San Francisco's John Satti, 67, winning World Veterans Games long jump. He holds world age 65-69 record of 16'21/2".

Photo courtesy of Auckland Star

North American Indoor Championships
By Marlene Miller
as told to W. MacDonald Miller

ARLINGTON HEIGHTS, ILL. March 15—How could you possibly not have fun at a Meet where participants from other countries like Ian Hune, Arnold Tic'Manis, Ivy Granstrom of Canada, Ray Almada, Fernando (Refried) Fine of Mexico, Charlie Polhemus, Phil Mulkey of Georgia and well over one hundred participants from the Host United States, attended.

Speaking of foreign countries, the Californians were conspicuous in their absence. We made a fast telephone call to Bill Toomey's nerve center in Laguna to discover the problem — price of dope went up on the coast. I mean, when you've got a question, you go to the source.

Anyway, back to our international field of people who refuse to grow up. At a time in life when everything hurts, and what doesn't hurt, doesn't work; when you sink your teeth into a steak and they stay there; when people everyday are getting winded playing chess and dialing long distance

continued on page 19

Bowers, Palmanson Win National 30K
from BILL SHRADER
SCHENECTADY, N.Y., March 22—Jim Bowers, 42, of Santa Rosa, California was the first over-40 finisher today in the TAC National Open and Masters 30-kilometer championships, run from Schenectady to Albany.

Bowers' time of 1:39:29 will go into the books as a new point-to-point masters record for the distance. The official American record is still held by Hal Higdon, who ran 1:40:52 in 1973.

Canada's Diane Palmanson led all women masters in 2:01:12. Since she is a Canadian runner, the U.S. champion ship award goes to M. Deckart, who clocked 2:06:20, ahead of J. Arnold, Linda Sipprelle, Mary Cullen and Toshiko d'Elia. Deckart won the 45-49 division, Arnold the 40-44 and d'Elia the 50-59.

Ken Mueller finished 2nd master in 1:44:29. John Pistone took the 45-49 crown, Ed Stabler won the 50-54 in 1:47:17; D. McWilliams was best 55-59; H. Greenberg won the 60-64 division; and Bob Boal notched 65-69 honors.

Partial results in back pages.
SOUTHWEST:
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9411 Lansbury Dr.
Dallas, TX 75238
(214) 345-8004

WEST:
Bruce Springbett
P.O. Box 1328
Los Gatos, CA 95030
(408) 354-2005

NORTHWEST:
Jim Puckett
2600 W.E. Stark
Gresham, OR 97030
(503) 667-3334

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1590 Japuka St.
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NORTHWEST:
Carole Langenbach
4223 Norrose Dr.
Brooklyn, NY 11217

NATIONAL MASTERS Newsletter May 1981

The World Games were a disaster for me. The P.A. system was very poor. I have a deafness as a result of war service, and didn’t hear any announcements. An official told me our 60-64 200 was an hour behind schedule. I went to the start well before the hour was up, but the race had been run.

Jack Cook, President of the Australian Vets, protested. President Macdonald assured us the results would be held till the appeal could be heard. But we were double-crossed. They called the placethersters for the victory ceremony, Cook and I were dumbfounded. I looked for Macdonald, but he was missing. Don Chadderton, director, apologized, saying it was a computer foul up and nothing could be done.

I still cannot understand how the other finalists walked away from the warm-up track and left me there. Stein may have the medal, but he knows he is not the champion.

Bernie Hogan
Brisbane, Australia

(Ed. note: Hogan went on to win the 100 and 400 in the M60 age group. He is undefeated in World Vets competition, having won the 100 and 200 in both Gothenburg and Hannover.)

We enjoy your publication and were especially pleased to see the excellent photographic coverage by Al Ray in your March issue. Nice work.

Competitors in Christchurch did not receive their certificates for events of continued on page 5

Phil Conley
Woodside, CA

WORLD GAMES

Your reporter’s observations on the World Games were difficult to follow: e.g., we had 127 people acting as interpreters with announcements often made in 3 languages. The amount given to demonstrations probably was out of proportion to the importance of the meeting. We have been swamped by many fine compliments from competitors, especially those from Europe. The upsurge of interest in our own country has been grand with many new faces on the scene.

Arthur Grayburn
Christchurch, New Zealand
<table>
<thead>
<tr>
<th>Schedule</th>
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<tbody>
<tr>
<td>A purpose of this schedule is to identify masters-only competition. Track and field events offer competition for men and women over age 30 unless otherwise noted. Masters  long distance events generally feature competition for men and women over age 40. Most LDR races are open to all ages. Entry blanks for national and regional masters 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.</td>
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<tr>
<th>TRACK &amp; FIELD</th>
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<tbody>
<tr>
<td><strong>1981 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS</strong></td>
</tr>
<tr>
<td><strong>Age 30 and over</strong></td>
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<tr>
<td><strong>EAST</strong></td>
</tr>
<tr>
<td>Every Tuesday thru September 1. MSA, Metro AC and NYRRC open and masters development T&amp;F meets and long distance runs, Randall's Island, Bronx, NY: 6:30 p.m.</td>
</tr>
<tr>
<td><strong>May 23 (Sat): Masters Sports Association T&amp;F Championships, Wright Pentathlon Championships and Pentathlon Championships, Randall's Island's Bronx, NY. Jim Barber, 5 Pine Dr., Stony Point, NY 10980.</strong></td>
</tr>
<tr>
<td><strong>May 23-24 (Sat-Sun): Eastern TFA Masters T&amp;F Championships, Pittsburgh. Sue Kline, 226 Idlewood Rd., Pittsburgh, PA 15235.</strong></td>
</tr>
<tr>
<td><strong>June 13 (Sat): Dual meet: New York Masters vs. Philadelphia Pioneer Masters, Philadelphia. Closed; club members only.</strong></td>
</tr>
<tr>
<td><strong>June 20 (Sat): Open and master relay carnival, Philadelphia. Beri Lancaster, P.O. Box 29541, Philadelphia PA 19138.</strong></td>
</tr>
<tr>
<td><strong>June 21 (Sun): Metropolitan Association TAC Masters T&amp;F Championships, Staten Island, NY. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.</strong></td>
</tr>
<tr>
<td><strong>June 28 (Sat): Penn Mutual/TAC Eastern Masters: Track &amp; Field Championships, New York. Contact: Manfred d'Elia, 144 Spencer Place, Ridgewood, NJ 07450.</strong></td>
</tr>
<tr>
<td><strong>July 4-5 (Sat &amp; Sun): North American Master Track &amp; Field Championships, Philadelphia. Fred Mannis, P.O. Box 29451, Philadelphia PA 19138.</strong></td>
</tr>
<tr>
<td><strong>July 11 (Sat): All-comers T&amp;F meet, Aurora Central High School, Aurora, CO 10 a.m.</strong></td>
</tr>
<tr>
<td><strong>July 25 (Sat): TAC Colorado Open and Masters T&amp;F meet.</strong></td>
</tr>
<tr>
<td><strong>September 6 (Sun): Triangular Masters T&amp;F Meet: Kansas, Nebraska and Colorado. Others welcome. (Masters 10K next day)</strong></td>
</tr>
</tbody>
</table>

| SOUTH EAST |
| **May 8-10 (Fri-Sun): 11th Annual Penn Mutual/TAC Southeast Regional Masters Track and Field Championships, Raleigh, NC. Stu Northup, P.O. Box 590, Raleigh NC 27602. (919) 755-6640.** |
| **May 16 (Sat): TAC Southern Masters Meet, Greenville SC. Merchandise awards for 1st place. Tom Malik, 104 Pinewood Dr., Greenville, SC 29601. (803) 879-4599.** |
| **June 13 (Sat): TFA U.S. Masters Track and Field Championships, Atlantic, GA. SASE to Masters Championships, 380 Stonewall Terrace, Atlantic, GA 30339.** |

| MIDWEST |
| **May 30 (Sat): Mini All-Comer T&F Meet, Dyche Stadium, Northwestern University, Evanston, IL. Bill Smith (312) 346-1977 days; (312) 256-2714 nights.** |
| **June 13 (Sat): Indiana Masters T&F Championships, Indianapolis. Bob Coughlin, 305 S. Barton, Indianapolis, IN 46241. (317) 241-5446.** |
| **June 14 (Sun): 2nd Annual Masters T&F Meet, U. of Wisconsin, Madison. Ron Dennis, 6408 Westgate Rd., Madison WI 53716. (608) 221-8020.** |
| **June 27 (Sat): All-Comer T&F Championships, Dyche Stadium, Northwestern University, Evanston, IL. Bill Smith (312) 346-1977 days; (312) 256-2714 nights.** |
| **July 11 (Sat): Mini All-Comes T&F Meet, Dyche Stadium, Northwestern University, Evanston IL. Contact Bill Smith (312) 346-1977.** |
| **August 1 (Sat): Penn Mutual/TAC Midwest Regional Masters Track & Field Championships, Milikan U, Decatur, Illinois. Dick Richardson, P.O. Box 667, Decatur, IL 62525. (217) 249-4301.** |
| **August 8 (Sat): All-Comer T&F Meet, Dyche Stadium, Northwestern University, Evanston IL. Bill Smith (312) 346-1977.** |

