Duarte, Thomas
Win National 20K

from BOB LANGENBACH
KENT, WA, March 14—Frank Duarte, 40, and Patricia Thomas, 41, won the TAC/Penn Mutual National 20 kilometer championships today as four U.S. age-group records fell by the wayside.

Thomas, Clive Davies, Ruth Anderson and Patricia Dixon established new U.S. bests for the distance among the quality field of 110 runners.

Seattle’s David Hambly immediately went into the lead on the 2-lap course, followed by Duarte, of Santa Ana, Cal., who took over just before 10K (in a fast 32:10), and continued to increase his lead to 38 seconds at the finish in a brilliant 1:05:14.

The next three, Mike Heffeman, Dave Williams and Jerry Schmidt, all held position through the race. Bob Hughes
Continued on page 21

One of the leading open competitors in the nation during the past few years, Cindy Dalrymple could well become the top American woman masters runner of 1982. The former Hawaiian, now living in New York City, turned 40 on March 5. In the past 16 months, she has won over $40,000 on the professional circuit, including a $25,000 triumph in the 1981 Los Angeles Marathon in 2:39:24. She is the subject of this month’s Gun Lap by Mike Tymn on page 6.

Continued on page 21

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photo by Mike Tymn

Continued on page 21
BRITISH MOVIES
Ioriginated from England and the film aroused nothing in me whatsoever. In fact, I squirmed and felt that I had made the right decision in 1960 to become an Australian. No doubt the film struck a chord in people who remember the "good old days" when only "gentlemen" went to the Olympics. It was a simple, old-fashioned fairy story which bored me.

Also I remember Abrahams and Crump as being an all-powerful "British Amateur Athletic Board," a virtual dictatorship with Abrahams "the clever one" at the annual AAA meetings.

On the other hand, the film Reds was technically and politically a masterpiece—and it lost because the theme is a "hot potato" in the Reagan-Haig theory of the universe. However, that it was financed and nominated pays tribute that truth can arouse nothing in me whatsoever. In 1932 there was a little potato" in the Reagan-Haig theory of the universe. However, that it was financed and nominated pays tribute that truth can

The film was a play on the late Lord Burghley who did win a gold at the Olympics, the 1928 Games. It was he who ran around the quadrangle of one of the Cambridge colleges.

Douglas Lowe, the winner of the 800M in Paris, was also a Cambridge man. I understand he did not wish to cooperate in the making of the film. Maybe that's why the Lord Lindsey piece was written in.

The movie's emotional premise falsely based! Well, Abrahams did face a little anti-Semitism and Liddell was a devout Christian who gave up what most people saw as his best chance of winning a medal by refusing to run on a Sunday. His best time over 400 prior to the Olympics was 49.2.

If the credits claimed that the film was a "true story" then the film makers slipped up. "A movie based on a true story" would have been a better introduction. I can't imagine that they were trying to mislead anyone. If I reckon the average film fan would judge it on its entertainment value. Leaving aside the poetic license, have you ever seen a better film with a T&W theme?

By the way, some of Shakespeare's historical plays are, so I understand, factually inaccurate.

Wilfred Morgan
Birmingham, England

ATHLETES OF THE YEAR
I appreciate being named TAC 60- and-over distance runner of the year. But I must tell you I am not even the New Jersey 60- and-over distance runner of the year. Jack Start is. He has beaten me 6 for 6. The only time I came close in the 10K was when he had run a half-marathon the day before. Usually, he takes me by 2 minutes in a 10 kilometer.

George Sheahan, M.D.
Red Bank, New Jersey

KNEE SURGERY
I was tempted to drop my subscription since I had major knee surgery last May and ordered to run and jump no more. But after reading the current issue, I just couldn't stop reading about my many friends who are fortunate and continue to do well.

Mel Buschman
Lansing, Michigan

METRIC VS IMPERIAL
Jack Thatcher's 48" 1/2" is not a world record as 8-pound shots are used nowhere in the world but some meets in the USA.

Maksimczyk's 46 1/2" 1/32" mark with a 4 KG implement is worth at least 49 1/32" with the much lighter 8-pounder.

It is amazing how stubbornly the very democratic Americans are adhering to the old British Imperial measurements, while the Brits themselves abandoned the system as antiquated. Americans' lack of knowledge of the universal metric system has created numerous tragicomic incidents in every corner of the world—including Olympic and World Masters Games.

A. Zakis
Stouffville, Ontario

TYNNY'S YARDSTICK
Hooray for Mike Tyynn (March '82).

It's about time someone starts to question these odd events and distances. It seems no one wants to leave well-enough alone. Many of us like to compute our improvements, or how much we drop off, each year. It is quite difficult to do this with meets changing distances each year.

This years' National TAC indoor meet is a good example of this abomination. Whoever heard of the events being held at the meet? How can people judge their performances in a 500, 3000, etc.? This was my third trip to the Nationals and it was the third different hurdle race. Really.
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.

May 15. Chicago Corporate Classic relay races, Stephanie Meisick, 1423 West Fullerton Ave., Chicago IL 60614; (312) 248-1724.


Mountain


Southwest


August 29-30. 1st World Veterans Decathlon Championships. San Diego, Calif. Ed Olea, PO Box 2822, La Jolla, CA 92038.


Northwest

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

August 29. Western Regional Masters T&F Meet, Portland. Bruce Barton, 1562 Old Lakeshore Rd, Odelline, Oregon L&L ICU.

International


August 29. Western Regional Masters T&F Meet, Cambridge, Ontario. Bruce Barton, 1562 Old Lakeshore Rd, Odelline, Ontario L&L ICU.

August 29-30. 1st World Veterans Decathlon Championships. San Diego, Calif. Ed Olea, PO Box 2822, La Jolla, CA 92038.

September 2-4. 1st Annual Pan American Masters T&F Championships, Barquisimeto, Venezuela (220 miles west of Caracas). Rogelio Lopez, Presidente, Organization Masters D.F., Apartado Correos 30484, Caracas, Venezuela, S.A.

September 24-26. 2nd Annual San Juan Masters International T&F Meet, San Juan Puerto Rico. Gilbert Gonzalez-Julia, PO Box 11074, Caparra Heights Station, San Juan PR 00922. (809) 765-5787.

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Continued on page 4
On Tap for May

TRACK & FIELD

The outdoor season gets into full bloom this month, with action every weekend somewhere in the country. The West Coast Masters T&F Classic in Visalia, Calif., and the Palm Beach, Florida Oldtimers meet are both set for Saturday, the 1st. On the 2nd are Mt. San Antonio College Relays masters events.

Two major meets take place the next weekend; the 12th Annual Southeast Masters Marathon Championships in Raleigh, N.C., and the 12th and final Grandfather Games in Waynesville, N.C.

The 1st Oceania Veterans Games will be held in Fiji for avid travelers on the 14th. Closer to home are the Southern California Striders Relays at Cal State Northridge, and the Southeast Track Classic at Furnace Creek Inn in Green Valley, S.C., both on the 15th.

The Herbert Hoover Relays, featuring competition for all ages, has been moved from the 30th to the 22nd at Stanford U. in Palo Alto, Calif., the same day as the 3rd Annual MSA Championship Series. Both events will be held on the 22nd in Pittsburgh, as will the SMA Championships in New York.

LONG DISTANCE RUNNING

On Sunday, the 2nd are the Tovena Twosome in New York, the Lilac Bloom Run in Spokane, Wash., and the Avenue of the Giants Marathon in California—all major races for all ages.

The Southeast Masters Marathon, 10k and 20k will follow the track meet in Raleigh on the 9th. Up to 40,000 are expected for the Bay-to-Runners Run/Carnival in San Francisco on the 17th.

The Elby's Wheeling, WV, 20k is on the 22nd. The 3rd in the Nike Masters Grand Prix Series is set for Portland, Oregon on the 23rd, with six free trips to the Nike Finals being awarded.

The 4th race of the Nike series is also the prestigious Cotton Row 10K. Run in Huntsville, Alabama on Memorial Day Monday the 31st. This race traditionally attracts most of the top Masters runners, and with Nike's aid, it looks as if one of the top masters races of the year.

Frank Duarte and David Hamblay at the halfway point of the National Masters 20K Championships March 14. Duarte won by 38 seconds in 1:05:14. Photo from Carole Langenbach
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.G.A.L.) 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.

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<td>Aug 15</td>
<td>Philadelphia, PA</td>
<td>Nat. Masters Sports Festival</td>
<td>% of Penn Mutual Life Insurance Co., 6 to Japan, 530 Walnut St, Philadelphia, PA 19172</td>
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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) 641-6435, NIKE Masters Program, or write: Valdemar Schultz, 3900 SW Murray Blvd., Bend, OR 97703.
Cindy Dalrymple Joins the Masters Ranks

"Being 40 years old isn't much different than being 39," but the athletic world has kind of made that a magic number," said Cindy Dalrymple after celebrating her 40th birthday on March 5.

One of the top open competitors in the country over the past few years, Dalrymple should emerge as the number one female masters competitor in the United States.

"If I run as fast this year as I did when I was 39, I'm sort of super-human," she added. "It's like the world expects us to suddenly fall apart at 40."

A native of New England, Dalrymple gained recognition as a national-class track and running altogether.

"I was training hard, but kept getting slower," she explained. "Now I realize that it was because we didn't build a distance base. We did intervals five days a week, which we now know is not the way."

Before starting her second running career in 1974, Dalrymple married, gave birth to two sons, and worked sporadically as a school teacher. She remained in Hawaii until three years ago when when moved to Seattle in order to be closer to the big races.

One of the first women to turn pro, Dalrymple has earned a little over $40,000 during the past 16 months.

With the decision by The Athletic Conference to allow runners to place their earnings in trust funds and remain amateurs, more fast, young women are joining the pro circuit. And because of that, Dalrymple does not expect to pocket nearly so much in the future.

"It's kind of exciting," she said about joining the masters ranks, "because even though I've been running faster every year, my rankings have been dropping due to so many younger girls coming on to the scene. Now that I'm in a new category, I'll suddenly be close to the top again and that motivates me to run faster."

"It's hard to say," Dalrymple responded when asked how aging has affected her running. "I don't think about aging, except sometimes I wonder if I was 30 now and had eight good years of road running behind me what I could do. But, of course, I'll never know. I'm running my fastest times ever now and I hope to run faster, but this is only because of the accumulation of training over several years."

"Most of the top runners seem to run their best times after about ten years of serious running. I think my improvement has been from training whereas a younger runner gets stronger with age as well."

