



NATIONAL MASTERS NEWS

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



57th Issue

May, 1983

\$1.50



Lou Faxon, 40+ winner and 4th overall in 1:13:11 in Colonial Half-marathon, Williamsburg, VA, March 13.

photo by Bob Keroack

HEFFERNAN WINS NATIONAL MARATHON TITLE

by VALDEMAR SCHULTZ
and BOB LANGENBACH

SEATTLE, March 27 — Mike Heffernan of Portland, Oregon pulled away from Fritz Mueller of New York, to win the 1983 TAC National Masters Men's Marathon Championship by 40 seconds in a brisk 2:28:34.

Heffernan, who is planning a spring marriage, won two round-trip tickets

to London, a good start on his honeymoon.

The race was part of the inaugural 2800-competitor Emerald City Marathon, which encircled Seattle. Nearly 200 masters finished this year's championship.

Excellent times and exciting team competition were the order of the day. Mueller, 2:29:17, was 2nd overall and

1st 45-49. Fay Bradley, a Washington, D.C. physician who was 2nd in 1982, slipped back to 3rd master, but 2nd 45-49 in 2:31:56. Al Huff in 2:33:39, 4th master, was 3rd 45-49, and Dave Williams was 5th in 2:34:29 2nd, 40-44.

Jim Volk, 2:46:36, won the 50-54 division. Clive Davies at age 67 finished in 2:55:15, ahead of all 50's runners

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405 COMPETE IN INDOOR NATIONAL CHAMPIONSHIPS

by PETER TAYLOR

BETHLEHEM, PA March 27. Lehigh University was the site this weekend of what turned out to be the largest masters indoor track meet ever held in the U.S.A., the 1983 TAC National Indoor Masters Track and Field Championships.

A field of 405 (the 300-yard dash alone had 96 competitors) made this a difficult enterprise to manage, but the organizers were equal to the task. Particularly important were the host Philadelphia Masters, especially Fred Mannis, Bill Belleville, and Bert Lancaster, the Mid-Atlantic TAC, the Seven-Up Company, and Nike.

Below are some of the highlights:

• **1 mile:** Lennie Harrison, of Kirkwood, MO, fired a 4:25.9 in the M30 mile. Lennie held off Walt Hawkins of Philadelphia (4:26.7).

Susan Houlton, from Atlanta, and Massachusetts' Joyce Bezdek turned in fine efforts, with Susan taking W35 in 5:19.6 and Joyce W30 in 5:21.6. Carrie Parsi won W40 in 5:40.5.

In M70 William Brobston (Saugerties, NY) sparkled with a 6:23.2.

M50 got the fans off their hands. In this one, Jim Sutton, of Reading, PA, took over after three laps (3/8 mile). At the half, it was Sutton in 2:28. At 3/4 mile, Robert Brock was on top, in 3:43. Shortly thereafter, Lloyd Slocum of New Hampshire assumed the lead. Lloyd led at the bell. But Sutton unleashed a furious sprint, burst past Slocum and took the victory in 4:49.3, with Slocum second in 4:49.6 and Brock third in 4:54.2.

M45 had Ernie Billups. Ernie, whose velvet stride belies his toughness, beat all the competitors in both M45 and M40. Billups ran 68, 2:16, 3:23, 4:29.3.

• **60 yards:** Saturday morning's M30 trials, with six sprinters clocking 6.5 or

(Continued on page 13)





Write On!



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May, 1983

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DOWN WITH THE MARATHON

With reference to Mike Tymn's column in the March issue, "Down with the Marathon" — although I mostly share Mike's frustration toward the attitude of the man in the street, rating the marathon over shorter distances, somehow Mike lost me in the process of transferring his feelings from this area toward marathoners as a group. I guess my point here is that comparing events and labeling people is risky business . . .

Just because the uninitiated can't always appreciate a stellar 5 or 10K performance in comparison to the seemingly more obvious marathon effort, I fail to see how this justifies a put-down of the marathon event and those who do it.

A slight taint of snobbishness comes through here (in my humble opinion). Personally I doubt if many of us give a hoot what the runners of the fifties and sixties thought about anything, much less their views on the marathon. From personal experience, I think Mike is dead wrong in generalizing that "what few runners there were, looked down upon the marathon." The late Arnie Richards certainly didn't, nor apparently did Hal Higdon.

Although generalizations are dangerous, I believe most road runners of the 80's desire to be the best they can be at any distance, from 5K through the marathon.

Jim Gerard
Centerville, Ohio

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Hurrah for Mike Tymn! Probably only someone with his marathoning credentials could get away with pointing out that the emperor has no clothes.

After a lay-off of 17 years, I am training for a comeback in Masters track (this is important news only to my wife and my doctor). So now when people ask me if I am a runner I say "yes." The next question is inevitably, "Are you going to run in the Seattle marathon?" When I respond that I am a sprinter and long jumper, their interest immediately vanishes. It is as if anything other than marathoning is unimportant. It may be hard for the road warriors of the eighties to believe, but I remember when people like Peter Snell, Bob Hayes, Jim Ryun and Uli Williams were considered legitimate athletes.

Perhaps we track athletes should be happy with the marathoning craze, however. Think what would happen if 100 meter running became the national passion. Let's see . . . if there were 10,000 entries for the New York City 100 in, say, 20 age/sex groups . . . 500 per group. At eight in each heat and two to qualify, we'd need 4 rounds and 84 races to decide each division — 1680 heats in all.

Better they should keep road racing.

Mark Johnson
Seattle, Washington

Tymn's "Down with the Marathon" was something that just had to be said. I'm sure you will receive plenty of "flak" from distance runners, and therefore, I'm writing in his support. I do hope everyone realizes that the article is not really anti-marathon. I interpreted it as more of a plea for credit where credit is due. Our sport involves a wide range of athletic abilities and it's only fair that discus throwers, sprinters, hurdlers, and jumpers, etc. are acknowledged for their accomplishments.

Many of my acquaintances are aware of the fact that I'm a runner. However like you, I really get a little "miffed" when they assume that I must enter every marathon and/or long distance race that comes up; and not only enter, but win, if I'm as good as I'm supposed to be. I've never run a marathon, but I have respect for those who have, and I am active in the race administration of our St. Louis Marathon every year.

I have, however, competed with Ernie Billups (no introduction needed here), Rex Harvey (who has amassed monumental point totals in decathlons), and the one and only Jack Greenwood (who can put to shame most younger hurdlers and runners). And how about Philippa Raschker and Shirley Kinsey? These athletes, and many others, deserve the attention and recognition of not only the general public, but especially our peers. (More

(Continued on page 17)

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.



TRACK & FIELD NATIONAL

June 11-12. TAC National Masters Club Championships, and TAC Southeast Regional Masters Championships, Atlanta. Ken Kirk, 3800 Stonewall Terrace, Atlanta GA 30339.

July 2-3. TAC National Masters Decathlon (men) and Heptathlon (women), Merced, Calif. A.J. Puglizevich, 720 E. 21 St., Merced CA 95340. 209-722-6078.

September 16-18. 16th Annual TAC National Masters Championships, Rice University, Houston. Jim McLatchie, P.O. Box 740728, Houston, TX. 77274.

August 17-19, 1984. 17th Annual TAC National Masters Championships, Eugene, Oregon.

NEW ENGLAND

June 18. Waltham Masters and Submasters Invitational, Waltham, MA. Deadline June 4. Gifts & prizes. Joe Tranchita, 88 Russell St., Waltham, MA 02154.

June 26. Senior Olympics, Rhode Island. George Silva, 82 Fowler St., No. Kingstown, RI 02852.

EAST

May 15. Masters Sports Association Meet, Randall's Island, New York City, Bob Fine, 77 Prospect Place, Brooklyn NY. 11217. (212) 789-6622 from 7:30 to 9:30 p.m.

May 22. Master's Sports Association 12th Annual Weight Pentathlon, and Regular Pentathlon Championships, 10 a.m., Randall's Island, New York City. Gloria Fine, 77 Prospect Place, Brooklyn, NY 11217.

May 22. West Penn Championships, Washington, PA. Barry Kline, 1245 Alamae Lakes, Washington, PA 15301. 412-228-1872.

May 28. Potomac Valley AC meet, Univ. of Maryland. Charles DesJardins, 703-250-7955. Open to all.

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June 4. N.J. Championships, Rider College, Trenton, N.J., Ron Salvio, Squan Rd., Clarksburg, N.J. 08510. 609-259-9268.

June 11. Western Penn Open & Masters, Washington, PA. Joel Murphy, 106 Piper Dr., Pittsburgh, PA 15234.

June 19. Metropolitan Masters Championships, Randall's Island, New York City, Bob Fine, 77 Prospect Place, Brooklyn, NY 11217.

June 25. TAC Eastern Regional Masters Championships, East Stroudsburg, PA. Dick De Schriver, State College, East Stroudsburg, PA 18301. 717/424-3425.

July 10. Eastern Club Quadrangular. (Shore AC, NY Masters, Phila Masters, Potomac Valley) Washington, D.C. Sal Corrallo, 5351 N. 37th St. Arlington, VA 22207. 703-241-1854.

July 17. Masters Sports Association Relays, New York City.

August 11-14. Empire State Games, Albany, N.Y. Open and masters. Residents of New York State only. Entry standards. Deadline July 15, Michael Abernethy. 518/474-8889.

September 4. Potomac Valley Masters Games, Washington, D.C. Sal Corrallo, 5351 N. 37th St. Arlington, VA 22207. 703-241-1854.

September 10-11. North American Championships, New York City.

SOUTHEAST

May 6-8. TAC Southeast Masters Classic Raleigh, N.C. PO Box 590, Raleigh NC 27602.

May 14. Mini-meet, 9 a.m., Manatee JC, Bradenton FL. Nick Ryan 813-758-7675.

May 14. 10th Annual Montgomery Masters Meet, 9 a.m., Robert E. Lee H.S., 225 Ann St., Montgomery, AL. Wiley Steen, Montgomery Parks & Rec. Dept., 1010 Forest Ave., Montgomery, AL 36106.

June 11. 4th Annual Old Timers Meet, 3 p.m., Twin Lakes HS. John Butler, 995 44th St., West Palm Beach FL 33407. 305/844-7794.

June 11-12. 8th Annual Northwest Classic, Miami Dade CC, Miami. Jesse Holt, 1310 N.W. 90 St., Miami FL 33147. 305-836-2409 (h); 305-579-4437 (o).

August 13. Southeastern Track Classic. Greenville, S.C. Entry forms will appear in the July issue. Tom Malik, 104 Pinewood Dr. SC 29651 (803) 879-4549.

October 2. 1st World Veterans Weight Pentathlon Championships. Delray Beach, Florida Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, Florida 33444.

December 17. Sixth annual Holiday Weight Pentathlon, 10 a.m. immediately followed by Hammerfest — all weights of hammers & throwing weights Atlantic Community School, 2501 Seacrest Blvd. Delray Beach, Fla. 33444 Randy Cooper, Meet Director.

December 18. Fourth annual Holiday Regular Pentathlon, 10 a.m. address and Meet Director above.

ON TAP FOR MAY

TRACK & FIELD

The outdoor season rolls into high gear this month with action somewhere every weekend. On the 1st are the Mt. Sac Relays in California. One of the most popular meets in the nation is set for the second weekend: the Southeast Masters Classic in Raleigh, which drew over 600 participants last year.

On the 7th are meets in Columbus, Ohio and Visalia, California. The third weekend finds meets in Redlands, Calif. and the MSA meet in New York City.

Four major meets highlight the fourth weekend: the Hawaiian, Pacific, and West Penn Championships, along with the first Anteater Games (formerly Grandfather Games) in Irvine, Calif.

On the twenty-eighth are the Southwest Regionals in New Orleans, the Golden State Classic in Porterville, Calif. and the Potomac Valley Meet in Maryland.

