

## ★ HIGHLIGHTS ★



### • Results of T&F Meets:

- Florida
- Philadelphia
- Orange
- New Zealand
- Eastern Regionals
- South Africa
- TFA Nationals

### • 1981 10K Rankings

- Results of Distance Runs:
  - National 20K & 50K
  - 24 selected races
- Entry Forms for:
  - Eastern Regionals
  - Southwest Regionals
  - Seattle Sports Festival

### • Columns by:

- W. MacDonald Miller
- Mike Tymn
- Ken Mueller
- Phil Conley
- Jim Weed
- 1982 Schedule Update



# National Masters News



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

45th Issue

May 1982

\$1.25

### Four U.S. Marks Set

## 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 Heffernan, Dave Williams and Jerry Schmidt, all held position through the race. Bob Hughes

Continued on page 21

## 12 Meet Records Set in Eastern Regionals

by BOB FINE

WEST POINT, N.Y., March 14—The 10th Annual TAC Eastern Regional Indoor Masters Track & Field Championships held here today is the oldest Masters indoor meet in the world.

This was the best attended, with at least a dozen meet records and five age records established.

The closest race was the M45 600 in which Art Gatton, 45, of the NY Pioneers just edged out National Outdoor 400 and 800 meter Champion, Cliff Pauling, 47, of the NY Masters by 1/10th of a second in the meet record time of 1:20.0. Close behind in 3rd place was Haig Bohigian, 45, NY Masters National Outdoor Pentathlon Champion who finished in 1:21.4.

Bob Williams of the Shore A.C., 42, established himself as the premier masters sprinter in the East. He set a meet record in the 300 yard dash in 33.7, after winning the 60 yard dash in 6.55.

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.

photo by Mike Tymn

## 261 Compete in Florida T&F Championships

by BILL GENTRY

SARASOTA, Fla., March 13-14—Two hundred sixty-one competitors from eight states and Puerto Rico combined with sunny 80 degree weather to make this the finest Florida State Masters meet in several years.

Meet director Kent Wiley of host Manasota Track Club reported 70 meet records broken. Shirley Smith set an American W45 high jump record of 3'10", bettering the mark of 3'8", set by Irene Obera in July, 1980.

For the eighth year in a row, Manasota Track Club won the team trophy amassing 1357½ points. The team also won the masters and sub-masters trophy. Puerto Rico was second in the team standings with 509½ points.

The strong Puerto Rican team of some 25 members made the competition very keen. In the M50 4x110 yd. relay, for instance, there were five teams entered with the Puerto Ricans coming in first.

A frequently heard comment by competitors was, "I jumped (or threw) further than I ever have before and came in third."

This writer ran his second fastest 100

Continued on page 21

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

# Write On!

Address letters to:

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

## CHARIOTS OF FIRE

Your editorial comments (April NMN) on the Oscar winning movie *Chariots of Fire* were very valid. The only Lindsay of the era ran in the 1920 400 meters. The film did show that Abrahams failed miserably in the 1924 200 behind Scholz, Paddock and Liddell. However, it did not mention that Abrahams also competed in the 1920 100/200.

I originate 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 be the greatest prize of all, and that the Olympics at all costs should be kept safe from political and financial greed.

Jack Pennington  
Canberra, Australia

I was puzzled by your criticism of *Chariots of Fire*. You say the mass media failed to mention the factual inaccuracies. That's not surprising because they don't write with the T&F fan in mind, although the British film reviewers did mention this in passing.

I know of a couple of other "liberties": Abrahams and Liddell never raced against each other at any time yet the film showed that they did. Abrahams met his future wife sometime after his days at Cambridge.

The Lord Lindsey portrayed in 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. 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&F theme?

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

Wilfred Morgan  
Birmingham, England

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 Sheehan, 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 48'3/4" is not a world record as 8-pound shots are used nowhere in the world but some meets in the USA.

Maksimczyk's 46'1/4" mark with a 4 KG implement is worth at least 49' 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

## TYMN'S YARDSTICK

Hooray for Mike Tymn (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 compare our improvements, or how much we drop off, each year. It is quite difficult to do this with meets changing distances each year. This year's National TAC indoor meet is a good example of this abomination. Whoever heard of the events 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,

Continued on page 23

## National Masters Officers

### ATHLETICS CONGRESS

#### TRACK & FIELD CHAIRMAN:

Jim Weed  
11672 E. 2nd Ave.  
Aurora, CO 80010  
(303) 341-2980

#### LONG DISTANCE CHAIRMAN:

Bob Boal  
121 W. Sycamore Ave.  
Wake Forest, NC 27587

#### TRACK & FIELD RECORDS:

Pete Mundle  
4017 Via Marina #C-301  
Venice, CA 90291  
(213) 823-8804

#### LONG DISTANCE RECORDS:

Bob Martin  
National Running Data Center  
P.O. Box 42888  
Tucson, AZ 85733  
(602) 323-2273

#### INDOOR RECORDS AND RANKINGS:

Haig Bohigian  
225 Hunter Ave.  
North Tarrytown, NY 10591  
(914) 631-1547

### WORLD ASSOCIATION OF VETERAN ATHLETES (WAVA)

#### PRESIDENT:

Don Farquharson  
269 Ridgewood Road  
West Hill, Ontario  
Canada M1C 2X3

#### NORTH AMERICAN REP:

Bob Fine  
77 Prospect Place  
Brooklyn, NY 11217  
(212) 789-6622

#### TECHNICAL CHAIRMAN:

Ian Hume  
R.R. #1  
Melbourne, Quebec  
Canada

819-826-5418

#### VICE PRESIDENT

(Road Running and Walking)

Jacques Serruys  
"Fit Veteran"  
P.O. Box 7  
8000 Brugge I-Belgium

#### WOMEN'S DELEGATE:

Irene Obera  
203 Paseo Bernal  
Moraga CA 94556  
(415)376-8967

### PENN MUTUAL

#### NATIONAL MASTERS DIRECTOR:

Randi Shapiro  
National Masters Sports Festival  
c/o The Penn Mutual Life Insurance Company  
530 Walnut Street  
Philadelphia, PA 19172

### NIKE

Valdemar Schultz  
B.R.S. Inc.  
3900 S.W. Murray Blvd  
Beaverton, OR 97005 (503) 641-6453

## NATIONAL MASTERS NEWS

45th Issue  
MAY 1982

### Editor

Al Sheahan  
Production

West Coast Graphics

### CONTRIBUTORS

Alistair Aitken, Ruth Anderson,  
Leo Benning, Haig Bohigian, Rodney  
Charmock, Alvin Clark, Phil Conley,  
Bob Fine, Nolan Fowler, Bill Gentry,  
Jim Gerard, Spotswood Hall, Hal Higdon,  
Dave Jackson, Mike Jackson, Bob Martin,  
Wendell Miller, Wilf Morgan,  
Pete Mundle, Mike Tymn, Jack Pennington,  
Phil Partridge, Barbara Pike, Jim Scanell,  
Felicity Schimper, Val Schultz,  
Tom Sheahan, Bruce Springbett, Bill Stock,  
Tom Sturak, Danny Thiel, Stan Thompson,  
Dave Thoreson, Jim Weed.

### PHOTOS

John Allen, Tim Bradley, Hans Bruhner,  
Jerome McFaden, Mike Tymn, Bob Pates,  
Richard Lee Slotkin.

### DISTRIBUTORS

Walter Childs, Ed Singleton,  
Louis Johnson, Michael Mittlemann,  
Laurel James, Mike Valle, John Grant,  
Greg Nelson, Barbara Pike,  
Ruth Anderson

The *National Masters News* is an official publication of the Athletics Congress Masters Track & Field and Long Distance Running Committees. The editorial policy is not necessarily that of the Athletics Congress.

The *NATIONAL MASTERS NEWS* is published monthly for \$12 per year from 6200 Hazeltine Ave., Van Nuys, CA 91401.  
Phone: (213) 785-1895.

Application to mail at Second-Class Postage rates is pending at Van Nuys, CA.

POSTMASTER: Send address changes to: *National Masters News*, P.O. Box 2372, Van Nuys, CA 91404.



Sid Madden, 74, congratulates Harold Chapson, 79, following one of their famous duels at a masters track meet.

photo by Chris Silvera

# schedule

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



**August 12-15.** 1st National Masters Sports Festival, Philadelphia. 3000 athletes over age 25 compete in 11 sports. Randi Shapiro c/o Penn Mutual, 530 Walnut St. Philadelphia, PA 19172

## TRACK & FIELD

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

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

### EAST

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

**May 23.** Masters Sports Association Championships, site TBA (probably Kings Point in Great Neck) Bob Fine, 77 Prospect Place, Brooklyn NY 11217 (212) 789-6622.

**May 23.** 2nd Annual TFA Northeastern Masters T&F Championships, Pittsburgh. Sue Kline, 1245 Alamae Lakes Rd., Washington Pa 15301. (412) 228-1872 before 9 pm.

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

**June 13.** Metropolitan TAC Masters T&F Championships. Bob Fine, above.

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

**July 11.** MSA Relays, New York City.

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

### SOUTHEAST

**May 1.** Palm Beach County Oldtimers Track Meet. Twin Lakes High School, West Palm Beach, Florida. Open, Sub-masters, Masters. 3:00 p.m. Contact John Butler, 955 44th Street, West Palm Beach, Florida 33407. (305)844-7794.

**May 7-9.** 12th Annual Southeastern Masters International Track & Field Championships. North Carolina State U., Raleigh, N.C. P.O. Box 5684, Raleigh NC 27680.

**May 15.** Mini T&F Meet, Manatee JC, Bradenton, Fla. 9 a.m. Kent Wiley (813) 922-3561.

**May 15.** Masters Southeastern Track Classic. Furman University, Greenville SC. Tom Malik, 104 Pinewood Dr., Greenville, SC 29651 (803) 879-4549.

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

### MIDWEST

**May 15.** Chicago Corporate Classic relay races. Stephanie Messick, 1423 West Fullerton Ave., Chicago IL 60614. (312) 348-1724.

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

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

**June 27.** T&F Open Meet, York High, Elmhurst, Ill. 7 a.m. Race day sign-up. Wendell Miller, 180 N. LaSalle, Chicago IL 60601. (312) 236-1315.

**August 1.** Penn Mutual/TAC Midwest Regional Masters T&F Championships, York High, Elmhurst, Ill. 7 a.m. Race day sign-up only. Wendell Miller, 180 N. LaSalle, Chicago IL 60601. (312) 236-1315.

### SOUTHWEST

**May 29.** New Orleans Masters & TAC Southern Masters T&F Championships, New Orleans. Danny Thiel, 2609 Canal St., New Orleans LA 70119. (800) 535-8550.

**June 1-5.** U.S. Assoc. of Blind Athletes Games. Austin, Texas. USABA, 55 W. California Ave., Beach Haven Park NJ 08008. (609) 492-1017.

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

### MOUNTAIN

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

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

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

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

### WEST

**May 1.** West Coast Masters T&F Classic, Visalia, Calif. Bob Higgenbotham, 1026 W. Princeton, Visalia CA 93277. (209) 732-8030.

**May 2.** 24th Mt. San Antonio Relays, Walnut, Calif. 14 Masters events. Hal Smith, 18750 Oxnard St., #404, Tarzana CA 91356.

**May 8.** 12th Annual Grandfather Games, Los Angeles. George Ker, 11401 Topanga Canyon Blvd. #17, Chatsworth CA 91311. (213) 882-8269.

**May 15.** 7th Annual Strider Relays, Los Angeles. Ann Smith, 22736 Mulholland Drive, Woodland Hills, CA 91364. (213) 348-6352.

**May 22.** 3rd Annual Redlands Masters T&F Meet, Redlands, Calif. Buzz Wagner, 1522 Margarita Dr., Redlands CA 92373. (714) 793-2638.

**May 22.** Herbert Hoover Relays. All ages. Stanford U., Palo Alto, Calif. Van Parish, 400 Market Place, Menlo Park CA 94025. (415) 322-6255.

**May 29.** Golden State Masters T&F Meet, Porterville, Calif. Allen Nelson, Porterville College, 900 So. Main St., Porterville, CA 93257.

**June 5.** 10th Annual CDM "Don Palmer Memorial" Relays, Los Angeles. Dave Jackson, 19103 S. Andmark Ave., Carson CA 90746. (213) 638-7125.

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

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

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

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

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

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

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

### NORTHWEST

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

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

**July 30-31.** Penn Mutual/TAC Northwest Regional Masters Track & Field Championships, Gresham, Oregon. Entry forms in June and July issues.

### CANADA

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

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

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

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

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

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

**August 29.** Western Regional Masters T&F Meet, Cambridge, Ontario. Bruce Burton, 1562 Old Lakeshore Road, Oakville, Ontario L6L 1C8.

### INTERNATIONAL

**May 14-18.** 1st Oceania Veteran Games. Suva, Fiji. Clem Green, 46 Hargreaves St., Wellington, New Zealand.

**July 14-18.** European Veterans T&F Championships, Strasbourg, France. Fit-Veteran, Postbus 7, 8000 Brugge 1 Belgium.

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

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

Continued on page 4

## Subscribe 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.

- \$12 for 1 year/12 issues  New
- \$24 for 2 years (beat inflation!)  \$22 for overseas  Renewal
- \$20 for 1 year 1st-class air-mail
- \$4 for Age Record Book

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Send to: National Masters Newsletter

P.O. Box 2372

Van Nuys, CA 91404

## Need Back Issues?

Most back issues of the *National Masters Newsletter* are available for \$1.25 each, plus 50¢ postage and handling for each order.

Send to:

National Masters Newsletter

P.O. Box 2372

Van Nuys, CA 91404

**October 1-10.** 1st U.S./ China Masters Track and Field Championships. Nanjing, Hangzhou, Hong Kong. Sports Travel International, PO Box 7823, San Diego, CA 92107. (714) 225-9555.  
**December 11.** Puerto Rico Masters T&F Championships, San Juan, Gilberto Gonzalez-Julia, above.  
**September 23-30, 1983.** 5th World Veterans Games, San Juan, Puerto Rico.



## LONG DISTANCE RUNNING

### POSTAL

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

### NEW ENGLAND

**June 13.** TAC National Women's Open 25K Road Race, Sudbury, Mass. Cindy Hastings, 90 Hampshire St. Cambridge MA 02139. (617) 864-9479.  
**June 27.** Masters 10K, Providence RI. G. Silva, 82 Fowler St., No. Kingstown RI 02852.  
**August 14.** Falmouth 7.1 mile, Woods Hole, Mass. Falmouth Recreation Dept., Main St. Falmouth MA 02540. (617) 540-4417.  
**September 19.** Maple Leaf Half Marathon. Manchester, Vermont. Way's Lane, Manchester Center VT 05255. (802) 362-3401.

### EAST

**May 2.** Trevira 10-Mile Twosome, New York. PO Box 881, NYC 10022.  
**May 8.** Mount Vernon Classic, 10 miles, Washington, DC. ARRA Championship series (prize money). Don Kardong (509) 838-8784.  
**May 16.** 46th Yonkers Marathon, Yonkers, NY 10 a.m. PO Box 881, NYC 10022.  
**May 22.** Meadowlands 10K, New York, NY. ARRA Championship Series (prize money). Don Kardong (509) 838-8784.  
**May 22.** Elby's Wheeling Distance Race 20K, Hugh Stobbs, 933 Main St., Wheeling WV 26003. (304) 232-6120.  
**May 23.** Race #5 of Manufacturers Hanover 5-Borough 5-mile-run Challenge, Staten Island, NY. NYRRC, Box 881, FDR Station, NYC 10150.  
**May 29.** L'eggs Mini-Marathon, New York City. Box 881, NYC 10022.  
**May 30.** Tri-State Track Club Memorial Day 10K & 5K Road Race '82, 5:30 p.m., Mercersburg Academy, Mercersburg, Pa. Wayne Vaughn, 734 W. Franklin St., Hagerstown MD 21740.  
**June 5.** TAC 100 Mile Open National Championships, Queens, NY. George Villasi, PO Box 881, FDR Station, NYC 10150.  
**June 6.** Manufacturers Hanover 5-Borough Championship. Queens. Box 881, FDR Station, NYC 10022.  
**June 12.** Long Day's Journey Into Night 24-hr relay, Delhi, NY. 36 1/2 Main St., Delhi NY 13753.  
**June 12.** Finleyville, Pa. 10K. Bob Vanvorhis (412) 348-7470.

**July 3.** Pepsi 10K National Championships, New York City. Box 881, NYC 10022.  
**July 7.** Manufacturers Hanover Corporate Challenge #1, Central Park, 7 p.m. (Wed.)  
**July 18.** NY Masters 10K Racewalk Handicap, Prospect Park, 10 a.m.  
**July 28.** Manufacturers Hanover #3, Central Park, 7 p.m.  
**August 1.** Essex County Summer Track Festival VI. 10K, 3K X-C Masters 100, 880, mile. Maplewood, NJ SASE to Pete Cole, 30B Nob Hill, Roseland NJ 07068.  
**Sept 19.** TAC National Masters 30K, Albany, NY. George Regan, PO Box 894, Troy NY 12184.  
**Oct. 3** TAC National Masters 15K Road Championships, Washington. Larry Noel, 105 Northway Dr., Greenbelt MD 20770. (301) 474-9362.  
**October 24.** New York Marathon. Box 881, NYC 10022.

### SOUTHEAST

**May 8.** Avon 10K, Knoxville. Box 19818, Knoxville TN 37919.  
**May 9.** Southeastern Masters International Marathon, 1/2 marathon, 10K and 20K Walk, Raleigh N.C. P.O. Box 5684, Raleigh NC 27650.  
**May 31.** NIKE Masters Grand Prix Series. Cotton Row 10K Run, Huntsville, Alabama. Ron Morris, 13008 Camelot Dr. Huntsville AL 35803. (205) 881-4462.  
**July 4.** Peachtree 10K, Atlanta. Royce Hodge, 3224 Peachtree St. N.E. Atlanta GA 30305. Limited to 25,000.  
**Sept. 25.** Virginia 10-Miler, Lynchburg, Va. 3020 Cranehill Dr., Lynchburg VA 24503. (804) 384-6816.

### MIDWEST

**April 4.** South Dakota National Postal TAC one-hour run with 2 hour option and 10-mile option, Sexauer Track, 9 a.m., Brookings, SD. (605) 688-5526.  
**April 18.** RRCA 15K Northern Regional Championship, St. Louis. (Kiener Plaza, 10 a.m.). Free health screenings before and after race. Tom Eckelman, St. Louis Track Club, P.O. Box 2956, St. Louis MO 63130.  
**April 18.** 13th Annual Longest Day Marathon, Certified. Brookings, SD. (605) 688-5526.  
**April 18.** Run for Life 5-mile run, Columbus, Ohio. PO Box 739, Columbus OH 43216.  
**April 25.** Avon 10K, Kansas City. JoDoherty, P.O. Box 4034, Overland Park KS 66204.  
**April 25.** Run for the Hearts 10K, Crystal Lake, Ill. McHenry County Heart Assoc., 88 Lincoln Pkwy, Crystal Lake IL 60014.  
**June 5.** 20th Annual Jackrabbit 15, Brookings, S.D. SDSU Track Office, Brookings SD 57007. (605) 688-5526.  
**June 13.** NIKE Masters Grand Prix Series; News-Dispatch 15K, Michigan City, Indiana. Dunes Running Club, PO Box 42, Michigan City IN 46360.  
**June 19.** Grandma's Marathon, Duluth. P.O. Box 6234, Duluth MN 55806. (218) 727-0947.  
**Aug. 14.** Chicago Corporate Classic 5K & 10K. Stephanie Messick, 1423 W. Fullerton Ave, Chicago IL 60614. (312) 348-1724.  
**Aug. 28.** Bobby Crim 10-mile, Flint, Michigan. 126 Rowe Hall, Central Michigan U., Mount Pleasant MI 48859. (517) 774-3102.  
**Aug. 29.** Midwest Masters 25K Open Road Championships Lake Bluff Jr. High, Rt. 176 & Sheridan Road, Lake Bluff, Ill. 7 a.m. Sign up race day. Wendell Miller, 180 N. LaSalle St., Chicago IL 60601. (312) 236-1315.

### SOUTHWEST

**May 8.** River Run 10K, Tulsa, 56th & Riverside, 8 a.m.

### MOUNTAIN

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

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

### WEST

**May 1.** 4th Annual Laguna Niguel 10K Fun Run, Laguna Niguel, Calif. Julie Sweany (714) 831-9622.  
**May 2.** Avenue of the Giants Marathon, Weott, Calif.  
**May 17.** Bay-to-Breakers 7.6 mile, San Francisco. 40,000 runners expected.  
**May 30.** Grass Valley Memorial 10K Run, Grass Valley, Calif. Gary Loucks, 116 High St., Grass Valley CA 95945.  
**June 6.** Avon Women's International Marathon, San Francisco. Len Wallach, 1060 Continentals Way #104, Belmont CA 94022. (415) 593-2788.  
**July 4.** NIKE Masters Grand Prix Series, Semana Nautica 15K, Santa Barbara, Calif. Semana Nautica PO Box 6616, Santa Barbara CA 93111.  
**July 11.** San Francisco Marathon.  
**August 8.** 5th Annual North Orange County 10K YMCA Run. Fullerton, Calif. Patsy Wendler, North Orange County YMCS, 2000 Youth Way, Fullerton, CA 92635 (714) 879-9622.

### NORTHWEST

**May 2.** Lilac Bloomsday 7.5 Mile Run, Spokane. ARRA Championship Series (prize money). Don Kardong (509) 838-8784.  
**May 23.** NIKE Masters Grand Prix Series, Viking Classic 10K, Portland, Oregon. Val Schultz, 3900 S.W. Murray Blvd, Beaverton OR 97005. (503) 641-6453.  
**June 6.** TAC National Masters Marathon Championship, Forest Grove, Oregon. Forest Grove Kiwanis Club, PO Box 223, Forest Grove Or 97116.  
**June 27.** Cascade Run Off 15K, ARRA Championship Series (prize money), Portland. Don Kardong (509) 838-8784.  
**August 21.** 2nd Annual Earthquake Ultra Marathon. Anchorage, Alaska. Tim Middleton, 3445 Seppala Dr., Anchorage AK 99503.  
**September 12.** NIKE Marathon, Eugene, Oregon. ARRA Championship Series (prize money). PO Box 10412, Eugene OR 97440. (503) 687-2477.

### CANADA

**June 27.** Annual Masters-only 12K, Vancouver, B.C. Les McDonald (604) 987-0092.  
**September 25.** Canadian Masters Women's 5K Road Race, Sunnybrook Park, Toronto. Christine Walker, 34 Rodda Blvd. West Hill, Ontario M1E 2Z6, Canada.  
**November 7.** Ontario Masters Cross-Country Championships (10K), Toronto. Bob Moore, 519 Sutherland Drive, Toronto Ont. M4G 1K9.

### INTERNATIONAL

**May 9.** London Marathon.  
**May 16.** Paris Marathon.  
**June 26.** 2nd Aruba Concorde International Marathon. Sam Ketchman, (813) 921-4966.  
**June 27.** 9th International Veterans 25K, Brugge, Belgium. Men 40+. Women 35+. Fit Veteran, Postbus 7, 8000 Brugge 1 Belgium.  
**September 14-15.** 15th World Veterans Distance Running Championships (IGAL). Lake Kawaguchi, Japan (Foot of Mt. Fuji, 100km north of Tokyo. 10K on 14th; Marathon on 15th.) Men 40 and over. Women 35 and over. Nippon Turtles Assoc., Central P.O. Box 1137, Tokyo, Japan.  
**September 19-October 8.** Runners Workshop Tour to Europe. England, Holland, Germany, Switzerland, France. Bon Voyage Travel, 360 Post St., San Francisco CA 94108. (415) 397-5131.  
**October 9.** South African Masters Marathon Championships, Port Elizabeth.  
**October 12-November 5.** Classical Marathon Tour to Greece. Alouette Travel, 11954 224th St., Maple Ridge, B.C. V2X 6B3, Canada. (604) 467-5535.

## On Tap for 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 Old-timers 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 Southeastern Masters Championships in Raleigh, N.C. and the 12th and final Grandfather Games in Van Nuys, Calif.

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 Southeastern Track Classic at Furman U in Greenville, 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 Redlands Masters meet in Redlands, Calif. The TFA Northeastern Masters meet will be held on the 23rd in Pittsburgh, as will the MSA Championships in New York.

Two meets are scheduled for the 29th: the Golden State Masters Meet in Porterville, Calif. and the New Orleans/Southern Masters Championships. A busy month.

### LONG DISTANCE RUNNING

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

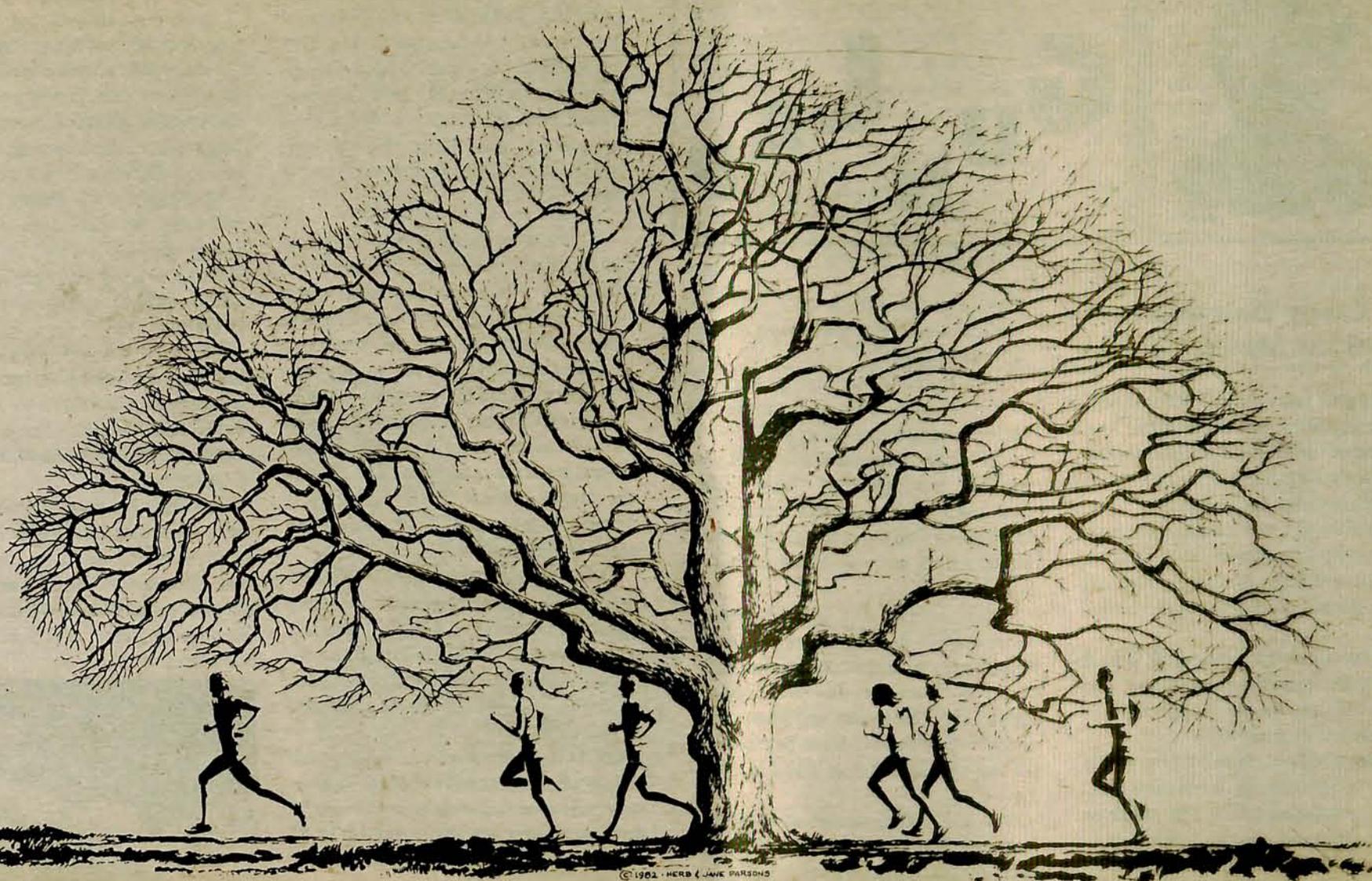
The Southeastern Masters Marathon, 1/2 marathon and 10K will follow the track meet in Raleigh on the 9th. Up to 40,000 are expected for the Bay-to-Breakers Run/Carnival in San Francisco on the 17th.

The Elby's Wheeling, W. Va. 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 lays down the red carpet for masters runners, and with Nike's aid, it looms as one of the top masters races of the year. □



Frank Duarte and David Hambly at the midway point of the National Masters 20K Championships March 14. Duarte won by 38 seconds in 1:05:14. Photo from Carole Langenbach



# NIKE MASTERS GRAND PRIX SERIES

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

<u>May 23</u> • Portland, OR • <u>Viking Classic 10K</u>	• PSU Athletic Development Office • Trips: 4M/2W P.O. Box 668, Portland, OR 97207
<u>May 31</u> • Huntsville, AL • <u>Cotton Row Run 10K</u>	• Cotton Row Run • 4M/2W P.O. Box 292, Huntsville, AL 35804
<u>June 13</u> • Michigan City, IN • <u>News-Dispatch 15K</u>	• Dunes Running Club • 4M/2W P.O. Box 42, Michigan City, IN 46360
<u>June 19</u> • San Francisco, CA • <u>Run for the Kids 10K</u>	• St. Jude Children's Research Hospital • 4M/2W 205 E. 3 <sup>rd</sup> St. 315, San Mateo, CA 94401
<u>June 27</u> • Kansas City, MO • <u>Mid-America Masters 10K</u>	• • 2M/1W
<u>July 4</u> • St. Louis, MO • <u>Veiled Prophet Fair 10K</u>	• • 2M/1W
<u>July 4</u> • Santa Barbara, CA • <u>Semana Nautica 15K</u>	• Semana Nautica • 4M/2W P.O. Box 6616, Santa Barbara, CA 93111
<u>Aug 15</u> • Philadelphia, PA • <u>Nat. Masters Sports Festival</u> Finals: 10K	• % Penn Mutual Life Insurance Co. • 6 to Japan 530 Walnut St. Philadelphia, PA 19172

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



# THE GUN LAP

by MIKE TYMN

## Cindy Dalrymple Joins the Masters Ranks

"Being 40 years old isn't much different than being 39½, 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 half-miler in the early 60's. She was given a track scholarship to the University of Hawaii in 1963 and while there qualified for the Pan American Games that year.

Her best time was a 2:12 800 meters, turned in on a European tour during the summer of '63.

Frustrated in her attempt to make the 1964 Olympic team, Dalrymple gave up 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. She now lives in New York City.

One of the first women to turn professional, Dalrymple has earned a little over \$40,000 during the past 16 months. With the decision by The Athletic Con-

gress 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. She hopes, however, to earn enough to support herself and her 14-year-old son, Steve. (Her younger son lives with her former husband in Hawaii).

"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. I will still be very competitive in open races, but at the same time I'll be after all the master records. Besides, money is starting to be a small factor in certain masters competition."

Dalrymple considers the marathon her best event, mostly because she ranks higher at that distance. Her best time is a 2:39:24, recorded while winning the Jordache Pro Am Marathon in Los Angeles in March of 1981. That race grossed her \$25,000.

But Dalrymple also has the strength and speed to be competitive at 10 kilometers. Her best at that distance is 34:31 three years ago, but she clocked a 34:47 last year. She also turned in a 52:21 15K in 1981.

Her training these days consists of running anywhere from 100 to 140 miles a week, including two interval sessions a week and a single long run of 20 miles once a week. She runs twice a day and trains with weights three times a week.

"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 there 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."



Charles Polhamus clears 15'-2" in TFA Masters championships at William Jewell College near Kansas City. Photo by Russ Niemi

# New Orleans Masters TRACK and FIELD CHAMPIONSHIPS

MAY 29th.....1982

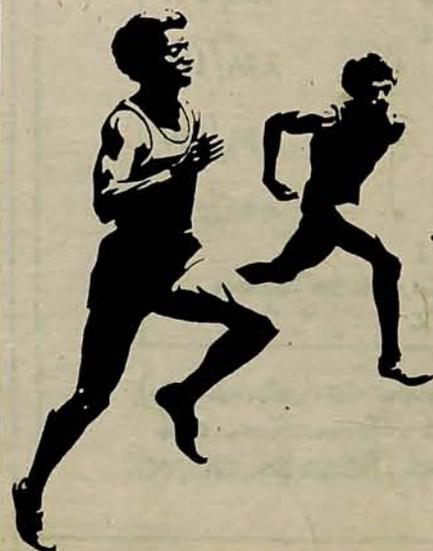
Men and Women.....Age 30 and over

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 *NMN's* 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.