| MID-AMERICA |
| **June 6 & 20 (Sat): All-comers T&F meets, Aurora Central High School, Aurora, CO 10 a.m.** |
| **June 27-28 (Sat-Sun): Denver Track Club Open Decathlon. (303) 388-8180.** |

| MOUNTAIN |
| **June 20 (Sat): 3rd Montana Masters Track & Field Championship, Bozeman, Montana. 10 yr groups for men and women 30+. Track Office, Fieldhouse MSU, Bozeman MT 59717. (406) 994-4221.** |

| WEST |
| **May 9 (Sat): 11th Annual Grandfather Games, Los Angeles Valley College, Van Nuys, CA. George Ker, 8220 Langdon Ave., #36, Van Nuys, CA 91406. (213) 785-3770.** |
| **May 16 (Sat): 6th Annual Striders Relays, Los Angeles CA. Aan Smith, 22756 Mulholland Dr., Woodland Hills, CA 91366. (213) 346-6552.** |
| **May 23 (Sat): Redlands Masters T&F meet, Redlands U, Redlands, CA. Buzz Wagner, 1522 Margarita Dr., Redlands, CA 92373. (714) 793-2638.** |

**On Tap for May**

**TRACK & FIELD**

The outdoor masters season gets underway in earnest this month.
Laredo, Texas hosts a meet on the 2nd.
Two popular, traditional meets are set for the 9th on each coast: the 11th annual Southeast Masters Regionals in Raleigh and the 11th annual Grandfather Games in Los Angeles.

The 16th, there's a Greenville, South Carolina meet and the annual Striders Relays in LA.

The Masters Sports Association Championships take place on the 23rd in New York, along with a Redlands, Calif meet in the west.

The final weekend sees a New Orleans Masters T&F meet and the Pacific Championships in Los Gatos, Calif., near San Francisco on the 30th.
On the 30th and the Eastern Regional Marathon Championships in Raleigh.

The classic Bay-to-Runners Run, an annual fight-for-survival with 25,000 runners/merymakers is slated for the 17th in San Francisco.

Memorial Day weekend sees the RRCA U.S. Masters Marathon Championships in Cleveland, and the prestigious Cotton Row 10K in Huntsville, Alabama.

The month closes with the L'eggs 10K Mini-Marathon in New York on the 30th and the Eastern Regional Open and Masters Marathon Championships in Holyoke, Mass. on the 31st.

Enjoy.!!

**Subhose Now!**

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

Enclosed is:
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Add $3 for 1981 Age Record Book.

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

1981 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS (Age 40 and over)

**NORTHWEST**


- **Canada**
  - **June 13-14** (Sat-Sun): Ontario Masters T&F Championships, Oshawa, Ontario. Chris Stone, 570 Hillecost St., Oshawa, Ontario LIG 7G5. (416) 579-4039.
  - **June 20-21** (Sat-Sun): North American Masters Decathlon Championship, Sherbrooke, Quebec. Ian Hume, RR #1, Melbourne, Quebec. (819) 826-5418.

- **August 5** (Sat): Prairie Masters T&F Meet, Winnipeg, Manitoba.
- **August 15** (Sat): Inter-Club T&F Championships, Northview, Toronto and other provinces.
- **August 22-23** (Sat-Sun): Canadian Masters Track & Fields Championships, Richmond, British Columbia. (604) 936-9945.

**EAST**


**FOREIGN**

December 12 to January 6: Masters tour to South Africa.

- **July 13-14** (Sat-Sun): 12th Annual Senior Olympics, University of Southern California, Los Angeles. Elaine Douglass, 5670 Wilshire Blvd., #360, Los Angeles CA 90036. (213) 292-5536.
- **July 11** (Sat): CDM vs. Striders Duel Meet, Los Angeles.
- **August 1** (Sat): 9th Annual Corona Del Mar Track Club "Don Palmer Memorial" Relays, Santa Ana College, Santa Ana, CA. Seven relays plus individual events. Dave Jackson, 19103 S. Andmark Ave., Carson CA 90746. (213) 638-7125.

**MIDWEST**

- **May 3** (Sat): "L'eggs 10th Mini Marathon (10K), Central Park, NYC. P.O. Box 1388 GPO, NYC 10001.
- **June 28** (Sat): Eastern Regional Men's, Masters 20K Road Championships, Lake Bluff Jr. High, Lake Bluff, IL 60044.
- **July 4** (Sat): 15-mile "Country Classic," East Meridian, N.Y. Delaware County Runners, 36% Main St., Delhi NY 13755. (706) 746-9983.
- **October 31** (Mon): Blueberry Stomp 15K, Plymouth, Indiana. Box 34, Plymouth IN 46563.
- **November 28** (Sat): Penn Mutual/TAC National Masters 10K Road Championships, Richmond, Virginia. P.O. Box 2794, Richmond VA 23230. (804) 340-2857.

**SOUTHEAST**

- **July 4** (Sat): Peachtree Road Race, 10K, Atlanta (25,000). Royce Hodge, 2234 Peachtree St. NE, Atlanta GA 30305.

SOUTHWEST

May 9 (Sat): River Run 10K, Tulsa. (918) 934-5259.
June 27 (Sat): Challenger 8, Tulsa. (918) 934-5259.

WEST

May 3 (Sun): 10th Avenue of the Giants Marathon, Humboldt Redwoods State Park, West, CA (2000). P.O. Box 214, Arcata CA 95521.
May 17 (Sun): 60th Bay-To-Runners 7.6 mile, San Francisco. Len Wallach, San Francisco Examiner, 110 Fifth St., San Francisco CA. (415) 593-2788.
June 7 (Sun): Sr Chinmoy Marathon, Foster City, CA. Sundari Mandala, 2438 16th Ave., San Francisco CA 94116.

Seattle Grand Prix continued from page 1

themselves. Except for a brief flirtation with a commercially-based sports club, Doris Brown Heritage, coach at Seattle Pacific University, had retained her club loyalty. Doris was the winner of the first five women's international cross country titles (1967-71). Vicki Foltz has long been a fine international performer and recently won four gold medals in her division (25-39) at the International Veterans' Games in New Zealand this January. Trina Hoerner, another Falcon of many years standing, was the third member of the team. Trina had been living in the East for some time and was a member of the Sugarbush A.C. while there.

July 4 (Sat): Coronado Half-Marathon, San Diego. George Green, 626 5th St., Coronado CA 92118. (714) 435-3633.
July 12 (Sun): San Francisco Marathon. P.O. Box 27185, San Francisco CA 94121. (415) 564-4777.

NORTHWEST

May 3 (Sun): 5th Lilac Bloomday 7.8 mile run, Spokane, Wash. Box 645, Spokane WA 99210. (509) 383-6264.
13,000.

STC members in the 45-49 group: Earl Ellis, Derek Mahaffey, and Dave Picketley, all under 51 minutes. Thus Reisinger, Ellis and Mahaffey were the winning team, creating a problem for the club.
The best runner at this distance, Hamby, didn't finish the race. Picketley was fourth finisher for the club, only three seconds behind Mahaffey, and both Dave want to go to Philadelphia, April 11th, for the U.S. Club Road Championships, sponsored by NIKE, where only four may run on a team. Trina has decided to send two teams in an effort, to win the first-place prize of a trip to Belgium for the Bruges 25km.

Reed Miller broke up STC's machine, finishing second in the 40-44. Maurice Pratt, 51:53, was third in that division. Bill McCrery, Jr. of Eugene, ran an excellent 55:13 to cop honors in the 50-54 age group. Storin: Normie Bright (courageous, blind, indomitable, etc.) was led in about half an hour after the first finishers; Bright is 71.

One of the features of the race was the participation by local Penn Mutual General Agent Max McKee, whose associate Dave Peterson, ran the race. McKee and Peterson helped to provide special trophies for the first three men and women overall in the race. They are also helping to publicize the race locally.

Results in back pages.

Write On! continued from page 3

the last two days of the Games. We were told they'd be sent to a "national official" for later distribution. Do you have any idea if and when we may be receiving them or to whom we should write?

Along with 100 others, I participated in a detailed exercise physiology study at the University of Canterbury. We were supposed to receive a copy of the test results, but so far, I've heard nothing. The New Zealand trip was the experience of a lifetime. I'm enclosing a gift subscription to your fine newsletter.

Gail Hanna San Diego, CA

(NMN is still waiting for the official certificates from Christchurch. We have certificates for Dawe, Don, Dunham, Falkenstein, Fuller, Granby, and Greeter, but no others. Contact the Write On! office with requests.)