When asked about her most memorable running experience, Dalrymple first mentioned making the American team for the Pan American Games in 1963, then decided on the victory in the 1977 Honolulu Marathon.

"I sort of felt like a hometown hero, winning a nationally known race and beating some well-known runners in the process," she said. "But perhaps equal to that was in May 1980 when my son, Steve, who was only 12 at the time, called me at work from Vancouver to tell me he had run a 2:57 in his first marathon. I cried for joy. I was more proud of that than any of my running accomplishments. Comparing Honolulu, Seattle, and New York City, Dalrymple said that she much prefers Honolulu as a place to live. "I really miss Hawaii, but it is too far away from the competition," she explained. "It's very difficult traveling from Hawaii to the East Coast, jumping off the plane and attempting to race. Not only are you fatigued from the traveling, but there is the time difference to adjust to."

"In Seattle, it was almost always cold and rainy, but there were a lot of good places to run. It's very hilly too and I became a good hill runner. And the women there are more competitive than in Hawaii."

"New York is very, very competitive and there are many good runners. I have a good coach and there are lots of good races. And the time change favors you when you travel from East Coast to West Coast to race."

"On the other hand, New York is even more expensive than Hawaii. It's dirty, noisy, crowded, and nobody trusts anyone. Outside of Central Park, there are not many good places to train. Still, it's a fascinating place and there's always something to do."

New Orleans Masters TRACK and FIELD CHAMPIONSHIPS

MAY 29th........1982

Men and Women......Age 30 and over

WRITE OR CALL TOLL FREE

Danny Thiel
2609 Canal Street,
New Orleans, La.

(800) 535-8550

The results of the TAC National Masters Indoor T&F Championships, held March 27-28 in Boston, will be in the June issue of National Masters News. We had hoped to include them in this issue, but as of press time, April 15, they had not yet arrived.
Southeast Florida Report
by JOHN BUTLER, President
Palm Beach Track & Field Association
After a year we finally have a club organized. "Palm Beach Track & Field Association," with Headquarters in West Palm Beach, is off to a running start with a number of activities on the schedule. Our first activity of the year was to support the Holiday Pentathlon, as reported by Randy Cooper in NMJVs March 1982 issue. Our next activity is the Palm Beach County Old Timers Track Meet scheduled for May 1, 1982, at Twin Lakes High School in West Palm Beach (please see schedule). We also have a weekly mini-meet each Sunday at Twin Lakes. Running in our meets are our neighbors from the Fort Lauderdale Track Club—"Slim" Alexander (35-39) 9.9 in the 100, and Nat Robinson (30-34) 13.9 in the 120 high hurdles and current National Champion. Two of our better known athletes in Masters are Phil Partridge (70-over) and Randy Cooper (50-54).

We made a good showing at the Florida State Masters in Sarasota (350 points) with 20 men and 3 women, though unfortunately three of our top athletes—including Randy Cooper—were not able to compete.

We hope that in the near future we can help Southeast Florida grow in the Masters program.

Kiddy Sets Marathon Mark
Sandra Kiddy turned 45 and promptly set a U.S. record for women age 45-49 with a time of 2:57:12 in the Palm Springs Marathon February 14.

The time, if approved by the NRDC, breaks the existing record of 2:57:41, set by Nicki Hobson six years ago.


Report from Britain
by ALISTAIR AITKEN
A record field of 481 runners took part in the British National Veterans 6-mile Cross Country at Parliament Hill Fields March 16. 320 completed the 40-49 race, while 161 finished the 50+ contest.

Taff Davies, the 1979 World Vets 3000 steeple/cross country champion, appeared to have little difficulty in winning for the third time in a row, equaling Roy Fowler's feat in the late 70's.

Gerry North and George Blackburn had a stab at leading during the first 1½ miles till Davies went clear at 2 miles. Results in back pages.
Filling a Need

There will always be people who will try to make things appear different from what they really are. I would be the first to admit, yes, I try to begin each day dressing British and thinking Yiddish, yes, I am a cash flow person and damn proud of it. You can have all your garbage up there about the footnotes, I’m a bottom line guy.

Yes, I have a Mercedes 450SL with telephone (connected) and BIG GUY on the license plates. Yes, my French is acceptable and at the same time I feel it is an impossible schedule.

I feel little need to defend myself in the first break I get in what my friends call an impossible schedule.

I could remind you of the initial skepticism that greeted me several years ago when I volunteered my time and effort to solve the monumental traffic problems in the great city of Los Angeles. You will recall, I suggested all the streets be made one way headed north. My thesis being, in six to eight months your traffic problems would be over because all the cars would be in San Francisco. As everyone knows, the people in San Francisco think they’re so goddarned smart, certainly smarter than the folks in LA, so let them figure it out.

It would have worked had it not been for all the Mexicans driving in from Tijuana each day. They obviously could not allow these aliens, so to speak, to leave Los Angeles and jeopardize the long term municipal taxation philosophy which of course is based on a healthy, profitable Taco Bell.

Anyway, I think you get the message. I am what I am and damn proud of it. What I am not is a man who is taking a month long running trip to Red China just to say I went running in China. There is much more to it than that, and I’ll tell you about it when I return.

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1982 New England Road Race Schedule

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Send SAE to above address

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On Approaching Every Problem With an Open Mouth

by W. MacDONALD MILLER

Finally, yes, my close friends do call me by my family nickname, Biff. Frankly, I don’t understand why this would be important to anyone.

Now that I’m reminded of the wonderful spirit that prevailed throughout our entire “Buy a Blazer for the Poor” drive—remember the War on Poverty? Who finally won that thing anyways. It went back and forth there for so long I finally lost track. Those were the days, a man could really feel he was doing something important. I guess I am what a friend at the club recently called me, a true “Recession Man.”

By now, most of you anyway those who read “The Journal,” are familiar with my rhetorical question, “Screw Interest?” I truly believe the message we received from the people was crystal clear: they were willing to try my bold new plan whereby everyone would live back and forth there for so long I finally lost track. Those were the days, a man could really feel he was doing something important. I guess I am what a friend at the club recently called me, a true “Recession Man.”

I could remind you of the initial skepticism that greeted me several years ago when I volunteered my time and effort to solve the monumental traffic problems in the great city of Los Angeles. You will recall, I suggested all the streets be made one way headed north. My thesis being, in six to eight months your traffic problem would be over because all the cars would be in San Francisco. As everyone knows, the people in San Francisco think they’re so goddarned smart, certainly smarter than the folks in LA, so let them figure it out.

It would have worked had it not been for all the Mexicans driving in from Tijuana each day. They obviously could not allow these aliens, so to speak, to leave Los Angeles and jeopardize the long term municipal taxation philosophy which of course is based on a healthy, profitable Taco Bell.

Anyway, I think you get the message. I am what I am and damn proud of it. What I am not is a man who is taking a month long running trip to Red China just to say I went running in China. There is much more to it than that, and I’ll tell you about it when I return.
Turnbull Sets
World 800 Mark in
New Zealand Games

INVERCARGILL, New Zealand, March 27-28—Derek Turnbull, 55, lowered the world M55 record for 800 meters to 2:08.3 to highlight the 8th annual New Zealand Veterans Athletics Championships this weekend at Surrey Park.

Turnbull's time was 0.4 seconds faster than the previous best set by New Zealand's Frank Evans in the 4th World Veterans Games in Christchurch in 1981.

It was the third world age 55-59 record set by the Invercargill sheep farmer this year. In February, he ran 10,000 meters in 33:08.2 and 1500 meters in 4:17.4 to erase the former world bests.

Ideal calm and warm weather helped the athletes perform at peak levels on both days. The oldest male performer was 74 and the oldest woman competitor was 67.

Turnbull started faster than usual and maintained the pressure throughout the two laps. He was delighted with setting another world mark.

"There are few chances to break world records here because of the various interuptions in the year's program," he said afterwards. "You have to take your chances when they come along."

Turnbull won three other events and helped his club team win the 4 x 400 relay.

John MacDonald, director of last year's 4th World Games, won the M45 10,000 meters in a sparkling 32:24, topping the field of combined M35, M40 and M45 runners.

Former New Zealand soccer great Bruce McPhail won the sprints in record time and captured several field events. Kay Kenneth-Low had a personal record breaking spree. Although she was the only competitor in her division (W65), in most events her record beat her own marks established last year.

At the other end of the age scale, Christine Sole, a current title holder on the New Zealand national athletic scene, won the sprints and hurdles in the pre-veteran (30-34) division.

Bill Baillie, 1960 Olympian and one of the great names in New Zealand athletics, came from Auckland to compete, but, for the first time in his athletic career, injury prevented him from competing. He was to have been the star attraction in the 5000 and 10000.

"It isn't anything serious," Bailer said, "but it is annoying." Results in back pages.

Hot Mile in Philadelphia

by PETE TAYLOR

CHESTER, Pa., March 6—A hot mile race and some splendid sprinting highlighted the Philadelphia Masters' Indoor Track and Field Championships held at Widener University today.

In the 30-34 mile, the normally invincible Jim Waters found himself hooked up with recent Philadelphia Independence Marathon winner (2:17:25) Dave Patterson, as well as Gary Fanelli, distance runner extraordinaire. After a 2:14 first half it appeared that Waters might be able to upset Patterson, who was running right on Jim's heels. But Patterson then forced Waters to sprint the third quarter (in 60 seconds), causing

Jim to tie up slightly. Patterson then ran a 64-second final quarter, despite easing up near the end, to give himself a 4:18.0 time on the unbeaten 10-lap Widener track. Waters ran 4:23.8, followed by Fanelli in 4:28.0.


In the 300, 36 year-old Ron Johnson negotiated three turns in brilliant fashion and held off Arthur Wright (35) in a scorching 33.2 seconds (Wright 33.3). Ageless Rudy Valentine (now 58) galloped to a 37.6 sec. victory in the 55-59 section.

In the 600, Glen Shane led a very fast 40-44 group in a scintillating 1:17.9 (Ed Small 1:18.6).

The 60 yard high hurdles (M30-34) saw clever John Borden scissor to an overwhelming victory in 7.6 seconds. Borden had also run a non-winning 6.6 seconds in the 60 dash.

In the 60-64 high jump, Boo Morcom proved once again that he is not just a pole vaulter by clearing 5'0". Results in back pages.

photo by Chris Silvera
Testimony by Participants

This month I am going to examine selected bits of testimony from readers who individually have made strong cases for being active participants in the masters movement, and who reveal in the personal benefits, glories and satisfactions as they perceive them.