Fred Kiddy, 48, ran a national-class 2:38:43 to finish as 1st master, 9 minutes ahead of Bob Bell's 2:47:17. Mavis Lindgren, 74, logged 4:59:16. □

Results in back pages.



Buzz Porter, M 45, won a plaque for scoring the most points in events in his age group at F1 State Masters.

(Photo by Bill Gentry)

## Report from Britain

by ALISTAIR AITKEN

A record field of 481 runners took part in the British National Veterans 6-mile Cross County 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, equalling 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.

He put in a punishing mile and only Brian Little stayed with him. Doug Fownes placed third, with Ron Gomez 5th and first 45-49 runner. Last year's team champion Wirral won again.

Bill Stoddart, 51, a Scotland teacher, who set a U.K. M50 best of 32:42 for 10,000 meters last September, won the 50+ race, besting Derek Wood and Alan Hughes. Stoddart also recorded a 2:27:53 marathon last year.

Pat Gallagher, 36, retained her National Vets women's title over a 3-mile course, but the surprise was Pat Jones in the W45 category. □

Results in back pages.

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1982

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
MARLENE ALTMANN (WG)	5-21-37	45-49
URSULA BLASCHKE (WG)	5-30-32	50-54
EVELYN SAULL (CAN)	5-30-32	50-54
FELICITY SKARIS (RSA)	5-25-37	45-49
ELIZABETH TRUMP (HOL)	5-16-17	65-69
KAY ATKINSON (SAN FRANCISCO, CA)	5-23-17	65-69
MIKI HERVEY (DALLAS, TX)	5-10-42	40-44
SHIELA NEWTON (INGLEWOOD, CA)	5- 8-37	45-49
GIRTS OZOLINS (TORANCE, CA)	5- 7-37	45-49
ANNA RUSH (KUMSON, NJ)	5-16-27	55-59
LINDA THUKSTEN (SOMERVILLE, NJ)	5-11-42	40-44
ED ALMEIDA (SAN DIEGO, CA)	5-16-22	60-64
JOHANNES CYRUSIS (APR)	5-24-32	50-54
KENNETH DENNIS (LOS ANGELES, CALIF)	5-13-37	45-49
HERBERT DOHLER (MODESTO, CA)	5-29-02	80 +
JACK FOSTER (NZL)	5-23-32	50-54
KERMIT HOLLINGSWORTH (CAN-IN)	5- 3-32	50-54
ROBERT MACTARNAHAN (PORTLAND, ORE)	5- 1-12	70-74
FRANZ POSLUSCHNI (WG)	5-13-02	80 +
DAVID ROMAIN (TRI-ALBANY, CA)	5-15-42	40-44
JOHN SANDERS (DREXELL HILL, PA)	5-18-37	45-49
EMIL SCHULZ (WG)	5- 9-27	55-59
ROBERT ULSH (DANVILLE, CALIF)	5-30-07	75-79
ARTHUR WRIGHT (SLID, NY)	5-10-02	80 +
RICHARD WRIGHT (PASADENA, CAL)	5- 6-17	65-69

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



WILL YOU BE IN THE PICTURE IN '82 ?

Contact: SPORTS TRAVEL INTERNATIONAL, LTD.  
P.O. BOX 7823 / SAN DIEGO, CA. 92107 / (714) 225-9555



# On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

## 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 could be better. Don't think it won't be, the first break I get in what my friends call an impossible schedule.

I know about things like oil glut and yes, I do understand the potential and the responsibilities of the privileged. Although I feel little need to defend myself in the face of my critics, I have found time to chair a joint fund raising effort between business and the "better schools," that would allow every young man in the great city of Chicago to own his own blazer.

We offered a choice of four colors and, as opposed to the horrendous problems that surfaced with my predecessors on the young recipients. I think it goes without saying, this blazer was made available to people with total disregard of race, color and most family credentials.

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 off the interest on their debts. As unorthodox as it may sound, many respected economists thought it would work.

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 goddamned 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.



Walt Butler, 40, edges Doug Smith to win TAC National 40-44 100-meter title in 1981.

photo by Chris Silvera

## 1982 New England Road Race Schedule

Walter H. Childs, Sr., PO Box 1484, Springfield, Mass. 01101 (413) 566-3145

May 2	Westfield, Massachusetts	10K	
May 8	Palmer, Massachusetts	7m	
May 16	Athol, Massachusetts	10K	
May 23	Holyoke, Massachusetts	Marathon	
May 30	Enfield, Connecticut	10K	
June 7	Ludlow, Massachusetts	7m	
June 12	So. Deerfield, Massachusetts	10K	
June 20	Longmeadow, Massachusetts	5m	T-Shirts
June 26	Chicopee Falls, Massachusetts		T-Shirts
July 4	Athol, Massachusetts	5m	
July 4	Hampden, Massachusetts	3m	
July 11	No. Adams, Mass	Biathlon	
July 17	Chicopee, Massachusetts	Biathlon	
July 18	Holyoke, Massachusetts	Mt. Pk. 10K	
Aug. 1	Brimfield, Massachusetts	10K	
Aug. 8	Aga., Massachusetts	10K	T-Shirts
Aug. 15	Adams, Massachusetts	Mt. Greyloch 8m	
Aug. 29	Wilton, New Hampshire	10K	
Sept. 3	Franconia, New Hampshire	10K	T-Shirts
Sept. 5	Holyoke, Massachusetts	10K	
Sept. 11	Springfield, Massachusetts	10K	
Sept. 12	Westfield, Massachusetts	5m Masters	
Sept. 12	Amherst, New Hampshire	10K	T-Shirts
Sept. 19	Dixville Notch New Hampshire	Marathon	
Sept. 25	Holyoke, Massachusetts	Details Later	
Sept. 26	No. Adams, Massachusetts	Marathon	T-Shirts
Oct. 2	Warner, New Hampshire	10K	T-Shirts
Oct. 3	Pittsfield, Massachusetts	Marathon	
Oct. 9	Northampton, Massachusetts	10K	
Oct. 10	Holyoke, Massachusetts	Details Later	
Oct. 17	Springfield, Massachusetts	10K	T-Shirts
Oct. 24	Monson, Massachusetts	5m	
Oct. 30	No. Brookfield, Massachusetts	10K	T-Shirts
Oct. 31	Westfield, Massachusetts	Details Later	
Nov. 7	Ludlow, Massachusetts	5m	
Nov. 11	East Longmeadow, Massachusetts	10K	
Nov. 21	Springfield, Massachusetts	10K	T-Shirts

Send SAE to above address



## -1982- NORTHWEST REGIONAL MASTERS/SUB-MASTERS TRACK & FIELD CHAMPIONSHIPS

SPONSORED BY PENN MUTUAL AND THE PORTLAND TRACK CLUB

JULY 30 & 31 1982  
MT. HOOD COLLEGE GRESHAM, OR. 97030  
MEET DIRECTOR JIM FUCKETT 503-667-7354

HELD AT NIGHT 6-11 PM - IDEAL COMPETITIVE CONDITIONS  
COME AND ENJOY THE UNIQUE EXPERIENCE OF COMPETING  
UNDER THE LIGHTS ON A PLEASANT SUMMER EVENING  
BEAUTIFUL OLYMPIC SIZE MEDALS FOR FIRST, SECOND, & THIRD  
COME WITH A CLUB GROUP AND SHARE THE FUN TOGETHER  
AMERICA'S FINEST MASTERS TRACK & FIELD MEET  
HELD IN THE SCENIC NW VACATION AREA

ENTRY FORMS TO BE IN THE JUNE AND JULY ISSUES

## 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 interruptions 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, lapping 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," Baillie said, "but it is annoying." □

Results in back pages.



This quartet from Puerto Rico won the M50 4 x 110 yd. relay at Fla. State Masters. (L-R) Jose Ubarri, Pablo Rios, Arroyo Velez and Luis C. Gandia. (Photo by Bill Gentry)

## 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 unbanked 10-lap Widener track. Waters ran 4:23.8, followed by Fanelli in 4:28.0.

In the sprints, diminutive Joe Bailliff struck a blow for short peple by whipping a quick 30-34 60-yard field in 6.5 seconds. Arthur Wright headed 35-39 in 6.6, Robert Williams 40-44 in 6.8, Larry Wilson 45-49 in 6.9, Larry Pratt 50-54 in 7.2, Rudy Valentine 55-59 in 7.4, David Lawyer 60-64 in 7.8, and Claude Hills 65-69 in 9.1. Newcomer Cassandra Collins ran a notable 7.8 in the women's 30-34.

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.

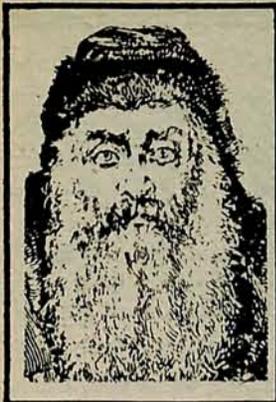
In the 60-64 high jump, Boo Morcom proved once again that he is not just a pole vaulter by clearing 5'0". □

Results in back pages.



Start of 5,000 méter run at 1981 National Masters Track & Field Championships.

photo by Chris Silvera



# Phil THE Philosopher

by PHIL CONLEY

## 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 revel 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 these 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.

Marilyn Leighton, of Lansing, Mich., writes as follows: "As a single parent, my running and physical fitness program has improved my outlook on life tremendously. I have kept a log since I started jogging and studying fitness. I keep track of my times, mileage, measurements, nutrition, and my moods. When I started none was satisfactory: now some are fine, and I have specific goals and programs for those that are not.

"I have lost 55 pounds and four dress

sizes, but still have a way to go before I can expect to qualify for Boston in 1987. My more immediate goal is to progress from the REAR of the pack to an inconspicuous position IN the pack.

"Much of my inspiration is gleaned from the pages of *NMN* and other running magazines. They make me feel less lonely and part of a much larger group with its attendant sense of camaraderie. I am always pleased when others note my dedication and endurance, and comment favorably on my progress.

"My program has aided me in progressing from a person beset with family problems, drowning in self-pity and loneliness, to a level where, at long last, I can laugh at and with myself. In fact, I like me now."

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.

"Now 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 Davissons 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!

"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—any more than I would have expected had I gone into beer can collecting or bird watching.

"Why do I run? I like keeping fit, competing 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 I do 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 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.

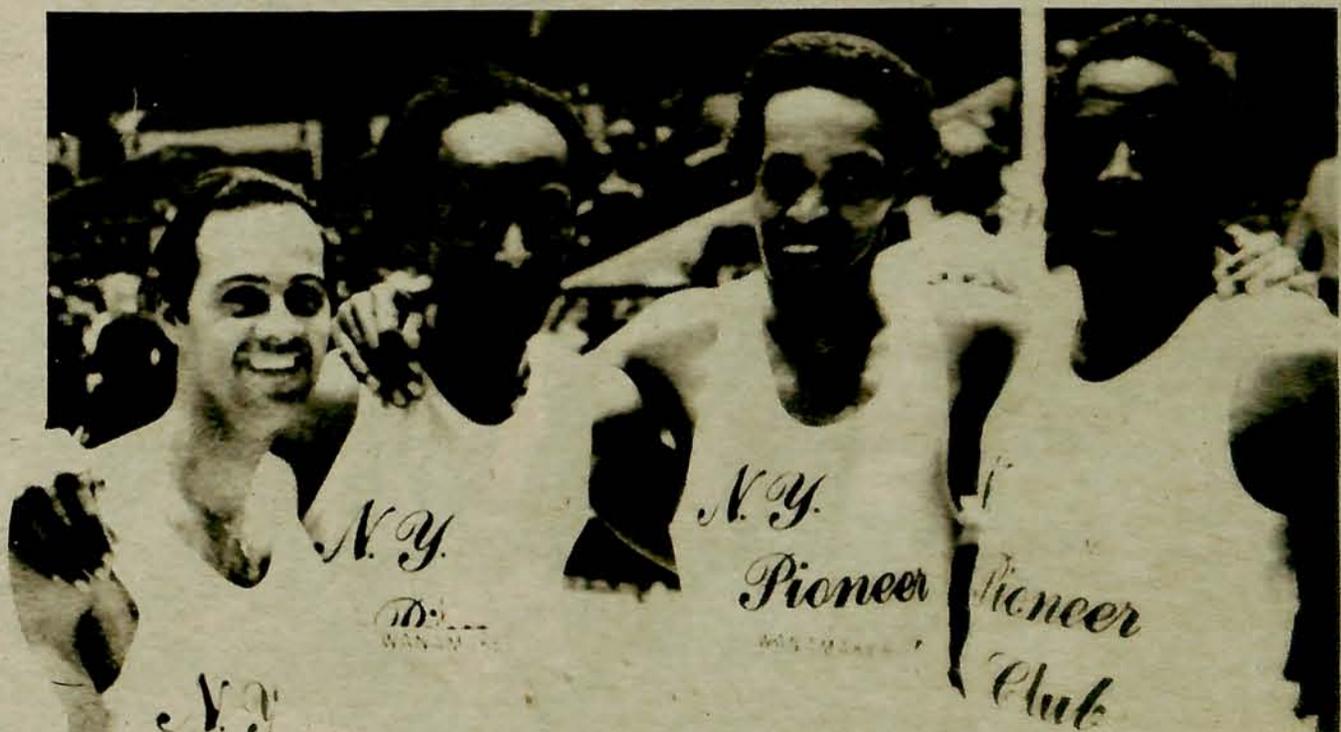
"My physical and mental health more than compensate for my poor performances in races, so I have found that just feeling good most of the time makes me a winner and THAT is my new motivation—not just my performance in races.

"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 better about ourselves.

Copyright 1982 Phil Conley

(*NMN* readers may write to Conley at P.O. Box 61, The Sea Ranch, CA 95497.)



N.Y. Pioneer Club Masters mile relay quartet after victory in the Millrose Games in Madison Square Garden Feb. 12 in 3:37.66. From left: Richard Rizzo, Ed Small, Glen Shane, Mason O'Neal.

Photo by David Zinman



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 alterae* 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. □

# Walk, don't run.

### 2nd ANNUAL TFA/USA NORTHEASTERN MASTERS TRACK & FIELD CHAMPIONSHIPS

SUNDAY MAY 23  
PITTSBURGH, PA

Men 5-Year Age Groups from age 30  
Women 10-Year Age Groups from age 30

Team Trophies to each  
Men's 10-Year Age Group  
Team Trophies to Top Women's Team

SUE KLINE  
1245 ALAMAE LAKES ROAD  
WASHINGTON, PA 15301  
412-228-1872 before 9 p.m.  
(Eastern time)

#### KangaROOS/TFA National 5km Racewalking Championship

Central Park, New York  
Howard Jacobson  
445 East 86th Street  
New York, NY 10028  
April 25, 1982

#### KangaROOS/TFA National 10km Racewalking Championship

Grand Island, New York  
Dick Bessell  
2039 Long Road  
Grand Island, NY 14072  
May 9, 1982

#### 1982 Men's and Women's College and Open Walking Championship

Wichita, Kansas, May 28 and 29, 1982

Helping the United States toward 1984.



#### KangaROOS/TFA 10km Run Championship

San Francisco, CA  
Len Wallach  
1060 Continental, #104  
Belmont, CA 94002  
May 8, 1982

#### KangaROOS/TFA 5km Run Championship

Kansas, City, MO  
TFA Address  
Tentative



Chris Silvera's camera catches the intensity of a 3-man photo finish as Matt Brown (1), edges Bruce Springbett (R) and Nick Newton to win national masters age 45-49 championship 200 meter run in 1981 in Los Gatos.

INDIANAPOLIS MASTERS TRACK AND FIELD MEET

Indianapolis, Indiana  
June 12, 1982

SPONSORED BY

THE HOOSIER TRACK CLUB

June 12 (Saturday): Sub Masters & Masters Track & Field Meet. Age 30 up in 5-year age groups thru age 75 up. Those age 55 up will perform from 8am thru 12 noon. Age 30-54 will perform from 1 P.M. thru 5 P.M. There will be a one mile walk race at 12 Noon for all age groups from age 30. Excellent all-weather track. Top officials.

SITE: TBA

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

MEDALS: 1st three places

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

ADDED ATTRACTIONS: Those 55 up spend your vacation here starting June 9 with bike races, tennis, basketball, swimming, bowling, etc.

SCHEDULE OF EVENTS IN ORDER:

age 55 up		age 30-54	
8:00 a.m.	3000 meter run	1 p.m.	3000 meter run
	400 meter finals		400 meter finals
	50 meter trials		100 meter trials
	100 meter trials		800 meter finals
	50 meter finals		100 meter finals
	800 meter finals		100 meter hurdle finals
	100 meter finals		200 meter trials
	80 meter hurdle finals		1500 meter finals
	200 meter trials		200 meter finals
	1500 meter finals		400 meter hurdles
	200 meter finals		(10 yr groups, 30-39, 40-49, 50-+)
12 noon	1 mile walk - all ages 30 up		

Field events include softball throw, football throw, standing long jump for those 55 up. All contestants have available shot, 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 \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I 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 50 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 \$5.95 postpaid.

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

Barry Brown, 36, had the fastest over-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 Miguez—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.

Hal Higdon topped the 50-54 runners in 33:17 with Tom Hovey's 37:04 in 25th spot. Alex Ratelle's 33:22 is a U.S. 55-59 mark, over 6 minutes in front of Millard Shumate's 39:47 in 25th position.

Steve Richardson (38:12), Eddie Lewin (39:30), Bill Andberg (42:19) and Paul Spangler (53:35) 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.

Vicki Bigelow's 37:53 was 1st among the 45-49 group, with Erika Emmon's 43:39 in 25th spot.

Marion Irvine's 38:08 edged Mila Kania by 12 seconds in the 50-54 class. There was a gap of 9 minutes to Pauline Vigil, whose 47:39 made the list.

Helen Dick logged 40:40 to win 55-59 honors by over a minute from Margaret Miller, with Dottie Gray squeaking in at 52:35.

Patricia Dixon's U.S. record 45:40 took 60-69 laurels with Lee Lugers' 53:32 the best 70+ time. □

## Bob Fine Honored

by JIM MANNO

The annual dinner-dance of the North Jersey Masters was held March 6th at the Catch-17 restaurant in Rochelle Park, N.J. 135 members attended.

The affair was featured by the presentation of an inscribed plaque to Bob Fine, founder of the Masters Sports Association, who was honored for his many years of unselfish service to the Masters Athletes of America.

Among many accolades, Bob was lauded for almost single-handedly being most responsible for the growth and organization of the Masters competition movement in the Eastern United States.

In addition to being 1982 National Indoor two-mile walking champion in the 50-54 year division, and winner of many titles at various walking distances, Bob is the North American Representative to the World Association of Veteran Athletes. □

## 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 Kierulff from Denmark, Mr. Cesare Beccalli from Italy, Mr. Hans Axmann from Germany and Mr. Roland Jerneryd 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 Jerneryd is WAVA Executive Vice President. All these gentlemen and their respective groups were received by the Mayor of San Juan, Dr. Herman Padilla, Patron of the Games. Mr. Jerneryd 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. Jerneryd'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. □

# 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 bet-

tered 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 so as 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. □



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

PENN MUTUAL/TAC SOUTHWEST REGIONAL  
MASTERS TRACK AND FIELD CHAMPIONSHIPS  
Saturday, June 12, 1982  
Rice University - Houston, Texas

CONTACT: James McLatchie, P.O. Box 740728, 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.	10,000 Meter Finals	Shot - Finals
9:00 a.m.		Discus - Finals
3:00 p.m.	110m hurdles - Prelims	Javelin - Finals
3:30 p.m.	100m - Prelims	
4:00 p.m.	1500m - Finals	
4:30 p.m.	400m - Finals	High Jump - Finals
5:00 p.m.	110m Hurdles - Finals	
5:30 p.m.	100m Finals	Long Jump - Finals
6:00 p.m.	800m Finals	
6:30 p.m.	200m Prelims	
7:00 p.m.	5000m Finals	
7:30 p.m.	200m Finals	

ENTRY BLANK

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
(Last) (First)

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 740728, Houston, Texas 77274

Waiver of Competition: 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 \_\_\_\_\_

# MASTERS SCENE

## NATIONAL

● National TAC Long Distance Masters Chairman **Bob Boal** reports that the TAC National Masters 25K Championships, scheduled for New Jersey, has been moved to Florida, with a date still to be announced.

● **Pat Meehan**, a former hockey referee, has replaced **Jon Buzzard** as Penn Mutual's Director of Masters Sports. The status of the Penn Mutual/Masters program will be updated in June's *NMN*.

● 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 (if you've 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 91404.

## NEW ENGLAND

● Looks like the Boston Marathon will be switched from the 3rd Monday in April to the 3rd Sunday in 1983 to enable the race to be nationally televised.

● **Barbara Pike**, 40 flew to Bermuda to garner top female masters honors in the Bermuda 10K in 39:30. **Tony Sapienza** was 1st 50+ in 35:18.

● On March 14, Pike ran an indoor mile at Boston U. in 5:12.4. This is 0.1 faster than the U.S. women's masters record of 5:12.5, set by Sandra Knott in 1979. The time goes into the books as a new age 40 record, but only *outdoor* marks are considered for age-division marks, according to National Masters Record Chairman Pete Mundle. Look for Pike to break the mark sometime this spring or summer.

● Connecticut's **Bob Backus**, age 55-59 field athlete of the year, actually attained his 12lb. hammer mark of 197' with a 13 lb. hammer at Dartmouth, since it was the implement Coach Wallin happened to be using.

● "Petty 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

● **Bob Fischer** sped to a 50:47 to finish as 1st master in the National TFA 15K in Westchester County, NY March 14. **Bill O'Brien's** 54:32 won 50+ honors with Anna Thornhill's 1:02:32 topping female masters.

● New York running author **Jim Fixx** says, in his new book, *Jackpot*, that his runaway best seller *The Complete Book of Running* first gave him instant celebrity status, but eventually took its toll. He began to feel distance from his friends, had guilt at being so wealthy, and wound up with a divorce.

● Here's the skinny on entering the 1982 New York Marathon Oct. 24: You must first request an entry form by sending a SASE. Requests must be postmarked no earlier than 12:01 am June 3rd. Mail to: Marathon Entries, PO Box 1388 GPO, New York NY 10116. Don't send a letter. Just the envelope (business size, #10). Send a separate envelope for each entry. Entry forms will be mailed out in the order received. 16,000 entries will be accepted. But usually twice as many apply, so 8,000 will be accepted on a first come-first serve basis. The remainder will be drawn in a lottery to be held in late July.

● Washington RunHers Unlimited has 100 women members—new, experienced and in between. They sponsor races, hold development runs and meet monthly. Contact **Claudia Roe**, 906 New Hampshire Ave N.W., Washington DC 20037 for more info. They'll conduct the Bonnie Bell 10K May 9 at Hains Point.

● **Rudolf Nilsen's** age-69 record of 1:39:37 for the half-marathon has been ok'd by the NRDC.

● At press time, the sites of the major New York T&F meets were still not firm. MSA Prexy **Tom Talbott** says the 1st two meets (May 23 & June 13) will probably be held at Kings Point in

Great Neck. The next two (July 11 and 25) will likely be at Susan Wagner High on Staten Island. The Randall's Island track is being torn up this year, and there's a dearth of tartan tracks in the area. **Bob Fine** is handling details. (212) 789-6622.

## SOUTHEAST

● **Bob Jenkins**, 42, of Salem, Va., logged a fast 49:39 in the River Run 15K in Jacksonville, Florida March 13. **Joe Burgasser**, 43, clocked 51:21.

● The 25th Annual RRCA Convention was held in Jacksonville March 11-13. The RRCA is now an organization of 376 clubs representing over 80,000 runners. Just eight years ago there were only 15 clubs. **Walt Stack**, founder of the Dolphin South End Runners Club in San Francisco, won the Scott Hamilton Award as the outstanding local RRCA chapter President in 1981. RRCA is an active member of TAC, and provides a multitude of services to the runner, such as a quarterly newspaper, handbook race organizing guidelines and liability insurance. "We keep watch over the interests of the grass roots running movement," President **Jerry Kokesh** says.

● **Ron Barrie**, 46, was the top masters finisher, 25th overall, in 1:18:02 in the Atlanta half-marathon March 6, followed by **Dick Langway** in 1:19:51. Over 630 ran the rugged course through residential neighborhoods in Northwest Atlanta. **Ben Gross**, 51, was the top 50+ runner in 1:25:38 with H.T. Marshall best 60+ in 1:34:18. **Julia Emmons**, 40, was 3rd woman in 1:29:11.

## MIDWEST

● World Vets Steeplechase and Marathon champ **Hal Higdon**, 51, is branching out. He competed in the American Birkebeiner 55 kilometer cross-country ski classic in Wisconsin along with 7000 others. "I started in the middle of the pack and finished in around 5 1/4 hours," he told *NMN*. Higdon said quite a few runners are into cross-country skiing, including Bill Andberg, who finished 2nd in his M70 age group in about 4:36. Mary and Dick Czarapata were there, with Dick finishing in around 5 hours. "It was a great experience," Higdon said, "and I'm looking forward to skiing the Birke again." Hig says it's getting difficult to set any more personal running records. "But I have a lot of room for improvement in cross-country skiing."

● **Joe Webb**, 45, of Evansville, Ind., 9:59.44 and **Jack Fox**, 53, of Rockford, Ill., 10:28.16 finished one-two in the 100K (62 miles) Running Central Ultra Challenge in East Peoria, Ill.

● In a 60K run, **Dick Jackson**, 40, of Charleston, Ill., won the master's division in 5:16:36. **Clarence Rickey**, 49, of Milwaukee, was second in 5:52:30, and **Philip Veenhuis**, 46, of Brookfield, Wis., was third in 7:29:38.

● **Roy Young**, 41, of Flora, Ill., won a 50K in 4:19:59 followed by **Rod Rodgers**, 42, of Magnolia, Ill. in 4:29:52. Other master finishers were **Robert Yeager**, 41, Moline, Ill., 4:31.41; **John Wallis**, 45, of Ludington, Minn., 4:44.55; **Art Lassila**, 46, Dunlap, Ill., 4:55.59; **Jack Gilligan**, 43, of Pekin, Ill., 5:17.21; **Dick Conley**, 41, of Flora, Ill., 5:20.39; and **Dick Isaacs**, 63, of Rockford, Ill., 5:23.59. **Martha Reese**, 42, of Peoria won the women's master title in 5:29:29, a month after running the St. Louis Marathon in 3:51.

## SOUTHWEST

● **New Mexico's Don Longenecker**, holder of the U.S. age 60-64 1500-meter record (4:49.8) and world 60-64 2-mile (11:09) and a 3-mile (16:59.2) marks, may have permanently given up running on doctor's orders. It's neither age or injury, but asthma. After 65 years of easy breathing, Longenecker found himself gasping and choking on routine training runs. "Runners are in particular danger of asthma," he wrote in a farewell message to the Southern Arizona Roadrunners, "because of continual stress on the lungs, frequent dehydration and constant exposure to atmospheric

pollutants, particularly auto exhaust fumes, while running."

● **Donna Wright**, 46, of Bartlesville, Oklahoma is ranked #1 among the state's female masters runners.

● **Houston's Al Lawrence**, 1956 Olympic 10,000 meter bronze medalist and top age 50-54 masters runner, recently had a malignant tumor removed from his lower intestine. **Mary Cullen** reports. Preliminary reports indicate the tumor may have been removed in time and no chemotherapy is planned. Lawrence ran a mile one Friday and felt he wasn't getting enough oxygen. He went in for tests on Monday and the tumor was discovered. The early detection was credited to Lawrence being intimately in tune with his body, knowing something was wrong.

● **President Reagan** has appointed Houston businessman **Tom J. Fatjo, Jr.**, founder of the Houstonian health/fitness complex, to chair a committee to plan establishment of a National Academy of Sports and Fitness. The facility will be the first of its kind in the nation, and may be modeled after the Swiss Physical Education school.

## MOUNTAIN

● Four-time Olympian **Ron Laird**, 44, is running a camp in Colorado Springs for race walkers. Laird hopes the program will net the U.S. a race walking medal in the 1984 Olympics. Four of the nation's top walkers are currently in training and Laird hopes to have up to 30 by year's end. "My ultimate goal is to build the race walking capitol of America right here in Colorado Springs," Laird said.

● **Jerry Donley** (M50) vaulted 12'6" in the All-Comers T&F meet at the U.S. Air Force Academy March 13. **Hugo Hartenstein**, **Frank Bowles**, **Herb Anderson** and **Betty Pappas** were also in fine early season form.

● **Sal Vasquez** logged a sizzling 31:00 in the San Jose Mercury News 10K March 21. The time betters **Dan Conway's** U.S. closed-loop 10K masters best of 31:03. (**Herb Lorenz** ran 30:42 on a point-to-point course.) The time is subject to confirmation by the National Running Data Center. **Jim Bowers**, U.S. masters marathon record holder, was 2nd master in 31:41.

● **Vicki Bigelow** led female masters in 37:19. **Ephraim Romesberg** topped the 50 plus men in 36:37.

● **Skip Shaffer**, 43, sub-2:30 marathoner, continued his impressive masters career with a 12-minute, 2:33:12 masters victory in the Los Angeles marathon March 28. **Joe Gassmann** edged **Ed Lujan** by 11 seconds in 2:45:32 for 2nd. **Patrick Devine** topped the 50 plus group in 2:55:47.

● How many times has it happened? A runner gets the flu, or is injured, or forced to lay off for a week or two, then runs the best time of his or her life. A good rest (after a base is firmly established) before the big race or meet has proven a successful formula, particularly for masters. Steve Brown, 29, is the latest beneficiary. Sick with the flu and forced to stop training, he got out of bed and startled everyone, including himself, with a 2:16:33 win in the Los Angeles Marathon March 28.

● Avon, with the approval of TAC and the IAAF, will award \$65,000 to the first 15 finishers in the Avon International Marathon in San Francisco June 6. \$15,000 for 1st, \$10,000 for 2nd, down to \$1,000. **Cindy Dalrymple**, who turned 40 on March 5 and who won close to \$60,000 on the professional circuit as a 39-year-old, is a threat to pick up some loot off her 2:44 marathon (for \$1000) earlier this year.

● San Diego's **Bill Stock** asks race directors to "give the folks at the ends of the age spectrum a break." Stock cites that when 12-and-under and 60 plus divisions are included in races, they are well contested. "Some of the older runners I've talked with indicate they look at the age divisions on the entry and if it doesn't include 60 plus, they just chuck it aside. They don't want gifts, and are perfectly agreeable to the logic of number of awards predicated on number of entrants in the division."

● Who is **Marie Reid**? The new name (to *NMN*, anyway) clocked a super 39:40 in the San Diego St. Patrick's Day 10K to win the W50 plus divi-

sion by 90 seconds over tough **Anne Johnson** and **Mary Storey**. She beat all female masters except **Shirley Matson**, 41, who posted a fast 38:19. **Gary Hooker** edged **Dan McCaskill** by 6 seconds in 33:49 for male masters honors.

● The Los Angeles Seniors Track Club lives. "Our board met and decided to continue STC," President Pro-Tem **Hal Winton** reports. "We'll cut back on the frequency of the newsletter and other things, but we will keep the club going."

● **Christa Romppanen**, 43, of Malibu, Calif. was 1st W40 in the Bakersfield, Calif. half-marathon Feb. 6 in 1:25:42, only 2 1/2 minutes off the American record. She ran her first marathon Feb. 14 in Palm Springs in a good 3:05:33. "I'm aiming for my 2nd marathon in June," she told *NMN*, "and plan to race several 10K's in May."

● **John Perry**, 37, ex-Oklahoma State U. star, ran a winning 1:55.5 800 meters as a guest competitor in the Saddleback vs. San Bernardino Junior College dual meet on April 2.

● The San Diego Track Club Masters will take a shot at regaining their world veterans 100 x 1 mile relay (100 runners running 1 mile each) record on May 8th, starting at 8 a.m. at Grossmont College. The Club set the record in 1980, but the Wirral Athletic Club of England clocked 8:45:21 (5:15 per mile average) in 1981 to hold the current mark. All runners will be over 40 and a member of the club.

