada.

November 7. Ontario Masters Cross-Country Championships (10K), Toronto. Bob Moore, 519 Sutherland Drive, Toronto Ont. M4G 1K9.

INTERNATIONAL

June 26. 2nd Aruba Concorde International Marathon. Sam Ketchman, (813) 921-4966.

June 27. 9th International Veterans 25K, Brugge, Belgium. Men 40+. Women 35+. Fit Veteran, Postbus 7, 8000 Brugge 1 Belgium.

September 14-15. 15th World Veterans Distance Running Championships (IGAL). Lake Kawaguchi, Japan (Foot of Mt. Fuji, 100km north of Tokyo. 10K on 14th; Marathon on 15th.) Men 40 and over. Women 35 and over. Nippon Turtles Assoc., Central P.O. Box 1137, Tokyo, Japan.

September 19-October 8. Runners Workshop Tour to Europe. England, Holland, Germany, Switzerland, France. Bon Voyage Travel, 360 Post St., San Francisco CA 94108. (415) 397-5131.

October 9. South African Masters Marathon Championships, Port Elizabeth.

October 12-November 5. Classical Marathon Tour to Greece. Alouette Travel, 11954 224th St., Maple Ridge, B.C. V2X 6B3, Canada. (604) 467-5535.

On Tap For June

TRACK & FIELD

No less than 15 major masters meets are slated for June in North America as the popularity of masters athletics continues to grow.

Five meets are on tap for Saturday, the 12th: the Southeast Regional in Atlanta; the Southwest Regional in Houston; the Pacific District in Los Gatos, Calif.; the Indianapolis Masters meet; and the Ontario Championships. On the 13th are the Metropolitan Championships on Long Island.

Six events are set for the 19th: the Canadian Masters Decathlon in Quebec, the Senior Sports Festival in Seattle; the Western Regionals in San Diego, the Wisconsin United meet in Madison, the Cleveland Track Classic, and the Hill Country meet in Mason, Texas.

The Hayward Field Classic takes place in Eugene, Oregon, on the 26th, as does a Denver, Iowa meet and the Eastern Regionals in Rochester, NY. It's the most active month in masters track & field history.

LONG DISTANCE RUNNING

LDR takes a back seat to T&F as summer approaches, but there are several major road races, nevertheless.

The TAC National Masters Marathon will be held in Forest Grove, Oregon on the 6th. The Midwest Regional Nike Masters Grand Prix, piggybacks 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 Mid-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.

ATHLETES WHO ENTER

A NEW DIVISION

THIS MONTH JUNE 1982

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
LUIS HAUSHOFER (MG)	6-17-27	55-59
SUSAN BUCHANAN (PHOENIXVILLE, PA)	6-13-37	45-49
YALERIE LUCAS (US)	6-1-47	80 +
ISABEL MCCONNELL (WHARTON, NJ)	6-19-32	50-54
CONNIE RODEWALD (VENTURA, CA)	6-23-42	40-44
CLYDE ALLING (CULVER CITY, CAL)	6-2-17	65-69
THOMAS CRONAN (CHARLESTON, SC)	6-3-42	40-44
RON DAVIS (MINNEAPOLIS, MN)	6-21-37	45-49
TED ENSSLIN (PORTERVILLE, CALIF)	6-24-27	55-59
JOHAN HESSELBERG (NOK)	6-3-32	50-54
CLAUDE HILLS (FLOUERTOWN, PA)	6-21-12	70-74
ALEX HOSSACK (US)	6-2-22	60-64
THEODOR JENSEN (SWEDEN)	6-7-07	75-79
VLADIMIR LYAKHOV (URS)	6-17-37	45-49
LAURIE DHARA (GB)	6-18-32	50-54
DAVID PRATT (DAVIS, CAL)	6-7-32	50-54
EDMUND SCHULER (ST. PETERSBURG, FLA)	6-20-27	55-59
ALLAN SHEAHEN (VAN NUYS, CAL)	6-28-32	50-54
WALLY SHEPPARD (AUSTRALIA)	6-5-22	60-64
MALCOLM SHURTLEFF (URBANA, ILL)	6-24-22	60-64
VILMES VARJU (HUN)	6-10-37	45-49
CHUCK YOUNG (US)	6- -37	45-49

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

In this issue are the latest world and American women's age-division bests by 5-year categories.

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

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 — 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. 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			SUNDAY		
9:00	PENTATHLON	3:00	LONG JUMP	8:00	5000 METERS
11:00	HAMMER	3:20	800M FINALS	9:00	200M PRELIMS
12:00	STEEPLECHASE	3:50	100M PRELIMS	9:00	DISCUS
12:00	POLE VAULT 30-44	4:20	HIGH HURDLES	9:00	HIGH JUMP
12:30	5000 WALK	5:00	400M FINALS	9:00	200M PRELIMS
12:45	10,000 METERS	5:30	100M FINALS	9:20	400 IH
2:30	POLE VAULT 45+			9:50	200 FINALS
2:45	400M PRELIMS			10:00	JAVELIN
3:00	400 RELAY			10:30	1500M FINALS
3:00	SHOT PUT			11:00	TRIPLE JUMP
				11:00	MILE RELAY

WESTERN REGIONAL MASTERS

Joe Horn, Entry Coordinator
1147 Agate
San Diego, CA 92109
(714) 488-8885

NAME _____
(LAST) (FIRST)

PHONE _____

DATE OF BIRTH _____

AGE ON JUNE 19, 1982 _____

EVENTS ENTERED: _____

1982 PERFORMANCE _____

CLUB AFFILIATION _____

AMOUNT ENCLOSED _____

ADDRESS _____
(NUMBER & STREET)

CITY _____ STATE _____ ZIP _____

CIRCLE ONE: MALE FEMALE

TAC # _____

NO REFUNDS FOR DEFAULT

(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 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 _____



THE GUN LAP

by MIKE TYMN

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 to 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 competitors in the Penn Mutual/TAC National Masters 10 kilometer cross-country championship in Houston, Tx.

Actually, Randall is no newcomer to the running scene. He competed in the half and the mile while in high school and then at Springfield College he was part of a very successful distance running corps. He clocked 4:18 for the mile and 9:38 for two miles at Springfield, but he says that he was more successful at cross-country than track.

"I was fortunate to be involved with an outstanding group of athletes in my class and a coach who made the running experience pleasurable," he told me. "But I was not outstanding and I had no real desire to go on after college, so I gave it up."

Randall began running again in 1975 after changing jobs and finding himself with the time and environment conducive to some serious training.

"I had thought since college days that I would like to give the Boston Marathon a try," he explained. "I took a year to prepare for the '76 Boston Marathon and I ran a 2:36. That hooked me on continuing my training."

Since then, he has lowered his marathon best to 2:24:29, that coming in the '79 Boston Marathon. He has turned in a 31:56 10K on the track, 49:40 for 15K on the road, 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



Kirk Randall

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 (he 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 1,500 time on the track down near or under 4 minutes and my mile down near 4:20."

"If I weren'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 national 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."



Mike Tymn, 45-year-old Honolulu resident, approaches the finish line in the Norman K. Tamanaha Memorial 15 kilometer run in Honolulu on April 11. Tymn was the first masters finisher and placed fourth overall in a field of 1,650 runners. His time of 49:43 was a new state masters record for the distance. The race served as a regional championship in the Nike Masters Grand Prix series.

photo by Greg Yamamoto of Honolulu Advertiser

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.

Send \$3 plus \$1 for postage and handling to:

NATIONAL MASTERS NEWS

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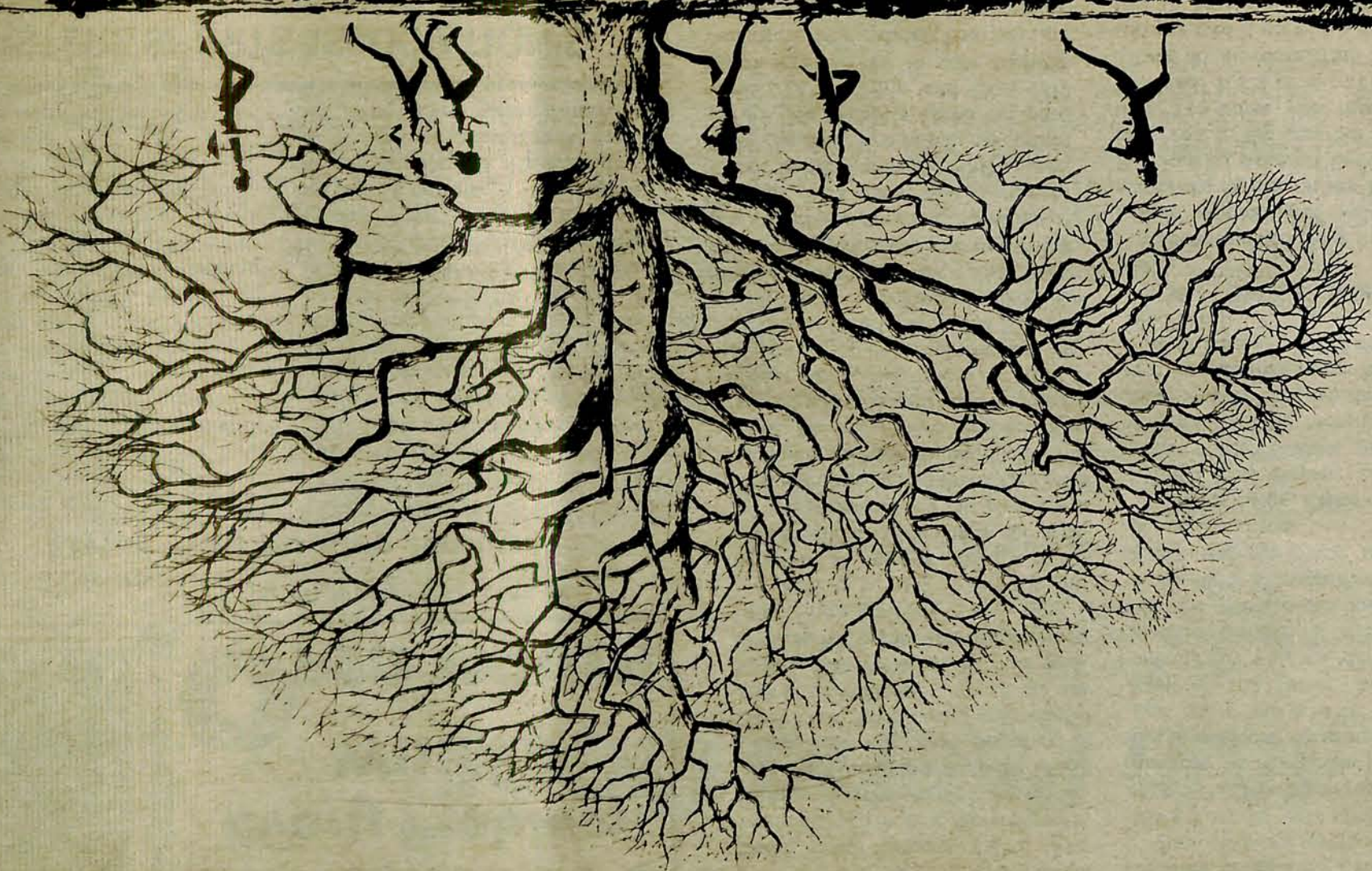
NIKE MASTERS GRAND PRIX SERIES

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

Selecting trip winners on an age-graded performance basis will provide an opportunity for all age groups and our strongest medal hopefuls to be represented at the Grand Prix Final and in Japan.

May 23	Portland, OR • Viking Classic 10K	• PSU Athletic Development Office • Trips: 4M/2W
May 31	Huntsville, AL • Cotton Row Run 10K	• Cotton Row Run
June 13	Michigan City, IN • News-Dispatch 15K	• Dunes Running Club
June 19	San Francisco, CA • Run for the Kids 10K	• St. Jude Children's Research Hospital
June 27	Kansas City, MO • Mid-America Masters 10K	• 205 E. 3rd St. Ste 315, San Mateo, CA 94401
July 4	St. Louis, MO • Veiled Prophet Fair 10K	•
July 3	San Barbara, CA • Semama Nautica 15K	• Semama Nautica
Aug 15	Philadelphia, PA • Nat. Masters Sports Festival	• P.O. Box 6616, Santa Barbara, CA 93111
		• 530 Walnut St., Philadelphia, PA 19172

To be eligible for the trips, runners must be Masters in the international sense (i.e., men 40+ women 35+). When inquiring about races, please enclose a self-addressed stamped envelope; general information, call (503) 641-6453, NIKE Masters Program, or write: Valdemar Schult, 3900 SW Murray Blvd., Beaverton, OR 97005.





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 that expression anymore, most everyone realizes that not only does crime pay — it's one of the most profitable, low risk businesses in the world. If it wasn't for 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 cookbook 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 whole damn world and here she is, getting crazy over some pictures at

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 cookbook 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 whole damn world and here she is, getting crazy over some pictures at

O'Hare Field. We had a doozy of: Where are you at? . . . What are you into? . . . Where are you coming from? confrontations right there where they sell those \$3.00 foreign candy bars. Never mind, there was no turning 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 believe a word would be appropriate at this time about both 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 Higdon's in the world than Knute Rocknes 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 Sturak in last month's NMN issue. Teeth clenched, first raised in a defiant gesture. He probably kneed the poor woman on his right and God only knows what he did to poor mundle. 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.

10K, Tokyo, Japan - March 21st

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-rear of the pack, finally got into a stretch run duke-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 their cars.

10 Miles, Hong Kong - March 27th

You couldn't possibly find room in Hong Kong for a 10 mile race, right? Right! The organizers found the perennial reservoir in the New Territories to run to and from, complete with a large field and a winner with the unlikely name of Ted Turner. An American military guy with the Marine hair cut made me feel like I'd never left home. He kept yelling in this bullhorn at the finish line, "Irregardless of your finish, will you please stay in your perspective chutes."

10K, Canton, China - March 28th

Little guys running all over the place. I kept thinking of some line about a fire drill. More people doing those Chinese type exercises along the race course than were in the race. Nobody I met ever heard of Gentleman Jim Puckett.

5 Mile - Pattaya, Thailand - April 3rd

Someone 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.

MASTERS SPORTS ASSOCIATION'S THIRD ANNUAL RUNNING RELAY & FIELD EVENT RELAY CARNAVAL

SUNDAY, JULY 11, 1982

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, 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 SEPARATE 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# _____

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

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

NOTE: N.Y. MASTERS TEAM MEMBERS SEND IN \$2.50 PER EVENT & LIST RELAY.



POSTERS & NOTECARDS

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

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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.

Deadline for entries: August 15, 1982.

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, unpar-

alleled night life and the finest cuisine from around the world. For official en-

try form, please write to the San

Juan Annual Masters Associa-

tion, G.P.O. Box #336, San Juan,

Puerto Rico 00936.



**The
Second
San Juan
Annual
Masters
Championships.
Sept. 24-26, 1982.**



Puerto Rico, U.S.A.

It takes a great island to deliver a great vacation.

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 NMN, PO Box 2372, Van Nuys CA 91404.

EAST

• **Bob Fischer** posted a swift 32:21 to edge **Jim Sammon** by 29 seconds in the Perrier 10K Run in Central Park March 27. **Helene Bedrock**, 47, edged **Anna Thornhill**, 41, by 7 seconds in 39:33 to top 40 plus females.

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• The Bay-Pacific 15K course in San Francisco was certified, the organizers declared, and predicted several U.S. records April 18. But the lead bikes took the runners off course, leaving the route at least .3 miles short. "It ruined fine performances by masters **Sal Vasquez**, who won the race outright, **Sister Marion Irvine**, 1st master & 4th woman, and **Kay Atkinson**, who won the 60 plus women's division by more than 4 minutes over rival **Jaclyn Caselli**," **Jim Scanell** reports.

• The San Diego Track Club's May 8 attempt at a new masters 100 x mile relay world record fell short by 7 minutes. So the record stays in England, but the San Diegans broke their own American record, which was some consolation.

• NMN's April issue listing "athletes who

enter a new division" erred in including the name of **Norman Tamanaha** as turning 80. Tamanaha died about 5 years ago, and a race (reported in this issue) was named in his honor.

• **Payton Jordan**, now 65, broke the world 100 meter mark for men 65-69 April 25 in Hayward, Calif. with a time of 12.6. The old mark was 12.8, set by **Yngve Brange** of Sweden in 1978.

• **Jim Vernon's** 11'6" pole vault Jan. 31 in Palm Desert, Calif. is a new U.S. 65-69 standard, erasing **Stan Thompson's** 1977 vault of 10'2". West Germany's **Herbert Schmitt** holds the world mark at 11'10".

• The 3000-meter time of 18:22 run by **Bess James** in that meet is also a new world best for women 70-74.

• The CDM "Don Palmer Memorial" relays have been switched from June 12 to Sat. July 31 at a site to be announced. The Home Savings Pan-American Masters T&F Championships are definitely off for 1982, but meet director **Hilliard Sumner** hopes to bring them back in 1983.

• **Ron Hill**, 44, of Great Britain, holds the record for running most consecutive days. Hill hasn't missed since Dec. 20, 1964. **Mark Covert**, 31, track and cross-country coach at Los Angeles Valley College, is believed next in line, starting his streak July 23, 1968. He has run with a temperature of 103, run with stress fractures, run 6 miles a day on a ship when he and his wife were on a Caribbean cruise, run when it was 10 below zero in Chicago and well over 100 in Los Angeles, and run the day before he checked into a hospital for dehydration and the next night when he checked out of the hospital so he wouldn't miss a day. "I run at least 3 miles a day, or it wouldn't count," he says. He usually does 10-15 miles a day, up to 100 a week. "Every July 23 I get cards from runners congratulating me for another year. It's like receiving birthday cards," Covert said.

NORTHWEST

• **Jerry Schmidt** won a blazing masters mile at the Univ. of Washington Invitational which saw 8 runners under 5:00. His time of 4:35.3 led **Dennis Hughes** and **Denny Meyer** by less than 3 seconds.

• **Valdemar Schultz** told NMN that **Fred Kiddy**, 48, won the national open and masters 50-mile championships in Yakima, Wash. April 25. **Sandra Kiddy**, 44, came within 3 minutes of the U.S. women's 50-mile record and won the open women's title. The Kiddys are thus a unique pair: husband-and-wife national champions. Complete results, hopefully, in next issue.

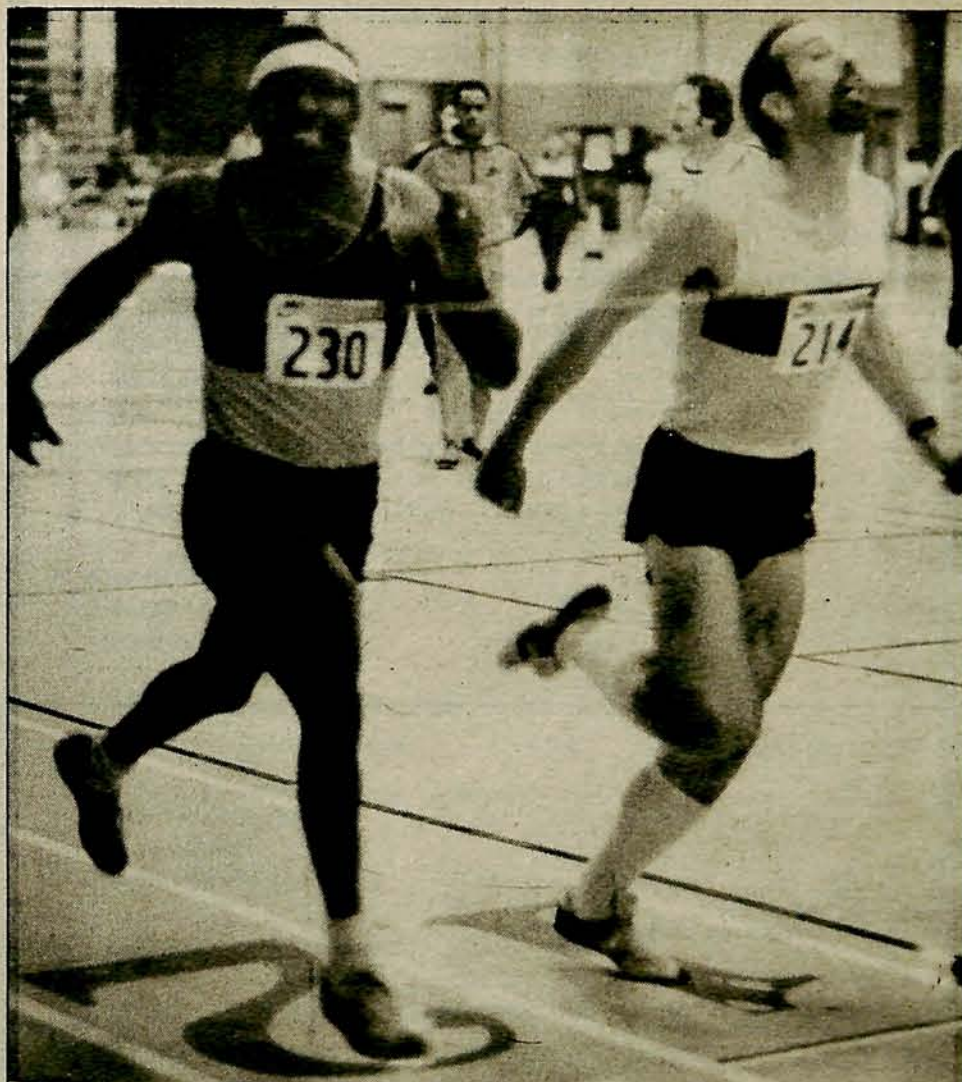
INTERNATIONAL

• **Derek Turnbull's** world 55:59 record of 33:08.2 in the 10000 meters Feb. 13, 1982 is 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 15:43.2 for 5000 in 1980. "The official mark remains **Jack Ryan's** 15:52.8," Mundle said. **Ron Franklin** reports he heard that Hesselmann ran under 33 minutes for 10K and under 16 minutes for 5K in 1981.

• Seems that some masters can't believe that **Anne McKenzie** of Cape Town, South Africa ran the 800 meters in 2:06.5 at age 40 15 years ago. 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 veterans 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 and 1500 meter runs.

• **Sylvia Peterson** set a pending world 100 meters best for women 50-54 in New Zealand in 13.5. **Maeve Kyle** holds the existing mark at 13.65.

• **Odette Domingo** of Brazil broke her own W45 world discus mark by 2 feet with a throw of 160'7" in the South American Masters Championships in Santiago, Chile.



John Ewing edges Thornton Shelton for second in 300 yard dash in TFA indoor meet, sponsored and administrated by the mid-America Masters.

photo Russ Niemi



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. Complementary 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 1/4" 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 listed above.

Signature _____ Date _____



1982 PENN MUTUAL - TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS



Sponsored By:

Penn Mutual Life Insurance Company
NIKE
Jim & Sally Hershberger
Friday, Saturday & Sunday
August 6th, 7th & 8th

LOCATION

Wichita State University
Hillside & 21st Street North
Wichita, Kansas

ENTRY INFORMATION

FEES

First event \$ 5.00
Each additional event \$ 3.00
Relays, per team \$16.00
Pentathlon \$10.00

Deadline - postmarked July 23rd

LATE ENTRIES - will be returned

AGE as of August 6th determines age group

TAC registration required

No refunds for no-show

MEET HEADQUARTERS

Hilton Inn, East Kellogg and Rock Road
Packet pick-up Thursday evening
5:00 p.m. - 8:00 p.m. or at track.

FACILITIES

Rubaturf Track & Runways—
4" spikes or flats
Concrete throwing rings
Runway
Lockers & showers - bring lock & towel

AWARDS

TAC National Championship medals awarded to
first three places. Championship patches
for all events.

SOCIAL

Swimming - Refreshments - Munchies
Saturday afternoon 3:00 p.m. - 8:00 p.m.
Jim Hershberger Home
851 Tara Lane
No cost

RESULTS

Results will be published in
September National Masters
Newsletter. Subscription to
NMN is \$12 per year--

Write: National Masters Newsletter
P. O. Box 2372
VanNuys, California 91404

GENERAL INFORMATION

- Order of competition: Women first, oldest to youngest.
- Effort will be made to run one heat in all events 800m and above. However, if there are too many entrants, sections will be run and competitors seated in heats according to submitted times. It is important you include best time on entry form, and submit any better efforts prior to entry deadline date.
- 10,000 meters will be run in two sections: 50 & over and women -- 30-49.

TECHNICAL RULES

The technical rules of the open Track and Field Committee under The Athletics Congress and the IAAF shall be followed with these exceptions:

- a) Age on the first day of the meet will determine age group for meet.
- b) 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).
- c) There shall be no Regional Championship restrictions to any Masters competitor involving awards or eligibility to compete.
- d) Age Divisions
All divisions will be 5 year divisions, except for relays, which will be in 10 year divisions.
- e) Competition in Age Divisions
1. A competitor may run in a younger age division, but may not compete in an older age division.
2. If a competitor runs in a younger age division, that athlete must compete in that age division in all subsequent individual events. Relays are excluded from this restriction.
- f) Starting Blocks and Stance
Regarding the use of starting blocks and a four-point stance:
The general starting rule is waived. Use of blocks and stance is discretionary by the competitor.
- g) In the javelin event, measure flat throw from where the grip lands. If javelin lands tail first, it is not a legal throw.
- h) A 60° arc be used for the hammer, discus, shot and weight toss.
- i) Taping of two fingers together for the shot put should be allowed. Taping of the wrist is also permitted.

HURDLES

Spacing: All high hurdles spacing shall be: 15 yards to first hurdle; 10 yards between each hurdle; 15 yards to finish.
Exceptions: Women 30-49 and Men 70+; 100m hurdles; standard spacing.

Women 50+: 80m hurdles; standard spacing for 100m hurdles

Heights—Men.	110M	400M
30 - 39	39"	36"
40 - 49	36"	33"
50 - 59	33"	30"
60 - 69	30"	30"
70+	30"	30"

Heights—Women.

30 - 39	33"	30"
40+	30"	30"

SHOT PUT.

MEN	WOMEN
30 - 39 16 lb.	30 - 39 4 kilo
40 - 49 16 lb.	40 - 49 4 kilo
50 - 59 12 lb.	50+ 3 kilo
60 - 69 8 lb.	
70+ 8 lb.	

Heavier weights can be thrown at the Meet Director's discretion. All throws must be made with the same weight.

DISCUS.

MEN	WOMEN
30 - 39 2 kilo	All ages 1 kilo
40 - 49 2 kilo	
50 - 59 1.6 kilo	
60 - 69 1.0 kilo	
70+ 1.0 kilo	

HAMMER.

MEN	WOMEN
30 - 39 16 lb.	All ages 8 lb.
40 - 49 16 lb.	
50 - 59 12 lb.	
60 - 69 12 lb.	
70+ 12 lb.	

JAVELIN.