LONG DISTANCE RUNNING

On the first are the Trevira Twosome in New York, the Lilac Bloomsday in Spokane, the Nike International Marathon in Vancouver, the Avon 10K in Kansas City, the Longest Day Marathon in South

Dakota and the Avenue of the Giants Marathon in California.

The Old Kent Riverbank 25K takes place in Grand Rapids, Michigan on the seventh, followed by the Minnesota Masters 15K — one of the Nike Masters Grand Prix series — on the 8th.

Up to 70,000 fun lovers are expected for the Bay-to-Breakers Run/Carnival in San Francisco on the 15th. The prestigious Revco-Cleveland Marathon 10K, and the Ontario Masters 10K in Toronto also go on the 15th.

The TAC National Masters 50-mile championships are in New York on the 21st. The Viking Classic 8K, another in the Nike Grand Prix series, is set for the 22nd in Portland, Oregon.

The Memorial Day week-end features five major races; the Cotton Row 10K in Huntsville, Alabama; the Brentwood 10K in Los Angeles; the TAC National Masters 20K Championships in the nation's capitol (another Grand Prix race), the L'eggs Mini-Marathon in New York and the Boulder 10K in Colorado. A busy month.

MIDWEST

May 7. 3rd Annual Wolfpack Track and Field Invitational. Open and Masters, Columbus, Ohio, John White, 4865 Arthur Pl., Columbus, OH, 43220, 614-459-2547.

May 21. Chicago Corporate Classic Spring Relays for men, women and masters. CCC, 1423 W. Fullerton Ave., Chicago IL 60614. 312-348-1724.

May 22. Michigan Athletics Congress Masters & Submasters Championships, Berkley, 10:00 a.m. Berkley Parks & Rec., 313-545-0166. After 5, Joe Spurgeon, 313-399-3248.

May 29. 5th Annual Wolfpack Pentathlon. Open and Masters, includes most individual events as well as TAC Pentathlon. Upper Arlington High School, U.A. Ohio, John White, 4865 Arthur Pl., Columbus, OH 43220, 614-459-2547.

June 8-12. Indy Senior Classic (Senior Olympics), Indiana U., Indianapolis, Bob Coughlin, 305 S. Barton, Indianapolis IN 46241, 317-241-5446.

June 12. Will County Meet, Lincoln Way H.S. New Lenox, IL. Al Logsdon, Sauk Trail, Frankfort, IL 60423, 815-469-2807.

(Continued on page 4)

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(Continued from page 3)

June 18. 5th Cleveland Track Classic, Parma, Ohio. Open to all. Jeff Gerson, 6509 Marsol Rd. #308, Mayfield Heights OH 44124.

June 18. 4th Annual Wisconsin United Athletic Club Masters T&F Meet U.W. Madison Walnut Street Track - 10:00 a.m. 5 year age groups - age 30 and up Ron Dennis - 6408 West Gate Rd. Madison, WI 53716, 608-221-8020.

June 25. Open Meet, York High, Elmhurst IL., 7 a.m.

July 2-4. Indiana Masters Championships/White River Park State Games.

July 23. TAC Midwest Regional Masters Championships, York High, Elmhurst IL, 7 a.m. Race day sign up. Wendell Miller, 180 N. LaSalle, Chicago, IL 60601. 312-236-1315. (o); 312-234-2154 (h).

August 13-14. North Coast Decathlon, Cleveland, Ohio. James Barrett, 3801 Shannon Rd., Cleveland Hts, OH 44118.

October 8. 3rd Annual Chicago Corporate Classic for men, women and masters. CCC, 1423 W. Fullerton Ave., Chicago IL 60614. 312-348-1724.

MID-AMERICA

May 31, June 1-2. Senior Olympics IV, St. Louis area. Senior Olympics, c/o J.C.C.A., 11001 Schuetz Blvd., St. Louis, MO 63141.

June 24-25. TAC Minnesota Open & Masters Championships, U. of Minnesota, Doug Taylor, 4393 Arden View Court, Arden Hills MN 55112. 612-636-8909.

August 13-14. Missouri Senior Olympics. Joe Shy, Box 745, Chillicothe, MO 64601.

September 3-4. Rocky Mountain Games, Denver. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303-341-2980.

September 18. Missouri Valley Masters Championships. Lawrence, Kansas. Clint Leon, 913-842-6240.

SOUTHWEST

May 28. TAC Southwest Regional Masters Championships, New Orleans. Danny Thiel, 2609 Canal St., New Orleans LA 70119. 504-822-9057.

June 4. Eldorado Master Classic, Eldorado, Texas. Jim Hardy, P.O. Box 646, Eldorado, TX 76936 (915-853-2439).

August 20. Texas Masters Championships. Dallas, Joe Murphy, 4308 N. Central Expressway, Suite 206. Dallas, TX 75206. 214-826-9650.

WEST

May 1. Mt. Sac Relays, Walnut, Calif. Some masters events. Hal Smith, 18750 Oxnard St. #404, Tarzana CA 91356. 213-342-1174.

May 7. West Coast Masters Classic, Visalia, CA Marty Higginbotham, 1026 W. Princeton, Visalia CA 93277.

May 14. 4th Annual U. of Redlands Masters Meet. Buz Wagner, 1522 Margarita Dr., Redlands CA 92373. (714) 793-2638.

May 21. TAC Pacific Assoc. Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos CA 95030.

May 21. Anteater Masters Games (formerly Grandfather Games), UC Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona Del Mar, CA 92625. 714-673-2025.

May 28. 6th Annual Golden State Masters Meet, Porterville, Calif. Allen Nelson, 181 N. Carmezita, Porterville CA 93257.

June 11. Compton, Cal. Invitational. Some masters events. Wally Williams, 5242 Pendleton #26, South Gate CA. 213-631-3416.

June 18. Challenge of the Ages (Masters vs. High School) Invitational. Lewis Smith, 8306 Wilshire Blvd., Beverly Hills CA 90211.

July 3. Northern California Seniors Classic, University of Calif., Berkeley. Contact Mark Grubi, P.O. Box 4512, San Francisco, CA 94101. (415-285-3352).

July 9. TAC/SPA District Masters Championships, CSU, Long Beach, Calif. Woody Studemund, 213-790-9480, or Doug Smith, 20861 Queens Park Lane, Huntington Beach CA 92546. 714-968-2812.

July 16. 8th Annual Striders Relays, Los Angeles. Ann Smith, 22736 Mulholland Dr., Woodland Hills CA 91364. 213-348-6352; 213-342-1174.

July 23-24. West Valley Masters Meet, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030. (Includes 18-29 division).

July 30. 10th Annual CDM "Don Palmer memorial" Relays, Los Angeles. Cynthia Jackson, 19103 S. Andmark Ave., Carson, CA 90746. 213-638-7125.

August 6. CDM, Striders & San Diego AA Tri-Masters Meet, Southwestern College, Chula Vista, Calif. Joe Horn, 1147 Agate St., San Diego CA 92109.

August 20-21. TAC Western Regional Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030.

August 27. Southern California Masters Championships. Southwestern College, Chula Vista, Calif. Joe Horn, 1147 Agate St., San Diego CA 92109.

September 10-11. New Senior Olympics, Los Angeles. Bob Watanabe, 11645 Wilshire Blvd., Los Angeles, CA 90025. 213-478-0805.

October 1. Club West Masters Meet, Goleta, CA. George Adams, PO Box Drawer K, Goleta, CA 93017. 805-687-6323.

June 16-24, 1984. U.S. Olympic Trials, Los Angeles.

NORTHWEST

June 18. 4th Annual Senior Sports Festival, Seattle, King County Rec. Dept., 425 S.W. 144th St., Seattle WA 98166.

June 25-26. Hayward Masters Classic, Eugene, OR. Lew Thorn, 503-484-9087; Bill McChesney, 1755 Coburg Rd., Eugene, OR 97401.

July 10-15. Masters track & field training camp, Seeley Lake, Montana. Northwest Sports Medicine Foundation, 1551 Northwest 54th, Suite 200; Seattle, WA 98107. 206-782-3383.

July 29-30. TAC Northwest Regional Masters Championships, Gresham, Oregon. Held at night. Jim Puckett, Mt. Hood College, 26000 SE Stark, Gresham, OR 97030. Entry form in July issue.

August 26-27. 5th Annual Montana Masters Championships. Bozeman, Mike Carignan, Box 1766, Bozeman MT 59715.

HAWAII

May 21-22. Hawaii Masters Championships and Decathlon, Honolulu. Stan Thompson, 1549 Ipukula, Honolulu HI 96821.

CANADA

June 11-12. Ontario Masters Championships, Sudbury, Canada.

July 16. Ontario Masters Pentathlon Championships. Near Toronto.

August 21-25. European Veterans Championships, Whitdean Stadium, England.

September 23 - October 1. V World Veterans Games, San Juan, Puerto Rico. Men 40+. Women 35+. GPO Box 336, San Juan, PR 00936; or Sports Travel International, PO Box 7823, San Diego, GA 92107. 619-225-9555.

July 28-August 12, 1984. Olympic Games, Los Angeles.

LONG DISTANCE RUNNING NATIONAL

Thru August 31. TAC National Masters Postal One-Hour Run Championships. Al Huff, 18127 First Five. N.W. Seattle WA 98177. 206/542-2930.

May 21. TAC National Open and Masters 50 Mile Championship, Central Park, New



Joan Reiss, winning 40-49 Stockton 10 Mile, January 9, in 63:48.

photo by Gene Cohn

York City. Vince Chiapetta, NYRRC, Box 881, FDR Station, New York, NY 10022.

May 29. TAC National Masters 20K Championships, Washington, D.C. Nike Masters Grand Prix Series. Six free masters trips to California. Chuck DesJardins, 5428 Southport Lane, Fairfax, VA 22032. 703-250-7955.

June 5. 1983 Avon International Marathon and TAC National Women's Masters Marathon Championships, Los Angeles. Avon Running, 9 West 57th St., New York NY 10019.

June 18. TAC National Masters and Open 100-mile Championships. Shea Stadium, Queens, N.Y. Vince Chiapetta, 3400 Corlear Ave., Bronx NY 10463. 212/796-5189.

NEW ENGLAND

May 15. Ralph Pellicano 5M for Masters only. Warwick Parks & Recreation, 975 Sandy Lane, Warwick, RI 02886.

(Continued on page 26)

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 issue. Send to *National Masters News*, P.O. Box 2372, Van Nuys, CA 91404.



Alex Coffin, #83, leads fellow masters runner Larry Barden (shirtless) in Celebration of Life 5 Mile, Charlotte, NC.

photo by Vernon Carre'

USMITT SEPT/OCT '83 CALENDAR*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				15 September Fly to Houston	16 H O U —	17
18 S T O N	19 Houston or	20 San Juan or ?	21 Fly to San Juan	22 Fiesta	23 Opening Fifth WAVA	24 _____
25 —	26	27	28	29	30	1 October Board ship or fly home
2 —	3	4	5	6	7	8 Homeward bound

HOUSTON: U.S. MASTERS T&F NATIONAL
CHAMPIONSHIPS, SEPT. 16-18

SAN JUAN: WORLD GAMES - FIFTH WAVA,
SEPT. 23 - OCT. 01

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THE GUN LAP

by MIKE TYMN

BREAKING PAR IN FULL STRIDE

You've undoubtedly heard of Socrates and Plato, but possibly you've never heard of Shivas Irons and Michael Murphy, two modern day philosophers. In his book, *Golf in the Kingdom*, Murphy presents the wisdom of Irons, a mystically gifted golf professional he met while passing through Scotland in 1956.

So what does a book on golf have to do with running, the subject of this column? On the surface it appears that the two sports have very little in common. However, the "inner" game is much the same, and it is the mastery of this inner game that is so important to success in any sport.