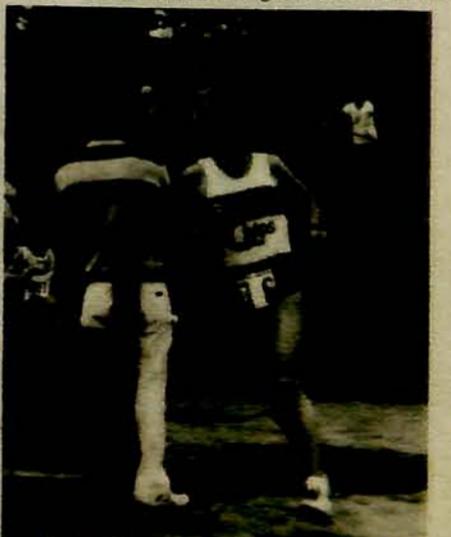
● Canadian **Marcel Jobin**, 39, of Toronto, topped the field in the National TAC 25k Racewalk Championships in Carmel, Calif. March 28 in 1:48:20. **Chris Smith**, son of masters pentathlete **Hal Smith**, is the new U.S. Junior titleholder in 2:15:59. **Bonnie Dillon**, 33, was 1st woman in 2:24:46.

● **Bart Van Housen**, 35, ran the length of California last month. Although he never trained more than 6 miles a day, he covered 20 miles a day on an artificial leg, as a tribute to **Terry Fox**, the Canadian who died of cancer after trying to run across his country in 1980.

● **Nike and Runner's World** have settled their lawsuit out of court, Joe Henderson reports in "Running Commentary" newsletter. The mag had sued Nike for libel over statements questioning the integrity of RW's shoe ratings. Nike had countered with its own suit over circulation figures and advertising rates. In the agreement, neither company admits guilt, and no money changes hands.

● **Shirley Matson** set an age-41 mark of 58:00, erasing **Karen Scannell's** 58:21, in the Mission Bay 15K, 1:34 ahead of **Dorothy Stock**. **Dan McCaskill** won the M40 in 51:43, with **Bill Gookin**, 48, next in 54:05.

● **Matson** remains unbeaten in 1982. On March 20, she was 1st woman overall (1:25:59) in the International Friendship half-marathon which started in California and finished in Tijuana, Mexico. On March 28, she was again 1st woman finisher in a tough, hilly Escondido 10K-XC in Escondido, Calif. On April 3, she won the masters division of the prestigious Bonnie Bell 10K in San Diego, exactly one year since she got serious about running. Last year, she ran the race in 44:01, this year in 38:29. Her PR is 37:38, and, according to coach **Dan Mc-**



Joan Reiss, 44, Buffalo Chips Running Club, Sacramento, California. Photo by Justine Reiss

Caskill, "the best is yet to come for this determined and talented runner."

• **Judy Kewley**, 39, Los Angeles looms a top masters threat when she turns 40. She posted a PR 37:11 10K March 7, a PR 2:57 marathon Feb. 14 and a 1:25 half-marathon Feb. 6.

• Runner-author **Mike Tymn** broke off another piece of cartilage in his knee and will require a second surgery, but he's still able to run with the risk of the knee locking up. "I'm going to try to hang on to the Tamanaha Nike race, qualify for the Nike nationals, get surgery done and get ready again by August," Tymn told NMN.

• **Dave Jackson** is conducting a flexibility (stretching) clinic at Cal State Univ. Dominguez Hills each Sunday at 10 a.m. All athletes are invited to attend and learn how to stretch properly. Clinic and parking are free at 190th St. and Avalon Blvds. in Los Angeles.

• Schedule changes: The Herbert Hoover relays are moved from May 30 to May 22. The Senior Olympics are on July 24, not June 27. The July 18 TFA meet at UCLA is cancelled. The Western Regionals, originally listed for Los Angeles, will be held in San Diego June 19-20. The Home Savings Pan-American Games are indefinite.

• With over 1200 runners competing in the Napa Valley Marathon on March 14, **Joan Reiss** was the 1st master woman and 4th female overall with an excellent 2:57:22 over the scenic course along the Silverado Trail. Reiss, 44, ran her first sub-3-hour marathon at the Bidwell Classic in Chico in March, 1981 in 2:59:38. Her masters course records include: 1981 Avenue of the Giants, 3:03:40; and the rugged Crater Lake Marathon, 1st woman in 1981 in 3:28:40. She posted a 64:51 at the Stockton, Cal. 10-miler and a 39:58 10K in Sacramento.

• **Mike Heffernan**, 41, of Portland, sped to a blazing 49:02 to capture the Northwest Masters 15K March 28 in Seward Park, Seattle. **Jerry Schmidt**, 41, of Wenatchee, WA was 2nd in 50:49, a minute ahead of **Dennis Meyer**, 49, of Seattle. **Patricia Thomas**, 41, of Seattle logged a swift 59:03, less than 2 minutes off **Miki Gorman's** U.S. masters record.

• **Patricia Dixon's** 60-64 10K record 45:40 set Sept. 26, 1981 has been certified by the NRDC. On March 14, she set a 20K mark of 1:37:33 in the TAC National Championships.

• **Ben Kerr**, 51, completed a 6-month walk from Toronto to Los Angeles to dramatize his camping to have smoking banned in offices.

• Canadian Runner Magazine named **Bob Moore** masters marathoner of the year for his 2:23:39 effort in Toronto. **Dereck Fernee** posted a 2:21:40 in New Zealand to win best performance of the year before injuries sent him to the sidelines. Fernee still has hopes of a 2:16-2:18, perhaps in the fall of 1982.

• **Diane Palmason's** 2:49:19 in Oakland in December won her master women's awards in both categories. She still feels her best events are the 800 (Commonwealth Games 1954) and 1500, and will concentrate on those to challenge the world's best in Puerto Rico in 1983.

• The Nike City of Christchurch International Marathon is scheduled for June 6th. Air New Zealand is organizing trips to the scenic race, which is rated 5th fastest in the world.

• Australia's **Stan Nicholls**, 70, set two world 70-74 records: On Nov. 18, 1981, a 12:23.0 2-mile, bettering Harold Chapson's 1976 mark of 12:40.0; and on Dec. 12, 13:47.7 steeplechase, smashing **Wilfred Bigelow's** mark of 14:34.7, set last year at the World Games in New Zealand.

• **Anne McKenzie** set two age-56 records in the 800 (2:46.6) and 1500 (5:50.0) to highlight the Western Province Masters athletics championships in Cape Town March 27. **Leon Hacker** broke the Western province M40 record in the 400 (53.1) and 200 (23.7). **Leo Benning**, 49, won the pentathlon with 2488 points for a new W.P. mark. Only 70 athletes competed, compared to 110 last year.

• A large contingent of South African Masters are expected to attend the 5th World Veterans Games in Puerto Rico in Sept. 1983. Sponsors are being sought to help defray expenses.

## 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.

Thousands have adopted the hobby of competing in "masters" athletic events throughout the nation. "Masters" are men and women over age 40. "Submasters" are those aged 30 to 39.

Our readers include not only masters participants, but those interested in following the achievements of the over-age-30 performer.

There are no qualifications needed to join the masters program—except to be over the age of 30.

You don't have to spend a lot of money to get started. About all you need is a pair of shoes. Most masters participants work out on their own or with friends. There are also several clubs with organized workout programs.

There are many masters track & field meets for men and women over age 30. Competition is held in 5 or 10 year age groups. You compete against people your own age.

There are long distance runs, which are generally open to runners of all ages. Prizes by age-categories are awarded.

A good way to get started is to just show up at a track & field meet, or at a road race. Sign up and participate. Or just come and watch and see what it's like. You'll find many people eager to answer your questions.

Masters are serious competitors, yet there is little pressure. You rarely find 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, rankings, 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

ALBANY, NY, March 21. Barry Brown, 38, fell 8 seconds short of winning it all today in the Price Chopper 30-kilometer Schenectady-to-Albany run. His time of 1:36:31 fell short of Phil Coppess, 27.

Coppess and Brown ran the first 17 miles side by side. Then Brown started to pull ahead and had achieved a 30-yard lead on the final downward hill 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 copped the 50-54 title and Bob Boal the 65 plus bracket in the annual affair.

Results in back pages.



The Mayor of San Juan, Dr. Hernan Padilla shows a tourism brochure to the vice-president of WAVA, Hans Axmann from West Germany. Observing at high is Prof. Jose Barboza, the Secretary of sports and former Olympian.

## 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 meets should be routed to Ron. Ron will 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; guideline 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

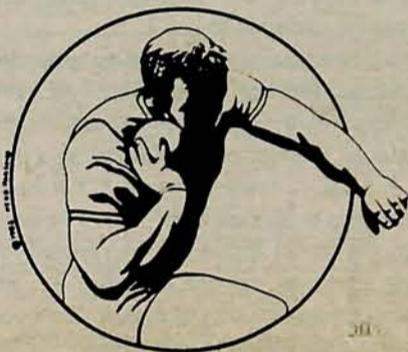
TFA/USA will be dissolved this year with the groups from TFA joining TAC. The NCAA will get a number of seats on the board of directors, as will other groups.

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 20'¼"—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 18'½". The



Age group record holder in high jump, J.C. Brown, 51, ponders his upcoming attempt at 5'10" at TFA Indoor in Kansas City.

Photo: Russ Niemi

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 17'10¼" 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 Schepe 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 36'9½" to better Stan Herrmann's 1979 throw of 35'2½". The toss was only 2" off Verner Andersson's world best of 36'11½". The Red one's other U.S. best was a 107'3" 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 Elliot, 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.



Holding trophies won at Florida State Masters, Mary Zuknick, MTC, sub-masters trophy; Walt Rothenbach, president of Mansota Track Club, team trophy; and Bill Carlin, MTC, masters trophy. (Photo by Bill Gentry)



Don Hull, M60, tosses shot at Fla. State Masters meet in Sarasota, March, 13-14.

(Photo by Bill Gentry)



1982  
PENN MUTUAL  
TAC



# Western Regional Masters Track and Field CHAMPIONSHIPS

SOUTHWESTERN COLLEGE.....JUNE 19-20, 1982

900 Otay Lakes Rd., Chula Vista Ca.  
(near San Diego)

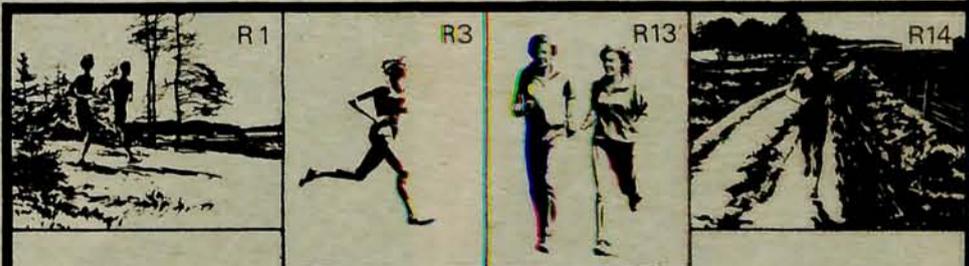
ENTRY FORM IN JUNE ISSUE

Contact:

Joe Horn, 1147 Agate St., San Diego CA 92109

Sponsored by:

PENN MUTUAL LIFE INSURANCE COMPANY  
The Athletics Congress San Diego Athletics Assoc



## POSTERS & NOTECARDS

- GREETING CARDS (designs R1-R15), 4¼ x 5½" in packages of 12, incl. envelopes, one design per pkg. Perfect for letter writing, holiday cards. \$4.25 per pkg postpaid.
- POSTERS (R1-R15) 11" x 15", \$2.25 each. Suitable for framing.
- CUSTOM WORK, race awards, illustrated certificates for Coaches, Race Directors.
- FREE INFORMATION, retail/wholesale: write Wing & Wing, 170 Rosario Beach Rd, Box A, Anacortes, WA 98221.

ALL DESIGNS COPYRIGHT 1981 • HERB PARSONS

# PROFILE

## 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 finish fifth individually in the national championship in Philadelphia while competing against the strongest masters field ever assembled in this country. His time of 49 min., 38 in that race made him one of only a handful of American masters



Jeremy Clark enroute to 4th place in 1981 Nike series in San Diego. photo by Mike Tymn

who have broken 50 minutes for the 15 kilometer distance.

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 3:50 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 and a 4:30 mile back in 1954. And at Brown University, 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.

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.

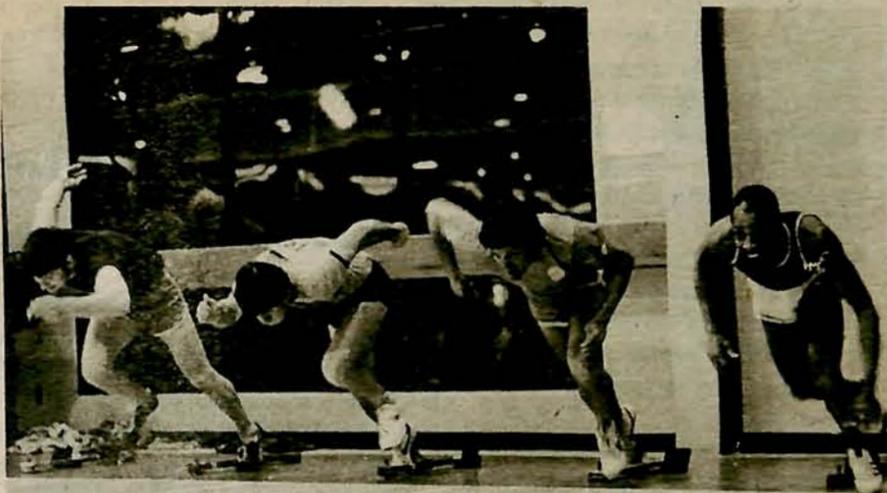
One of his big goals is to break 2:30 for the marathon, but he says that he doubts that he'll do it in Hawaii.

"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." □



Kent Wiley, (left) meet director, Fla. State Mastes, talks with Nate Robinson, M30 competitor, who set a meet record of 13.95 in 120HH.

(Photo by Bill Gentry)



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

### AGE GROUP TIME STANDARDS

Booklet includes Men's and Women's Time Standards for-

- Each year of age 9-18 and 33-65
- Open class
- Sprints to Marathon
- Meters and yards/miles

CONVERT YOUR TIME RUN TO PERFORMANCE LEVEL (%)  
FIND WHETHER OR NOT YOU ARE IMPROVING WITH AGE

20 page booklet lists 1982 Time Standards, including explanation & uses of the Performance Measuring System.

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_



**WORLD ASSOCIATION  
of  
VETERAN ATHLETES  
1982**

## DECATHLON & HEPTATHLON CHAMPIONSHIP

AUGUST 28th 29th, 1982

San Diego State University, San Diego CA

DECATHLON...Men

HEPTATHLON...Women

50 Year Age Competitions Men Age 40 and Over  
Women Age 35 and Over

MEN-40-49 IAAF Tables Entry Form will  
MEN-50 plus WAVA Tables appear in June  
WOMEN IAAF Tables issue of NMN

Contact: Ed Oleata, PO Box 2822  
La Jolla CA 92038

The Senior Sports Festival is sponsored by King County Parks and Recreation, Seattle Parks and Recreation, the Mayor's Office for Senior Citizens, and the Seattle Masters Track and Field Club. Other sports are Pickleball, Badminton, Swimming, Tennis, Handball, Racquetball, Softball and an August 28th 10K Run. To be added to the mailing list for other Festival sports or for additional information, call Brenda Weatherford at (206) 244-1080.

ELIGIBILITY	Open to men and women age 40 and over who do not gain livelihood from competing in the sport entered. T.A.C. membership is <u>not</u> required.		
LOCATION	Husky Stadium, University of Washington - Seattle, WA		
DATE/TIME	June 19, 1982 - 9:30 a.m. Competitors should check in 30 minutes prior to their first event.		
DEADLINE	Entry forms and fees must be RECEIVED by June 11, 1982.		
AGE GROUPS	Men: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ Women: 40-44, 45-49, 50-54, 55-59, 60+ Age division is determined by participants age as of August 19, 1982.		
AWARDS	3 place awards will be given in each age group, men and women. A participation award will be given to each entrant.		
CHAIRMAN	Patti Petesch/Dennis Cook 625-2974 9:00 am - Noon		
	<ul style="list-style-type: none"> <li>- This meet is P.N.A.C. sanctioned and will be conducted in accordance with T.A.C. Rules and Regulations.</li> <li>- Field event entrants must provide their own implements in accordance with T.A.C. guidelines.</li> <li>- Locker Room facilities are not available.</li> <li>- You may enter a maximum of three events.</li> </ul>		
FEES	REQUIRED: \$5.00 per person for first event. \$2.00 for each additional event. OPTIONAL: Senior Sports Festival T-Shirts: \$5.50 Results of All Sports published in September: \$1.00 each		
ENTRY INFO	Make checks payable to: Senior Adult Advisory Council Mail To: Senior Sports Festival, 425 S.W. 144th, Seattle, WA 98166. No Refunds will be given after the June 11th deadline.		
EVENTS	3000 Race Walk 1500 Walk 5000 Meter 1500 Meter 800 Meter 400 Meter 200 Meter 100 Meter 50 Meter	High Jump Long Jump Triple Jump *Pole Vault *Hammer Discus Javelin Shot Put *Hurdles	*These events will only be conducted if there are sufficient entries.

THE 3rd ANNUAL SENIOR SPORTS FESTIVAL  
MASTERS TRACK AND FIELD "82"  
Saturday, June 19, 1982

HEIGHTS AND STANDARDS (Metric)

MEN	SHOT	DISCUS	HAMMER	JAVELIN
40	7.26	2.00	7.26	800
50	5.50	1.50	7.26	800
60	4.00	1.00	6.00	600
70+	4.00	1.00	4.00	600

WOMEN	SHOT	DISCUS	HAMMER	JAVELIN
35	4.00	1.00		600
40	4.00	1.00		600
50	3.00	1.00		400
60	3.00	1.00		400
70+	3.00	1.00		400

Hurdles: a = distance to first hurdle  
b = distance between hurdles  
c = distance from last hurdle to the finish

MEN	HEIGHT	A	B	C
40	110 meters	99.6	13.72	8.7
50	110 meters	91.4	13.72	8.5
60	100 meters	84.0	13.00	8.5
70+	80 meters	76.2	12.00	8.0

WOMEN	HEIGHT	A	B	C
35	100 meters	76.2	13.00	8.5
40+	80 meters	76.2	12.00	8.0

\*\*\*\*\* DETATCH: MAIL LOWER PORTION KEEP UPPER PORTION \*\*\*\*\*

1982 SENIOR SPORTS FESTIVAL MASTERS TRACK & FIELD ENTRY FORM

Enter me in the following events (Print): (1) \_\_\_\_\_  
(2) \_\_\_\_\_ (3) \_\_\_\_\_

I have enclosed \$ \_\_\_\_\_ for the above events entered  
( \$5.00 per person for first event. \$2.00 for each additional event)

ATHLETE RELEASE: In consideration of acceptance of my entry, I do hereby for myself, heirs and administrators waive and release any and all claims I may have against the Senior Sports Festival, the various governing bodies, the various sport facilities, the various sponsoring agencies, and the representatives of these varying groups for any and all injuries suffered by me in any event, sport or facility. I waive any right to any interest in pictures taken of me during the days of competition. I certify that I have no physical defects that would prevent me from competing. I take full responsibility for equipment used by me for damage or breakage.

PRINT NAME: \_\_\_\_\_ SEX: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ AGE AS OF 8/21/82: \_\_\_\_\_

Checks payable to: Senior Adult Advisory Council day -yr. Deadline: June 11, 1982  
Mail To: Senior Sports Festival, 425 SW 144th, Seattle, WA 98166.

## Television Vs. Boston

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 obtained help from other 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 only 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 foxy 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 the 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 gates and even throw away the pouch if you wish. Littering is the "in thing" in Massachusetts. Our Gov. Jester organized a cosmetic 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 behave, try to enjoy yourselves and remember to purchase an official race T-shirt. This is the only revenue raiser 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 National 50K Masters

WASHINGTON, D.C., March 13—Four U.S. age-division records were smashed today in the TAC National 50 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. was the 1st masters and 3rd overall in 3:17:48. Trudy Rapp, 45, of Alexandria, Va. was the 1st woman finisher in 3:48:39, a new U.S. women's age 45-49 record, breaking Sue Medaglia's old mark by 22 minutes.

John Sullivan, 50, of Holliston, Mass. logged 3:19:32 to erase the American men's 50-54 division mark of 3:21:02, set by Alex Ratelle in 1977.

Ed Benham, 74, notched a 4:34:50 to establish a new mark for men 70-74, while Carmen Haney's 6:13:41 became a new women's 55-59 standard.

All records are subject to approval by the National Running Data Center. The host Potomac Valley Seniors Track Club won team honors. □

Results in back pages.

## Lorenz Breaks Higdon's 10-Mile Mark

CHERRY HILL, N.J. March 14. Herb Lorenz picked off yet another American masters record today, clocking 51:08 in the New Jersey 10-miler to take 22 seconds off the 51:30 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

29:17	Barry Brown	36	Gainesville	FL	7 Mar,AL-A
31:08a	Jeff Galloway	35	Atlanta	GA	4 Jul,GA-A
31:46	Frank Duarte	39	Santa Ana	CA	17 Oct,CA-A
31:55	Phil Ryan	37			7 Nov,CA-A
32:04ae	Damien Koch	35+			4 Oct,CO-A
32:05	Bill Clark	37	Los Altos	CA	11 Oct,CA-A
32:06	Morgan Looney	39	Birmingham	AL	28 Nov,AL-A
32:07	Hugh Sweeny	37	Jersey City	NJ	1 Mar,NY-A
32:11	Arthur Williams	38	Greenville	SC	28 Nov,AL-A
32:12e	Marshall Matye	38			6 Sep,CA-A
32:22a	Robert Priest	35	Hanahan	SC	4 Jul,GA-A
32:22e	Bill Scobey	36	Ventura	CA	6 Sep,CA-A
32:25	Patrick Davis	35	Mokena	IL	25 Oct,IN-A
32:26	Stephen Conroy	36	Albertson	NY	19 Sep,NY-A
32:27a	Gary Darnell	35	Marietta	GA	4 Jul,GA-A
32:32	Ray Kneer	39			27 Jun,NY-A
32:42	Tom Von Ruden	36	Stateline	NV	24 May,CA-A
32:44	Frank Handelman	35	New York	NY	1 Mar,NY-A
32:47	Rick Myers	35	Berlin	NJ	29 Mar,NY-A
32:47	Ron Wiser	35			24 May,OH-A
32:47	Derck Frechette	36	Alfred	NY	22 Aug,NY-A
32:48	Kevin Collins	35	New York	NY	13 Sep,NY-B
32:49	Hal Rothman	35	Miller Place	NY	19 Sep,NY-A
32:50	Paul Rogers	35			14 Mar,SC-A
32:50	Wayne Schwark	39			27 Jun,NY-A

Men- 50 thru 54

33:17	Hal Higdon	50	Michigan City	IN	26 Jul,NE-A
34:16	Ross Smith	53	Reno	NV	25 Oct,CA-A
34:20	Gordon McKenzie	54	Great Neck	NY	19 Sep,NY-A
34:35	Ed Stabler	52	Syracuse	NY	27 Jun,NY-A
34:48	Kenneth Jones	51			4 Oct,NY-A
34:49ae	Tom Bailey	52	Denver	CO	4 Oct,CO-A
35:36a	Dave Seiler	50	Pensacola	FL	21 Nov,FL-A
35:57e	Jan Fekkes	51	Thousand Oaks	CA	24 May,CA-B
36:00	Joseph Burns	52	Bogota	NJ	4 Oct,NY-A
36:02	Luis Torres	53			24 May,OH-A
36:02	Bill Irland	52			27 Jun,NY-A
36:02	Bill McCaffrey	50+			14 Aug,NY-A
36:06	Herbert Kania	52	Warwick	NY	13 Sep,NY-B
36:06	Len Thornton	50			13 Sep,CA-A
36:08	Bill Stock	52	La Mesa	CA	10 Oct,CA-A
36:09a	Wil King	50	Colorado Sprgs	CO	25 May,CO-A
36:26a	Bill Fortune	53	Pearl River	NY	5 Jul,NY-A
36:29	Hugh Ainslie	51	Seattle	WA	26 Sep,WA-A
36:36	William Cupp	50	Seattle	WA	26 Sep,WA-A
36:37	Charles Anderson	50	San Diego	CA	28 Feb,CA-A
36:38	Tracy Brown	50+	Los Alamitos	CA	17 Oct,CA-A
36:45a	Stanley Chodnicki	50	Saddle Brook	NJ	5 Jul,NY-A
36:53e	Wally Evertz	51	Santa Ana	CA	24 May,CA-B
37:01	Tom Sturak	50	Portland	OR	26 Sep,WA-A
37:04	Tom Hovey	51			27 Jun,NY-A

Men- 40 thru 44

30:42a	Herb Lorenz	42	Willingboro	NJ	4 Jul,GA-A
31:03	Dan Conway	42	Chetek	WI	26 Sep,WA-A
31:19	Jim Bowers	42	Santa Rosa	CA	26 Jul,NE-A
31:40	Jim Ewing	41	Jackson	MS	7 Mar,AL-A
31:42	Jerry McNeal	44	Minnetonka	MN	25 Apr,MN-A
31:58	Robert Packard	44	Flagstaff	AZ	1 Feb,AZ-A
31:59	Tom Laris	41	Palo Alto	CA	11 Oct,CA-A
32:02	Michael Heffernan	41	Portland	OR	26 Sep,WA-A
32:03a	Bill Hall	40	Durham	NC	4 Jul,GA-A
32:12	Lew Faxon	41	Hampton	VA	10 Oct,VA-A
32:16	Ken Winn	43	Stone Mtn	GA	7 Mar,AL-A
32:19	Gary Muhrcke	40	Huntington	NY	1 Mar,NY-A
32:24ae	Bob Griffith	40+			4 Oct,CO-A
32:31	Bill Meinhardt	40+	Los Gatos	CA	25 Oct,CA-A
32:32	Bob Fischer	41	Newark	NJ	10 Oct,NY-A
32:35	Jerry Schmidt	41	Wenatchee	WA	26 Sep,WA-A
32:40	Ray Stevens	40	Lincoln	NE	26 Jul,NE-A
32:43e	David Stansbury	43			6 Sep,CA-A
32:44	Charles Harris	40+			25 Oct,CA-A
32:52	Rick Kleyman	41			25 Apr,MN-A
32:52	Dave Kafer	41			24 May,OH-A
32:55	Reed Miller	43	Longview	WA	26 Sep,WA-A
33:05	Dan McCaskill	40	Chula Vista	CA	3 May,CA-A
33:10	Calvin Loomis	42	Campbell	NY	27 Jun,NY-A
33:10	Alton Miguez	41	Pensacola	FL	28 Nov,AL-A

Men- 55 thru 59

33:22	Alex Ratelle	56	Edina	MN	25 Apr,MN-A
34:00	Jim O'Neil	55	San Diego	CA	31 Jan,CA-A
36:32	Hubert Morgan	59	Sayre	PA	13 Sep,NY-A
36:59	Augustus Prince	57	Port Jefferson	NY	4 Oct,NY-A
37:17e	Fred Nagelschmidt	57	Ventura	CA	6 Sep,CA-A
37:29e	Ray Gil	56	Lompoc	CA	24 May,CA-B
37:49	Roland Anspach	55	Springboro	OH	5 Sep,OH-A
37:53	Mac Elliott	55	Paradise Valley	AZ	1 Feb,AZ-A
38:09	Walter Brown	56	Howard Beach	NY	19 Sep,NY-A
38:23	Norman Clark	56	Kent	WA	26 Sep,WA-A
38:26	Frank Ruliffson	55	Bethesda	MD	15 Mar,CA-A
38:28	Jim McCown	59	Everett	WA	26 Sep,WA-A
38:35	Flory Rodd	58	San Francisco	CA	20 Sep,CA-A
38:41	Lenn Dompier	56			29 Aug,WA-A
38:47	Giles Tomlinson	56	Angola	IN	25 Oct,IN-A
39:21	Walter Bauer	55	St Louis	MO	10 May,MO-A
39:22a	James Jensen	55			5 Jul,NY-A
39:25	Ben Griffin	55	Jackson	AL	7 Mar,AL-A
39:26ae	Bob Carlson	55+			4 Oct,CO-A
39:28	Bob Bartling	55	Brookings	SD	3 May,SD-A
39:32e	Keiji Taki	57	Whittier	CA	24 May,CA-B
39:34	Bill Moir	57			24 May,OH-A
39:42	Donald MacKenzie	59			4 Oct,NY-A
39:43	Bernard Gloisten	55	Huntington	NY	19 Sep,NY-A
39:47	Millard Shumate	59	Tampa	FL	21 Feb,FL-A

Men- 45 thru 49

31:26	Ray Hatton	49	Bend	OR	26 Sep,WA-A
32:30a	Earl Ellis	45	Seattle	WA	4 Jul,GA-A
32:42a	Bill Olrich	45	Lexington	KY	4 Jul,GA-A
32:45e	John Brennand	45	Santa Barbara	CA	6 Sep,CA-A
32:53e	Andre Tocco	45			6 Sep,CA-A
32:56	Derek Mahaffey	47	Bellevue	WA	26 Sep,WA-A
33:06	Bill Foulk	48	Bozeman	MT	29 Aug,WA-A
33:09	Larry Fuselier	45	Metairie	LA	7 Mar,AL-A
33:28	Robert Paklaian	45	Detroit	MI	4 Oct,NY-A
33:32	Dennis Meyer	48	Seattle	WA	26 Sep,WA-A
33:41	Adrian Craven	45	Greenville	SC	28 Nov,AL-A
33:42e	Jim Knerr	47	Simi Valley	CA	24 May,CA-A
33:48	Fenner McConnell	46	Gulf Breeze	FL	7 Mar,AL-A
33:52	Arlen Sunn	46	Columbia Hgts	MN	25 Apr,MN-A
34:01	Gerald Koch	47			28 Nov,AL-A
34:18	Jan Ahlberg	46	Phoenix	AZ	1 Feb,AZ-A
34:23	Jack Blakely	45	Ithaca	NY	27 Jun,NY-A
34:34a	Harold Tinsley	45	Huntsville	AL	4 Jul,GA-A
34:34	Roger Bryan	45	Colorado Spgs	CO	26 Sep,WA-A
34:35	Paul Goble	46	Morristown	IN	19 Sep,IN-A
34:37	Fred Kiddy	47	Palm Springs	CA	15 Mar,CA-A
34:42	Jim Aneshansley	46	Brooklyn	NY	13 Sep,NY-B
34:57	Richard Murphy	47	East Northport	NY	19 Sep,NY-A
35:06	John Forrest	48			24 May,OH-A
35:07	Jim Caviness	47	Noblesville	IN	26 Sep,WA-A

Men- 60 thru 64

38:12	Stephen Richardson	60	Riverside	CT	1 Mar,NY-A
38:13e	Harold Daughters	60			6 Sep,CA-A
38:40	Charles Chambers	60	Ellaville	GA	7 Mar,AL-A
39:19	George Sheehan	62	Red Bank	NJ	1 Mar,NY-A
39:37e	Eddie Lewin	64	Brentwood	CA	24 May,CA-B
39:47	Frank Grey	61	Poulsbo	WA	26 Sep,WA-A
39:47	Norman Hansen	60	Enumclaw	WA	26 Sep,WA-A
40:01ae	J Allen Patten	60+	Boulder	CO	4 Oct,CO-A
40:27	Joseph Mallon	60	Portland	OR	26 Sep,WA-A
40:27	Edwin Bishop	60	Santa Barbara	CA	7 Nov,CA-A
40:28	Wayne Zook	64	San Diego	CA	31 Jan,CA-A
40:36	Wilfredo Rios	64	Queens	NY	19 Sep,NY-A
40:38	Don Longenecker	64	Silver City	NM	14 Feb,AZ-A
40:52	Millard Shumate	60	Tampa	FL	4 Jul,FL-A
41:02	Robert Dellwo	63	Spokane	WA	29 Aug,WA-A
41:04	Tony Lipscomb	63	Demopolis	AL	7 Mar,AL-A
41:10	John Lafferty	63	San Diego	CA	2 May,CA-A
41:14e	Demetrio Miller	61	Thousand Oaks	CA	24 May,CA-B
41:16	Don Phillips	62	Urbana	IL	2 May,IL-A
41:21e	John Schadl	62			24 May,OH-A
41:24	Joseph Latino	60	Northport	NY	19 Sep,NY-A
41:28a	Bill O'Connor	60			5 Jul,NY-A
41:30	Bob Martin	60	Tucson	AZ	31 Jan,AZ-A
41:30	Elliott Galloway	60			3 May,GA-A
41:34	Joe McGinness	64	Lookout Mtn	TN	21 Mar,TN-A