MEN	WOMEN
30 - 39 800 gm	30 - 39 600 gm
40 - 49 800 gm	40 - 49 600 gm
50 - 59 800 gm	50+ 400 gm
60 - 69 600 gm	
70+ 600 gm	

List of Hotels and Motels accessible to WSU

English Village Motor Lodge 6727 E. Kellogg (316) 683-5613	\$30.00 single \$36.00 double
Hilton Inn East East Kellogg at Rock Road (316) 686-7131	\$44.00 single \$56.00 double
Holiday Inn East 7335 E. Kellogg (316) 685-1281	\$41.00 single \$50.00 single (tower) \$46.00 double \$55.00 double (tower)
Howard Johnsons 7300 E. Kellogg (316) 684-0561	\$36.00 single \$44.00 double
LaQuinta Motor Inns 7700 E. Kellogg (316) 681-2881	\$29.00 single \$36.00 double
Mark 8 Inn 8136 E. Kellogg (316) 685-9415	\$25.88 single \$28.88 double
Ramada Inn East 8300 E. Kellogg (316) 684-0541	\$35.00 single \$41.00 double
Starlite Motor Lodge 6345 E. Kellogg (316) 683-7576	\$19.30 single \$29.96 double
Tudor Inn 9100 E. Kellogg (316) 685-0371	\$37.00 single \$42.00 double
Wichita Inn 8220 E. Kellogg (316) 685-8291	\$21.50 single \$24.50 double

SCHEDULE OF EVENTS

Friday, August 6

Track Events

3:00 p.m. 80m Hurdles (T)
3:20 p.m. 100m Hurdles (T)
3:55 p.m. 110m Hurdles (T)
5:10 p.m. 80m Hurdles (F)
5:25 p.m. 100m Hurdles (F)
5:45 p.m. 110m Hurdles (F)
6:30 p.m. 400m Dash (T)
7:25 p.m. 2000m Steeple Chase
7:45 p.m. 3000m Steeple Chase
8:15 p.m. 800m Run
9:15 p.m. 400m Relay

Field Events

5:00 p.m. Hammer
6:00 p.m. Javelin
6:00 p.m. Pole Vault (30-44)
6:30 p.m. High Jump (women, 60+ men)
7:00 p.m. Long Jump
7:00 p.m. Shot Put (women, 60+ men)

Saturday, August 7

Track Events

7:00 a.m. 5,000m Walk
7:50 a.m. 10,000m Run (women, 50+ men)
9:00 a.m. 10,000m Run (30-49)
10:00 a.m. 100m Dash (T)
11:15 a.m. 3200m Relay
11:30 a.m. 100m Dash (F)
12:25 p.m. 400m Dash (F)

Field Events

9:00 a.m. High Jump (men 30-59)
9:00 a.m. Shot Put (men 30-59)
9:00 a.m. Discus (women)
10:00 a.m. Pole Vault (45+)
11:00 a.m. Triple Jump

Sunday, August 8

7:00 a.m. 20 Kilometer Walk
(Campus High School)
8:00 a.m. 5,000m Run (women, 50+ men)
8:30 a.m. 5,000m Run (30-49)
9:00 a.m. 400m I.M. Hurdles (F)
10:00 a.m. 200m Dash (T)
10:50 a.m. 1,500m Run (F)
12:30 a.m. 200m Dash (F)
1:20 p.m. 1,600m Relay

Field Events

9:00 a.m. Long Jump - women
9:00 a.m. Discus

Pentathlon

8:00 a.m.

Please print: Last Name First Name Middle Initial

Address City State Zip

Telephone () Age as of Aug. 6, 1982:

Party Reservation: I will will not attend

Events Age Group Best 1982 Effort

Send to: Bob Lida, 221 N. Main St., Wichita, Kansas 67202

Male Female

T-Shirt order: \$5.00 each

Circle Shirt Size: S M L XL

Enclose full payment for entry fees, and T-Shirt

Make check payable to: The National 1982 Masters Championship

Waiver Statement

(must be signed and submitted with registration)

As an entrant in the 1982 TAC National Masters Championships I assume complete responsibility for any injury to me or damage to my property which may occur during the event or while I am on the premises of the event; and I hereby release and hold harmless the sponsors, promoters and all other persons associated with the event from any and all liability for injury or damage, whether caused by negligence of the sponsors, promoters or other persons associated with this event, or otherwise, I grant permission to any and all of the foregoing to use any photographs, video-tapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

Signature

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 NMN, PO Box 2372, Van Nuys CA 91404.

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• **Bruce Springbett** says he plans to hold a 2-mile relay in the West Valley Masters T&F meet in Los Gatos, Calif. July 24. "West Valley TC holds the record, and the Striders and San Diego TC want to take a shot at it," he said. "It will be open to any other recognized club also."

• **Mike Tymn** ran 33:34 for 10K on the track in Hawaii and won the masters **Tamanaha 15K** title in 49:43. "I lost 23 pounds in 3½ months preparing for the race," he said, "going from 170 to 147. My wife is ready to divorce me; she says I look like a war refugee, but I feel great." It appears that Michael A has clearly won out over Michael B (see Tymn's September, 1981 Gun Lap) in the battle for Tymn's soul.

• The Bay-Pacific 15K course in San Francisco was certified, the organizers declared, and predicted several U.S. records April 18. But the lead bikes took the runners off course, leaving the route at least .3 miles short. "It ruined fine performances by masters **Sal Vasquez**, who won the race outright, **Sister Marion Irvine**, 1st master & 4th woman, and **Kay Atkinson**, who won the 60 plus women's division by more than 4 minutes over rival **Jaclyn Caselli**," **Jim Scannell** reports.

• The San Diego Track Club's May 8 attempt at a new masters 100 x mile relay world record fell short by 7 minutes. So the record stays in England, but the San Diegans broke their own American record, which was some consolation.

• NMN's April issue listing "athletes who

enter a new division" erred in including the name of **Norman Tamanaha** as turning 80. Tamanaha died about 5 years ago, and a race (reported in this issue) was named in his honor.

• **Payton Jordan**, now 65, broke the world 100 meter mark for men 65-69 April 25 in Hayward, Calif. with a time of 12.6. The old mark was 12.8, set by **Yngve Brange** of Sweden in 1978.

• **Jim Vernon's** 11'6" pole vault Jan. 31 in Palm Desert, Calif. is a new U.S. 65-69 standard, erasing **Stan Thompson's** 1977 vault of 10'2". West Germany's **Herbert Schmitt** holds the world mark at 11'10".

• The 3000-meter time of 18:22 run by **Bess James** in that meet is also a new world best for women 70-74.

• The CDM "Don Palmer Memorial" relays have been switched from June 12 to Sat. July 31 at a site to be announced. The Home Savings Pan-American Masters T&F Championships are definitely off for 1982, but meet director **Hilliard Sumner** hopes to bring them back in 1983.

• **Ron Hill**, 44, of Great Britain, holds the record for running most consecutive days. Hill hasn't missed since Dec. 20, 1964. **Mark Covert**, 31, track and cross-country coach at Los Angeles Valley College, is believed next in line, starting his streak July 23, 1968. He has run with a temperature of 103, run with stress fractures, run 6 miles a day on a ship when he and his wife were on a Caribbean cruise, run when it was 10 below zero in Chicago and well over 100 in Los Angeles, and run the day before he checked into a hospital for dehydration and the next night when he checked out of the hospital so he wouldn't miss a day. "I run at least 3 miles a day, or it wouldn't count," he says. He usually does 10-15 miles a day, up to 100 a week. "Every July 23 I get cards from runners congratulating me for another year. It's like receiving birthday cards," Covert said.

NORTHWEST

• **Jerry Schmidt** won a blazing masters mile at the Univ. of Washington Invitational which saw 8 runners under 5:00. His time of 4:35.3 led **Dennis Hughes** and **Denny Meyer** by less than 3 seconds.

• **Valdemar Schultz** told NMN that **Fred Kiddy**, 48, won the national open and masters 50-mile championships in Yakima, Wash. April 25. **Sandra Kiddy**, 44, came within 3 minutes of the U.S. women's 50-mile record and won the open women's title. The Kiddys are thus a unique pair: husband-and-wife national champions. Complete results, hopefully, in next issue.

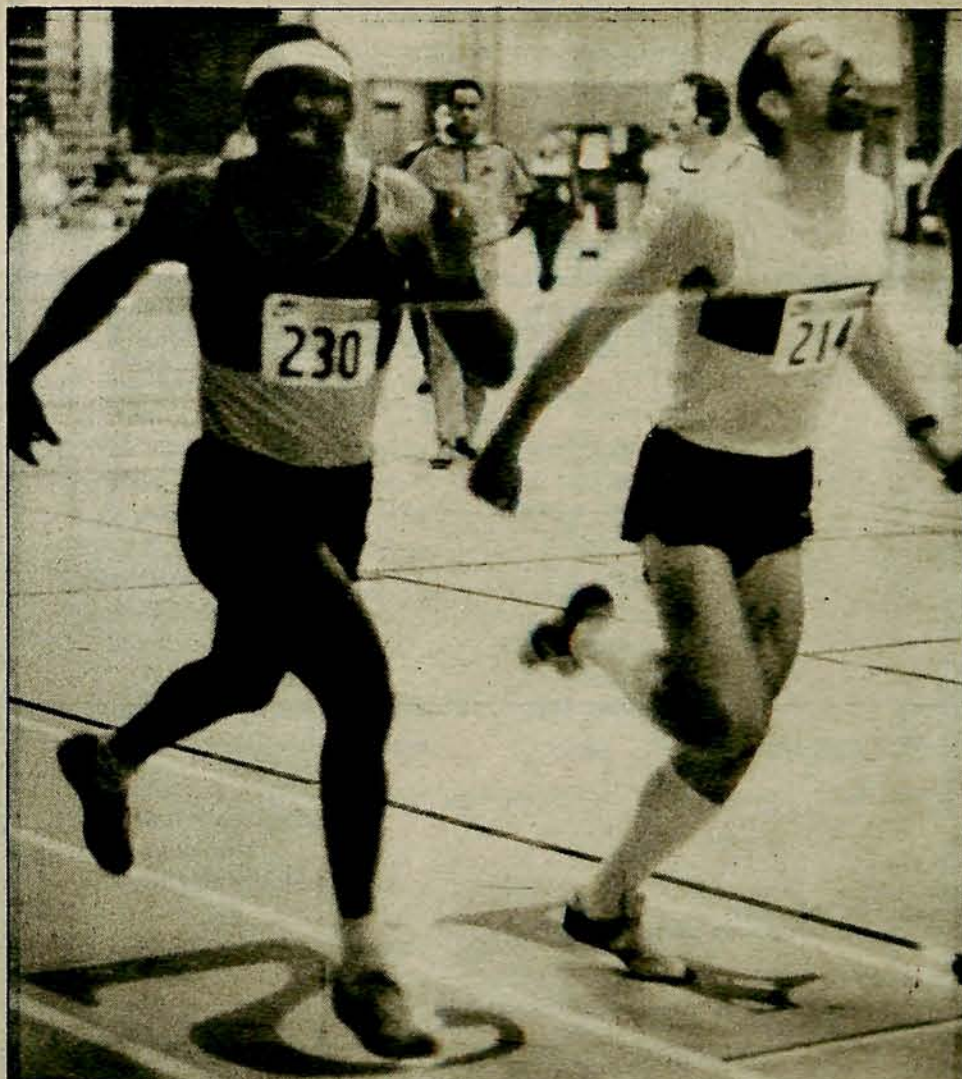
INTERNATIONAL

• **Derek Turnbull's** world 55-59 record of 33:08.2 in the 10000 meters Feb. 13, 1982 is 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 15:43.2 for 5000 in 1980. "The official mark remains **Jack Ryan's** 15:52.8," Mundle said. **Ron Franklin** reports he heard that Hesselmann ran under 33 minutes for 10K and under 16 minutes for 5K in 1981.

• Seems that some masters can't believe that **Anne McKenzie** of Cape Town, South Africa ran the 800 meters in 2:06.5 at age 40 15 years ago. 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 veterans 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 and 1500 meter runs.

• **Sylvia Peterson** set a pending world 100 meters best for women 50-54 in New Zealand in 13.5. **Maeve Kyle** holds the existing mark at 13.65.

• **Odette Domingo** of Brazil broke her own W45 world discus mark by 2 feet with a throw of 160'7" in the South American Masters Championships in Santiago, Chile.



John Ewing edges Thorton Shelton for second in 300 yard dash in TFA indoor meet, sponsored and administrated by the mid-America Masters.

photo Russ Niemi



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. Complementary 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 1/4" 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 listed above.

Signature _____ Date _____



Pat Dixon, 62, Bend, Oregon clocked 1:37:33 in National Masters 20K in Seattle March 14 for new U.S. women's 60-64 record.

photo by Carolé Langenbach

Half-Marathon Records Fall

from JIM SCANNELL

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

Scannell's 1:22:46 betters 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 1:42:22 lowers Kay Atkinson's 60-64 standard of 1:47:30.

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

Tim Rostege continued in fine form, leading the masters men by 6 minutes in 1:12:53.

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 Gorman 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 with a time of 1:22:26.



Phil Coppess (#3), winner of the Price Chopper '82 in Albany, N.Y., March 21, runs neck and neck with Barry Brown, 36, (#2) who placed second in the Road Runners Club of America national 30K championship race.

THIS WAS CHINA '81 - U.S. MASTERS RUNNERS

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<input type="checkbox"/> Kayaking	<input type="checkbox"/> Synchronized Swimming
<input type="checkbox"/> Long Distance Running	<input type="checkbox"/> Track & Field
<input type="checkbox"/> Long Distance Swimming	<input type="checkbox"/> Weightlifting
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World & U.S. Women's Age Group Bests by Five Year Categories

WORLD WOMEN'S AGE—GROUP RECORDS AS OF MARCH 1, 1982

AGE GROUP BESTS BY FIVE YEAR CATEGORIES
(35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+)
(0-B, 1-A, 1-B, II-A, II-B, III-A, III-B, IV-A, IV-B)

100 METERS				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 11.7	FRANCINA BLANKER-KOEN (HOL)	35	8-2-79	
40-44 12.0	MAEVE KYLE (IRELAND)	40	4-25-79	
45-49 12.5	MAEVE KYLE (IRELAND)	45	1-21-74	
50-54 13.65H	MAEVE KYLE (IRELAND)	50	7-29-79	
55-59 14.6	RUTH CHRISTIAN (CORONA, CA)	55	8-18-79	
60-64 15.5	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	63	10-3-81	
65-69 16.1	POLLY CLARKE (LOVELAND, COLO)	67	5-6-78	
70-74 16.2	POLLY CLARKE (LOVELAND, CO)	70	4-17-81	
75+ 19.75	IRJA SARNAMA (FIN)	75	1-13-81	
200 METERS				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 24.4H	ERIKA ROST (WG)	35	6-2-79	
40-44 25.0H	VIVI MARKUSSEN (DEN)	40	8-17-80	
45-49 26.21H	IRENE OBERA (MORAGA, CA)	47	1-13-81	
50-54 27.86H	MAEVE KYLE (EIR)	51	8-6-80	
55-59 30.59H	KIRSTEN HYEEM (NOR)	55	1-10-81	
60-64 33.16H	ELIZABETH HAULE (WG)	60	8-6-80	
65-69 34.7H	WINFRED REID (S. AFR.)	65	8-17-80	
70-74 34.2H	POLLY CLARKE (LOVELAND, CO)	71	9-6-81	
75+ 42.88H	IRJA SARNAMA (FIN)	75	1-10-81	
400 METERS				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 50.56H	AURELIA PENTON (CUBA)	35	7-15-78	
40-44 55.3H	MAEVE KYLE (IRELAND)	41	7-22-79	
45-49 59.68H	COLLEEN MILLS (NZ)	47	1-10-81	
50-54 63.2H	ANNE MCKENZIE (S. AFR.)	50	10-15-75	
55-59 70.9H	ANNE MCKENZIE (RSA)	55	5-2-81	
60-64 76.29H	ELIZABETH HAULE (WG)	60	8-6-80	
65-69 79.66H	WINFRED REID (RSA)	65	1-13-81	
70-74 87.6H	POLLY CLARKE (LOVELAND, CO)	70	4-18-81	
75+ 2103.5H	RUTH ROTHFARB (MIAMI BEACH, FL)	79	1-13-81	
800 METERS				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 1:57.4H	ILEANA SILAI (ROMANIA)	35	6-28-77	
40-44 2:06.5H	ANNE MCKENZIE (S. AFR.)	41	7-1-87	
45-49 2:19.2H	ANNE MCKENZIE (S. AFR.)	45	11-13-70	
50-54 2:23.1H	ANNE MCKENZIE (S. AFR.)	50	10-29-75	
55-59 2:43.5H	ANNE MCKENZIE (RSA)	55	1-10-81	
60-64 3:01.0H	BRITTA TIBBLING (SWE)	62	1-9-81	
65-69 3:30.9H	GERDA MUELLER (WG)	65	8-6-80	
70-74 3:38.7H	POLLY CLARKE (LOVELAND, CO)	70	4-17-81	
75+ 4:130.1H	RUTH ROTHFARB (MIAMI BEACH, FL)	79	1-9-81	
1500 METERS				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 3:58.5	ILEANA SILAI (ROM)	37	7-13-75	
40-44 4:20.7	JOYCE SMITH (GB)	40	5-21-78	
45-49 4:49.2	ANNE MCKENZIE (S. AFR.)	49	11-16-74	
50-54 4:54.5	ANNE MCKENZIE (S. AFR.)	50	10-15-75	
55-59 5:31.1	ANNE MCKENZIE (RSA)	55	12-10-80	
60-64 6:01.4	BRITTA TIBBLING (SWE)	62	8-6-80	
65-69 6:59.0	JOHANNA LUTHER (WG)	67	8-6-80	
70-74 7:34.0	POLLY CLARKE (LOVELAND, CO)	70	4-18-81	
75+ 8:47.8	RUTH ROTHFARB (MIAMI BEACH, FL)	79	1-14-81	
3000 METERS				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 8:55.6	JOYCE SMITH (GB)	36	7-19-74	
40-44 9:11.2	JOYCE SMITH (GB)	40	4-30-78	
45-49 10:31.4	VALBORG OSTBERG (NOR)	46	6-17-78	
50-54 10:34.2	VALBORG OSTBERG (NOR)	50	7-5-81	
55-59 12:09.6	HILDE JOECKLE (WG)	57	-7-79	
60-64 13:38.2	PAT DIXON (BEND, OR)	61	8-2-80	
65-69 17:15.6	IVY GRANSTROM (CAN)	68	8-3-80	
70-74 24:22.4	MARILLA SALISBURY (SAN DIEGO, CA)	73	7-11-81	
5000 METERS				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 16:36.2	ODRIS HERITAGE (SEATTLE, WA)	35	4-22-78	
40-44 16:57.4	JUDY FOX (SUNNYVALE, CA)	40	8-16-81	
45-49 18:09.0	MARIA DE ORLANDO (ITA)	46	1-12-81	
50-54 18:15.0	VALBORG OSTBERG (NOR)	50	6-7-81	
55-59 20:49.4	JEAN CLEATOR (CAN)	55	7-25-81	
60-64 22:26.4	PAT DIXON (BEND, OR)	62	8-16-81	
65-69 24:49.2	MARIE LYNNERUP (DEN)	65	7-31-79	
70-74 28:33.8	BESS JAMES (SAN JACINTO, CA)	70	7-13-80	
75+ 38:09.0	RUTH ROTHFARB (MIAMI BEACH, FL)	79	7-13-80	
10,000 METERS				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 34:34.4	ANN LETHERBY (AUS)	35	10-7-81	
40-44 34:26.4	JOYCE SMITH (GB)	42	2-27-80	
45-49 38:48.2	DOROTHY STOCK (LA MESA, CA)	48	1-8-81	
50-54 40:13.2	MARGARET MILLER (THOUSAND OAKS, CA)	54	6-22-80	
55-59 43:12.2	HELEN DICK (CHICAGO, IL)	56	8-16-80	
60-64 47:29.8	PAT DIXON (BEND, OR)	62	8-22-81	
65-69 52:53.2	MALTRAUD KRETSCHMER (WG)	68	1-6-81	
70-74 59:20.7	AILSA FORBES (NZ)	70	1-8-81	

MARATHON				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 2:35:04	CAROL GOULD (GB)	36	10-26-80	
40-44 2:29:56	JOYCE SMITH (GB)	43	3-29-81	
45-49 2:48:46	MARIA DE ORLANDO (ITA)	46	9-13-81	
50-54 2:55:17	MARION IRVINE (CA)	52	12-6-81	
55-59 3:18:07	HELEN DICK (CHICAGO, IL)	55	6-7-80	
60-64 3:21:35	LIESELOTTE SCHULTZ (WG)	60	6-24-80	
65-69 3:49:41	MARIE LYNNERUP (DEN)	65	5-24-80	
70-74 4:37:37	MAVIS LINDGREN (ORLEANS, CA)	72	9-9-79	
75+ 4:41:45	IDA MINTZ (GLENCOE, IL)	75	4-27-81	

HIGH JUMP				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 5'8 1/4	1.73 CHRISTA VOSS (WG)	36	7-30-79	
40-44 5'4 1/4	1.63 DOROTHY TYLER (GB)	41	8-2-81	
45-49 5'0	1.52 DOROTHY TYLER (GB)	45	7-18-85	
50-54 4'10	1.47 DOROTHY TYLER (GB)	50	6-14-70	
55-59 4'3 1/4	1.30 YLASTA CHLIMSKA (CZE)	56	7-30-79	
60-64 3'9 1/4	1.15 ANNCHEN REILE (WG)	63	5-15-78	
65-69 3'7 1/2	1.10 ANNCHEN REILE (WG)	65	8-6-80	
75+ 3'3 1/2	1.00 IRJA SARNAMA (FIN)	75	8-9-81	

LONG JUMP				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 21'4	6.50 WILLYE WHITE (US)	35	10-20-74	
40-44 18'2 1/4	5.54 MARLENE ALTMANN (WG)	40	7-30-77	
45-49 16'10	5.54 HELEN SEARLE (AUS)	41	4-17-81	
50-54 16'6 1/2	5.13 MAEVE KYLE (IRELAND)	45	8-16-74	
55-59 13'9 3/4	5.04 MAEVE KYLE (IRELAND)	50	7-29-79	
60-64 11'11 1/2	4.21 KIRSTEN HYEEM (NOR)	55	8-6-80	
65-69 11'2	3.64 ELIZABETH HAULE (WG)	60	8-6-80	
70-74 8'0	3.40 R. SOLE (NZ)	65	1-8-81	
75+ 8'5 3/4	2.94 EDITH MENDYKA (TUJUNGA, CA)	70	5-16-81	
	2.58 IRJA SARNAMA (FIN)	75	8-8-81	

SHOT PUT				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 63'7 1/2	19.39 ANTONINA IVANOVA (URS)	38	7-17-71	
40-44 62'10 1/2	19.16 ANTONINA IVANOVA (URS)	41	2-24-74	
45-49 46'6 1/4	14.18 LIESL HUBER (WG)	45	10-13-79	
50-54 41'11 1/2	12.79 MARIANNE HAMM (WG)	51	7-30-70	
55-59 36'6 1/4	11.13 M. VAN AS (RSA)	59	7-19-80	
60-64 31'4	9.55 EDITH MENDYKA (TUJUNGA, CA)	61	6-17-72	
65-69 29'4	8.94 EDITH MENDYKA (TUJUNGA, CA)	65	3-27-76	
70-74 29'3	8.91 EDITH MENDYKA (TUJUNGA, CA)	70	5-9-81	
75+ 23'7 1/2	7.20 IRJA SARNAMA (FIN)	75	8-9-81	

DISCUS THROW				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 228'4	69.60 FAINA MYELNIK (URS)	35	9-9-80	
40-44 206'5	62.92 HELGI PARTS (URS)	41	-7-8	
45-49 158'3	48.24 ODETE DOMINGOS (BRA)	46	1-10-81	
50-54 130'4	39.72 RUTH SVEDBERG (SWE)	51	9-17-54	
55-59 108'4	33.02 RUTH SVEDBERG (SWE)	55	-5-8	
60-64 101'3	30.86 ANNCHEN REILE (WG)	60	10-19-75	
65-69 87'1	26.54 ANNCHEN REILE (WG)	65	1-8-81	
70-74 62'6	19.05 EDITH MENDYKA (TUJUNGA, CA)	70	8-8-81	
75+ 55'0	16.78 IRJA SARNAMA (FIN)	75	8-7-81	

JAVELIN THROW				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 193'4	58.94 ANNELIESE GERHARDS (WG)	37	8-13-72	
40-44 167'8	51.10 DANA ZATOPKOVA (CZE)	42	9-19-64	
45-49 141'7	43.16 ALMUT BROEMMEL (WG)	45	1-13-81	
50-54 118'10	36.22 SYLVIA WHITE (AUS)	51	1-12-81	
55-59 118'7	36.14 LENA GROBLER (RSA)	57	5-2-81	
60-64 83'4	25.40 ANNCHEN REILE (WG)	62	8-10-77	
65-69 84'7	25.80 HANNA GELBRICH (WG)	65	8-6-80	
70-74 71'8	21.84 EDITH MENDYKA (TUJUNGA, CA)	70	8-9-81	
75+ 71'8	21.84 IRJA SARNAMA (FIN)	75	8-7-81	

AMERICAN WOMEN'S AGE-GROUP RECORDS

AGE GROUP BESTS BY FIVE YEAR CATEGORIES
(35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+)
(0-B, 1-A, 1-B, II-A, II-B, III-A, III-B, IV-A, IV-B)

100 YARDS				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 12.3	ALMETA PARISH (SAN FRANCISCO)	38	5-17-75	
40-44 11.4	IRENE OBERA (OAKLAND, CA)	42	5-15-76	
45-49 11.7	IRENE OBERA (MORAGA, CA)	45	4-28-79	
50-54 13.5	SHIRLEY KINSEY (LA CRESCENTA, CA)	51	2-7-81	
55-59 15.8	JOSEPHINE KOLDA (SAN FRANCISCO)	59	2-11-79	
60-64 15.5	JOSEPHINE KOLDA (SAN FRANCISCO)	60	4-21-78	
65-69 15.2	POLLY CLARKE (LOVELAND, COLO)	67	5-21-78	
70-74 26.6	MARILLA SALISBURY (SAN DIEGO, CA)	73	8-1-81	
100 METERS				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 12.2	CHERRIE SHERRARD (REDDING, CA)	37	6-26-76	
40-44 12.6	IRENE OBERA (OAKLAND, CA)	42	7-3-74	
45-49 12.03	IRENE OBERA (MORAGA, CA)	45	7-7-79	
50-54 14.8	RUTH CHRISTIAN (CORONA, CA)	53	6-26-77	
55-59 14.6	RUTH CHRISTIAN (CORONA, CA)	55	8-18-79	
60-64 15.5	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	63	10-3-81	
65-69 16.1	POLLY CLARKE (LOVELAND, COLO)	67	5-6-78	
70-74 16.2	POLLY CLARKE (LOVELAND, CO)	70	4-17-81	
75+ 19.75	RUTH ROTHFARB (MIAMI BEACH, FL)	79	1-13-81	
200 METER / 220 YARDS				
DIY. MARK	NAME (RESIDENCE)	AGE	MEET DATE	
35-39 26.0H	CHERRIE SHERRARD (REDDING, CA)	36	7-6-75	
40-44 26.1H	IRENE OBERA (OAKLAND, CA)	42	7-4-76	
45-49 26.21H	IRENE OBERA (MORAGA, CA)	47	1-13-81	
50-54 31.7H	SHIRLEY KINSEY (LA CRESCENTA, CA)	50	4-19-80	
55-59 35.5H	CATHY HARGUS (SAN DIEGO, CA)	57	6-20-76	
60-64 33.3H	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	63	2-27-82	
65-69 35.1H	POLLY CLARKE (LOVELAND, COLO)	67	7-7-78	
70-74 34.2H	POLLY CLARKE (LOVELAND, CO)	71	9-6-81	
75+ 56.92H	RUTH ROTHFARB (MIAMI BEACH, FL)	79	1-10-81	