Murphy's book was published in 1972, well before the current flood of books on the inner aspects of sports. In fact, it is considered something of a classic in this area.

"Like Ben Hogan, he seemed to peer into the very center of the ball and summon a secret strength," Murphy says of Irons (his actual name, Murphy affirms). "I could feel the energy gathering, feel it in my solar plexus, a powerful magnetic field drawing everything into itself — and then his swing unfurled, slower than I had anticipated after that awesome address but impacting with immense power and following through with utter grace and balance."

Murphy, who founded the Esalen Institute in California in 1962 and later co-authored the book, *The Psychic Side of Sports*, says that in one round of golf with Irons he discovered "a growing power, rhythm, and grace, a pleasure that had no apparent cause."

Golf, as Irons see it, is a microcosm of the world. "In gowf ye see the essence of what the world itself demands," he tells Murphy. "Inclusion of all our parts, alignment of them all with one another and with the clubs and with the ball, with all the land we play on and with our playin' partners. The game requires us to join ourselves to the weather, to know the subtle energies that change each day upon the links and the subtle feelin' of those around us. It rewards us when we bring them all together, our bodies and our minds, our feelin's and our fantasies — rewards us when we do and treats us badly when we don't."

The key to the inner game of golf is

something Irons refers to as "true gravity." As Murphy explains it, this involves "seeing" the subtle fields of energy that surround the ball, the club, and the golfers own body and then tapping into them. It is the joining of awareness, delight, and embracing force.

According to Irons, the golfer's swing reflects the soul. "Ye see, the basis for a change in the way a person plays the game must be laid in his entire life," he counsels. "Now take this talk about keepin' yer eye on the ball. Everyone talks about it, it's almost the first rool o' the game. But there's so much more to it than simply lookin' there a' that little thing, yer whole life is there, man, in the way ye do it, ye bring yer entire past into every shot. It's all written there in yer bones and muscles and nerves. Ye take a man who aye looks down the fairway before he's e'en turned into the ball, why I'll show ye how he does it in everything else in life."

Irons cautions against going for results. "Ye see, Michael, merely shootin' par is second best. Goin' for results like that leads men and cultures and entire worlds astray. But if ye do it from the inside ye get the results eventually and everythin' else along with it. So ye will na' see me givin' people many tips about the gowf swings lik' they do in all the 'how-to' books. I will na' do it. Ye must start from the inside, lik' I showed ye there."

The greatest breakthrough, according to Irons, is taking your own sweet time to reach the goal, be it par or enlightenment, working all the while with the attitude that any sudden opening comes like Grace, that it is given when the time is ripe and not before. "The greatest breakthrough is taking forever," was the way he put it to Murphy.

"Ye try too hard and ye think too much," Irons admonished Murphy. "Why don't ye go wi' yer pretty swing? Let nothingness into yer shots." He urged Murphy not to use terms like "driving" as the connotation threw some golfers off of their truest swing. He preferred to say that he was "playing the ball on a drive."

For Irons there were messages in everything. He advised Murphy to examine his thoughts closely and find the message. Murphy tells how some time

after his 1956 meeting with Irons that it kept entering his mind that he was not lined up straight for his putts. However, he couldn't seem to correct himself. Then, one day, the meaning became clear: he was not lined up straight — in his work, with his friends, during most of the day. He set about correcting this and immediately his putting game improved.

The runner who is looking to improve his "game" might look for some parallels between the game of golf as taught by Shivas Irons and running. At the same time, golfers might like to know what Irons has to say about running.

"This immense complexity (of golf) delighted Shivas," Murphy writes. "In fact, he would add more complexity to the game, perhaps to satisfy his endlessly adventurous spirit. Running, for example, has been left out, as well as jumping and shouting; so he ad-

vocated your exercising these basic functions sometime during the golfing day if you want to balance your mind and nerves. We must give these large needs adequate expression, he said, otherwise golf would 'imprint too much of its necessarily limited nature on us.' For ... 'every game must have its limits, simply to exist, just as every form and every culture does, but our bodies and spirits suffer.' So somewhere and somehow we should run and jump and sing and shout." □

Are you a better runner than your friend is a golfer? Impossible to compare, you say. Perhaps. But by taking the lowest scores ever recorded on 18-hole courses and equating them to world-record running times we have one basis for comparison.

According to Guinness, the lowest recorded score on any 18-hole golf course is 55, achieved by A.E. Smith, an English professional, in 1935. The United States PGA tournament record is 60 by several men, although Sam Snead had a 59 in the Greenbrier Open (a non-PGA tournament) in 1959.

Giving the benefit of the doubt to the golfers, we'll use 60 as our base and equate it to the world records at 200 meters, the mile, 10,000 meters, and the marathon. Applying an equal percentage drop or slowdown to each event, we have the following table of comparison:

GOLF	200	1 MI.	10 MI.	Marathon
60	19.72	3:47	27:22	2:08
65	21.35	4:06	29:37	2:19
70	23.0	4:25	31:54	2:29
72 (open)	23.66	4:32	32:55	2:34
75	24.65	4:44	34:12	2:40
80	26.27	5:03	36:28	2:51
85	27.92	5:21	38:44	3:01
90	29.58	5:40	41:02	3:12
95	31.22	5:59	43:18	3:23
100	33.00	6:18	45:35	3:33



Philippa Raschker
Sportsfoto by John Allen



Race director Roy Chernock rewards Frances Adams, 50+ winner and race record setter in 1:44:11 at Half-marathon, Williamsburg, VA, March 13.

photo by Bob Kercoack



NIKE MASTERS GRAND PRIX SERIES

1983 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 California in August. A mens and womens team will be selected from the results of the Finals, to compete at the International Veterans Distance Running (I.G.A.L.) Championships in Perpignan, France, October 15-16, 1983.

SERIES RACES

May 8 • Minneapolis, MN • Minn. Masters 15 K	• Jack Moran, 5429 Wooddale Ave, Edina, MN 55424	• Trips: 3M/2W
May 22 • Portland, OR • Viking Classic 8K	• PSU Athletic Development Office • P.O. Box 668, Portland, OR 97207	• 3M/2W
May 29 • Washington, DC • TAC Masters 20K	• Chuck Desjardins, 5428 Southport Ln. • Fairfax, VA 22032	• 4M/2W
May 30 • Huntsville, AL • Cotton Row Run 10K	• Cotton Row Run • P.O. Box 292, Huntsville, AL 35804	• 4M/2W
June/July • • Grand Prix Regional	• (To be determined)	• 3M/2W
Aug./Sept. • S. California • Grand Prix Final	• (Race Directors please apply)	• 3M/3W

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 Schwitz, 3900 SW Murray Blvd., Beaverton, OR 97005.



On Approaching Every Problem With an **O**PEN MOUTH

by W. MacDONALD MILLER

ARE YOU SERIOUS?

As of this moment, I haven't quite figured it out. Maybe it's the growing pressure of the 1984 Olympics expanding each day, maybe even the increasing strain of nuclear weapons, or Chinese tennis players, for that matter. Although I can't finger the cause, the result are fairly simple; running has become an extremely serious undertaking. There's no more laughing and fooling around like the old days. Pal, there's little room for the athlete who isn't deadly serious about his event. People have been critical from time to time of the manner in which I have approached running. They say I'm clowning about a very serious matter. Maybe I am and maybe I'm not — the only fair way to look at the issue is to break down one of the different components of running and compare your approach with mine. Then I think we can see who is serious and who is not.

For openers, I'll make it easy. Everyone is somewhere into shoes. No runner doubts the importance of the shoe that feels good to him. I've always recognized this extremely important value.

Ten years ago I slept in my car for two days outside Rudy Friberg's house in San Diego while he handmade two pairs of racing shoes for me. One pair was covered with silver fleck. They did seem a bit gaudy but Rudy called it a "Mexican touch." When I looked at it in this vein, they did look sort of like a Tijuana paint job.

After I wore them out, I went into a long hang-up with Tiger. I had a maroon pair of Marathoners that I

dearly loved. When Tiger stopped making them; I haunted every obscure sporting goods store searching for close-outs in my size. The only stores who seemed to have bought them were the combination sporting goods-bait shop-bowling ball types. I remember one in patricutlar; six years after Tiger had stopped making the shoe they tried to tell me they were the latest thing on the market at \$29. In their heyday, the shoes never sold for more than \$12. I was plenty burned but bought everything he had in my size.

Remember those early bouts with salesmen in sporting goods stores over shoes? "I don't know where you're getting your information, Mister, because I happen to know for a fact, Frank Shorter won the Olympic games wearing this little baby right here — the Chuck Taylor All-Star by Converse. I'll be honest with you, I don't know for sure if he wore the high top or the low cut. I do know this is what he wore in that race."

In my searches for Tiger shoes I kept hearing the same rumor, Tiger still made the old shoes. They were, however, only sold in Japan. As a company, Tiger always proved a bit frustrating. I'm sure they are extremely knowledgeable people. As salesmen, I've heard they are among the best in the world. This, I'm sure, is true because just to remain in business with no one in their organization able to speak English is amazing in itself. I once called their American headquarters in California and felt I almost ordered a pair of shoes. I didn't really,

because outside of Shogun I never knew much Japanese.

Last year on a trip to Thailand and China I convinced my wife we should make the effort, not to mention the added expense, to take a side trip to Japan. \$50 to get downtown from the airport, is that serious business? I'll never forget the expression on my wife's face when she learned the true reason for my wanting to visit Japan.

"You're not serious?" It was all she could say as we considered the luxury of sleeping on the floor at \$150 a night. I bought her a kimono, slippers, the works, and it still took three days for her to cool off.

The running shoes were sensational. A new company had taken over Tiger, and the rumors I'd heard were correct. All the old favorites were on display. The Boston, The Marathoner, a new one I hadn't seen before and it looked terrific.

The more I look the more I learn and the better it gets. The old Tiger people are now manufacturing shoes under a new name — Mizuno. Great new colors and a super emblem on basically the original Tiger shoes. I can barely control myself! I not only can select my old favorites from Tiger but now I can buy the same shoe under a new label with new colors and design. I get into a five story Mizuno Company store. It's the nearest thing to Morrie Mages on this planet.



Bill Catanese, 44, 1st 40-49 in 44:51 at Marin Symphony 8 Mile, Tiburon, CA, March 20.

photo by Gene Cohn

From experience I know better than to buy without a total in-depth research of the market. I compare prices and selection. I buy a scale so I can weigh each shoe. A real pro doesn't trust what's on the box. Furthermore, the writing is a bunch of marks that look like tick-tack-toe. Once I pass an Athlete's Foot Store. I don't even look in the window. I'm embarrassed to even be identified with a 990 in this land of shoes. A 990! How gross can you get?

After five days my wife is going out of control. I've put her on a Bullet train. She knows more about Shushi than the world authorities in Beverly Hills. She claims she'll grow a fin if she eats any more raw fish. I make a deal. Tonight we'll have fishcakes; tomorrow I'll make my purchases, and tomorrow night we're on our way home. The fishcakes are fine. We check out, and by 10 in the morning I'm ready to start trying on shoes.

In a way, I wish I didn't have to tell this part of the story. You see I panic and end up running from store to store like an Occidental maniac. I even swallow my pride and try the Athlete's Foot. In the end I buy eight pairs of shoes, 4 Tigers and 4 Mizunos. Two pairs for our son, 2 pairs for our daughter, 4 pairs for my wife. Me? No prob, I'll get mine next time through. This time though, the largest pair of shoes in all of Toyko is size 8.