Men- 65 thru 69

39:30e	Eddie Lewin	65		CA	6 Sep,CA-A
39:38	Robert Kroger	65	Riverside	CA	7 Nov,CA-A
41:30	Reg Rollason	65	Port Orange	FL	21 Feb,FL-A
42:16	Earl Wert	68	Mobile	AL	28 Nov,AL-A
43:50	Vernon Geary	69	Williamsburg	VA	10 Oct,VA-A
43:51	George Boulden	65			29 Aug,WA-A
44:01	Ed Stotsenberg	67			7 Nov,CA-A
44:38	Al Clark	67	Prescott	AZ	26 Sep,AZ-A
44:48	Carl Jenkins	65		SC	28 Nov,AL-A
45:01	Cleo Casady	68	Springfield	MO	3 May,MO-A
45:17e	Jon Baldwin	65	Palos Verdes	CA	24 May,CA-B
45:40	Jerry Satterlee	67	Seattle	WA	26 Sep,WA-A
46:06e	Dean Scofield	69	Los Angeles	CA	24 May,CA-B
46:22	Stan Venoski	68	Herrin	IL	21 Nov,IL-A
46:47e	Eddie Howard	65	Los Angeles	CA	24 May,CA-B
47:15e	George Feinstein	67	Altadena	CA	24 May,CA-B
47:45	Arne Johnson	68			1 Feb,AZ-A
47:51	James Johnson	65+			19 Sep,IN-A
48:18	Luis Martin	69	Upr Montclair	NJ	29 Mar,NY-A
48:23	George Jaffe	65	Brooklyn	NY	1 Mar,NY-A
48:30	Albert Clapp	66			10 Oct,CA-A
48:36	Wayne Kenemuth	65	Frostproof	FL	21 Feb,FL-A
48:37	Ray Deschambault	67			27 Jun,NY-A
48:47	Robert Hutchins	65	Coronado	CA	28 Feb,CA-A
48:51	Fred Bruecker	65	Torrance	CA	27 Sep,CA-A

Men- 70 thru 79

42:19	William Andberg	70	Anoka	MN	25 Oct,IN-A
43:57	Norman Bright	71	Seattle	WA	26 Sep,WA-A
44:33e	Monty Montgomery	74	Sherman Oaks	CA	24 May,CA-B
47:07	Urban Miller	70	Blakely Island	WA	26 Sep,WA-A
47:34	Ray Sears	74	Shelbyville	IN	8 Aug,IN-A
49:04	Ralph Kirk	71	Canton	OH	21 Feb,FL-A
50:21	Shorty Hernandez	70+		AZ	26 Dec,AZ-A
50:23a	Herb Parker	70			18 Apr,AR-A
51:29	Carl Stroud	74			10 Oct,CA-A
51:38	Eugene Hess	70	Selah	WA	26 Sep,WA-A
51:43	Marvin Streeter	70+			13 Dec,AZ-A
51:49	George Jacobs	73	Jamaica	NY	1 Mar,NY-A
53:03	Damon Hieronymus	72	Sedalia	MO	3 Oct,MO-A
53:25e	Bernhard Blech	76			24 May,OH-A
53:57	Werner Loewenstein	70			23 Aug,IN-A
53:59	Henry Berlin	70+		AZ	26 Dec,AZ-A
54:03	Richard Whittemore	70			10 Oct,CA-A
54:25	A Shough	72			10 Oct,NJ-A
54:27	Max Popper	77	Little Neck	NY	29 Mar,NY-A
55:34	Wade Lebold	70+		AZ	26 Dec,AZ-A
55:59e	John Pianfetti	73			24 May,OH-A
56:46a	Maurice Stanton	73			18 Apr,AR-A
57:01e	Nat Pisciotto	77			6 Sep,CA-A
57:42	Byron Melton	72	Salem	OR	30 May,OR-A
58:01	Lucien Salazar	74			10 Oct,CA-A

Men- 80 and over

53:35	Paul Spangler	82	San Luis Obspo	CA	25 Oct,CA-A
1:15:00a	Rudy Fahl	83	Colorado Spgs	CO	25 May,CO-A
1:18:16	Walter Lese	81	New York	NY	13 Sep,NY-B
1:28:33	Joseph Johnsen	82		WA	29 Aug,WA-A

Women- 35 thru 39

36:00	Iris Black	38			1 Aug,OH-A
36:46	Maddy Harmeling	36	Merrick	NY	19 Sep,NY-A
37:42e	Molly Thayer	38	Marina Del Rey	CA	24 May,CA-B
37:58	Carolyn Bravakis	37	Windsor Locks	CT	30 May,NY-A
38:13	Betty Hite	35	North Webster	IN	25 Oct,IN-A
38:30	Debbie Hackel	35		NY	29 Mar,NY-A
38:36ae	Bette Poppers	38	Littleton	CO	4 Oct,CO-A
38:43	Kathleen Beebee	35	Medford	MA	12 Oct,MA-A
38:50	Skip Swannack	39	Redwood City	CA	1 Feb,CA-A
38:52	Mary Ellen Williams	35	Gaithersburg	MD	18 Oct,MD-A
38:53	Barbara Wade	35	Newton	MA	12 Oct,MA-A
38:56	Irene Rudolf	39	San Francisco	CA	1 Feb,CA-A
39:02	Polly Peacock	37			10 May,MO-A
39:06	Elizabeth Harshbarger	38	Cambridge	MA	12 Oct,MA-A
39:07	Bobbi Rothman	35	Miller Place	NY	30 May,NY-A
39:15	Carol Stroud	38	Saratoga	CA	25 Oct,CA-A
39:24	Bonnie Storm	35		CA	1 Feb,CA-A
39:28	Hilary Naylor	35			20 Sep,CA-A
39:35e	Judy Kewley	36	Simi Valley	CA	24 May,CA-B
39:36	Linda Thurston	38	Somerville	NJ	29 Mar,NY-A
39:37	Elfrieda Wyner	35+			24 Oct,FL-A
39:38	Dorothy Fine	37	Boston	MA	12 Oct,MA-A
39:41	Angela Hack	35		NY	30 May,NY-A
39:47	Juana Stovolone	35			1 Feb,CA-A
39:52ae	Tommie Farina	35+			4 Oct,CO-A

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

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

Women- 40 thru 44

36:55	Joyce Black	41	Plattsburgh	NY	26 Jul,NE-A
37:57	Patricia Thomas	41	Seattle	WA	15 Aug,WA-A
38:04	Barbara Pike	40	Concord	MA	12 Oct,MA-A
38:10a	Nancy Parker	44	Atlanta	GA	4 Jul,GA-A
38:12	Anna Thornhill	41	New York	NY	13 Sep,NY-B
38:14	Trudy Rapp	44	Alexandria	VA	10 May,DC-A
38:15	Joan Ullyot	40	San Francisco	CA	1 Feb,CA-A
38:38	Shirley Matson	40			10 Oct,CA-A
39:18	Patricia Whittingslow	41		CA	20 Sep,CA-A
39:36	Judy Groombridge	41	Seattle	WA	26 Sep,WA-A
39:40	Christa Romppanen	42	Malibu	CA	4 Apr,CA-A
39:53	Heidi Skaden	43	Sacramento	CA	1 Feb,CA-A
39:55	June Bart	40	Concord	NH	12 Oct,MA-A
40:04	Diane Stocklin	40	San Diego	CA	4 Apr,CA-A
40:09	Inge Heggerness	41			15 Aug,WA-A
40:11	Lynne Lauck	41	Pittstown	NJ	10 May,DC-A
40:11	Hermine Bartee	42	New York	NY	30 May,NY-A
40:18	Letha Fiss-Hoblyn	40	Portland	OR	7 Nov,OR-A
40:21	Patty Pastore	41			4 Apr,CA-A
40:25	Joan Reiss	43			1 Feb,CA-A
40:39	Christine Curtis	43	Seattle	WA	15 Aug,WA-A
40:40	Faye Helldoorn	43	San Diego	CA	16 Feb,CA-A
40:47	Susan Guertin	40	Marblehead	MA	12 Oct,MA-A
40:48	Mary Miller	42	Seattle	WA	26 Sep,WA-A
40:49	JoAnne Wichary	44	San Diego	CA	15 Feb,CA-A

Women- 45 thru 49

37:53	Vicki Bigelow	45	San Lorenzo	CA	1 Feb,CA-A
38:11	Jennifer Wright	45	Indio	CA	15 Mar,CA-A
38:58	Linda Sipprelle	46	Bethlehem	PA	10 May,DC-A
39:09a	Helene Bedrock	46		NJ	5 Jul,NY-A
39:48e	Rita Hobbs	46			6 Sep,CA-A
39:59	Karen Hoiappa	45			4 Oct,NY-A
40:03	Susan Redfield	45	Marblehead	MA	12 Oct,MA-A
40:21	Dorothy Stock	49	La Mesa	CA	27 Sep,CA-A
40:37	Judy Martin	45	Mission Viejo	CA	17 Oct,CA-A
40:38	Nancy McCormick	46	Omaha	NE	26 Jul,NE-A
40:49	Carolyn Cappetta	45	Concord	MA	12 Oct,MA-A
40:51	Carrie Parsi	49	Lexington	MA	12 Oct,MA-A
40:58	Margarete Deckert	48	Lagrangeville	NY	1 Mar,NY-A
41:20	Louise Taylor	46			15 Aug,WA-A
42:05	Noel Murchie	45	Honolulu	HI	29 Aug,WA-A
42:17	Sally Goodhue	47	Weston	MA	12 Oct,MA-A
42:21	Marlys Hayden	48	Kentfield	CA	1 Feb,CA-A
42:42	Margaret Betz	45	Conklin	NY	13 Sep,NY-A
42:50	Julie Hoffmann	45	Kalamazoo	MI	12 Sep,MI-A
42:53	Sally Rusby	45			13 Sep,NY-A
42:54	Claudia Elliman	48	Stowe	VT	12 Oct,MA-A
42:54	Joanne Mallet	47	Rockville	MD	10 May,DC-A
43:03	Jane Rasmussen	45	Concord	MA	12 Oct,MA-A
43:08	Barbara Gregg	45	Seattle	WA	26 Sep,WA-A
43:39	Erika Emmons	45+		AZ	26 Dec,AZ-A

Women- 55 thru 59

40:40e	Helen Dick	56	Los Angeles	CA	6 Sep,CA-A
41:57	Margaret Miller	55	Thousand Oaks	CA	13 Sep,CA-A
42:29	Kaino Syvari	57	Fitchburg	MA	12 Oct,MA-A
43:08	Mary Storey	56	Riverside	CA	15 Mar,CA-A
44:50	Janet Grenda	55	Stone Ridge	NY	12 Oct,MA-A
46:12e	Carol Malona	58	Sharon	MA	12 Oct,MA-A
47:01	Alene Park	56		AL	28 Nov,AL-A
47:15	Anne Trigg	57	St Petersberg	FL	4 Oct,NY-A
48:11	Lucille Sanchioli	55	San Diego	CA	31 Jan,CA-A
48:49e	Ruby Taki	56	Whittier	CA	24 May,CA-B
48:58	Jaclyn Caselli	59	San Jose	CA	1 Feb,CA-A
49:12	Adele Milicevic	55	Scottsdale	AZ	26 Dec,AZ-A
49:20	Phyllis Schwandt	59	Decatur	IL	2 May,IL-A
49:46	Daisy Wong	57			7 Nov,CA-A
49:58	Grace Gammill	55	Mesa	AZ	26 Dec,AZ-A
50:23	Pepper Davis	55	Orlando	FL	10 Oct,FL-A
50:25	Natalie Schwanke	57	Bellevue	WA	26 Sep,WA-A
50:58	Margaret Cochran	57	Severna Park	MD	10 May,DC-A
51:16	Margaret McNeill	59			10 Oct,CA-A
51:23	Virginia Hastings	56			4 Apr,CA-A
51:31	Nancy Beward	55	Sarasota	FL	21 Feb,FL-A
51:50	Jeanne Nelson	55	Yorktown	VA	10 Oct,VA-A
51:51	Dorothy Bright	56			10 May,DC-A
52:18	Anne Robertson	56		PA	30 May,NY-A
52:35	Dottie Gray	55			10 May,MO-A

Women- 50 thru 54

38:08	Marion Irvine	51	San Rafael	CA	11 Oct,CA-A
38:20	Mila Kania	50	Warwick	NY	4 Oct,NY-A
40:42	Ruth Weber	53	Longmeadow	MA	12 Oct,MA-A
40:46	Anne Johnson	52	Olivehain	CA	4 Apr,CA-A
41:48a	Toshiko D'Elia	51	Ridgewood	NJ	5 Jul,NY-A
41:57	Nicki Hobson	50	Del Mar	CA	4 Apr,CA-A
42:47	Chris McKenzie	50	Great Neck	NY	19 Sep,NY-A
43:03	Frances Sackerman	51	Burlingame	CA	1 Feb,CA-A
43:31	Nola Bruhn	52	Seattle	WA	26 Sep,WA-A
44:19	Helen Hamilton	50			10 May,DC-A
45:16	Alice Taggares	50			15 Aug,WA-A
45:37	Ruth Pogue	50	San Diego	CA	31 Jan,CA-A
45:43	Madonna Buder	50			4 Oct,NY-A
46:05	Billie Murphy	54			15 Aug,WA-A
46:17	Peggy Steig	52			4 Oct,NY-A
46:30	Peggy Naas	51			10 Oct,CA-A
46:33	Juanita Reed	54			4 Oct,NY-A
46:46	Alix Gravenstein	50+			24 Oct,FL-A
46:47	Mary McDonald	50	El Cajon	CA	16 Feb,CA-A
46:47	Merry VanSant	51			4 Apr,CA-A
47:01	Alene Park	50+			28 Nov,AL-A
47:04	Margaret Norris	50			23 Aug,IN-A
47:14	Pat Thorsen	53	Seattle	WA	26 Sep,WA-A
47:17	Diane Goulett	51			25 Apr,MN-A
47:39ae	Pauline Vigil	50+		CO	4 Oct,CO-A

Women- 60 thru 69

45:40	Patricia Dixon	62	Bend	OR	26 Sep,WA-A
46:23a	Marcie Trent	63	Anchorage	AK	6 Jun,AK-A
46:24	Jaclyn Casselli	60	San Jose	CA	25 Oct,CA-A
47:12a	Kit MacInnes	61	Soldotna	AK	6 Jun,AK-A
47:22	Kay Atkinson	63	San Francisco	CA	1 Feb,CA-A
47:38	Josephine Hess	63	Selah	WA	26 Sep,WA-A
49:20	Jean Price	60	Boxford	MA	12 Oct,MA-A
50:23	Gerry Davidson	60	Fallbrook	CA	10 Oct,CA-A
52:31	Rose Kurpiel	61	Adams	MA	12 Oct,MA-A
54:35	Lillian Rollason	60+	Port Orange	FL	24 Oct,FL-A
55:10e	Jane Nordstrom	60	Peru	MA	12 Oct,MA-A
55:30	Phyllis Pearson	60	Seattle	WA	26 Sep,WA-A
55:33	Judy Simon	65			4 Apr,CA-A
55:49e	Margaret McLaughlin	60	Nashua	NH	12 Oct,MA-A
56:33a	Pearl Mehl	67	Boulder	CO	25 May,CO-A
57:09a	Helen Woodings	60	Palmer	AK	6 Jun,AK-A
58:23	Linda Hudesman	65			15 Aug,WA-A
58:25	Sherry Van Pattee	61			15 Aug,WA-A
58:56	Kathleen Miller	60			21 Mar,TN-A
58:56	Ann Snyder	60+			26 Dec,AZ-A
59:07	Louise Rossetti	60	Saugus	MA	12 Oct,MA-A
59:33	Adrienne Salmini	65	Yonkers	NY	13 Sep,NY-B
1:00:06	Marie Glantz	62		CT	30 May,NY-A
1:00:21	Evelyn Havens	65	New York	NY	29 Mar,NY-A
1:00:26e	Pat Downing	60	Concord	MA	12 Oct,MA-A

Women- 70 and over

53:32	Lee Lugers	74	Holland	MI	12 Sep,MI-A
57:57e	Bess James	72	San Jacinto	CA	6 Sep,CA-A
1:02:34	Veallon Hixson	73	Sun City	AZ	1 Feb,AZ-A
1:03:28e	Ruth Rothfarb	80		MA	12 Oct,MA-A
1:06:05	Flora Villeneuve	73	Lakeland	FL	10 Oct,FL-A
1:07:09	Felicitas Salazar	72	San Diego	CA	10 Oct,CA-A
1:16:27	Mia Wilshusen	70+			13 Dec,AZ-A
1:21:31	Trudi Spencer	70+			13 Dec,AZ-A
1:24:20	Marion Markey	70+		AZ	26 Dec,AZ-A
1:35:36	Esther Rosner	70+			18 Oct,AZ-A

261 Compete in Florida Cont. from page 1

yd. dash ever and was happy to get fifth place. There were 11 entries in the M50 100 yd.dash.

Colorful ribbons were given for 4th, 5th and 6th place and plaques were awarded to high point winners in each age group.

Outstanding performances included:

●Nate Robinson, M30, ran a 13.95 120 yd. HH.

●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 Ubarri, M55, won the 100 in 11.91 and anchored the victorious Puerto Rican M50 110x4 relay team. □

Results in back pages.

Duarte, 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 3½ 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 Wetherbee's U.S. 60-64 record.

Anderson, 52, squeaked out a 10-second victory over Nola Bruhn, 53, in 1:28:01, one second faster than Matilee Christman's pending 50-54 20K mark.

Thomas raced to a 10-minute margin over the next woman in a sparkling 1:16:01, two minutes faster than Trudy

Rapp's American women's masters record of 1:18:02, set in Sept. 1980.

The Nor Cal Seniors Track Club of Anderson, Ruth Waters and Lillian Woodward won the women's team title. The men's 40-49 team crown went, as expected, to Seattle's Snohomish Track Club A team in 5:44:38, followed by the Snohomish B team in 6:05:28. The national champions had 10 runners under 1:13:36 and four under 1:10.

The men's 50-59 and 60+ team titles were also garnered by Snohomish TC.

Fred Hauger, 78, of Aloha, OR set a record as the oldest runner to ever compete in the Seattle area. □

Results in back pages.

## Scannell, Irvine, Caselli Set Half-Marathon Marks

By JIM SCANNELL

PALO ALTO, CALIF., March 28. Three American women's age-division records were set today on a nationally certified course in the Martin Luther King Games half-marathon. Karen Scannell, 43, posted 1:22:46 to better Sue Johnson's 1981 age 40-44 record of 1:23:12. Sister Marion Irvine, 52, despite running with several cracked

ribs, was 3rd woman in 1:26:33, smashing Anne Johnson's 1981 50-54 standard of 1:29:18. Jaclyn Caselli, 61, celebrated her birthday by running a remarkable 1:42:21, lowering Kay Atkinson's 4-month old mark of 1:47:30.

Tim Rostege was first master, 9th overall in 1:12:53.

12 Meet Records continued from page 1

Howard Rubin, 53, from Utica, New York won the mile and 2 mile, while Kelsey 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 1,000 in 2:46.7.

Two Atlantans, Phil Mulkey, 50, and Phil (a very attractive lady) Raschker, 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 Mila Kania, 50, New York Masters setting an age record in the the 2 mile run in 11:57.4.

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 division and finished only two points behind Philadelphia in the overall scoring. □

Results in back pages.

FOURTEENTH ANNUAL EASTERN REGIONAL SENIOR/MASTERS OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

SATURDAY, JUNE 26, 1982 UNIVERSITY OF ROCHESTER FAUVER STADIUM, ROCHESTER, N.Y.  
Sponsored by The Greater Rochester Track Club, Sanctioned by The Athletics Congress  
NIKE and Penn Mutual

Divisions:	Submasters	A (30-34)	B (35-39)
	Masters	IA (40-44)	IB (45-49)
	Masters	IIA (50-54)	IIB (55-59)
Men & Women	Masters	IIIA (60-64)	IIIB (65-69)
	Masters	IVA (70-74)	IIVB (75-79)
	Masters	VA (80-84)	VB (85+)

Relays: 30-39, 40-49, 50-59, 60+ only.

Events will be contested in any division with any entries. However, heats may be combined when entries are limited.

Events:	9:00	10,000m Run Finals
	10:15	400m Intermediate Hurdles Finals
	11:15	Long Jump, Pole Vault, Jav. in
	10:30	5000m Walk Finals
	11:00	110m High Hurdle Finals Men
	11:30	1500m Run Finals Men
	12:00	100m Low Hurdles Women Finals
	12:15	1500m Run Women Finals, High Jump, Discus
	12:30	100m Dash Trials and Finals Men then Women
	1:00	Special Celebrities' Event
	1:15	400m Dash Finals
	1:45	3000m Steeplechase Finals
	2:15	200m Dash Finals, Shot Put, Triple Jump
	2:45	800m Run Finals
	3:15	5000m Run Finals, Hammer Throw Men
	4:00	4 x 100m Relay Finals
	4:15	4 x 800m Relay Finals
	4:45	4 x 400m Relay Finals

All events are Finals based on time except the 100m Dash. Heats and Age Divisions may be combined when entries are limited.

Facilities: 8-lane, All-weather surface, very fast. (¼ inch spikes maximum) All-weather jump runways. Concrete throwing circles. Javelin off grass. Locker and Shower facilities available for both Men and Women. 4 Throws/4 Jumps in the Field events; no finals. Implements not provided.

Entry Fee: \$5.00 per individual event, \$10.00 per Relay team. NO POST ENTRIES. Entry must be postmarked by June 17, 1982. Late entries will be returned. Each competitor will receive a Meet T-shirt and Program when they pick up their number. Send entries to: GRTC, P.O. Box 18310, Rochester, New York 14618. Make checks payable to GRTC.

Awards: TAC Regional Championship Medal to the top 3 in each event in each age division; Men and Women. Championship patch to 1st place in each event in each division. (limit:one patch per competitor) Special note: ribbons will be awarded in any event in any age division with only one competitor. Also, no medal to 2nd place if only two competitors, or to 3rd place if only three competitors. These competitors will receive ribbons. Team trophy will be awarded to the top team in each of the following age divisions: 30-39, 40-49, 50-59, 60+. Men's and Women's points will be combined in each division for scoring purposes. An overall Team Championship trophy will be awarded to the top team in total combined scoring of all age divisions. Scoring is 6-4-3-2-1 in all events. Unattached competitors will displace for scoring. All competitors must be registered with the TAC; no exceptions. Only registered TAC Clubs from the Eastern Region may compete for the team awards.

Meet Headquarters: Meet headquarters will be at the Americana Inn Towne House, 1325 Mt. Hope Avenue, Phone 716-473-6301. Number and entry packets may be picked up there on Friday, June 25 from noon until 10 p.m. or at the Track on Saturday beginning at 7:30 a.m. The Americana Towne House is located ½ mile from the track.

ENTRY BLANK: 14th Annual Eastern Regional Masters Outdoor Track & Field Meet

Name \_\_\_\_\_ Age (as of 6/26/82) \_\_\_\_\_  
Address \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Sex \_\_\_\_\_ TAC # \_\_\_\_\_  
TAC Club \_\_\_\_\_ T-shirt size \_\_\_\_\_

Enclosed find \$ \_\_\_\_\_ for entry in the following events marked with an X.

110 HH \_\_\_\_\_ 100 LH \_\_\_\_\_ 400IH \_\_\_\_\_ 100 \_\_\_\_\_ 200 \_\_\_\_\_ 400 \_\_\_\_\_ 800 \_\_\_\_\_ 1500 \_\_\_\_\_  
3k St. \_\_\_\_\_ 5k \_\_\_\_\_ 10k \_\_\_\_\_ Walk \_\_\_\_\_ LJ \_\_\_\_\_ TJ \_\_\_\_\_ HJ \_\_\_\_\_ PV \_\_\_\_\_ Shot \_\_\_\_\_  
Disc \_\_\_\_\_ Jav \_\_\_\_\_ Ham \_\_\_\_\_ 400m Relay \_\_\_\_\_ 1600m Relay \_\_\_\_\_ 3200m Relay \_\_\_\_\_

My best times/distances are: \_\_\_\_\_  
(within past year)  
Estimate if necessary, times are a must for good seeding. If no times are submitted, you will be the last seed.

In consideration of acceptance of this entry, I, the undersigned, intending to be legally bound, for myself my heirs, executors and administrators, waive and release any and all claims for damages or injuries I may suffer as a result of my participation in this meet, against the Race sponsors, directors and organizers. I certify that I am physically fit and have trained for these events.

Signature \_\_\_\_\_

Entries not signed will be returned

Send to: GRTC, P.O. Box 8310, Rochester, N.Y. 14618  
Postmarked no later than 6/17/82. Checks payable to GRTC

# TRACK & FIELD RESULTS

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

THIRD ANNUAL TFA/USA  
NATIONAL MASTERS INDOOR  
TRACK & FIELD CHAMPIONSHIPS

AT THE MABEE PHYSICAL EDUCATION CENTER, WILLIAM JEWELL  
LIBERTY, MISSOURI

SUNDAY, FEBRUARY 14, 1982

DIRECTED BY MID-AMERICA MASTERS TRACK & FIELD ASSOC

60 YD. DASH		60 YD. HURDLES	
30-34		30-34	
J.B. Haggerty	06:45	Charles Walters	07:69
James Knipmeyer	06:72	Michael Simpson	07:84
Michael Simpson	06:95	William Knipmeyer	08:40
Roberto Contreras	07:12	Rick Mankameyer	09:19
35-39		40-44	
Dan Fitzsimmons	06:66	John Ewing	08:51
George Anderson	06:67	James Roe	08:89
Larry Harvey	07:08	George LaBelle	09:09
W. Gordon Reiter	07:11	Lawrence Bybee	10:55
Ross Jensen	07:34		
Clifton Manning	07:45	45-49	
40-44		Jim Walker	09:78
Thorton Shelton	06:95	50-54	
Tom Ferguson	07:06	Phil Mulkey (New Record)	08:11
John Ewing	07:10	Joe Murphy	08:62
Abelardo Lopez	07:19	Jerry Reichart	09:64
45-49		E. Earl Ventura	09:68
Bruce Springbett	06:92	Jerry Reiserer	09:91
Tony Deatherage	06:99	55-59	
Joe Beckham	07:15	Jack Greenwood	08:35
Jim Walker	07:55	35-39	
Randal Lindsay	07:72	John Davies	08:88
Ron Lusby	07:86	Tom Thorne	13:51
50-54		60-64	
E. Earl Ventura	07:29	William Carmen	10:36
Phil Mulkey	07:40	Leonard Wray	10:79
Alex Pappas	07:31	Tom Thorne	11:28
55-59		65-69	
Jack Greenwood	07:41	Gilberto Gonzales-Julia	10:05
Charles Olson	07:75	Women's 30-39	
Charles Clippard	08:10	Phil Rhasker	08:86
Paul Constant	08:33	Liz McBlain	09:08
Ross Waltzer	08:59		
60-64			
David Lawyer	07:53		
Charles Beaudry	07:61		
James Upham	07:81		
William Carmen	08:42		
Thomas Thorne, Sr.	08:82		
65-69			
Gilberto Gonzales-Julia	08:0		
Women's 30-39			
Phil Rhasker	07:23		
Liz McBlain	07:80		
Marg Sutter	08:00		
Women's 40-49			
Betty Pappas	08:80		
Sondra McCoy	09:33		
2 MILE RACE WALK			
30-34			
Bari Garner-Holman	16:59.3		
Paul Ide	17:46.5		
Raymond Beamer	25:12.5		
45-49			
Bill Boggs	20:31.2		
50-54			
Robert Chapin	19:13.7		
55-59			
Albert Christiansen	18:56.1		
Bob Gregg	20:25.0		



### 300 YD. DASH

30-34	
J.B. Haggerty	33.59
William Knipmeyer	35.29
Larry Rodenbeck	35.69
Robert Rate	37.64
Roberto Contreras	37.70
35-39	
Dan Fitzsimmons	34.81
W. Gordon Reiter	35.91
Ross Jensen	37.91
Daniel LaBelle	38.42
Larry Harvey	38.72
Steve Rossmann	40.95
John Davies	41.55
40-44	
Abelardo Lopez	37.29
John Ewing	37.72
Thorton Shelton, Sr.	37.74
Lyman Rate	39.69
Jim Luxen	39.99
George LaBelle	42.03
45-49	
Bob Lida	35.30
Tony Deatherage	35.90
Bruce Springbett	36.03
Edwin Alexander	42.40
50-54	
Alex Pappas	39.96
Ed Neufeld	40.10
Forrest Doling	44.50
55-59	
Jack Greenwood	38.08
Ross Waltzer	45.11
Charles Clippard	49.20
60-64	
Jim Upham	41.88
David Lawyer	41.99
William Carmen	45.19
Leonard Wray	47.38
William Byers	51.01
Tom Thorne, Sr.	51.29
65-69	
Gilberto Gonzales-Julia	43.91

### 2 MILE RUN

30-34	
Alan Walker	10:13.40
Gregory Hartman	11:01.40
John Rurke	11:25.57
Fred Reed	11:51.54
35-39	
Larry Aduddell	9:57.99
George Warmuth	11:22.39
James Chapman	11:58.00
Ramon Dalrymple	12:19.00
40-44	
Ernest Billups	9:54.50
James McLatchie	9:56.10
Larry Bridges	10:17.55
45-49	
Ken Katzer	10:24.37
Val Schultz	10:50.59
Joe Schrag	11:12.00
Ron Strader	11:19.50
Larry Sandy	14:30.00
50-54	
Gerald Witten	11:50.92
55-59	
Ross Waltzer	13:29.66
Richard Haun	14:25.10
60-64	
Bart Hakan	14:01.0

### 440 YD. DASH

30-34	
J.B. Haggerty	53.70
Dennis Stewart	54.00
Russell Floyd	57.34
Steve Gerkin	59.25
35-39	
Gary Carr	54.45
Dan Fitz	54.95
Clifton Manning	71.11
40-44	
E. Mack Stewart	58.8
Abelardo Lopez	59.0
Wally Brawner	61.7
45-49	
Bob Lida	55.06
Edwin Alexander	66.47
William Boggs	67.00
Bill Buchanan	68.45
Ron Lusby	78.77
50-54	
Bill Gaedke	63.61
Ed Neufeld	66.69
Gerald Witten	69.11
Gene Clohecy	70.25
55-59	
Jack Greenwood	62.75
Ross Waltzer	75.60
Richard Haun	82.40
60-64	
James Upham	68.92
William Carmen	84.34
65-69	
Gilberto Gonzales-Julia	77.40
Women's 30-39	
Liz McBlain	65.89
Women's 40-49	
Sondra McCoy	83.91

### 4 x 176 YD. RELAY

Cliff Jackson	1:22.51
Thorton Shelton	
Joe Beckham	
Jack Greenwood	
Bruce Springbett	1:23.36
Alex Pappas	
Bill Mitchell	
Dan Fitzsimmons	
Chuck Olson	1:28.70
George LaBelle	
Steve Rossmann	
Dan LaBelle	
Forest Doling	1:29.4
Ken Katzer	
Larry Harvey	
J.B. Haggerty	
Russell Floyd	1:30.73
Charles Clippard	
Val Schultz	
Wayne Douglas	

### WOMEN'S OVERALL CHAMPION:

Phil Rhasker, 34, Atlanta,  
1st - Triple Jump (Record)  
1st - 60 Yd. Dash (Record)  
1st - Long Jump (Record)  
1st - 60 Yd. Hurdles  
2nd - High Jump  
2nd - Shot Put

### MEN'S OVERALL CHAMPION:

Phil Mulkey, 50, Atlanta,  
1st - 60 Yd. Hurdles (Record)  
1st - Long Jump (Record)  
1st - Pole Vault  
1st - Shot Put  
2nd - 60 Yd. Dash  
2nd - High Jump