400 METER / 440 YARDS

CLY.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	60.6M	MIKI HERVEY (TEXAS)	36	7-8-78
40-44	59.9M	IRENE OBERA (OAKLAND, CA)	42	7-4-76
45-49	61.1M	IRENE OBERA (OAKLAND, CA)	46	8-16-80
50-54	72.35M	ELLEN FULLER (IRVINE, CA)	50	7-21-79
55-59	85.69M	EDITH LEIBY (HONOLULU, HI)	57	1-13-81
60-64	82.7M	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	62	8-16-80
65-69	83.2M	POLLY CLARKE (LOVELAND, COLO)	67	8-10-77
70-74	87.6M	POLLY CLARKE (LOVELAND, CO)	70	4-18-81
75+	2:03.5M	RUTH ROTHFARB (MIAMI BEACH, FL)	79	1-13-81

500 METER / 550 YARDS

CLY.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	2:22.0M	MIKI HERVEY (DALLAS, TX)	38	1-10-81
40-44	2:22.0M	SANDRA KNOTT (CLEVELAND, OH)	43	1-10-81
45-49	2:27.8M	MARY CZARAPATA (NEW BERLIN, WISC)	45	7-5-80
50-54	2:45.4MH	RUTH ANDERSON (OAKLAND, CA)	50	7-28-79
55-59	3:25.4M	EDITH LEIBY (HONOLULU, HI)	57	3-15-81
60-64	3:11.4M	PAT DIXON (BEND, OR)	62	8-29-81
65-69	3:34.4M	ALICE WERBEL (SAN LUIS OBISPO, CA)	65	10-4-80
70-74	3:38.7M	POLLY CLARKE (LOVELAND, CO)	70	4-17-81
75+	4:30.1M	RUTH ROTHFARB (MIAMI BEACH, FL)	79	1-9-81

1500 METERS

CLY.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	4:40.2	CINDY DALRYMPLE (HONOLULU)	35	6-18-77
40-44	4:39.8	MIKI GORMAN (LOS ANGELES)	42	9-3-77
45-49	5:05.2	MARTHA KLOPPER (DURHAM, NC)	46	8-9-81
50-54	5:12.9	MARGARET MILLER (THOUSAND OAKS, CA)	54	6-21-80
55-59	6:01.3	HELEN DICK (LOS ANGELES)	57	3-9-81
60-64	6:19.1	PAT DIXON (BEND, OR)	62	7-23-81
65-69	7:13.9	ALICE WERBEL (SAN LUIS OBISPO, CA)	65	10-4-80
70-74	7:34.0	POLLY CLARKE (LOVELAND, CO)	70	4-18-81
75+	8:47.8	RUTH ROTHFARB (MIAMI BEACH, FL)	79	1-14-81

ONE MILE

CLY.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	5:15.5	SUSAN BUCHANAN (PHOENIXVILLE, PA)	37	4-5-75
40-44	5:12.5	SANDRA KNOTT (CLEVELAND, OH)	41	8-4-79
45-49	5:13.5	DOROTHY STOCK (LA MESA, CA)	49	9-15-81
50-54	5:56.8	MARGARET MILLER (THOUSAND OAKS, CA)	54	6-7-80
55-59	5:50.6	MARGARET MILLER (THOUSAND OAKS, CA)	55	2-7-81
60-64	6:48.6	PAT DIXON (BEND, OR)	62	7-17-81
65-69	8:19	POLLY CLARKE (LOVELAND, COLO)	67	6-20-78
70-74	12:22.6	MARILLA SALISBURY (SAN DIEGO, CA)	73	7-11-81

3000 METERS

CLY.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	9:38.6	CINDY DALRYMPLE (HONOLULU, HI)	35	6-11-77
40-44	10:04	MIKI GORMAN (LOS ANGELES)	41	5-22-77
45-49	10:57.0	JENNIFER WRIGHT (INDIO, CA)	45	6-30-81
50-54	11:50.8	NICKI HOBSON (SAN DIEGO, CA)	50	6-30-81
55-59	14:44.8	EDITH LEIBY (HONOLULU, HI)	57	3-22-81
60-64	13:38.2	PAT DIXON (BEND, OR)	61	8-2-80
70-74	24:22.4	MARILLA SALISBURY (SAN DIEGO, CA)	73	7-11-81

TWO MILES

CLY.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	11:39.61	NINA KUSCSIK (US)	39	1-11-78
40-44	11:29.2	SANDRA KNOTT (CLEVELAND, OH)	41	8-4-79
45-49	11:43.0	MARY CZARAPATA (NEW BERLIN, WISC)	45	9-13-80
50-54	12:13.0	MARGARET MILLER (THOUSAND OAKS, CA)	54	6-7-80
70-74	26:03.8	MARILLA SALISBURY (SAN DIEGO, CA)	73	7-11-81

5000 METERS

CLY.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	16:36.2	DORIS HERITAGE (SEATTLE, WA)	35	4-22-78
40-44	16:57.4	JUDY FOX (SUNNYVALE, CA)	40	8-16-81
45-49	18:14.0	VICKY BIGELOW (SAN LORENZO, CA)	45	6-21-81
50-54	19:27.0	MARGARET MILLER (THOUSAND OAKS, CA)	54	6-7-80
55-59	23:32.2	JACLYN CASELLI (SAN JOSE, CA)	59	8-17-80
60-64	22:26.4	PAT DIXON (BEND, OR)	62	8-16-81
65-69	27:12.2	ALICE WERBEL (SAN LUIS OBISPO, CA)	65	8-16-81
70-74	28:33.8	BESS JAMES (SAN JACINTO, CA)	70	7-13-80
75+	38:09.0	RUTH ROTHFARB (MIAMI BEACH, FL)	79	7-13-80

10,000 METERS

CLY.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	35:37.8	CINDY DALRYMPLE (HONOLULU)	35	6-8-78
40-44	35:33.8	JUDY FOX (SUNNYVALE, CA)	40	8-15-81
45-49	38:49.2	DOROTHY STOCK (LA MESA, CA)	48	1-8-81
50-54	40:13.2	MARGARET MILLER (THOUSAND OAKS, CA)	54	6-22-80
55-59	43:12.2	HELEN DICK (CHICAGO, IL)	56	8-16-80
60-64	47:23.8	PAT DIXON (BEND, OR)	62	8-22-81
65-69	67:45	RUTH UPDEGROVE (HONOLULU)	67	4-23-78
70-74	60:01	BESS JAMES (SAN JACINTO, CA)	70	7-13-80

ONE HOUR RUN

CLY.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	9:11.24	15.512 MARYLIN PAUL (PORTLAND, OR)	36	7-20-74
40-44	9:11.97	15.579 LINDA SIPPRELLE (WASH., DC)	43	7-29-78
45-49	9:37.4	14.826 DOROTHY STOCK (LA MESA, CA)	48	8-4-81
50-54	8:13.55	14.114 NICKI HOBSON (SAN DIEGO, CA)	50	8-4-81
55-59	7:10.21	12.199 MARCIE TRENT (ALASKA)	58	7-18-76
60-64	8:10	12.884 MARCIE TRENT (ALASKA)	61	7-28-79
70-74	4:49.5	6.890 MARILLA SALISBURY (SAN DIEGO, CA)	73	8-4-81

TWO HOUR RUN

CLY.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	13:48.98Y	CONNIE RODEWALD (VENTURA, CA)	35	11-13-77
40-44	15:13.99Y	LINDA SIPPRELLE (WASH., DC)	43	7-15-78
45-49	17:32.4Y	RUTH ANDERSON (OAKLAND, CA)	47	6-18-77
50-54	12:16.45Y	MARIE HEISSLER (US)	50	11-19-77
60-64	12:11.0Y	KAY ATKINSON (SAN FRANCISCO, CA)	50	6-18-77

MARATHON

CLY.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	2:43:48	CINDY DALRYMPLE (HONOLULU)	37	9-9-79
40-44	2:39:11	MIKI GORMAN (LOS ANGELES)	41	10-24-76
45-49	2:57:41	NICKI HOBSON (SAN DIEGO)	45	3-2-76
50-54	2:55:17	MARION IRVINE (CA)	52	12-6-81
55-59	3:09:47	HELEN DICK (LOS ANGELES)	56	9-28-80
60-64	3:25:40	MARCIE TRENT (ALASKA)	61	11-11-79
65-69	4:59:36	BURNIS HICKS (ALPINE, TEX)	65	5-27-78
70-74	4:34:08	MAVIS LINDGREN (ORLEANS, CA)	73	3-8-81
75+	4:41:45	IDA MINTZ (GLENCOE, IL)	75	4-27-81

HIGH JUMP

CLY.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	4'9"	1.45 CHERRIE SHERRARD (REDDING, CA)	37	6-26-76
40-44	4'6 3/4"	1.39 JOANNE GRISSOM (INDIANAPOLIS, IN)	42	8-10-80
45-49	3'8"	1.12 IRENE OBERA (OAKLAND, CA)	46	7-12-80
50-54	3'9"	1.14 RUTH CHRISTIAN (CORONA, CA)	53	6-26-77
55-59	3'3 1/2"	1.00 EDITH LEIBY (HONOLULU, HI)	57	3-22-81
60-64	3'2"	0.96 VIRGINIA LANDUYT (CA)	60	5-30-81

LONG JUMP

CLY.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	21'4"	6.50 WILLYE WHITE (US)	35	10-26-74
40-44	16'10"	5.13 JOANNE GRISSOM (INDIANAPOLIS, IN)	42	8-10-80
45-49	15'9"	4.80 IRENE OBERA (OAKLAND, CA)	46	4-7-79
50-54	10'3 1/2"	3.14 ELLEN FULLER (IRVINE, CA)	51	7-12-80
55-59	11' 172"	3.36 RUTH CHRISTIAN (CORONA, CA)	55	8-18-79
60-64	5'9"	1.75 DOT CALLAN (HI)	62	12-31-80
65-69	9'11"	3.02 POLLY CLARKE (LOVELAND, COLO)	67	5-21-78
70-74	8'0"	2.44 EDITH MENDYKA (TUJUNGA, CA)	70	5-16-81

SHOT PUT

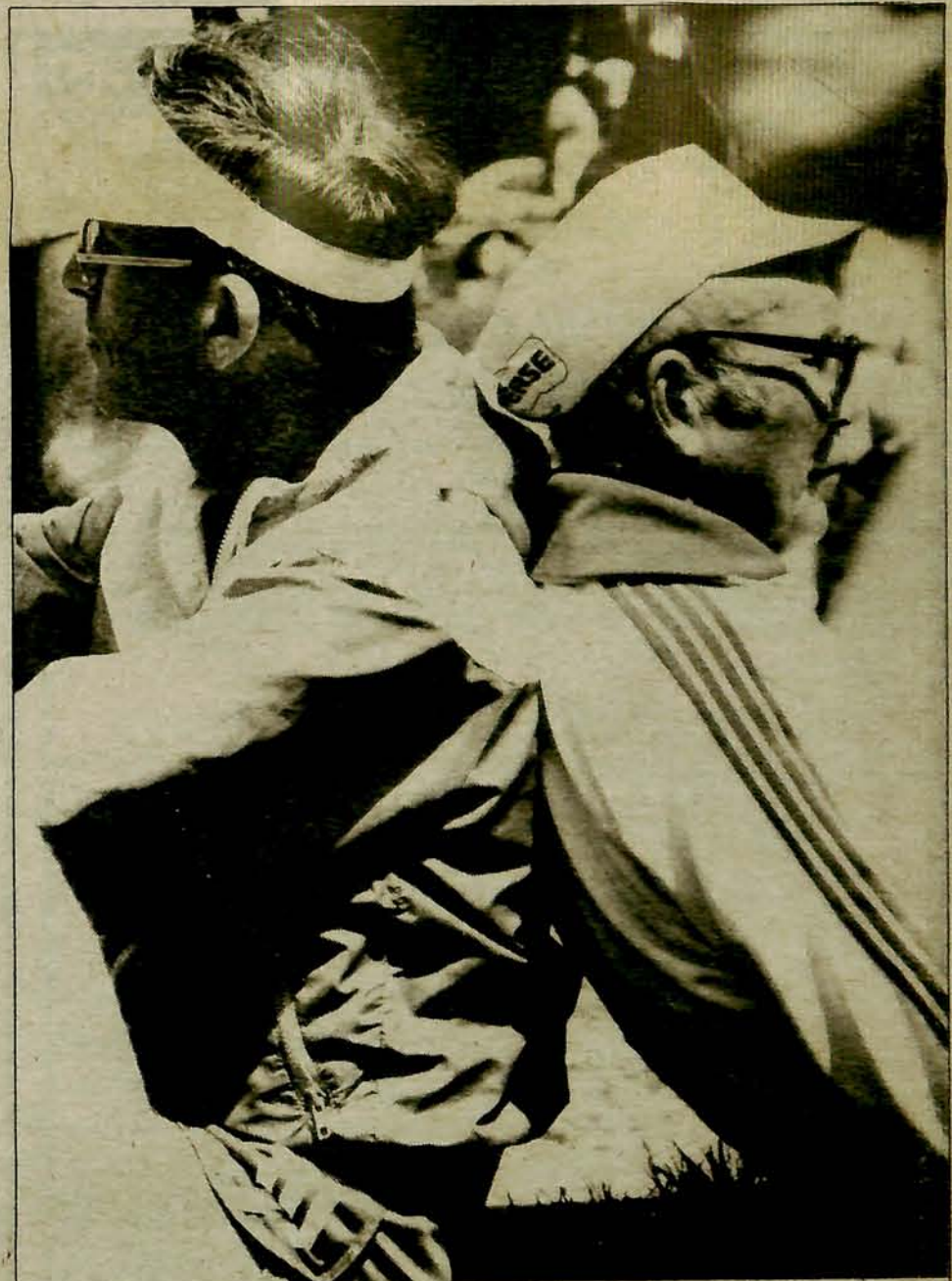
CLY.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	40'4 1/2"	12.30 CHERRIE SHERRARD (REDDING, CA)	36	6-28-75
40-44	42'4"	12.90 JOANNE GRISSOM (INDIANAPOLIS, IN)	41	7-22-80
45-49	28'5"	2.66 CONSTANCE WILSON (PORTLAND, OR)	45	8-3-80
50-54	30'4"	9.24 SHIRLEY KINSEY (LA CRESCENTA, CA)	51	6-20-81
55-59	20'2 1/2"	6.16 JOHANNA HARGREAVES (SANTA BARBARA, CA)	55	6-22-74
60-64	31'4"	9.55 EDITH MENDYKA (TUJUNGA, CA)	61	6-17-72
65-69	29'4"	8.94 EDITH MENDYKA (TUJUNGA, CA)	65	3-27-76
70-74	29'3"	8.91 EDITH MENDYKA (TUJUNGA, CA)	70	5-9-81
75+	9'8 1/2"	2.96 MAE MAYHEW (HONOLULU, HI)	75	1-14-79

DISCUS THROW

CLY.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	94'8"	28.85 CHERRIE SHERRARD (REDDING, CA)	39	6-18-78
40-44	94'10"	28.90 CHERRIE SHERRARD (CHICO, CA)	41	6-22-80
45-49	86'8"	26.43 CONSTANCE WILSON (PORTLAND, OR)	45	8-2-80
50-54	88'8"	27.02 SHIRLEY KINSEY (LA CRESCENTA, CA)	51	5-9-81
55-59	43'7"	13.28 MELANIE PASCHAL (US)	55	3-17-79
60-64	64'3"	19.58 EDITH MENDYKA (TUJUNGA, CA)	62	6-24-72
65-69	63'6"	19.35 EDITH MENDYKA (TUJUNGA, CA)	68	10-6-79
70-74	62'6"	19.05 EDITH MENDYKA (TUJUNGA, CA)	70	8-8-81
75+	19'10"	6.04 MAE MAYHEW (HONOLULU, HI)	75	1-14-79

JAVELIN THROW

CLY.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	98'2"	29.92 KAREN HUFF (WILMETTE, ILL)	36	6-23-79
40-44	78'3"	23.85 FRANCES CONLEY (WOODSIDE, CA)	41	8-16-81
45-49	69'6"	21.18 SHIRLEY KINSEY (LA CRESCENTA, CA)	49	1-14-79
50-54	84'0"	25.60 SHIRLEY KINSEY (LA CRESCENTA, CA)	51	1-12-81
55-59	46'0"	14.02 BARBARA HUMMEL (CANTON, OH)	56	6-13-81
60-64	76'1"	23.19 EDITH MENDYKA (TUJUNGA, CA)	61	6-17-72
65-69	74'0"	22.55 EDITH MENDYKA (TUJUNGA, CA)	65	6-27-76
70-74	71'8"	21.84 EDITH MENDYKA (TUJUNGA, CA)	70	8-9-81



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. Pike, age 42, of St. Louis, took first place in the 40-44 age group with a time of 59:26. Gallagher, 57, also of St. Louis, finished second in the 55-59 division with a 1:04:01 performance.

photo by Robert M. Weaver, 1982

Kolda Sets Records In Visalia

VISALIA, Calif., May 1 — Josephine Kolda 64, established two new American records for women age 60-64 today in the West Coast Masters Classic.

The San Franciscan sped to a 14.7 in the 100-yard dash, lowering her own 60-64 mark of 15.5, set in 1978. She clocked 80.3 in the 440 yard dash, bettering her 82.7 set in 1980.

Other top efforts in the meet included:

— 15.4 by Dee DeWitt in the 40-49 120 yard hurdles.

— 60.1 by Delanie Wagner in the 50-59 440.

— 18.7 by Bob Higgenbotham in the 50-59 120 hurdles.

— 55.9 by Robin Winstone in the 40-49 440.

— 4:38.2 by George Cohen in the 40-49 mile run.

— 14.3 by Lamar Jackson for an age-73 record.

— 58.4 by Gary Miller in the 40-49 440 hurdles.

— 2:01.2 and 2:02.9, respectively, by



John Huckaby, and running companion in New York race.

George Cohen and John Pitman in the 40-49 880.

— 2:17.6 by Ken Napier in the 50-59 880.

— 135'8" by Bob Stone in the 60-69 discus.

National Masters Sports Festival Takes Shape

by DAVID HAMMER & 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'll 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, div-



ing, 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 Gimbels Pool; weightlifting, powerlifting, wrestling and judo will be held at Penn's Hutchinson 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.

Plenty 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.

1982 MIDWEST MASTERS

OPEN T/F

MEET MALE & FEMALE, ALL AGES



Sponsored by the Masters Track & Field Committee, TAC, Penn Mutual Life Insurance Co., and York High School, Elmhurst, IL.

DATE & TIME: Saturday, June 26, 1982; starting at 12:00 Noon. **SITE:** York High School, Elmhurst, IL. **FACILITIES:** All new Chevron track, HJ, LJ, and PV runways are Chevron.

DIVISIONS: Grade school, Jr. Hi., Fr.-Soph., High school, College, Open, 30-34, 35-39, 40-44, etc.

AWARDS: Trophies to first 3 places.

ENTRY FEES: \$4.00 for one event. \$6.00 for two or more. Entry fee entitles all entrants who place (1-3) 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; 213-234-2154.

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

12:00 PM	110M Hurdles
1:00	Steeplechase - 3000M
1:20	100M Dash
2:05	5000M Run
2:50	800M Run
3:30	3000M Walk
4:00	400M Dash
4:45	1500M Run
5:20	400M Hurdles
5:55	200M Dash
6:35	1600M Relay
7:30	10,000M Run

FIELD EVENTS

12:00 PM	Hammer
1:00	High Jump, Long Jump
	Poll Vault
	Discus
2:00	Javelin
3:00	Shot Put
	Triple Jump

6 throws or jumps per competitor.

ENTRY FORM & RELEASE: Name _____ DOB ____/____/____

Address _____

Enter 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, Penn Mutual Life Insurance Co., and York High School, Elmhurst, IL, 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 _____

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&F 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.

Draws Hundreds

Continued from page 1

Sam Monastero, M70, and Chris McKenzie, W50, each won four events.

Other top efforts included:

— New York's Rudy Valentine lost a photo to Bob Watanabe of Los Angeles in 7.3 in the M55 60-yard dash, but beat the doctor in the 300 in 36.3, and went on to capture the 600 in 1:24.3 over Bill Fitzgerald of Palos Verdes, Calif.

— Chicago's Ernie Billups edged National cross-country masters champ Kirk Randall in the mile, 4:25.0 to 4:26.0, and nipped arch rival George Cohen of Los Angeles in the 1000 by 0.7 in 2:20.8.

— Gary Carr of Mascoutah, Ill. won two tough races in the rugged M35 division, the 600 in 1:15.4 and 1000 in 2:24.8.

— Jim Hershberger of Kansas impressed with twin wins in the M50 1000 (2:35.1) over Kelsey Brown, and mile (4:53.1).

— Charlottesville, Virginia's Frank Finger, world M65 800' record holder, captured the 600 (1:41.1) and 1000 (3:06.2).

— Fitzgerald, Louisville's Lou Schneider, and New York's Archie Messenger duplicated their 1-2-3 finish — in the 1981 National outdoor championship 800 — in the 1000, Fitz clocking 2:44.4 for the win. Schneider defeated Messenger to win the mile in 5:17.8.

— New York's Steve Richardson posted a double win in the mile (5:22.0) and 2-mile (11:35) in the M60 class.

— Houston's Mary Cullen performed the hat trick with wins in the 60, 600 and 1000 in the W40 group.

— Dave Brown of Los Angeles posted a double in the M55 pole vault and triple jump.

— Barbara Pike of Concord, Mass. won the mile (5:19.4) and 2-mile (11:09) in the W40 competition.

— The New York Pioneer Club won the M30 and M40 1600 meter relays in 3:29.3 and 3:39.9. The Rochester TC took the M30 3200 relay in 8:29.8 with the New York Masters annexing the M50 in 10:01.0.

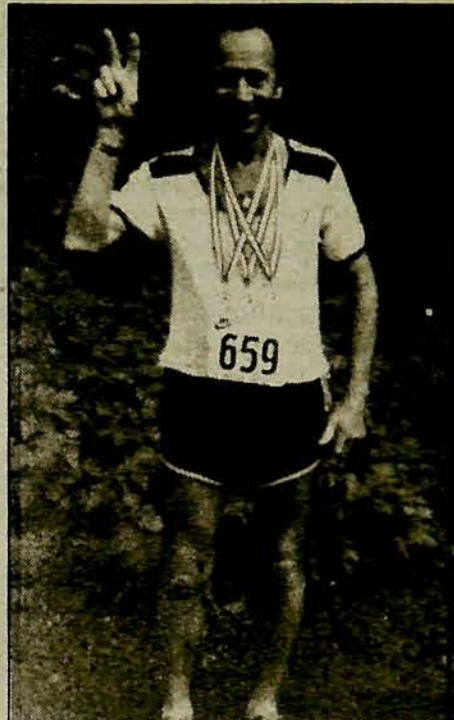
— Lew Faxon edged Randall by 3 seconds to capture the M40 2-mile in 9:34, while George Vernosky won the M50 in 10:31.

— P. Richard long-jumped 19'7½" to claim the M40 national title, and J. Williamson vaulted 15' for the M35 gold.

— Nat Heard had the farthest shot put of 50'2" to notch M60 honors, while A. Hall's 51'½" 35-lb. weight throw bested his nearest rival by 16 feet.

Princeton, NJ will be the site of the 1984 national indoor championships with Ron Salvio directing. The site of the 1983 games is to be determined.

Results in back pages.



Rudolf Nilsen turned 70 on March 27. He won 3 gold medals in the 65-69 age group in the 1981 North American Masters Championships in Philadelphia.

Win National 10-K

Continued from page 1

31:39.6 to capture the age 40-44 national title. It was Randall's first defeat as a master. Lorenz avenged his loss to Randall in the TAC National Masters 10K Cross-Country championships last November in Houston.

Dan Conway captured third place, followed by Ken Winn, Bob Fischer and Lew Faxon.

Dalrymple posted a good 36:39.1 to defeat Sandra Knott, 44, by nearly 3 minutes to cop the women's 40-44 crown.

Other 5-year division national champions were Bob Paklian, M45; George Vernosky, M50; Fred Nagelschmidt, M55; Steve Richardson, M60; Wilfredo Rios, M65; Ed Benham, M70; M Hopper, M75; A. Hearn, W35; J. Flethcer, W45; Mila Kania, W50; and Adrienne Salmini, W65.

In addition to being a TAC national championship, the race was the second in the 9-race Nike Masters Grand Prix Series. The four best performances by men and the two best by women, based on age-graded tables, are awarded free trips to the Grand Prix finals August 15 in Philadelphia at the National Masters Sports Festival.

The top performances today included Lorenz, Dalrymple, Vernosky (35:03.3 in M50), Tony Spienza (35:27.0 in M50), Rios (41:29.5 in M60) and Kania (39:20.8 in W50). Since Dalrymple had already won a trip (on April 11 in the 1st Grand Prix race in Honolulu), the 3rd best female performance — by Toshiko d'Elia (41:45.7 in W50) — will receive the free journey.

The team races were fairly close. Each team was crying "if so and so had competed, we would have won."

This was probably the largest women's field in a National Masters Championship on a percentage basis. 28% were women.

Results in back pages.

Trojan 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 membership, 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 300 yard dash in a good 35.4 Ed Small edged Russ Robinson in the M40 500 in 64.1. Ken Baker garnered the M45 600 in 1:20.6. Kelsey Brown captured the M50 600 (1:3;4) and 1000 (2:55.5). Jack Boitano logged a swift 14:56.9 in the M45 2-mile walk. Pay Carstensen notched the M50 long jump, triple jump and weight throw. Chris McKenzie won 3 events in the W50 category.

Results in back pages.

1982 MIDWEST MASTERS REGIONAL CHAMPIONSHIPS MEN & WOMEN		AGE 30 AND OVER (ONLY)	
<p>Sponsored by the Masters Track & Field Committee, TAC, Penn Mutual Life Insurance Co., and York High School, Elmhurst, IL.</p> <p>DATE & TIME: Saturday, July 31, 1982; starting at 12:00 Noon. SITE: York High School, Elmhurst, IL. FACILITIES: All new Chevron track, HJ, LJ, and PV runways are Chevron. ALL NEW SUPER CHEVRON 400M track.</p> <p>DIVISIONS: Submasters Male and Female 30-34, 35-39; Masters Male and Female 40-44, 45-49, etc.</p> <p>AWARDS: Championship patches to all regional champions. Trophys to first five places.</p> <p>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.</p> <p>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.</p>			
<p>TRACK EVENTS</p> <p>12:00 PM 110M Hurdles</p> <p>1:00 Steeplechase - 3000M</p> <p>1:20 100M Dash</p> <p>2:05 5000M Run</p> <p>2:50 800M Run</p> <p>3:30 3000M Walk</p> <p>4:00 400M Dash</p> <p>4:45 1500M Run</p> <p>5:20 400M Hurdles</p> <p>5:55 200M Dash</p> <p>6:35 1600M Relay</p> <p>7:30 10,000M Run</p>		<p>FIELD EVENTS</p> <p>12:00 PM Hammer</p> <p>1:00 High Jump, Long Jump</p> <p>Poll Vault</p> <p>Discus</p> <p>2:00 Javelin</p> <p>3:00 Shot Put</p> <p>Triple Jump</p> <p>6 throws or jumps per competitor.</p>	
<p>ENTRY FORM & RELEASE: Name _____ DOB ____/____/____</p> <p>Address _____</p> <p>Enter me in the following events: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____</p> <p>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, Penn Mutual Life Insurance Co., and York High School, Elmhurst, IL, 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.</p> <p>Individual signature _____</p>			



Monty Montgomery, 74, Los Angeles, ran, 2:54:49 marathon at age 68. He holds marathon age marks from 68-74 and is M70 world record holder with 3:07:03.

photo by Richard Lee Slotkin

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 with a remarkable 5:19.8. The time broke the mark of 5:31.1, set by South Africa's Anne McKenzie in 1980, by over 11 seconds.