Report From Florida by BILL GENTRY

Masters T&F in Florida gets bigger each year. The Florida State Championships were held in Lake Mary March 15 and the Southern Masters Championships were held April 11 in Orlando.
On April 25, an all-comers mini-meet was held in Clearwater, spearheaded by the West Florida Y Runners Club with Dick Lacey as contact. The "Y" is sponsoring two more mini-meets, the next one May 16. Events will be 60-yr., 220, 660, mile, long jump and discus.
The 3rd meet will be held June 20 and include the 100 yd., 440, 880, 1500 meters, triple jump and shot put.

Mayo, Pouch 6-650, Anchorage AK 99502.
Sept. 13 (Sun): Nike/OTC Marathon, Eugene, Oregon. (1000) P.O. Box 10412, Eugene OR 97440. (503) 687-2477.
Sept. 19 (Sat): Prefontaine Memorial Classic 10K, Coos Bay, Oregon. Mike Hodges, Box 210, Coos Bay OR. (503) 267-7255.

INTERNATIONAL


POSTAL

January 1 to August 31: One-hour run. All Huffs, 18127 1st Ave. N.W. Seattle, WA 98177. (206) 542-2930.
World Games, P.O. Box 31-102, Christchurch, N.Z., or North American WAVA Rep Bob Fine (address on page 2)—Ed.

DELAY

1) Your March 1981 issue appeared in our mail box March 19, not too good for early March events. 2) It's irritating when the national T&F Meet is held on either coast. Central USA should be the norm, unless TAC hopes to restrict competition to the more affluent.

John Hubbard Naugatuck, CT

1) We apologize for the delay. The March issue was mailed Feb. 25. We're working with the postal office to speed delivery. 2) With current air fares, it's as cheap to fly coast-to-coast as to fly from either coast to Kansas City. The championships have been moving around: Chicago, Atlanta, Portland, Philadelphia, San Francisco. Next year, Wichita.—Ed.

Meet's begin at 9:30 a.m. at Clearwater High School on SR 60. No entry fees or advance registration. Ribbons to 1st 3 places.
On May 23, Masters can compete in the Golden South Classic held yearly at Shoalter Field in Winter Park, adjacent to Orlando. Events are 100, 440, shot, long jump, 5000 and mile. Same for women except no shot or 440. Limit 3 events per contestant.
I hope to make this Florida report monthly, and would like to hear from T&F people about items to be considered—especially from north and south Florida—even those sponsored by local recreation departments.
Write Bill Gentry, 4924 Old Winter Garden Road, Orlando FL 32811. (305) 299-3441.
From the T&F Chairman

by JIM WEED,
TAC National Masters Track & Field Chairman

National Outdoor T&F Championships

At the 1980 meeting held in conjunction with the championships in Philadelphia, the athletes voted in favor of a two day meet for 1981. Saving a night's lodging was a consideration. We have a two day meet for 81 with the pentathlon Sunday afternoon. The Pentathletes will probably want to stay over Sunday night after a late finish. I have recommended for 1982 to have the steeple chase and the pentathlon with the pentathlon Sunday afternoon. The 1982 Nationals will be in Wichita Aug. 6, 7, 8, 1982.

Masters Sports Festival

Penn Mutual is sponsoring a multi-vent festival August 12-15, 1982 in Philadelphia as part of the 300th year celebration. Sports to be included are T&F, LDR, Swimming, Long Distance Swimming, Synchronized Swimming, Cycling, Wrestling, Archery, Rowing, Power Lifting, Weight Lifting. The administrative Co-Chairmen are Jack Kelly and Jon Buzzard, T&F will be headed by Jim Weed with the Philadelphia Masters directing the T&F part of the Festival. A proposal for both a two day and one day meet will be sent in to Jon. We expect each sport to operate under its own Masters rules. A sports festival should draw media coverage which will help the visibility of all masters sports. This being a festival we plan to have some multisport events. One being proposed is an Iron Man competition to include; a long distance swim of 45 minutes, second day a 10k, third day a 45 minute bike race. Another possibility is a weight pentathlon and weight lifting. Any ideas you have let me know.

Medals

Penn Mutual's decision on medals is still being discussed as to whether to use all one medal or a number of different sports medals. If we develop one for T&F the National committee would need to come up with half the die cost. TAC has a medal available for championship meets: State, Regional or National. If you need information contact me.

Dick Sets 10K Record

INGLEWOOD, Calif., February 15—Helen Dick, 56, of Los Angeles set a pending new U.S. women's age 55-59 mark for 10-kilometers today in 41:26, breaking Mary Storey's listed mark of 41:54.

Ray Gill, 56, legged a swift 36:25, while Eddie Levin, 64, ran 39:07, and Steve Chiplis, 62, went 41:24.

The first mile was run around the Hollywood Park Turf Course, then out into the streets.

Miller Breaks 10K Mark

ZUMA BEACH, CALIF., February 2—Margaret Miller set a pending U.S. 10K mark for women 55-59 with a sizzling 40:44 in the Malibu 10k today, breaking the old mark of 41:26, set by Mary Storey in August, 1980. Miller recently turned 55 and is rewriting the 55-59 women's record book.

Gist Sets Hurdle Mark

130 in Sacramento Relays

by BOB ROEMER

SACRAMENTO, April 4—More than 130 masters and submasters turned out on a beautiful day here to inaugurate the 1981 track and field season, and one world record fell in the process.

Burl Gist of the Corona Del Mar Track Club whizzed over the 30-inch hurdles, covering the 110 meters in 17.2 to nudge past Bob Hunt's 17.3 record for age 60-64.

It was a particularly good day for Gist, the San Diego area athlete, who emerged from this 22nd renewal of the Sacramento Relays with three gold medals as well as a silver in the javelin, 100 meters, and 110 meter hurdles. He had a lot of help in conducting the meet from the walking wounded corps of the Northern California Seniors Track Club—Ken Carnine (chest surgery), 73, as referee, and Bob Roemer (back problem), 55, as clerk of course.

One of the co-hosts, the Penn Mutual Insurance Company, provided a dozen judges and timers from among its local agents as well as help for Kay Wigginton on the registration and awards desk.
Ben Gross led the 50-59 group in 2:08.06. Fox Farrell won the Half-marathon in 1:27.

We missed a 4th World Games medal for woman master, in 53:06. Other category wins held In Iran for 444 days, came out of his In Wadhin's 54:36 placed

•Mia Kania, 49, of Warwick, NY clocked the Czechoslovakian International Team In In the Miami Orange Ford MD 21654.

•George Sheehan (60-64) sped 1:00:28 in a

•To punish yourself for your sins? Try the

•Vic Cook, 49, journeyed from California to

The Perfect 10-miler. Winn's 54:36 placed

Benjamin Franklin High School. The 50-60 age group is coming to terms with the fact that Hal tells us he took a month off from training after returning home' from

The 15-20 mile run across the campus is coming in 2:33:45.

The British Veteran's Athletic Club In Lon don Is going after the San Diego Track

The Perfect 10-miler. Winn's 54:36 placed

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The Perfect 10-miler. Winn's 54:36 placed
Try Cough Syrup for Better Performance

Over the years, I have experimented with some of the miracle and wonder products offered to runners and other athletes.

My first such experiment was in 1956 while in college. I came across a promotional pamphlet put out by a manufacturer of wheat germ oil. It told of some amazing laboratory results at the University of Illinois, both on humans and guinea pigs. The test subjects who feasted on wheat germ oil showed remarkable gains in endurance and their performances were far greater than the test subjects who underwent the same regimen on a placebo.

The test that impressed me the most was one involving 30 guinea pigs. Ten of them were put on a diet of rabbit pellets only. The second group of ten was given rabbit pellets and cottonseed oil. Group C was fed rabbit pellets and wheat germ oil. After a month on this diet, they were tossed into a tank of water. All those in the first two groups drowned within three minutes. Those in Group C swam around for something like 36 minutes on the average and four or five of them were still splashing after an hour.

I invested five dollars in a bottle of wheat germ oil and anxiously awaited similar dramatic results. I assumed that it would be only a matter of weeks before I was breaking four minutes for the mile.

The results were not dramatic, although over a long period of time I showed some progress. Of course, I had no way of knowing how much of my improvement was from the nutrient and how much was from training and other factors that affect performance.

Sometime in the 60's I switched from wheat germ oil to straight Vitamin E, the ingredient that supposedly gives wheat germ oil its punch. To this day I have no way of knowing whether the vitamin E has in any way helped me. How do you isolate all of the variables that go into performance and determine what is helping and what isn't?

I am likely the agnostic who attends church every Sunday. I continue to take vitamin E while thinking it may help, but recognizing that it may not. If it doesn't, my loss is only a couple of dollars a month (unless an excess of vitamin E, like everything else causes cancer).