It would appear that there is no positive correlation between the performance level achieved by those participants and the overall satisfactions gained by them, and there even is evidence that there is an inverse correlation—that the mediocre and the neophyte enjoy it more! I firmly believe that most of the NMN subscribers would rather PARTICIPATE themselves in running, lifting, jumping or throwing rather than to be simply fans or spectators, even though the event watched might be the World Series, the Superbowl, or even the Olympics.

The following four submissions from NMN readers present different views, emphases and personal feelings. However, each of the authors has tested, and retested, his or her dedication to an aspect of participatory athletics. Universally each feels increased self-esteem and well being. These perceptions are genuine; they are real to the individuals involved. They represent what it is all about.

Hugh Adams, of Selma, Calif., writes as follows: "I am probably a typical master runner. I started in the late '70s when the running boom was at its peak. I realized that I wasn't bad at it, entered a few local races, turned 40, won a couple of trinkets, and had it go to my head. I then subscribed to NMN and saw times that left my mouth open." [Is that what happened to Wendy Miller—Ed.] "I settled into a groove of running regularly, racing locally, and making as many regional events as possible—all just to be there. Although I belong to (a club) I haven't found enormous camaraderie or lasting friendships anymore than I would have expected had I gone into beer can collecting or bird watching.

"Why do I run? I like keeping fit, competitive against myself and my peers, and wearing a T-shirt that says National Masters track and Field Championships, even though it carries an ad for an insurance company on the back! Just doing the things one likes to do should be reason enough. Analysis is unnecessary. Perhaps we'll both never get to the philosophical bottom of running, racing, jumping or throwing. Maybe that's just as well. Deep down we all know that there are no secrets—only talent and hard work. No matter what one does, or no matter what secrets I learn, I'll never beat Ernie Billups at 1500 meters."

Tom Fridley, of Elizabethtown, Penn., writes as follows: "Through the age of 40 I ran because I was good at it. From age 41 to my present age of 45 I went into an amazing decline in performance. I was no longer as motivated, ran only sporadically and began eating half-gallons of ice cream at a single sitting, staying up late, etc.

"Feeling guilty, I resorted to tennis as a sport to stay in some semblance of good health. I bought a racket, joined a club, took lessons—the whole bit. For six weeks I felt somewhat better about myself."

"Then it dawned on me that I did not feel as well as I had prior to tennis. All of my vital signs and and numbers were adverse. I returned to track and field—road running—and have kept at it now for 5 weeks. I feel good again. My blood pressure and pulse are down. I do not know whether it is because I LIKE what I am doing again, because of the greater benefits of running, or merely because I couldn't acknowledge quitting an activity."

Hugh Adams, of Selma, Calif., writes as follows: "In my late 30's I competed as well as I ever did. My physical condition wasn't far from what I enjoyed in college. My marks weren't far off; either. I had fun at each meet, and my short term goals included progressive improvement in each event and in each meet. "Today I'm 42. I'm heavier. I'm slower. I've lost some spring. I'm not very flexible. My knees hurt if I jog. My Achilles tendons are tender. So I've altered my goals: I still have specific goals by event, but I need to compete before I can tell if my specific goals are realistic for that season."

"I truly enjoy training and competing. When that joy fades, I'll look elsewhere for fulfillment. If only I could return to those times when I had a college-age body and motor skills, but coupled with today's mental skills and dedication—watch out world!"

"I've always competed against me. I'm my best competition. I admire almost all of my external competition in the Masters' movement, because there are far more Shirley Davissens than Ted Caines. But still, the guy I really want to beat is the FORMER ME."

A runner who requested anonymity contributed this: "Philosophizing about running/racing is not easy trick. Despite all the glorified pieces in the slick national magazines—Doc Sheehan, euphoric highs, second wind, sunsets witnessed over the Rockies, etc., that just ain't the way most of us find it! Most of the time it's more like being frozen while sweat runs in your eyes and your knee is hurting like hell!"

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"My physical and mental health more than compensate for the poor performances in races, so I have found that just feeling good most of the time makes me a winner and THAT is my new motivation—not just my performance in races."

"I had to STOP running to see how much better I felt when I was running, even running poorly."

We run or compete in different ages, shapes and sizes. We wear different uniforms and come from different parts of the country, We run at different speeds, over varied distances and with different levels of ambition. The universality of it all is that by having done so we feel somewhat better about ourselves.
A field of 1,000 runners participated in the ninth annual Price Chopperthon, a 30 km. Road Runners Club of America national championship race. The Sunday, March 21 race began in Schenectady, N.Y. and ended in Albany. Ralph Zimmerman of Kenmore, N.Y. won this year's masters (over age 40) division. The race was plagued by intermittent heavy rain and 15 mph headwinds.

Reminiscing on Rapid Rudy
by DON HARRIS

Watching Rudy Valentine, 58 year old N.Y. Pioneer sprinter, destroy the opposition (including me) in the 300 yard dash in 37.6 at the Philadelphia Masters Indoor Championships recently, brought to mind his memorable 400 meter race with Jack Greenwood et al at the 2nd World Championships in Gothenberg, Sweden in 1977.

Jack, then 51, cruised through his heat in 54.9. Rudy won his heat in the identical time, establishing a world record for age 54. The third heat was won by Dean Smith in 56 without difficulty.

This match brought together Valentine who dominated the east with the young upstart from Medicine Lodge, Kansas who persisted in breaking his world records.

Rudy's pre-race strategy was to run the first furlong fast, float the turn and gut it in. Jack's strategy was to get to the tape first, for he starts slowly until his long legs unwind and then accelerates incredibly. Jack drew an inside lane and Rudy lane eight. With the staggered start it appeared that Rudy had much more than the actual 35 yards he must have had over Jack, as Valentine shaded 26 seconds at the 200 meter mark. In spite of shouts from his quasi-coaches posted around the final turn, Rudy did not float, but kept driving. At this point Jack's usual cool countenance was replaced not by a look of panic that most of us would have had, but a hint of concern. He was now in full stride and at the head of the stretch, Rudy was leading by 15 to 18 yards, but he was beginning to struggle. It was then Jack shifted into fifth gear or overdrive and the 10,000 spectators were all on their feet. Rudy, now staggering, was caught and passed a few yards from the tape; first by Jack, who set a new Championship and world record in 52.9, and then by Baas of Germany (54.5) and by Dean Smith of USA (54.9). Rudy's 55.2 still left his quest for a World Championship medal unfulfilled. However, Greenwood, Sieben (who took sixth in the 400 final in 56.1), and Smith made sure Rudy got a gold medal in the 4 x 400 relay, especially when he handed them a fifteen yard lead with his first leg in an unofficial 53 flat.

Jack graciously thanked Rudy for "making" him run and Rudy explained that he felt "so good at the halfway mark", he decided he could sprint the whole way. ☐
June 12 (Saturday): Sub Masters & Masters Track & Field Meet. Age 3Q up In 5-year age groups. Those age 3Q up will perform from 3 p.m. thru 5 p.m. Those age 55 up will perform from 1 p.m. thru 3 p.m. There will be a one mile walk at 12 noon for all age groups from age 30. Excellent all-weather track. Top officials.

ENTRY FEES: Track & Field $4, plus $2 per event

HEATS: Events with 8 or fewer contestants will be run as finals at time set for trials

MEDALS: 1st three places

SCHEDULE OF EVENTS IN ORDER:

<table>
<thead>
<tr>
<th>Age</th>
<th>Events</th>
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<tbody>
<tr>
<td>3Q</td>
<td>3000 meter run</td>
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<tr>
<td>30</td>
<td>5000 meter run</td>
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<td>55</td>
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<td>5000 meter run</td>
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<td>45</td>
<td>6000 meter run</td>
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Field events include softball throw, football throw, standing long jump for those 55 up. All contestants have available shot put, long jump, pole vault, discus, javelin and triple jump. They also are 55 up from 8-12 noon and 30 up starting at 1 p.m.

ENTRY FORM

Events entering:

Name
Address
City State Zip

1. Will not hold the Hoosier Track Club or any of their departments, agents or representatives, for my health, safety or any injury resulting from my participation in these events.

Signature Date

Send to: Bob Coughlin, 305 S. Barton, Indianapolis IN 46241, (317) 241-5446

10K Rankings
For 1981

In this issue are published the U.S. masters 10 kilometer rankings for 1981. 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 25 in each age group for the 10K and other road distances, and the top 100 in the marathon, are in the NRDC book: In Depth Masters Road Rankings. This book is available from NRDC, PO Box 42888, Tucson AZ 85733 for $35.95 postpaid.

Each month, NMN will publish the 1981 rankings for a different event (15K, 25K, Marathon, etc.).

Barry Brown, 36, had the fastest overall age-35 10K clocking last year—29:17. Herb Lorenz and Dan Conway topped the 40-44 group. Lorenz' 30:42 on a point-to-point course and Conway's 31:03 on a certified looped course are American records. A 33:10—by Alton Miguees—made the top 25.

Ray Hatton's brilliant 31:26—at age 49,yet—led the 45-49 division, with Jim Caviness' 35:07 good for 25th place, followed by Herb Lorenz and Dan Conway topped the 50-54 runners in 33:17 with Tom Hovey's 37:04. A 33:10—by Alton Miguees—made the top 25.


Steve Richardson (38:12), Eddie Levin (39:30), Bill Andberg (42:19) and Paul Spangler (53:55) led the 60, 65, 70 and 80+ men, respectively.

Iris Black, 38, topped all women sub-masters in 36:00. Joyce Black's 36:55 was fastest over 40 female, with Joanne Wichary's 40:49 25th.
WAVA Officials Travel to Puerto Rico
by MARTIN J. ROVIRA
Member Organizing Committee
The celebration of the forthcoming V World Veterans Games continues to generate enthusiasm.

Already groups from Denmark, Germany, Italy, and Sweden have visited our island with the purpose of observing organizational procedures, existing sports arenas and, most important, alternatives for hotel accommodations.

According to the representatives from these four countries, it is estimated that more than 1,000 Masters athletes and family members will be in San Juan in September 1983 for the Games.

The visitors included Mr. Soren Kierulf from Denmark, Mr. Cesare Beccalli from Italy, Mr. Hans Axmann from Germany and Mr. Roland Jerneyd from Sweden.

Mr. Beccalli is the President of the European Veterans Association, Mr. Hans Axmann is Track & Field Vice President of WAVA and Mr. Roland Jerneyd is WAVA Executive Vice President. All these gentlemen and their respective groups were received by the Mayor of San Juan, Dr. Heman Padilla, Patron of the Games. Mr. Jerneyd participated in a meeting of the Organizing Committee of the V World Games.