Now let me ask you a question, do you think I'm serious about my running? Actually now that I've talked this thing through, it really doesn't matter whether you think I'm serious or not. What really concerns me is I just might be a little sicker than all of you. □

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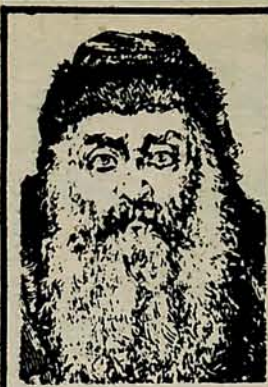
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Phil ^{THE} Philosopher

by PHIL CONLEY

Phil the Philosopher column will return in the next issue!

Reilly And Higgins Top Throwers

On February 13, thirteen Submasters and Masters athletes joined twenty-four open, university, and junior college competitors at the 5th Annual Gill Weightman's Pentathlon at the CSU Northridge track in the San Fernando Valley, CA. This meet, staged by CSUN's head track and field coach Bill Webb, usually produces top individual event and overall performances, and it did again this year.

Submaster Frank Reilly's 3,727 points (highlighted by a 173'11" disc) took the 30-39 bracket. Lloyd Higgins won the 40-49 division with 3,400

(176'2" javelin), as did Bill Bangert's 1,895 points in the 50-59 group. Northern Californian Bob Stone scored a 2,041 victory in the 60-69 division; and Red Doms with 1,046 edged Don Pierotti's 1,025 for 70+ honors.

Overall victor John Brenner, coached by Art Venegas at UCLA, produced five solid throws (topped by a 62'10" shot) to tally 4,546 points and the 2nd all-time best performance, just 109 shy of Dean Crouser's world record. Mike Barnett, Azusa-Pacific U., broke the field record with a 272'4" javelin toss. □

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National Marathon

(Continued from page 1)
except Volk.

The team competition was incredible. Favorites were Culver City TC, West Hills Striders of Portland, hometown Snohomish TC, and West Valley Joggers and Striders. Heffernan led West Hills to a 15-second victory (7:47:32), increasing his lead while running the last six miles into the wind. Huff, Williams, and Maurice Pratt copped 2nd for Snohomish, Duarte, Shaffer, and Knerr combined for 3rd for Culver City TC. West Valley J&S took 4th.

Overall winners and pocketing \$5,000 were John Moreno of Pacifica, California, 2:15:20, and Sherri Simmons of Hermosa Beach, California, 2:45:00. Both were unanticipated winners who ran strong on the slightly hilly course.

The 60's had at least two impressive competitors. Frank Grey, at age 63, had in December run 2:53 to win the 60+ division at the Honolulu marathon. It was thought by many that he and Clive Davies might duke it out, but Frank was not into competing even though he was second in the 60-64. Clive, meanwhile, was the darling, so

to speak, of the marathon. For his 2:55:15 performance at age 67, Clive received a tremendous ovation from the crowd assembled at the awards, while photographers from all the major media in Seattle snapped away at Davies and U.S. Sentaor Gorton, who was assisting with the masters awards.

The first Emerald City Marathon was an outstanding community effort and, by and large, the masters championships was handled well. Though the decision to divide the masters championships into separate men's and women's is probably a good one, given the tremendous attraction of the Avon International in Los Angeles to women of all ages, it had the unintended effect of disappointing the masters women at the Emerald City, five of whom broke 3:20.

The women knew that the special awards to the men masters was because of the championship; women masters would have their day June 5. But they could not have anticipated being left out of the awards entirely, as inadvertently happened in part because of the division. It is always a shame when an entire group of athletes are not recognized at the awards ceremony for whatever reason. □



Robert Kennedy, 35, 1st 30-35 and 2nd overall in 43:47 at Marin Symphony 8 Mile, Tiburon, CA, March 20.
photo by Gene Cohn Productions

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Stewart Takes Lead, But Hall Takes Race

ORLANDO, February 22. In the Florida Marathon, new Masters stand-out Bill Stewart, 40, of Michigan built up an early lead, which was overcome by the experience and patience of North Carolina's Bill Hall, who broke 2:30 for the umpteenth time and took the M40-44 title and 8th overall in 2:27:09. Stewart's second place (10th overall) time of 2:29:47 proved a comfortable lead over third place finisher, Joe Burgasser, 43, of Florida, who clocked a 2:36:05.

Not to be outshone by out-of-staters, other Floridians also chalked up significant victories and performances. In the hotly contested M40-44 race, four of the top seven finishers were from Florida, all below 2:52. In both the M50-54 and M60+ groups, the top three spots were taken by Florida residents and in the women's 40-44 division, all seven finishers were from the Sunshine State.

For what one participant called "the most supportive marathon of the Masters division ever run in the U.S.," race director Ron McKinney and runner-director "Doc" Black provided transportation, housing, and an impressive weekend for a half-dozen of the country's top Masters runners. □



Arnold Knepper, 52, 1st 50-59 in 50:33 at Marin Symphony 8 Mile, Tiburon, CA, March 20.

photo by Gene Cohn

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Sunday

Registration is from 1:00 - 3:00 p.m. on Sunday, July 10, 1983 at Camp Paxson. Skill appraisal will be conducted at the Seeley Lake High School track from 3:00 - 5:00 p.m. Orientation and the evening program will be at Camp Paxson at 8:30 p.m.

CAMP FEES

Option A	Board, room, instruction and camp shirt (Housing at the Double Arrow Ranch Lakeside cabins with meals at the lodge) Double occupancy	\$275.00
Option B	Board, room, instruction and camp shirt (Meals and housing at "rustic" Camp Paxson)	\$180.00
Option C	"Commuters" Instruction Only (Camp sites, trailer and mobile home sites are readily available in nearby forest camps)	\$80.00
	Two units of upper division college credit are available at	\$40.00/credit
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STAFF

DR. KEN FOREMAN - Camp Director. Head Coach 1983 United States Team, The World Championships, Helsinki.

KIM HAINES - Head Coach Seeley-Swan High School and the Western Montana Track Club.

DORIS HERITAGE - Head Coach Seattle Pacific University. Distance coach 1984 United States Olympic Team.

DALE KENNEDY - Assistant Camp Director. Head Coach Montana State University/Women.

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Dr. Ken Foreman, Camp Director
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I hereby certify that I am fit to participate in all camp activities. I accept full responsibility for any medical problems that may develop as a result of camp activities. (All camp participants are covered by insurance during the conduct of the camp)

Signature _____ Date signed _____

Please list any special medical problems, precautions, medications and the like. _____

A pre-registration fee of \$80.00 must accompany this form. No fees will be refunded after June 17, 1983. **PRE-REGISTRATION FEE MUST BE RECEIVED BY JUNE 17, 1983 ALSO.** Please make all checks payable to and send to:

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For further information contact Dr. Ken Foreman or Beverly Richdale, Administrative Assistant at the above number.



RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

RUNNING WITH MARCO POLO, M.D.

As promised last month, this column will cover several running problems and their management:

1. Recovering from a hot weather marathon
2. Running two marathons in a week
3. Conducting yourself in a physiology laboratory

Though the Florida Festival Marathon was run at temperatures from 68 to 76 degrees, the sky was clear, the sun was overhead, the course was largely black asphalt, and the humidity was fairly high. Those runners who were meticulous in pacing and fluid replacement appeared at the finish line in good condition, but a number of the less enlightened either

did not finish, or appeared to be in substantial difficulty at the finish.

My own recovery began with race preparation, training in heavy gear and deliberately overheating, and hydrating thoroughly. As is my practice I drank a liter of tea within an hour of the start of the race. Though I lost track of the number of waterstops, (they numbered more than eight), by "double-cupping" and stopping completely to drink, I put down well over a liter of ERG, water, and tea while on the course.

At the completion of the race, I felt surprisingly strong, finishing in a one mile "sprint" without nausea or vertigo. My family met me at the finishing gate with tea and water and lemonade.

I drank it all. With another marathon just one week away, I began my preparation for St. Louis. I started with a two hour nap after the awards ceremony, and followed by eating quantities of fruit, salad, cheese, and bread. Before an early bedtime, I had accumulated three twenty-minute workouts on the exercise ergometer, with intervals of stretching.

During the following week, Pattie and I jogged daily with Allen and Diane Page, covering eight to twelve miles in the heat and humidity at moderate pace. All the while, this routine was accompanied by intervals on the ergometer and about an hour of stretching. As the week drew to an end, I felt stronger and stronger, but not fully well. Without the necessary speed and sharpening, I thought it unlikely that I would break 2:40 at St. Louis. Certainly not on the notably hilly course on a cold day.

The conclusion I finally reached as I flew out of Orlando on Friday afternoon was a bit depressing. Despite careful planning and training, the marathon in Orlando was more draining than I had expected. I still felt tired and slow. Conclusion: heat training in Minnesota is only possible in the summer. And only a boob would run two marathons in a week. And I had been a boob some sixteen times over the prior decade. Thus, on to St. Louis.

Dr. James Hagberg, the Director of the Physiology Research Laboratory at Washington University was waiting at the airport. He was my host when I traveled through the facility in 1978, and once again proved to be both a fine scientist and a humanitarian as well. Surmising my fatigue, he graciously cancelled my Friday evening workout in the laboratory and sent the personnel home.

But, morning came early, and by 9 a.m. I was drowning in the "weighing pool," and warming up on the treadmill at 9:30. The treadmill provided more claustrophobia than the pool. Surrounded by pipes and wires and tubes I had to concentrate on the tempo and effort to keep from wiping out, or spitting the mouthpiece out. Only the presence of the two Ph.D. types, one at each elbow, prevented my aborting. After repeated "tests," I could clearly sense the approaching anaerobic threshold and gathered myself for the inevitable. More and more, each episode on the treadmill became a condensation of a marathon. The quad discomfort. The shortness of breath. The hopelessness that this would never, never end. Even the finish line crowd was there cheering me to the end. Two people, one at each elbow shouting encouragement into my ears. A condensed crowd? I couldn't have done it without them. Or wouldn't.

Encouragement carried me beyond fatigue and reason and nausea. The

feeling grew that I had finished six separate marathons rather than six ten minute aerobic-anaerobic maximal treadmill efforts. Only when I was lifted, or staggered, from the machine was I aware of the vast difference between running on the road and running in place in the laboratory. Knees and feet hurt in strange little places. And toe touching and other stretch motions elicited funny little tweaks and pulls.

But the results? With each succeeding effort, the Ph.D. types gathered around the fresh computer strips. And to avoid sharing their intelligence, conversed in a mixture of Modern Math and Swahili. Being something of a scientist myself, I was not chagrined by the impersonal analysis. These laboratory people were not delighted by the level of performance I had achieved. But, by the predictable, and immutable reproducibility of their results. They had predicted a level and a niche for me. And somewhere I was enshrined in a computer bank. Forever.

The two important numbers to emerge were:

	1978	1983
VO2max	1/min 3.82	3.76
	ml/kg/min 65.3	64.6

and indicated that, but for the testing, deviations were essentially the same. Ergo. In five years I hadn't aged. Tell that one to your doctor.

But not all the news was that good. Fat-fold and underwater testing gave identical findings for body fat: 13.2%.

For the present, I want to believe that aging is far more a matter of life style than the passing of years and that with a sustained level of training, the average or normal decline in physical performance can be minimized.

The next morning I ran on the III Olympiad Marathon. I start out tight and stiff, and cold. And finish in the same condition. Only the presence of the same people from the lab, cheering me at five mile checkouts, prevents me from quitting. I cannot confront that level of despair, so I finish. But I have learned much.

As I board the flight to Minneapolis, I suddenly realize that I have indeed prevailed. And rather than running two marathons in a week, I have run two marathons in twenty-four hours. And before landing at the Twin City International Airport, I am planning a training program in preparation for Boston.