I had heard of the wondrous effects of bee pollen on athletic performance a number of years ago, but the cost deterred me from trying it until three years ago when I decided to go all out for a particular race.

My performance in that race was very satisfying to me. But again, I had no way of knowing if the bee pollen had anything to do with it. Many other factors were at work. I was highly motivated, training extra hard, and attempting to peak for the event. The race conditions were good and there was plenty of competition. How do you separate and evaluate each factor? At $15 for a ten day supply of bee pollen, I discontinued using it and I have improved on my time in that race in which I used bee pollen. But how do I know that I wouldn't have gone even faster had I stayed with it?

Coffee is not exactly in the "miracle food" category, but an article in Runner's World a couple of years ago told of the miraculous effects it can have if taken just before a race. A cup a day drinker for many years, I had never noticed that coffee made a difference in my performance. However, I had never really monitored this. So just prior to the 1978 National Masters Marathon in Southern California I downed three cups of coffee, hoping that it would get me under 2:30 for the first time. I succeeded by eight seconds, but I also spent 30 seconds or so in a deep squat behind an orange tree about half-way into the race.

My latest experiment has been with the highly touted dimethyl sulfoxide, better known in athletic circles as DMSO. If you believe reports about this chemical, it can turn a life-long cripple into a circus acrobat overnight. Its healing powers are such that in-keepers in Lourdes are on the verge of panic. A 20 kilometer race recently brought on a recurrence of a knee tendon problem, one that hobbled me for the better part of last year. With some big races coming up, I was desperate and ready to try anything, even DMSO, which is not medically approved because of some possible harmful side effects.

I gave one of a partially used bottle of liquid DMSO. I brought the 4 oz. brown bottle home and placed it in the medicine cabinet and applied the liquid to my knee. I did not return the bottle to the cabinet, but left it on my dresser.

After just four applications my knee seemed to be completely healed. To me, this was a miracle when considering that the same problem took months to subside before.

I was preparing to return the bottle to my friend and proclaim that DMSO is indeed a wonder medicine. It was then that I noticed the label. I read "P.E. 53: Take 1 teaspoon every 4 hours if needed for cough." I had removed the wrong brown bottle from the medicine cabinet at the time of the first application.

So much for miracle products.
Minutes of General Assembly Meeting at 4th World Games

by ROLAND JERNERDY, Secretary, WAVA

CHRISTCHURCH, New Zealand, January 6—Present at the meeting in the Town Hall were 11 members of the WAVA executive council, 57 delegates, representing 27 national veteran bodies, and 4 observers.

President Don Farquharson expressed satisfaction at the development of the veteran movement. He stressed the continued need for a WAVA newsletter, currently 4 issues a year for $7.

Action taken:
1. A budget must be submitted by the Treasurer and approved by mail vote of the Executive Committee.
2. The Treasurer must submit an annual report.
3. All checks of WAVA must be signed by the Treasurer and countersigned by the President.
4. Expenditures over $500 must receive approval of the Executive Committee.
5. All contracts must be approved by the Committee.
6. Term of officers. Changed from a maximum of two terms (4 years) to "a member of the Council may not occupy the same post longer than 10 years = five consecutive terms."
7. Two vice-presidents will be elected: 1) Track and field. 2) Long distance running and road walk.
8. A motion that the year of birth, rather than the present date of birth, be determined age classification was defeated, 44-22.
9. Field events, weights and heights will be detailed by the Technical Committee, and Records will be handled by the Records Committee.
10. The Executive Committee will look into merging WAVA with IGAL.
11. Sylvester Stein's proposal to nullify South Africa's WAVA affiliation was ruled out of order, since it would require a change in the Constitution. (All amendments to the Constitution must be submitted in writing 90 days before the general assembly meets.)

12. The Executive Committee was given the right to set performance standards in the future if necessary.

13. Relays were eliminated from the 1983 World Games by a vote of 36-22.
14. A proposal to eliminate team events in road running, walk and cross country was defeated, 36-22.
15. The chairman announced these regional delegates for the 1981-83 period: North America: Bob Fine; South America: Miguel de la Calle; Asia: Hideo Okada; Europe: Cesare Becalli; Oceania: Clem Green; Africa: Danie Burger. Women's delegate: Jean O'Neill.
16. Don Farquharson was unanimously elected President of WAVA the next two years. Hans Axtmann defeated Danie Burger, 54-16, in the vote for Vice-President of Track and Field. Jacques Serruys was unanimously elected Vice-President for Long Distance Running, Road Walk and Cross Country. Owen Flaherty was unanimously elected Secretary. Harm Hendriks was unanimously elected Treasurer.
17. Puerto Rico was chosen to host the 1983 World Games in late September, receiving 41 votes to 31 for Athens and 4 for Zagreb, Yugoslavia.
18. In Puerto Rico, the General Assembly will choose the host for both the 1985 and 1987 World Games.
19. The next meeting of the General Assembly will be held in Puerto Rico in 1983.

18 New Marks in Lincoln

by HARRY CROCKETT

LINCOLN, Nebraska, March 8—Nine records were broken and 9 others were newly set at the Lincoln Track Club Indoor Championships today at Knight Fieldhouse, Nebraska Wesleyan University.

Rex Harvey, running the 42-inch hurdles and throwing the 16-pound shot, posted a national class 30-39 Pentathlon score of 3503 points, raising Ron Haubold's meet record by 401 points. Harvey's 1:20.5 in the 600-yard-run lowered Jerry Nott's meet record by over two seconds.

J.C. Brown high jumped 5'-9" to come within 2 inches of his world 50-54 mark. The leap shattered Jerry Reichert's meet record by over a foot.

Race Walking

by GORDON WALLACE

I just returned from the South Pacific and noticed the M70 20-kilometer road walk results were missing from NMN. They are: 1) Gordon Wallace (USA) 2:08:43; 2) G. Knott (AUS) 2:12:34; 3) C. Unruh (USA) 2:14:56; 4) J. Hanna (USA) 2:16:19; 5) F. Scully (AUS) 2:18:12; 6) T. Kelly (AUS) 2:33:49.

This means that G. Wallace and C. Unruh should be added to the list of medal winners in the February NMN box score.

As for the M70 5000 walk, G. Knott is from Australia, not USA. Wallace's winning time was 30:05.65.

Brown also broke his own long jump standard with a leap of 17'-4 1/4".


Marg Satter set new W30-39 meet records in the 60 yard and 300-yard events.

The meet drew entrants from California, Colorado, Iowa, Kansas, Missouri and Nebraska. Athletes praised the smooth way the LTC meets are run, for which credit goes to our hard-working volunteers. Results in back pages.

MOVING?

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

TREASURER'S REPORT

From Harm Hendriks, Treas.
From start of WAVA in 1970 through December 31, 1980

REVENUE:
Entry fees from Hannover World Games (3000 entries @ $35.00) $105000.00
Interest receipts ........... 13.67
Membership fees from national bodies ........ 470.74
TOTAL REVENUE .... $105144.81

EXPENSES:
Council 178 & 179 $ 2472.66
Postage & phone ... 199.94
Technical Comm ... 25.00
Statistics .... 36.75
Hannover Presents ... 256.00
Miscellaneous ..... 22.10
Travel, phone, etc: Treasurer to: 394.15
President .... 1826.62
Secretary .......... 327.26
Sec/Co-opted off. 3413.17
Women's delegate 360.12
Meeting of officers in Frankfurt .......... 565.16
Judges - Rothwell 164.20
Travel to Helsinki and Glasgow by Secretary 1007.70
Travel to Greece by Treasurer 160.81
Newsletter #1 ... 630.54
Newsletter #2 .... 660.10
TOTAL EXPENSES: $13352.08

EXCESS OF REVENUE OVER EXPENSES $ 2231.93

O'Neill Sets Half-Marathon Mark


BILL KNOCKE, left, clocks 11.65 in 100 meters for victory in Sacramento Relays 40-44 division. Others, from left, Don Toombs, 3rd, 11.99; Gil LaTorre, 2nd, 11.88; and Mike De Stefano, 4th, 12.22.

Photo by Bob Roemer
A Birthday Boy

He was a bit ahead of his time but this is ridiculous! Yesterday, I received a purplish invitation (mauve trim) to Higdon's 50th birthday party in June. Actually it sounds like a relevant encounter? And of course, what a year ed to his many admirers (maybe I dined years ago. The bony kid announc gets you right there doesn't it? in store for Hal. Dead aim on all those Frog." There'll be a clinic in the Interstate 94) where he'll be singing his Higdon's 50th birthday party in June. Actually it sounds like a relevant (please Print) results in back pages. ...
Sweeney Wins Brooklyn Grand Prix
by BOB FINE

BROOKLYN, March 28—It was just a perfect day for a road race. The temperature was in the high fifties and there was no wind.
The men's race was quite close. At the 5K mark seven competitors were in a bunch. It was only after the five mile mark that Hugh Sweeney, 37, of Warren Street; Bob Fisher, 40, from Millrose; John Dugdale, 46, Wolfpit Running Club (34:05:7); Howard Rubin, 52, Utica Track Club (35:24:0); Bob Muller, 56, Prospect Park (37:19:7); Steve Richardson, 60, New York Masters Village Track Club (37:23:6); and Wilfredo Rios, 64, unattached (41:44:2) pulled away from the pack. Hugh just outkicked Frank in the last 200 meters to win by a margin of 1.4 seconds.