Tom Patsalis, 60, long-jumped 19'1 1/4" with no aiding wind to officially break the world 60-64 mark of

17'10 1/4", set by West Germany's Hans Bitter last year.

An American record for women 45-49 was recorded by Sheila Newton with a high jump of 4', erasing the 3'8" mark set by Irene Obera in 1980.

Men's competition was held in 10-year age groups from age 30. Women were divided into two groups for award purposes: 30-49 and 50+.

Walt Butler, 40, blazed to his second straight 14.3 clocking in the 110-meter 39" hurdles (his world record is 14.67), but the wind and a lack of enough watches nullified acceptance as a new world standard.

Don Cheek 51, performed the incredible feat of dropping down to defeat a tough 40-49 year old field in the 200 meters, in 23.67, then did it again against his own 50-59 age group in 24.38. He also won the 400 in 56.88.

Dean Smith returned after a long absence to edge Cheek in the 50-59 100 in 11.60.

Patsalis also won the 100 (12.75) 200 (27.24), 70-meter hurdles (9.85), & triple jump (36'6 1/4") in the M60 division for an outstanding one-day's effort.

Gene Driver posted an impressive double in the M30 200 (22.00) and 400 (50.53). George Cohen sped to a 53.85 win in the M40 400.

John Weldy, 48, flew in from Arizona to capture the 1500 (4:25.7) and 5000 (16:32.8) in the M40 category.

In 800 action, Ken Stuart posted a fast 2:01.0 (M30); Jerry Hackett returned after a 4-year layoff in 2:13.3 (M40); and Leonard Waits bested the M50's in 2:18.7.

Mike Wagenbach helped run the meet and also logged the fastest 10000 of the day in 32:43 for M30 honors. Eino's 34:23 topped the M40 contingent.

John Dobroth high jumped 6'4" in the M40 group. Dave Jackson won the 70 meter hurdles (9.22) and triple jump (38' 1/2") in M50 action.

Vern Cheadle took the shot (39'9 1/4") and discus (124'6 1/2") in M70. Dave Douglass, M50, flung the hammer 129'4" to win by 28 feet.

Pete Fetter defended his 100-meter age-handicap title. Nine runners of all ages filled the lanes, with the oldest woman (Bess James, 72) starting 35 meters up the track, and the youngest man starting near the normal 100-meter starting line. James led till the final yards, as Fetter, 60, Joe Caruso 72, and Herb Miller, 66, flew by.

Avery Bryant, 57, won the handicap 1500 in 5:02, while Mike Hiller, 43, predicted his 1500 meter time to the second in 6:45. Results in back pages.

Dalrymple Sets

Continued from page 1

keep training harder to stay ahead of him," Tymn said.

Tymn, Gallup and Clark won trips to Philadelphia based on their age-graded performances. Besides Dalrymple, Ruth Anderson of Oakland, Calif. won a trip for her 1:05:22 winning time in the women's 50-54 division.

Karen Scannell of San Francisco was runner-up in the women's 40-44 bracket behind Dalrymple in 59:10, but, based on the NRDC age-graded tables, Anderson's time was better for her age group (W50) than Scannell's time was for hers (W40).

Other good efforts included Carl Ellsworth's 55:00 in the M50 division and Susie Bartels' 1:02:57 in the W45 class.

Despite Dalrymple's fast time, it was still 3 minutes slower than her U.S. age 35-39 mark of 52:21, set only a year ago at age 39.

Newspapers and local TV covered the event. The late Norman Tamanaha's wife and other family members appeared on the stage. Harold Chapson gave a brief speech honoring Tamanaha and presented gifts to his wife.

Tamanaha is often referred to as the father of running in Hawaii. He ran the Boston Marathon 6 times, including a 5th place finish at age 48 in 2:38:30 in 1955. He was a charter member of the Hawaiian Masters Track Club. He is best remembered for help and encouragement he gave to runners, both young and old.

Results in back pages.

Jenkins Wins Cherry Blossom

WASHINGTON, D.C., April 4 —

Bob Jenkins, an ichthyologist at Roanoke College in Salem, Virginia, 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.

Jenkins' time of 53:18 topped a quality masters field by 40 seconds. Bill Hall from Duke University in Durham, N.C. logged 53:58, followed by upstate New York's Ralph Zimmerman (54:48) and Baltimore's Mike Sabino (55:53).

George Vernosky sped to a 57:55 for men's age 50-54 honors. Herb Chisholm's 1:00:51 led the 55-59 group.

Transplanted San Diegan Lolitia Bache of Alexandria, Va. just turned 40 and proceeded to win the women's masters title by over two minutes in 1:06:57.

Hall Repeats In Boston

BOSTON, April 19 — Bill Hall of Durham, NC successfully defended his Boston Marathon Masters Championship today in a time of 2:24:20, three minutes slower than his record 1981 effort.

The classic race always produces a quality field of masters (over age 40) runners and this year was no exception as four runners broke 2:30 and 25 broke 2:40.

Bob Jenkins of Salem, Virginia was less than a minute behind Jenkins in 2:25:14 to cop runner-up honors. Ralph Zimmerman of North Tonawanda, NY was third master in 2:25:41, and was followed by Fritz Mueller of New York (2:27:50), Sol Epstein of Indianapolis (2:30:50), Roger Pflugfelder of Greensburg, Pa. (2:31:26), David Salo, La Jolla, Calif. (2:32:08).

The top 25 masters are listed in back pages. Women's masters results were unavailable.

Cook Sets World Vault Mark

WALNUT, Calif. May 2 — Vic Cook, 50, soared 14'0 1/2" today to establish a new world pole vault record for men over age 50. The occasion was the Mt. Sac Relays at Mt. San Antonio College. Cook's effort exceeded by a scant 1/2" the old mark of 14' set Nov. 8, 1973 by Olympian Richmond (Boo) Morcom.

Other top performances included:

—A wind-aided 14.3 in the 110-meter hurdles by Walt Butler, 40. (Butler owns the U.S. mark of 14.67)

—A wind-aided 16.8 in the 110-meter hurdles and 19' long jump by Tom Patsalis, 60.

—A 6'4" high jump by John Dobroth, 40.

—A 53.7 400 by Gary Miller, 44.

—A 4:40.7 1500 by Bill Fitzgerald, 57.

—An 11.1 and 22.6 in the 100 and 200 by Butler. Results in back pages.

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.

THERE WILL BE A CONCURRENT NON-CHAMPIONSHIP MEET FOR NON MET. AREA RESIDENTS.

DIRECTIONS: By Car. Long Island Expressway to Exit 33. Then follow the signs for about 3 miles. By train. Penn Station Long Island R.R. to Great Neck. Take bus to the school.

Toilet and locker facilities for men and women. 1/4" spikes permitted.

ELIGIBILITY: You must be over thirty and registered in the Metropolitan Athletic Congress (MAC). If not registered write to: MAC, P.O.B. 5340, PDR Station, NYC 10050. Registration fee is \$6.00.

This is for the Championship meet. All other can compete in the non-championship meet.

PRIZES: Three championship medals in each event. Five year age groupings for men and women from age 30 to 79. Championship patches to the winners of each event, with a limit of one patch per person. TEAM PRIZES: There will be four team trophies for 30-39; 40-49; 50-59; 60+ based on 5-3-1 scoring for each five year division for men and women and then adding all the points in the ten year groupings together.

Masters Sports Association medals will be given for the non-championship events.

ENTRY FEE: \$4.00 per event.

10,000 meters 5,000 meter walk

100 meter dash 200 meter dash

110 meter Ht. H. 800 meter run

100 meter dash 5,000 meter run

400 meter dash

THERE WILL BE THE SAME EVENTS FOR THE CHAMPIONSHIP

AND NON-CHAMPIONSHIP MEETS.

FOR SCHEDULING PURPOSES THERE MAY BE COMBINED

SECTIONS FOR CHAMPIONSHIP & NON-CHAMPIONSHIP

COMPETITORS.

All Field event competitors report at 10:00 A.M.. You will be divided into flights by age groups. The following are the field events: Long Jump; Weight Throw; Discus; Hammer; Javelin; High Jump; Pole Vault; Shot Put; Triple Jump. You will be given the order of events for each flight at the 10:00 A.M. check in.

PLEASE PRE-ENTER. CHECK IN STARTS AT 9:00 A.M.

I hereby waive any claim I or my heirs may have against the Metropolitan Athletic Congress; Masters Sports Assoc. and Kings Point Merchant Marine Academy for any injuries sustained as a result of my participation in the 11th Annual MAC Met. Championships.

SIGNATURE: _____ CLUB _____

NAME (print) _____ ADDRESS _____

ZIP _____ PHONE # _____ TAC # _____ SEX: MALE _____ FEMALE _____ AGE _____

EVENT(S) _____

Make check payable to MASTERS SPORTS ASSOC. and mail to BEVERLY COHEN, 55 Theodore Roosevelt Dr. Blauvelt, NY 10913

PLEASE CHECK

Championship events (you must be registered in MAC) _____

Non-championship events. _____

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 personage 30 or over on the 1st day of the meet is eligible.
2. The age group in which you compete is determined by your age on the 1st 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-yr divisions.

c. Competition in Age Divisions

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

d. Starting Blocks and Stance

The general starting rule is waived. Use of blocks and stance is discretionary by competitor.

Hurdles

Spacing. All high hurdles spacing shall be: 15 yards to 1st hurdle; 10 yards between each hurdle; 15 yards to finish.

Exceptions: Women 30-49 and men 70+: 100m hurdles; standard spacing.* Women 50+: 80m hurdles standard spacing.* 8 hurdles.

(*42' 7 3/4" to 1st hurdle; 27' 10 1/2" between each hurdle)

Heights - Men	110m	400m
30-39	39"	36"
40-49	36"	33"
50-59	33"	30"
60+	30"	30"

Heights - Women	33"	30"
30-39	33"	30"
40+	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.	3 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.

Javelin	Men	Women
30-39	800 gm.	600 gm.
40-49	800 gm.	600 gm.
50-59	800 gm.	400 gm.
60+	600 gm.	400 gm.

Discus	Men	Women
30-39	2 kilo	1 kilo
40-49	2 kilo	"
50-59	1.6 kilo	"
60+	1 kilo	"

Hammer	Men	Women
30-39	16 lb.	8 lb.
40-49	16 lb.	"
50+	12 lb.	"

Indoors	Men	Women
50-59	35 lb.	
60+	25 lb.	

MEET DIRECTORS GUIDELINES

A. Order of Events for 3-Day Meet

1. Day One
 - 1) 5000m walk Pentathlon
 - 2) 400m heats
 - 3) 10,000m finals in 5-year divisions (as far as possible)
2. Day Two
 - 1) Steeplechase Pole vault
 - 2) 110 hurdle heats Long jump
 - 3) " " finals Hammer
 - 4) 800m finals Shot put (seeded sections if necessary)
 - 5) 100m heats
 - 6) 100m finals
 - 7) 400m finals
 - 8) 400m relay
 - 9) 3200m relay
3. Day Three
 - 1) 5000m run High jump
 - 2) 20k walk Triple jump
 - 3) 400m hurdles Javelin
 - 4) 1500m
 - 5) 200m trials & finals
 - 6) 1600m relay

B. General Guidelines for meet conduct

1. Order of competition in all events, including field events: women first; oldest to youngest. Where trials are involved, that age division moves to the end of order competition (except 400m).
2. All field events run in at least two sections.
3. Pre-registration for all events, except relays.
4. Meet Director supplies one implement in each age division.
5. Awards: Medals for 1st 3 places; national certificates for 6 places; championship patches for all events.
6. General Rule 90 is in effect field events.
7. Copy of meet results to national records chairman, National Masters News, TAC National and Regional offices within 30 days.
8. Request officials from regional office at earliest possible time.
9. Wind gauge must be on hand.
10. Weights and measures official must be on hand.
11. Make sure enough lap counters are available in all distance races and walks.
12. Meet Director shall have the authority to request proof of age and/or a medical certificate attesting to the competitor's physical ability to compete. In addition, a hold harmless clause shall be signed by each competitor.
13. Publicity pictures (black & white) a must. Please identify individuals and write a summary of the meet.
14. Hurdle heights should be printed on the results sheet.
15. 30-39 year-olds will use 39" heights for the 110-meter hurdles.
16. A records clerk should be appointed to verify and submit records.
17. The local Penn Mutual agent should be contacted for support, publicity, etc.
18. The entry form should be printed in the National Masters News in the two issues prior to the meet.
19. In competition, combining age groups should be avoided when possible.

Ivers Breaks

100-yard Record

TAMPA, 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 hurdles in 45.2.

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

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

Representing The Seven-Up Com-



Tim Rostegge, M40, clocked good 32:42 in Danville, CA 10K May 2.
photo by Richard Lee Slotkin

pany of St. Louis, MO, Warren G. Jackson, minority affairs consultant, and former high jumper for Manhattan College, said that 7UP 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.



—1982— NORTHWEST REGIONAL MASTERS & SUB-MASTERS TRACK & FIELD CHAMPIONSHIPS

SPONSORED BY

PENN MUTUAL LIFE INSURANCE, PORTLAND TRACK CLUB, MT HOOD COLLEGE

HELD AT MT. HOOD COLLEGE GRESHAM, OREGON

SCHEDULE OF EVENTS

FRIDAY NIGHT JULY 30

- 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 60-80 METER 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 31

- 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 60-80 METER OPEN 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)
* - TIMES DETERMINE WINNERS IN EACH AGE GROUP IN 3000'S.
800 (MEN & WOMEN)

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

- PLEASE PRINT -

NAME _____ FOR ATHLETES AGE 30 & OVER
AGE (AS OF 7-30-82) _____
ADDRESS _____ MALE _____ FEMALE _____
PHONE _____
BEST 81 or 82 MARK IF ANY

EVENTS: 1-
2-
3-
4-
5-(LIMIT) -

BEAUTIFUL OLYMPIC SIZE MEDALS FOR FIRST, SECOND, AND THIRD PLACE
ENTRY FEE: \$5 FOR FIRST EVENT, ADDITIONAL \$5 FOR 2nd EVENT, \$1 PER EVENT AFTER THAT
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 SE STARK ST. GRESHAM, OR. 97030

ALL ENTRIES MUST BE IN BY MONDAY JULY 26th, 1982.
NO HOST BREAKFAST - 9 AM SAT. HEIDI'S IN GRESHAM - NO ADVANCE PAYMENT FOR BREAKFAST
I WILL ATTEND BREAKFAST _____
I WILL NOT ATTEND BREAKFAST _____

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 INCURE 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.

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 an 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 starter Mel Melgosa's red jacket and smoking pistol.

Roy Wigginton, 56, of the host Northern California Seniors, 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, with Kent Guthrie, 45, of Lafayette, and Mark Gallo, 38, of Sacramento, dead-heated behind him in 4:44.3.

Sister Marion Irvine, the 52-year-old Dominican nun from San Rafael, top over-50 marathoner in the nation, ran a respectable 5:34.5 1500 meters and also won the 800 and led a pickup team to victory in the mixed-age, mixed-sex,

handicap, medley relay.

Among other fine performances, considering the conditions, were a 146-11 javelin throw by Dick Hotchkiss, 43, of Grass Valley, and a 15.5 romp over the 110-meter hurdles by Dee DeWitt, 42, of Fresno.

Ken Carnine, 74, resisting the urge to compete, directed the meet with a lot of help from Bob Cooper, 58, who pulled up lame in the 100.

It was the Masters first crack at Cal State U's new Chevron 400 track, but the rain prevented anything outstanding other than the proving of true dedication to the sport.

Women Star In Australia

by JACK PENNINGTON

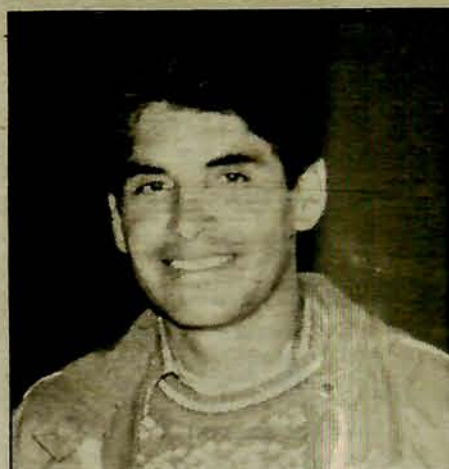
PERTH, Australia, April 10-11. The women stole the show in the Australian Veterans Track & Field Championships this Easter weekend, despite world class runs by John Gilmour and George McGrath.

Shirley Brasher, 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 (2:36.7), LJ (4.43m), HJ (1.25m).

Gilmour was thwarted in his bid for a clean sweep of the M60 distance runs by McGrath. John won the 10K in 36:06 which George passed up following his 3:03 in the Nike Marathon a week ago. But they met head-on in the 1500. As usual, Gilmour tried to take control from the front, but McGrath sensed the slow pace, burst to the front and won by 6 seconds in 4:41.5.

George won the M60 800 in 2:27.6, but was no match for John in the 5000. In Christchurch, John had lapped the field with a great 16:51, but today he



Frank Duarte, 40, Santa Ana, Calif. won National Masters 20K in Seattle March 14 in 1:05:14.

photo by Carole Langenbach

sped to an age-63 mark of 16:38.3. (Gilmour holds the world M60 mark of 16:33.3 set Aug. 9, 1980.)

Ex-American Cliff Bould, now M65, won the 10K and 5K (21:16), showing almost complete recovery from his 1975 series of strokes.

In the M70 division, Stan Nicholls did even better: 1500 in 5:43, 5K in 20:16 and 10K in 46:36.

There were two Grand Masters of walking, Gus Theobald Walked, 85, with a 19:31 for 5K, and Tom Daintry, M70, who won his walks of 5K (27:01) and 3K (15:15). Tom is the youngest looking M70 of all time.

Wal Shepard, troubled with hamstrings, still managed 5K in 20:28 in the M60 bracket. The weekend competition and social activity were marvelous. The Australian track season has now ended and cross-country is well underway.

On a sad note, a week before Easter we lost a founder member, a most jovial man, Al Digance, 67.

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 collegians, 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 1940s, 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 tables, not a revised Masters table. He totalled 2078 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.)

Long Jump — 5.34m, 17-6 1/4 (453 pts.)

Shot Put — 12.31m, 40-4 3/4 (620 pts.)

High Jump — 1.55m, 5-1 (444 pts.)

400 Meters — 64.5 (303 pts.)

110 Meter High Hurdles — 19.2 (499 pts.)

Discus Throw — 37.40m, 122-9 (633 pts.)

Pole Vault — 3.40m, 11-2 (644 pts.)

Javelin Throw — 31.18m, 102-3 (350 pts.)

1500 Meters — 5:43.1 (203 pts.)

Total — 4407 points



Polly Peacock, 38, of St. Louis, adds another win to her growing string of women's division victories. Here, she clocked a 58:08 course record in St. Louis' Bethesda Health Fair 15K, hosted on April 18 by the St. Louis Track Club. Peacock's closest competition in this event, was 23-year-old Bev Boddiker of Hillsboro, Illinois, who finished 50 seconds later in second place. Among Peacock's impressive list of St. Louis victories was last November's St. Louis Marathon.

photo by Robert M. Weaver, 1982

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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"

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ROADRUNNER TOURS

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 open meets go 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 meets should follow the TAC open competition events for women.

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.

Shotput - younger to the older.

Triple jump - divide into two groups, starting with 49 and working to the younger, and starting 50 and working to the older.

Pole vault - older to the younger.

Long jump - older to the younger.

5. All national meets should have a medical doctor and trainer available during 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 through Nike, for a total price of \$45.00. The women would have a powder blue uniform, and the

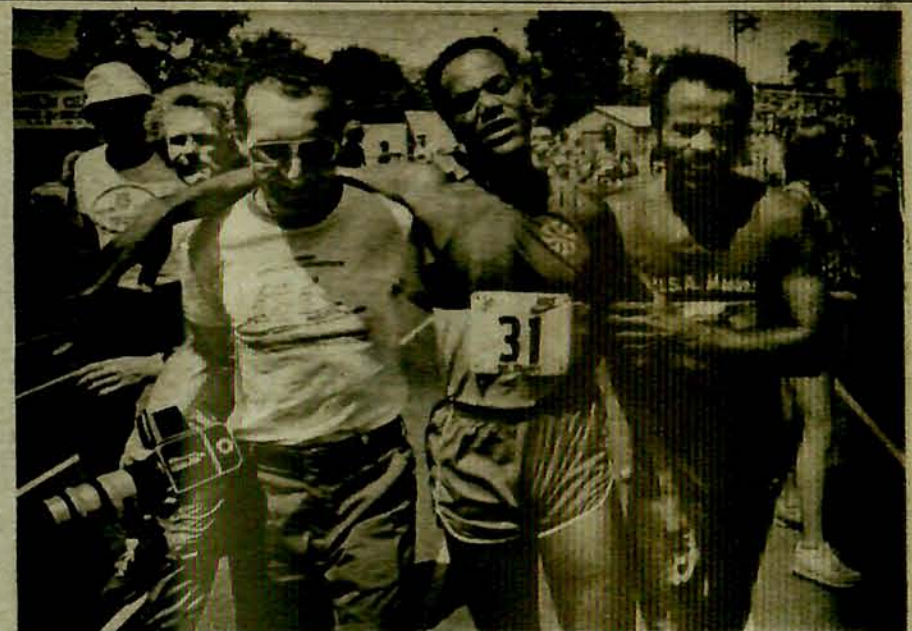
men a dark blue. The uniform would be 20% cotton. These uniforms will probably be available by the time of the national meet in Wichita, Aug. 7, 1982. They will be designed to be plain, although many wish to have some type of identification of the United States, at least on the singlet. It was suggested 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-sought goal by all those participating in the international competition, it has become increasingly apparent that most of the participants do want 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 complete its sponsorship for the remainder of 1982. By fall of 1982, it will make a decision whether or not it will recommit. If it does, it will be for a five-year period of time.

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.

10. George Hatzfield from Penn Mutual reviewed the general activity for the Sports Festival and encouraged everybody to submit his and her application. All those that 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 Sports 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.

11. Weed announced that, because of the progress the Athletic Congress



Chicago's Ernie Billups (31) receives support after winning 1500 in 1981 National Masters T&F Championships in U.S. record 3:59.8. Runner-up George Cohen (4:01.9) is at right. The 1982 Nationals will be held in Wichita, Kansas Aug. 6-8.

photo by Chris Silvera

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.

12. Great appreciation was expressed to Haig Bohigan for his efforts in preparing the record/rankings books. This was a monumental task, highly expensive, and unless almost every master athlete in the country purchases one of these books, it will have little chance of further success.

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 was 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 capitol 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 toward retirement and the chance to travel more to running events outside Australia. Those who know him will look forward to such occasions and

others will 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.

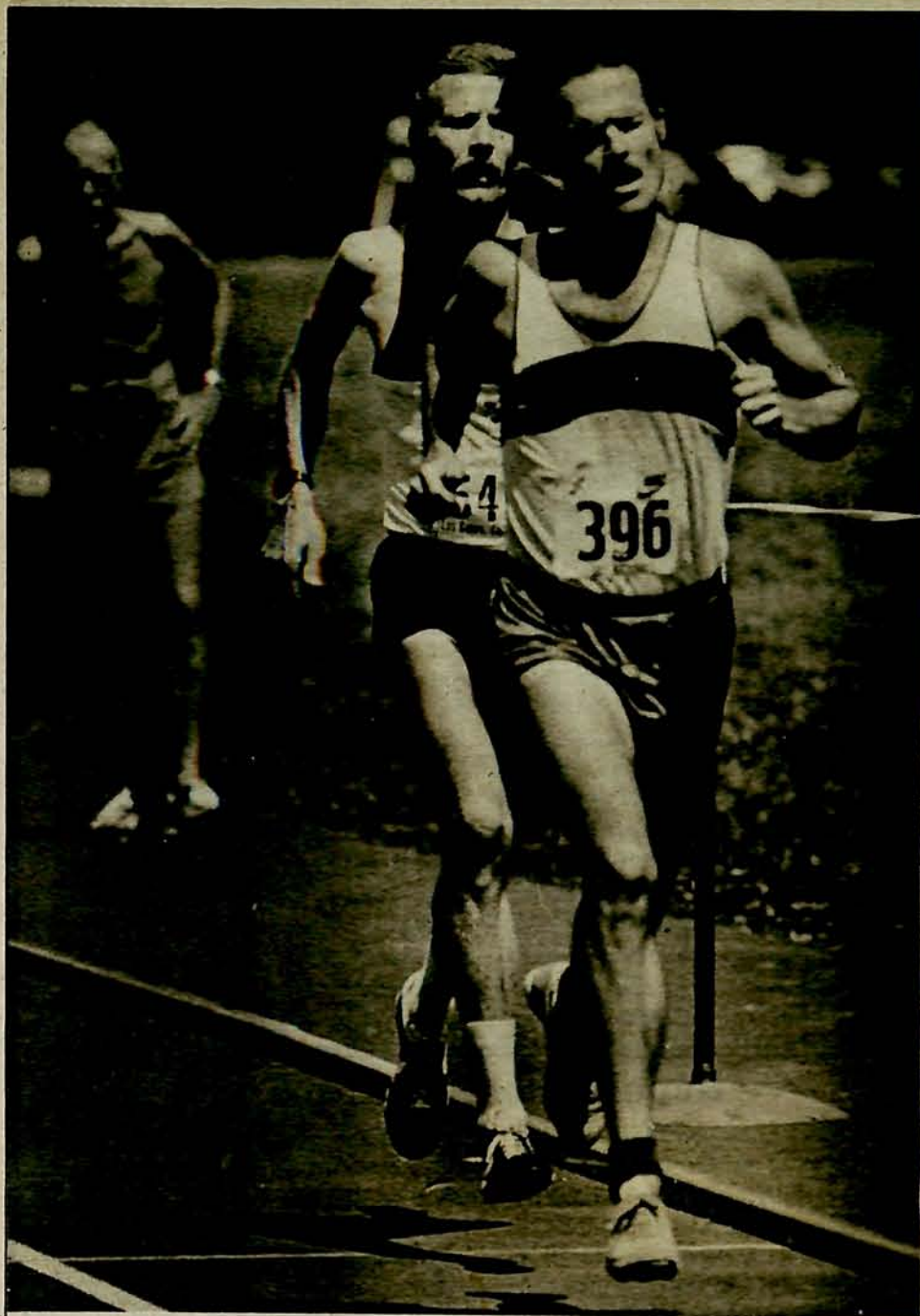
The Philadelphia Masters team of Dawson Pratt, Bob Stanford, Dhamiri Abayomi and Ed Roberts turned in a fine time of 3:20.2 in the 4 x 400 meter relay to down New York Pioneer Masters (3:32.4), Potomac Valley

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), Phila. Masters 3rd (46.1), and NY Pioneer Masters (46.3).

"Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming"

...John Wooden



Poetry in motion is Bob Packard (396) and Louis Vink, running in perfect unison in the 1981 national masters track & field championships, as Bruce Robinson looks on.

photo by Chris Silvera

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, 220, 440, 880, shot, discus, javelin, hammer, long jump and 880 walk.

Through 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 Neuhof, Murray Oguss, John Popowich, Mary Rodriguez, Leo Rothbart, Adrienne Salmini, Paul Sereghy, John Shelly, John Vislocky, Walt Westerholm, Casey Witkowski 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.

National Running Data Center

from BOB MARTIN
Executive Director

Contacting the NRDC — for the most up-to-date information on age records, rankings, and the status of race results and other materials received, calls should be directed to Ken Young or Jennifer Hesketh Young at (602) 326-6416.

Mail to the NRDC ordinarily should go to Box 42888, Tucson, AZ 85733.

In this issue of NMN are the U.S. masters 15 kilometer rankings for 1981. (The 10K rankings appeared in the May issue). Listed are the top 25 runners in each 5-year age group from age 35. (If less than 25, that's all there were.)

The top 50 in each age group for all road distances, and the top 100 in the marathon, are in the NRDC book: In Depth Masters Road Rankings, available from NRDC for \$5.95.

Each month, the National Masters News will publish the 1981 rankings for a different event. Next month, the 20K.

Jarrett Slaven of Florida had the fastest over-age-35 15K clocking last year — 46:42. Herb Lorenz topped the 40-44 group in 47:18. A 50:42 by Richard Jamborsky made the top 25.

Earl Ellis' 49:35 led the 45-49 men, with Bill Gookin squeaking into the top 25 at 54:18.

Hal Higdon's 51:22 and Tom Momiyama's 57:41 sandwiched the 50-54 division. Alex Ratelle's 52:35 topped the 55-59 class, with Don

Longnecker (M60, 57:23), Clive Davies (M65, 55:16) and Ed Benham (70, 1:07:48) rounding out the men's division leaders.

Cindy Dalrymple, age 39 last year, posted a 52:21 to lead all female over-35's. Karen Scannell edged Trudy Rapp by 4 seconds in 58:04 for 40-44 honors with Susie Bartels' 1:04:30 making the top 25.

Jennifer Wright's 1:00:44 and Takako Kelley's 1:16:16 book-ended the 45-59 runners.

Nicki Hobson's 1:04:35 was best W50, with Beatrice Lovell's 1:21:02 good for the #25 slot. Mary Storey (W55, 1:07:33) and Pat Dixon (W60, 1:13:48) rounded out the leading women 15K speedsters.

Shore AC Merges With Garden State

As of January 1, 1982, the Garden State Track Club has merged into the Shore Athletic Club.

"We believe that we now have the most formidable squad in the East," Ron Salvio told NMN, "especially in the 30-39 and 40-49 categories."

Prior to the merger, the Shore AC swept both the Submasters and Masters divisions of the New Jersey outdoor championships, ending the long reign of the GSTC in submasters and the North Jersey Masters in the M40 division.

Shore then won the Eastern outdoor submasters title and placed high in the masters bracket.

Salvio says since the merger, "the new team can't be touched, even though we haven't yet fielded nearly a full team."

Lorenz, Kania Set 10-Mile Marks

NEW YORK, May 2 — Herb Lorenz, 43, again improved his own American masters 10-mile record today with a time of 5:43 in the Trevira Twosome 10-mile run in Central Park. Only six weeks ago, he had lowered Hal Higdon's 6-year old standard of 51:30 to 51:08. Today's time betters that by 25 seconds. Both times are subject to the OK of the National Running Data Center.

Mila Kania, 50, obliterated the women's age 50-54 mark of 1:10:44, set by Bette Mihalek in 1980, with a stunning 1:04:16.

Lorenz combined with his wife Irma (1:07:20) to be the top masters duet (1:58:02) in the popular, romantic springtime Gotham staple.



Former Olympian and national masters race walk champion Ron Laird, 44, is coaching the U.S. 1984 Olympic race walkers in Colorado.

photo by John Allen, Sportsfoto, Inc.

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."

Men- 35 thru 39

46:42	Jarrett Slaven	35+	FL	7 Feb, FL-A
47:58	Karl Weiser	38		9 May, WA-A
48:42	Chuck Koeppen	35	Carmel IN	7 Sep, IN-A
48:51	Jeff Galloway	35	GA	7 Feb, FL-A
49:25	Frank Bozanich	36	Bothell WA	15 Mar, WA-A
49:28	Ken Neville	35+		9 May, WA-A
49:38	Greg Jewett	35	Berkeley CA	15 Nov, CA-A
49:47	Greg White	36		2 Aug, MO-A
50:02a	Ray Kneer	39	Homer NY	12 Jul, NY-A
50:08	Philip Weiser	38	Denver CO	28 Jun, OR-A
50:14	Larry Prout	35+		9 May, WA-A
50:14a	Jerry Smith	38	Manlius NY	12 Jul, NY-A
50:16	Evan Schull	35+		9 May, WA-A
50:26	Donald Sorchinski	35	FL	14 Mar, FL-A
50:33	Tom Iredale	36	Phoenix AZ	8 Mar, AZ-A
50:41	Ted Haiman	38	Forest Hills NY	18 Jan, NY-A
50:56	Dave Williams	39		15 Mar, WA-A
50:57	Hugh Sweeny	36	Jersey City NJ	18 Jan, NY-A
51:01	David Storey	37	Orlando FL	14 Mar, FL-A
51:04	Stuart Tucker	38	NY	18 Jan, NY-A
51:12	Larry Aduddell	36	Tulsa OK	31 Oct, OK-A
51:15	Gary Madison	35	Tulsa OK	31 Oct, OK-A
51:17	Homer Hastings	38	Newcastle WY	31 Oct, OK-A
51:25	David Hosmer	36		15 Mar, WA-A
51:29	Lynn Harmon	35	Portland OR	28 Jun, OR-A

Men- 50 thru 54

51:22	Hal Higdon	50	Michigan City IN	21 Jun, IN-A
51:48	George Vernosky	51	Bethesda MD	3 Oct, DC-A
53:41	Morton Gray	50	Santa Rosa CA	25 Oct, CA-A
54:18	Howard Miller	54	Mercer Island WA	9 May, WA-A
54:21	Ed DeMarrais	50	Needham MA	3 Oct, DC-A
54:50	Bill McChesney	53	Eugene OR	28 Jun, OR-A
54:55a	Richard Kendall	51	Buffalo NY	12 Jul, NY-A
55:06	Ruben Vigil	53	Albuquerque NM	8 Mar, AZ-A
55:26	Jack Angel	54	Purcell OK	31 Oct, OK-A
55:41	Don Dixon	53	Hastings/Hudson NY	18 Jan, NY-A
55:47	Bill Stock	51	La Mesa CA	22 Mar, CA-A
55:57a	Ted Bick	50	Schenectady NY	12 Jul, NY-A
55:58	Jack Gough	50+		7 Feb, FL-A
56:25	Dennis Branham	50		14 Mar, FL-A
56:26	Don S Williams	50+		22 Mar, OH-A
56:33	Robert Hunt	50		15 Mar, WA-A
56:47	Al Treichel	52	Milwaukee WI	7 Sep, IN-A
56:51	Richard Hanauer	50+		22 Mar, OH-A
56:56	Jim Blount	51	Winter Park FL	14 Mar, FL-A
57:08	Patrick Devine	52	San Pedro CA	22 Mar, CA-A
57:14	Hugh Ainslie	50	WA	15 Mar, WA-A
57:28	Jerry Crockett	53	Stillwater OK	31 Oct, OK-A
57:33	Cornelius Pierce	50	Bend OR	28 Jun, OR-A
57:35	Forrest Miller	53	Chicago IL	7 Sep, IN-A
57:41	Thomas Momiyama	50	Silver Spring MD	3 Oct, DC-A

Men- 40 thru 44

47:18	Herb Lorenz	42	Willingboro NJ	11 Apr, PA-A
48:06	Jim Bowers	42	Santa Rosa CA	7 Feb, FL-A
48:26	John Robinson	40+		9 May, WA-A
48:30	Dan Conway	42	Chetek WI	3 Oct, DC-A
48:51a	Ralph Zimmerman	40	Buffalo NY	12 Jul, NY-A
48:53	Bob Fischer	40	Newark NJ	11 Apr, PA-A
48:57	Michael Heffernan	40	Portland OR	28 Jun, OR-A
48:58	Robert Jenkins	41	Salem VA	3 Oct, DC-A
49:01	Bob Packard	44	Flagstaff AZ	8 Mar, AZ-A
49:12	Dan McCaskill	40	Chula Vista CA	22 Mar, CA-A
49:17	Mike Tymn	43	Kailua HI	22 Mar, CA-A
49:20	E Dumas	40+	MA	11 Apr, PA-A
49:21	Mike Sabino	41	Baltimore MD	11 Apr, PA-A
49:39	Jeremy Clark	44	Camp Smith HI	11 Apr, PA-A
49:39	Sal Vasquez	41	Alameda CA	15 Nov, CA-A
49:43	Dick Hipp	41	Columbia MD	11 Apr, PA-A
49:49	Bill Meinhardt	40	Los Gatos CA	22 Mar, CA-A
49:51	Ken Winn	40+	Stone Mountain GA	11 Apr, PA-A
49:58	Pete Foret	40+		7 Feb, FL-A
49:58	Roy Reisinger	40	WA	11 Apr, PA-A
50:07	Art Guerra	41	Brooklyn NY	11 Apr, PA-A
50:07	Philip Walkden	42	Seattle WA	9 May, WA-A
50:11	V Zwolak	40+	PA	11 Apr, PA-A
50:17	Ken Mueller	44	Bellingham MA	11 Apr, PA-A
50:42	Richard Jamborsky	44	Reston VA	11 Apr, PA-A

Men- 55 thru 59

52:35	Alex Ratelle	56	Edina MN	6 Jun, MN-A
52:41	Jim O'Neil	55	San Diego CA	22 Mar, CA-A
55:46	Herb Chisholm	55	Alexandria VA	3 Oct, DC-A
55:46	Nocus McIntosh	56	Tulsa OK	31 Oct, OK-A
57:40	Roland Anspach	55	Springboro OH	21 Jun, IN-A
59:04	Don Carter	57	Vestal NY	12 Apr, NY-A
59:09	Jim McCown	59	WA	9 May, WA-A
59:20	James Jensen	55	Washington DC	3 Oct, DC-A
59:39	Francis Kelley	59	Oakton VA	3 Oct, DC-A
59:40	Thomas Gibbons	59	Bellerose NY	18 Jan, NY-A
59:47	Rudy Iglesias	56	San Diego CA	22 Mar, CA-A
1:00:00	George Puterbaugh	56	Lake Oswego OR	28 Jun, OR-A
1:00:02a	John Benzoni	55	Penfield NY	12 Jul, NY-A
1:00:08	Jerome Kerkhof	55	Silver Spring MD	3 Oct, DC-A
1:00:40a	Sam Gratch	56	Utica NY	12 Jul, NY-A
1:01:12	Norman Clark	56	WA	15 Mar, WA-A
1:01:18a	Edward Buckley	59	Clinton NY	12 Jul, NY-A
1:01:41	Millard Shumate	55+		7 Feb, FL-A
1:01:47	Bob Bruce	59	Lake Bluff IL	21 Jun, IN-A
1:02:02	Jack Scott	56	Washington DC	3 Oct, DC-A
1:02:03	Dixon Hemphill	56	Fairfax Stn VA	3 Oct, DC-A
1:02:13	Norman Neilson	57		15 Mar, WA-A
1:02:23a	George Iocolano	57	Auburn NY	12 Jul, NY-A
1:02:31	Ervin Postier	55	Tulsa OK	31 Oct, OK-A
1:02:36	Ralph Allen	56	Knox IN	7 Sep, IN-A

Men- 45 thru 49

49:35	Earl Ellis	45	Seattle WA	9 May, WA-A
49:42	Ray Hatton	49	Bend OR	28 Jun, OR-A
49:58	Brian Harris	46	Royal Oak MI	21 Jun, IN-A
50:01	Paul Noreen	46	Plymouth MN	6 Jun, MN-A
50:52	Dave Pitkethly	45	Kirkland WA	15 Mar, WA-A
51:03	Hal Higdon	49	Michigan City IN	11 Apr, PA-A
51:16	Andre Tocco	45	San Pedro CA	22 Mar, CA-A
51:23	James Gallup	45	Honolulu HI	11 Apr, PA-A
52:03	William Hoss	46	TX	11 Apr, PA-A
52:06	Ralph Bowles	45	Pleasant Hill CA	3 Oct, DC-A
52:26	Fred Best	45	Westfield NJ	11 Apr, PA-A
52:36	Dick Gottshall	46	Altoona PA	3 Oct, DC-A
52:56	Jim Caviness	47	Noblesville IN	7 Sep, IN-A
53:03	Truman Clark	45	Pt Hueneme CA	22 Mar, CA-A
53:08	Jack Blakely	45	Ithaca NY	12 Apr, NY-A
53:09	Joe Cary	48	Sierra Vista AZ	8 Mar, AZ-A
53:10	Richard Jamborsky	45	Reston VA	3 Oct, DC-A
53:13	Bill Crum	45	Crestline CA	22 Mar, CA-A
53:28	Arlen Sunn	46	Columbia Hgts MN	6 Jun, MN-A
53:29a	Jack Meegan	45	Buffalo NY	12 Jul, NY-A
53:33	Rob Smith	45+	FL	7 Feb, FL-A
53:43	Ray Harrison	47	Crownsville MD	3 Oct, DC-A
54:11	William Henningsen	46	Aloha OR	28 Jun, OR-A
54:17	Guenter Erich	47	Pequannock NJ	11 Apr, PA-A
54:19	Bill Gookin	48	San Diego CA	28 Jun, OR-A

Men- 60 thru 64

57:23	Don Longenecker	64	Silver City NM	8 Mar, AZ-A
1:00:28	George Sheehan	62	Red Bank NJ	18 Jan, NY-A
1:01:16	John McIntyre	60	Springfield VA	3 Oct, DC-A
1:03:21	Wilfredo Rios	64	Little Neck NY	18 Jan, NY-A
1:03:32	Warren Utes	61	Park Forest IL	21 Jun, IN-A
1:03:48	Reg Rollason	64	Port Orange FL	14 Mar, FL-A
1:03:49	Howard Henry	60	Knox IN	7 Sep, IN-A
1:03:57	Richard Kasal	60	Portland OR	28 Jun, OR-A
1:03:58	Bob Martin	60	Tucson AZ	8 Mar, AZ-A
1:04:41	Wendell Parson	60	Anderson IN	21 Jun, IN-A
1:04:43a	John Rastani	62	Utica NY	12 Jul, NY-A
1:04:56	Paul Larger	60+		22 Mar, OH-A
1:05:03	Clyde Johnson	60	Springfield MO	31 Oct, OK-A
1:05:11	Jack Rice	60+		7 Feb, FL-A
1:05:13	Irving Weiss	62	Portland OR	28 Jun, OR-A
1:05:26	Philip Russell	60	Kirkwood NY	12 Apr, NY-A
1:05:30	Norman Ferner	60	Jacksonville FL	14 Mar, FL-A
1:05:33	Fleetwood Fesmire	64	FL	14 Mar, FL-A
1:05:35	Howard Barrett	60+		22 Mar, OH-A
1:05:56	John Woods	63	Bethesda MD	3 Oct, DC-A
1:06:22	Bob Lehman	61	Reedley CA	22 Mar, CA-A
1:06:41	Walt Kreiman	61	Bethesda MD	3 Oct, DC-A
1:06:51	Jule Jacobson	60+		22 Mar, OH-A
1:06:56	Hal Elrick	62	San Diego CA	22 Mar, CA-A
1:07:17	Joe Buzan	60+		7 Feb, FL-A

Men- 65 thru 69

55:16	Clive Davies	65	Portland	OR	28 Jun,OR-A
1:05:44	William Andberg	69	Anoka	MN	6 Jun,MN-A
1:06:29a	Andrew Malanchuk	65	Johnson City	NY	12 Jul,NY-A
1:08:19	Al Clark	67	Prescott	AZ	8 Mar,AZ-A
1:08:54	Larry Patterson	66	Ferguson	MO	2 Aug,MO-A
1:13:22	Troy Organ	68	Athens	OH	8 Mar,AZ-A
1:13:40	Seymour Klein	65	San Diego	CA	22 Mar,CA-A
1:14:14	Jerry Satterlee	66	Brookings	SD	5 Sep,SD-A
1:14:17	Lorne Bartling	66	Dewitt	NY	12 Jul,NY-A
1:14:49a	Raymond Deschambault	66	Jacksonville	FL	14 Mar,FL-A
1:15:09	John Hampton	67	Park Forest	IL	21 Jun,IN-A
1:16:19	John Williams	67	Coronado	CA	2 May,CA-A
1:16:52	Bob Hutchins	65	Sharpsburg	GA	10 Jul,MI-A
1:17:35a	W A Vied	65	Washington	DC	3 Oct,DC-A
1:18:31	Robert Moffitt	65	Washington	DC	3 Oct,DC-A
1:18:58a	John Weisz	66	Albany	NY	26 Sep,MS-A
1:19:15a	William Shrader	65	Jacksonville	FL	12 Jul,NY-A
1:19:18	Allan Pearce	65	Utica	NY	14 Mar,FL-A
1:20:40a	Larry Biernat	67	Utica	NY	12 Jul,NY-A
1:21:27	Philip Thomas	69	Springfield	VA	14 Mar,FL-A
1:21:36	Richard Rothschild	66	New York	NY	7 Feb,FL-A
1:21:45	Milford Wood	66	Selah	WA	3 Oct,DC-A
1:22:21	Changho Kong	68	Pittsford	NY	18 Jan,NY-A
1:22:24	Eugene Hess	69	Pittsford	NY	15 Mar,WA-A
1:23:23	Bob Ewart	66	Pittsford	NY	19 Sep,NY-A

Men- 70 thru 79

1:07:48	Edward Benham	74	Ocean City	MD	3 Oct,DC-A
1:08:49	William Andberg	70	Anoka	MN	17 Oct,OK-A
1:13:58	Charles Hackenheimer	74	Central Square	NY	12 Apr,NY-A
1:14:11	Jim Bole	73	Long Beach	CA	7 Feb,FL-A
1:15:24	Norman Bright	71	Seattle	WA	28 Jun,OR-A
1:16:50	Paul Fairbank	74	Bethesda	MD	3 Oct,DC-A
1:34:14	Everett Amos	79	Knox	IN	21 Jun,IN-A
1:35:46	Edward Root	73	Utica	NY	14 Mar,FL-A
1:37:52a	Lou Roberts	77	Utica	NY	12 Jul,NY-A

Women- 35 thru 39

52:21	Cindy Dalrymple	39	Seattle	WA	8 Mar,AZ-A
56:54	Vicki Foltz	37	Monroe	WA	11 Apr,PA-A
57:19	Doris Heritage	38	Seattle	WA	11 Apr,PA-A
57:38	Carolyn Bravakis	37	Windsor Locks	CT	11 Apr,PA-A
57:51	Trina Hosmer	35		WA	15 Mar,WA-A
58:19	Wendy Robertson	37	Portland	OR	28 Jun,OR-A
58:49	Mary Ellen Williams	35	Gaithersburg	MD	3 Oct,DC-A
58:58	Polly Peacock	37			2 Aug,MO-A
59:15	Bobbi Rothman	35	Miller Place	NY	11 Apr,PA-A
59:38	Barbara Pike	39	Mountain View	CA	11 Apr,PA-A
59:46	Linda Thurston	38	Somerville	NJ	11 Apr,PA-A
59:51	Bonnie Storm	35	Woodside	CA	22 Mar,CA-A
59:56	Sue Johnston	39	Oakland	CA	15 Mar,WA-A
1:00:17	Betty Hite	35	North Webster	IN	7 Sep,IN-A
1:00:28	Vicky Aldrich	35		WA	15 Mar,WA-A
1:00:30	Lila Brasher	38	Atlanta	GA	11 Apr,PA-A
1:01:09a	Angela Hearn	35	New York	NY	12 Jul,NY-A
1:01:11	Karen Lanterman	36	La Mesa	CA	22 Mar,CA-A
1:01:23a	Bette Poppers	38	Littleton	CO	7 Sep,CO-A
1:01:29	Suzie Klein	36	Honolulu	HI	22 Mar,CA-A
1:01:37	Lolitia Bache	39	Annandale	VA	3 Oct,DC-A
1:01:45	Suzanne Hunter	38	Lincoln	MA	11 Apr,PA-A
1:01:56	Elfrieda Wyner	38		FL	14 Mar,FL-A
1:02:08	Valerie Nye	35	Alexandria	VA	3 Oct,DC-A
1:02:14	Choo Corfield	39	New York	NY	11 Apr,PA-A

Women- 40 thru 44

58:04	Karen Scannell	42	San Francisco	CA	15 Mar,WA-A
58:08	Trudy Rapp	44	Alexandria	VA	3 Oct,DC-A
58:32	Val Robinson	40+			9 May,WA-A
59:23	Sandra Kiddy	44	Palm Springs	CA	15 Mar,WA-A
1:00:04	Judy Groombridge	41	Seattle	WA	15 Mar,WA-A
1:00:14	Hermine Bartee	42	New York	NY	11 Apr,PA-A
1:00:16	Birthe Kirsch	42	Kensington	CA	15 Nov,CA-A
1:00:22	Lynne Lauck	42	Pittstown	NJ	11 Oct,NJ-A
1:00:29	Joan Ulliyot	40	San Francisco	CA	22 Mar,CA-A
1:00:33	Nancy Parker	40+	Atlanta	GA	11 Apr,PA-A
1:00:46a	Patricia Bessel	43	Grand Island	NY	12 Jul,NY-A
1:01:01	Patricia Thomas	41	Seattle	WA	9 May,WA-A
1:01:20	Marilyn Harbin	43	Martinez	CA	22 Mar,CA-A
1:01:23	Christine Curtis	43	Seattle	WA	9 May,WA-A
1:01:28	Jo Anne Wichary	44	San Diego	CA	22 Mar,CA-A
1:01:33	Carole Herrick	40	McLean	VA	11 Apr,PA-A
1:01:41	Judy Groombridge	41	Seattle	WA	11 Apr,PA-A
1:02:28	Letha Figg-Hoblyn	40	Portland	OR	28 Jun,OR-A
1:02:45	Faye Heldoor	44	San Diego	CA	22 Mar,CA-A
1:02:53	Sue Stricklin	43	San Francisco	CA	22 Mar,CA-A
1:03:34	Evelyn Waltz	41	Washington	DC	3 Oct,DC-A
1:04:09	Patricia Pastore	41	San Diego	CA	22 Mar,CA-A
1:04:17	Laura Tingle	40+			7 Feb,FL-A
1:04:27	Evelyn Leiter	42	Bourbon	IN	7 Sep,IN-A
1:04:30	Suzann Bartels	44	Kailua	HI	22 Mar,CA-A

Code: a = point-to-point ("aided") course
 e = estimated time.
 A = first race recorded on a given date in a state
 B = second on same date in same state, etc.

Names of races and locations are listed in "U.S. Distance Rankings," available from NRDC, PO Box 42888, Tucson AZ 85733 for \$5.95.