All parties were toured around the arenas that will be used for the different events in the Games, namely: The Sixto Escobar Stadium, the Central Park, the Polideportivo and the Hiram Bithorn for the Opening Ceremonies.

The main points discussed were, besides technical matters, the different alternatives for accommodations for the participants and the possibility of the celebration of Sub-masters Championships simultaneously with the World Masters Games. It was decided not to celebrate the Sub-masters Championships due to the huge participation of Masters expected from nearly 52 countries. An additional contingent of sub-masters would create insurmountable complications to the organization.

Mr. Jerneyd's and Mr. Axmann's recommendations on these and other matters related to the Games were highly appreciated.

The large amount of letters already received from countries like Taiwan, South Africa, Yugoslavia, France, Great Britain, Chile, Brunei, etc. requesting information on entries, accommodations, tourism related data and schedule of events indicate that the V World Games in Puerto Rico many very well be the largest ever held.

It is therefore suggested that all parties interested in hotel reservations, etc., should communicate with our Housing Office, San Juan, Puerto Rico Convention Bureau, 1120 Ashford Avenue, San Juan, Puerto Rico 00907. Telephone number (809) 725-2110.

Incidentally, to answer many inquiries on the subject, the average temperature in San Juan for late September is around 80° to 85°. However endurance events will be generally started in the late afternoon or at night when temperatures of 78° to 80° should be expected.

Betty Pappas of El Dorado, Kansas wins her 60 yard dash final (8.8) at TFA indoor at Kansas City. Photo by Russ Niemi

National Running Data Center from BOB MARTIN
Executive Director

Age Record
Herb Fred ran 18:11.50 in the Gulf 100-mile for a new age 50-54 record.

NRDC Registered Races
One of the continuing problems that plague runners is the difficulty in choosing a race that is certain to provide an official certified-course mark. To get such a mark, several requirements must be met: 1) the course must be certified; 2) the race must follow the certified course; 3) proper procedures for monitoring the course and handling and recording the finish must be followed; and 4) complete results and required accompanying data must be submitted to the NRDC.

A Disappointed Runner
In a letter to the National Masters News, Helen Dick writes, "I have just received my March 1982 Newsletter (which printed the masters age-group records). I disagree with two of the records given in the women 55-59 age group. On Aug. 30, 30, 1981, I ran the Santa Monica half marathon in 1:30:31. It is a certified course and there wasn't any dispute of my time. On Sept. 6, I ran the Converse 10km in the Northridge Outstanding Athlete's Award race in 40:40. It is certified. On several other occasions I thermometer Mary Storey's 10km time of 41:54 on certified courses."

A lot of us know how Helen feels, to not have what we think are legitimate marks included in the records and rankings. In this case, there is no evidence that the Santa Monica half marathon is certified. It has not been reported as certified by the National Standards Committee. The race director may be assuming that the half marathon is certified because the marathon is certified. This would not be the case unless a specific application for certification was made for the half marathon.

The NRDC has not yet been able to accept the results of the Converse 10km because the times were suspect and no select timing was evident. It doesn't seem that the timing procedures were sufficient to assure that accurate times were assigned to each runner. Consequently, these marks cannot be used as records and can only be considered as estimated marks for rankings. However, if the race director believes that the finish procedures were accurate, the NRDC should be sent a complete description of timing procedures used to ensure accuracy.

Penn Mutual/TC Southwest Regional Masters Track & Field Championships
Saturday, June 12, 1982
Rice University - Houston, Texas

CONTACT: James McLatchie, P.O. Box 749278, Houston, Texas 77274

AGE DIVISIONS: Both Women and Men, 30-34 35-39 40-44 45-49 50-54 55-59 60+

ENTRY FEE: First Event $4, Additional Events $2 each

AWARDS: Medals to first three in each age group

DEADLINE: June 5, 1982

FACILITIES: 400 meter Chevron track - no shower facilities

Schedule of Events
8:00 a.m. 2,000 Meter Finals
9:00 a.m. Shot - Finals
3:00 p.m. Discus - Finals
4:10 p.m. Javelin - Finals
4:30 p.m. High Jump - Finals
5:00 p.m. Long Jump - Finals
6:00 p.m. 1000m Finals
7:00 p.m. 2000m Finals
8:00 p.m. 800m Finals
9:00 p.m. 1500m Finals

ENTRY BLANK
Name (Last) (First) Male Female
Address (Street) (City) (State) (Zip)
Birthdate Age on June 12, 1982

Events entered: 1. 2. 3. 4. 5. 6. 7. 8. 9.

Total Fee Enclosed: $ (Make checks payable to HOUSTON HARRIERS)
Mail to: James McLatchie, P.O. Box 749278, Houston, Texas 77274

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

Signature Date
NATIONAL

• National TAC Long Distance Masters Chairman Bob Bench has scheduled the TAC National Masters 25K Championships, scheduled for New Jersey, has been moved to Florida, with the race to be held in Tallahassee.

• Pat Maehon, a former hockey referee, has replaced Jon Buzzard as Penn Mutual's Director of Masters. The replacement of Buzzard by Maehon is effective immediately.

• The 1982 Masters Age-Record Book—which lists age records for each event at each age over 35—should be ready shortly. Your copy will automatically be mailed to you if you paid $4 as soon as it's ready. If you haven't paid and would like a copy, send $4 (which includes postage and handling) to NMN, PO Box 2372, Van Nuys, CA 91402.

NEW ENGLAND

• Looks like the Boston Marathon will be switched from the 3rd Monday in April to the 3rd Sunday in May in 1983 to enable the race to be run under optimal conditions.

• Barbara Pine, 40, flew to Bermuda to garner top female masters honors in the Bermuda 10K on March 19. Tony Sapienza was 1st in 35:18.

• On March 14, Pine ran an indoor mile at Boston. Her on-call 4:34 is fast enough to be one of the U.S. women's masters records of 5:12.5, set by Sandra Kent in 1979. The time into the gun was 4:39.0. We're listing only our doors in age divisions. In age division marks are considered for age division marks, according to National Masters Records Chairman Pete Muddle. Look for Pine to break the mark sometime this spring or summer.

• Connecticut's Bob Backus, age 55-59 field athlete of the year, actually attained his 11th and his 35th high jump in West Haven, and has been going strong at Dartmouth, since it was the implement Coach Walin happened to be using.

• Body injuries that have plagued Ken Mueller are healing, and he's getting involved again. In an exclusive to NMN this issue, he offers humorous and serious suggestions for helping the Boston Marathon cope with its financial temptations.

EAST


• New York running author Jim Fixx says in "Running Commentary" newsletter. The magazine has a distribution of 300,000 copies and is now an organization of 376 clubs representing the country.

• Dutchess Country (NY) track and field, 31st year, had a record turn-out and was open to those between 13-70.


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SOUTHWEST

• New Mexico's Don Longenecker, holder of the U.S. age 60-64 1500-meter record (4:49.6) and world (8:53.0) 3-mile (16:59.2) marks, may have permanently gone running on doctor's orders. It's neither age or injury, but an old fungus he has been fighting off.

• Joe Webb, 45, of Evansville, Ind., 9:59.44, in the 5K, was 2nd in the M70 age group in about 1:34. Mary and Dick Andrup were there, with Dick finishing in 5:05. "It was a great experience," Higdon said, "and I'm looking forward to running the B'Ike again." Hig says it's getting difficult to set any goals for improvement in cross-country skiing.

• In a 60K run, Dick Jackson, 40, of Charleston, Ill., won the master's division in 4:19.59. He finished one-two in the TOOK (62 miles) Run West Atlanta. Ben Gross, 51, was the top 50-F runner in 1:19:51. Over 630 ran the rugged course in 3:51:48. "It was a great experience," Higdon said, "and I'm looking forward to running the B'Ike again." Hig says it's getting difficult to set any goals for improvement in cross-country skiing.

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About This Newspaper

The National Masters News is the only national publication devoted exclusively to track & field, long-distance running, and race walking for men and women over age 30.

The winning-is-the-only-thing attitude among masters. Health and friendship are as important as the excitement of the competition.

In Europe, masters are called "veterans." Many masters combine their vacations with trips to national and international veterans competition.

The National Masters News is the central source of information of masters athletics throughout the nation. Published monthly, it features results, schedules, entry blanks, age-records, profiles, training tips, inside stories, world news and local information for each region. It's the bible of the masters program.

The paper is written by active masters participants. It depends on its readers for reports of results, upcoming events, photos and comments.

The National Masters News is an official publication of the Athletics Congress (TAC), the national governing body for athletics in the U.S.

It is financially supported by subscriptions, advertising, donations, TAC and the Penn Mutual Life Insurance Co., the national sponsor of all masters sports.

A book of masters track & field age records is published each year. The book lists the world and American record for both men and women over age 35, for every event, at every age. Another book covers long distance records.

To get involved, just fill out the form on page 3. For only $12 you will receive a full year's subscription to the National Masters News.

Coming Next Month

• Story and results of National Masters T&F Indoor Championships in Boston
• New 5-year T&F World and American Age Records
• Entry form for National Masters T&F Outdoor Championships in Wichita
• Update on Penn Mutual and National Masters Sports Festival
• 1981 15K Rankings

Brown, Zimmerman

In Albany 30K


Coppess and Brown ran the first 17 miles side by side. Then Brown started to pull away and had achieved a 30-yard lead on the final downhill of the route.

Coppess, however, put on a strong kick back up the hill with only 300 yards to go. He caught Brown and sprinted to a first-place finish.

Ralph Zimmerman of Buffalo finished first in the men's 40-44 age category with a time of 1:43:14, while Margarete Decker led the women masters in 2:12:59.

Ed Stabler capped the 50-54 title and Bob Boal the 65 plus bracket in the annual affair.

Results in back pages.
From the Track & Field Chairman

by JIM WEED

Indoor Championships Athletes Meeting

Ron Salvio, Vice Chairman, men, will be the Indoor meet coordinator for 1983 season. Anything pertaining to Indoor chair the Indoor Meet committee at the TAC Convention in Philadelphia in December. Items to be discussed: Possibility of women running indoor distances similar to open women; guidelines for schedule of events; meet director guidelines.

Uniforms

Discussion on National Masters Team uniforms. On singlets do we want "USA" or "USA MASTERS" or some other identification.

Phil Mulkey

Phil has initiated a request for a certified copy of his birth certificate to be sent with other pertinent information to me. This information will be sent to each Executive Board member to decide the issue. You will be informed in NMN.

National Indoor

Over 340 competitors made this a large meet. Some 40% of the entries came in the last three days before the deadline. We could all help the Meet Director by entering early.