Each age group champion came from a different club: Hugh Sweeney from Warren Street; Bob Fisher, 40, from Millrose; John Dugdale, 46, Wolfpit Running Club; Howard Rubin, 52, Utica Track Club; Bob Muller, 56, Prospect Park; Steve Richardson, 60, New York Masters Village Track Club; Wilfredo Rios, 64, unattached.

Three women broke 40 minutes, led by Maddy Harmeling, 35, Millrose, who won the 5K in 17:30.3, and Anna Thornhill, 40, Millrose (38:08:2) and Wilfredo Rios, 64, unattached (41:44:2). Thirteen competitors broke 40 seconds per woman faster. The New York Masters was the oldest woman competitor. Adrienne Salmini, 65, North Jersey, Track Club in winning the men's team award.

The previous snafu was no fault of Geza Feld's, but rather was due to the delay in getting funding for the huge cost of the computer runs involved.

This time the results will be compiled manually, and issued in a printed booklet listing all rankings in 5-year age groups from S to 59, male and female, for all track (up to 3 miles) and field events—about 96 pages. Athletes wishing to be listed in the 1980 rankings must use the printed form below (or any identically reproduced version of the same size). There will be no charge per event that you submit, so send in as many results as you wish, and provide that they are on the printed form. Those athletes who do submit results will receive the printed book for a flat fee of $4. If you do not send in your results on these forms or not at all, then the fee is $6 and you run the risk of not being listed in one or more events.

Using the printed forms will greatly speed up the process of getting the results to you—I will not be able to work as fast from meet results and besides I do not have all meet results for 1980. The deadline for your getting results to me was August 1, 1981, and the expected publication date will be October 1, 1981. If this method proves successful, the respective dates for the 1981 rankings would be January 31, 1982, and March 31, 1982. Cooperate with the deadline and format, and I will get the results to you on schedule.

The rankings will list the best 100 marks in each event in each 5 year age division, male and female.
Indoor Developmental Season In N.Y.C.
by HAIG BOHIGIAN

Thanks primarily to the efforts of Tracy Sundlan and other members of the Metropolitan Athletic Congress, the indoor developmental season in New York City for 1980-1981 was the most varied, most complete, and most successful one that anyone can recall. Unlike other seasons when certain Masters events were designated, this season Masters Athletes were allowed to enter any event that was contested by open athletes in all meets. The results show just how many chances there were to compete—and the athletes loved it!

The outstanding athletes were Ed Small of the New York Pioneer Club who dominated the 220, 300, 440, 500, and 600 yard races in Division 1. In the same division, Sid Howard of the Central Park Track Club won virtually everything from 880 up to 5K. Other great performances in these events were recorded by L. Stern, C. Pauling, G. Shane, and K. Baker. The sprints in Division 1 were a see-saw battle between R. Deere, L. Riddick, and R. Weaver, all of the New York Masters. Rick Deere and Brian McKenna of the New York Masters had the best shot put.

In division 2, Vincent Chiappeita of the Millrose AC set the pace in distant races, as did Rudy Valentine of the New York Pioneer Club in the middle distances. Tom Brooks (NYP), Maurice Lentzer (NYM), Gene Kelly (SAC), and Rudy Valentine shared sprint honors. Ed Terranova of the New York Masters was tops in the shot put.

Rob Jackson and Willie Overby of the New York Pioneer Club were the class of the field in the sprints in the submasters division. Nat Watson, also of the NYP, shared middle distance honors with R. Jackson. The distance events were cleverly controlled by Brian Kivlan of the Warren Street AC, but Pete Bauchner of the New York Masters was right up there also. Ivan Black of the New York Athletic Club was dominant in the high jump and also did well in the hurdles.

In all cases, the facilities were flat 220 or 200 meter tracks, and spikes were not permitted. The Armory meet of 1/21/81 was a relay carnival. There were two meets scheduled at Queens College, one at the 369th Armory and one at the 198th Armory for which I have no results. I apologize in advance for any errors or omissions. To get these results I had to pour over reams of meet results that were unedited, not sorted, out of order, and almost illegible.

Results in back pages.

—— 1981 National One Hour Run ———

The Snohomish Track Club of the Pacific Northwest Association of the Athletics Congress will host the 1981 National TAC One Hour Run Junior, Senior and Masters Championships for both men and women.

This event is held on a postal basis. Any TAC-sanctioned race held between September 1, 1980 and August 31, 1981 qualifies for inclusion in this combined national meet.

The individual results and team entries must be received by September 22, 1981 to be included in the national results.

Individual masters awards will be made in 5-year divisions for men from 40 thru 70+, and in 40+ for women.

Team awards will be made in M40-49, M50-59 and W40-54 + divisions.

The entry fee is $2 per runner and must accompany your entry. Mail to: Al Haff, Snohomish Track Club, 18127 1st Ave. N.W., Seattle WA 98177. (206) 342-2930.

Standards for Women in hurdles, all classes: 30, Short Put, 8 lb.

Standards for Men: 100, 200, 5K, 800, 1500, 5000, 10,000, 220, 300, 440, 500, 600, 880, 1 mile, 800 meter hurdles, 200 meter hurdles, 400 meter hurdles, 440 meter hurdles, 500 meter hurdles, 600 meter hurdles, 880 meter hurdles, 1 mile hurdles, 2 mile hurdles, 5 mile hurdles, 10 mile hurdles.

Trophy for top women's team, all age groups combined, must have three women to qualify as a team.
1981 CONVERSE ROAD RACES

Converse is co-sponsoring a series of 20 road races in Southern California. From 5K's to 1/2 marathons. To track and field events. For men and women in all age groups. And with prizes that will knock your athletic socks off.

PRIZES
FOUR TRIPS TO THE HAWAIIAN MARATHON

Four lucky winners will receive an 8 day trip to Hawaii, courtesy of Pleasant Hawaiian Holidays. They'll go to the top male and female finishers of the Race Series Run-off at CSUN August 23. Drawings for two additional trips will be held at the event and every race participant throughout the 20 race series is eligible to win.

MERCHANDISE AWARDS

First, second or third prize winners in each of the seven age groups will receive Converse shoes, jackets and athletic bags. Each entrant has a chance to win Converse shoes at each race in the series.

For more specific information, call any of the Race Directors at the numbers listed above, race coordinator Chuck Lichter at 213-888-5526, or consult the pages of this booklet.
**China Opens Door to U.S. Masters**

by HELEN PAIN

At the conclusion of our 2-week fact-finding mission to China and Hong Kong, with the aid of two sport coordinators, James Waste and James Hong Kong, we were able to witness the warmth and open friendship of the Chinese people.

To those U.S. Masters Distance Runners who are willing to forego American-style living for two weeks and are prepared to experience a different culture (ancient Asian-acquiring Western accents) we invite you to apply for membership in this long-awaited event.

See the Great Wall, Forbidden City, silk factory, the mighty Yangtze River, and much more on our Autumn '81 Tour of China.

P.S. Yes, we have also initiated plans for a U.S. Masters Track & Field Competition for fall of '82. This is another historical "first"!

**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 prior month. Send to National Masters Newsletter, P.O. Box 2372, Van Nuys, CA 91404.

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**Report From Britain**

by ALISTAIR AITKEN

LONDON, March 29—In constant drizzle but little wind off the Thames River, Joyce Smith, 43, the IAAF world cross-country champ in 1972 and bronze medalist in the European 1500 in Rome in 1964, chipped 31 seconds off her 1980 world veteran best with a blistering 2:29:56, fastest ever by an over-40 woman.

The flat, but sharp-cornered course, produced fast times among the 6700 starters and 2300 finishers, including my own PR of 2:52:35. Race director Chris Brasher got tremendous media coverage and crowd support.


The course ran from Greenwich, round the Isle of Dogs, through London, along the Embankment, and finished in Constitution Hill just adjacent to Buckingham Palace Gardens.
McCaskill Surprises in San Diego Grand Prix
by VALDEMAR SCHULTZ

SAN DIEGO, March 22—Dan McCaskill, a master just days old, outkicked Mike Tymn to win the San Diego Nike/Penn Master Grand Prix Series 10K today. Tymn, who edged Dave Hambley of Snohomish TC in last year's 10km at San Diego, found himself towed McCaskill through the race until, with about a kilometer to go, Dan picked up the pace and won by six seconds in the fine time of 49:12, a 45-second PR.