Women- 45 thru 49

1:00:44	Jennifer Wright	45	San Diego	CA	22 Mar,CA-A
1:02:13	Margaret Oakes	45	Healdsburg	CA	25 Oct,CA-A
1:02:22	Noel Murchie	45	Honolulu	HI	22 Mar,CA-A
1:03:13	Louise Taylor	46	Olympia	WA	28 Jun,OR-A
1:04:56	Donna Wright	46	Bartlesville	OK	31 Oct,OK-A
1:07:23	Joanne Mallet	47	Rockville	MD	3 Oct,DC-A
1:09:05a	Beverly Goodwin	49	Canton	NY	12 Jul,NY-A
1:09:35a	Barbara Booker	45	Ithaca	NY	12 Jul,NY-A
1:09:54	Elsa Evans	46	San Diego	CA	22 Mar,CA-A
1:10:06a	Gloria Brown	49	Grand Island	NY	12 Jul,NY-A
1:12:13	Francis Adams	48	Virginia Beach	VA	8 Nov,VA-A
1:12:21	Gloria Nycum	46	Ft Wayne	IN	7 Sep,IN-A
1:12:25	Betty Delacruz	46	Arlington	VA	3 Oct,DC-A
1:12:29	Margie Durkin	47	San Diego	CA	22 Mar,CA-A
1:12:41	Barbara Carlson	46	Orinda	CA	28 Jun,OR-A
1:12:52	Joan Klopfer	49	Portland	OR	28 Jun,OR-A
1:13:37	Carole Cloos	45	Rochester	NY	19 Sep,NY-A
1:14:15a	Connie LaSalle	45	Oriskany	NY	12 Jul,NY-A
1:14:37	Katherine Knight	45	New York	NY	18 Jan,NY-A
1:14:45	Maryone Burns	49	Mishawaka	IN	7 Sep,IN-A
1:15:29	Andree Lewis	47	Tucson	AZ	8 Mar,AZ-A
1:15:31	Margot Lacher	48	New York	NY	18 Jan,NY-A
1:15:36	Colleen Waits	48	Summerville	GA	5 Dec,GA-A
1:15:41	Sue Fay King	46	Imperial Beach	CA	2 Aug,MO-A
1:16:16	Takako Kelley	46	Imperial Beach	CA	2 May,CA-A

Women- 50 thru 54

1:04:35	Nicki Hobson	50	San Diego	CA	22 Mar,CA-A
1:05:37	Nola Bruhn	52	Seattle	WA	9 May,WA-A
1:08:02	Alice Taggares	50+			9 May,WA-A
1:08:20	Rachel Bourn	52	Fairfax	VA	3 Oct,DC-A
1:10:57	Alice Turowski	53	Portland	OR	28 Jun,OR-A
1:11:22	Marcia McChesney	51	Eugene	OR	15 Mar,WA-A
1:14:08	Betty Benkert	52			2 Aug,MO-A
1:14:52	Joanne Klein	51			15 Mar,WA-A
1:14:57	Merry Van Sant	51	San Diego	CA	22 Mar,CA-A
1:15:07	Patricia Nesley	53	Washington	DC	3 Oct,DC-A
1:15:26a	Peggy Steig	51	Ypsilanti	MI	10 Jul,MI-A
1:15:30	Patricia Bowman	54	Tucson	AZ	8 Mar,AZ-A
1:16:12	Diane Goulett	51			6 Jun,MN-A
1:16:22a	Frances Cable	52	Berthoud	CO	7 Sep,CO-A
1:17:18	Lois Gundler	50+			22 Mar,OH-A
1:17:25	Joy Peterson	50+			22 Mar,OH-A
1:18:25	Fairlee Winfield	51	Flagstaff	AZ	8 Mar,AZ-A
1:18:32	Diane Stone	50	Arlington	VA	3 Oct,DC-A
1:18:50	Dorothy Laker	53	Tampa	FL	14 Mar,FL-A
1:19:04	Pat Martin	51	Tucson	AZ	8 Mar,AZ-A
1:20:37	Edna Leonard	52		FL	14 Mar,FL-A
1:20:40	Rosie Hall	52	Tulsa	OK	31 Oct,OK-A
1:20:49	Maria Oehler	50+			7 Feb,FL-A
1:20:51	Beverly Goodman	53			15 Mar,WA-A
1:21:02	Beatrice Lovell	51	La Mesa	CA	22 Mar,CA-A

Women- 55 thru 59

1:07:33	Mary Storey	56	Riverside	CA	22 Mar,CA-A
1:13:26	Anne Trigg	56	St Petersburg	FL	7 Feb,FL-A
1:13:41	Emily Weber	56	Broadview	IL	7 Sep,IN-A
1:17:40	Lois Amstutz	56	Seattle	WA	9 May,WA-A
1:18:09	Margaret Cochran	58	Severna Park	MD	3 Oct,DC-A
1:18:32	Irene Herbertson	55	Jacksonville	FL	14 Mar,FL-A
1:22:47	Virginia Hastings	56	San Diego	CA	22 Mar,CA-A
1:24:30a	Edna Dean	56	Altmar	NY	12 Jul,NY-A
1:25:39	Virginia Reinhardt	58		GA	14 Mar,FL-A
1:26:55	Carmen Haney	57	Arlington	VA	3 Oct,DC-A
1:27:11	Phyllis Ennis	55	Santa Rosa	CA	25 Oct,CA-A
1:28:08	Jean Wood	55			15 Mar,WA-A
1:29:52	Jeanne Nelson	55	Yorktown	VA	8 Nov,VA-A
1:31:54	Hazel Klein	59	San Diego	CA	22 Mar,CA-A
1:32:08	Shirley Segar	55	Sebastopol	CA	25 Oct,CA-A
1:32:42	Polly Bailey	58			2 Aug,MO-A
1:33:33	Shirley Mueller	58	LaGrange	IL	21 Jun,IN-A
1:34:07	Nancy Haller	57	Tucson	AZ	8 Mar,AZ-A
1:34:42	Vivian Goble	57	Portland	OR	28 Jun,OR-A
1:34:43	Thelma Derfler	56	Salem	OR	28 Jun,OR-A
1:35:36	Marj Hannickel	57	Loomis	CA	28 Jun,OR-A
1:37:41	Kay Lundberg	56	Portland	OR	28 Jun,OR-A
1:37:57	Peggy Price	56	Coronado	CA	22 Mar,CA-A
1:43:45	Sally Jensen	59	Great Falls	VA	3 Oct,DC-A
1:44:55	Mary Armstrong	55		FL	14 Mar,FL-A

Women- 60 thru 69

1:13:48	Patricia Dixon	62	Bend	OR	28 Jun,OR-A
1:18:07	Josephine Hess	63	Selah	WA	28 Jun,OR-A
1:19:51	Gerry Davidson	60	Fallbrook	CA	22 Mar,CA-A
1:24:22	Phyllis Pearson	60		WA	15 Mar,WA-A
1:29:14a	Pearl Mehl	67	Boulder	CO	7 Sep,CO-A
1:29:16	Judith Simon	65	San Diego	CA	22 Mar,CA-A
1:30:44	Lillian Rollason	60	Port Orange	FL	14 Mar,FL-A
1:35:27	Evelyn Havens	64	New York	NY	18 Jan,NY-A
1:40:34	Gladys Noftz	62		FL	14 Mar,FL-A
1:49:06	Marion Epstein	62	Brooklyn	NY	18 Jan,NY-A
1:59:03	Betty Windsor	61	Midwest City	OK	31 Oct,OK-A

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.

FOURTH ANNUAL MASTERS SPORTS ASSOCIATION INDOOR TRACK & FIELD CHAMPIONSHIPS, MARCH 21, 1982

60 yd. dash			M 45			M 65		
M 30			HAIG BOHIGIAN	45 NY 1:06.8		GEORGE JAFFE	66 NY 14:42.8	
ART SIMPSON	30 PC 7.14					WALT WESTERHOLM	67 ML 15:15	
IVAN BLACK	32 AC 7.23		M 50					
PAUL ZACHMAN	34 SH 7.25		ALAN COHEN	52 NY 1:13.4		M 70		
BILL SIKORSKY	33 SH 7.33		GENE KELLY	64 SH 1:15.9		HENRY ZACHMAN	70 NJ 15:16.1	
M 35			M 55					
ELLSWORTH ROBINSON	PC 6.78		ART BRADLEY	55 NY 1:22.1				
BILL WILLIS	38 CH 7.45							
M 40			600 yd. run			TWO MILE WALK		
ROBERT STANFORD	41 PM 6.98		M 35			M 30		
ROOSEVELT WEAVER	44 SH 7.00		BILL INDEK	35 NJ 1:36.6		RANDY KRAKOWER	30 JS 16:40.3	
MEL BARNWELL	43 PC 7.29		BILL WILLES	38 CH 1:38.6		IVAN BLACK	32 AC 18:23.7	
RICK DEERE	44 PC 7.30		M 40			PETE SANTOS	34 BK 19:03.8	
LEROY MCCLAIN	42 OH 7.73		ED SMALL	43 PC 1:20.6		ROBERT JENNINGS	40 PM 17:58.4	
GROVER COATS	43 OH 7.74		M 45			JOHN MULVEY	40 NY 20:55.6	
RICHARD KAYE	41 NY 7.83		KEN BAKER	45 NY 1:20.6		M 45		
M 45			CLIFF PAULING	47 NY 1:25.6		JACK BOITANO	49 NY 14:56.9	
LLOYD RIDDICK	47 SH 6.90		HAL KAUFMAN	45 UN 1:36.3		M 50		
HAL KAUFMAN	45 UN 7.51		TOM TALBOTT	49 NY 1:44.7		TOM COSTIGAN	52 NY 21:16.8	
CHARLES HALL	47 OH 8.28		M 50			SANFORD KALB	54 SH 22:21.2	
M 50			KELSEY BROWN	54 NJ 1:31.4		M 55		
LARRY PITT	7.42		ALAN COHEN	52 NY 1:38.0		GEORGE HELLER	59 NJ 19:17.3	
NORM ANDERSON	51 NJ 7.44		JIM PEDRICK	51 NY 1:38.3		MAURICE LENTZER	56 NY 25:21	
ALAN COHEN	52 NY 7.61		M 60					
GEORGE TAYLOR	51 PM 8.15		JIM MANNO	61 NJ 1:37.6		WEIGHT THROW		
HARKNESS BISHOP	50 OH 8.20		ED CUNNINGHAM	60 PM 1:52.4		M 30		
M 55			1,000 yd. run			AL FALLWOA	32 UC 43'0	
BILL JORAN	56 OH 7.50		M 30			MIKE GONSLO	34 CC 41'2	
HOWARD MACMILLAN	55 SF 8.13		ALPHONSO MARTIN	30 FK 2:33.5		JOHN VOGLER	33 SH 39'1	
MAURICE LENTZER	56 NY 8.14		M 35			JIM BARBER	34 NY 30'8	
GEORGE McMERIN	58 UN 8.20		PAUL JAYSON	35 JS 2:46.1		M 35		
M 60			ROBERT JUMP	39 SH 2:50.2		JOE ROSS	35 TT 34'7	
DAVE LAWYER	62 NY 7.99		M 40			JACK CASHION	37 SH 27'3	
MAC PICKL	64 PM 8.29		RUSSELL ROBINSON	40 FK 2:40.4		M 40		
THEODORE ILLE	62 NJ 8.87		DELEON GIBSON	42 NJ 2:41.8		CARL KLEHM	43 UC 40'9	
M 65			JOHN MULVEY	40 NY 3:38.6		M 45		
LEO ROTHBART	67 NY 8.75		M 45			KURT KRASIN	47 NY 32'3	
			CLIFF PAULING	47 NY 2:40.3		TOM JACKSON	47 SH 29'9	
			FRANK BELLARDITO	48 UN 2:43.1		M 50		
			HAIG BOHIGIAN	45 NY 2:45.4		PAY CARSTENTSON	50 NY 39'10	
			TOM TALBOTT	49 NY 3:19.9		LEN OLSEN	50 UN 39'9	
			M 50			CLARENCE JOHNSON	51 OH 27'5	
			KELSEY BROWN	54 NJ 2:55.5		M 60		
			ALAN COHEN	52 NY 3:03.3		GREG BATTICK	61 UN 35'11	
			JOE KERNAN	52 NY 3:04.9		JOHN BRUCE	68 AC 26'7	
			M 55			M 65		
			ART BRADLEY	55 NY 3:14.3		PAUL SEREGHY	66 NY 33'3	
			DES MARGETSON	55 UN 3:15.3				
			M 70			LONG JUMP		
			HENRY ZACHMAN	72 NJ 4:08.2		M 30		
						RAY HARRISON	31 UN 20'3.5	
			ONE MILE RUN			IVAN BLACK	32 AC 19'9	
			M 30			PAUL ZACHMAN	34 SH 18'10.5	
			ALPHONSO MARTIN	30 FK 4:51.7		BILL SIKORSKY	33 SH 17'11.5	
			PETER SANTOS	34 BK 5:41.1		M 35		
			M 35			RAY BURY	39 SH 19'2.5	
			FRED SCHAMING	39 UN 5:28.7		BILL WILLIS	38 CH 19'0	
			M 40			M 40		
			ROBERT JENNINGS	40 PM 6:18.8		RICHARD DEERE	44 PC 18'3.75	
			M 45			GROVER COATS	43 OH 17'5.5	
			CHARLIE HALL	47 OH 5:58.0		LEROY MCCLAIN	43 OH 17'2	
			ELMER BUFORD	48 OH 6:39.1		RICHARD KAYE	41 NY 16'9	
			M 50			DELEON GIBSON	42 NJ 14'1.5	
			ROBERT FINE	50 NY 5:26.7		M 45		
			GEORGE MARTIN	52 NJ 5:27.3		HAIG BOHIGIAN	45 NY 17'5	
			JOE KERNAN	52 NY 5:59.1		M 50		
			M 55			PAY CARSTENSEN	50 NY 16'11.75	
			NEWLIE HEWSON	59 PV 5:30.6		CHARLES STEVENSON	51 AC 16'11	
			M 60			HAROLD COLEN	53 NY 15'3.5	
			ED CUNNINGHAM	60 PM 6:06.6		CLARENCE JOHNSON	51 OH 15'1.5	
			M 65			SANFORD KALB	54 SH 13'9.5	
			GEORGE JAFFE	67 NY 6:39.3		LEN OLSEN	50 UN 13'8	
			M 70			M 55		
			HENRY ZACHMAN	72 NJ 7:32.0		BILL JORAN	56 OH 15'8	
						M 60		
			TWO MILE RUN			MAX PICKL	64 PM 14'10	
			M 30			THEODORE ILLE	62 NJ 13'8	
			ROBERT FRAIL	33 NY 10:43.6				
			PETER SANTOS	34 BK 13:07.1				
			M 35			SHOT PUT		
			TED HAIMAN	39 PM 10:01.8		M 30		
			KENNETH HEREL	39 UN 11:04.5		JOHN VOGLER	33 SH 36'	
			ROBERT JUMP	39 SH 11:18		BILL SIKORSKY	33 SH 31'6	
			FRED SCHAMING	39 UN 11:30		M 35		
			BILL INDEK	35 NJ 11:39		JACK CASHION	37 SH 38'0	
			M 40			M 40		
			PATRICK O'SHEA	41 UN 11:59.2		CARL KLEHM	43 UC 39'9	
			DELEON GIBSON	42 NJ 12:09.7		RICK DEERE	44 PC 37'6	
			ROBERT JENNINGS	40 PM 15:24		ANDREW MIRECKI	41 NY 29'6	
			M 45			M 45		
			WIBOLD BIALAKOV	47 UN 11:04.5		TOM JACKSON	47 SH 33'7.5	
			CASS CURTIS	48 BA 11:14.7		KURT KRASIN	47 NY 31'5	
			TOM TALBOTT	49 NY 13:08.9		HAIG BOHIGIAN	45 NY 30'1	
			M 50			M 50		
			BOB KERNEY	51 PP 11:31.4		LEN OLSEN	50 UN 46'4	
			GEORGE MARTIN	52 NJ 11:58.0		PAY CARSTENSEN	50 NY 40'11	
			ROBERT FINE	50 NY 12:33.1		CLARENCE JOHNSON	51 OH 35'5	
			M 55			CHARLES STEVENSON	51 AC 34'6	
			NEWLIE HEWSON	59 PV 12:08.6		JOE KELLY	52 NY 32'2	
						WARREN JACKSON	52 UN 30'11	
						DON HENRY	54 SH 29'2	
						GEORGE TAYLOR	51 PM 27'9	

M 55			MAURICE LENTZER	56 NY 25'9	
			ROBERT VISLOCKY	58 NJ 22'7	
M 60					
			GREG BATTICK	61 UN 39'	
			JOHN VISLOCKY	60 NJ 34'3	
M 65					
			PAUL SEREGHY	66 NY 35'3	
			JOHN BRUCE	68 AC 27 1/2	
			MAX PICKL	69 PM 24'0	

TRIPLE JUMP

M 30					
			IVAN BLACK	32 AC 38'4	
			AL ZACHARKA	34 SH 36'5	
			JOHN VOGLER	33 SH 34'10	
			PAUL ZACHMAN	34 SH 32'8	
M 35					
			RAY BURY	39 SH 40 1/2	
			BILL WILLIS	38 CH 30'10	
M 40					
			GROVER COATS	43 OH 30'11	
			RICHARD KAYE	41 NY 30'6.5	
			ANDREW MIRECKI	41 NY 28'5	
			JOHN MULVEY	40 NY 22'9	
M 45					
			HAIG BOHIGIAN	45 NY 34'7	
M 50					
			PAY CARSTENSEN	50 NY 31'10	
			HAROLD COLEN	53 NY 28'10	
			GEORGE TAYLOR	51 PM 25'6	
M 60					
			MAX PICKL	64 PM 27'2.5	

WOMEN

60 yd. dash					
M 35					
			INGRID WAGNER	35 TR 9.17	
			EVETTA ROBINSON	35 FK 9.59	
M 40					
			HEIDI MIRECKI	40 NY 9.96	
M 45					
			MARILYN FITZGERALD	46 SH 8.51	
			ANN CIRULNICK	47 NY 9.39	
M 50					
			CHRIS MCKENZIE	50 NY 8.87	
300 yd. dash					
M 50					
			CHRIS MCKENZIE	50 NY 45.5	
600 yd. run					
M 35					
			INGRID WAGNER	35 TR 2:07.6	
M 50					
			CHRIS MCKENZIE	50 NY 1:43.9	

1,000 yd. run

M 65					
			ADRIENNE SALMINI	62 NJ 4:41.9	
ONE MILE					
M 35					
			STEPHANIE SHEPPARD	35 UN 7:13.3	

TWO MILE

M 65					
			ADRIENNE SALMINI	66 NJ 18:31.5	

TWO MILE WALK

M 55					
			MARIE HENRY	58 SH 21:01.7	

SHOT PUT

M 40					
			HEIDI MIRECKI	40 NY 18'7	
M 45					
			ANN CIRULNICK	47 NY 24'7	

TEAM CODES

AC	=	NEW YORK ATHLETIC CLUB
CC	=	CENTRAL CONN.
BK	=	BIKELA
ML	=	MILLROSE
NY	=	NEW YORK MASTERS
NJ	=	NORTH JERSEY MASTERS
JS	=	JERSEY STRIDERS
PM	=	PHILADELPHIA MASTERS
SH	=	SHORE ATHLETIC CLUB
OH	=	OVER THE HILL
TR	=	TORONTO
TT	=	TORRINGTON A.C.
FK	=	MANHATTAN FLIGHT KINGS
CH	=	CHARLOTTESVILLE T.C.
UC	=	UNIVERSITY OF CHICAGO
UN	=	UNATTACHED
PV	=	POTOMAC VALLEY
PC	=	NEW YORK PIONEERS

UNIV. OF WASHINGTON

MASTERS MILE					
APRIL, 1982					
Jerry Schmidt	4:35.3				
Dennis Hughes	4:38.0				
Denny Meyer	4:38.0				
Tom Waterman	4:55.5				
Valdemar Schultz	4:55.9				
Ralph Miller, 50	4:57.0				
Mike Christiansen	4:57.0				
Ted Noble	4:59.0				

DRAKE RELAYS

APRIL 24, 1982					
MASTERS 800					
Ralph Trimble	IL 2:00.55				
Jim Streeby	IA 2:04.95				
Bill Mayer	TX 2:05.32				
Phil Lorenz	IL 2:07.64				
Bob Kalddenberg	IA 2:10.93				
Bill Follows	IA 2:14.11				
from John Allen					

RESULTS OF PENN MUTUAL/TAC NATIONAL INDOOR MASTERS TRACK & FIELD CHAMPIONSHIPS MASSACHUSETTS INSTITUTE OF TECHNOLOGY, CAMBRIDGE, MASS. MARCH 27-28, 1982

M40 G Shane 1:17.6	M45 I Cantu 4:41.2
B Knocke 1:17.7	B Almond 4:42.0
H Tolliver 1:18.7	A Conro 4:50.0
E Small 1:19.0	J Hunley 4:55.0
M O'Neal 1:19.9	C Blossom 5:35.0
D Williams 1:22.0	
M45 B Lida 1:18.7	M50 J Hershberger 4:53.1
K Baker 1:18.8	O'Brian 5:07.0
H Bohigian 1:20.2	T Sapienza 5:12.0
L Colbert 1:20.4	J Lynn 5:16.0
Gaton 1:21.0	L Steinrauf 5:36.0
	L Rutenberg 5:37.0
M50 K Brown 1:27.5	M55 L Schneider 5:17.8
L Sullivan 1:29.5	A Messenger 5:20.4
A Cohen 1:29.6	J Noble 5:29.8
J Nyhan 1:47.4	N Hewson 5:32.3
M55 R Valentine 1:24.3	H Acton 5:40.0
B Fitzgerald 1:25.2	D Margetson 6:05.0
D Jackson 1:31.0	
R Watanabe 1:38.3	M60 S Richardson 5:22.0
R Tracy 1:39.0	J Hubbard 5:55.0
	D Geer 6:08.0
M60 J Manno 1:34.2	D Lewis 6:14.0
D Lewis 1:39.5	M65 A Poolé 6:43.0
Strassenburgh 1:39.9	
R Brown 1:41.8	M70 S Monastero 6:03.0
	J McCluskey 7:20.3
M65 F Finger 1:41.1	Zachman 7:21.9
C Hillis 1:55.1	
H Miller 2:03.8	
M70 S Monastero 1:55.5	
Zachman 2:10.6	
M75 H Anderson 2:05.1	
1000 YARDS	
M30 T Schilly 2:46.7	
T Bezdek 2:52.3	
M35 S Pashkin 3:00.4	
Shepherd 3:35.0	
M40 M Cullen 3:04.4	
M45 S Redfield 2:57.2	
L Dawson 3:35.3	
M50 C McKenzie 3:04.3	
M30 J Dwyer 2:24.8	
Peterson 2:51.3	
M35 G Carr 2:24.8	
L Mastone 2:24.9	
J Kiki 2:28.7	
M Scheid 2:30.1	
Ackroyd 2:30.3	
Gingras 2:45.2	
M40 E Billups 2:20.8	
G Cohen 2:21.5	
M Elliot 2:24.6	
B Mayer 2:26.7	
D Gibson 2:37.4	
McCall 2:39.8	
M45 L Blount 2:37.4	
A Conro 2:37.8	
H Bohigian 2:38.5	
T Talbott 3:09.0	
M50 J Hershberger 2:35.1	
K Brown 2:36.7	
L Cohen 2:49.2	
J Kernan 2:51.0	
M55 B Fitzgerald 2:44.4	
L Schneider 2:48.0	
A Messenger 2:48.1	
D Jackson 2:52.7	
H Acton 3:02.6	
L Smith 3:11.8	
M60 J Hubbard 3:00.7	
D Lewis 3:07.9	
D Geer 3:09.1	
M65 F Finger 3:06.2	
C Hill 3:45.4	
M70 S Monastero 3:36.8	
M75 H Anderson 4:14.6	
MILE	
M30 C O'Connor 5:14.7	
J Bezdek 5:29.3	
N Dauplaise 6:38.3	
M35 A Hatch 5:55.9	
S Shepherd 7:08.2	
S Tracy 8:26.7	
M40 B Pike 5:19.2	
J Case 7:12.8	
M45 S Redfield 5:35.0	
C Coppetta 5:45.8	
J Rassmussen 6:08.7	
L Dawson 6:28.7	
M50 C McKenzie 5:54.7	
M60 J Price 7:47.6	
M30 F Doyle 4:19.0	
M Conley 4:23.0	
J Dwyer 4:29.0	
H Finch 4:32.0	
C Mitchell 4:54.0	
M35 B Stewart 4:23.0	
L Mapstone 4:27.0	
R Myers 4:29.0	
E Cadman 4:34.0	
J Irwin 4:40.0	
J Babington 4:49.0	
M40 E Billups 4:25.0	
K Randall 4:26.0	
S Huckel 4:28.0	
L Faxon 4:34.0	
G Cohen 4:44.0	



M50
So. Calif. Striders 5:18.5

3200 METER RELAY

M30
Rochester Track Club 8:29.8
Thames River RR 8:41.6
New York Masters 8:47.5

M50
New York Masters 10:01.0
So. Cal. Striders 10:15.6

HIGH JUMP

M30 S Clark 4' 8"
J English 3'10"
M35 P Raschker 4' 8"
M45 C Miller 4' 2"
S Redfield 3'10"

M30 A Zacharka 5' 8"
I Black 5' 2"
R Salvio 5'

M35 J Littlejohn 5'10"
J Ackroyd 4' 8"

M40 B Kline 5'10"
P Dorsey 5' 8"
A Littlejohn 5' 8"
D DeWitt 5' 4"

M45 R Richardson 5'10"
T Langenfeld 5' 8"
N Newton 5' 6"

M50 P Mulkey 5' 2"
L Steinrauf 4' 6"
W Jackson 4' 2"
C Johnson 4'

M55 J Hall 5' 3"
D Brown 4' 6"
C Olson 4' 4"
J Johnson 4' 4"
D Margetson 4' 4"

M60 T Ille 4'

M65 W Eipel 4' 4"
F Finger 4' 2"
C Hills 4'

H Miller 3'10"
B Detwiler 3' 6"

M75 H Anderson 3' 8"

POLE VAULT

M30 Christoph 14' 6"
Overton 12'
R Salvio 9' 6"

M35 J Williamson 15'
R Cook 13' 6"

M40 Counihan 13'
Richard 12' 6"
D DeWitt 11'
G Kelley 10'

M45 E Hoyle 13' 6"
C Burrows 9'

M50 J Donley 12' 6"
P Mulkey 11' 6"
Stevenson 10' 6"

M55 D Brown 9'
J Johnson 8'

M60 J Hutchinson 8' 6"
M65 C Hills 7'
W35 P Raschker 7' 6"

LONG JUMP

M30 J English 17' 6"
W35 P Raschker 17' 6"
M45 C Miller 14' 1 1/2"

M30 R Beale 21'11"
C Jackson 20'11 1/2"
D Robinson 20' 8"

T Murphy 20' 1 1/2"
I Black 19' 1 1/2"
R Dyer 18' 6"

M35 K Vener 20' 2 1/2"
J Ackroyd 17' 5 1/2"
M40 P Richard 19' 7 1/2"
P Dorsey 19'
G Counihan 18'10 1/2"
D DeWitt 18' 9"
J Waters 18' 3 1/2"

M45 T Butterfield 18' 9 1/2"
W Clark 17'11"
C Dudley 17' 5 1/2"
H Bohigian 17' 5 1/2"
J Haney 12' 8 1/2"

M50 P Mulkey 18' 2 1/2"
C Stevenson 17' 2 1/2"
P Carstensen 16' 1"
M Boyle 15'11 1/2"
L Steinrauf 14'10 1/2"
L Sullivan 14'11 1/2"

M55 J Johnson 16' 6 1/2"
D Harris 15' 9 1/2"
D Brown 15' 5"
R Tracy 14' 9 1/2"
D Harris 13'10 1/2"
R Cormier 12' 5"

M60 A Obokata 15' 8"
W Carmen 14' 2"
T Ille 14' 2"
B Gile 13' 9"
M65 H Miller 14' 4 1/2"
R Sorlien 14' 1"
C Hills 13'11 1/2"

M70 W Erskind 11' 6 1/2"
W Pike 14' 4 1/2"

M75 H Anderson 8' 2 1/2"

TRIPLE JUMP

M30 J English 27'
W35 P Raschker 31'
M45 C Miller 27'10 1/2"

M30 R Beale 43'10 1/2"
I Black 37' 5 1/2"
M35 J Ackroyd 36' 7 1/2"
K Vener 35' 4"
M40 J Willis 39'
A Littlejohn 33'10"
M Valle 30' 2"
M45 H Bohigian 37' 1/2"
T Butterfield 36' 9 1/2"
M DeWitt 36' 9"

M50 P Mulkey 37' 7 1/2"
L Steinrauf 32'10"
P Carstensen 32' 2 1/2"
H Colen 28' 3"

M55 D Brown 33' 1/2"
C Olson 32' 8"
J Johnson 31'10 1/2"
R Tracy 29' 3"
D Margetson 27' 7"

M60 W Carmen 28' 3"
N Heard 24' 4"
M65 R Sorlien 29'
H Miller 28' 7"
C Hills 26' 9"
M75 H Anderson 20' 9"

SHOT PUT

M30 B Friedrick 42' 3 1/2"
W35 P Raschker 24' 8 1/2"
M45 C Miller 26' 6"
A Johnson 24' 8 1/2"
C Fullenwider 23' 6 1/2"
S Redfield 22'10"
S Goodhue 19' 5"
D Radigan 18' 5"

M50 C McKenzie 21' 5"
B Messenger 15'10 1/2"

M30 J Rutledge 45' 2 1/2"
N Bower 40'11"
R Dunphy 39' 6 1/2"
P Carey 31' 7"

M35 E Hill 49' 5 1/2"
J Ackroyd 35' 3 1/2"

M40 Pratt 43' 8"
C Klehm 41' 4"
M Valle 39'11"
B McKenna 36' 8 1/2"
W Burkle 30' 9 1/2"

M45 J Rothrock 36'10"
R Mann 34' 2 1/2"
T Jackson 33'11 1/2"
H Bohigian 32'11 1/2"
J Weed 32' 4 1/2"
J Haney 22' 8"

M50 P Mulkey 44' 5 1/2"
P Carstensen 41' 7 1/2"

C Johnson 37' 9"
T Brooks 36' 6 1/2"
D Henry 29'11"
A Harris 29' 8"

M55 H Cantor 39' 5 1/2"
R Seligman 37' 9 1/2"
J Pierson 30' 3"
C Olson 28'10"