What can I do this year that I didn't think to do those other thirteen years? Of a certainty there will be no treadmill and no testing the night before. And I will work hard to get out of "Fat City" and lose some of that 13% body fat. Higdon says too lean is dangerous. But, what does he know about "obesity" and pain and embarrassment and things like that? Pass on the left, Hal. □

FIFTH ANNUAL INDIANAPOLIS SENIOR CLASSIC TRACK AND FIELD MEET (FORMERLY SENIOR OLYMPICS) INDIANAPOLIS, INDIANA JUNE 11, 1983

SPONSORED BY THE HOOSIER TRACK CLUB-TAC-NIKE
"SPECIAL" OPEN 1500 METER RUN

SITE: Brand new Track Stadium Downtown Indianapolis SITE OF 1982 SPORTS FESTIVAL
— a real fast track — we are so fortunate to have such a facility.

Sub Masters and Masters Track & Field Meet — age 30 up in five year age groups through 80 up. Those age 55 up will perform from 8 a.m. till 12 noon, and will be limited to 3 running events and 4 field events. Age 30-54 will perform from 1 p.m. through 5 p.m. there will be a one mile walk race at 12 noon for all age groups from age 30. The Open 1500 Meter Run will be the last event in the afternoon session.

ENTRY FEES: \$6⁰⁰ plus \$2⁰⁰ per event.

Medals - 1st Three places — FREE T-shirts to first 150 pre entries.

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 8 with Bike races, tennis, basketball, swimming, bowling, fishing, paddle boat races etc. Many of these held where the Sports Festival was held. The bike races are on the Indy "500" track. Check box for info. □

Schedule of Events

Age 55 up
8:00 a.m. 50 Meter Trials
400 Meter Finals
50 Meter Finals
100 Meter Trials
400 Meter Hurdle Finals
100 Meter Finals
800 Meter Finals
80 Meter Hurdle Finals
200 Meter Trials
1500 Meter Finals
200 Meter Finals

Age 30-54
1:00 p.m. 50 Meter Trials
400 Meter Finals
50 Meter Finals
100 Meter Trials
400 Meter Hurdle Finals
100 Meter Finals
800 Meter Finals
100 Meter Hurdle Finals
200 Meter Trials
1500 Meter Finals
200 Meter Finals
Spec. 1500 Meter OPEN Run

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 high jump, long jump, pole vault, shot-discus, javelin and triple jump.

ENTRY FORM — EVENTS ENTERING

NAME _____ T-Shirt Size: S—M—L—XL
ADDRESS _____ CITY _____ STATE _____ AGE _____
I will not hold the Hoosier Track Club, or any of their departments, agents or representatives responsible for my health, safety or any injury resulting from my participation in these events.
Signature _____ Date _____

SEND TO: Bob Coughlin — Hoosier Track Club — 305 S. Barton Indianapolis, In. (317) 241-5446.

Continued from Page 1

better, had foretold a sizzling finale. The fans were not disappointed, although the result was a surprise to some. Alfonzo Walton rocketed to victory in 6.4, edging favored Clifton Jackson.

In M35, Clarence Ray and Willie Overby imitated the M30 runners, finishing 1-2 in 6.4 each. These dashes were college track, disguised as submasters.

In W45, New Jersey's Marilyn Fitzgerald presided over six others with a nifty 8.0. Cristel Miller got second.

Dave Lawyer "won big" in M60 in 07.5. Not surprisingly, Gilberto Gonzalez-Julia, Claude Hills, Byron Fike, and Arling Pitcher won gold in the higher age groups.

•**1000 yards:** The 1000 furnished ample proof that being very good in 1983 will get you a good sweat and a towel if you ask for one, but no guarantee of a medal. In M35, for example, New York's Omar Harrison ran 2:32.4 (4:28 mile pace) and finished 9th! Illinois' Gary Carr took this race in 2:20.2.

Joyce Bezdek (2:52.7) and Susan Houlton (2:50.3) followed up their earlier mile victories by taking the W30 and W35 divisions.

In M75, Byron Fike scored a meet record 3:34.7. Byron competed in all 10 races over the weekend.

In M55, Kelsey Brown absolutely destroyed the meet record of 2:44.4 with a scintillating 2:38.3.

M45 had Ernie Billups. Ernie tied the meet record of 2:25.1.

•**300 yards:** The first of the 300 races produced one of the greatest performances in the history of masters track. Ronald Murphy, a 32-year old former Kentucky State runner from Cincinnati, ran 300 yards in 30.3 seconds. The time was so brilliant, so stunning, that it almost seemed wrong. No run-

ner in this meet had ever broken 32 seconds. Only the huge margin between Murphy and 60 winner Alfonzo Walton, who blazed a 33.5, made one aware that the impossible had, in fact, occurred.

The extremely competitive M45 section produced an exciting, but disquieting, result. Larry Colbert, running in the seeded first section, burst through the tape in 34.4 to defeat Rich Rizzo, Dawson Pratt, Ken Dennis, Art Gaton, and Lloyd Riddick, fine sprinters all. Colbert was the picture of joy. Unfortunately for Larry, the second section had veteran pentathlete Gary Miller. Gary ran 34.3, the victory was his, and there was nothing Colbert could do about it. In defense of the seeders, when an entire field is national class competitors, one can expect to find an occasional seeding "mistake."

•**4 x 880 yards:** The Greater Rochester TC, New York Pioneers, Philadelphia Masters, and Syracuse Chargers took the four age-group titles (30's, 40's, 50's, 60+).

•**2 mile:** Jim Waters led off the second day's activity by taking the M30-39 field through the mile in 4:40, then hanging on to win M30 in 9:40.8.

M45 had Ernie Billups. Once again, Ernie was up to the assignment, fashioning a brilliant 9:45.1 to beat George Vernosky's meet record by 14 seconds.

Lloyd Slocum of New Hampshire made history by becoming the first American 50-or-over to break 10:10 for 2 miles. Lloyd(50) ran 10:09.1.

In W40, Barbara Pike, of Concord, MA, strung together 880's of 2:44, 2:50, 2:55, and 2:58 to beat all the younger (and older) women in 11:27.1.

•**60 yard hurdles:** Nate Robinson, of Deerfield Beach, FL, recalled Mur-

Continued on Page 23



ANTEATERS' MASTERS TRACK AND FIELD CLASSIC

CO-SPONSORED BY CORONA DEL MAR TRACK CLUB AND UNIVERSITY OF CALIFORNIA-IRVINE
DATE: May 21, 1983 PLACE: University of California, Irvine
DIRECTIONS: 405 Freeway to Culver, south to Campus Drive. Right on Campus to Bridge Road. Use parking lot 6 or 9 (free parking).

FACILITIES: Nine lane all weather tartan track (1/4 inch spikes).
Lockers and showers are available.

OFFICIALS: TAC Officials

AWARDS: First 3 places in each event.

ENTRY FEE: \$5.00 for first event, \$3.00 for each additional event. Relay \$6.00

ENTRY DEADLINE: Postmarked by May 13, 1983 (late entry add \$2.00).

DIVISIONS: Five year age groups

Submasters - 30-34	Division IIA 50-54	Division IVA 70-74
Submasters - 35-39	Division IIB 55-59	Division IVB 75-79
Division IA - 40-44	Division IIIA 60-64	Division VA 80-84
Division IB - 45-49	Division IIIB 65-69	Division VB 85-89

TRAINER: Mitch Lewis, athletic trainer for the U.S. Olympic Judo Team and President of Enhancement of Athletes, Inc. will be available for all athletes.

The ANTEATERS MASTERS TRACK AND FIELD CLASSIC is a continuation of the Grandfathers Games - for 12 years a great track meet in the Valley. This new location at U.C. Irvine is an ideal setting for top performances.

SCHEDULE OF EVENTS

Track Events		Field Events	
11:00	Steeplechase	12:00	Shot Put 30-39 & Women
11:30	400 meter Relay		Hammer Division I
12:00	800 meter Run		Discus Division III & IV
12:45	110 meter High Hurdles		Javelin Division II
1:15	3000 meter Run	1:00	Shot Put Division III & IV
1:30	400 meter Dash		Hammer Division II
2:00	100 meter Dash		Discus Division I
2:50	1500 meter Run		Javelin 30-39 & Women
3:20	400 meter Hurdles	2:00	Shot Put Division II
3:45	200 meter Dash		Hammer Division III & IV
4:10	1600 meter Relay		Discus 30-39 & Women
4:30	5000 meter Walk		Javelin Division I
Jumping Events		3:00	Shot Put Division I
12:00	High Jump All Divisions		Hammer 30-39 & Women
12:00	Pole Vault All Divisions		Discus Division II
12:00	Long Jump 30-39, Division I, Women		Javelin Division III & IV
1:00	Long Jump Division II, III & IV	For more information contact: David A. Lewis 505 Begonia Ave. Corona del Mar, CA 92625	
2:00	Triple Jump 30-39, Division I, & Women		
3:00	Triple Jump Division II, III, IV		

May 21, 1983 - U. C. Irvine

NAME _____ Phone # _____

ADDRESS _____
Number Street City State Zip

AGE (as of May 21, 1983) _____ DIVISION _____ M or F _____

CLUB AFFILIATION _____ DATE OF BIRTH _____ TAC # _____

Please enter me: _____ EVENT _____ BEST MARK '82 - '83 _____

1. _____

2. _____

3. _____

4. _____

Relay 4 X 100 _____ 4 X 400 _____

Please find enclosed my check \$ _____ (Entry fee: \$5.00/first event
Make check payable to: David A. Lewis \$3.00/each additional event
and mail by 5/13/83 \$6.00/relay team)

Athletic Release: In consideration of my entry, I do hereby, for myself, and my heirs, and administrators waive and release any and all claims I may have against The Athletic Congress, University of California - Irvine, and the Corona del Mar Track Club and their representatives for any and all injuries suffered by me during the event, sport or facility. I certify that I have no physical defects which prevent me from competing and I understand that I compete at my own risk.

Dated: _____ Signature: _____

Return this form to: Anteaters Masters Track Meet
David A. Lewis
505 Begonia Ave.
Corona del Mar, CA 92625
(714) 673-2025



Nancy Courter, 1st 40-49, St. Patrick's Day 10K, San Diego, in 40:35.

photo by Richard Lee Slotkin

PROFILE

PROFILE: BILL STEWART — NEW MASTERS SENSATION

by MIKE TYMN

Bill Stewart thinks that a masters runner will someday cover a mile in under four minutes. "I don't think I'll be the one to do it, though," Stewart said from his Ann Arbor, Michigan home recently. "Maybe Walker, Bayi, one of those guys, if they can keep the fires burning long enough."

For now, however, Stewart is the fastest masters miler in the world. On January 22, just two weeks after celebrating his 40th birthday, the 6-foot, 143-pound competitor clocked 4:11.0 for the distance in the Michigan Relays. The time bettered the listed world over-40 record of 4:18.5, set by Jim McDonald of New Zealand in 1977.

Stewart hopes to chip away at his new record. "My immediate plans are to push the mark as far as I can," he said. "It's about 90.5 percent as fast as Coe's world-record. I think the mark should be within five percent of the world record."