### 880 YD. RUN

30-34	
Dennis Stewart	2:00.6(1)
Wayne Douglas	2:07.26
Russell Floyd	2:09.09
Steve Gerkin	2:11.62
35-39	
Gary Carr	2:02.9(1)
Don Welsh	2:09.94
Richard Donaldson	2:22.29
40-44	
Mack Stewart	2:14.83
Kenneth Katzer	2:16.34
James Roe	2:21.5
Wally Brawner	2:22.1
Ronald Strader	2:41.78
Larry Sandy	3:04.8
45-49	
Charles Wimberley	2:16.38
William Rhodd	2:23.11
Edwin Alexander	2:24.4
Dale Young	2:25.6
Clinton Leon	2:29.36
Donald Nail	2:37.9
Cliff Brokeshoulder	2:50.72
50-54	
Jim Hershberger	2:18.3(1)
Bill Gaedke	2:20.53
Gerald Witten	2:33.3
Forest Doling	2:52.4
55-59	
Ross Waltzer	2:42.7
Richard Haun	3:07.13

### MILE RUN

Women's 30-39	
Liz McBlain	6:05.6
Peggy Rate	6:57.47
Linda Blair	7:16.6
Women's 40-49	
Jean Buchanan	6:58.2
30-34	
Gregory Hartman	4:59.34
W. Herschel Stiles	5:05.36
Fred Reed	5:32.14
35-39	
Richard Donaldson	4:38.3
Don Welsh	4:46.39
Larry Aduddell	4:49.9
Terry Harms	5:06.72
Ramon Dalrymple	5:57.28
40-44	
Ernest Billups	4:34.4(1)
Chuck Downey	4:35.01
George Cohen	4:42.2
James Yarbrough	5:05.95
Joe Schrag	5:10.2
Ken Katzer	5:20.4
Charles Spencer	6:59.9
45-49	
Charles Wimberley	5:17.06
William Rhodd	5:20.09
Dale Young	5:25.37
Edwin Alexander	5:34.67
Melvin Miller	5:36.6
Richard Martin	5:36.7
Donald Nail	5:41.5
50-54	
Gerald Witten	5:45.23
55-59	
Ross Waltzer	6:40.33
Richard Haun	6:56.15
60-64	
Bart Hakan	6:45.7(1)





CITY OF ORANGE MASTERS TRACK & FIELD MEET

MARCH 13, 1982

POLE VAULT	
<b>MEN</b>	
40-49	
Cary Bane	12'
Dee DeWitt	12'
Ron Fleming	11'6"
50-59	
Frederick Gallardo	10'6"
Harold Wallace	10'6"
Dave Brown	10'
60-69	
Jim Vernon	10'
Ralph Biesemeyer	9'
Elmer Siegel	8'
70-79	
Bob MacConaghy	8'
A.E. Vesco	6'
<b>DISCUS</b>	
<b>WOMEN</b>	
25-29	
June Sharpe-Ferrin	73'3"
30-39	
Rachel Mazza	48'9"
40-49	
Christel Miller	85'1"
50-59	
Shirley Kinsey	84'6"
Magdalena Kuehne	46'2"
70-79	
Edith Mendyka	62'3"
<b>MEN</b>	
25-29	
Cody Maresh	132'3"
30-39	
Marcel Lacroix	98'0"
Tom Ferrin	76'0"
Larry McQuerrey	74'0"
40-49	
Dominick Mazza	110'8"
Edward Martin	97'1"
50-59	
Charles Renfro	144'4"
Bill Bangert	129'6"
Harold Wallace	124'10"
60-69	
Daniel Aldrich Jr.	155'5"
Jack Thatcher	128'0"
Bill Burke	112'4"
70-79	
A. Redmond Doms	107'3" AR
Don Pierotti	104'7"
A.E. Vesco	85'3"
<b>HIGH JUMP</b>	
<b>WOMEN</b>	
40-49	
Christel Miller	4'2"
50-59	
Shirley Kinsey	3'4"
70-79	
Edith Mendyka	2'10" AR
<b>MEN</b>	
25-29	
David Long	6'2"
Mark Patterson	5'4"
30-39	
Charles Rader	6'6"
Walt Brown	5'2"
40-49	
John Dobroth	6'4"
Nick Newton	5'8"
Dennis DeWitt	5'4"
50-59	
Burt Otzinger	4'8"
Frederick Gallardo	4'6"
Harold Wallace	4'6"

60-69	
Burl Gist	5'0"
Jim Vernon	4'6"
Bill Burke	4'2"
70-79	
A.E. Vesco	3'8"
A. Redmond Doms	3'3"
<b>JAVELIN</b>	
<b>WOMEN</b>	
40-49	
Christel Miller	100'8"
50-59	
Shirley Kinsey	67'8"
70-79	
Edith Mendyka	71'8"
<b>MEN</b>	
25-29	
David Hamel	197'8"
Cody Maresh	182'10"
30-39	
Edward Martin	129'3"
Marcel Lacroix	119'8"
40-49	
Dee DeWitt	118'8"
50-59	
Ralph Hutson	154'0"
Harold Wallace	121'3"
Clark Devilbiss	117'4"
60-69	
Bill Morales	168'2"
Daniel Aldrich Jr.	128'6"
Bill Burke	111'6"
70-79	
Bob MacConaghy	100'4"
A. Redmond Doms	88'1"
Don Pieroth	78'10"
<b>SHOT PUT</b>	
<b>WOMEN</b>	
25-29	
June Sharpe-Ferrin	23'2"
30-39	
Rachel Mazza	20'1"
40-49	
Christel Miller	25'1"
50-59	
Shirley Kinsey	29'
Magdalena Kuehne	23'
70-79	
Edith Mendyka	27'
<b>MEN</b>	
30-39	
Lynn Meyer	40'1"
Larry McQuerrey	33'2"
Walt Brown	32'3"
40-49	
Michael Farris	37'9"
Dominick Mazza	37'7"
John Callahan	30'1"
50-59	
Charles Renfro	45'2"
Bill Bangert	42'8"
Harold Wallace	39'6"
60-69	
Jack Thatcher	44'4"
Daniel Aldrich Jr.	44'3"
Bill Burke	37'7"
70-79	
A. Redmond Doms	36'9 1/2"
(U.S. Record #75)	
Don Pierotti	34'3"
Bob MacConaghy	33'9"

LONG JUMP	
<b>WOMEN</b>	
30-39	
Sally Crawford	12'
40-49	
Christel Miller	14'
Myrna Sorensen	12'9"
50-59	
Magdalena Kuehne	11'5"
70-79	
Edith Mendyka	8'11"
<b>MEN</b>	
25-29	
Mark Patterson	17'10 1/2"
30-39	
Rufus Morris	21'2 1/4"
Walt Brown	20'1"
Lynn Miller	20'
40-49	
Dee DeWitt	18'8"
Edward Martin	16'3"
50-59	
Shirley Davisson	18'1 1/2"
Frederick Gallardo	16'11"
Burton Otzinger	16'0"
60-69	
Tom Patsalis	18'2 1/2"
Jim Vernon	15'4"
Burl Gist	15'1 1/2"
70-79	
A.E. Vesco	11'5 1/4"
<b>MILE RUN</b>	
<b>WOMEN</b>	
25-29	
Christelle Johnson	6:31.8
30-39	
Sally Crawford	6:30.7'
Christine Mclever	6:48.4
Coty Miller	7:01.0
40-49	
Mary Cullen	6:10.1
Elaine Havens	6:39.5
Myrna Sorensen	7:48.5
50-59	
Frances Melton	9:56.8
<b>MEN</b>	
30-39	
Lan Cumming	4:27.9
Bob Hill	4:56.8
Marcel LaCroix	5:04.5
40-49	
George Cohen	4:46.3
Christopher Bourke	5:01.3
Lee Miller	5:02.3
50-59	
Jack Noble	5:32.9
Louis Beadle	6:06.3
Bill Holt	6:35.3
60-69	
John Garcia	6:49.8
Don Mowrer	7:55.1
<b>MILE RELAY</b>	
<b>WOMEN</b>	
25-29	
Martyn, Carter, Papas, Sorensen	5:24.27
<b>MEN</b>	
40-49	
STRIDERS	
Elliott, Anderson, Knocke, Cohen	3:44.18
Wagner, Jones, Dennis, Morris	4:03.15

100 YARD DASH	
<b>WOMEN</b>	
30-39	
Sally Crawford	14.16
Doris Smith	14.20
Christine Mclever	14.50
40-49	
Christel Miller	12.78
Jeanne Carter	13.23
Myrna Sorensen	14.53
50-59	
Shirley Kinsey	14.30
Magdalena Kuehne	16.38
60-69	
Marjorie Hunt	19.60
70-79	
Edith Mendyka	18.63
<b>MEN</b>	
25-29	
Christopher Arnold	10.65
Jeff Burns	12.33
30-39	
Willie Roberson	10.42
Theo Viltz	10.62
Paul Habener	10.76
40-49	
Ken Dennis	10.14
Mal Anderson	10.50
William Knocke	10.65
50-59	
Robert Watanobe	11.52
Ted Vick	11.55
Wayne Ambrose	12.19
60-69	
Tom Patsalis	11.62
Burl Gist	12.50
Clarence Killion	12.65
<b>880 YARD RUN</b>	
<b>WOMEN</b>	
30-39	
Christine Mclever	3:12.96
Coty Miller	3:18.30
40-49	
Marcia Martyn	2:59.93
Linda Vance	3:16.76
60-69	
Dorothy Statsenberg	4:40.91
<b>MEN</b>	
30-39	
Lan Cumming	2:02.52
Wayne Douglas	2:05.34
Martre LaCroix	2:16.22
40-49	
Mel Elliott	2:03.23
Jesse Carrington Jr	2:16.51
George Cohen	2:34.40
50-59	
Bill Fitzgerald	2:22.70
Leonard Walts	2:23.23
Jerry Withers	2:25.26
60-69	
Dave Lewis	2:46.40
John Garcia	3:14.0
<b>440 YARD RELAY</b>	
<b>MEN</b>	
30-39	
Corona del Mar	48.84
(Beadle, Roberson, Wong, Evanish) Roberts, Brown, Bane, DeWitt	50.53
50-59	
Striders	54.83

440 YARD RUN	
<b>WOMEN</b>	
25-29	
Christelle Johnson	1:10.06
30-39	
Doris Smith	1:10.01
Christine Mclever	1:18.70
40-49	
Jeanne Carter	1:08.52
Mary Cullen	1:14.66
Marcia Martyn	1:17.10
50-59	
Frances Melton	2:08.0
<b>MEN</b>	
30-39	
Walter Fus	56.80
Randy Kirby	58.83
John Ralley	59.68
40-49	
Nick Newton	56.57
Robert Jones	57.78
Lewis Smith	59.63
50-59	
Bill Fitzgerald	1:01.60
Frank Kishi	1:03.11
Hayden L. Parks	1:04.51
60-69	
Bob Hunt	1:04.92
Dave Lewis	1:10.95
Clarence Killion	1:12.66
<b>220 YARD DASH</b>	
<b>WOMEN</b>	
30-39	
Sally Crawford	33.77
40-49	
Jeanne Carter	31.21
Myrna Sorensen	34.68
Marcia Martyn	36.36
50-59	
Magdalena Kuehne	41.56
60-69	
Marjorie Hunt	51.70
<b>30-39</b>	
Ronald Beadle	23.85
Willie Roberson	24.13
Jack Scaln	25.34
40-49	
Ken Dennis	24.10
William Knocke	24.24
Robin Winstone	24.88
50-59	
Dave Jackson	26.24
Ted Vick	26.82
Robert Watanobe	27.37
60-69	
Tom Patsalis	27.95
Bob Hunt	28.85
Clarence Killion	30.35
<b>60 YARD HURDLES</b>	
<b>WOMEN</b>	
40-49	
Christel Miller	10.9
<b>MEN</b>	
30-39	
Theo Vitz	7.47
John Dobroth (41)	7.65
Rufus Morris	8.45
40-49	
Dennis DeWitt	8.15
Bill Adler	9.22
Jerry Stanners	9.73
50-59	
Dave Jackson	7.81
Fredrick Gallardo	8.78
Chuck Hovey	9.88
60-69	
Tom Patsalis	8.45
Bob Hunt	8.78
Burl Gist	8.83

TENTH ANNUAL NATIONAL MASTERS ATHLETIC CONGRESS TRACK & FIELD CHAMPIONSHIPS INDOORS  
 MARCH 14, 1982 WEST POINT FIELD HOUSE - \* = Meet Record + = Age Group Record

**60 YARD DASH**  
**M30**  
**TRIALS 1st HEAT**  
 JOHN BORDEN PM 32 6.66  
 ROBERT RUDROW SH 31 6.81  
 BILL SIKORSKY SH 33 7.15  
 PAUL ZACHMAN SH 34 6.90  
 PETER IENGO NY 34 7.88  
 IVAN BLACK AC 32 7.35  
**TRIALS 2nd HEAT**  
 ROBERT JONES HT 34 6.47  
 ROBERT BEALE PM 32 6.48  
 BOOKER JONES SH 34 6.48  
 J.A. OVERTON UN 32 6.58  
 DENNIS BROWN PC 31 6.73  
**FINALS**  
 ROBERT JONES HT 34 6.50  
 JOHN BORDEN PM 32 6.56  
 ROBERT BEALE PM 32 6.60  
 BOOKER JONES SH 34 6.66  
 ROBERT RUDROW SH 31 6.83  
 BILL SIKORSKY SH 33 7.15  
**M35**  
 ARTHUR WRIGHT PM 35 6.50  
 NAT WATSON PC 37 6.56  
 RAY ALEXANDER NY 38 7.06  
**M 40**  
 ROBERT WILLIAMS SH 42 6.55  
 ROBERT STANFORD PL 41 6.62  
 ROOSEVELT WEAVER SH 44 6.62  
 RICK DEERE PC 44 6.69  
 ERNIE GIL PC 41 6.97  
 ANDREW MIRECKI NY 41 7.69  
 RICHARD KAYE UN 40 7.70  
**M 45**  
 LLOYD RIDDICK SH 47 6.50  
 RICK RIZZO PC 45 6.80  
 MATT BROWN SH 48 6.81  
**M 50**  
 LARRY PRATT PM 50 7.03  
 THOMAS BROOKS PC 52 7.12  
 PHIL MULKEY UN 50 7.12  
 NORMAN ALEXANDER NJ 51 7.24  
 ALAN COHEN NY 52 7.25  
**M 55**  
 RUDY VALENTINE PC 58 7.22  
 OSCAR HARRIS PM 58 7.51  
 J. WALKER PIERSON PM 59 7.70  
 MAURICE LENTZER NY 56 7.70  
 AMERICO FREZZA SH 55 8.72  
**M 60**  
 DAVID LAWYER PC 62 7.34  
 JIM MANNO NJ 61 7.60  
 NAT HEARD CD 64 7.87  
 WILLIAM GILLIGAN EA 64 8.60  
**M 65**  
 SPARKS SORLIEN RI 65 8.14  
 MARCUS NEUHOF NY 66 8.19  
 LEO ROTHBART NY 67 8.45  
 CLAUDE HILLS PM 69 8.45  
 CHARLES FELDMAN UN 66 10.25

**600 YARD RUN**  
**M 30**  
 GREGORY McCOY PC 31 1:17.9  
 CLIFFORD SMITH JS 30 1:16.5  
 KEN SMITH PM 31 1:17.2  
 MUSTAFA AHMED PC 34 1:18.3  
 ROBERT JACKSON PC 34 1:19.2  
 MIKE VAN AUWER GR 37 1:23.1  
**M 35**  
 ARTHUR WRIGHT PM 35 1:17.2  
 ELLSWORTH ROBINSON PC 35 1:17.9  
 DENNIS DYCE PC 38 1:19.2  
 ROBIN PICKER PV 39 1:19.9  
 RICH GUIDO GR 37 1:23.1  
 PAUL JAYSON JS 35 1:24.6  
**M 40**  
 GLEN SHANE PC 42 1:17.8  
 EDWARD SMALL PC 43 1:17.9  
 MASON O'NEAL PC 44 1:19.8  
**M 45**  
 ART GATON PC 45 1:20.0  
 CLIFF PAULING NY 47 1:20.1  
 HAIG BOHIGIAN NY 45 1:21.4  
**600 YARD RUN**  
**M 50**  
 KELSEY BROWN NJ 54 1:27.8  
 JAMES DOWLING NY 54 1:28.5  
 ALAN COHEN NY 52 1:32.1  
 JIM PEDRICK NJ 51 1:39.4  
**M 55**  
 RUDY VALENTINE PC 58 1:30.9  
 DON HARRIS PM 59 1:42.5  
 ARTHUR BRADLEY NY 55 1:43.3  
**M 60**  
 JIM MANNO NJ 61 1:52.2  
**M 70**  
 SAM MANESTERO PM 70 1:57.3  
 JOE McCLUSKY AC 70 2:01.5  
 HENRY ZACHMAN NJ 72 2:10.2  
**1000 YARD RUN**  
**M 30**  
 JOSEPH DOWICZAN WR 33 2:21.9  
 ALPHONSO MARTIN FK 30 2:25.6  
**M 35**  
 L.J. MAPSTONE PM 36 2:24.0  
 RICH MYERS UN 36 2:25.0  
 JOHN KUHI SH 37 2:27.3  
 JIM ACKROYD SH 36 2:33.3  
 JOHN SAARMANN UN 39 2:36.9  
 ROBERT JUMP SH 39 2:47.9  
**M 40**  
 JIM DEMMA PV 42 2:30.3  
 DE LEON GIBSON NJ 42 2:34.7  
**M 45**  
 CLIFF PAULING NY 47 2:30.8  
 HERB ZIPPER NY 47 2:31.3  
 DAVE WATKINS RD 46 2:36.6  
 BILL KREBS NY 47 2:38.6  
 TOM TALROTT NY 49 3:18.8  
**M 50**  
 KELSEY BROWN NJ 54 2:43.7  
 ALAN COHEN NY 52 2:58.7  
 AL PUMA NY 52 2:59.9  
 JOE KERNAN NY 52 3:06.1  
**M 55**  
 ARCHIE MESSENGER NY 58 2:46.7  
**M 60**  
 JOHN HUBBARD UN 62 3:04.0  
 DANFORTH GEER SV 62 3:24.4  
**M 65**  
 AUSTIN NEWMAN UN 66 3:09.7  
 SAM MONASTERO PM 70 3:44.8  
**ONE MILE RUN**  
**M 30**  
 JIM WATERS PM 32 4:23.4  
 TERRY HORTON WR 33 4:33.9  
**M 35**  
 L. J. MAPSTONE PM 36 4:28.5  
 RICH MYERS UN 36 4:30.0  
 FRANK HANDELMAN CP 36 4:30.4  
 STUART TUCKER CP 39 4:35.6  
 DERCK FRECHETTE GR 37 4:52.8  
**M 40**  
 KIRK RANDALL UN 40 4:29.3  
 SAM HUCKEL PM 40 4:29.6  
 SID HOWARD CP 43 4:47.0  
 SETH KAMINSKY NY 41 4:47.6  
**M 45**  
 FRITZ MUELLER CP 45 4:43.0  
 DAVE WATKINS RD 46 4:50.8  
**M 50**  
 HOWARD RUBIN UN 53 5:07.5  
 HERB KANIA NY 53 5:08.8  
 TOM HOVEY UN 52 5:19.5  
 AL PUMA NY 52 5:22.4  
 BOB FINE NY 50 5:26.6  
 JOE KERNAN NY 52 5:46.8  
 FRANK PATTERSON UN 53 6:33.7  
**M 55**  
 ARCHIE MESSENGER NY 58 5:13.4  
 NEWLIE HEWSON PV 59 5:35.4  
 LESTER SMITH UN 56 6:07.0  
 DES MARGETSON UN 55 6:09.6  
 AMERICO FREZZA SH 55 6:19.2  
**M 60**  
 STEVE RICHARDSON NY 61 5:33.8  
 ROSCOE BROWN PC 60 6:18.7  
 DANFORTH GEER SV 62 6:19.2  
**M 65**  
 AUSTIN NEWMAN SH 66 5:59.0  
 GEORGE JAFFEE NY 66 6:43.0  
 CHARLES FELDMAN UN 66 7:09.7  
**M 70**  
 SAM MONASTERO PM 70 6:43.2

**TWO MILE RUN**  
**M 30**  
 ROD WILLIAMS GR 34 9:47.6  
 ALAN KLEINSASSER WR 30 9:51.2  
**M 35**  
 WILLIAM INDEK NJ 35 11:23.4  
**M 40**  
 KIRK RANDALL UN 40 10:07.0  
 JOHN GARLEPP ML 44 11:19.0  
**M 45**  
 CASS CURTIS BA 48 11:07.4  
 TOM BUTTERFIELD UN 45 12:24.6  
**M 50**  
 HOWARD RUBIN UN 53 10:52.4  
 TOM HOVEY UN 52 11:25.1  
 ALAN COHEN NY 52 12:43.4  
**M 55**  
 NEWLIE HEWSON PV 59 11:56.5  
 DES MARGETSON UN 55 13:18.9  
 LESTER SMITH UN 56 13:19.5  
**M 60**  
 STEVE RICHARDSON NY 61 11:47.1  
 MAX QUACKENBOS SH 64 12:33.1  
 DANFORTH GEER SV 62 13:35.0  
**M 65**  
 GEORGE JAFFEE NY 66 14:25.4  
 WALT WESTERHOLM ML 67 14:54.0  
**M 70**  
 HENRY ZACHMAN NJ 72 15:57.3  
**TWO MILE WALK**  
**M 30**  
 JOHN FREDERICKS SH 34 15:34.9  
 RON SALVIO SH 33 16:10.9  
 RANDY KRACKOWER NS 30 16:45.5  
 PETER SANTOS BK 34 18:16.7  
**M 40**  
 ROBERT JENNINGS PM 40 18:09.5  
**M 45**  
 JACK BOITANO NY 47 15:15.7  
 SANFORD KALB SH 54 22:23.2  
**M 50**  
 BOB FINE NY 50 17:10.7  
 BILL OMOCHENKO PC 52 17:30.0  
 TOM COSTIGAN NY 52 21:21.5  
**TWO MILE WALK**  
**M 55**  
 GEORGE HELLER NJ 59 19:22.4  
 MAURICE LENTZER NY 56 21:40.2  
**M 60**  
 TIM DYAS NJ 61 18:06.2  
**60 YD. HIGH HURDLES**  
**M 30**  
 ROBERT RUDROW SH 31 7.13  
 GENE HOFFMAN RD 31 7.65  
 J.A. OVERTON UN 32 7.67  
 BILL SIKORSKY SH 33 8.76  
 IVAN BLACK AC 32 8.79  
**M 35**  
 JACKIE FASSETTE SH 39 8.01  
 JIM ACKROYD SH 36 8.15  
**M 45**  
 TOM BUTTERFIELD SH 45 8.60  
 ED FITZGERALD SH 45 9.82  
 HAIG BOHIGIAN NY 45 10.27  
 JOHN BARRIE PM 49 10.28  
**M 50**  
 PHIL MULKEY UN 50 8.60  
 JOE KELLY NY 52 9.67  
 CHARLES STEVENSON AC 51 9.68  
 GENE KELLY SH 54 10.19  
 LEN OLSEN UN 50 10.19  
 HAROLD COLEN NY 53 10.20  
 GEORGE TAYLOR PM 51 10.40  
**M 55**  
 ART BRADLEY NY 55 10.95  
**M 65**  
 MARCUS NEUHOF NY 66 10.2  
 CLAUDE HILLS PM 69 10.8  
**M 60**  
 BOO MORCOM PM 60 9.20  
 JON HUTCHINSON TO 60 10.12  
**SHOT PUT**  
**M 30**  
 CRAIG CONNER HT 34 43'11.5  
 J.A. OVERTON UN 32 37'10  
 JOHN VOGLER SH 33 37'10  
 BILL SIKORSKY SH 33 31' 9  
**M 35**  
 LEN WATSON SH 36 45' 9.5  
 JACK CASHION SH 37 39'4  
 JIM ACKROYD SH 35 35'10  
**M 40**  
 LARRY PRATT PM 40 43' 0  
 RICK DEERE PC 44 37' 1  
 BRIAN McKENNA NY 41 35'10  
 ANDREW MIRECKI NY 41 33'4  
**M 45**  
 TOM JACKSON SH 47 34' 1  
 KURT KRASTIN NY 47 32'10  
 HAIG BOHIGIAN NY 45 32' 3  
**M 50**  
 PHIL MULKEY UN 50 47'3.5  
 LEN OLSEN UN 50 45' 9  
 PAY CARSTENSEN NY 50 41' 9  
 TOM BROOKS PC 52 36' 9  
 MATT BOYLE UN 51 35' 5  
 ARTHUR HARRIS PM 54 30' 6  
 DON HENRY SH 54 28' 2  
**M 55**  
 HERB CANTOR NY 56 41' 3  
 J.W. PIERSON PM 59 30' 1  
 MAURICE LENTZER NY 56 26' 5  
 AMERICO FREZZA SH 55 26' 1  
**M 50 - continued**  
 ED TERRANOVA NY 52 37' 4

**SHOT PUT**  
**M 60**  
 NAT HEARD CD 64 45'3  
 WILLIAM GILLIGAN EA 64 43'9  
 GREG BATTICK UN 61 42'5  
 MURRAY OGUSS NY 64 38'3  
**M 65**  
 PAUL SEREGHY NY 66 36'1  
 GENE WOOD PM 65 35'  
 JOHN BRUCE AC 68 26'6  
**M 70**  
 JOE McCLUSKY AC 70 28'1.5  
**WEIGHT THROW**  
**M 30**  
 AL PALIWUDA UN 32 47'3  
 MICHAEL GRISKO CC 34 46'8  
 CRAIG CONNERS UN 34 45'2  
 JOHN VOGLER SH 33 37'1/2  
 JIM BARBER NY 34 32'2  
 RON SALVIO SH 33 28'2  
**M 35**  
 JOE ROSS TR 35 37'8.5  
 JIM ACKROYD SH 36 34'8.75  
 LEN WATSON SH 36 33'9  
 JACK CASHION SH 37 30'9  
**M 40**  
 RICK DEERE PC 44 33'10  
 BRIAN McKENNA NY 41 27'  
**M 45**  
 KURT KRASTIN NY 47 36'2  
 TOM JACKSON SH 47 33'2  
**M 50**  
 LEN OLSEN UN 50 41'6  
 PAY CARSTENSEN NY 50 40'2  
 SANFORD KALB SH 54 18'6  
**M 55**  
 LEV MOZHAEV PM 56 47'1 +  
 HERB CANTOR NY 56 33'3  
**M 60**  
 WILLIAM GILLIGAN EA 64 44'11 +  
 GREG BATTICK UN 61 38'9.5  
**M 65**  
 PAUL SEREGHY NY 66 34'1.5  
 JOHN BRUCE AC 68 28'10  
 GENE WOOD PM 65 25'10  
**M 70**  
 JOE McCLUSKY AC 70 26'11 +  
**POLE VAULT**  
**M 30**  
 J.A. OVERTON UN 32 12'6  
 RON SALVIO SH 33 8'6  
**M 35**  
 RON COOKE UN 35 13'6  
 TOM RAUSCHER GR 35 12'  
 RALPH FUSCO SH 36 11'6  
 AL BERARDI AC 35 11'6  
 BILL WILLIS PM 38 10'6  
**M 40**  
 W. SOKOLOWSKI AC 41 13'6  
 ED ZURAW CH 43 13'  
**M 45**  
 HENRY DAVENPORT UN 46 12'0  
**M 50**  
 PHIL MULKEY UN 50 11'6  
 CHARLES STEVENSON AC 51 10'6  
 GEORGE TAYLOR PM 51 7'0  
**M 60**  
 JON HUTCHINSON TR 60 8'6  
**M 65**  
 CLAUDE HILLS PM 69 7'6  
**HIGH JUMP**  
**M 30**  
 AL ZACHARKA SH 34 5'9  
 IVAN BLACK AC 32 5'4  
 JOHN VOGLER SH 33 5'4  
 RON SALVIO SH 33 4'11  
**M 35**  
 RAY BURY SH 39 5'9  
 JIM ACKROYD SH 36 5'2  
 JACK CASHION SH 37 4'2  
**M 40**  
 GRANT KROW PM 40 4'9  
 JACK MULVEY NY 40 4'  
**M 45**  
 DICK BOWERING UN 47 4'8  
 LEE MICHALSKY UN 47 4'8  
**M 50**  
 PHIL MULKEY UN 50 5'3  
 WARREN JACKSON UN 52 4'4  
 LEN OLSEN UN 50 4'2  
 JOE KELLY NY 52 4'2  
**M 55**  
 DES MARGETSON UN 55 4'8  
 ART BRADLEY NY 55 4'4  
**M 60**  
 BOO MORCOM PM 60 4'4  
 THEODORE ILLE NJ 62 4'2  
**M 65**  
 MARCUS NEUHOF NY 66 4'4 \*  
 CLAUDE HILLS PM 69 4'2  
 JOHN BRUCE AC 68 3'8  
**LONG JUMP**  
**M 30**  
 ROBERT BEALE PM 32 21'3.75  
 JOHN MILLER PM 30 19'3.5  
 IVAN BLACK AC 32 18'7  
 PAUL ZACHMAN SH 34 17'10  
 BILL SIKORSKY SH 33 17'7.5  
 J.A. OVERTON UN 32 17'5  
**M 35**  
 RAY BURY SH 39 18'8.75  
 BILL WILLIS PM 38 18'7.75  
 JIM ACKROYD SH 36 16'3.75

**M 40**  
 PAUL RICHARD SH 43 20'4  
 ROBERT TAYLOR PV 40 20'3  
 GRANT KROW PM 40 17'3  
 ERNIE GIL PC 41 17'1/4  
 RICHARD KAYE NY 40 16'2.5  
 ANDREW MIRECKI NY 41 16'  
 DELEON GIBSON NJ 42 14'10  
**M 45**  
 TOM BUTTERFIELD SH 45 17'10.2  
 HAIG BOHIGIAN NY 45 17'6  
 JOHN BARRIE PM 49 11'5  
**M 50**  
 PHIL MULKEY UN 50 18'4  
 MATT BOYLE UN 51 16'7  
 PAY CARSTENSEN NY 50 16'1  
 CHARLES STEVENSON AC 51 15'11.5  
 ED TERRANOVA NY 52 15'7.25  
 HAROLD COLEN NY 53 14'6  
 LEN OLSEN UN 50 13'8.75  
 GEORGE TAYLOR PM 51 13'8.25  
**M 55**  
 RUDY VALENTINE PC 58 14 1/2  
 OSCAR HARRIS PM 58 13'8.5  
 DON HARRIS PM 59 13'5.5  
**LONG JUMP**  
**M 60**  
 BOO MORCOM PM 60 17'6.5 \*  
 THEODORE ILLE NJ 62 13'7  
**M 65**  
 SPARKS SORLIEN RI 65 13'9.5  
 CLAUDE HILLS PM 69 13'7.5  
 JOHN BRUCE AC 68 10'1.5  
**TRIPLE JUMP**  
**M 30**  
 ROBERT BEALE PM 32 43'7  
 IVAN BLACK AC 32 39'1/2  
 JOHN MILLER PM 30 38'6.25  
**M 35**  
 JIM ACKROYD SH 36 38'0  
 RAY BURY SH 39 37'8  
**M 40**  
 GRANT KROW PM 40 36'10.25  
 ANDREW MIRECKI NY 41 31'4.25  
 RICHARD KAYE NY 41 27'9.75  
**M 45**  
 TOM BUTTERFIELD SH 45 35'9  
 HAIG BOHIGIAN NY 45 34'10  
**M 50**  
 PHIL MULKEY UN 50 35'5.25  
 PAY CARSTENSEN NY 50 31'11.25  
 HAROLD COLEN NY 53 27'10  
 GEORGE TAYLOR PM 51 26'1/2  
**M 55**  
 DES MARGETSON UN 55 25'3.75  
 RUDY VALENTINE PC 58 23'9  
**M 65**  
 SPARKS SORLIEN RI 65 29'  
 CLAUDE HILLS PM 69 24'5.25  
**ONE MILE RELAY**  
**30-39**  
 NEW YORK PIONEERS "A" 3:27.3  
 NEW YORK PIONEERS "B" 3:28.8  
**40-49**  
 NEW YORK PIONEERS 3:40.7  
**50-59**  
 NEW YORK MASTERS 4:29.2  
**TWO MILE RELAY**  
**30-39**  
 GREATER ROCHESTER 9:04.1  
**40-49**  
 NEW YORK MASTERS 11:10.8  
**50-59**  
 NEW YORK MASTERS 10:19.1  
**WOMEN**  
**60 YARD DASH**  
**W 30**  
 MARIE BERETY NY 32 7.89  
**W 35**  
 PHIL RASCHER UN 35 7.15  
 CARMEN BROWN AT 39 7.17  
**W 40**  
 HEIDI MIRECKI NY 41 9.08  
**W 45**  
 MARILYN FITZGERALD SH 46 8.23  
 ANN CIRULNICK NY 47 9.26  
 MARIE BARRIE PM 49 9.44  
**W 50**  
 CHRIS MCKENZIE NY 50 8.65  
 BUFF MESSENGER (c) NY 54 12.6  
 BEVERLY COHEN (c) NY 50 12.6  
**300 YARD DASH**  
**W 30**  
 LINDA GRIFFEN PA 30 39.3  
**W 35**  
 SANDY PASHKIN FK 39 42.5  
**W 45**  
 MARILYN FITZGERALD 46 44.1  
 ALEXANDRIA JOHNSON FK 45 45.6  
 MARIE BARRIE PM 49 55.0  
**W 50**  
 CHRIS MCKENZIE NY 50 45.6  
**600 YARD DASH**  
**W 30**  
 JUNE SMITH AM 33 1:29.0  
**W 35**  
 SANDY PASHKIN FK 39 1:38.9  
**W 45**  
 ALEX JOHNSON FK 45 1:56.0  
**W 50**  
 CHRIS MCKENZIE NY 50 1:48.5  
**1000 YARD RUN**  
 CASSIE CLARK PA 32 3:09.8