Tymn, of the Mid-Pacific Road Runners (Hawaii), was unaware of McCaskill's recent success to prominence in the masters' ranks. Only two weeks previous, Dan had broken 50 minutes in a local 15-kilometer road race, but Bill Stock, race director of the host San Diego Track Club, knew Dan was not only getting stronger, but also that he 'would give the race his all; he knows no other way.

For the first part of the race, Bill Meinhardt, West Valley J&J, made it a threesome at the front, but let go and hung on for a solid third place in 49:50. Sub-masters (35-39), running in the race for individual honors only, were not a factor as their division winner and the masters' ranks. Only two weeks
drew 50 broken minutes in a local 15-kilometer road race, but Bill Stock, race director of the host San Diego Track Club, knew Dan was not only getting stronger, but also that he 'would give the race his all; he knows no other way.

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In the women's race, Bonnie Storm of the West Valley TC, was the overall winner in 59:50, followed by Joan Ullyot, also WVTC, in 60:28 and Jen Lanterman.

Andre Tocco, CCAC, ran a fine race to finish fifth overall and cop the 45-49 title. The 50-54 awards were both won by SDTC members. Race director Bill Stock won the men's award and Nicki Hobson, SDTC, the women's. Jim O'Neill's 52:41 appears to be a new age group (55-59) record, according to the NRDC records through 1980. Jim, running for SDTC, finished 12th in the race of the nearly 150 finishers.

The popular San Diego running area in Mission Bay Park provided a fast, flat course. There was a bit of grousing about heat (60-65 F) from the San Francisco Bay area competitors, for though the race started at 7:30 in the morning, there was plenty of SD's traditional sunshine. Another difficulty encountered by the runners in the last two miles of pathway was the number of strollers races were obliged to dodge.

World veterans 800 champion George Cohen extended his distance victory and looked very strong and comfortable finishing near the first twenty or so.

Penn Mutual General Agent Rocky Lucia was in attendance, as was public relations man Bill O'Brien. Rocky and a few of his PM associates helped with the split timing and aid stations, according to Stock, above and beyond the call of duty. Penn Mutual's contributions to the master's movement is exemplified by this selfless "hands-on" attitude.

Results in back pages.

Virginia Indoor Championships
by JOE MARTIN

LEXINGTON, Virginia, March 7—Twenty meet records were broken, 2 were tied, and, in the women's division, 7 new ones were set in the 5th Annual Virginia Association's State Masters Indoor Track and Field Championships in the VMI Field House today.

The Tidewater Striders gained the Submasters title; the combined Masters I and II crown was taken by the Charlottesville Track Club.

The Richmond Track and Field Club scored every point in the III and IV division as Milton Bass, C.E. Kline and Sherm Burhoe shone.

Kathy Thomas was named top woman performer. Lew Faxon won top honors in the Masters I Division as he broke records in the 1500 (4:25.8) and the 5000 (15:54.9). William Meadows was outstanding submaster with four wins and a third.

Rudy Enders, 49, won 5 events. Irish Sloan, 38, posted a 15:18 5000. John Hosner, 56, ran a 17:53.5. Harold Green tied his own 55 dash record of 7.0, while John Tucker bettered the submasters 400 mark in 53.3.

Results in back pages.
Of 154 age marks for 13, listed in the 1981 edition of "Running Records By Age," more than half were set in 1980. Marks were set by residents of 30 states, led by California, Oregon and New York. The Cascade Run-Off produced 25 of the 85 new 15K marks in 1980. The Gasparilla Distance Classic and National Masters 15K Championships in Washington each produced eight new age marks.

"Running Records By Age, 1981" is available for $4.95 from NRDC, Box 42888, Tucson AZ 85753.

It shows age records for 15 track events from 100 meters to 100 miles, and for 13 road running events from 10K to 100 miles.

NEW U.S. AGE-DIVISION ROAD RACE RECORDS OFFICIALLY APPROVED BY NRDC IN PAST MONTH

Dist Age Div Time Name Residence St Race Old Race

DISTANCE DIV TIME NAME RESIDENCE ST DATES

1. Western Regional Masters
2. National Masters

Arrive June 19th, out 21st.

Arami.

Available hotels. Please note all hotels listed with the exception of the Hacienda are within easy walking distance of the track.

The Hacienda is about 1 mile away.

1. Los Gatos Lodge, June rate $40.47, August $46.56
2. Los Gatos Motor Inn, $40.47
3. Los Gatos Garden Inn, $42.00 to $49.00

Addition hotels available for August events:

1. Los Gatos Village Inn, $50.00

All rates are per room per night.

Please indicate your choice of hotel. Other.

Name. Address. Telephone.

Will you need a car? (There is little or no public transportation between San Jose airport and Los Gatos.)

Would you like this agency to arrange air transportation? If so please give name of your nearest major airport.

In order to reserve a room we need full prepayment sent to

Berry Travel Service at the above address. If you have any questions please give us a call.

If you are making your own travel arrangements, please give flight arrival time.

Date Signature.
The Olympic Committee's decision to add the women's marathon to the 1984 Games in Los Angeles was based on widespread interest and participation in the sport—along with elite performances. Women all over the world, of all levels and abilities, who participated in the Avon International Marathons in London, Walldorf, and Atlanta helped convince the AAF and the IOC that women are ready and willing to go the distance. So, even if you cannot run as fast as Lorraine Moller, Joyce Smith, Marty Cooksey and Joan Benoit, you can come out and celebrate the victory.

Join us in Ottawa, August 23rd, for the four annual Avon International Marathon and meet the Olympic hopefuls for 1984. Women athletes from more than 30 countries are expected in Ottawa—one of the world's most beautiful cities! The official Avon Marathon travel agency, Hal Higdon & Roadrunner Tours, has designed programs for all runners from budget weekend packages to one-week and two-week holidays. Women are expected in Canada, so you can combine the fun and exercise. You can come out and celebrate the victory.

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Debate On WAVA Standards

WEIGHTS

by GERALD WOJCIC, Granada Hills, Calif.

That the National Masters Newsletter has been criticized for not devoting more attention to field events, particularly the throws, should come as no surprise since the NMN reflects the general attitude of the masters track and field movement leadership toward field events. This is shown in the recent adoption by WAVA of the 7.26 k. hammer for ages 50-59 and the 8 lb. hammer for ages 60-69. To make a 59-year-old throw a 16 lb. hammer on or near its track, must travel to Long Beach State, at least 40 miles away, to compete, then return to S.C. for other events. Can anyone even imagine sprinters driving 40 miles to Long Beach for the 100, then driving back for other events without a fuss? And I'm glad that Los Gatos has been chosen as the site for the nationals because, although L.A. would have been convenient, this gives me an excuse to visit Northern California. And, you're right, the facility at Los Gatos is a showpiece, with one exception. You guessed it! There's no hammer area at Los Gatos High. Well, actually that's not completely true. There was one for the 1978 Western Regionals, a makeshift site on a practice field of some sort, until stew Thomson threw a hammer into a condo tennis court adjoining the field. Since then, the hammer has not been competitive at Los Gatos meets, I believe; the 35 lb. weight is substituted instead. In addition, the throwing ring in 1978 was on a portable, raised wooden platform with a no-skill surface. Something will have to be done about that; otherwise, I would advise eastern throwers to practice on a sandpaper covered, wooden pallet before they come out West. Or, perhaps we can fly to Long Beach State. All of this so that I can throw a 16 lb. bowling ball for nine years. I don't mean to carp and complain, but it should be quiet clear that throwers have to put up with conditions that many master athletes would rebel at because meet directors don't give a damn, or perhaps more accurately, just don't know any better.

PENTATHLON SCORING

by EDWARD MARTIN, Orange, Calif.

I enjoyed Jack Karbens' letter in the March issue. My confusion is increased each time results are published for the pentathlon in NMN. The scoring is more even when I try to convert performances into the IAAF scoring system. The value and utility of the WAVA system has to be questionabile at best, since the Masters Age records for both the Pentathlon and Decathlon are maintained under the IAAF scoring system, and since the WAVA distorts the value of the running and jumping events. The WAVA distortion is even greater due to the fact that Masters performances in the weight events do NOT decline as rapidly with age as do speed efforts. We should stay with the IAAF system, and thus retain an absolute standard of comparison which is accepted in the international track and field community.

As far as the best in the future of the Pentathlon, I do not understand why masters meet directors do not consider including a pentathlon competition as a normal event on the schedule. In the last two years, NO pentathlon competition has been conducted on the West Coast and I assume that none is planned in the future. Meet directors such as Hilliard Sumner and Bruce Springbett, please note this omission and consider some corrective active in the future.