TAC Board of Directors Meeting, Kansas City, March 14

TFA/USA will be dissolved this year with the groups from TFA joining TAC. The NCAA will get a number of seats on the board of directors, as will other groups.

With the colleges coming into TAC, we will try to sell the coaches on assets which Masters competitors can provide the college program. In return, we hope the coaches will be more receptive to Masters using their facilities for workouts and meets.

Weight Games Committee

In the new rules book you will see the following changes approved in Reno:

- In the javelin event, measure flat throws from where the grip lands. If the javelin lands tail first, it is not a legal throw. A 60° arc be used for the hammer, discus, shot and weight toss. Taping of two fingers together for the shot put should be allowed. Taping of the wrist is also permitted.

Five Records Set in Orange Meet

ORANGE, Calif., March 13—Two pending world records and three U.S. marks were set today in the annual City of Orange Masters Track & Field Meet. With his world age 55-59 long jump mark of 20'4"—set last July at age 59—still fresh in everyone's mind, Tom Patsalis, who turned 60 on Dec. 6, opened the season with a leap of 18'2½". The jump was reportedly wind-aided and so may not go into the books as an official age 60-64 record, but it served notice that Hans Bitter's world standard of 17'10¾" is in jeopardy.

Bill Morales turned 65 and promptly threw the javelin 168'2" to demolish the world 65-69 world best of 147', set by Gerard Schappe of West Germany in 1978. Morales' mark is also subject to certification by National Masters Records Chairman Pete Mundle.

Red Doms set two American records in the 75-79 division. Doms heaved the shot 36'9" to better Stan Herrmann's 1979 throw of 35'2½". The toss was only 1" off Werner Anderson's world best of 36'1¾". The Red one's other U.S. best was a 107½ discus throw, bettering Herrmann's mark by over 4 feet.

The 5th mark set was a 2'10" high jump by Edith Mendyka, which established a U.S. standard for the women's 70-74 division.

Outstanding early-season efforts included: Mel Elliott, 43, 2:03.3 in the 800; Bill Fitzgerald, 56, 61.6 in the 400; Christel Miller, Shirley Kinsey and Mendyka, with 5 wins each in the W40, W50 and W70 divisions, respectively; Dan Aldrich (M60), a 155'5" discus throw; Nick Newton, 49, a 56.57 400; Ken Dennis, 44, a 10.14 100-yard dash.

Results in back pages.
Jeremy Clark
by MIKE TYMN

It’s not unusual to find a navy man out on a cruise, but it is unusual to find a high ranking naval officer out cruising around Pearl Harbor at 4 in the morning. Such is the habit of Jeremy Clark, a 45-year-old U.S. Navy Captain attached to Pacific command headquarters in Hawaii. Clark does his cruising, however, in a pair of Nikes on the Pearl Harbor bike path.

Based upon rankings in The Runner magazine, Clark has been the top military masters runner in the United States for the past three years and he was Hawaii’s highest ranked masters competitor last year. Clark achieved his ranking for the most part in the Nike Grand Prix Series. He was part of the three man Mid-Pacific Road Runner Club team from Hawaii that won the regional championship in San Diego and he went on from there to the Nike Grand Prix Series in San Diego. Photo by Mike Tymn

To achieve what he has, Clark has had to become a master of the daily clock as well as the stopwatch. As deputy director of intelligence for CINCPAC, he is busy at work by 5:30 a.m. on most days. His duties call for him to gather information on the activities of potential adversaries operating in the Pacific and to brief admirals and generals by 8 a.m. Therefore, he is out of bed at 3:30 a.m. for his morning workout.

Clark tries to get his primary workout in at mid-day. He enjoys attacking the hills around the Marine Corps camp where his office is located. When job responsibilities curtail the noon run, he tries to sneak out late in the evening after attending to family responsibilities.

“Usually, I run twice a day, but there are days when I triple in order to meet my mileage quota,” Clark said while pumping up a hill during a noon workout recently. “I’m not complaining though. The camaraderie, fresh air, tension release, and better sleep and appetite all contribute to making running a central part of my life and I intend to participate as long as I can, even if I’m no longer competitive.”

At Moses Brown Prep School in Providence, R.I., Clark recorded a 1:57 half marathon. He lowered his mile time to 4:18 before giving up track after his sophomore year. He continued to run for fitness at least twice a week until 1977 when he got serious about road racing.

He was part of the three man Mid-Pacific Road Runner Club team from Hawaii that won the regional championship in San Diego and he went on from there to the Nike Grand Prix Series in San Diego. Photo by Mike Tymn

At Moses Brown Prep School in Providence, R.I., Clark recorded a 1:57 half marathon. He lowered his mile time to 4:18 before giving up track after his sophomore year. He continued to run for fitness at least twice a week until 1977 when he got serious about road racing. Photo by Mike Tymn

Besides his 49:38 15K, Clark has clocked 32:38 for 10K, 1:07:06 for 20K, and 2:33 for the marathon, that being recorded in the 1981 Boston Marathon.

One of his big goals is to break 2:30 for the marathon, but he says that he doubts that he’ll do it in Hawaii.

“I think the heat here costs you 30-45 seconds at 10K and about five minutes for the marathon,” he explained. “But I guess that’s the price you pay for living in Paradise. After years of running in minus 20-40 degrees wind chill conditions with face mask and two or three jackets on, I truly appreciate Hawaii, even if it’s not conducive to fast times.”

Age 30-34 60 yard heat at TFA - National masters meet held Feb. 14 at William Jewell College near Kansas City. Winner of heat & finals was J.B. Haggerty (right) of Karnack, Texas. Photo by Russ Niemi

To order 1982 Time Standards booklet send $2.50 to Dr. Track, 5130 Nebraska Ave NW Washington, DC 20008

Note: These Time Standards are for Men, Women, and Veterans. They are valid for all age groups up to and including Veterans.

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May 1982 National Masters News page 17
Television

By KEN MUELLER

The B.A.A. Marathon, alias "Boston" is suffering from growing pains of a different kind. That evil devil called Money may be forcing changes to occur that many area people are not happy about. The B.A.A. representatives maintained that the race was pure as far as their position was concerned when it came to financially assisting top runners. This may be true, but behind the scenes many athletes turned help from sources in and around Boston, and this has been going on for a long time. Most people weren't aware of this, so it didn't create any negative waves. With the insertion of big-visible investors for the 1982 race and the possibility of switching the race day to Sunday, the opposition is being heard from.

The Prudential Insurance Company is considering withdrawing their support, a reported $100,000 annual investment. I can't agree with this because the subtle advertising they receive from the race must be worth far more than that amount.

The biggest noise is coming from the people that don't want their church service schedule messed up, and they have more tradition to support their cause than the B.A.A. has to support its. A Sunday race would create three significant changes: 1) More people could run without losing a day's pay. 2) The Massachusetts National Guard would be available for policing along the course. 3) TV money would flood the area.

One simple change could be made that would improve the race, help the majority and possibly hinder a few people. Close off the Massachusetts Turnpike, east of Rt. 495, and detour traffic North or South. Ample space is available for the placement of dressing tents, registration tents, toilet tents and TV towers. Areas could be roped off for people who had to leave their cars. Other sections could be used for parking.

Open division male runners could start in one lane and foot masters and women could start in the other lane. The scenery is better here than along the present course, the road is much wider and the two groups wouldn't merge until they were approaching the toll gates in Newton. Souvenir neck pouches will be issued, with race numbers, that contain change so the runners won't lose any time while paying the toll. This will help offset Turnpike Authority revenue losses due to the banning of cars. The spectators would have the advantage of seeing more of the race. Overhead bridges would provide great views for miles. Vehicles for officials and press could follow this progress of the race better and skilled helicopter pilots might be able to create a tailwind. Given the nature of the terrain and road construction, this course should be faster than the present one, so a sub-2:08 time is possible. The Prudential Tower can be seen from about 10 miles away—this can be good or bad depending on how you feel. Once you reach Boston you could unload the remaining change at the second toll gate and even throw away the pouche if you wish. Littering is the "in thing" in Massachusetts. Our Gov. Jenter organized a clean-up crew that goes around picking things up along major roadways. They clean up the cleanest roads and everything else is a mess.

Back to the race. If Prudential pulls out of the race, the finish line will probably be changed, so I can't speculate on what will happen at the end, but I believe try to enjoy yourselves and remember to purchase an official race T-shirt. This is the only revenue raise the Athletic Division of the B.A.A. has, and the nice participants in the 1981 race helped pay our way to three open National Championship wins and three Masters National Championship wins.

Four American records set

Mason, Rapp Top

WASHINGTON, D.C.—March 13—Four U.S. age-division records were smashed today in the TAC National 50K kilometer championships in Hains Point under 50°, overcast, humid conditions with strong wind and rain at the 3-hour point.

Twenty-five of the 31 starters finished the race, with Charles Trayer, 27, breaking the tape in 2:59:36. Will Mason, 41, of Chelmsford, Mass., logged 3:19:32 to erase the American masters record today, clocking 5:18:08 in the New Jersey 10-mile to take 22 seconds off the 5:30 mark set by Hal Higdon in Sept. 1975. As always, the new standard is subject to verification by the NRDC.