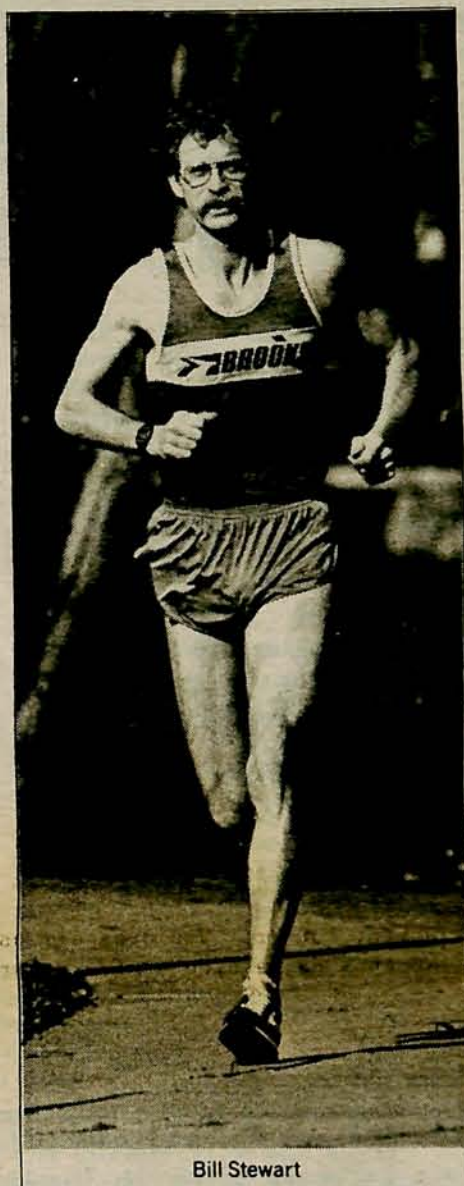
Besides his outstanding mile performance, Stewart has claimed a 2-mile time of 9:12.8 (bettering Ray Hatton's listed American record of 9:17.8) and a 15-K road time of 45:57, well under Herb Lorenz' national mark of 47:18. By the time this appears in print, he'll probably have added a few more records.

As a high school student in Detroit, Stewart recorded a 1:58 half and a 4:28 mile. He continued to compete while at Michigan State and Wayne State, lowering his bests to 1:54.6 and 4:24, and also turning in a 48.9 quarter. At an all-comers meet in 1969, he brought his half-mile time down to 1:49. In 1975, competing in the sub-masters division of the First World Masters Championships in Toronto, he took his mile best down to 4:04.

The 15-K is not the extent of Stewart's range as he has a marathon best of 2:21:05. "I feel that I can run a 2:15 marathon if the conditions are right," he offered.

One of Stewart's most memorable races is the 1978 Boston Marathon. He had not planned to run in the race, but decided a few days before to go to Boston and run unofficially while starting at the back. Things didn't turn out as he had planned, however.

"A friend who was injured offered me his number so I might be more legit," Stewart explained. "As it turned out, I missed picking up the bogus number and as I was walking toward the back, I ran into Tom Flemming. If you know Tom, he loves to talk. I then spotted Kenny Mueller and Amby Burfoot, so when the starting time arrived I was up near the front."



Bill Stewart

Stewart finished in 49th place with a time of 2:22:12. When an official asked for his number, Stewart said that it had been ripped off during the race. He told the official that it was 329, his injured friend's number.

"Little did I know the real 329 was behind me running the race of a life time," Stewart continued. "Marty Cohen smashed his PR, but the computer threw out the duplicate number, irretrievably. No official finish, so no official PR. We've had many good natured jokes about that incident."

Employed as a health education instructor at Wayne State University, Stewart finds time to put in around 25 hours of training each week. This involves 110-125 miles of running, two weight training sessions and some stretching. At least once a week he hits the track for some intense intervals. Five days before running that 45:57 15-K, he did six 880's in 2:11-2:14. His 1983 log also shows a session of three times a mile at 4:29 each, followed by four 220's at an average 27.2.

"My teaching provides ample time for training and my wife is very supportive," Stewart remarked. "Kristine is a ceramics artist. She loves to travel

and revels in our nomadic lifestyle." Stewart has two sons, ages 18 and 16, from his first marriage. He is expecting his third child in June.

Asked what quality or characteristic is most responsible for his competitive success, Stewart thought for a few seconds. "I've stuck to it," he answered. "I have been patient with my training. I feel it is evolutionary, not revolutionary. And, I train with young people at the University of Michigan. The secret is with the intelligent youth."

Stewart said that he hasn't felt the effects of aging yet, although he admits that it is difficult to make comparisons with earlier years. He pointed out that he never ran much more than 35-40 miles a week until around 1974, and he feels that he is smarter and more focused than ever now.

"I believe that I have yet to tap my real potential," he remarked. "I have not trained specifically for the mile since 1975, yet still have consistently run 4:10. And, the ease with which my recent 15-K came was startling."

"The intensity of my training is

stimulating. What can be done? How fast? When these are answered, I'll establish new goals, either in running or perhaps in the martial arts." □

Stewart's Training Regimen — A Typical Week

Sunday: 17-21 miles at 6:00-6:20 pace over varied terrain

Monday: A.M. — 4 miles easy; P.M. — 8-10 miles at 6 min. pace, stretching, easy strides, 6x150 fast — full recovery, 3 x lifting, upper body.

Tuesday: A.M. — 4 miles easy; P.M. — warmup and strides, interval session, e.g., 4x1 mile at 4:34, 3-4 miles cool down.

Wednesday: A.M. — 4 miles; P.M. — 10 miles at 6 min. pace, 3 x lifting, upper and lower body.

Thursday: A.M. — 4 miles; P.M. — 6-10 miles at 6 min. pace, interval session, e.g., 6x440 at 58 & 3 x 220 at 28.

Friday: A.M. — 4 miles easy; P.M. 10-12 miles fartlek.

Saturday: A.M. — 4 miles easy; P.M. — 8-10 miles at 6 min. pace, stretching, stairs, 1 mile, 55 yds. fast, 55 slow, 55 fast, etc.

RECORDS BROKEN IN VIRGINIA

by JOE MARTIN

Records were broken in pairs at the seventh annual Virginia Association TAC State Indoor Track and Field Championships, which took place in the VMI field house in Lexington on Saturday, March 5th.

Five people broke two records each with Keith Witherspoon, 30, of the Charlottesville Track Club getting the first one in the submasters long jump with 7.00 meters (22'11½"). He followed this with a 14.17 meter (46'6") triple jump. Ed Zuraw, 44, CTC, set records in the Masters I high jump and pole vault by clearing heights of 1.632 meters (5'4") and 4.02 meters (13'2¼), respectively.

Jeremiah Gaines, Sr., 71, lowered the Masters IV 55-meter dash record by 0.7 second, running it in a remarkable 8.6. He also took the long jump with a record leap of 3.81 meters (12'6"). Other male record setters were Ray Gordon, 64 of the Shenandoah Valley Runners with a 21:27.6 in the Masters III 5000, and the Masters II 1600-meter relay team from the Richmond Track and Field Club (Bill Cole 53, Dil Cook 50, Stuart Johnson 53, Harold Green 53) which turned in a 4:21.8.

In the women's division, Kathy Thomas (CTC) and Glenna Fink (Shenandoah VTC) each broke two records. Thomas ran the Submasters 55-meter dash in 8.6 seconds and cut 7 seconds off her own 1500 record with a 5:02.2. Fink knocked 32 seconds off the Masters I 800 record with a 2:52.6 and demolished her own 1500 record with a 5:45.2. Beverley McCoid (CTC) lowered her own 55-meter dash record to 10 flat.

In the non-Virginia Association divi-

sion, Joel Liles, 37, Garner, N.C., a member of the Cary Express, entered 7 events and came out with 6 firsts and a second. He won the submasters shot, long jump, triple jump, high jump, pole vault, and 55-meter dash, and took second in the 400-meter dash. In the women's non-Virginia Association, Jo Liles of Cary, N.C., also representing the Cary Express, won the submasters shot, long jump and 55-meter dash.

Six Virginia Association teams were represented, and the submasters team championship was won by Charlottesville Track Club by 51-9 over Richmond Track and Field Club. The teams reversed the order in the Masters I & II division with RTFC taking the honors 61-46 over CTC. RTFC also prevailed in the Masters III & IV division by 31-21 over CTC. □



Cristel Miller, 45

300 COMPETE IN LARGEST EASTERN INDOOR

At West Point, New York, March 20, about 300 entrants met for the largest Eastern Indoor Championships ever. It was also the longest, taking six hours to complete.

The outstanding individual performance was Cincinnati Harry Tolliver's new national record of 1:15.1 in the 40-44 600y. Harry's only competitor was New York's Glen Shane, previous record holder, who registered a 1:16.9.

Mila Kania, 51, sped to an age-group record 5:40.1 in the mile, probably the outstanding mark of the thirty-seven

women field, also the largest in the meet's history. Other notable marks were Kelsey Brown's 2:45 in the M55-59 1000y, W. Sokolowski's 14'6" in the M40-44 pole vault, and Len Olsen's 48'6" in the M50-54 shot.

Byron Fike, Talmadge, Ohio, who may be the most active M75 runner in the U.S. (indoor, outdoor, on and off the track), took the 300y in 47.1; the 600y in 1:59.3; and the mile in 6:54.8. Entertainer Bill Cosby, a Masters competition newcomer, leaped to a creditable 5' 2nd place 45-49 high jump behind Leon Trout's 5'2". □

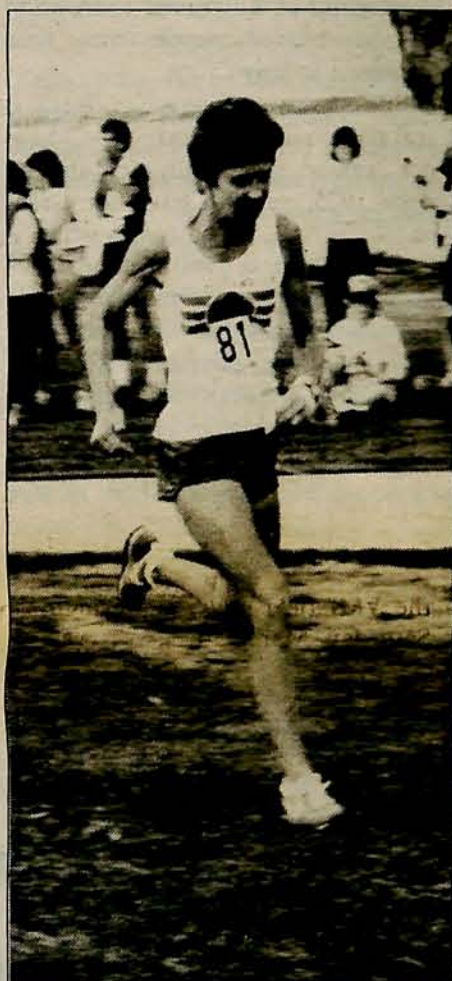
TELEMARK CAMP DATE CHANGED

The dates for the Telemark Running Camp in northern Wisconsin has been moved back one week, announced Hal Higdon, who will be coaching runners at the camp along with his partner in Roadrunner Tours, Ron Gunn.

"Because of the World Lumberjack Championships, we couldn't block enough rooms," Higdon explained. New dates are August 7-13. The camp will conclude Saturday, August 13, with a 10,000 meter cross country race. The Paavo Nurmi Marathon is scheduled for Hurley, Wisconsin, the same day.

"I'm going to use the week to prepare for the World Veteran Games in Puerto Rico," says Higdon. "I hope other master runners, whether peaking for that meet or not, can join me."

Campers will stay in Telemark's Valhalla Town Houses: three stories with four bedrooms (two to a room), living room, fireplace, kitchen, washer and dryer. Cost for the week is \$330 including all meals. For more information, contact: Roadrunner Tours, 301 West Highway 20, Michigan City, IN 46360. □



Dorothy Stock, 1st 50+, St. Patrick's Day 10K, San Diego, in 39:42.

photo by Richard Lee Slotkin



TAC, USA - NATIONAL MASTERS

MEN'S DECATHLON AND WOMEN'S HEPTATHLON

Co-sponsored by Merced City & Merced County Parks & Recreation Departments, and the Merced College Athletic Department.

DATE: July 2nd and 3rd 1983 - starting time 8:00 A.M.

WHERE: Merced Community College Track "76" Stadium, Merced, Ca.

ENTRY FEE: \$15.00 (No Financial Sponsors) Entry deadline June 25, 1983.