**ONE MILE RUN**  
**W 30**  
 CATHERINE KENDELL UN 34 7:28.5  
**W 65**  
 ADRIENNE SALMINI NJ 66 8:01.7  
**TWO MILE RUN**  
**W 30**  
 SUSAN ROWLEY GR 31 12:16.9  
**W 50**  
 MILA KANIA NY 50 11:57.4  
**W 65**  
 ADRIENNE SALMINI NJ 66 18:12.3  
**TWO MILE WALK**  
**W 50**  
 BUFF MESSENGER NY 54 25:41.0  
**W 55**  
 MARIE HENRY SH 58 20:53.2  
**60 YD. HIGH HURDLES**  
**W 35**  
 GARMEN BROWN AM 39 8.56  
 PHIL RASCHKER UN 35 9.00  
**SHOT PUT**  
**W 30**  
 BARBARA FRIEDRICH SH 33 40'6  
**W 35**  
 PHIL RASCHKER UN 35 22'8  
 NATALIE RAMSEY FK 36 21'2  
**W 30 (continued)**  
 MARIE BERETY NY 32 26'3  
**W 40**  
 HEIDI MIRECKI NY 40 19'3  
**W 45**  
 ANNE CIRULNICK NY 47 26'1  
 ALEXANDRIA JOHNSON FK 45 24'  
**W 50**  
 BUFF MESSENGER NY 54 15'2  
**HIGH JUMP**  
**W 35**  
 PHIL RASCHKER UN 35 5'1  
**LONG JUMP**  
**W 30**  
 CASSIE CLARK PA 34 13'2.5  
 Cont. on page 26



**SAN FRANCISCO GAMES**  
 FEBRUARY 20, 1982  
**50 METERS**  
**M30** Norb Payton 5.97  
 Tom Allen 6.32  
 Phil Webb 6.45  
 Mike Harper 6.51  
 Dan Burke 6.56  
**M40** Ken Dennis 6.37  
 Paul Edens 6.43  
 Mel Brook 6.48  
 Bill Knocke 6.50  
 Bruce Springbett 6.58  
**M60** Payton Jordan 6.98  
 Harry Koppel 7.39  
 John Satti 7.66  
 Sam Hoover NI  
 from Keith Conning  
**WOMEN'S MASTERS MILE**  
 1. Barbara Pike 5:19.3  
 2. Marilyn Harbin 5:25.8  
 3. Vickie Bigelow 5:31.3  
 4. Heidi Skaden-Poyser 5:48.9  
 5. Mimi St. Clair 5:41.6  
 6. Ruth Anderson 6:11.4



**MEN - 25-29**

Dixon, Marvin	9.78
Colson, Victor	10.28
Chell, Skip	10.68
Mitchell, Henry	10.70
Sweeting, Jimmy	10.97
McMullen, Nathan	13.95

**MEN - 30-34**

Thiel, Dan	9.77
Watson, William	9.89
Robinson, Nate	10.03
Gibson, Armand	10.06
Schuler, Gary	10.53
Ryan, Nick	10.70
Lifscumb, Al	10.87
Graham, Dan	10.88
Rodriguez, Jose	10.92
Vlaardingerbrock, Ru	11.42

**MEN - 35-39**

Alexander, Wilmar	9.99
Febles, Edwin	10.11
Picorelli, Wilfredo	10.30
Dunn, Jack	10.37
Hockaday, Graham	10.85
Agosto, Candido	11.33
Vihlen, Eric	11.40
Wheeler, John	12.22
Gurney, Jack	12.95

**MEN - 40-44**

Bell, Vaughn	10.48
Diaz, Willie	10.48
Hill, Ron	11.29
White, Sammy	11.39
Halliday, Robert	11.86
Jaehne, Skip	12.34
Lester, David	12.39
Griffith, David	12.59

**MEN - 45-49**

Diaz, Ruben	10.50
Miller, Charles	11.15
Perez, Ariel	11.34
Johnson, Louis	11.70
Porter, Buzz	11.72
Baggett, Jim	11.80
Laudano, Frank	11.83
Nottingham, Hank	12.53
Cramp, Bill	12.97

**MEN - 50-54**

Schuler, Ed	11.44
Cano, Luis	11.85
Riosaponte, Pablo	11.94
Arroyo-Velez, Luis	12.25
Gentry, Bill	12.37
Caro, Lou	12.48
Downey, Bill	12.51
Tobiassen, Tom	12.80
Trubey, Les	12.83
Gaulden, Paul	12.90
Daniel, Stewart	14.23

**MEN - 55-59**

Ubarri, Jose	11.91
Hall, Don	13.15
Huber, Frank	13.19
Scoville, Bill	13.44
Ross, B. John	13.96
Petrolina, Joe	14.69

**MEN - 60-64**

McGee, Mike	12.80
Hull, Don	13.00
Rosario, Julio	13.04
Carmen, William	13.23

**MEN - 65-69**

Gonzales, Gilberto	12.59
Griffith, Wayne	16.20

**MEN - 70 + 74**

Russell, Lester	15.11
Pike, Warren	15.70
Furniss, Frank	15.74
Partridge, Phil	18.59

**MEN - 75-79**

Boas, Konrad	15.33
--------------	-------

**EVENT: 220 YARD DASH**

Cunningham, Kiela	31.36
Smither, Barbara	34.04

**WOMEN - 25-29**

Cunningham, Kiela	31.36
Smither, Barbara	34.04

**WOMEN - 30-34**

Pizarro, Myrna	30.44
Lipinski, Mary Ellen	35.44
Burreson, Patty	37.51

**WOMEN - 35-39**

Lyke, Connie	34.23
--------------	-------

**WOMEN - 40-44**

Christman, Emily	36.95
Wiegand, Judy	39.62

**WOMEN - 45-49**

Morgan, Ann	39.34
Carson, Nancy	42.66
Hammen, Susan	42.72
Carlin, Dorothy	43.11

**WOMEN - 50-54**

Steele, Carol	38.91
McBride, Betty	45.00
Downey, Dolly	48.89

**MEN - 25-29**

Colson, Victor	22.90
Chell, Skip	24.59
Sweeting, Jimmy	25.28
Bell, Jon	27.44
Mesa, Ivan	27.92

**MEN - 30-34**

Thiel, Dan	22.90
Robinson, Nate	22.97
Watson, William	22.99
Lifscumb, Al	24.34
Ryan, Nick	24.55
Bodden, Lindsey	24.59

**MEN - 35-39**

Picorelli, Wilfredo	24.26
Dunn, Jack	24.50
Febles, Edwin	24.88
Lester, David	25.03
Griffith, David	27.35

**MEN - 40-44**

Diaz, Willie	23.73
Bell, Vaughn	23.84
White, Sammy	24.89
Hill, Ron	25.00
Stantz, Charles	27.19
Halliday, Robert	27.45
Griffith, Dave	30.34
Jaehne, Skip	30.51

**MEN - 45-49**

Diaz, Ruben	25.19
Miller, Charles	25.62
Porter, Buzz	25.81
Johnson, Louis	25.89
Laudano, Frank	27.86
Baggett, Jim	28.76
Goodwin, Joe	28.88
Cramp, Bill	28.99

**MEN - 50-54**

Cano, Luis	27.53
Rios-Aponte, P.	27.73
Gentry, Bill	28.59
Arroyo-Velez, Luis	28.60
Trubey, Les	29.62
Tinker, Don	29.64
Gaulden, Paul	30.22
Gross, Ben	35.45

**MEN - 55-59**

Ubarri, Jose	28.70
Hall, Don	31.80
Ross, B. John	31.81
Scoville, Bill	32.80
Petrolina, Joe	33.14

**MEN - 60-64**

Rice, Jack	28.32
Hull, Don	29.72
Rosario, Julio	30.06
Carmen, Bill	30.10
Sponseller, Jay	30.17

**MEN - 65-69**

Gonzalez, Gilberto	29.46
--------------------	-------

**MEN - 70 - 74**

Lacy, R	34.91
Story, G.	38.72
Furniss, F.	40.43

**MEN - 75-79**

Boas, Konrad	36.08
--------------	-------

**EVENT: 440 YARD DASH**

Nelson, Carol	1:13.57
Graves, Diane	1:20.56
Cunningham, Kiela	1:20.58

**WOMEN - 30-34**

Pizarro, Myrna	1:16.67
Smith, Sue	1:18.92
Marsden, Sammie	1:21.17
Lipinski, Mary Ellen	1:25.44

**WOMEN - 35-39**

Castle, Ann	1:19.92
Bowman, Cheryl	1:25.37
Hockaday, Vicki	1:28.62
Shenk, Jewel	1:42.88
Wickersham, Gail	1:46.91

**WOMEN - 40-44**

Christman, Emily	1:21.55
Moeller, Barbara	1:23.34
Zuknick, M.J.	1:34.84

**WOMEN - 45-49**

Tingle, Laura	1:22.15
Morgan, Ann	1:30.69
Carson, Nancy	1:44.26
Askea, Jean	1:54.67

**WOMEN - 50-54**

Steele, Carol	1:35.95
McBride, Betty	1:49.25
Downey, Dolly	2:10.30

**MEN - 25-29**

Sweeting, Jimmy	56.26
Turner, David	1:04.75

**MEN - 30-34**

Thiel, Dan	52.63
Roman, Fernando	53.11
Bodden, Lindsey	53.70
Brown, Johnny	54.04
Ryan, Nick	55.78
Cable, Glenn	56.22
Graham, Dan	58.33
Rodriguez, Jose	1:01.17
Valcarcel, Mario	1:05.83

**MEN - 35-39**

Agosto, Candido	56.40
Rovira, Martin	59.23
Shenk, J.C.	59.91
Rice, Graham	1:02.86
Vihlen, Eric	1:07.24

**MEN - 40-44**

Diaz, Willie	53.47
Bell, Vaughn	53.53
Hill, Ron	56.00
White, Sammy	56.44
Flynn, Orville	57.77
Halliday, Robert	1:00.39
Stantz, Charles	1:01.91
Guffanti, Buzz	1:04.01
Jaehne, Skip	1:08.77
Greer, Jack	1:09.93

**MEN - 45-49**

Johnson, Louis	58.20
Porter, Buzz	1:00.42
Perez, Ariel	1:03.08
Gilman, David	1:04.25
Durkee, Keith	1:05.26
Tingle, John	1:06.28
Cramp, Bill	1:07.58
Byrne, Robert	1:09.42
Wickersham, Reb	1:10.37
Dixon, Tom	1:14.86

**MEN - 50-54**

Torres, Luis	1:00.83
Gross, Ben	1:01.11
Rios, Aponte	1:05.01
Downey, Bill	1:06.08
Arroyo-Velez, Luis	1:06.66
Downey, Earl	1:06.78

**MEN - 55-59**

Deppenbrock, Tom	1:08.08
Tinker, Don	1:08.56
Caro, Lou	1:11.96
Gaulden, Paul	1:14.01
Tobiassen, Tony	1:16.35

**MEN - 60-64**

Ubarri, Jose	1:07.59
Petrolina, Joe	1:10.39
Ross, B. John	1:11.83
Scoville, Bill	1:16.39
Greenstein, Jerry	1:21.55

**MEN - 60-64**

Rice, Jack	1:01.08
Sponseller, Jay	1:09.04
Rosario, Julio	1:10.28
Hull, Don	1:14.23
Carmen, William	1:15.50

**MEN - 65-69**

Gonzalez, Gilberto	1:11.66
--------------------	---------

**MEN - 70 - 74**

Pike, Warren	1:40.55
--------------	---------

**EVENT: 880 YARD RUN**

Smither, Barbara	2:55.8
------------------	--------

**WOMEN - 30-34**

Dougherty, Susan	3:32
------------------	------

**WOMEN - 35-39**

Kronus, Peggy	3:46
Shenk, Jewel	3:48

**WOMEN - 40-44**

Christman, Emily	3:17
------------------	------

**WOMEN - 45-49**

Grubaugh, Dolores	3:23.3
Morgan, Ann	3:23.8
Carlin, Dorothy	3:43
Carson, Nancy	4:00

**WOMEN - 50-54**

McBride, Betty	4:15
----------------	------

**WOMEN - 55-59**

Beward, Nancy	3:34
---------------	------

**MEN - 25-29**

Sweeting, Jimmy	2:16
Bell, Jon	2:17
Gericke, Dick	2:24
Mesa, Ivan	2:31

**MEN - 30-34**

Roman, Fernando	2:02.1
Brown, Johnny	2:03.8
Bodden, Lindsey	2:04.3
Cable, Glenn	2:09.7
Rodriguez, Sotero	2:14.3
Stenglein, John	2:16
Doering, Mike	2:39.4
Epperley, Mile	2:42

**MEN - 35-39**

Farris, Ted	2:15.9
Scoville, Bill	2:17.5
Shenk, J.C.	2:18.7
Simpson, John	2:19.9
Gurney, Jack	2:22.6
Jerrems, Alec	2:24.5
Sargent, Dennis	2:26
Rovira, Martin	2:28
Appel Artie	2:31.7
Vihlen, Eir	2:32

**MEN - 40-44**

Flynn, Orville	2:17
Richards, Tom	2:20
Jaehne, Skip	2:38

**MEN - 45-49**

Wimberley, C.	2:13
Porter, Buzz	2:23
Askea, Bob	2:24
Gilman, David	2:25.7
Morgan, Kent	2:27
Alicea-Rivera, Luis	2:27.5
Wickersham, Reb	2:36
Jaffe, Jay	2:37

**MEN 50-54**

Torres, Luis	2:18.1
Gough, Jack	2:20.2
Gross, Ben	2:29.7
Vallejo, Antonio	2:32.4
Downey, Earl	2:37.1
Daniel, Stewart	2:38.4
Hively, Jim	2:41.4
Tinker, Don	2:45.2
McBride, Don	3:04.9

**MEN - 55-59**

Hammen, Carl	2:34.8
Ross, B. John	2:41.9
Alonso, Jose	2:48.4
Petrolina, Joe	2:56.9
Scoville, Bill	2:59.0
Greenstein, Jerry	3:15.8

**MEN - 60-64**

Rice, Jack	2:22.1
Sponseller, Jay	2:43.6
Carmen, Bill	4:30.3

**MEN - 70 - 74**

Story, George	3:22.3
---------------	--------

**EVENT: 1 MILE RUN**

Nelson, Carol	6:12.4
Smither, Barbara	6:28

**WOMEN - 25-29**

Lyons, Pat	5:39.0
Taylor, Madelene	6:20.9
Lipinski, Mary Eller	7:54.3
Baessler, Sandy	9:09.5

**WOMEN - 30-34**

Castle, Anne	6:43.7
Lyke, Connie	6:51.5
Bowman, Cheryl	7:13.3
Petroski, Mary	7:20.8
Hockaday, Vicki	7:33.7
Shenk, Jewel	8:06.2
Wickersham, Gail	9:11.3

**WOMEN - 35-39**

Moeller, Barbara	6:24.0
Zuknick, Mary Jane	7:01.3
Christman, Emily	7:03.3

**WOMEN - 40-44**

Tingle, Laura	6:44.9
Morgan, Ann	7:22.4
Fitzgerald, Gail	8:24.6
Carson, Nancy	8:28.5
Askea, Jean	9:15.3

**WOMEN - 45-49**

McBride, Betty	9:14.0
----------------	--------

**WOMEN - 50-54**

Trigg, Anne	6:37.2
Beward, Nancy	7:26.1

**MEN - 25-29**

Lord, Stephen	5:00
Sweeting, Jimmy	5:03
Hart, Adrian	5:06
Bell, John	5:12
Gericke, Dick	5:22.5
Hart, Bob	5:59.3
Mesa, Ivan	6:02

**MEN 30-34**

Brown, Johnny	4:39.4
Bodden, Lindsey	4:43.5
Rodriguez, Sotero	4:51.2
Revenaugh, Lance	4:53.3
Doering, Mike	5:32.9

**MEN 35-39**

Quevillon, Richard	4:49
Scoville, Bill	5:04
Harrison, Bill	5:07
Senger, Steve	5:08
Bowman, Steve	5:14
Shenk, J.C.	5:15.5
Jerrems	

<b>WOMEN - 45-49</b>	
Grubaugh, D.	26:11
Madden, J.	28:13
Carson, N.	29:53
<b>WOMEN - 50-54</b>	
Anderson, G.	27:26
Steele, C.	28:57
McBride, E.	32:42
<b>WOMEN - 55-59</b>	
Beward, N.	23:15
<b>EVENT: 6-MILE RUN</b>	
<b>MEN - 25-29</b>	
Lyons, R.	36:28
Lord, S.	36:55
Sweeting, J.	37:31
Hart, R.	44:52
<b>MEN - 30-34</b>	
Rodriguez, S.	35:01
Bodden, L.	38:39
Doering, M.	40:18
Negrin, C.	41:09
Valente, R.	47:19
Murphy, M.	51:51
<b>MEN - 35-39</b>	
Quevillon, R.	34:40
Bowman, S.	36:38
Scoville, W.	38:24
Rice, G.	39:14
Shenk, J.	51:46
<b>MEN - 40-44</b>	
D'Aoust, R.	39:44
Rothenbach, W.	41:22
Greer, J.	42:41
Galesse, R.	48:37
Zuknick, R.	49:03
<b>MEN - 45-49</b>	
Morgan, K.	36:39
Hartman, H.	37:03
Askea, R.	37:37
Jaffe, J.	38:22
Carter, T.	44:51
Ebberle, R.	46:41
Goodwin, Joe	49:31
Carlin, Bill	56:05
<b>MEN - 50-54</b>	
Gross, B.	38:25
Hively, J.R.	40:33
Depenbrock, T.	43:30
Anderson, H.	45:36
Johnston, R.	50:24
Tobiasson, T.	53:54
<b>MEN - 55-59</b>	
Petrolina, J.	41:19
Scoville, W.	43:22
Alonso, J.	43:32
Ross, B.J.	56:56
Greenstein, J.	56:57
<b>MEN - 60-64</b>	
Eppright, W.	40:35
Futrell, C.	48:54
<b>MEN - 65-69</b>	
Sheridan, W.	48:00
Rothschild, R.	52:07
Eklund, J.	62:00
<b>MEN - 70-74</b>	
Story, G.	52:50
Wildermuth, E.	59:29
<b>WOMEN - 30-34</b>	
Taylor, M.	45:12
<b>WOMEN - 35-39</b>	
Bowman, C.	53:07
Shenk, J.	56:14
Kronus, P.	59:51
<b>WOMEN - 40-44</b>	
Christman, E.	53:32
Zuknick, M.	54:01
<b>WOMEN - 45-49</b>	
Tingle, L.	47:00
Grubaugh, D.	52:25
Morgan, A.	57:19
Carson, N.	59:57
<b>WOMEN - 50-54</b>	
Anderson, B.	57:19
<b>WOMEN - 55-59</b>	
Beward, N.	48:18

<b>EVENT: 110 YARD x 4 RELAY</b>	
<b>WOMEN - 25-39</b>	
Smither, Taylor, Marsden, Eldridge	Manasota TC 1:06.77
<b>WOMEN - 40-49</b>	
Fitzgerald, Tingle, Morgan, Christman	Manasota TC 1:15.26
<b>WOMEN - 50-59</b>	
Beward, Steele, McBride, Anderson	Manasota TC 1:25.48
<b>MEN - 25-39</b>	
Thiel, Gibson, Dunn, Dixon	UNA 43.55
Lipscomb, Colson, Robinson, Alexander	UNA 43.67
Agosto, Febles, Roman, Picorelli	Puerto Rico Masters 46.77
<b>MEN - 40-49</b>	
Diaz, Diaz, Aponte, Perez	Puerto Rico Masters 48.48
Miller, Stantz, Bell, Hill	W.Fl.Y 50.23
Baggett, Halliday, Butler, Downey	Palm Beach T & F Assn. 55.40
<b>MEN - 50-59</b>	
Cano, Arroyo-Velez, Rios, Ubarri	Puerto Rico Masters 51.61
Gentry, Huber, Trubey, Schuler	UNA 54.19
Downey, Scoville, Gaulden, Downey	Palm Beach 56.61
<b>MEN - 60-69</b>	
Futrell, Hull, McGee, Carmen	UNA 57.33
<b>EVENT: 440 YARD X 4 RELAY</b>	
<b>WOMEN - 25-39</b>	
Smith, Lipinski, Wickersham, Lyke	Manasota TC 5:45.7
Carlin, Bennett, Madden, Kronus	Manasota TC 6:35.4
<b>WOMEN - 40-49</b>	
Grubaugh, Carson, Cristman, Morgan	Manasota TC 6:18.6
<b>WOMEN - 50-59</b>	
Beward, Anderson, McBride, Steele	Manasota TC 6:58.2
<b>MEN 25-39</b>	
Agosto, Picorelli, Febles, Roman	Puerto Rico 3:40.8
Brown, Farris, Scoville, Watson	Palm Beach T & F As: 3:48
Dallmann, Cannon, Myers, Cable	W.Fl.Y 3:56
<b>MEN - 40-49</b>	
Diaz, Diaz, Perez, Aponte	Puerto Rico 3:40.8
Richards, Stantz, Hill, Bell	W.Fl.Y
Flynn, Halliday, Butler, Gilman	Palm Beach T & F As:
<b>MEN - 50-59</b>	
Ubarri, Rios, Dano, Torrez	Puerto Rico 4:31.1
Bartenfeld, Daniel, Petrolina, Gross	Atlanta TC 4:32.6
Tinker, Anderson, Hively, Depenbrock	Manasota TC 4:36.8
<b>MEN - 60 + 69</b>	
Lacey, Eppright, Rice, Ryan	W.Fl.Y 5:03.9
Carmen, Rothschild, Wildermuth, Boas	UNA 6:20

**FINAL TEAM STANDINGS**

Manasota Track Club	1357.5
Puerto Rico Masters	509.5
Palm Beach Track & Field Ass'n.	330.0
West Florida Y	312.0
Atlanta Track Club	135
Daytona Beach Track Club	86.5
Fort Lauderdale Track Club	52
Orlando Runners Club	44
New Orleans Striders	34
Athletes Foot Tampa	32.5
Vero Beach Sun Runners	31
Boston Athletic Ass'n.	26.5
Orlando Rec. Dept.	25
N.Y. Masters	21
Florida Striders	17
Patrick Flyers	16
Philadelphia Masters	16
Ft. Myers Track Club	14
Hamilton Ontario Athletics	14
Jacksonville Track Club	14
New Orleans Track Club	14
Pensacola Runner	12
Denver Track Club	9
Gulf Coast Runners	9
Tampa Bay Track Club	4
UNA	365
<b>TOTAL</b>	<b>3500.5</b>

**WESTERN PROVINCE MASTERS T&F MEET CAPE TOWN, SOUTH AFRICA, MARCH 27**

5 000 metres walk: 1. G. Rossouw (Bell) 35 min 36.8 sec; (WP record); 2. A van Zyl 32 min 4.2 sec; 3. C Johnston (SH) 32 min 5.4 sec.

100 metres (35 to 39 years): 1. T Brink (US) 12.0 sec; 2. G Gough (Fish Hoek) 12.0 sec.

100 metres (40 to 44 years): 1. C Breytenbach (Bell) 12.5 sec.

100 metres (45 to 49 years): 1. C Pahl (Fish Hoek) 12.2 sec; 2. L Benning (Celtics) 12.4 sec; 3. S Fourie (Celtics) 12.7 sec.

100 metres (50 to 54 years): 1. V Lunn (Pine) 12.2 sec; 2. A Jones (Celt) 13.1 sec.

200 metres (35 to 39 years): 1. T Brink (US) 25.3 sec.

200 metres (40 to 44 years): 1. L Hacker (S Tv) 23.7 sec; 2. J Sterley (PE) 25.7 sec; 3. F du Toit (Parow) 26.0 sec.

200 metres (45 to 49 years): 1. L Benning (Celtics) 26.4 sec; 2. C Pahl (FH) 27.0 sec; 3. G Moller (WPM) 27.0 sec.

200 metres (50 to 54 years): 1. V Lunn (Pine) 26.5 sec; 2. A Jones (Celtics) 27.4 sec; 3. M Orford (VOB) 31.6 sec.

400 metres (40 to 44 years): 1. L Hacker (S Tv) 53.1 sec; 2. Sterley (PE) 55.6 sec; 3. F du Toit (Parow) 56.9 sec.

400 metres (44 to 49 years): 1. S Ross (Hug) 59.3 sec; 2. G Moller (WPM) 60.2 sec; 3. S Fourie (Celtics) 61.3 sec.

400 metres (50 to 54 years): 1. A Jones (Celtics) 61.8 sec; 2. R Truter (Bell) 64.6 sec; 3. M Orford (VOB) 69.4 sec.

800 metres (35 to 39 years): 1. T Brink (US) 2 min 13.0 sec; 2. P Jackson (FH) 2 min 22.0 sec.

800 metres (40 to 44 years): 1. J Sterley (PE) 2 min 4.8 sec; 2. F du Toit (Parow) 2 min 6.6 sec; 3. A Brown (FH) 2 min 13.2 sec.

800 metres (45 to 49 years): 1. S Ross (Hug) 2 min 9.8 sec; 2. A Brown (FH) 2 min 15.2 sec; 3. R Cross (UCT) 2 min 19.2 sec.

800 metres (50 to 54 years): 1. A Jones (Celtics) 2 min 21.4 sec; 2. R Truter (Bell) 2 min 22.2 sec.

1 500 metres (35 to 39 years): 1. T Smith (Sevages) 4 min 34.1 sec; 2. B Links (DeP) 4 min 39.8 sec.

1 500 metres (40 to 44 years): 1. A Lewis (Hug) 4 min 41.0 sec; 2. R Furpesson (FH) 5 min 4.7 sec.

1 500 metres (45 to 49 years): 1. S Ross (Hug) 4 min 47.4 sec; 2. D Elliott (Celtics) 4 min 54.5 sec; 3. R Cross (UCT) 5 min 9.2 sec.

5 000 metres (35 to 39 years): 1. B Links (DeP) 18 min 29.8 sec.

5 000 metres (40 to 44 years): 1. W Thring (Celtics) 16 min 26.2 sec; 2. C George (Atlantic) 18 min 0.1 sec; 3. J Cartwright (UCT) 18 min 41.4 sec.

3 000 metres Heapie Chase (35 to 39 years): 1. T Smith (Sevages) 10 min 24.8 sec.

Hammer Throw (35 to 39 years): 1. G Engelbrecht (Bell) 57.68 m.

40 to 44 years: 1. H Geldenhuys (SAP) 55.34 m.

45 to 49 years: 1. Casper Nel (SAP) 46.78 m.

Triple Jump (35 to 39 years): 1. G Gough (FH) 11.41 m; 2. T Smith (Sevages) 10.83 m.

45 to 49 years: 1. L Benning (Celt) 10.32 m; 2. C Pahl (FH) 10.27 m.

Shot put (35 to 39 years): 1. G Engelbrecht (Bell) 9.61 m.

40 to 44 years: 1. H Geldenhuys (SAP) 13.37 m; 2. A Brown (FH) 9.47 m.

45 to 49 years: 1. D van Heerden (DeP) 9.21 m; 2. S Fourie (Celt) 8.17 m.

**WOMEN**

800 metres (30 to 34 years): 1. M Gough (SH) 2 min 36.4 sec; 2. F Eksteen (DeP) 2 min 39.3 sec.

55 to 59 years: 1. A McKenzie (Pine) 2 min 46.6 sec.

200 metres (35 to 39 years): 1. D Quelch (Pine) 27.9 sec.

1 500 metres (30 to 34 years): 1. F Eksteen (DeP) 5 min 36.7 sec.

55 to 59 years: 1. A McKenzie (Pine) 5 min 50.9 sec.

Long Jump (30 to 34 years): 1. F Eksteen (DeP) 5.64 m.

35 to 39 years: 1. D Quelch (Pine) 4.66 m.

50 to 54 years: 1. I Hofmeyers (Bell) 3.36 m.

**MARTIN LUTHER KING GAMES PALO ALTO, CALIF. APRIL 3, 1982**

<b>100M 40-49</b>	
1. Bruce Springbett	11.84
2. Bobby Simpson	12.02
3. Gil LaTorre	12.03
<b>100M 60+</b>	
1. Payton Jordan	13.10
2. Harry Koppel	13.65
3. John Satti	14.61



Jim McLatchie



Jim Hershberger hits tape in TFA National 50-54 880 held in Liberty, MO. Feb. 14. Jim set new meet record in 2:18.3.

Photo: Russ Niemi

**NEW ZEALAND VETERANS TRACK & FIELD CHAMPIONSHIPS. INVERCARGILL, N.Z. MARCH 27-28, 1982**

**Men**

**10,000 METRES**

M50: C. Dalton (Oly) 1, G. Willi (Nel) 2, N. Crum (CanV) 3. Times, 36:39.8, 37:27.4, 42:32.2.  
 M55: B. Thomas (HC) 1, M. Daly (U) 2, W. Vine (Owa) 3. Times, 37:54.5, 37:56.4, 41:52.7.  
 M60: H. Clark (Owa) 1, V. Fittall (Lyn) 2, C. Green (Scot) 3. Times, 39:52.6 (record, previously 40:24.02), 39:57.7, 44:02.2.  
 M45: J. K. Macdonald (Oly) 1, J. Cowie (Lei) 2, R. McLean (U) 3. Times, 32:44.5 (record, previously: 32:49.1 in 1979), 34:07.8.  
 M40: D. Dahlberg (PN) 1, D. Dixey (G) 2, J. Burberry (Lei) 3. Times, 34:06.3, 34:27.0, 34:55.0.  
 MPV: B. Patton (W) 1, E. Jones (SP) 2, P. Masters (I) 3. Times, 36:16.1, 36:27.6, 36:29.9.  
 M70: D. Fincham (Lei) 1, J. Jamieson (Owa) 2. Times, 48:15.00 (record, previously 49:21.0, by Jamieson in 1979), 49:13.04.

**POLE VAULT**

M40: B. Senior (W) 1. Height, 3.70 (record, previously 3.50 by Senior in 1980).  
 M50: V. Marks (Kiwi) 1. Height, 2.13.

**110m HURDLES**

M40: J. Penny (Oly) 1, F. Senior (W) 2, M. Savage (U) 3. Times, 18.70 (record, previously 21.0 in 1981), 19.76, 21.58.  
 M50: A. Mahon (Toch) 1. Time, 23.07.  
 M65: W. Fenton (Tau) 1. Time, 25.96.

**LONG JUMP**

M40: R. Glendinning (I) 1, J. Penny (Oly) 2, B. Senior (W) 3. Distances, 5.18, 4.95, 4.84.  
 M45: B. McPhail (Ash) 1, J. Kearns (U) 2, C. Gray (SP) 3. Distances, 5.79, 4.95, 4.53 (record, previously 5.71 in 1981).  
 M50: J. Blair (Wgnvt) 1, R. Bennett (Gall) 2, A. Mahan (Toch) 3. Distances, 4.94, 4.66, 4.50.  
 M55: A. Hill (Ham) 1, F. Copeman (Frank) 2, J. King (NBri) 3. Distances, 4.61, 4.42, 4.28 (record, previously 4.10 by J. Mclean in 1981).  
 M60: M. Bennie (RHC) 1, L. Francis (Cart) 2, R. Willyri (Taka) 3. Distances, 3.94, 3.48, 1.69.  
 M65: S. Taylor (GE) 1, W. Fenton (tau) 2, F. Plant (Mast) 3. Distances, 3.98 (record).