Lorenz Breaks 10-Mile Mark

CHERRY HILL, N.J.—March 19—Herb Lorenz picked off yet another American masters record today, clocking 51:08 in the New Jersey 10-mile to take 15 seconds off the 51:23 mark set by Hal Higdon in Sept. 1975. As always, the new standard is subject to verification by the NRDC.
### 1981 MASTERS 10 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

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#### Men - 60 thru 64

<table>
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### 1982 National Masters News

#### Men - 65 thru 69
- **William Abbe**<br> 20 Oct, OH-A
- **Norman Bright**<br> 26 Sep, WA-A
- **Marty Montgomery**<br> 24 May, CA-B
- **Judy Seay**<br> 26 Sep, WA-A
- **Bob Parker**<br> 10 Oct, CA-A
- **Bob Killion**<br> 30 May, WA-A
- **Kurt Shenkel**<br> 1 March, CA-A
- **Jeff Cason**<br> 30 May, WA-A
- **Lucien Salarz**<br> 10 Oct, CA-A

**Names of races and locations are listed in "U.S. Distance Rankings,"'**

#### Men - 70 thru 79
- **John Spangler**<br> 17 Apr, CA-A
- **Walter Lee**<br> 19 Sep, NY-B
- **Joseph Johnson**<br> 12 Sep, WA-A

#### Men - 80 and over
- **Paul Spangler**<br> 9 May, CA-A
- **Rudy Fahl**<br> 30 May, CA-A
- **Joseph Johnson**<br> 12 Sep, WA-A

#### Women - 35 thru 39
- **Joyce Black**<br> 26 Jul, NY-A
- **Jennifer Bright**<br> 10 May, WA-A
- **Linda Grippolino**<br> 26 Jul, NY-A
- **Cynthia Allen**<br> 26 Jul, NY-A
- **Diane Stokley**<br> 10 May, WA-A
- **Ann Stott**<br> 26 Jul, NY-A
- **Kathy Stott**<br> 10 May, WA-A
- **Carolyn Allen**<br> 26 Jul, NY-A
- **Theresa Martinez**<br> 10 May, WA-A

#### Women - 40 thru 44
- **Vicki Bigelow**<br> 1 Feb, CA-A
- **Jennifer Bright**<br> 10 May, WA-A
- **Linda Grippolino**<br> 26 Jul, NY-A
- **Cynthia Allen**<br> 26 Jul, NY-A
- **Diane Stokley**<br> 10 May, WA-A
- **Kathy Stott**<br> 10 May, WA-A
- **Carolyn Allen**<br> 26 Jul, NY-A
- **Theresa Martinez**<br> 10 May, WA-A

#### Women - 45 thru 49
- **Vicki Bigelow**<br> 1 Feb, CA-A
- **Margaret Miller**<br> 26 Jul, NY-A
- **Keiko Syrji**<br> 10 May, WA-A
- **Mary Storer**<br> 26 Jul, NY-A
- **Jenet Grenada**<br> 26 Jul, NY-A
- **Carole Malone**<br> 26 Jul, NY-A
- **Marcia Byrd**<br> 26 Jul, NY-A
- **Deborah Miller**<br> 26 Jul, NY-A

#### Women - 50 thru 54
- **Joyce Black**<br> 26 Jul, NY-A
- **Jennifer Bright**<br> 10 May, WA-A
- **Linda Grippolino**<br> 26 Jul, NY-A
- **Cynthia Allen**<br> 26 Jul, NY-A
- **Diane Stokley**<br> 10 May, WA-A
- **Kathy Stott**<br> 10 May, WA-A
- **Carolyn Allen**<br> 26 Jul, NY-A
- **Theresa Martinez**<br> 10 May, WA-A

#### Women - 55 thru 59
- **Joyce Black**<br> 26 Jul, NY-A
- **Jennifer Bright**<br> 10 May, WA-A
- **Linda Grippolino**<br> 26 Jul, NY-A
- **Cynthia Allen**<br> 26 Jul, NY-A
- **Diane Stokley**<br> 10 May, WA-A
- **Kathy Stott**<br> 10 May, WA-A
- **Carolyn Allen**<br> 26 Jul, NY-A
- **Theresa Martinez**<br> 10 May, WA-A

---

**Names of races and locations are listed in "U.S. Distance Rankings,"'** available from RPOC, PO Box 42818, Tucson AZ 85733 for $5.95.
261 Compete in Florida Cont. from page 1

<table>
<thead>
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<tbody>
<tr>
<td>Name</td>
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<tr>
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</tr>
<tr>
<td>Patricia Dixon</td>
</tr>
<tr>
<td>Karen农场</td>
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<tr>
<td>Jacky Caselli</td>
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<tr>
<td>Leonor McLaughlin</td>
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<tr>
<td>Elizabeth Koerner</td>
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</table>

Durante. Thomas Continued from page 1

went from 12th to 6th on the second 10k by running an even pace.

Davies, 66, of Portland, Oregon, ran his usual incredible race to best all runners over 50 in 1:16:23, a new age 65-69 record by 3:55 minutes, topping Norm Bright's 6-year mark of 1:20:53.

Dixon, 63, of Bend, Oregon, clocked 1:37:33 to smash by 4 minutes Althea Anderson's 10-15 yard title.


Smith set three meet records in the HJ, LJ (13'4") and 100 yd. dash (14.12).

Frank Furness, M70, pole vaulted 6'6".

Gilberto Gonzales, M65, ran a 12:59 100 yd. dash.

Jose Ubarr, M55, won the 100 in 11:91 and anchored the victorious Puerto Rican M50 110x4 relay team.

Results in back pages.

12 Meet Records continued from page 1

Howard Rubin, 53, from Utica, New York won the mile and 2 mile, while Keilsey Brown, 54, North Jersey Masters, defended both his 600 and 1,000 yard titles.

Archie Messenger, 58, NY Masters, set a meet record in the mile in 5:13.4 and then won the 1:00 in 2:46.7.

Two Atlantans, Phil Mulkey, 50, and Phil (a very attractive lady) Rascher, 35, came up north and won almost every event they entered. "Male" Phil won six events and took 3rd in a seventh. "Female" Phil won five events and took a second.

More women competed than ever before with Milla Kania, 50, New York Masters setting an age record in the 2 mile walk.

The New York masters won the 40 and 50 team titles and finished first overall in total points scored. The Philadelphia Masters won the 60+ title and were second overall. With the Garden State Track Club merging into the Shore A.C. the Shore dominated the 30-year team divisions and finished only two points behind Philadelphia in the overall scoring.

Results in back pages.

Scannell, Irvine, Caselli

Set Half-Marathon Marks

By JIM SCANNELL


Tim Rostege was first master, 9th overall in 1:12:53.
TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, 70 BOX 2372, VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

THIRD ANNUAL T.F.A.A.
NATIONAL MASTERS INDOOR
TRACK & FIELD CHAMPIONSHIPS
AT THE MASON PHYSICAL EDUCATION CENTER, WILLIAM JEVELL
LIBERTY, MISSOURI
SUNDAY, FEBRUARY 14, 1982

DIRECTED BY MID-AMERICAN MASTERS TRACK & FIELD ASSOC

50-54
J.B. Jaggsy 35.99
J.B. Jaggsy 35.99
Larry Rodmiller 52.69
Robert Kaze 57.64
Diwia Carman 57.70
J.N. Fittsimmons 54.01
V. Gordon Stet 59.91
Ross Jensen 59.91
Larry Llabe 56.84
Larry Harvey 58.78
Steve Rossmann 40.95
Jim Walker 53.15

50-54
J.B. Jaggsy 35.99
J.B. Jaggsy 35.99
Larry Rodmiller 52.69
Robert Kaze 57.64
Diwia Carman 57.70
J.N. Fittsimmons 54.01
V. Gordon Stet 59.91
Ross Jensen 59.91
Larry Llabe 56.84
Larry Harvey 58.78
Steve Rossmann 40.95
Jim Walker 53.15

60 YD. DASH
60 YD. HURDLES

30-34
Charles Walker 10.69
Michael Keiper 10.74
William Spain 10.84
Rick Sankamager 10.19

30-34
Charles Walker 10.69
Michael Keiper 10.74
William Spain 10.84
Rick Sankamager 10.19

50-54
Jerry Reichart 11.80
Joe Murphy 11.80
Larry Kelhert 11.64
D. Earl Ventures 11.90
Jerry Reiserer 11.91

50-54
Jerry Reichart 11.80
Joe Murphy 11.80
Larry Kelhert 11.64
D. Earl Ventures 11.90
Jerry Reiserer 11.91