AWARDS: 3 Place Medals (Gold-Silver-Bronze) in each age group to all Submasters and Masters 1st-2nd-3rd places for both men & women. Also a complimentary commemorative patch to all participants. All contestants run in 5 age groups: For example (30 thru 34) (35 thru 39) (40 thru 44) (45 thru 49) etc.

All events will be run: oldest to younger contestants starting with women first.

Men: Hurdle Heights: (30 thru 39 yrs. - 39") - (40 thru 49 yrs. - 36") - (50 thru 59 yrs. - 33") - (60 yrs. and over - 30")

Women: Hurdle Heights: 30 yrs. and over all use 30"

Men: Hurdles - 110 Meters: 30 Thru 69 yrs. (10 Hurdles) from start to first Hurdle - 15 yds. (Between Hurdles - 10 yds.) last Hurdle to finish - 15 yds.

70 years and over 100 M. (10 hurdles) (To first hurdle -13.00M) (Between hurdles - 8.50M) (Last hurdle to finish 10.50M)

(Women:) Hurdles (30 yrs. and over) 100M (10 hurdles) spacing same as men's 70 yrs. and over.

(Discus) Men (30 thru 49 yrs. - 2 kilo college Discus) (50 thru 59 yrs. - 1.6 kilo High School Discus)

men: (60 and over 1.0 kilo women's discus)

Women: (30 and over all use 1.0 kilo women's discus)

(Shot Put) Men: (30 thru 49 yrs. -16# shot) (50 thru 59 yrs. - 12# shot) (60 and over - 8# shot)

Women: (30 years and over all use 8# shot)

(Javelin) Men: (30 yrs. thru 59 yrs. 800 gm. college javelin)

60 yrs. and over - 600 gm women's javelin)

Women: (30 yrs. and over all use 600 gm women's javelin)

Women's Heptathlon - (100 M hurdles) (Shot) (HJ) (200 M)= 1st day (Long jump) (Javelin) (800M) = 2 day TOTAL 7 events

(Scoring) Men: (30 thru 59 yrs.) use IAAF scoring table.

60 and over use WAVA

Women: (30 yrs. and over use IAAF scoring table.

FACILITIES: (New Chevron 400 track) - (P.V. - L.J. - H.J. Runways)

All require 1/2" spikes. Javelin thrown off of Grass approach.

HOW TO ENTER: Mail check to A.J. Puglizevich together with application to 720 East 21st Street, Merced, Ca. 95340

You must have your TAC 1983 Number to enter this meet. We would appreciate your attending the Dinner Banquet Sunday night as Monday is also a holiday - (Steak dinner \$6.00 + \$15.00 Entry = \$21.00 Total).

Come dressed in your contestant gear from your motel, ready to compete.

Please print carefully.

Application

Return this portion with your check.

Decathlon

NAME: _____ CIRCLE ONE: Heptathlon

ADDRESS: _____
Street City State Zip

AGE ON JULY 2, 1983 _____ DATE OF BIRTH: _____

TAC # _____

In consideration of acceptance of my entry, I do hereby, for myself, my heirs, and executors or administrators, waive, release & forever discharge any and all rights and claims for damages, which I may have, or which may hereafter accrue to me against the sponsors, TAC, Merced Community College, Merced College Athletic Dept. Merced City Recreation Department, Merced County Parks and Recreation Department, A.J. Puglizevich or their officers or representatives, arising out of my participation in the 1983 TAC, USA-National Masters and submasters Men's Decathlon and Women's Heptathlon championships. I certify that I have no physical impairments which might in any way prevent me from competing in this meet. I compete at my own risk and certify that I am the age listed above.

SIGNATURE _____ DATE _____



Participants turned rooters, l. to r., Warren Jackson, Bill Cosby, his son Innis, Bert Lancaster, Charlie Pratt, at Eastern Indoors, West Point, March 20.



SPEAKER'S CORNER

by J. J. PERRY

Recording Secretary, TAC Masters
Long Distance Running Committee

At the 1982 Athletics Congress Meeting in Philadelphia, there was a presentation to a joint meeting of the Masters LDR and Masters T&F Committees by a newly formed organization called the National Masters Sports Association (NMSA).

This organization seeks to unite a broad array of masters sports activities under one umbrella. There were several reasons given for this new venture, chiefly, it appears, to sell masters sports to corporate sponsors. Financial aid from these corporate sponsors would be available to fund the NMSA and lend financial and organizational support to the various masters sports (wrestling, bicycling, athletics, etc.).

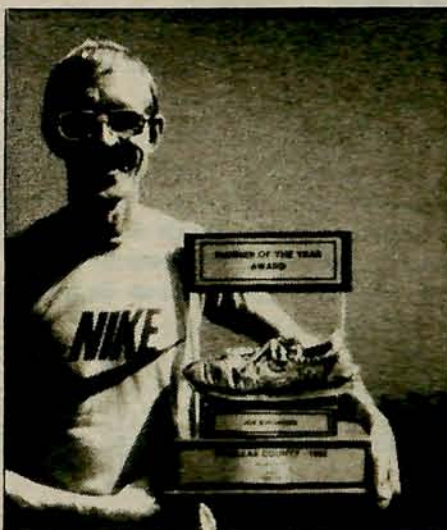
In many ways, this group would supplant the responsibilities of functioning sports organizations, e.g. TAC. It is unfortunate that the NMSA resembles, in function, aspects of the AAU. Many associations which had an unpleasant relationship in the AAU may overreact to a multisport operation including this newly formed group. This column is a plea that we act judiciously in Masters LDR and T&F before aligning with an organization that may be in conflict with our relationship with TAC.

The Masters LDR committee agreed in Philadelphia to proceed with caution in associating with NMSA. It voted to place the option with its Executive Committee. At a meeting of the Executive Committee in Williamsburg, Va. on Dec. 18, 1982, a decision was reached that we investigate further whether NMSA would be appropriate for us at this time.

The major benefit that Masters Athletics (T&F and LDR) might obtain from joining the NMSA would be money. The replacement of funds no longer available from Penn Mutual to support the NGB's and our championships is of high priority. It is my understanding that NMSA is seeking an initial funding from corporate sponsors in the \$500,000 range with 40% going to overhead to support the organization. The remainder would be split among the various sports, would sponsor a sports festival, etc. Considering the number of sports putatively under the auspices of NMSA, the amount of funding to any sport, initially at least, would be modest.

The NMSA representative in Philadelphia gave repeated assurance that the newly-formed organization would in no way interfere with our relationship with TAC. It has now come to our attention that potential funding through TAC to Masters Athletics was rejected because acceptance might jeopardize NMSA negotiations with corporate sponsorship of the entire multisport organization. As the level of the funds, potentially available, through TAC was considerably more than Masters Athletics had in the past (and very likely more than our "share" from the NMSA budget), we have now been placed in a rather awkward position. Somehow the guarantees of Philadelphia do not square with subsequent policy.

It is my contention that Masters LDR and T&F should continue our allegiance to the Athletics Congress. The Congress is a young organization, and I believe we would be served best by working with and through it in seeking funds. We do not need multisport as an attraction. Masters Athletics is large enough and has the visibility to stand on its own. Masters Athletics would undoubtedly be the most attractive part of any NMSA-type organization and if Athletics is marketable, then a revered organization like TAC would serve us better. It is evident that TAC has been willing to listen and has been striving to build a strong program in all Athletics. We should place our faith in them until there is better reason to do otherwise. I urge all interested in furthering our cause to stick with TAC and let NMSA work with the other sports in their multisport organization.



Joe Burgasser, 43, one of Florida's top master runners, with Pinellas County 1982 Runner of the Year Award.

Quest for Sponsor Broadened

by GEORGE HATZFELD, Executive
Director, National Masters
Sports Association

Our quest for a national masters sponsor has not ended, but the quality and quantity of our contacts with potential sponsors has broadened significantly.

We have had discussions with several interested corporations. We have created a high-quality slide presentation and professional marketing commentary which can be tailored to any sponsor's marketing and public relations objectives. We have positioned the program as a national connection to sports-minded people who seek motivation to stay fit.

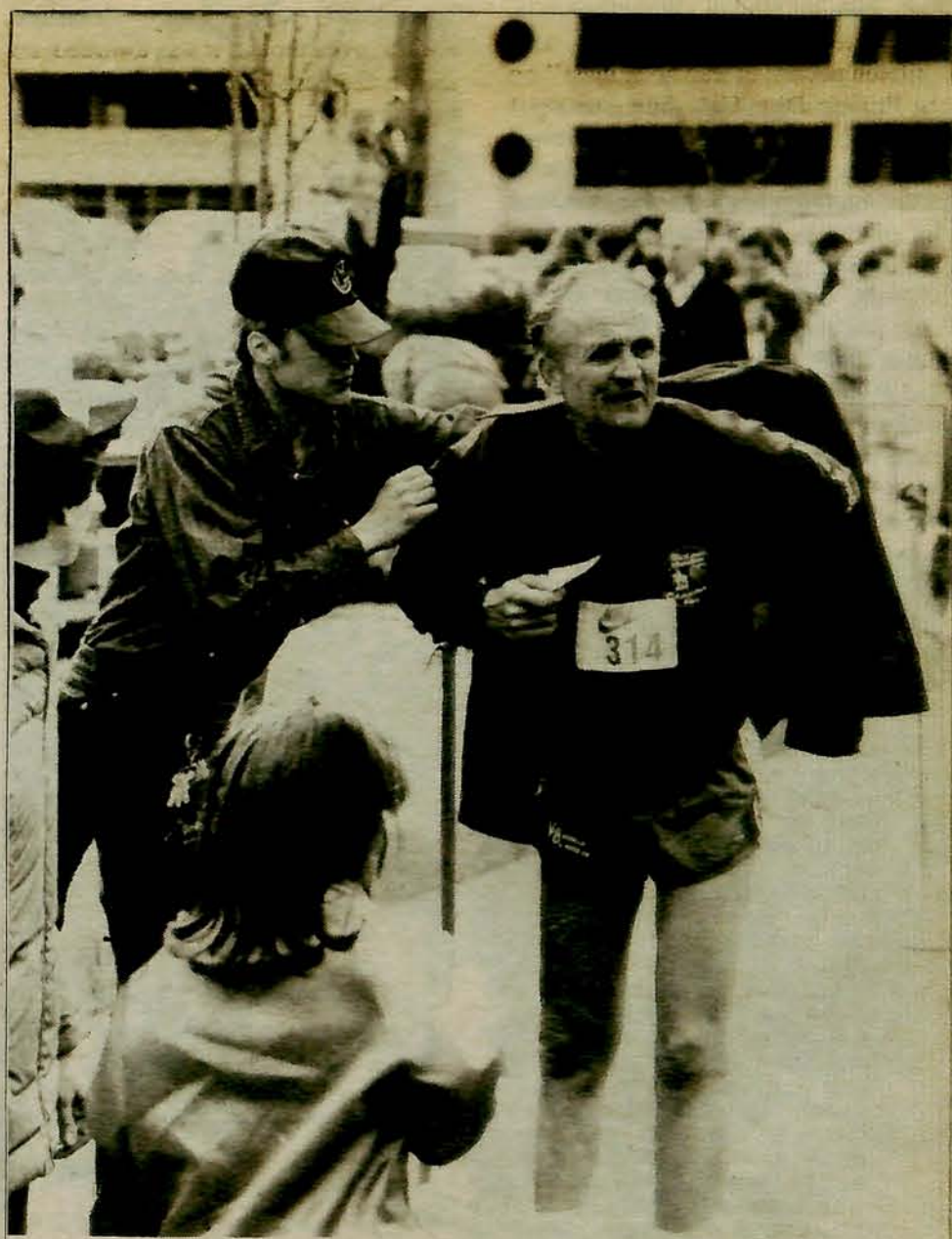
The National Masters Sports Festival has been shown as an important media event integral to the national program.