**1500 METRES**

M40: J. Power (Morn) 1, J. Law (Cav) 2, D. Dixey (G) 3. Times, 4:15.3, 4:18.8, 4:25.4.  
 MPV: D. Belsham (I) 1, B. Patton (W) 2, P. Masters (I) 3. Times, 4:45.9, 4:45.92, 4:55.2.  
 M45: J. D. Macdonald (Oly) 1, C. Geary (Cav) 2, R. Willett (Fjord) 3. Times, 4:15.7, 4:16.3, 4:36.1.  
 M50: R. O'Brien (Tai) 1, F. Perry (Lei) 2, I. Brownie (NB) 3. Times, 4:41.6, 4:44.8, 4:49.1.  
 M55: D. Turnbull (I) 1, C. Kernahan (CU) 2, J. Daly (HamHC) 3. Times, 4:18.5, 4:38.2, 5:09.2 (record, previously 4:50.04, by Daly).  
 M60: H. Clark (Owa) 1, C. Southwick (HamHC) 2, V. Fittall (Lyn) 3. Times, 4:55.0 (record, previously 5:06.06 by B. Evans).  
 M65: F. Plant (Mast) 1, C. Gurrie (Shir) 2. Times, 6:04.2, 6:18.8.  
 M70: W. Abel (HamHC) 1, E. Hamilton (HamHC) 2, J. Jamieson (Owa). Times, 6:19.9 (record, previously 6:26.39, by Jamieson) 6:30.6, 6:53.8.

**JAVELIN**

M40: B. Senior (W) 1, N. Wilton (Cart) 2, R. O'Halloran (U) 3. Distances, 38.36, 31.80, 27.98.  
 M45: R. Rose (Tech) 1, J. Kearns (CanVet) 2, C. Gray (SP) 3. Distances, 34.30, 29.86, 28.32.  
 M60: D. Gibson (Toch) 1, L. Francis (Cart) 2, R. Willyri (Taka) 3. Distances, 31.28, 24.26, 14.02.  
 M65: G. Tait (Taka) 1, G. Currie (Shir) 2. Distances, 22.50, 16.26.  
 M70: N. Hawke (Ash) 1. Distance 31.14 (record).  
 M50: A. Grayburn (Toch) 1, V. Marks (Kiwi) 2. Distances, 46.70, 39.62.  
 MPV: M. Brice (U) 1, G. Jones (SP) 2. Distances, 39.48, 28.02.  
 M55: A. Hill (Ham) 1, H. Marsh (Whan) 2. Distances, 29.28, 23.32.

**DISCUS**

MPV: T. Fleming (Ash) 1, M. Brice (U) 2. Distances, 32.40, 28.22.  
 M40: B. Senior (W) 1, N. Wilton (Cart) 2, M. Savage (Ham) 3. Distances, 29.44, 24.22, 21.70.  
 M45: R. Rose (Tech) 1, R. French (Ngo) 2, A. Weir (SP) 3. Distances, 29.24, 25.16, 23.50.

M60: D. Gibson (Toch) 1, L. Francis (Cart) 2, R. Willyri (Taka) 3. Distances, 31.06, 24.5, 17.66.  
 M65: G. Tait (Taka) 1, W. Fenton (Tau) 2, G. Currie (Shir) 3. Distances, 28.60, 24.06, 22.40.  
 M70: N. Hawke (Ash) 1. Distance, 24.12 (record).  
 M50: V. Marks (Kiwi) 1, T. Bent (Tai) 2, G. Douglas (AKYMCA) 3. Distances, 35.50, 32.20, 31.08.  
 M55: J. King (NB) 1, D. Leech (UC) 2, F. Copeman (Frank) 3. Distances 29.90, 28.70, 24.62.

**SHOT PUT**

M55: J. King (NB) 1, F. Copeman (Frank) 2, A. Hill (Ham) 3. Distances, 9.80, 8.70, 6.78.  
 M70: N. Hawke (Ash) 1, G. De Bell (Ham) 2, Distances, 11.06, 7.76.  
 M50: G. Douglas (AKYM) 1, V. Marks (Kiwi) 2, T. Bent (Tai) 3. Distances, 12.26, 11.99, 10.00.  
 M45: R. Rose (Tech) 1, A. Weir (SP) 2, E. Fleming (SP) 3. Distances, 9.06, 8.58, 8.07.  
 M40: B. Senior (W) 1, M. Savage (U) 2, N. Wilton (Cart) 3. Distances, 9.67, 7.77, 7.70.  
 MPV: T. Fleming (Ash) 1, M. Brice (U) 2. Distances, 11.66 (record, previously 11.57 by C. Freeman in 1980), 8.38.  
 M60: D. Gibson (Toch) 1, L. Francis (Cart) 2, R. Willyri (Taka) 3. Distances, 13.10, 6.93, 6.60 (record, previously 12.58 by D. Gibson in 1981).  
 M65: G. Tait (Taka) 1, W. Fenton (Tau) 2. Distances, 8.87, 8.66.

**5000 METRES**

MPV: B. Patton (W) 1, B. Masters (U) 2, E. Jones (SP) 3. Times, 17:39.1, 17:58.0, 18:20.0.  
 M40: J. Power (Morn) 1, R. Dahlberg (PN) 2, D. Dixey (G) 3. Times, 15:57.4, 15:57.8, 16:10.5.  
 M45: W. Kenny (Lei) 1, C. Geary (Cav) 2, J. Cowie (Lei) 3. Times, 16:09.8, 16:14.8, 16:22.5.  
 M50: F. Perry (Lei) 1, I. Brownie (ChAC) 2, G. Willis (Nel) 3. Times, 17:46.4, 17:54.0, 18:15.2.  
 M55: D. Turnbull (I) 1, B. Thomas (HC) 2, J. Daly (Ham) 3. Times, 16:22.5, 18:27.3, 18:40.5.  
 M60: H. Clark (Owa) 1, C. Southwick (Ham) 2, J. Harrison (Cav) 3. Times, 19:08.0, 20:47.5, 24:00.2.  
 M65: F. Plant (Mast) 1, V. Adamson (CS) 2. Times, 22:57.7, 23:03.4.  
 M70: J. Jamieson (Owa) 1, D. Fincham (Lei) 2. Times, 23:06.2, 23:22.6.

**3000M STEEPLECHASE**

M40: R. Dahlberg (PN) 1, W. Hume (I) 2, N. Wilton (Cart) 3. Times, 10:31.1, 11:01.7, 14:29.8.  
 M45: W. Kenny (Lei) 1, B. Chan (Tech) 2, G. Moreton (I) 3. Times, 10:35.8, 11:47.9, 12:12.1.  
 M50: I. Brownie (Chch) 1, J. Sprague (Lei) 2. Times, 11:34.4, 12:36.6.  
 M60: C. Southwick (Ham) 1, C. Green (Scot) 2. Times, 13:30.5 (record previously 14:12.04 by Green in 1981).

**3000M WALK**

MPV: E. Jones (SP) 1, P. Masters (SP) 2. Times, 18:19.8, 20:14.2.  
 M40: D. Chadderton (Avon) 1, N. Wilson (Cart) 2. Times, 15:37.0, 16:12.1.  
 M45: R. Muijs (I) 1, C. Gray (SP) 2. Times, 18:19.1, 18:54.2.  
 M50: D. Cowie (SP) 1, R. Bennett (Gall) 2. Times, 18:44.1, 19:19.4.  
 M55: F. Copeman (Frank) 1, H. Marsh (Whan) 2. Times, 18:58.4 (record previously 20:48.0 by C. Baker in 1979), 21:57.1.  
 M40: M. Fraser (Toch) 1, M. Earwaker (I) 2, J. Power (Morn) 3. Times, 55.5, 56.4, 57.3.  
 M45: B. McPhail (Ash) 1, L. Williams (TeA) 2, R. Heseltine (CanVet) 3. Times, 55.7 (record, previously 55.9 by R. Phillips in 1961), 60.8, 63.8.  
 M50: B. Kerr (CanVet) 1, M. Dunn (Lyn) 2, R. Bennett (Gall) 3. Times, 59.0, 62.0, 67.0.  
 M55: D. Turnbull (I) 1, C. Kernahan (CU) 2, W. Vine (Owa) 3. Times, 60.5, 61.8, 75.8.  
 M60: H. Clark (Owa) 1, V. Fittall (Lyn) 2, M. Bennie (RHO) 3. Times, 66.7 (record, previously 67.23 by M. Bennie in 1981) 69.70, 72.2.  
 M65: F. Plant (Mast) 1, S. Taylor (GE) 2. Times, 73.8 (record, previously 65.5 by T. Bartlett in 1981) 85.5.  
 M70: G. De Bell (Ham) 1, E. Hamilton (Ham) 2. Times, 79.7, 85.5.

**TRIPLE JUMP**

M50: R. Bennett (Gall) 1, A. Mahan (Toch) 2. Distances, 9.99, 8.80.  
 M55: F. Copeman (Frank) 1. Distance, 8.94 (record).  
 M65: W. Fenton (Tau) 1. Distance, 8.41 (record, previously 7.81 by K. Trow in 1981).  
 M40: W. Henstock (I) 1, R. Glendinning (I) 2, W. Hume (I) 3. Distances, 11.07, 10.48, 10.16.  
 M45: J. Kearns (CanVet) 1, R. Muijs (I) 2, C. Gray (SP) 3. Distances, 10.07, 9.62, 9.55.

**10KM ROAD WALK**

M40: N. Wilton (Cart) 1. Time, 61:13.5.  
 M50: D. Cowie (SP) 1. Time, 73:6.5.  
 M70: J. Jamieson (Owa) 1. Time, 79:50.0.

**HAMMER THROW**

MPV: T. Fleming (Ash) 1. Distance, 45.44.  
 M40: B. Senior (W) 1, N. Wilton (Cart) 2, R. Stewart (Mast) 3. Distances, 31.44, 16.92, 10.14.  
 M45: R. Rose (Tech) 1, C. Gray (SP) 2, A. Weir (SP) 3. Distances, 34.92, 21.52, 19.32.  
 M50: T. Bent (Tai) 1, V. Marks (Kiwi) 2, A. Grayburn (Toch) 3. Distances, 31.10, 26.36, 10.74.  
 M55: D. Leech (U) 1, H. Marsh (Whan) 2. Distances, 36.78 (record previously 35.56 by S. Johnstone in 1979) 14.62.  
 M65: G. Tait (Taka) 1, W. Fenton (Taur) 2. Distances, 25.84, 14.36.  
 M70 (6kg): N. Hawke (Ash) 1. Distance, 29.72 (record).  
 M70 (7.25kg): N. Hawke (Ash) 1. Distance, 26.32 (world record, previously 23.57)

**HIGH JUMP**

M40: B. Senior (W) 1, M. Fraser (Toch) 2. Heights, 1.50, 1.40.  
 M45: B. McPhail (Ash) 1. Height, 1.53.  
 M50: G. Fraser (SP) 1, J. Blair (WgnV) 2. Heights, 1.45, 1.45 (countback).  
 M60: R. Wlywri (Taka) 1. Height, 1.00.  
 M65: W. Fenton (Tau) 1, V. Adamson (CS) 2. Heights, 1.20, 1.10.

**RELAYS**

4 x 100 metres: Christchurch 1, Frankton 2, Southland 3, Auckland 4. Times, 52.8, 52.9, 57.3, 64.4.  
 4 x 400 metres: (Invercargill club) 1, Canterbury 2, Southland 3, Wellington 4. Times, 3:54.5, 4:02.5, 4:08.6, 4:47.4.

**200 METRES**

MPV: G. Jones (SP) 1, E. Jones (SP) 2. Times, 28.1, 30.4.  
 M40: R. Aumatagi (Tech) 1, M. Savage (Ham) 2, W. Henstock (I) 3. Times, 23.5, 24.8, 25.56.  
 M45: B. McPhail (Ash) 1, J. Kearns (CanVet) 2, L. Williams (TeA) 3. Times, 23.2 (record, previously 24.7 by D. Barry) 26.7, 27.3.  
 M50: B. Kerr (CanVet) 1, R. Bennett (Gall) 2. Times, 26.3, 27.9.  
 M55: A. Hill (Ham) 1, F. Copeman (Frank) 2, C. Kernahan (CanVet) 3. Times, 29.8, 30.8, 31.3.  
 M65: H. Cook (NBR) 1, S. Stantor (NSB) 2, F. Plant (Mast) 3. Times, 29.8, 31.1, 32.4.  
 M70: G. de Bell (Ham) 1. Time, 33.0.

**100 METRES**

M40: R. Aumatagi (Tech) 1, M. Savage (Ham) 2, W. Henstock (I) 3. Time, 11.10 (record, previously 11.4 by B. McPhail in 1981), 12.1, 12.3.  
 M45: B. McPhail (Ash) 1, J. Kearns (CanVet) 2, A. Weir (SP) 3. Times, 11.4 (record, previously 12.1 by B. Savage in 1981), 12.5, 13.7.  
 M50: B. Kerr (CanVet) 1, R. Bennett (Gall) 2, A. Mahan (Toch) 3. Times, 12.6, 13.1, 13.7.  
 M55: A. Hill (Ham) 1, E. Copeman (Frank) 2, C. Kernahan (CanVet) 3. Times, 12.0 (record, previously 12.3 by A. Hill in 1981), 12.3, 12.7.  
 M60: W. Lucas (CS) 1, M. Bennie (RHC) 2, L. Francis (Cart) 3. Times, 14.5, 14.6, 15.0.  
 M65: H. Cook (NBR) 1, F. Stanton (NSB) 2, F. Plant (Mast) 3. Times, 14.0 (record, previously 14.6 by Stanton in 1981) 14.5, 15.30.  
 M70: G. de Bell (Ham) 1. Time, 14.7 (record, previously 15.3 by de Bell in 1981).

**800 METRES**

MPV: B. McPherson (I) 1, G. Jones (SP) 2. Times, 2:18.7, 2:26.1.  
 M40: J. Power (Morn) 1, M. Earwaker (I) 2, M. Fraser (Toch) 3. Times, 2:04.1, 2:04.5, 2:04.8.  
 M45: C. Geary (Cave) 1, J. D. Macdonald (Oly) 2, B. Chan (Tech) 3. Times, 2:06.0, 2:06.7, 2:19.3 (record, previously 2:6.08 by J. D. Macdonald in 1980).  
 M50: R. O'Brien (Tai) 1, C. Dalton (CanVet) 2, M. Dunn (Lyn) 3. Times, 2:16.5, 2:17.4, 2:18.4.  
 M55: D. Turnbull (I) 1, C. Kernahan (CU) 2, W. Vine (Owa) 3. Times, 2:08.3 (world record, previously 2:08.7 set in 1970), 2:17.0, 2:45.4.

M60: H. Clark (Owa) 1, C. Southwick (Ham) 2, V. Fittall (Lyn) 3. Time, 2:29.0 (record, previously 2:34.07 by B. Evans).  
 M65: F. Plant (Mast) 1, V. Adamson (U) 2, G. Currie (Shir) 3. Times, 2:53.7, 2:59.6, 3:03.3.  
 M70: W. Abel (Ham) 1, E. Hamilton (Ham) 2. Times, 3:03.4, 3:12.6.

**400m HURDLES**

M40: B. Senior (W) 1, J. Penney (OlyWgn) 2, M. Savage (Ham) 3. Times, 64.1 (record, previously 66.06 by P. Miller), 67.0, 72.1.  
 M50: M. Dunn (Lyn) 1, I. Brownie (Chch) 2. Times, 68.0, 71.2.

**Women**

**10,000 METRES**

W40: J. Burton (U) 1. Time, 61:47.9.  
 W45: A. MacDonald (Oly) 1. Time, 52:45.5.  
 W55: M. Ryan (U) 1. Time, 56:32.7.

**JAVELIN**

WPV: J. Senior (W) 1, C. Sole (NP) 2. Distances, 32.96, 18.42.  
 W35: G. O'Rourke (I) 1, D. Brand (I) 2. Distances, 16.98, 12.52.  
 W40: V. Hood (Tech) 1, A. Horsnell (Tech) 2, S. Dumble (Mass) 3. Distances, 23.38, 20.58, 16.36.  
 W45: I. Bishop (Tec) 1. Distance, 16.76.  
 W50: S. Peterson (Tec) 1. Distance, 18.78 (record, previously 15.76).  
 W60: I. Lister (Mart) 1. Distance, 11.88.  
 W65: K. Kenneth-Low (Frank) 1. Distance, 11.52 (record).

**100M HURDLES**

WPV: C. Sole (NP) 1, J. Senior (W) 2. Times, 17.06, 20.27.

**80M HURDLES**

W45: I. Bishop (Tech) 1. Time, 17.73.  
 W50: B. Vine (Owa) 1. Time, 17.7 (record, previously 19.25 by Vine).

**DISCUS**

W50: Vine (OWA) 1, D. Bennett (Gall) 2. Distances, 18.26, 17.50.  
 W45: I. Bishop (Tech) 1, J. Wardie (WgnH) 2. Distances, 20.44, 13.44.  
 W60: I. Lister (Mart) 1. Distance, 13.66.  
 W65: K. Kenneth-Low (Frank) 1. Distance, 14.02 (record, previously 10.58).  
 W40: V. Hood (Tec) 1, A. Grieve (U) 2, D. Jamieson (W) 3. Distances, 30.94, 22.44, 19.12.  
 W35: G. O'Rourke (I) 1, B. Jenkins (U) 2, M. Cavanagh (SP) 3. Distances, 34.66 (record previously 31.98 by V. Hood).  
 WPV: J. Senior (W) 1, C. Sole (NP) 2. Distances, 25.36, 20.24.

**200 METRES**

WPV: C. Sole (NP) 1. Time, 26.4.  
 W35: G. Jones (G) 1, H. Clent (Ariki) 2, D. Brand (U) 3. Times, 29.3, 30.1, 31.5.  
 W40: A. Horsnell (Tech) 1, J. Chandler (Ham) 2, A. Grieve (U) 3. Times, 28.0, 29.6, 32.2.  
 W45: J. Hurdle (WeiHC) 1, M. Basham (Tau) 2, J. Williams (TeA) 3. Times, 29.4, 29.9, 30.9.  
 W50: S. Peterson (Tech) 1, J. Crisp (Owa) 2, B. Vine (Owa) 3. Times, 29.3 (record previously 31.4 by Crisp in 1981) 30.7, 31.9.  
 W55: M. Ryan (U) 1. Time, 42.5.  
 W60: I. Lister (Mart) 1. Time, 41.2.  
 W65: R. Sole (NP) 1. Time, 37.8.

**10KM ROAD WALK**

W40: S. Dumble (Mass) 1. Time, 81:55.0.

**HIGH JUMP**

WPV: C. Sole (NP) 1, J. Senior (W) 2. Heights, 1.35, 1.30.  
 W40: V. Hood (Tech) 1. Height, 1.08.  
 W50: B. Vine (Owa) 1. Height, 1.12.  
 W45: I. Bishop (Tech) 1. Height, 1.08.

**800 METRES**

WPV: C. Sole (NP) 1, P. Calder (ED) 2. Times, 2:27.1, 2:46.3.  
 W40: J. Chandler (Ham) 1. Time, 2:36.6.  
 W35: G. Jones (G) 1. Time, 2:42.5.  
 W45: J. Miles (Oly) 1, J. Tyler (Unit) 2, J. Hurdle (WgnH) 3. Times, 2:46.3, 2:52.3, 2:55.1.  
 W50: J. Crisp (Owa) 1, B. Vine (Owa) 2, B. Tweedie (ChAC) 3. Times, 2:56.8, 3:05.4, 3:05.6.  
 W60: I. Lister (Mart) 1. Time, 4:07.8.  
 W65: K. Kenneth-Low (Frank) 1. Time, 4:15.3.

**3000 WALK**

W40: G. Heseltine (Oly) 1, S. Dumble (Mass) 2. Time, 21:36.3 (record).  
 W65: K. Kenneth-Low (Frank) 1. Time, 21:38.8 (record).

**400 METRES**  
 WPV: C. Sole (NP) 1. Time, 60.5.  
 W35: G. Jones (G) 1, H. Clent (Ariki) 2, R. McLoughlan (Tau) 3. Times, 65.8, 68.2, 70.1.  
 W40: J. Chandler (Ham) 1, A. Horsnell (Tech) 2. Times, 67.3, 71.0.  
 W45: J. Hurdle (WgnHC) 1, M. Basham (Tau) 2, J. Williams (TeA) 3. Times, 72.4, 74.6, 76.2.  
 W50: J. Crisp (Owa) 1, B. Vine (Owa) 2, B. Tweedie (ChAC) 3. Time, 74.1 (record, previously 74.6 by Vine in 1981).  
 W60: I. Lister (Mart) 1. Time, 1:08.1.  
 W65: R. Sole (NP) 1. Time, 94.4.

**LONG JUMP**  
 W45: I. Bishop (Tech) 1. Distance, 3.71.  
 W50: S. Peterson (Tech) 1, J. Jacobs (Ham) 2, B. Vine (Owa) 3. Distances, 4.17 (record), 3.76, 3.68.  
 W65: R. Sole (NP) 1. Distance, 3.01.  
 WPV: C. Sole (NP) 1, J. Senior (W) 2. Distances, 4.67, 4.29.  
 W35: G. Jones (G) 1, D. Brand (U) 2, G. O'Rourke (I) 3. Distances, 4.28, 3.57, 3.19.  
 W40: A. Horsnell (Tech) 1, A. Grieve (U) 2, V. Hood (Tech) 3. Distances, 4.08, 4.00, 3.78.

**SHOT PUT**

W50: B. Vine (Owa) 1, S. Peterson (Tech) 2. Distances, 7.78, 6.56.  
 W55: M. Ryan (U) 1. Distance, 5.00 (record, previously 4.16 by P. Spiers).  
 W60: I. Lister (Mart) 1. Distance, 5.95.  
 W65: K. Kenneth-Low (Frank) 1. Distance, 5.72 (record).  
 WPV: J. Senior (W) 1, C. Sole (NP) 2. Distances, 9.64, 8.14.  
 W35: G. O'Rourke (W) 1, B. Jenkins (U) 2, M. Cavanagh (SP) 3. Distances, 9.20, 8.36, 6.57.  
 W40: V. Hood (Tech) 1, D. Horsnell (Tech) 2, A. Grieve (U) 3. Distances, 8.73 (record, previously 9.67 by B. Turbott in 1978), 7.64, 7.57.  
 W45: I. Bishop (Tech) 1, J. Hurdle (Wei) 2. Distances, 6.39, 6.33.

**5000 METRES**

W35: R. McLoughlan (Tau) 1, D. Reynolds (Tau) 2, J. Pankhurst (U) 3. Time, 19:43.7 (record,

**ORLANDO FESTIVAL MARATHON**  
ORLANDO, FLORIDA  
FEBRUARY 21, 1982

Open Louis Kenny 2:13:42

M40 Joe Burgasser 2:39:14  
M50 Alex Ratele 2:43:46  
M60 Reg Rollason 3:16:56  
W40 Laura Tingle 3:22:24  
W50 Pepper Davis 4:15:36

**DC/MARYLAND 10-MILE CHAMPS**  
COLUMBIA, MD. FEB. 21.

M40 Dick Hipp 55:50  
Warren Ohlrich 56:18  
Chan Robbins 57:13

M50 Bob McGreevy 1:05:46  
Clarence Wingate 1:07:55  
Walt Washburn 1:11:14

M60 John Woods 1:16:15  
Bill Patten 1:24:50  
Al Gutttag 1:28:00

W40 Carole Herrick 1:08:29  
Sarah Fetterolf 1:10:28  
Joanne Mallet 1:14:59

**BAGEL RUN**  
Central Park—NYC

Sponsored by New York Road Runners  
Date: February 21, 1982 10:00 AM  
Distance: 10km (6.2 miles)  
Check-In: Men-828, Women-322,  
Total-1150  
Finishers: Men-715 and 7 racewalkers,  
Women-254 and 4 racewalkers,  
Total-980  
Weather: Overcast, about 40°, light driz-

**Vet A (40-44)**  
1. Leary, Perry, 42-NYC 32:40  
2. Bassett, Russell, 41-NTC 34:30  
3. Morton, James, 40-CPTC 36:32

**Vet B (45-49)**  
1. Clark, Charles, 46-MB 36:28  
2. Stern, Lou, 47-PPTC 36:41  
3. Seiff, Eric, 48-NYC 37:18

**Masters (50-59)**  
1. Burns, Joe, 53-Millrose 37:04  
2. Chodnicki, Stan, 51-WSSAC 37:38  
3. Cryan, Francis, 52-NYC 39:13  
4. Baxley, Charles, 51-Millrose 40:46

**Seniors (60-69)**  
1. Rios, Willredo, 65-LNTC 41:10  
2. Goldstein, Albert, 62-PPTC 42:06  
3. Gibbons, Tom, 60-NYC 43:24

**Vet A (40-44)**  
1. Thornhill, Anna, 41-Millrose 40:13  
2. Parmalee, Pally, 41-Atlanta 40:50  
3. Monte, Lona, 40-NYC 42:25

**Vet B (45-49)**  
1. Knight, Kate, 46-Millrose 45:13  
2. Balfour, Samara, 46-Millrose 46:04

**Masters (50-59)**  
1. Tighe, Nancy, 51-Atlanta 48:21  
2. Bordonara, Guillermina, 51 50:52

**Seniors (60 and over)**  
1. Havens, Evelyn, 65-ITC 58:16

**MIKE HANNON MEMORIAL**  
TWENTY MILE RUN  
CENTRAL PARK—NYC

Sponsored by New York Road Runners  
Date: February 28, 1982—10:00AM  
Distance: 20 Miles  
Check-In: Men-462, Women-64,  
Total-526  
Finishers: Men-371 and 3 racewalkers,  
Women-55, Total-429  
Weather: Mid 30's, clear and breezy

**Vet A (40-44)**  
1. Barvick, Edward, 40-NJ 2:00:52  
2. Sulek, Jerry, 44-Bkin 2:02:45  
3. O'Grady, Thomas, 40-FMTC 2:03:09

**Vet B (45-49)**  
1. Chiappetta, Vincent, 48-Mill 2:06:44  
2. Murphy, Richard, 47-ITC 2:08:53  
3. Becker, Rudy, 48-Sneaker 2:10:18

**Masters (50-59)**  
1. Dixon, Don, 54-WSY 2:02:14  
2. Cleaves, Henderson, 40-Mer 2:12:19  
3. Terry, Jack, 51-Millrose 2:13:11  
4. Chodnicki, Stan, 51-WSSAC 2:13:56

**Seniors (60-69)**  
1. Sheehan, George, 63-NJ 2:18:22  
2. Rios, Willredo, 65-LNTC 2:25:31  
3. Coyne, William, 60-Millrose 2:36:14

**Vet A (40-44)**  
1. Bing, Anne, 42-NJM 2:18:11  
2. Thornhill, Anna, 41-Millrose 2:19:38  
3. Schonfeld, Polly, 42-Millrose 2:26:48

**Vet B (45-49)**  
1. Knight, Kate, 46-Millrose 2:43:00  
2. Balfour, Samara, 46-Millrose 2:47:41

**Masters (50-59)**  
1. D'Elia, Toshiko, 52-Atlanta 2:24:01  
2. Tighe, Nancy, 51-Atlanta 2:48:19

**Seniors (60 and over)**  
1. Rodriguez, Mary, 60-GNYAA 3:23:59  
2. Havens, Evelyn, 65-Millrose 3:35:37

**AVON 20K, ALEXANDRIA, VA.**  
MARCH 6, 1982

W40 Trudy Rapp 1:20:24  
Patty Lee Parmalee 1:21:31  
Carole Herrick 1:24:38

W50 Alicia Moore 1:29:59  
Rachel Bourn 1:35:48  
San Chastain 1:43:21

**ATLANTA HALF-MARATHON (5TH)**  
MARCH 6, 1982

Open Dean Matthews 1:05:44

M35 Allen McDaniel 1:15:16  
Bert Broadfoot 1:15:50  
Alex McNeil 1:16:05

M40 Dick Langway 1:19:51  
Charlie Baker 1:22:27  
Rod Spence 1:24:19

M45 Ron Barrie 1:18:02  
Bob Jones 1:24:01  
Bob Esquire 1:24:57

M50 Ben Gross 1:25:38  
Billy Alford 1:25:38  
Don Shoup 1:29:28

M55 Gordon English 1:32:35  
Joe Petrolino 1:32:53  
Bob Holzman 1:42:13

M60 H T Marshall 1:34:19  
Pat Stone 1:38:29  
John Donahue 2:06:47

W35 Lila Brasher 1:33:25

W40 Julia Emmons 1:29:11  
Joan Caudill 1:39:37  
Mary Kennedy 1:42:27

W50 Flo Holzman 1:50:11  
Rita Tomassini 1:53:04  
Etta Hicks 2:50:19

650 runners. Live radio broadcast on 68 WRNG with Bob Varsha.  
from Atlanta Track Club

**BOB PRESTON MEMORIAL**  
5 MILE RUN  
CENTRAL PARK—NYC

Sponsored by New York Road Runners  
Date: March 6, 1982 11:00 AM and 11:30 AM  
Distance: 5 Miles  
Check-In: Men-670, Women-232,  
Total-902  
Finishers: Men-599 and 3 racewalkers,  
Women-196 and 4 racewalkers,  
Total-802  
Weather: Cold, overcast, light rain

**Vet A (40-44)**  
1. Fischer, Bob, 41-Millrose 25:47  
2. Morrissey, Brian, 40-Bkin 28:32  
3. Gooden, Bob, 43-Millrose 28:42

**Vet B (45-49)**  
1. Mueller, Fritz, 45-CPTC 26:07  
2. Clark, Charles, 46-MercedB 28:58  
3. Seiff, Eric, 48-NYC 29:56

**Masters (50-59)**  
1. Burns, Joe, 53-Millrose 30:45  
2. Puma, Albert, 52-PPTC 31:16  
3. Stein, Marvin, 51-NYMst 31:54  
4. Thompson, George, 56-NYAC 31:55

**Seniors (60-69)**  
1. Sheehan, George, 63-NJ 31:40  
2. Rios, Willredo, 65-LNTC 32:38  
3. Goldstein, Albert, 62-PPTC 33:37

**Vet A (40-44)**  
1. Thornhill, Anna, 41-Millrose 32:06  
2. Monte, Lona, 40-NYC 33:10  
3. Kevles, Barbara, 41-NYC 34:44

**Vet B (45-49)**  
1. Knight, Kate, 46-Millrose 35:46  
2. Fletcher, Joyce, 47-Millrose 35:59  
3. Biesladecki, Elizabeth, 46 39:36

**Masters (50-59)**  
1. McKenzie, Chris, 50-NYMst 34:11  
2. Jacobson, Audrey, 53-NYMst 39:35

**Seniors (60 and over)**  
1. Rodriguez, Mary, 60-GNYAA 42:44  
2. Delries, Zira, 64-NYC 46:27  
3. Havens, Evelyn, 65-Millrose 47:05

**Awards Racewalkers—Men**  
1. Jacobson, Howie, 51-ESTC 42:57  
2. Gottlieb, Robert, 18-Ons 46:36  
3. Heath, Clayton, 36-NYC 58:55

**Awards Racewalkers—Women**  
1. Kelley, Dorothy, 46-NYC 44:34  
2. McKeown, Judy, 25-NJSt 47:26  
3. Null, Betsy, 37-NYC 52:44

**ST. PATRICK'S DAY 10K**  
SAN DIEGO, CALIF.  
MARCH 17, 1982

Open Kirk Pfeffer 28:46

M40 Gary Hooker 33:49  
Dan McCaskill 33:55  
Howard Moody 34:50  
Bill Gookin 35:23

M50 Bob Collins 35:42  
Marshall Haraden 35:57  
Chuck Anderson 36:06  
Bill Stock 36:45

W40 Shirley Matson 38:19  
Faye Heldoorn 41:46  
Judy Splitzgerber 42:10  
Emily Baldrige 43:10

W50 Marie Reid 39:40  
Anne Johnson 41:18  
Mary Storey 42:55

from Art Holzman

**BONNIE BELL 10K**  
SEATTLE, WASH.  
MARCH 7, 1982

35-39

23. 40:45 Judi Boman  
30. 41:47 Carol Flexer  
38. 42:41 Heather Clark  
51. 43:48 Tanya Prescott  
55. 44:01 Genny Prather

40-44

10. 37:41 Patricia Thomas  
35. 42:24 Mary Miller  
96. 46:10 Kathryn Corrigan  
104. 46:44 Nancy Peterson  
106. 46:47 Virginia Nicholson