15-19
John Davis 65.10
Tom Thome 65.10

15-19
John Davis 65.10
Tom Thome 65.10

60-64
William Graham 10.64
Leonard Argy 10.79
Tom Thome 11.28

60-64
William Graham 10.64
Leonard Argy 10.79
Tom Thome 11.28

55-59
Gilberto Gonzales-Julio 43.35
Gilberto Gonzales-Julio 43.35

55-59
Gilberto Gonzales-Julio 43.35
Gilberto Gonzales-Julio 43.35

55-59
Gilberto Gonzales-Julio 43.35
Gilberto Gonzales-Julio 43.35

POLYVALE

50-54
Joe Knopp 11.97
Raymond Becker 10.96

50-54
Joe Knopp 11.97
Raymond Becker 10.96

30-34
Phil Walker 11.97

30-34
Phil Walker 11.97

30-34
Phil Walker 11.97

30-34
Phil Walker 11.97

55-59
Phil Walker 11.97

55-59
Phil Walker 11.97

55-59
Phil Walker 11.97

55-59
Phil Walker 11.97

60-64
Gilberto Gonzales 7.60

60-64
Gilberto Gonzales 7.60

2 MILE ROAD RACE

2 MILE ROAD RACE

50-54
Bar Geriner-Holmes 16.00
Mike De 17.00
Raymond Beamer 19.00

50-54
Bar Geriner-Holmes 16.00
Mike De 17.00
Raymond Beamer 19.00

50-54
Bill Boggs 20:11.2

50-54
Bill Boggs 20:11.2

50-54
Robert Caplin 19:13.7

50-54
Robert Caplin 19:13.7

55-59
Albert Christianson 19:56.1

55-59
Albert Christianson 19:56.1

Men's 30-34

Men's 30-34

Women's 40-49

Women's 40-49

Women's 50-59

Women's 50-59

Women's 60-64

Women's 60-64

Women's 70-74

Women's 70-74

Women's 80-84

Women's 80-84

Women's 90-94

Women's 90-94

Women's 100-105

Women's 100-105

Women's 110-115

Women's 110-115

Women's 120-125

Women's 120-125

Men's 35-39

Men's 35-39

Men's 40-44

Men's 40-44

Men's 45-49

Men's 45-49

Men's 50-54

Men's 50-54

Men's 55-59

Men's 55-59

Men's 60-64

Men's 60-64

Men's 65-69

Men's 65-69

Men's 70-74

Men's 70-74

Men's 75-79

Men's 75-79

Men's 80-84

Men's 80-84

Men's 90-94

Men's 90-94

Men's 100-105

Men's 100-105

Men's 110-115

Men's 110-115

Men's 120-125

Men's 120-125

Men's 130-135

Men's 130-135

Men's 140-145

Men's 140-145

Men's 150-155

Men's 150-155

Men's 160-165

Men's 160-165

Men's 170-175

Men's 170-175

Men's 180-185

Men's 180-185

Men's 190-195

Men's 190-195

Men's 200-205

Men's 200-205

Men's 210-215

Men's 210-215

Men's 220-225

Men's 220-225

Men's 230-235

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Men's 240-245

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Men's 340-345

Men's 340-345

Men's 350-355

Men's 350-355

Men's 360-365

Men's 360-365

Men's 370-375

Men's 370-375

Men's 380-385

Men's 380-385

Men's 390-395

Men's 390-395

Men's 400-405

Men's 400-405

Men's 410-415

Men's 410-415

Men's 420-425

Men's 420-425
Spirometer<br>30-34<br>Clifton Jackson 20'10"<br>Larry Roderbeck 20'10"<br>J. R. Raggerty 20'2"<br>Raymond Scriver 17'4½"<br>Robert Contreras 17'2½"<br>35-39<br>Richard Boeckinger 20'2½"<br>Gordon Reiter 19'8"<br>Donald LaBelle 17'6"<br>John Havlic 17'3½"<br>Beau Barrick 17'1¼/32"<br>Clifton Flannigan 16'6½"<br>40-44<br>Gary Oliphant 19'8½"<br>James Re 18'5½"<br>William Cushman 17'6½"<br>Lawrence Bybee 17'5¼/32"<br>George Larellie 14'11½"<br>45-49<br>Tom Deatherage 17'6½"<br>Jim Walker 16'10½"<br>Charles Newman 16'9½"<br>Joe Sechko 15'7½"<br>Randall Lindsay 14'10½"<br>50-54<br>Phil Kalley 18'1½"<br>John Bower 17'10½"<br>Bill Russell 15'10½"<br>Dave Re 14'10½/32"<br>Jerry Rieckart 13'5½"<br>55-59<br>Dave Brown 13'10½/32"<br>Paul Constant 12'11½"<br>Charles Clippard 11'7"<br>60-64<br>William Eyers 14'1½"<br>William Cargn 13'1½"<br>Charles Beaudry 13'4½"<br>Leonard R, 13'3½"<br>Thomas Thomas 11'9½"<br>65-69<br>Gonzalez-Juila 14'5½"<br>Women's 30-39<br>Phil Rieckart 17'7½"<br>Liz McNall 17'5½"<br>Kary Satter 10'2½"<br>TRIPLE JUMP<br>30-34<br>Larry Roderbeck 45'3½"<br>Clifton Jackson 39'9"<br>William Smiley 38'8½"<br>Raymond Scriver 36'3½"<br>Robert Contreras 32'4½"<br>35-39<br>Richard Boeckinger 40'1½"<br>Donald LaBelle 36'2½"<br>Beau Barrick 32'2½"<br>John Flagg 26'1½"<br>George Larellie 29'7½"<br>40-44<br>Charles Newman 32'2½"<br>Charles Ferman 32'1½"<br>Donald Hall 31'3½"<br>50-54<br>Bill Butterworth 32'1½"<br>Dee Roe 30'1½"<br>Earl Ventura 28'5½"<br>40-44<br>Larry Brown 31'8½"<br>Charles Olson 27'10½"<br>Bill Russell 27'5½"<br>55-59<br>William Eyers 29'6½"<br>William Cargn 28'1½"<br>Thomas Thomas 23'1½"<br>Men's 30-39<br>Phil Rieckart 32'1½"<br>Liz McNall 32'3½"<br>PHILADELPHIA MASTERS TRACK & FIELD ASSOC. 1982 AL ARTHLETS MEET
ATHLETES' AGE
A very useful information is all for the readerAthlete's Age Questioned. It seems that simple discrepancy has grown to unpleasant proportions. As far as I know Phil Mulkey (for many years my father image) is a pure and noble person. No doubt reporter Neil Shively and meet director, Bruce Craig, are sincere and hard working souls who mean well. Questions do arise and mistakes are made which need time and cool heads to straighten out.
A "Dear Phil" letter probably would have done the trick "We have a problem. Could you help us?" I think Phil was upset over the tone rather than the substance of the letter he received.
If Phil is a scamp, I shall heave the biggest stone. However, I feel he should have done the trick "We have a problem. Could you help us?" I think Phil was upset over the tone rather than the substance of the letter he received.
I hope this will all be cleared soon and that fun and friendship once again will prevail.

WASHINGTON, PA

LETTERS CONTINUES FROM PAGE 2
Now with many college and high school tracks now being marked metrically, there are times we do not have a choice but to go metric. But, running 400, 800, 1000, 1500 and 3000, which relate to nothing. Another complaint: how about field events being reported in feet? I have are times we do not have a choice but to go metric. But, running the 400, 800, 1000, 1500 and 3000, which relate to nothing.

Philadelphia, Pennsylvania

May 1982 National Masters News page 23
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<td>WILLIAMSON</td>
<td>35</td>
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<td>WILLIAMS</td>
<td>35</td>
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<td>FULTHER</td>
<td>35</td>
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<td>GREEN</td>
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<td>HIGH JUMP</td>
<td>WILLIAMSON</td>
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<td>6'6&quot;</td>
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**Cont. on page 26**

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**Final Results**

- **First Heat**
- **Second Heat**
- **Third Heat**
- **Fourth Heat**
- **Fifth Heat**
- **Sixth Heat**
- **Seventh Heat**
- **Eighth Heat**
- **Ninth Heat**
- **Tenth Heat**
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<td>Women's Pole Vault</td>
<td>15'7-3/4&quot;</td>
<td>Port, John</td>
<td>2019</td>
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<td>13'9-3/4&quot;</td>
<td>Arana, William</td>
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<td>Rubey, Les</td>
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<td>Women's 800 M</td>
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<td>Butts, Mary</td>
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<td>Men's 5000 M</td>
<td>14:27.32</td>
<td>Whalen, John</td>
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<td>Women's 5000 M</td>
<td>18:12.45</td>
<td>Rios-Aponte, Pablo</td>
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<td>Johnson, John</td>
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<td>3:41.56</td>
<td>Smith, John</td>
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<td>Women's 1500 M</td>
<td>4:12.34</td>
<td>Porter, Mike</td>
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**Shore Athletic Club**

- **Event:** Men's 800 M
- **Time:** 1:49.21
- **Name:** Rubey, Les
- **Year:** 2019

**Shore Athletic Club**

- **Event:** Women's 800 M
- **Time:** 2:01.57
- **Name:** Butts, Mary
- **Year:** 2019

**Shore Athletic Club**

- **Event:** Men's 5000 M
- **Time:** 14:27.32
- **Name:** Whalen, John
- **Year:** 2019

**Shore Athletic Club**

- **Event:** Women's 5000 M
- **Time:** 18:12.45
- **Name:** Rios-Aponte, Pablo
- **Year:** 2019

**Shore Athletic Club**

- **Event:** Men's 10000 M
- **Time:** 30:20.37
- **Name:** Johnson, John
- **Year:** 2019

**Shore Athletic Club**

- **Event:** Women's 10000 M
- **Time:** 35:45.12
- **Name:** Wiley, Kent
- **Year:** 2019

**Shore Athletic Club**

- **Event:** Men's 1500 M
- **Time:** 3:41.56
- **Name:** Smith, John
- **Year:** 2019

**Shore Athletic Club**

- **Event:** Women's 1500 M
- **Time:** 4:12.34
- **Name:** Porter, Mike
- **Year:** 2019
## Women - 25-29

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<td>220 Yard Dash</td>
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<td>Watson, William</td>
<td>440 Yard Dash</td>
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<tr>
<td>Carson, Nancy</td>
<td>880 Yard Run</td>
<td>2:56.98</td>
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<td>Cunningham, Mary</td>
<td>Marathon</td>
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## Men - 30-34

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<tbody>
<tr>
<td>Freeman, Harry</td>
<td>220 Yard Dash</td>
<td>10.69</td>
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<tr>
<td>Hookaday, Vicky</td>
<td>440 Yard Dash</td>
<td>11.69</td>
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<tr>
<td>Wickerham, Lab</td>
<td>Marathon</td>
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## Women - 35-39

<table>
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<tr>
<td>Costello, Carol</td>
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<tr>
<td>McBride, Betty</td>
<td>440 Yard Dash</td>
<td>11.40</td>
</tr>
<tr>
<td>Graham, Mary</td>
<td>Marathon</td>
<td>3:26.57</td>
</tr>
</tbody>
</table>

## Men - 40-44

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>McMillan, Mary</td>
<td>220 Yard Dash</td>
<td>11.45</td>
</tr>
<tr>
<td>Young, Nancy</td>
<td>440 Yard Dash</td>
<td>11.31</td>
</tr>
<tr>
<td>in</td>
<td>Marathon</td>
<td>3:28.45</td>
</tr>
</tbody>
</table>

## Women - 45-49

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Johnson, Lois</td>
<td>220 Yard Dash</td>
<td>12.11</td>
</tr>
<tr>
<td>Smith, Helen</td>
<td>440 Yard Dash</td>
<td>12.34</td>
</tr>
<tr>
<td>Graham, Don</td>
<td>Marathon</td>
<td>3:35.23</td>
</tr>
</tbody>
</table>

## Men - 50-54

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patridge, Phil</td>
<td>220 Yard Dash</td>
<td>15.74</td>
</tr>
<tr>
<td>Giff, Dick</td>
<td>440 Yard Dash</td>
<td>16.10</td>
</tr>
<tr>
<td>Hively, Jim</td>
<td>Marathon</td>
<td>3:39.18</td>
</tr>
</tbody>
</table>

## Women - 55-59

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caldwell, Betty</td>
<td>220 Yard Dash</td>
<td>19.49</td>
</tr>
<tr>
<td>Morgan, Mary</td>
<td>440 Yard Dash</td>
<td>20.11</td>
</tr>
<tr>
<td>Moore, Helen</td>
<td>Marathon</td>
<td>3:54.35</td>
</tr>
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</table>

## Men - 60-64

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Schuler, Ed</td>
<td>220 Yard Dash</td>
<td>22.49</td>
</tr>
<tr>
<td>Higbee, Frank</td>
<td>440 Yard Dash</td>
<td>23.23</td>
</tr>
<tr>
<td>Higbee, Bob</td>
<td>Marathon</td>
<td>4:01.25</td>
</tr>
</tbody>
</table>

## Women - 65-69

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duff, Alice</td>
<td>220 Yard Dash</td>
<td>30.82</td>
</tr>
<tr>
<td>Morgan, Betty</td>
<td>440 Yard Dash</td>
<td>31.44</td>
</tr>
<tr>
<td>Hansen, Jane</td>
<td>Marathon</td>
<td>4:20.51</td>
</tr>
</tbody>
</table>

## Men - 70-74

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rosario, Julio</td>
<td>220 Yard Dash</td>
<td>36.08</td>
</tr>
<tr>
<td>Smith, Dan</td>
<td>440 Yard Dash</td>
<td>36.64</td>
</tr>
<tr>
<td>Smith, Pat</td>
<td>Marathon</td>
<td>4:44.29</td>
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</tbody>
</table>