M60 N Heard 50' 2"
W Gilligan 45' 1/2"
R Stone 43' 6 1/2"

M65 W Eipel 36' 2"
R Detwiler 31' 9"

M75 H Anderson 27' 8"

35 LB. WEIGHT THROW

M45 D Radigan 15' 6"
M30 A Paliwoda 50' 9 1/2"
N Bower 43'
J Rutledge 39'11"
J Sousa 31'10 1/2"
R Salvio 30' 7 1/2"

M35 M Grisko 48' 3 1/2"
E Hill 46' 7"
J Ackroyd 38' 4 1/2"
J Ross 37' 1"

M40 C Klehm 46' 2"
N Cyprus 44'
M Valle 35'10"
W Buerkle 27' 8"

M45 A Hall 51' 1 1/2"
R Mann 35' 2"
T Jackson 30' 2"
J Rothrick 28' 7"

M50 I Black 40' 1 1/2"
P Carstensen 33' 4"
C Johnson 24'10"

M55 H Cantor 37' 1 1/2"

M60 T McDermott 48' 6 1/2"
W Gilligan 43'11 1/2"
R Stone 43' 4 1/2"
N Heard 41' 7"

M65 N Fowler 44' 5 1/2"
R Detwiler 29' 8"

M70 J McCluskey 28'10"
W Pike 27'10"

M75 H Anderson 21' 8"

From John Pistone



12TH AND FINAL GRANDFATHER GAMES LOS ANGELES VALLEY COLLEGE — LOS ANGELES — MAY 8, 1982

100	400
M30 Miller 14.44	M30 Carter 66.75
Carter 14.71	Smith 68.80
Smith 15.42	M50 James 98.50
Castle 15.43	M30 Driver 50.53
Glass 16.10	Beadle 52.34
M50 Kuehne 18.44	Fus 55.90
James 20.40	Evans 75.83
M30 Butler 11.10	M40 Cohen 53.85
Johnson 11.19	Johnson 55.05
Davis 11.33	Simmons 57.49
Roberson 11.38	Jones 58.55
Little 11.58	Bourke 59.20
M40 Smith 11.60	M50 Cheek 56.88
Segal 11.65	Fitzgerald 59.44
Collins 12.05	Beadle 60.26
Simmons 12.20	Wagner 60.17
Young 12.53	Radford 63.84
M50 Smith 12.07*	M60 Parks 64.95
Cheek 12.33	Lewis 69.44
Vick 12.33	M70 Benton 96.10
Watanabe 12.40	
Robinson 12.50	
M60 Patsalis 12.75*	800
Fetter 13.22	M30 Root 3:08.3
Guidet 13.84	Horiguchi 3:10.4
Miller 15.00	M50 James 4:03.0
Jordan 17.40	M30 Stuart 2:01.0
M70 Castro 14.99	Loughridge 2:08.7
Caruso 15.55	Morrison 2:19.2
Lum 16.75	M40 Hackett 2:13.3
Rust 20.41	Bourke 2:16.3
Benton 20.80	Ortiz 2:17.4
	M50 Waits 2:18.7
	Beadle 2:19.7
	Fitzgerald 2:20.7
	Rice 2:38.6
200	M60 Lewis 2:43.3
M30 Carter 29.90*	Long 3:23.1
Castle 32.47	M70 Benton 3:40.4
M50 James 43.70	
M30 Driver 22.00	1500
Johnson 22.70	M30 Wagenbach 6:10.6
Beadle 23.11	M50 Miller 5:19.8
Wong 23.31	Vail 6:19.2
Davis 23.67	James 7:58.0
M40 Cheek 23.99	Gordon 7:58.1
Newton 26.25	M30 Waggener 4:18.0
Collins 25.79	Kohon 4:18.5
Tsuda 26.80	Ashimine 4:31.1
Martin 26.80	Simien 4:35.6
M50 Cheek 24.38*	Horiguchi 4:38.0
Smith 24.71	M40 Weldy 4:25.7
Watanabe 25.91	Ortiz 4:35.2
Vick 26.24	Barrett 4:43.4
Robinson 26.24	Nagey 4:53.5
M60 Patsalis 27.24	M50 Withers 4:49.8
Fetter 28.41	Hatch 5:12.2
Guidet 28.60	Gillman 5:23.9
Parks 29.30	M60 Polynis 6:13.5
Jordan 42.80	Long 7:04.0
M70 Castro 31.38	M70 Benton 7:06.6
Lum 35.70	
Benton 46.00	

5000	
W30 Terhune	19:19.2*
W50 Gordon	33:28.5
M30 Sneddon	16:33.5*
Sodini	16:57.5
Sneicuk	17:14.2
Perry	17:27.9
Gooze	18:01.2
M40 Weldy	16:32.8*
Murphy	16:47.4
Livesay	17:38.8
Nagey	17:59.6
Hillier	21:27.1
M50 Fine	19:32.7
M60 Lowell	22:39.8

10000	
W50 Cartwright	48:52
M30 Wagenbach	32:43
Minami	34:57
Pressley	38:25
M40 Eino	34:23*
Mortell	35:03
Carroll	38:08
M50 Devine	38:15*
M70 Spangler	52:30*
Thomson	58:21
Gilmore	1:28:30

5000 WALK	
W50 Kash	35:50
M40 Coots	24:29*
Hiller	35:23
M50 Kelly	26:14*
Fine	27:05
Creange	29:27
MacLachlan	29:35
Friesen	35:43
M60 Wehrly	1:04:30

HIGH HURDLES	
M30 Butler	14.30*
Viltz	14.73
Sallinger	14.80
Ball	19.26
M40 DeWitt	16.10
Adler	18.70
M50 Jackson	9.22
Douglass	10.79
Noyes	13.31
Friesen	13.84
M60 Patsalis	9.85
Hunt	11.22
Miller	11.22
M70 Vesco	13.67*
M30 & M40 - 110 meters	
M50, 60, 70 - 70 meters	

400 HURDLES	
M30 Fus	66.40
M50 Noble	72.00
Douglass	72.04
Noyes	87.20

HIGH JUMP	
W30 Glass	4'
Newton	4' AR
W50 Kinsey	3' 6"
M30 Wicks	5' 10"
Morris	5' 10"
Ball	4' 10"
M40 Dobroth	6' 4"
Zubirinsky	6'
Newton	5' 8"
DeWitt	5' 6"
Bane	5' 2"
M50 Brown	4' 8"
Wallace	4' 8"
Douglass	4' 8"
Davisson	4' 6"
M60 Ogle	4' 8"
Gillett	4' 6"
Burke	4' 6"
Damski	4' 4"
M70 Pierrotti	3' 8"
Vesco	3' 8"
Doms	3' 4"

POLE VAULT	
M30 Klein	11'
Ball	10'
M40 DeWitt	11' 6"
Bane	11' 6"
M50 Cook	13' 6"*
Brown	10'
Douglass	10'
Wolfe	9'
Wallace	8' 6"
Hoppe	8'
Devos	8'
M60 Biesemeyer	9'
Gillett	8'
Siegel	8'
M70 Vesco	5' 6"

LONG JUMP	
W30 Miller	12' 10 1/2"
Glass	12' 5 1/2"
W50 Kuehne	10' 6 1/2"
Mendyk	9' 11 1/2"
M30 Morris	21' 6"
Flowers	20' 9 1/2"
Harper	17' 4 1/2"
Ball	16' 5 1/2"
M40 Miller	18' 3 1/2"
DeWitt	18' 1 1/2"
Tsuda	16' 7 1/2"
Martin	15' 1 1/2"
M50 Brown	14' 4 1/2"
Miller	13' 1 1/2"
Creange	12' 6 1/2"
M60 Patsalis	19' 1 1/2" WR
Miller	14' 2"
Mercurio	13' 1 1/2"
Jordan	12' 3 1/2"
M70 Caruso	12' 10 1/2"
Vesco	10'

TRIPLE JUMP	
W50 Mendyk	16' 2 1/2"
M30 Morris	40' 9 1/2"
M40 DeWitt	34' 9 1/2"
M50 Jackson	38' 1 1/2"
Davisson	35' 8"
M60 Patsalis	36' 6 1/2"
Mercurio	30' 11"
Damski	29' 3"
Miller	27' 5 1/2"
Jordan	25' 5 1/2"
Siegel	24' 8 1/2"
M70 Caruso	23' 7 1/2"
Vesco	22' 8 1/2"
Doms	20' 8 1/2"

SHOT PUT	
W30 Miller	25' 7"
Schreiber	25' 3 1/2"
Mazza	20' 11 1/2"
W50 Kinsey	31' 5 1/2"
Mendyk	26' 5"
Kuehne	23' 3 1/2"
M30 Deller	45' 10 1/2"
Kelmenson	36' 1 1/2"
Ball	33' 3 1/2"
M40 Hart	46'
Dahms	41' 8 1/2"
Farris	40' 2"
Loughridge	37' 4 1/2"
Mazza	36' 4"
Frahm	34' 7 1/2"
Sheinker	24' 4"
M50 Renfro	45' 1 1/2"
Bangert	42' 11 1/2"
Ker	42' 8 1/2"
Wallace	36' 11 1/2"
M60 Thatcher	45' 9 1/2"
Jordan	39' 1 1/2"
Siefert	38' 11 1/2"
Burke	38' 8 1/2"
Fetter	38' 7 1/2"
M70 Cheadle	33' 9 1/2"
Doms	36' 2 1/2"
Pierotti	33' 1 1/2"
Hubble	28' 10 1/2"

HAMMER	
M30 Deller	147' 5"
Kelmenson	113' 11"
M40 Hart	106' 6"
Sheinker	99' 4"
M50 Douglass	129' 4"*
Bangert	101' 6"
Wojcik	98'
Devaughn	92' 2"
Perry	71' 11"
Grimm	55' 8"
M60 Burke	72' 3"
M70 Pierrotti	98' 1"
Vesco	94' 4"
Hubble	85' 1"
Doms	69' 6"

DISCUS	
W30 Miller	77' 9 1/2"
Schreiber	73' 8"
Mazza	50' 10 1/2"
W50 Kinsey	85' 5 1/2"
Mendyk	59' 2"
Kuehne	49' 9 1/2"
M30 Deller	151' 9"
Kelmenson	110' 11 1/2"
Ball	97' 8"
M40 Higgins	161'
Hart	139'
Miller	111' 8 1/2"
Dahms	107' 3 1/2"
Mazza	106' 6"
M50 Renfro	147' 1"
Neblitt	127' 8"
Ker	120' 5"
Straub	114' 9"
Wallace	106' 8 1/2"
Douglass	97' 2"
Grimm	49' 10"

M60 Thatcher	132' 2"
Burke	116' 7 1/2"
Jordan	108' 4"
Siefert	112' 3 1/2"
Hunt	101' 10"
M70 Cheadle	124' 6 1/2"
Doms	118'
Pierotti	105' 11 1/2"
Hubble	78' 2"

JAVELIN	
W30 Miller	96'
Schreiber	70' 8"
W50 Kinsey	70' 8"
Mendyk	62' 4"
M30 Selby	178' 10"
Kelson	115' 5"
Ferrin	90' 11"
M40 Miller	148' 8"
Martin	111' 11"
M50 Hudson	150' 2"
Chynoweth	146' 6"
Straug	130' 6"
Wallace	118' 5"
Douglass	113' 9"
Wojcik	107' 7"
Grimm	53'
M60 Fetter	144' 10"
Siefert	119' 11"
Burke	110'
M70 Doms	92' 7"
Hubble	75' 10"
Vesco	75' 2"

400 RELAY	
M30 CDM	45.3
M40 Striders	45.5
M50 CDM	49.8
Striders	53.1
M60 CDM	57.4

1600 RELAY	
M50 CDM	4:53.6
PREDICTION 1500	
1. Hiller	0.5
2. Miller	6.8
3. Robinson	14.7
4. Ray	

HANDICAP 1500	
1. Bryant	5:02.3
2. Pressley	
(5:03+32)	5:35.0
3. Hiller	
HANDICAP 100	
1. Fetter	
2. Caruso	
3. Miller	
4. James	
5. Perez	
6. Newman	
7. Grimm	

238 entrants. Weather cool. No smog. 21 new meet records. 76 officials.
from George Ker
*New meet record

TAMPA CHAMPIONSHIPS APRIL 3, 1982 Hillsborough High School Tampa Florida WEIGHT PENTATHLON

	Disc	Shot	Jav	Ham	Wt. Thr.	Score
Tony Bianchi	105' 2 1/2"	35' 5 1/2"	140' 0"	103' 6"	33' 8 1/2"	2559
Chuck Klehm	109' 6 1/2"	40' 5 1/2"	96' 0"	128' 11"	41' 11"	
Tim Twomey	101' 6 1/2"	34' 3"	126' 6"	115' 0"	38' 0"	
Len Olson	131' 6"	47' 6 1/2"	140' 6"	145' 11 1/2"	38' 11"	
Dreher Gaskin	109' 6"	37' 1 1/2"	113' 3"	98' 6 1/2"	34' 1"	
Warren Pike	70' 10"	31' 0"	55' 2"	64' 10 1/2"	23' 4"	
Phil Partridge	73' 3"	23' 9"	95' 3"	78' 0 1/2"	23' 11 1/2"	

* all Olympic Implements By Age Factor Scoring

1982 MT. SAC RELAYS MT. SAN ANTONIO COLLEGE, WALNUT, CALIFORNIA SUNDAY, MAY 2, 1982 MASTERS MEET RESULTS

JAVELIN (40-49)				SHOT PUT (40-49)			
HIGGINS, Lloyd	SCS	178'5 1/2"		HART, Jim	WUTC	44'8"	
MILLER, Gary D.	CDM	154'0"		OLEATA, Ed	SDTC	37'11"	
DE WITT, Dennis	SCS	107'2"		FRAHM, Bob	SCS	33'4"	
JAVELIN (50-59)				SHOT PUT (50-59)			
MORALES, Bill	CDM	158'11 1/2"		KER, George	CDM	42'10 1/2"	
HUDSON, Ralph	Unatt.	150'1 1/2"		WALLACE, Hal	STC	39'4"	
FETTER, Pete	CDM	138'2 1/2"		DOUGLASS, Dave	SCS	36'6"	
HIGH JUMP (40-49)				SHOT PUT (60+)			
DOBROTH, John	SCS	6'4"		THATCHER, Jack	CDM	47'3"	
ZUBRINSKY, Gene	Unattached	6'2"		CASTANEDA, Mike	SCS	45'4 1/2"	
HIGGINS, Lloyd	SCS	6'0"		BURKE, Bill	CDM	37'8"	
HIGH JUMP (50-59)				LONG JUMP (40-49)			
BROWN, Dave	CDM	4'10"		HENRY, AZ	CDM	20'3 1/2"	
DAVISSON, Shirley	CDM	4'8"		MILLER, Gary	CDM	19'5"	
DOUGLASS, Dave	SCS	4'8"		DE WITT, Dennis	SCS	17'0 1/2"	
HIGH JUMP (60+)				LONG JUMP (50-59)			
GIST, Burl	CDM	4'10"		JACKSON, Dave	CDM	19'2"	
GILLETTE, Orv	CDM	4'6"		OTZINGER, Burton	CDM	15'11 1/2"	
VERNON, Jim	Trojan Masters	4'6"		BROWN, Dave	CDM	14'11"	
POLE VAULT (40-49)				LONG JUMP (60+)			
WOODRING, Tom	Club West	12'6"		PATSALIS, Tom	CDM	19'0"	
OLEATA, Ed	SDTC	12'0"		BURKE, Bill	CDM	14'2"	
DE WITT, Dennis	SCS	10'6"		MORALES, Bill	CDM	13'11"	
POLE VAULT (50-59)				400 METERS (40-49)			
COOK, Vic	SCS	14'0 1/2"***		MILLER, Gary	CDM	53.7	
**WORLD & AMERICAN RECORD!				JONES, Robert	SCS	57.3	
GALLARDO, Fred	NCS	11'0"		HARPER, John	CDM	64.8	
WALLACE, Hal	STC	10'6"		400 METERS (50-59)			
POLE VAULT (60+)				WAGNER, Delaine	CDM	59.5	
VERNON, Jim	Trojan Masters	11'0"		DOUGLASS, Dave	SCS	64.2	
BIESEMEYER, Ralph	Unattached	9'0"		CLAYTON, Tom	CDM	65.1	
GILLETTE, Orv	CDM	8'6"		400 METERS (60+)			
100 METERS (40-49)				HUNT, Bob	SCS	63.4	
BUTLER, Walt	SCS	11.1		LEWIS, David	CDM	69.0	
DE WITT, Dennis	SCS	11.9		1500 METERS (40-49)			
100 METERS (50-59)				COHEN, George	SCS	4:23.2	
WATANABE, Robert	SCS	12.6		CHEEVER, John	Unattached	4:32.8	
SIMON, George	SCS	14.5		CULLEN, Jim	SCS	4:57.3	
100 METERS (60+)				1500 METERS (50-59)			
PATSALIS, Tom	CDM	12.0		FITZGERALD, Bill	CDM	4:40.7	
FETTER, Pete	CDM	12.9		WITHERS, Jerry	CDM	4:46.7	
HUNT, Bob	SCS	13.0		TETER, Delbert	Unatt.	4:48.3	
TRIPLE JUMP (40-49)				1500 METERS (60+)			
HENRY, AZ	CDM	40'1"		LEWIS, David	CDM	5:58.8	
DE WITT, Dennis	SCS	35'8 1/2"		LONG, Robert	SCS	6:51.1	
TRIPLE JUMP (50+)				110 METER HURDLES (40-49)			
JACKSON, Dave	CDM	42'8 1/2"		BUTLER, Walter	SCS	14.3*	
PATSALIS, Tom	CDM	37'4 1/2"		DOBROTH, John	SCS	14.7	
DAVISSON, Shirley	CDM	35'4-3/4"		DE WITT, Dennis	SCS	15.9	

LONG DISTANCE RESULTS

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

BUDWEISER IRONMAN WORLD TRIATHLON HONOLULU, FEBRUARY 6, 1982

M40-44	SWIM	BIKE	RUN	TOTAL
Gary Hooker	1:34:07	5:24:26	3:33:03	10:31:36
Matt Kindred	1:25:00	5:24:33	4:10:09	10:59:42
Conrad Will	1:22:25	5:45:32	3:59:00	11:07:00

M45-49				
Andre Tocco	1:29:25	6:43:35	3:36:38	11:49:36
John O'Reilly	1:13:17	7:05:04	4:01:06	12:19:27
Dale Elliott	1:36:35	6:19:23	4:47:38	12:43:36

M50-54				
Volto Hec	2:09:00	6:38:41	4:12:06	12:59:47
Ken Cates	1:36:05	6:59:26	4:35:11	13:10:42
Ralph Payne	2:14:15	7:34:10	4:30:18	14:18:43

M55-59				
Cliff Cummins	1:57:45	6:09:45	5:28:22	13:36:02
Pete Mattel	2:15:40	6:51:41	5:40:22	14:47:43
Bill Bell	1:47:25	8:15:49	5:54:34	15:57:48

M60+				
Jimmy Stokes	2:08:50	7:39:03	4:50:38	14:38:31
C Swingrover	2:28:50	7:43:52	6:07:35	16:20:17
Norton Davey	2:13:15	6:50:13	7:52:44	16:56:12

W40-44				
Barbara Shubert	1:44:44	7:50:20	4:26:12	14:01:16
Susan Garratt	1:37:00	9:15:05	6:45:38	17:37:43

W45+				
Jody Payne	2:10:20	7:36:19	5:31:36	15:18:15

SWIM: 2.4 miles BIKE: 112 miles RUN: Marathon

6TH BIDWELL CLASSIC MARATHON, CHICO, CALIF. MARCH 6, 1982

Open Allen Sandretti 2:30:11

M40 Doug Latimer	2:39:37
Mike McGie	2:53:47
Les Fredrickson	2:54:48

W40 Heidi Skaden-Poyser	3:11:49
Janice Beltram	3:47:10
Pauline McLaren	3:56:52

M50 Gus Hannickel	3:01:35
Harrison Smith	3:21:35
Bill Sobiski	3:22:51

W50 Ruth Anderson	3:23:58
Jessie Smith	4:20:33
Georgia Strausberg	4:39:25

M60 Paul Camerer	3:57:04
Angelo Toletti	4:03:08

6TH ANNUAL SHAMROCK 10-MILE LAKE WORTH, FLORIDA MARCH 20, 1982

M40 Ken Winn	55:36
Joe Burgasser	56:59
Alton Migue	57:56

M45 Hans Hartmann	1:03:06
Brenden Spratt	1:03:44
Aaron Ouzana	1:05:42

M50 Louis DeReuil	1:08:15
Ken Williams	1:09:20
Virgil Norris	1:11:04

M60 Dan Biele	1:13:48
Bill Granby	1:17:42
Bill McDonough	1:18:38

W40 Linda Burgasser	1:12:03
Anne McGuire	1:20:07
Marie Fonzie	1:20:37

W50 Rosalie Oughterson	1:51:24
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2-MILE ZOO RUN TULSA, OKLAHOMA MARCH 20

M35 Dick Eggerman	10:44
M40 Jim McFadden	10:46
M45 Carl Fritz	12:56
M50 Steve Blanchard	11:22
M55 Ross Wiltzer	12:42
W30 Vreni Kemp	13:30



W45 Helene Bedrock	1:26:29
Katie Knight	1:40:22
Nancy Condron	1:47:21

W50 Toshiko d'Elia	1:29:03AR
Alicia Moore	1:33:39

W60 Mary Rodriguez	2:07:03
Evelyn Havens	2:07:24

5TH ANNUAL PERRIER 10KM RUN CENTRAL PARK—NYC

Sponsored by Perrier
Under the auspices of NYRR
Date: March 27, 1982 Noon
Distance: 6.2 miles
Previous Course Record (Men): Geoff Smith, 29:12.9, 1981
New Record: Geoff Smith, 28:40.1
Course Record (Women): Andrea Chiappetta, 35:49, 1981
Check-In: Men-3455, Women-1377, Total-4832
Finishers: Men-2792 and 12 racewalkers, Women-1051 and 4 racewalkers, Total-3850
Weather: cold, windy, overcast
Vol A (40-44)
1. Fletcher, Bob, 41-Millrose 32:21
2. Sammon, James, 40-NY 32:50
3. Bassett, Russell, 41-No Shore 33:54
4. Straton, Guy, 41-CT 34:19
5. Lotemio, Anthony, 40-Wash 35:44
6. Morrissey, Brian, 40-Bklyn 35:48
Vol B (45-49)
1. Stern, Lou, 47-PPTC 36:24
2. Mahoney, John, 47-MA 36:27
3. Hirsch, George, 47-NYC 36:46
4. Self, Eric, 48-NYC 37:46
5. Chorny, Harold, 45-NY 38:53
6. Hoglund, Boyd, 45-NJ 39:20
7. Traugott, Jack, 49-WRR 39:22
Masters (50-59)
1. Stillman, George, 50-Millrose 37:02
2. Burns, Joe, 52-Millrose 37:08
3. Puma, Albert, 52-PPTC 39:18
4. Thompson, George, 56-NYAC 39:40
Seniors (60-69)
1. Rios, Wilfredo, 65-LNTC 40:17
2. Goldstein, Albert, 62-PPTC 40:57
3. Gibbons, Thomas, 61-Millrose 41:30
Golden Age (70 and over)
1. Wallach, Robert, 79-NYC 1:10:31
Vol A (40-44)
1. Thurnhill, Anna, 41-Millrose 39:40
2. Margolin, Patsy, 41-WS 43:27
3. McKenzie, Bonnie, 40-NY 43:52
4. Parmelee, Patty, 42-Alabama 44:01
Vol B (45-49)
1. Bedrock, Helene, 47-No Jers 39:33
2. Knight, Kate, 46-Millrose 44:50
3. McGill, Louise, 48-CT 45:16
Masters (50-59)
1. Franco, Bunny, 51-CPTC 48:24
2. Jacobson, Audrey, 53-NY Mst 53:31
3. Cavrell, Jean, 54-NYC 54:03
Seniors (60 and over)
1. Rodriguez, Mary, 60-GNYAA 56:40
2. Salmini, Adrienne, 66-NJMst 1:01:27

1. Stern, Lou, 47-PPTC	36:24
2. Mahoney, John, 47-MA	36:27
3. Hirsch, George, 47-NYC	36:46
4. Self, Eric, 48-NYC	37:46
5. Chorny, Harold, 45-NY	38:53
6. Hoglund, Boyd, 45-NJ	39:20
7. Traugott, Jack, 49-WRR	39:22

Masters (50-59)	
1. Stillman, George, 50-Millrose	37:02
2. Burns, Joe, 52-Millrose	37:08
3. Puma, Albert, 52-PPTC	39:18
4. Thompson, George, 56-NYAC	39:40
Seniors (60-69)	
1. Rios, Wilfredo, 65-LNTC	40:17
2. Goldstein, Albert, 62-PPTC	40:57
3. Gibbons, Thomas, 61-Millrose	41:30

Golden Age (70 and over)	
1. Wallach, Robert, 79-NYC	1:10:31

Vol A (40-44)	
1. Thurnhill, Anna, 41-Millrose	39:40
2. Margolin, Patsy, 41-WS	43:27
3. McKenzie, Bonnie, 40-NY	43:52
4. Parmelee, Patty, 42-Alabama	44:01

Vol B (45-49)	
1. Bedrock, Helene, 47-No Jers	39:33
2. Knight, Kate, 46-Millrose	44:50
3. McGill, Louise, 48-CT	45:16

Masters (50-59)	
1. Franco, Bunny, 51-CPTC	48:24
2. Jacobson, Audrey, 53-NY Mst	53:31
3. Cavrell, Jean, 54-NYC	54:03

Seniors (60 and over)	
1. Rodriguez, Mary, 60-GNYAA	56:40
2. Salmini, Adrienne, 66-NJMst	1:01:27

CAPITAL 10K LANDOVER, MARYLAND MARCH 27, 1982

Open Tom Kelley	31:19
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M40 Chan Robbins	35:00
Warren Ohlrich	35:09
Ray Harrison	35:49
Vince Fuller	36:34
Jim Black	36:41

M50 George Vernosky	35:22
Tom Momiya	38:27
Tony Diamond	39:02
Edward Benham	39:29
Chris Meerman	39:50

M60 John McIntyre	41:47
Art Levenson	50:15
Bill Barnes	50:46
Alvin Gutttag	52:36
Walter Morawski	58:33

M70 Ed Benham	47:28
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W40 Lolitia Bache	40:46
Ines Kerch	44:03
Patricia Turner	46:28
Joanne Szafran	50:56
Dorothy Lane	52:38

W50 Patricia Nesley	50:24
June Watzman	62:12
Germaine Huizinga	80:24

M50 Don Dixon	1:19:05
Bill Heimbockel	1:21:48
Joe Burns	1:21:57

M60 Wilfredo Rios	1:27:30
Bill Baxley	1:21:59
Tom Gibbons	1:31:40

W40 Anne Bing	1:25:35
Polly Schonfeld	1:33:20
Lola Monte	1:33:26

MARTIN LUTHER KING GAMES HALF-MARATHON PALO ALTO, CALIF. MARCH 28, 1982

Open	
Duncan Macdonald	33 1:04:31
Juana Stavolone	36 1:21:08

M40	
Tim Rostegge	41 1:12:53
Lorenzo Chambliss	40 1:18:53
Gene Gilligan	40 1:20:02
Richard Malkin	42 1:20:36
James Walker	41 1:20:45