45-49

75. 45:30 Leah Brown  
133. 47:52 Mary Martinson  
138. 47:57 Margol Tucci  
143. 48:04 Fay Stross  
146. 48:16 Marie Graveson

50-59

34. 42:24 Nola Bruhn  
128. 47:43 Jimmy Savitz  
148. 48:21 Mary Dickinson  
308. 53:31 Liz Picini  
339. 54:36 Margaret King

60 and Better

189. 49:14 Josephine Hess  
454. 58:48 Doris Tanning  
524. 62:59 Edith Weaver  
533. 63:17 Kay Cook  
561. 66:29 Helena Hart

**RIVER RUN 15K**  
JACKSONVILLE, FLORIDA  
MARCH 13, 1982

Open Mike Musyoki 25 43:33

M40 Bob Jenkins 42 49:39  
Joe Burgasser 43 51:21

W40 Mae Cleveland 42 64:49  
Lorraine Evans 40 66:04  
Dodie Gaudry 40 66:29

**NATIONAL TFA-KANGAROOS 15K**  
WESTCHESTER COUNTY, NY  
MARCH 14, 1982

M40 Bob Fischer 41 50:47  
Jim Fillis 44 54:54  
Harry Neeson 42 56:34

M50 Bill O'Brien 51 54:32  
Tom Barclay 50 57:56  
Bill McCaffery 55 58:12

M60 Bob Rogan 60 64:51  
Jerry Rosenfeld 65 76:04  
Joe Galbraith 61 82:24

W40 Anna Thornhill 41 62:32  
Polly Schonfeld 42 65:16  
Barbara Meisel 40 70:34

W50 Esther Autorino 52 83:10  
Chris Dickinson 52 88:28

Hilly course. Winds gusting 30-50 mph

**NATIONAL TAC 50K CHAMPIONSHIPS**  
WASHINGTON, D.C. MARCH 13, 1982

Sex	Age	Name/Hometown	Time
M	27	Charles Trayer (Reading, PA)	2:59:36
M	30	William Devoe (Queens, NY)	3:06:53
M	41	Will Mason (Chelmsford, MA)	3:17:48
M	33	Ed Foley (Sterling, VA)	3:19:22
M	50	John Sullivan (Holliston, MA)	3:19:32 AR
M	46	Al Marcy (Centerville, VA)	3:29:29
M	31	Jesse Garves (Silver Spring, MD)	3:43:47
M	39	Patrick Neary (Springfield, VA)	3:46:17
M	49	Gerry Kramer (Wernersville, PA)	3:46:50
F	45	Trudy Rapp (Alexandria, VA)	3:48:39 AR
M	49	Jerry Hagen (Arlington, VA)	3:52:44
M	45	Gordin Gerson (Reston, VA)	3:53:06
M	52	Dick Good (Silver Spring, MD)	4:02:23
M	61	John McIntyre (Springfield, VA)	4:10:19
M	38	Bill Lusto (Alexandria, VA)	4:10:51
M	35	Keith Padgett (Vienna, VA)	4:17:25
M	48	Ed Demoney (Arlington, VA)	4:26:06
M	51	Sal Corrallo (Arlington, VA)	4:34:32
M	74	Ed Benham (Ocean City, MD)	4:34:50 AR
M	56	Rod Johnson (Silver Spring, MD)	4:49:40
M	53	Barry Shelkin (Alexandria, VA)	5:07:41
M	22	Tim Good (Silver Spring, MD)	5:17:40
M	61	Don McNelly (Rochester, NY)	5:28:48
M	36	Alan Price (Washington, DC)	5:54:01
F	58	Carmen Haney (Arlington, VA)	6:13:41 AR

**MHT 5-Borough Challenge**  
Manhattan College—Bronx

Sponsored by Manufacturers Hanover under the auspices of the NYRR  
Date: March 14, 1982, 11:20 AM  
Distance: 5 Miles  
Check-In: Men-778, Women-166,  
Total-944  
Finishers: Men-651 and 9 racewalkers,  
Women-125 and 5 racewalkers,  
Total-790  
Weather: Mid 50's, windy, sunny

**Vet A (40-44)**  
1. Valentin, Justin, 40-PBTC 29:54  
2. Gooden, Bob, 43-Millrose 29:58  
3. Morrissey, Brian, 40-Bkin 30:05

**Vet B (45-49)**  
1. Seiff, Eric, 48-NYC 31:18  
2. Byrne, Noel, 48-NY 31:48  
3. Fiorini, Joseph, 49-NY 31:56

**Masters (50-59)**  
1. Thompson, George, 56-NYAC 32:51  
2. Keltz, Harold, 50-NY 34:10  
3. Hoening, Arthur, 51-NY 34:17  
4. Costa, James, 54-NY 34:34

**Seniors (60-69)**  
1. Rios, Willredo, 65-LNTC 33:25  
2. Gibbons, Thomas, 61-Millrose 35:29  
3. Karmin, Leo, 61-NY 36:23

**Golden Age**  
McNeil, William, 74-NY 55:59

**Racewalkers**  
1. Galeotti, Bruno, 45-NYMst 38:51  
2. Bdnra, Nicholas, 33-NY 43:44  
3. Jacobson, Howie, 51-ESTC 44:28

**Award Winners—Women**

**Vet A (40-44)**  
1. Jones, Edith, 42-Millrose 38:57  
2. Signore, Norma, 44-NYC 39:18  
3. Franco, Bunny, 41-CPTC 39:41

**Vet B (45-49)**  
1. Twente, Pat, 47-NYMst 40:05  
2. Ballesteros, Georgina, 47-M 43:03  
3. Miranda, Ana, 48-NYC 46:34

**Masters (50-59)**  
1. Tighe, Nancy, 51-Atlanta 38:51  
2. Jacobson, Audrey, 53-NYMst 42:59  
3. Frohman, Muriel, 50-Bx 44:34  
4. Rose, Florence, 52-NYC 44:52

**Seniors (60 and over)**  
1. Rodriguez, Mary, 60-GNYAA 47:22  
2. Havens, Evelyn, 65-Millrose 48:25

**Golden Age**  
Havens, Evelyn, 65-Millrose 48:25

**Racewalkers**  
1. Kelley, Dorothy, 46-NYMst 46:51  
2. Kimmelman, Sharon, 28-WR 54:34  
3. Ahern, Kathleen, 36-ESTC 55:02

**SAN JOSE MERCURY NEWS 10K**  
SAN JOSE, CALIFORNIA  
MARCH 21, 1982.

Open Adrian Royle 28:43

M40 Sal Vasquez 31:00  
Jim Bowers 31:41  
Jake White 32:44  
Tim Rostege 32:48  
Bill Meinhardt 34:32  
Jesse Rodriguez 34:49  
Jim Balchtal 34:58  
Jerome Lewis 35:04  
Juan Armandariz 35:54  
Tom Lowman 36:14

M50 E J Romesberg 36:37  
Hank Fragoza 37:15  
Richard Laine 38:03

W40 Vicki Bigelow 37:19  
Heidi Skaden-Poyser 39:21  
Giner Burrole 42:27

W50 Jaclyn Caselli 45:37

**RUN FOR THE ARTS** Cheltenham, PA March 21, 1982

10 Kilometer Run for the Cheltenham Art Centre, Cheltenham PA

405 Finishers  
48 Degrees, Light Rain, No wind,

35-39

1. Husain Pen-Abdul Alim 34:08  
2. William Domini 38:22  
3. Dominic Principle 40:04

40-44

1. Valentin, Justin, 40-PBTC 38:18  
2. Charles Kelly 39:16  
3. Dick Patterson 39:42

45-49

1. Bob Hagarty 39:11  
2. Dick Pomerantz 40:00  
3. Dick Donahue 40:32

50-54

1. Henderson Cleves 39:20  
2. Lou Foster 40:20  
3. Jack Maloney 41:49

30-39

1. Rena Hart 38:53  
2. Marie Chartrand 44:00  
3. Gloria Kluk 44:48

40-49

1. Sandy Polzer 42:16  
2. Bernice Kaplan 47:02  
3. Irene Gross 50:18

55-59

1. Cavit Buyrkimier 43:15  
2. Jack Pennington 44:07  
3. Sandy Oppenheimer 50:20

60+

1. Bill Hachulich 47:32  
2. Sid Schwartz 73:05

**BROOKLYN HALF MARATHON**  
BROOKLYN—NYC

Sponsored by New York Road Runners  
Date: March 21, 1982 9:30 AM  
Distance: 13.1 Miles  
Check-In: Men-2216, Women-432,  
Total-2648  
Finishers: Men-1761, Women-321,  
Total-2082  
Weather: Overcast, Mid 40's, periods of light rain

**Vet A (40-44)**  
1. Wilson, Dave, 44-Super St 1:12:59  
2. Barvick, Edward, 40-NJ 1:13:48  
3. Strelton, Guy, 41-FS 1:14:12  
4. O'Grady, Thomas, 40-FMTC 1:16:39  
5. Sulek, Jerry, 44-Bklyn 1:18:59  
6. Morrissey, Brian, 40-Bklyn 1:18:59  
7. Morton, James, 41-CPTC 1:19:23

**Vet B (45-49)**  
1. Mueller, Fritz, 45-CPTC 1:10:14  
2. Chiappetta, Vince, 48-Mill 1:17:18  
3. Navarro, Herbert, 45-NYC 1:19:14  
4. Stern, Lou, 47-PPTC 1:19:46

**Masters (50-59)**  
1. Dixon, Don, 54-WSY 1:18:06  
2. Heinbockel, William, 54-NY 1:21:49  
3. Burns, Joe, 52-Millrose 1:21:57  
4. Baxley, Charles, 51-Millrose 1:22:00

**Seniors (60-69)**  
1. Rios, Willredo, 65-LNTC 1:27:31  
2. Coyne, William, 60-Millrose 1:29:07  
3. Gibbons, Thomas, 61-Mill 1:31:41

**Super Seniors (70 and over)**  
1. Brown, William, 78-Bklyn 2:04:14

**Vet A (40-44)**  
1. Thornhill, Anna, 41-Millrose 40:13  
2. Parmalee, Pally, 41-Atlanta 40:50  
3. Monte, Lona, 40-NYC 42:25

**Vet B (45-49)**  
1. Knight, Kate, 46-Millrose 45:13  
2. Balfour, Samara, 46-Millrose 46:04

**Masters (50-59)**  
1. Tighe, Nancy, 51-Atlanta 48:21  
2. Bordonara, Guillermina, 51 50:52

**Seniors (60 and over)**  
1. Havens, Evelyn, 65-ITC 58:16

**Seniors (60-69)**  
1. Rios, Willredo, 65-LNTC 41:10  
2. Goldstein, Albert, 62-PPTC 42:06  
3. Gibbons, Tom, 60-NYC 43:24

**Super Seniors (70 and over)**  
1. Brown, William, 78-Bklyn 2:04:14

**Vet A (40-44)**  
1. Bing, Anne, 42-No Jersey 1:25:35  
2. Schonfeld, Polly, 42-Mill 1:33:20  
3. Monte, Lona, 40-NYC 1:33:23  
4. Blaisdell, Susan, 41-CT 1:37:13

**Vet B (45-49)**  
1. Bedrock, Helene, 47-No Jers 1:26:29  
2. Knight, Kate, 46-Millrose 1:40:23  
3. Condron, Nancy, 45-Northprt 1:42:21

**Masters (50-59)**  
1. D'Elia, Toshiko, 52-Atlanta 1:29:03  
2. Moore, Alicia, 51-Atlanta 1:33:39

**Seniors (60 and over)**  
1. Rodriguez, Mary, 60-GNYAA 2:07:03  
2. Havens, Evelyn, 65-Millrose 2:07:24

**9th Annual Forks XV**  
Chenango Forks, New York  
March 21, 1982

Open: Tom Carter

M30:  
Tom Carter (30) 46:15\*  
Peter Tylenda (31) 50:00  
Michael Schuler (31) 53:24

M40:  
Terry Merritt (43) 50:48  
Jack Blakley (45) 53:56  
Anthony Lotempio (40) 54:54

M50:  
John Bates (58) 63:35  
Richard VanGorder (53) 65:08  
Joseph Pilotti (58) 65:25

M60:  
Phillip Russell (61) 68:55  
Charles Hackenheimer (75) 74:28  
Nathaniel White (62) 74:31

W30:  
Patti Kneer (34) 69:45  
Ronni Ann Goldberg (34) 70:06  
Elaine Errigo-Gilgard (30) 71:45

W40:  
Margaret Betz (45) 65:27  
Anne Iles (40) 72:48  
Dolores Dedek (49) 78:51

W50:  
Joan Holliday (51) 95:18  
Eleanor VanGorder (53) 98:18

**7 MILE REVERSIBLE**  
CENTRAL PARK—NYC

Sponsored by New York Road Runners  
Date: April 3, 1982 10:30 AM  
Distance: 7 miles  
Check-In: Men-377, Women-121,  
Total-498  
Finishers: Men-294 and 4 racewalkers,  
Women-80 and 4 racewalkers,  
Total-382  
Weather: Rainy, windy, cold, mid 40's

**Vet A (40-44)**  
1. Morrissey, Brian, 41 Bklyn 40:42  
2. Urecki, Jeff, 43-PPTC 43:42  
3. Staab, William, 42-WSY 44:11

**Vet B (45-49)**  
1. Chiappetta, Vincent, 48 39:58  
2. Singer, Joseph, 45-FL 40:21  
3. Clark, Charles, 46-NJ 41:48

**Masters (50-59)**  
1. Thompson, George, 56-NYAC 44:14  
2. Puma, Albert, 52-PPTC 44:31  
3. Stein, Marvin, 51-NY Mst 45:08  
4. Acton, Hugh, 56-MI 45:26

**Seniors (60-69)**  
1. Gibbons, Thomas, 61-Mill 47:01  
2. Dewey, Ed, 61-NY Mst 56:50

**Vet A (40-44)**  
1. Thornhill, Anna, 41-Mill 46:58  
2. Kunz, Anne Marie, 40-NYC 52:07  
3. Jones, Edith, 42-Millrose 54:19

**Vet B (45-49)**  
1. Fletcher, Joyce, 47-Millrose 51:01  
2. Balfour, Samara, 46-Millrose 53:21  
3. Marchus, Esther, 46-Millrose 58:08

**Masters (50-59)**  
1. Neulinger, Jaz, 53-NYC 1:03:50

**Seniors (60 and over)**  
1. Rodriguez, Mary, 60-GNY 1:04:31

\*New Course Record  
Submitted by John Grant

T.A.C./PENN MUTUAL MASTERS 20 KM CHAMPIONSHIPS  
March 14, 1982 Kent, WA

1. Frank Duarte 40 Culver City A.C.	1:05:14.4	1st M 40	Santa Ana, CA
2. David Hambly 42 Snohomish TC-A	1:05:52	2nd M 40	Seattle, WA
3. Mike Heffernan 41	1:07:23	3rd M 40	Portland, OR
4. Dave Williams 40 Sno TC-A	1:07:47	4th M 40	Tacoma, WA
5. Jerry Schmidt 41	1:08:34	5th M 40	Wenatchee, WA
6. Robert Hughes 41 Sno TC-B	1:09:48	6th M 40	Bremerton, WA
7. Dennis Meyer 49 Sno TC-A	1:09:58	1st M 45	Seattle, WA
8. Al Huff 44 Sno TC-A	1:10:28	Seattle, WA	
9. Maurice Pratt 45 Sno TC-A	1:10:33	2nd M 45	Federal Way, WA
10. Tony Pizzello 41 Seattle TC	1:10:58	Seattle, WA	
11. Earl Ellis 46 Sno TC-A	1:11:08	3rd M 45	Seattle, WA
12. Paul Hall 43 Sno TC-B	1:11:41	Seattle, WA	
13. Bob Langenbach 45 Sno TC-B	1:12:56	4th M 45	Seattle, WA
14. David Morris 42 Sno TC-B	1:13:36	Seattle, WA	
15. James O'Brien 40 Club Northwest	1:14:43	5th M 45	Seattle, WA
16. Lary Webster 48 Sunrise Striders	1:14:54	6th M 45	Seattle, WA
17. Jim Volk 49 Sea TC	1:14:57	1st F 40	Seattle, WA
18. Patricia Thomas 41 Sno TC	1:16:01	1st M 65	Tillamook, OR
19. Clive Davies 66 Oregon R.R.C.	1:16:23	Seattle, WA	
20. Roy Burt 45 Sno TC-C	1:16:53	1st M 50	San Pedro, CA
21. Tom Stewart 43 Sno TC-B	1:17:27	2nd M 50	Seattle, WA
22. Jeff Leffingwell 45	1:17:42	Seattle, WA	
23. Bill Malinski 46 Sno TC-B	1:17:51	3rd M 50	Wenatchee, WA
24. Patrick Devine 53 Orange Flyers	1:18:36	Seattle, WA	
25. Hugh Ainslie 51 Sno TC-50	1:19:18	1st M 55	Seattle, WA
26. Charles Bowman 40	1:19:38	4th M 50	Sun Valley, ID
27. Al Verran 53	1:20:26	Lynnwood, WA	
28. Gordon Mendenhall 43 Sea TC	1:20:32	Seattle, WA	
29. Ben Grevstad 47 Sno TC-B	1:21:03	Seattle, WA	
30. Robert Phelps 55 Sno TC-50	1:21:26	1st M 55	Seattle, WA
31. Buck Levy 50	1:21:40	4th M 50	Sun Valley, ID
32. Charles Barone 45	1:21:47	Lynnwood, WA	
33. George Lundin 52	1:21:57	Seattle, WA	
34. John E. Bandur 44 Ft. Steil. RC	1:22:04	Federal Way, WA	
35. William Bartell 43 Sea TC	1:22:39	Bellevue, WA	
36. Ed Curtis 49 Sno TC-C	1:22:51	Seattle, WA	
37. Joel Searles 45	1:23:02	Seattle, WA	
38. Bob Thomas 47 Sunrise Str.	1:23:40	Renton, WA	
39. Charles Tapper 51 Sno TC-50	1:24:22	Kent, WA	
40. Norman Hansen 60 Club NW	1:24:30	1st M 60	Enumclaw, WA
41. George Emerson 41	1:24:34	Bellevue, WA	
42. Bjorn Topel 47	1:24:50	Seattle, WA	
43. John Irby 40	1:25:08	Seattle, WA	
44. Robert Mortenson 44	1:25:52	Seattle, WA	
45. Leon Holman 54 Sno TC-50	1:26:36	Seattle, WA	
46. Donald Schade 41	1:26:43	Issaquah, WA	
47. Mary Miller 42 Sno TC	1:26:53	2nd F 40	Seattle, WA
48. Andre Rollolazo 42 Sunrise Str.	1:27:01	Renton, WA	
49. Sandy Urquhart 42 Sno TC-C	1:27:02	Edmonds, WA	
50. James Cushman 44	1:27:38	Seattle, WA	
51. Ruth Waters 48 Nor Cal Srs.	1:27:45	1st F 45	San Carlos, CA
52. James Johnston 45	1:27:45	Bellevue, WA	
53. Frank Grey 62	1:27:57	2nd M 60	Poulsbo, WA
54. Ruth Anderson 52 Nor Cal Srs.	1:28:01	1st F 50	Oakland, CA
55. Dan Anderson 53	1:28:10	Issaquah, WA	
56. Nola Bruhn 53 Sea TC	1:28:11	2nd F 50	Seattle, WA
57. Jerry Harkness 43	1:28:15	Seattle, WA	
58. Jerry Jaeb 48 Sno TC-C	1:28:45	Kirkland, WA	
59. Mike Van Scholack 40	1:28:54	Bellevue, WA	
60. Arthur Pederson 50	1:29:10	Mercer Is., WA	
61. David Christensen 45	1:29:35	Kent, WA	
62. Robert Engelman 43 Sunrise Str.	1:29:42	Issaquah, WA	
63. Charles Clarke 41	1:29:48	Auburn, WA	
64. Tony Corvin 49	1:30:08	Tacoma, WA	
65. Sue Stipe 44 Ft. Steil. RC	1:30:15	3rd F 40	Federal Way, WA
66. Lilian Woodward 45 Nor Cal Srs.	1:30:48	2nd F 45	San Rafael, CA
67. Joe Naab 43 Sunrise Str.	1:31:36	Bellevue, WA	
68. Rich Rucker 41	1:31:38	Kirkland, WA	
69. Jim Hitter 44	1:32:03	Kirkland, WA	
70. Marino Kraabel 45	1:32:12	3rd F 45	Seattle, WA
71. John Nordstrom 45	1:32:14	Bellevue, WA	
72. Donald Barnard 42	1:32:19	Bellevue, WA	
73. James Addington 42	1:32:19	Bellevue, WA	
74. Bill Williams 57 Sno TC-50	1:32:36	2nd M 55	Poulsbo, WA
75. Joe Atterberry 50	1:32:43	Seattle, WA	
76. Jim Barnes 50	1:32:45	Seattle, WA	
77. W. Thad McArthur 53	1:33:18	Edmonds, WA	
78. George Richards 45	1:33:25	Edmonds, WA	
79. Ron Behrmann 42 Club NW	1:33:51	Seattle, WA	
80. Richard Swanson 42 Sno TC-C	1:34:20	North Bend, WA	
81. Norman Bright 72 Sno TC-60 (Frank Holman, guide)	1:34:35	1st M 70	Seattle, WA
82. Frederick Gies 43	1:34:40	Bellevue, WA	
83. Grant Erwin 63 Sno TC-60	1:35:55	3rd M 60	Seattle, WA
84. Bev LaVeck 45 Sea TC	1:37:19	F	Seattle, WA
85. Harold Wood 60	1:37:21	Selah, WA	
86. Pat Dixon 63	1:37:33	1st F 60	Bend, OR
87. Mac Porter 52	1:38:34	Yakima, WA	
88. Nancy Peterson 44 Sea TC	1:39:23	F	Seattle, WA
89. Norman Clark 57 Sno TC-50	1:40:28	3rd M 55	Kent, WA
90. Ray Christiansen 44 Club NW	1:40:31	Bellevue, WA	
91. G. T. Frazier 47 Sno TC-C	1:41:47	Bellevue, WA	
92. Carolyn Hitter 43	1:42:09	F	Kirkland, WA
93. Stephen Storrar 43	1:42:14	Redmond, WA	
94. Bernard Green 45	1:42:49	Bellevue, WA	
95. Allan Twidt 47 Sunrise Str.	1:43:15	Seattle, WA	
96. John Darracott 48	1:43:22	Bothell, WA	
97. Robert Nucklestone 52	1:43:38	Seattle, WA	
98. Jerry Johnson 50 Club NW	1:44:53	Federal Way, WA	
99. Edmond Gray 42	1:45:03	Seattle, WA	
100. William Holden 58 Ft. St. RC	1:45:05	Federal Way, WA	
101. Willis Jacobson 46	1:45:57	Seattle, WA	
102. Phil Monzon 49	1:47:08	Seattle, WA	
103. Jerry Satterlee 67 Sno TC-60	1:47:48	2nd M 65	Seattle, WA
104. Gerald Hedlund 46	1:47:57	Auburn, WA	
105. Don Hilling 43	1:48:56	Kent, WA	
106. Charles Lingbloom 49	1:49:21	Ferndale, WA	
107. James Jackson 45	1:51:57	Seattle, WA	
108. Diana Anderson 44	1:59:16	F	Enumclaw, WA
109. John Stout 70	2:00:54	2nd M 70	Seattle, WA
110. Fred Hauger 78	2:25:34	1st M 75	Aloha, OR

\*pending American age record  
\*pending world record

111 runners started  
cool and overcast

WOMEN'S TEAM RESULTS

40-49:	1. Nor Cal Seniors	51, 54, 66	4:26:34
	2. Seattle TC	56, 84, 88	4:44:53

MEN'S TEAM RESULTS

40-49:	1. Snohomish TC - A team	2, 4, 7, 8, 9 (11)	5:44:38
	2. Snohomish TC - B team	6, 12, 13, 14, 21 (23, 29)	6:05:28
	3. Sunrise Striders	16, 38, 48, 62, 67 (95)	7:00:53
	4. Snohomish TC - C team	20, 36, 49, 58, 80, (91)	7:09:51
	5. Club Northwest	15, 40, 79, 90, 98	7:38:28

50-59: 1. Snohomish TC-50 25, 30, 39, 45, 74 (89) 7:04:18

60-69: 1. Snohomish TC-60 81, 83, 103 4:57:58

RACE DIRECTOR: Bob Langenbach, Snohomish Track Club  
4261 South 184th St.  
Seattle, WA 98188 (206) 433-8868

NORTHWEST MASTERS 15 KM March 28, 1982 SEWARD PARK, SEATTLE

1. Mike Heffernan 41 Portland	49:02	51. Joe Atterberry 50	1:06:32
2. Jerry Schmidt 41 Wenatchee	50:49	52. Gordon Mendenhall 43 Sea	1:06:33
3. Dennis Meyer 49 Seattle	51:55	53. Bill Williams 57 Poulsbo	1:06:42
4. Al Huff 44 Seattle	52:17	54. Guy Ott 40 Seattle	1:06:49
5. Tony Pizzello 41 Seattle	52:38	55. George Richards 46 Edms	1:06:50
6. Maurice Pratt 45 Fed.Way	52:55	56. Marshall Scott 44 Bellev	1:07:08
7. Bob Langenbach 45 Seattle	54:04	57. Christine Curtis 44 Sea	1:07:20F
8. David Morris 42 Seattle	54:26	58. Thad McArthur 53 Edms	1:07:26
9. Jim Volk 49 Seattle	55:00	59. Ward Livingston 43 Bell.	1:07:53
10. Phil Walkden 43 Seattle	55:31	60. Daniel Blodgett 49 Mer.I.	1:08:27
11. James O'Brien 40 Renton	56:00	61. Jim Addington 42 Bell.	1:08:36
12. Robert Hunt 51 Renton	57:24	62. Donald Barnard 42 Bell.	1:08:37
13. Bill Malinski 46 Kent	57:43	63. Murray Andrews 49 Seattle	1:08:42
14. Ivan Bowman 40 Wenatchee	58:35	64. Jim Barnes 50 Seattle	1:08:44
15. Mike Donoghue 40 Mercer Is.	58:50	65. Kent Rogers 52 Merc.Is.	1:08:48
16. Patricia Thomas 41 Sea.	59:03F	66. Norman Bright 72 Seattle	1:09:43
17. James Zeller 40 Redmond	59:25	67. Marino Kraabel 45 Sea.	1:09:57F
18. Darrell Morrison 42 Sea.	59:40	68. Joyce Ambrose 44 Fed.Wy	1:10:09F
19. William Bartell 43 Bell.	59:40	69. Richard Swanson 42 N.End	1:10:09
20. Hugh Ainslie 51 Seattle	1:00:04	70. Sandra Caldwell 46 Mer.I	1:11:12F
21. Dean Fournier 47 Seattle	1:00:07	71. Norm Clark 57 Kent	1:11:12
22. Brad Borland 42 Seattle	1:00:12	72. Stephen Storrar 43 Rdmd	1:11:21
23. Bob Phelps 56 Seattle	1:00:28	73. William Holden 58 Fed.Wy	1:11:54
24. Ted Heaton 41 Bellevue	1:01:14	74. Ron Eaglestone 42 Sea.	1:12:18
25. Dick Raub 47 Renton	1:01:18	75. Nancy Peterson 45 Sea.	1:12:24F
26. George Lundin 52 Seattle	1:01:21	76. Judy Groombridge 42 Sea.	1:12:24F
27. Mason Hess 43 Bellevue	1:01:29	77. Ray Christiansen 44 Bell.	1:12:53
28. Edward Curtis 49 Seattle	1:01:33	78. Allan Twidt 47 Seattle	1:13:22
29. Donn Joseph 50 Redmond	1:01:38	79. Harold Crowell 52 Issaq.	1:13:34
30. Bob Thomas 47 Renton	1:01:54	80. John Griffith 58 Pt.Town.	1:13:49
31. Robert Mortenson 44 Sea.	1:02:09	81. Carolyn Hitter 43 Kirkld	1:14:10F
32. Jim Cullen 43 Mercer I.	1:02:27	82. Charles Johannes 49 Rent.	1:14:50
33. George Emerson 41 Bell.	1:02:29	83. Edmond Gray 42 Seattle	1:16:29
34. William Taylor 43 Seattle	1:02:48	84. Jerry Satterlee 67 Sea.	1:17:52
35. Sandy Urquhart 42 Edmonds	1:03:03	85. Willy Hampton 40 Sea.	1:17:53
36. Andre Rollolazo 42 Renton	1:03:12	86. Stuart McNamara 53 Bell.	1:18:01
37. Gary Lerner 43 Bainbr.I.	1:03:16	87. David Fowler 55 Un.Gap	1:18:14
38. John Irby 40 Seattle	1:04:02	88. Dick Anderson 41 Renton	1:18:23
39. Jerry Jaeb 48 Kirkland	1:04:15	89. Jack Hodgson 43 Medina	1:18:52
40. Erik Green 41 Bellevue	1:04:20	90. Maurice Keating 65 Mer.I.	1:19:02
41. Ruth Waters 48 San Car. CA	1:04:25F	91. John Wright 52 Edms	1:19:55
42. Terence Ellard 40 Seattle	1:04:32	92. Stuart Seaborn 63 Sea.	1:20:19
43. Jerry Purkhiser 45 Sea.	1:04:44	93. Lee Koenig 47 Seattle	1:20:53
44. Bruce Edney 52 Seattle	1:04:46	94. Eva Opel 42 Redmond	1:21:12F
45. Arthur Pederson 50 Mer.I.	1:04:50	95. David Martin 43 Medina	1:22:13
46. Jim Hitter 44 Kirkland	1:05:02	96. John Stout 70 Seattle	1:24:12
47. Leon Holman 54 Seattle	1:05:25	97. Ed Glander 41 walk. Sea.	1:29:05
48. Kennard Nelson 49 Seattle	1:05:26	98. Ed Kraemer 50 Seattle	1:31:54
49. Rich Rucker 41 Kirkland	1:05:28	99. George Jacobson 70 Rent.	1:38:51
50. Lee Woods 44 Bellevue	1:06:11		

Race Director: Bob Langenbach, 4261 S. 184th St. Seattle, WA 98188 (206) 433-8868  
SNOHOMISH TRACK CLUB

CLASSIFIED

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

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

Joe Henderson's semi-monthly "Running Commentary" newsletter features fresh news, hot information, lively gossip and opinion; inside looks at people, events and running businesses; practical tips on training and nutrition. Tight, solid writing by one of the best. 24 issues for \$24. Running Commentary, 4180 Oak St., Eugene OR 97405.

MEET DIRECTORS

Save labor with a mailing list printed on gummed labels. 1000-plus traveling masters T&F competitors will get your entry form or announcement. \$50/set. Bruce Springbett, 220 Oakmeadow Dr., Los Gatos CA 95030.



## TAKE TWO FOR MOTION SICKNESS.

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.

But for runners who suffer from chronic rearfoot motion, this is one over-the-counter shoe that can provide fast, effective relief.

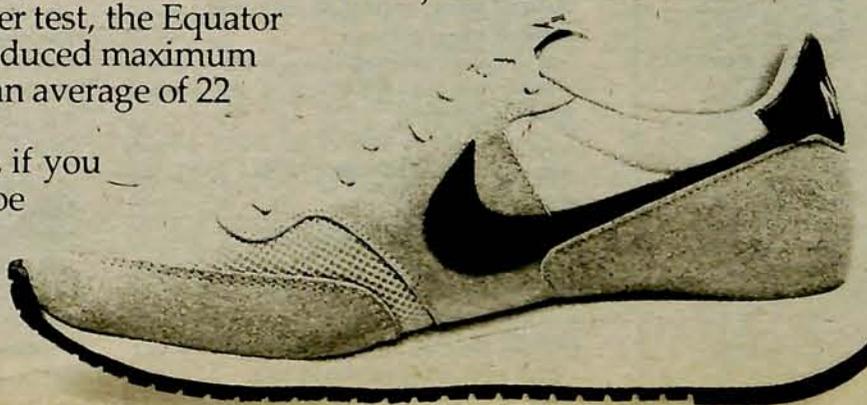
In test after test, the Equator has actually reduced maximum pronation by an average of 22 percent.

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<sup>®</sup> 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.

One of the few visual clues as to what this shoe is about is the external arch support that works in conjunction with our Variable



Width Lacing System<sup>™</sup> to automatically cinch up the medial side of the foot.

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.

Finally, a word of caution. 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.



Beaverton, Oregon