WEIGHT PENTATHLON SCORING

by PHIL PARTRIDGE, Boynton Beach, Fla.

The World Veterans (WAVA) Scoring is not satisfactory for Weight Pentathlon.

Typically is the 1979 North American Weight Pentathlon:

- It had no scoring system for submasters.
- In the 40-44 age group, every contestant lost points under WAVA scoring compared to Olympic IAAF.
- In the 45-49 group, the lowest scorer lost 81 points. The winner collected 623 additional points above what IAAF scoring would have given him.
- In the 50-54 division, the lowest man lost 280 points, the high man gained 104.

It's this Robin Hood-in-reverse aspect that is the worst feature of the WAVA scoring system. It steals from the poor who need encouragement and gives to the rich who have enough. It is badly out of balance and time consuming to apply.

Typically, we have a new scoring system that overcomes the above problems, including different weight implementations thrown in different meets. It is quickly and easily applied. It can be worked out for scoring running and jumping events as well. It has been checked out by two engineers in Masters Track who pronounce it O.K.

There is still confusion and some disagreement over what weight implementations should be thrown by men over 50 in weight pentathlions. The official weights have been changed a number of times. Different areas use different weights.

A committee of top throwing men is proposed to study the problem and make recommendations to the Athletics Congress.

MULTI EVENTS

by RODNEY CHARMOCK, Norfolk, England

The letter from Jack Karbens of Hawaii raises a number of points made by multi-event athletes in other countries. Therefore, I feel it may be of interest to NMN readers to describe a project to encourage the development of masters multi-events worldwide.

The objective of the project is to develop competitions and incentives; to standardize events and scoring tables; and to compile world all-time rankings for each age group in the pentathlon and decathlon. The USA coordinator of the project is Ed Oleata.

1. Masters multi-events competitions: The Pentathlon is well established and is staged at the World Games, European Championships, and at many national and regional meets. But the Decathlon needs further developments.

WAWA INTERNATIONAL WEIGHTS AND STANDARDS

(in metric and English measurement)

**MEN**

<table>
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<tr>
<th>Event</th>
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<th>Discus</th>
<th>Hammer</th>
<th>Javelin</th>
<th>Shot</th>
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**WOMEN**

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<th>Discus</th>
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Hurdles and distance to first hurdle

**Men**

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<tr>
<th>Height</th>
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<tr>
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<td>110 meters 12.4</td>
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<tr>
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<tr>
<td>70</td>
<td>80 meters 11.4</td>
<td>12.00</td>
<td>9.5</td>
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**Women**

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<th>c</th>
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<tbody>
<tr>
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<tr>
<td>50</td>
<td>80 meters 96.2</td>
<td>12.00</td>
<td>8.5</td>
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</tbody>
</table>

**STEEPLECHASE**

The steeplechase shall be run at 3000 meters for all age groups, except those over 70, for which the distance will be 2000 meters.
HONOLULU MARATHON '80
HOME VIDEOTAPE

Format: □ Beta/II □ VHS
TV standard: □ NTSC □ PAL
$39.95 Postage and handling included $_________
Hawaii residents add 4% sales tax $_________

Total amount $_________

☐ Check to Marathon Video enclosed.
☐ Mastercard □ Visa

Expiration date ______ Account # ________

Signature _______________________________

Name ________________________________
Address ________________________________
City ____________ State/Zip ____________ Country

Mail to: Marathon Video KGMB-TV
P.O. Box 300 Honolulu, HI 96809

Professionally produced sports entertainment at its best.

North American Indoor Championships
continued from page 1

May 1981 National Masters Newsletter page 19
RESULTS OF THE 1980-1981 INDOOR DEVELOPMENTAL MEETS IN NEW YORK CITY

Please send masters race results to National Masters Newsletter.

### Masters Track & Field Championships

**High Jump**
- **H55** A. Frezza 5'5.8
- **M30** J. McCaskill 5'8
- **M40** R. Weaver 5'7
- **M35** R. Crawford 6'0
- **U40** K. Riss 6'0
- **H45** U. Clark 6'0.3
- **M30** J. McCaskill 3'2 6'0.4
- **M40** E. McCombs 3'6 6'0.5
- **M50** K. Baker 3'4 6'0.8
- **M60** J. Manno 4'4 6'1
- **M55** J. Pierson 3'6 6'1
- **M60** G. Langerfeld 4'0 6'1

**Long Jump**
- **M60** J. Manno 6'0 6'1
- **M35** J. Saarmann 3'8 6'1
- **M60** J. Manno 1'8 6'1
- **M35** J. Saarmann 2'1 6'1
- **M60** J. Manno 2'2 6'1

**Triple Jump**
- **M60** J. Manno 3'0 6'1
- **M35** S. Huckle 4'4 6'1

**35 lb. Weight Throw**
- **H50** S. Kalb 17'4

**38 lb. Weight Throw**
- **M65** T. Cash 10'4

**1000 YARDS**
- **H45** J. Harkrader 4'5 1'34.0
- **M35** E. King 3'8 1'37.6
- **M40** K. Baker 3'4 1'31.8
- **M60** J. Manno 4'4 1'21.8
- **M60** J. Manno 4'4 1'21.8

**400 YARDS**
- **M35** E. King 3'8 1'37.6
- **M40** K. Baker 3'4 1'31.8
- **M60** J. Manno 4'4 1'21.8

**2-MILE**
- **M35** G. Garland 9'57
- **M35** J. Fassette 7'1

**2-MILE WALK**
- **M35** G. Garland 9'57
- **M35** J. Fassette 7'1

**Karate**
- **H40** P. Richards
- **M55** J. Pierson
- **M60** G. Langerfeld
- **H50** S. Kalb

**35 LB. WEIGHT THROW**
- **H50** S. Kalb 17'4

**38 lb. Weight Throw**
- **M65** T. Cash 10'4

**1000 YARDS**
- **H45** J. Harkrader 4'5 1'34.0
- **M35** E. King 3'8 1'37.6
- **M40** K. Baker 3'4 1'31.8
- **M60** J. Manno 4'4 1'21.8
- **M60** J. Manno 4'4 1'21.8

**35 lb. Weight Throw**
- **H50** S. Kalb 17'4

**38 lb. Weight Throw**
- **M65** T. Cash 10'4

**300 YARDS**
- **M35** J. Saarmann 3'8 2'41.0
- **M60** J. Manno 4'4 1'45.0
- **W40** A. Bing 3'5 1'16.0
- **M60** J. Manno 4'4 1'45.0

**500 METERS**
- **M60** J. Manno 4'4 1'45.0
- **H30** A. Bing 3'5 1'16.0

**1500 METERS**
- **M35** E. King 3'8 1'37.6
- **M40** K. Baker 3'4 1'31.8
- **M60** J. Manno 4'4 1'21.8

**5000 METERS**
- **H60** Clarence Killion 7'1

**10,000 METERS**
- **H60** Clarence Killion 7'1

**400 METERS**
- **M30** Tom Bassett 4'19.4
- **M40** Jim Lewis 5'16.1
- **M50** Bob Elwood 4'4.4
- **M60** Bob Elwood 4'4.4
- **M30** Jim Lewis 5'16.1
- **M40** Bob Elwood 4'4.4
- **M50** Bob Wilde 13'40.0

**800 METERS**
- **M40** Bill Mitchell 5'04.3
- **M50** Forrest Dillingham 5'04.3
- **M60** Forrest Dillingham 5'04.3
- **M30** Bob Elwood 4'4.4
- **M40** Bob Elwood 4'4.4
- **M50** Forrest Dillingham 5'04.3
- **M60** Forrest Dillingham 5'04.3

**3-MILE**
- **M30** Tom Stanshope 4'19.4
- **M40** Larry Harvey 3'55.0

**5-MILE**
- **M30** Tim Stanhope 4'19.4
- **M40** Larry Harvey 3'55.0
- **M50** Bob Wilde 13'40.0

**8-MILE**
- **M30** Tim Stanhope 4'19.4
- **M40** Larry Harvey 3'55.0
- **M50** Bob Wilde 13'40.0

**2-MILE RELAY**
- **TEAM RESULTS**
  - **MASTERS**
    - 1. Amazing Feet TC 16
    - 2. Shore AC 109
    - 3. North Jersey Masters 8
    - 4. Mercer-Bucks RC 16
    - 5. Sneaker Factory TC 12
  - **WOMEN**
    - 1. All-American TC 20
    - 2. Shore AC 109
    - 3. North Jersey Masters 8
    - 4. Mercer-Bucks RC 16
    - 5. Sneaker Factory TC 12

**Awards**
- **MILE RUNNER OF THE YEAR**
  - **M35** J. Saarmann
  - **M40** Bob Warren
  - **M50** Forrest Dillingham
  - **M60** Bob Elwood

-Arnold Tic'Manic: Age 72

For a change of pace, this year's record holder drove his car over a thousand miles to complete in the North American Championships. Arnold had a great meet and then after convincing Ian Hume he was still fresh as a daisy, they drove off together for the return trip home. Even Ian couldn't face the project of another 22 hours on "The Grey Dog".