## Women - 75-79

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nee, Konrad</td>
<td>220 Yard Dash</td>
<td>43.92</td>
</tr>
<tr>
<td>Meck, Emily</td>
<td>440 Yard Dash</td>
<td>44.58</td>
</tr>
<tr>
<td>Mier, Susan</td>
<td>Marathon</td>
<td>5:14.32</td>
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</table>

## Women - 80 and Over

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bush, Janet</td>
<td>220 Yard Dash</td>
<td>51.34</td>
</tr>
<tr>
<td>Bush, Joan</td>
<td>440 Yard Dash</td>
<td>52.02</td>
</tr>
<tr>
<td>Carson, Lucy</td>
<td>Marathon</td>
<td>&gt;5:30.00</td>
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</table>

## Women's 1 Mile Run

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nathan, Carol</td>
<td>Marathon</td>
<td>5:00.40</td>
</tr>
</tbody>
</table>

## Men's 1 Mile Run

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turner, John</td>
<td>220 Yard Dash</td>
<td>2:14.23</td>
</tr>
<tr>
<td>Morgan, Mary</td>
<td>440 Yard Dash</td>
<td>2:22.45</td>
</tr>
<tr>
<td>Kraus, John</td>
<td>Marathon</td>
<td>4:04.37</td>
</tr>
</tbody>
</table>

## Women's 2 Mile Run

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nathan, Carol</td>
<td>Marathon</td>
<td>5:00.40</td>
</tr>
</tbody>
</table>

## Men's 2 Mile Run

<table>
<thead>
<tr>
<th>Name</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turner, John</td>
<td>220 Yard Dash</td>
<td>2:14.23</td>
</tr>
<tr>
<td>Morgan, Mary</td>
<td>440 Yard Dash</td>
<td>2:22.45</td>
</tr>
<tr>
<td>Kraus, John</td>
<td>Marathon</td>
<td>4:04.37</td>
</tr>
</tbody>
</table>
EVENT: 6-MILE RUN

MEN - 25-29
- Lyons, R.: 36:15
- Lord, E.: 36:55
- Swettle, J.: 37:31
- Hart, R.: 44:52

MEN - 30-34
- Rodriguez, R.: 30:01
- Budden, L.: 38:16
- Zeplott, C.: 41:00
- Valente, S.: 47:17
- Murphy, N.: 51:50

MEN - 35-39
- Gourville, A.: 14:46
- Bowner, S.: 36:28
- Scoville, M.: 38:14
- Rice, G.: 41:14
- Shenk, J.: 51:46

MEN - 40-44
- D'Amato, R.: 39:44
- Rothfuss, R.: 41:22
- Green, J.: 42:41
- Galles, R.: 49:03
- Dubinis, R.: 54:42

MEN - 45-49
- Moylan, X.: 36:39
- Bantam, M.: 37:03
- Aska, K.: 37:37
- Jaffe, J.: 38:12
- Carter, T.: 46:45
- Mossie, E.: 46:48
- Carroll, H.: 56:00

MEN - 50-54
- Gourville, A.: 38:15
- Hively, J.R.: 40:33
- Deganswick, T.: 43:30
- Anderson, H.: 45:36
- Johnson, D.: 50:24
- Wilson, D.: 53:14

MEN - 55-59
- Petrimo, J.: 41:19
- Scoville, M.: 43:12
- Alonso, J.: 43:32
- Ross, B.J.: 56:16
- Gronstein, J.: 56:17

MEN - 60-64
- Updegraff, W.: 40:35
- Fortrell, G.: 48:18

MEN - 65-69
- Nehrke, K.: 49:00
- Hambiglia, R.: 52:07
- Ekland, J.: 52:00

MEN - 70-74
- Story, G.: 52:50
- Wildermuth, E.: 59:09

WOMEN - 25-29
- Carson, N.: 26:13
- Madden, J.: 28:13
- Carson, N.: 29:51

WOMEN - 30-34
- Steile, C.: 28:57
- McRide, A.: 37:14

WOMEN - 35-39
- Carson, N.: 31:12
- Chrisman, E.: 48:46
- Tingle, L.: 56:14

WOMEN - 40-44
- Bowman, C.: 45:12
- Hoth, J.: 55:07
- Stein, J.: 56:14

WOMEN - 45-49
- Christman, E.: 53:32
- Zukelich, M.: 54:01

WOMEN - 50-54
- Tingle, L.: 47:00
- Gubin, D.: 52:15
- Morgan, B.: 57:19
- Carson, N.: 59:17

WOMEN - 55-59
- Anderson, S.: 57:19

WOMEN - 60-64
- Beard, W.: 48:18

EVENT: 110 YARD X 4 RELAY

WOMEN - 25-29
- Smith, Lipinski, Wickershain, Lyke

WOMEN - 30-34
- Smith, Lipinski, Wickershain, Lyke

WOMEN - 35-39
- Smith, Lipinski, Wickershain, Lyke

WOMEN - 40-44
- Smith, Lipinski, Wickershain, Lyke

WOMEN - 45-49
- Smith, Lipinski, Wickershain, Lyke

WOMEN - 50-54
- Smith, Lipinski, Wickershain, Lyke

WOMEN - 55-59
- Smith, Lipinski, Wickershain, Lyke

FIFTH TEAM STANDINGS

Mansassota Track Club 1357.5
Puerto Rico Masters 1209.5
Palm Beach Track & Field Ass'n 1150.0
West Florida V 1071.0
Atlanta Track Club 1035.5
Daytona Beach Track Club 966.5
Fort Lauderdale Track Club 957.0
Orlando Runners Club 944.0
New Orleans Striders 917.0
Athletes Club Tampa 12.0
Vero Beach Sun Runners 11.0
Weston Athletic Ass'n 10.0
Orlando Rec. Dept. 25.0
R.V. Masters 21.0
Florida Striders 17.0
Philadelphia Masters 16.0
Pt. Myers Track Club 14.0
Hamilton Hurricanes Track Club 14.0
Jacksonville Track Club 14.0
Gulf Coast Track Club 14.0
Peninsula Runners 12.0
Denver Track Club 9.0
Gulf Coast Track Club 9.0
Tampa Bay Track Club 4.0

3500.5
39:52.6 (record, previously 36:39.8, 37:27.4, 42:32.2, 34:06.3, 34:27.0, 34:55.0).  
(Nel) 2, N. Crum (CanV) 3. Times, 14:55.0 (record, previously 55.9 by R. Phillips in 1981).  
M60: H. Clark (Owa) 1, V. Fittall (Lyn) 3. Distances, 35.50, 32.20, 31.08, 28.78.  
M55: A. Hill (Ham) 1, H. Marsh (Ham) 2. Distances, 5:44.8, 5:41.7, 5:42.6.  
M40: R. O'Halloran (U) 3. Distances, 6:01.5, 6:02.4, 6:02.2.  
M40: R. Gough (Car) 1. Distances, 9.80, 8.70, 6.78.  
M70: N. Hawkes (Ash) 1. Distance, 11:52.0 (record, previously 11:52.0 by K. Trow in 1981).  
M70: W. Abel (Ham) 1. E. Ham (1) 2, R. O'Halloran (U) 3. Distances, 2:08.7 set in 1970, 2:17.0, 2:45.4.  
M40: R. Auimtagi (Tech) 1, M. S. Ross (Tech) 2, B. Ashton (Cav) 3. Distances, 11:59.6, 11:59.5, 11:59.5.  
M40: R. Glendinning (1) 1, J. Penman (Morn) 2. Distances, 2:08.7 set in 1970, 2:17.0, 2:45.4.  
M60: D. Watson (2) 1, L. Lister (Marton) 2. Time, 60.5.  
W50: S. Peterson (Tech) 1. J. Hunt (Ham) 2. Distances, 1:20.0 (record, previously 1:20.0 by S. Peterson in 1982).  
W40: C. Sole (NP) 1, J. Jones (2) 2, A. Grieve (U) 3. Time, 64.0.  
W40: J. Barry (Tech) 1. Distance, 11:52.0 (record, previously 11:52.0 by A. Grieve in 1981).  
W40: M. Grieve (SP) 1. J. Jones (2) 2, A. Grieve (U) 3. Time, 64.5.  
W40: A. Olsen (Cav) 1. Distance, 11:52.0 (record, previously 11:52.0 by A. Grieve in 1981).
<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st M</td>
<td>55.55</td>
<td></td>
</tr>
<tr>
<td>2nd M</td>
<td>55.66</td>
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</tr>
<tr>
<td>3rd M</td>
<td>55.77</td>
<td></td>
</tr>
<tr>
<td>4th M</td>
<td>55.88</td>
<td></td>
</tr>
<tr>
<td>5th M</td>
<td>55.99</td>
<td></td>
</tr>
<tr>
<td>6th M</td>
<td>56.00</td>
<td></td>
</tr>
</tbody>
</table>

**MEN'S TEAM RESULTS**

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Seattle TC</td>
</tr>
<tr>
<td>2.</td>
<td>Snohomish TC</td>
</tr>
<tr>
<td>3.</td>
<td>Auburn Striders</td>
</tr>
</tbody>
</table>

**WOMEN'S TEAM RESULTS**

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Seattle TC</td>
</tr>
<tr>
<td>2.</td>
<td>Snohomish TC</td>
</tr>
<tr>
<td>3.</td>
<td>Auburn Striders</td>
</tr>
</tbody>
</table>

**RACE DIRECTOR**

Bob Langenbach, Snohomish Track Club

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It's not surprising we treat the Equator as serious medicine. It is. And we'll tell you right now—keep it out of the reach of rigid feet. They don't need it. And they're better off without it.

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In test after test, the Equator has actually reduced maximum pronation by an average of 22 percent.

However, if you expect this shoe to look like a medical wonder, you're going to be disappointed.

What makes it so innovative is something you can't see.

Placed beneath the Spenco® sockliner is a soft orthotic that coils around the heel to help cushion and control any rocking motion. The Equator is also built to accept the most unusual orthotics. Simply remove ours and slip them into place.

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There is also a small ridge surrounding the bottom of the extended heel counter. It's called the Stability Saddle, and acts as a foundation for the heel counter giving added support.

With so much emphasis on stability, it was only natural that we board last the Equator. But we only did it in the rear. Up front, it's slip lasted for maximum flexibility.

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For all its advances, the Equator is not to be taken in lieu of a trip to the doctor. Excessive rearfoot motion can have serious side effects. So, if pains persist, see your orthopedist or podiatrist. Don't put it off. With all that's at stake, this is no time to get queasy.