W40	
Karen Scanneil	43 1:22:46AR
Susan Roberts	40 1:36:44
Bev Richardson	43 1:38:11
Gwen Whittier	45 1:40:24
Karen Gudiksen	42 1:42:40

M50	
Hank Fragoza	52 1:21:28
Peter Wood	52 1:25:23
John Armstrong	53 1:25:49
Ron Niedrauer	50 1:27:09
Richard Laine	52 1:27:17

W50	
Marion Irvine	52 1:26:27AR
Ruth Bortz	51 1:47:30
Reima Siirila	53 1:56:02
Pat Hale	54 1:59:21
Frances Bradford	58 2:11:45

M60	
Tom McGee	62 1:37:27
Bill Monono	61 1:43:24
Bruce Finley	61 1:53:28
Bill Hoffman	61 1:59:46
Abe Wasserman	69 2:06:07

W60	
Jaclyn Caselli	61 1:42:22AR
Victoria Small	60 2:00:57

from Jim Scannell

PEPSI CHALLENGE 10K TULSA, OKLAHOMA APRIL 3

M30 Rod Dixon	29:39
Larry Addudell	33:34
Jerry Lewis	33:56
Bill Bell	33:56

M40 Glen Lafarlette	36:46
Bill Erickson	37:06
Niki Mugg	37:39

M50 Steve Blanchard	37:23
Nocus McIntosh	37:27
John Miller	41:27

W30 Carol Gemet	40:22
W40 Joy Austin	43:48
W50 Marion Irvine	39:40

BONNIE BELL 10K SAN DIEGO, CALIF. APRIL 3, 1982

Open	
McTinda Ireland	30 36:27

W35	
Judy Kewley	37 36:59
Judy Dodge	35 38:22
Joan Pediton	35 40:16
Judi Richardson	37 41:16
Cheryl Martin	38 41:49

W40	
Shirley Matson	41 38:30
Dorothy Stock	49 38:37
Cathy Fogarty	40 39:49
Faye Heldoom	45 40:59
Patty Pastore	42 41:27

W50	
Anne Johnson	53 42:14
Peggy Naas	52 46:27
Alice Scott	55 50:10
Shirley Tobin	55 50:45

M60	
Lois Edds	62 49:26
Gerry Davidson	61 51:20
Hazel Klein	60 54:36
Kathy Hargus	63 55:41
Winifred Gore	65 56:24

4TH ANNUAL MJCC 10K MEMPHIS, TENNESSEE APRIL 4, 1982

M40 Paul Boone	37:27
Ken Brooks	38:08
Ken Ruby	40:42

M45 Jim Love	40:41
Chris Stovall	41:53
Art Brauer	43:19

M50 Bob Creed	40:39
Ed Fancher	41:53
D J Lawson	43:31

M60 E J Goldsmith	51:03
Preston McDaniel	52:11

W41+ Mary Ann Wehrum	42:12
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KAW VALLEY LEVEE 30K LAWRENCE, KANSAS APRIL 4, 1982

M40 Gary Gribble	1:58:41
Art Corbin	2:04:02
Vic Rocha	2:07:07

M50 Jack Boyer	2:20:00
Lowell Gish	2:33:08

W40 Faye Wheaton	2:43:53
Elinor Riley	2:49:30

PERRIER CHERRY BLOSSOM 10-MILE RUN WASHINGTON, D.C. APRIL 4, 1982

Open Terry Baker	26 49:29
Bill Rodgers	34 49:36

M40 Bob Jenkins	42 53:18
Bill Hall	41 53:58
Ralph Zimmerman	40 54:48
Mike Sabino	42 55:53
Dave Brown	43 56:24

M45 Ray Harrison	47 58:50
Ben Hyser	47 59:05
Rich Gottshall	46 59:38
Ken Baker	45 61:34
Chas Desjardins	45 61:48

M50 George Vernosky	51 57:55
Ken Moffitt	50 62:59
Tom Momeyams	50 64:30
Meredith Patrick	66:37
Clarence Wingate	66:40

M55 Herb Chisholm	55 60:51
John Hosner	57 62:35
Jerome Kerhaf	55 63:06
Paul Lackey	57 64:55
Glenn Coleman	58 65:16

	Clarence Wingate	66:40
M55	Herb Chisholm	55 60:51
	John Hosner	57 62:35

1982 ATHLETIC CONGRESS NATIONAL MASTERS 10K ROAD RACING CHAMPIONSHIPS. APRIL 25, 1982 PROSPECT PARK, BROOKLYN, NEW YORK CLEAR DAY, SUNNY, STMPERATURE 70° THIS RACE IS PART OF THE NIKE GRAND PRIX

MEN	
40-44	
H. LORENZ *	PM 43 31:39.6
K. RANDALL	SA 40 32:18.7
D. CONWAY	IN 43 32:27.3
K. WINN	AL 44 32:49.1
R. FISHER	ML 41 33:00.9
L. FAXON	TD 42 33:15.2
J. SAMMON	UN 40 33:24.0
E. DUMAS	CM 41 33:44.9
D. ELLISON	NH 43 34:23.5
S. HAYMAN	NY 41 35:19.5
C. KENNEDY	NY 44 36:09.4
G. SHANNON	UN 40 36:33.3
D. CAFFEY	ML 44 36:48.7
B. GOODEN	ML 41 36:55.8
D. KENEFLICK	CM 41 36:59.8
J. GARLEPP	ML 44 37:08.4
R. BLANCHETTE	CM 40 37:18.8
R. CLERK	NY 44 37:24.1
D. BRODEUR	CM 40 37:42.7
E. HARRIS	NH 45 37:48.6
L. HUGELMEYER	NY 42 38:04.5
J. HANSCHOMB	PV 42 38:50.7
S. O'CONNOR	CM 40 39:15.4
P. RODRIGUEZ	UN 41 39:42.6
P. McPHERSON	CM 40 39:59.9
A. BERNSTEIN	NY 43 40:53.2
D. BLAFOUR	ML 44 41:38.5
P. MILETTIC	UN 41 41:38.9
J. RODRIGUEZ	UN 40 42:25.5
P. BERKOWSKY	UN 40 42:52.0
B. NOEL	WS 43 43:25.3
H. McCAFFREY	SH 44 43:43.4
M. COLIN	UN 43 43:51.2
R. SHERLOCK	SI 41 44:25.4
R. JACOBS	UN 40 44:31.1
D. BOSTICK	CP 41 44:34.7
R. PASHARELLI	UN 44 45:31.5
J. SLATOR	PP 43 49:01.8
B. McDUGAL	UN 41 52:59.5
H. GREENBERG	NH 44 64:13.5

45-49	
P. PAKLAIN	MC 45 34:27.9
C. DES JARDINS	PV 45 38:25.2
M. BREKELER	ML 45 39:14.2
M. FRANKFURT	ML 46 40:24.7
T. WHITE	WS 48 40:53.6
R. PERRY	ML 49 41:55.3
I. CAMACHO	UN 49 44:52.7
M. LANVIN	NC 46 47:48.4
W. MARRY	UN 45 48:07.5
E. GEORGIS	UN 48 48:20.0
I. MERCADO	NY 45 48:43.3
H. CAR	UN 46 52:54.8
S. NUCHTERN	ML 45 46:48.6
50-54	
G. VERNOSKY *	PV 51 35:03.3
T. SAPIENZA *	BA 53 35:27.0
B. O'BRIEN	SY 50 35:48.5
H. RUBIN	MV 53 36:24.6
E. DEMARRIS	NH 51 36:30.7
G. MCKENZIE	NY 54 36:34.0
J. BURNS	ML 53 37:53.2
T. DIAMOND	PV 52 39:01.4
W. McCONNELL	UN 50 39:13.5
J. TERRY	ML 52 39:51.2
K. JONES	NY 51 40:01.7
K. STIERS	UN 53 40:20.3
R. FINE	NY 50 40:41.8
P. JONES	NY 51 41:28.1

50-54 continued	
H. McALPINE	PP 51 42:07.2
J. COSTA	NY 54 42:27.7
A. RIVIERA	AP 54 42:38.0
T. CAMERON	ML 52 42:51.4
T. BASICK	WS 54 43:20.9
M. WINTER	PP 52 48:56.3
R. GALLANTY	ML 50 45:09.9
R. VALIENTI	NY 51 47:04.1
R. CARDONELLA	NH 50 48:30.6
A. STEIN	NY 52 56:48.6

55-59	
P. NAGELSCHMIDT	UN 57 38:04.0
A. PRINCE	NY 58 39:09.4
J. KERKHOFF	PV 55 39:40.6
B. MULLER	PP 57 40:35.0
P. HEWSON	PV 59 40:48.4
J. STOLTZFUS	NY 55 41:34.2
S. EDELMAN	CP 57 42:45.8
A. STEWART	UN 55 46:34.7
A. FREZZO	SH 55 47:28.9
J. JACKSON	NY 55 49:17.9
D. MARGETSON	UN 55 49:57.4
A. BRADLEY	NY 56 53:04.7

60-64	
S. RICHARDSON	NY 61 39:47.7
A. GOLDSTEIN	PP 62 43:12.9
J. HUBBARD	NR 62 43:26.8
P. PERRI	PP 64 44:15.4
S. HOPFRIEDER	UN 63 74:16.3

65-69	
L. RIOS *	LN 65 41:29.5
M. QUACKENBOL	SH 65 42:08.3
A. NEWMAN	SH 66 43:02.8
B. MULLIKEN	MA 66 50:20.8
G. JAFFEE	NY 67 50:44.7
D. DESCHAMBAULT	UN 68 55:38.8
H. GROSS	UN 65 NT

70-74	
E. BENHAM	PV 74 46:34.0
B. BOAL	PV 70 46:51.4
L. YOUNG	NH 70 49:06.1
75-79	
M. HOPPER	LN 78 58:04.9
A. FIALKOW	VC 70 49:58.5
WOMEN	
35-39	
A. HEARN	AT 36 37:55.8
B. ROTHMAN	WS 36 39:22.2
C. BRAVAKIS	WS 38 39:43.2
G. GRENNING	AT 36 40:26.7
A. MOORE	UN 36 44:16.0
I. BASSETT	CP 39 44:24.6
V. ROBIN	CP 38 45:01.5
J. KAPLAN	CP 36 45:51.4
H. LATHRAP	PP 35 46:40.8
L. EBAN	WS 38 47:20.3
C. HUDSON	CP 39 50:21.5
T. LENNER	MC 39 55:46.4

40-44	
C. DALYRIMPLE *	WS 40 36:39.1
S. KNOTTS	CO 44 39:02.0
H. MAYBACH	CP 43 40:15.9
P. SCHONFELD	ML 42 41:22.4
N. KUSCIK	GN 43 41:31.5
P. PARMALIE	AT 42 42:04.7
A. THORNHILL	ML 41 43:28.6
J. MARTIN	PP 43 44:16.6
I. LORENZ	MC 40 45:14.3
C. SUTCLIFF	GY 42 50:34.0
S. CHAVES	NS 42 51:55.3

TEAM SCORES 5 member team for men using cumulative times; 3 member teams for women

40-49	
MILLROSE A.A.	181 minutes 128.0 seconds
FISHER-CAFFEY-GOODIN-GARLEPP-BREKELER	
CENTRAL MASS.	182 minutes 181.6 seconds
DUMAS-KENEFLICK-BLANCHETTE-BRODEUR-O'CONNOR	
NEW YORK MASTERS	186 minutes 110.7 seconds
HAYMAN-KENNEDY-CLERK-HUGELMEYER-BERNSTEIN	
NORTH MEDFORD	219 minutes 146.9 seconds
ELLISON-HARRY-GREENBERG-DEMARRIS (50)-CARDONELLA (50)	

50-59	
NEW YORK MASTERS "A"	194 minutes 134.6 seconds
MCKENZIE-K. JONES-RICHARDSON (60)-PRINCE-FINE	
POTOMAC VALLEY	199 minutes 127.7 seconds
VEROSKY-DIAMOND-BENHAM-KERKHOFF-NEWSON	
NEW YORK MASTERS "B"	223 minutes 152.6 seconds
P. JONES-STOLTZFUS-JACKSON-COSTA-JAFFEE	

WOMEN 40-49	
MILLROSE "A"	130 minutes 54.2 seconds
SCHONFELD-THORNHILL-FLETCHER	
MILLROSE "B"	144 minutes 153.9 seconds
KNIGHT-BALFOUR-MARCUS	

WOMEN 50-59	
ATLANTA	133 minutes 103.1 seconds
D'ELIA-MOORE-TIGHE	
NEW YORK MASTERS	138 minutes 68.4 seconds
KANIA-MCKENZIE-JACOBSON	

TEAM CODES	
AL	ATLANTA TRACK CLUB
AT	ATLANTA
CM	CENTRAL MASS. STRIDERS
CP	CENTRAL PARK
BA	BOSTON A.A.
CO	CLUB OHIO
ML	MILLROSE
LN	LITTLE NECK T.C.
NJ	NORTH JERSEY MASTERS
NY	NEW YORK MASTERS
NH	NORTH MEDFORD
SH	SHORE A.C.
SA	SAUCONY RACING TEAM
PV	POTOMAC VALLEY
WS	WARREN STREET
SI	STATEN ISLAND T.C.
IT	ISLAND TRACK CLUB
MV	MOHAWK VALLEY
SY	SYRACUSE CHARGERS
TD	TIDEWATER STRIDERS
MC	MOTOR CITY STRIDERS
PP	PROSPECT PARK
NC	NORTHERN CALIF. SENIORS
VC	VAN CORTLANDT T.C.
AP	ALLEY POND
GY	GREATER NEW YORK

*Best performances, based on age-graded tables. Each wins free trip to Nike Masters Grand Prix finals Aug. 15 in Philadelphia. (Since Dalrymple already won trip, the next best performance -- d'Elia -- wins the trip)

45-49	
J. FLETCHER	ML 47 46:03.2
K. KNIGHT	ML 46 46:46.4
E. COHEN	CP 46 47:25.2
S. BALFOUR	ML 46 47:57.6
E. MARCUS	ML 46 51:49.9
P. TWENTE	NY 47 50:20.4

50-54	
M. KANIA *	NY 50 39:20.8
T. D'ELIA	AT 52 41:45.7
A. MOORE	AT 51 43:56.0
C. MCKENZIE	NY 50 45:12.0
N. TIGHE	AT 51 49:01.4
A. JACOBSON	NY 53 54:35.6

65-69	
A. SALAMINE	NJ 66 65:58.7

RACE WALKER - Non Championship event

MEN	
B. GAELOTTI	NY 46 62:49.2
C. HOFFMEISTER	UN 52 68:41.1
T. COSTIGAN	NY 52 72:06.5
B. KAUFMAN	IT 47 74:01.1

WOMEN	
D. KELLEY	NY 46 60:59.5
A. BENJAMIN	NY 46 72:17.7
A. JUREIDINI	NY 64 74:20.8

DEVIL MOUNTAIN 10K DANVILLE, CALIF. MAY 2.

M40 Sal Vasquez	30:58
Tim Rostage	32:42
Jake White	33:42

W40 Vicki Bigelow	37:32
Sue Johnston	38:25
Joan Ulyot	40:31

M50 Galen Jorgensen	34:38
E R Silver	36:18
Ephraim Romsberg	36:51

W50 Ruth Anderson	41:57
Mary Storey	45:28
Eileen Klatsky	46:29

from Jim Scannell

4TH ANNUAL TREVIRA 10-MILE CENTRAL PARK, NEW YORK MAY 2, 1982

Open Matt Centrowitz	46:39
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M40 Herb Lorenz	50:43AR
Guy Stretton	55:33
Rich Van Scotter	55:37
Lee Wilcox	56:23
John Dugdale	56:51

W40 Mila Kania	1:04:16AR
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40+ COUPLES:

Herb Lorenz (50:43)	
Imma Lorenz (1:07:20)	
Total: 1:58:02	

TAC NATIONAL 35-KILOMETER RACE WALK CHAMPIONSHIP AT Colorado Springs

1. Marco Evoniuk, Longmont, 2 hours, 48 minutes, 8 seconds; 2. Jim Heiring, Wisconsin, 2:50:56; 3. Ray Sharp, Wisconsin, 2:59:47; 4. Vince O'Sullivan, New York, 3:07:21; 5. Floyd Godwin, Lafayette, 3:13:09; 6. Ken Cofer, Colorado Springs, 3:43:07; 7. Chris Amoroso, Longmont, 3:48:15; 8. Ray Funkhouser, Virginia, 4:03:06; 9. E.J. Rivet, Denver, 4:11:14; 10. Fletcher Furman, Colorado Springs, 4:21:54; 11. Jim Alexander, Fort Carson, 4:36:38; 12. Gail Allen, Colorado Springs, 4:44:27. (14 competitors started the 21.8 mile race)



BOSTON MARATHON

The top 25 masters

1. Bill Hall, Durham, N.C., 2:24:20; 2. Robert Jenkins, Salem, Va., 2:25:14; 3. Ralph Zimmermann, North Tonawanda, N.Y., 2:25:41; 4. Fritz Mueller, New York, 2:27:50; 5. Sol Epstein, Indianapolis, 2:30:50; 6. Roger Pfugfelder, Greensburg, Pa., 2:31:28; 7. David Salo, LaJolla, Calif., 2:31:59; 8. John Brennan, Santa Barbara, Calif., 2:32:08; 9. Peter Jeffers, Homer, N.Y., 2:32:28; 10. Mike Sabino, Baltimore, 2:32:37; 11. Joseph Burgess, St. Petersburg, Fla., 2:33:05; 12. Bobby Cunningham, Abernathy, Texas, 2:33:39; 13. John Weston, Canada, 2:33:53; 14. Calvin Loomis, Campbell, N.Y., 2:34:40; 15. Fay Bradley, Washington D.C., 2:34:56; 16. Dick Hipp, Columbia, Md., 2:35:53; 17. Dave Wilson, East Northport, N.Y., 2:37:10; 18. Thomas Mayfield, San Angelo, Texas, 2:37:37; 19. David Williams, Tacoma, Wash., 2:37:46; 20. Eckhard Spieker, West Germany, 2:38:11; 21. William Tobin, Greenville, Pa., 2:38:26; 22. Ron Daws, Minneapolis, 2:38:31; 23. Jeff Martin, Clinton, N.J., 2:39:10; 24. John Ingham, Canada, 2:39:17; 25. Hugh Allison, Canada, 2:39:38.

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, the rate is 25¢ a word. Payable with copy.

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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. \$50/set. Bruce Springbett, 220 Oakmeadow Dr., Los Gatos CA 95030.

WHERE ARE THEY NOW? 68-page book by Olympian Fred Wilt describes the current activities and philosophies of former athletes, including Harold Abrahams, Cornelius Warmerdam, Ron Hill, Derek Clayton, Ron Delany, Gordon Pirie, Betty Cuthbert, Bruce Kidd and more. Send \$6 to Fred Wilt, 2525 Kickapoo Drive, Lafayette IN 47905.

PENTATHLON AGE RECORDS — detailed listings for all ages, plus reference charts. Send \$1 to Bill Forsyth, PO Drawer 65, Pecos NM 87552.

CANADIAN MASTERS! Join the Canadian Masters Athletic Association. Men 40 and up. Women 35 and up. Regular bulletin. Entry forms for Canadian events. Send \$15.50 to Christine Walker, 34 Rodda Blvd., West Hill, Ontario M1E 2Z6.

1980 MASTERS TRACK & FIELD RANKINGS.

100 pages. Age 30 to 89. Plus relay rankings. Send \$6 to Haig Bohigian, 225 Hunter Ave., North Tarrytown NY 10591.

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

AGE GROUP STANDARDS. Booklet includes men's and women's time standards for each age from 9 to 18 and 33 to 65, for the sprints thru the marathon. Convert your time. Run to performance level. 20-page booklet. Send \$2.50 to Dr. Track, 5130 Nebraska Ave NW, Washington DC 20008.

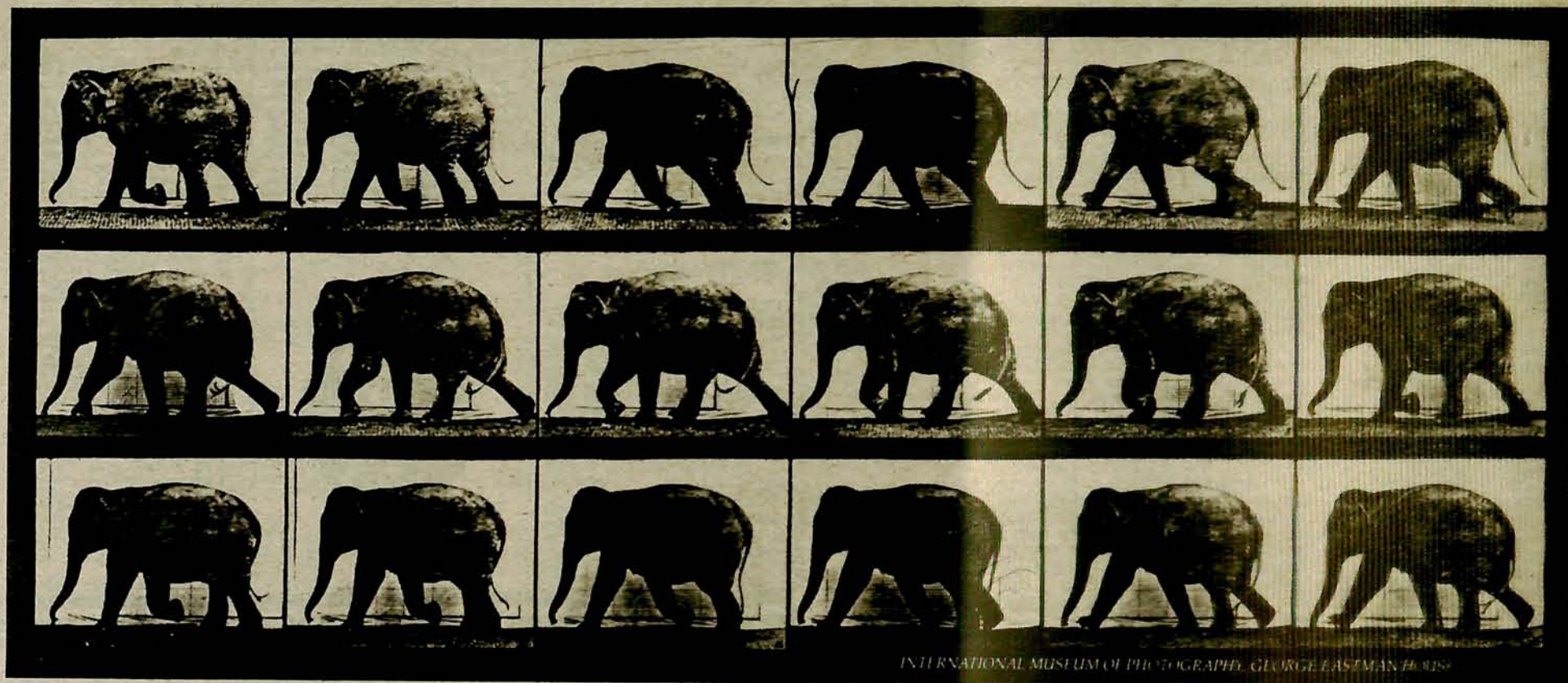
DEADLINE. NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of publication. Send to National Masters News, PO Box 2372, Van Nuys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

THE SIX BEST PERFORMANCES in the Nike Masters Grand Prix 15K in Michigan City, Indiana June 13 win trips to the Nike finals. Free trips to the New York Marathon go to the fastest man and woman. There's a raffle for a Bermuda Marathon trip, a clinic featuring Don Kardong, and a fun run June 12. Write Dunes Running Club, PO Box 42, Michigan City IN 46360.

JOE HENDERSON'S SEMI-MONTHLY "RUNNING COMMENTARY" NEWSLETTER features fresh news, hot information, lively gossip, events and running businesses, practical tips on training and nutrition. Tight, solid writing by one of the best. 24 issues for \$24. Running Commentary, 4180 Oak St., Eugene OR 97405.



The Mayor of San Juan, Dr. Hernan Padilla (far right) talks about the forthcoming 5th world veterans games with Mr. Roland Jerneryd (center) and the rest of the party from Sweden that visited San Juan recently to observe the sports facilities



INTERNATIONAL MUSEUM OF PHOTOGRAPHY, GEORGE EASTMAN HOUSE

THE BIGGER YOU ARE, THE HARDER THEY FALL.

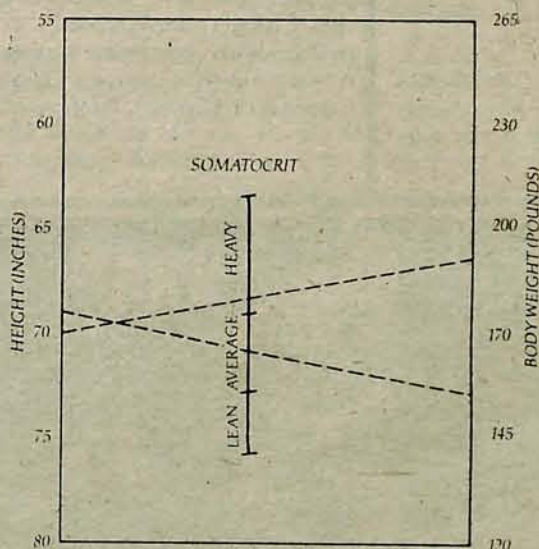
All runners punish their feet. But the heavyweights—they do it with authority.

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.

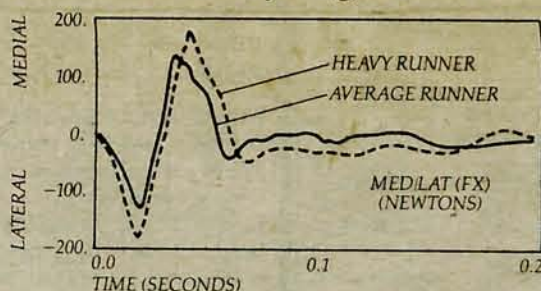
We found that slightly odd. For a couple of reasons.



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

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 heavyweight runners.



Typical medial and lateral (side to side) forces are significantly greater for the heavy runner vs. the average runner, even when speed and running style are the same.

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 heavyweight runners the kind of comfort only the less developed used to enjoy.

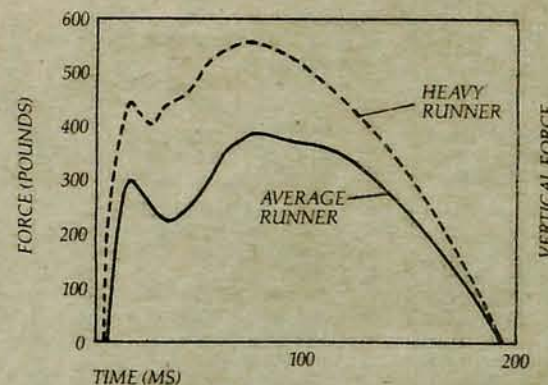
To increase stability, we widened the Centurion's base of

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.



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 proportionally larger for the heavy runner.

And nothing excites us like athletes who reach their potential.

Even if they insist on throwing their weight around.

NIKE
Beaverton, Oregon