What a difference a year or two makes four people over 13 feet in the pole vault. I remember the day Fox became confused as he approached the bar, dropped the pole and dove over at 3 feet 8 inches. To think we had to give the clown a trophy! We're definitely going to have to bring these people back into the mainstream of our meets before something serious happens.

See next month.
SECOND ANNUAL NEW YORK MASTERS TRACK & FIELD MEET, Saturday, June 20, 1981

WOMEN

<table>
<thead>
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<th>Event</th>
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<tr>
<td>High Jump</td>
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<td>6.2</td>
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<tr>
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MEN

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<td>3:32.6</td>
<td>3:34.0</td>
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WAIVER:

In consideration of being allowed to compete in the New York Masters Track & Field Meet, June 20, 1981, the undersigned agrees to hold the meet organizers, sponsors, and any and all other parties harmless from any and all damages that may be suffered as a result of any injury or accident that may occur while participating in the meet.
### Track and Field Championships

**SO. CALIFORNIA**
- **TRACK AND FIELD SERIES**
- **TFA USA 1981**
- **PACIFIC MASTERS**
  - **TRACK AND FIELD CHAMPIONSHIPS**

**UCLA DRAKE STADIUM**

**Sponsored By:**
- **TARGET BUICK DEALERS OF SO. CALIFORNIA**
- **PENN MUTUAL LIFE INSURANCE COMPANY**
- **SPA MAKERS INTERNATIONAL**

Featuring:
- **THE CONVERSE CELEBRITY TRIATHLON**

On-site computers, results by Accutrack, certified officials, medals and certificates awarded, merchandise prizes courtesy of Converse.

For entry form and information, send self-addressed stamped envelope to:
MICHAEL SIMS & ASSOCIATES • 5419 Sunset • Los Angeles, CA 90027

**DATE:** Saturday, July 18, 1981

**MEET FACILITIES:** The Hummel High School track at 1901 Severn Ave., Metairie, La. 70002. The track and runways are red clay, the javelin approach is grass.

**DIRECTIONS:** From the West: take I-10 to New Orleans-exit at the Causeway Blvd. From East: take I-10 to Jackson Ave., then go 6 1/2 blocks to 19th St. Proceed to the 1901 Severn Ave address. Follow same directions from the East.

**HOSUING:** Call Danny Thiel at 504-555-8550 or Extension 8 or 305-67-4562.

**ENTRY FEES:** $3.00 per event; $12.00 per relay

**DIRECTIONS:** From the West: take I-10 to New Orleans-exit at the Causeway Blvd. From East: take I-10 to Jackson Ave., then go 6 1/2 blocks to 19th St. Proceed to the 1901 Severn Ave address. Follow same directions from the East.

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LONG DISTANCE RESULTS

May 1981 National Masters Newsletter page 25

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

1980 PUMA/TFA POSTAL RUNS

3-MILE

M40 David Harder 15:19.5
M45 Mike Pirtle 15:34.1
M50 Derek Naheff 15:45.4
M55 Jim Kill 17:42.4

200 Alwyn Schwick-endorf 1:07.41
John Greenebridge 1:07.44
Nancy Peterson 2:21.42

M50 Jim McQuin 1:08.02
Edd McQuay 1:09.66
Bob Byty 2:10.17

M60 Ray Mahannah 2:20.41
Jean Stirling 2:22.99
Phyllis Pearson 2:28.84

M70 No entries

M80 Paul Snagler 2:45.26

8TH ANNUAL MARYLAND MARATHON, BALTIMORE, DEC. 7, 1980

8TH ANNUAL MARYLAND MARATHON, BALTIMORE, DEC. 7, 1980

Nuys, CA 91404. Please include date, distance and city.

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

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### NIKE/PENN MUTUAL MASTERS GRAND PRIX SERIES

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**MEN AGE 55-59**

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**NEED BACK ISSUES?**

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

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

Phil Conley, 46, flies javelin 57.61 meters (189') in Sacramento Relays.

**WISCONSIN UNITED ATHLETIC CLUB INC.**

**2nd ANNUAL MASTERS OUTDOOR TRACK AND FIELD MEET**
(sanctioned by The Athletics Congress - Fall)

**SUNDAY, JUNE 28, 1981 in MADISON, WISCONSIN at the UNIVERSITY OF WISCONSIN WISCONSIN STREET TRACK**

**DIVISIONS:** Five year age groups, 30 and up, men and women.

**ENTRY FEES:** $2.00 per individual event, $5.00 per relay team. Make checks payable to Wisconsin United Athletic Club.

**LATE ENTRIES:** Postmarked after June 7 and on day of meet, will be charged an additional $1.00 per event.

**FACILITY:** The track surface is best suited for 1/8" spikes. Track and Relay/Runways will accept 1/3" spikes. Throwing rings are crooked.

**MEET PROTOCOL:** The schedule is subject to change and may be moved ahead if the number of entries permits. All heats will be run against time, except 100m dash and 110 hurdles.

**AWARDS:** Medals to top three places (1st only for relays).

**WANT TO BE IN THIS MEET?**

**SEND ENTRY:** With Listing to:

Wisconsin United Athletic Club
P.O. Box 2372
Madison, Wisconsin 53708

For additional information, call 608/221-8080.

**NAME**

**Masters Sports Association**

**MASTERS SPORTS ASSOCIATION ANNUAL TRACK & FIELD CHAMPIONSHIPS**

**SATURDAY, MAY 21, 1980 - RANDALL'S ISLAND, NEW YORK**

(Any approach to the Triboro Bridge will lead to Randall's Island.)

**PLACES AWARDED:**

Men: 1st 1000 yards, 1st 400 yards, 1st 110 hurdles, 1st 220 yards, 1st 880 yards, 1st 5000 yards, 1st 1500m run, 1st 5000m run.

**Women:** 1st 880 yards, 1st 1500m run, 1st 5000m run, 1st 110 hurdles, 1st 220 yards, 1st 1500m run, 1st 5000m run.

OPEN TO MEN AND WOMEN by five year groupings from age 30 to 74. Three prizes per event.

**PERMITTED EVENT:**

No entry fee per event. Results will be mailed to entrants in May. Open to masters and non-masters.

**W EIGHT P E R T H O N O M I A T I O N**:

Competitors may compete in the weight pentathlon for the $5.00 entry fee or may compete both individually in any of the weight pentathlon events at $5.00 entry fee plus an additional $2.00 for each individual event entered. Thus, if one is going to enter in more than one event in the weight pentathlon, one must add the $2.00 entry fee for the extra event.

**PENTATHLON:**

The same system will apply as in the weight pentathlon, except that a special award is given for the masters in each individual event entered in the pentathlon. The only exception to the above is the 3000m run, which will be included in the pentathlon. The run will be run in the pentathlon. (LJ-Jav.-220 Yard. -1500)

**ELIGIBILITY:** You must be a member of a club affiliated with the Masters Sports Association.

**ENTRIES AND THEIR ESTIMATED ORDER:**

**NOTE:** The meet may run ahead of this estimated schedule.

**EVENTS:**

1. 110 hurdles
2. 220 yards run
3. 880 yards run
4. Long jump
5. Shot put

**PAYMENT:**

$1.00 per event. Relay/Runways will accept 1/3" spikes. Throwing rings are crooked.

**MEET PROTOCOL:**

The schedule is subject to change and may be moved ahead if the number of entries permits. All heats will be run against time, except 100m dash and 110 hurdles.

**AWARDS:** Medals to top three places (1st only for relays).
BEFORE INTRODUCING THE ZOOM, WE RAN A FEW TESTS.

They looked good on paper. And even better in the lab. These new spikes were definitely the lightest prototypes we’d ever put together—by about 90 grams.

What made that important was the old physiologist’s rule-of-foot: for every 100 grams you knock off a pair of shoes, you also cut energy costs by about one percent.

It appeared, we’d come up with the fastest Nikes ever.

But that wasn’t the only good news. For all the weight loss, these prototypes showed no loss in cushioning. None.

That really got us going. Because our own studies showed that comfort can also save runners energy.

So we went even further. Introduced the Variable Width Lacing System™, for a nice, snug fit, especially through the arch. And redesigned the spike plate. So during the weight-bearing phase, the spikes would bite the dirt. Not the foot.

We developed models for sprints, distance and indoor. Then the heavy research began. We put them on international tour. And from the Pan American Games, to the Olympic Trials, to Moscow itself, these spikes began rewriting the record books. Taking more than their share of victory laps.

That started a lot of people talking. But nobody, nowhere used their proper name: Prototype #45711 TP.

All they could say was ZOOM.

Sounded good to us.

Beaverton, Oregon