Pat Meehan and I will meet in Lake Placid with NGB representatives of 10 winter sports. We have interest from them and the Olympic Regional Development Authority at Lake Placid to create a National Masters Winter Sports Festival, and a festival at the international level as well. When all this

dust settles, we may very well find a NMSA with 14 or more "summer" sports and 10-11 "winter" sports — a very attractive consortium indeed for sponsorship and media development. With your help, we may become a model organization after which other nation's masters sports may pattern themselves.

In January, Pat went to Toronto to listen and consult with organizers of the "World Masters Games" proposed for 1985 there. We are withholding approval of these Games until we can discuss them with U.S. Sports representatives and reach agreement on what position U.S. Masters and NMSA should take on several important issues.

We've put a lot on the line to market the Masters Sports concept. You've been "hangin' in there" with us, and that confidence is the electricity we're running on. Soon we predict that one of these prospective sponsors will get serious. We'll be working hard to make that happen. □



Ernie Hirschfeld, 56, receives congratulations and a warm jacket after a 3:13:10 in the III Olympiad Memorial Marathon, February 27, St. Louis.

photo R. Weaver

Continued from Page 2

so, I feel, than all the joggers who have completed a marathon.)

All I can say is "way to go, Mike!" It took "guts" to write the article, and as I said, I hope marathon runners and joggers do not take it personally. We all wish to see all phases of our sport appreciated.

Gordon Reiter
St. Louis, MO

PRITIKIN DIET

Several facts need to be examined to permit NMN readers to evaluate the positive and/or negative aspects of the "Pritikin Diet." (NMN February 1983 and April 1983 "Write On.")

Regarding Jack Stevens letter of February 1983: No diet, no way of eating, no exercise, no chemical compound has ever been clinically proven to clear already "blocked" arteries. What has been proven is that high serum cholesterol levels are a major risk factor in producing coronary artery disease (blocked arteries).

Regarding Hal Higdon's letter of April 1983: also proven by several valid studies is that a low fat, low cholesterol approach to eating lowers serum cholesterol levels in individuals not suffering from chronic lipidemia. The Pritikin Diet, therefore, is a valid method of reducing or eliminating one of the major risk factors in coronary artery disease.

Regarding the athlete who lost "fifteen pounds of lean body mass" on the Pritikin Diet: Hal, shame on you! As an experienced research author you know that the results observed in one individual are purely anecdotal and prove nothing — certainly not that the Pritikin Diet is a "manipulative" diet.

Also, regarding Jim Shetler, the great 40-44 division runner from California, who died on his Monday

morning run several years ago. Jim's death was well documented (too well, I'm afraid) in all of the running publications. So was his autopsy report. After all here, was the fittest of the masters runners, dead from an apparent heart attack.

Check the reports, Hal, or ask Tom Bassler. They show that Jim died of coronary artery disease, abnormally prevalent in his family, not from an irregular heartbeat caused by "apparent potassium deficiencies." Additionally, Jim couldn't have been on the Pritikin Diet. It was barely invented. Furthermore, what does low fat have to do with low potassium? Nathan Pritikin's Diet, which has often been referred to as "grazing," is very high in this element.

I don't disagree with your basic philosophy, Hal. There certainly is no magic potion for improved performance, and no substitute for training. The best diet is indeed a well rounded blend of all our food groups. But, I still ain't gonna eat pork chops!

Joe Burgasser
St. Petersburg, Florida

OLYMPIA AWARD

I would like all participants, officials, sponsors and administrators in and of masters events to know that on accepting the first Southland Corp's (7-11 Stores) magnificent Olympic Award, even though it was awarded to me on the basis of my whole life as a master participant, I could hardly consider myself in the same lofty level with Salazar, Louganis, Caulkins, Connors, etc.

So, I accepted it for all involved in the masters program. After all, I would not have been propelled into the Olympia Award picture had it not been for

(Continued on page 19)

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1983

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
W. EY (AUS)	5-21-38	45-49
AVIS MCINTOSH (NZ)	5-19-38	45-49
ROSEMARY PAYNE (GB)	5-19-33	50-54
GISELA STECHER (WG)	5-16-43	40-44
BERYL VINE (NZ)	5-19-28	55-59
BARBARA BARNES (HARTFORD, CONN)	5-25-28	55-59
VALERIE HANNA (HONOLULU)	5-22-33	50-54
PHYLLIS HEATON (DORSET, VT)	5-28-33	50-54
MARTHA MARICLE (SAN FRANCISCO, CA)	5-20-33	50-54
ANNABEL MARSH (SAN FRANCISCO, CA)	5-31-23	60-64
ANNA RUSH (PROSPECT, KY)	5-16-28	55-59
ANGIE SMITH (US)	5-4-23	60-64
HARRIET WILSON (EUGENE, OR)	5-13-28	55-59
HANS BRUHNER (SWE-CONCORD, CA)	5-28-33	50-54
DANIE BURGER (S. AFR)	5-23-33	50-54
RICHARD CZARAPATA (NEW BERLIN, WI)	5-20-28	55-59
LUIGI FACELLI (ITALY)	5-10-98	80+
ANDRE FINDELI (FRA)	5-18-23	60-64
RAY GORDON (FRONT ROYAL, VA)	5-30-18	65-69
HERNAN HADDAD (CHILE)	5-10-28	55-59
WAYNE HANSON (SHREVEPORT, LA)	5-12-28	55-59
PIERRE HECQ (BEL)	5-12-28	55-59
JIM HOGAN (GB)	5-28-33	50-54
WILLIS KLEINSASSER (AZUSA, CALIF)	5-9-28	55-59
ROMUALD KLIM (URS)	5-25-33	50-54
HARRY KOPPEL (BELMONT, CA)	5-30-13	70-74
CHARLES LAUCK (LEXINGTON, VA)	5-15-28	55-59
ARCHIE MESSENGER (LARCHMONT, NY)	5-6-23	60-64
PETER MUNDLE (VENICE, CALIF)	5-20-28	55-59
RICHARD RICHARDSON (DECATUR, IL)	5-15-33	50-54
EDWARD SMALL (NEW YORK, NY)	5-31-38	45-49
IGOR TER-OVANESYAN (URS)	5-19-38	45-49
STEWART THOMSON (LOS OLIVAS, CALIF)	5-21-33	50-54
DAVID WINN (FAIRPORT, NY)	5-20-43	40-44

THE 4th ANNUAL SENIOR SPORTS FESTIVAL MASTERS TRACK & FIELD '83'

The Senior Sports Festival is sponsored by Seattle Parks and Recreation Department, King County Parks and Recreation Division, the Seattle Masters Track & Field Club, and the Lynnwood Jaycees. Other sports are Pickleball, Badminton, Swimming, Tennis, Softball and a July 23rd 10K Run/Racewalk. 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 not required and recreational athletes are encouraged to enter.
Location	Husky Stadium, University of Washington - Seattle, Washington
Date/Time	June 18, 1983 - 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 10, 1983.
Age Groups	Men & Women: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ Age Division is determined by participants age as of December 31, 1983.
Awards	3 place medals will be given in each age group, men and women. A participation ribbon will be given to each entrant. Championship patches will be awarded to first place finishers who are T.A.C. members.
Track/Field Chairman	Patti Petesch / Dennis Cook
Fees	REQUIRED: \$5.00 per person for 1st event. \$2.00 for each additional event. OPTIONAL: T-shirts, scarves, pins will be on sale at the event. Results of All Sports published in September: \$1.00 each
Entry Information	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 10th deadline. For further information call 244-1080.

Events	* Events will run only if there are sufficient entries.
*10,000 Meter Run	*4x100 Meter Relay
*1,500 Meter Run	*4x400 Meter Relay
50 Meter Dash	*Steeplechase
100 Meter Dash	
200 Meter Dash	Long Jump, Shot Put
800 Meter Dash	High Jump, Discus
5,000 Meter Run	Javelin, Triple Jump
* 400 Meter I. Hurdles	*Pole Vault, Hammer Throw
* 110 Meter H. Hurdles	
* 100 Meter L. Hurdles	
400 Meter Dash	
3,000 Meter Racewalk	- Warm up for field events begins 15 minutes before the event time.

THE 4th ANNUAL SENIOR SPORTS FESTIVAL MASTERS TRACK AND FIELD '83' Saturday, June 18, 1983

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		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

- Rules**
- This meet is P.N.A.C. sanctioned and will be conducted in accordance with T.A.C. Rules and Regulations.
 - Field event entrants must provide their own implements in accordance with T.A.C. guidelines. Implements must be checked in 10 minutes prior to start of event.
 - Locker room facilities are not available.
 - You may enter a maximum of four events. Your entry will be verified by mail.
 - Participants in all field events, except high jump and pole vault, will be allowed a maximum of four (4) tries which must be completed during the designated time period.
 - High jump and pole vault bars will be set at the lowest height asked for, then moved up from there. Once competition has begun, the bar will not be lowered, but will increase upon athlete's request.

***** DETATCH: MAIL LOWER PORTION

KEEP UPPER PORTION *****

1983 SENIOR SPORTS FESTIVAL MASTERS TRACK & FIELD ENTRY FORM

Enter me in the following event(s) (Print): (1) _____

(2) _____ (3) _____ (4) _____

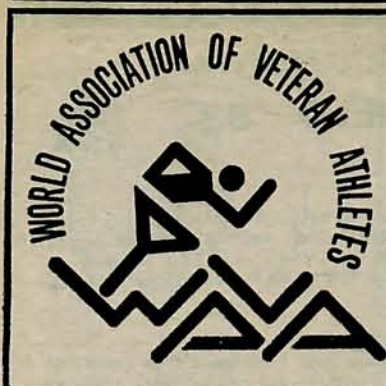
I have enclosed \$ _____ for the above events entered and \$ _____ for _____ set of Results. Total Enclosed: \$ _____

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 DECEMBER 31, 1983: _____
mo. day yr.

Checks Payable To: Senior Adult Advisory Council Deadline: June 10, 1983

Mail To: Senior Sports Festival, 425 S.W. 144th Seattle, WA 98166 1983 T.A.C. Card #: _____
(Optional For Championship)



by RAFAEL SERRATI
Administrative Officer
V World Veterans Games

With just four months to go before the V World Games, we would like to review some aspects of our organization for the benefit of all masters athletes.

NEW REVISION OF COMPETITION PROGRAM:

We are publishing the newly revised program in this issue of NMN. There are a few minor changes from the program published last month:

1)The opening ceremony has been rescheduled for the same day - Saturday Sept. 24th-but at 3 P.M. instead of 10 A.M., in order to facilitate the TV transmission. This entailed moving some events that day to early in the A.M. and to later in the evening so competitors could attend the opening ceremony. In fact, the organizing committee is making all preparations necessary to facilitate the participation of all competitors in this ceremony.

2)5k and 20k walks - Good news for the walkers. After considering various comments received regarding the closeness of these two events, our technical committee has rescheduled same as follows:

5K Walk - fourth day, Sept. 26, at 7:30 A.M.

20K Walk - seventh day, Sept. 29, at 6:30 A.M.

10 K Walk - for women - seventh day, at 7:00 A.M.

MINIMUM STANDARDS:

We have received quite a few comments regarding the minimum standards, published in the last issue of NMN. This is an area in which we are presently consulting with WAVA. We will publish the outcome at a later date.

MISCELLANEOUS COMMENTS:

We have received correspondence from Hal Higdon, in which he raises several valid questions. Here are our comments about them, for the benefit of all concerned.

Quality of Tracks:

Tracks on the three stadiums to be used are all synthetic, first class, all weather surfaces. The three of them will be completely repaired and in optimum condition for the V World

4 Months to go

COUNTDOWN TO PUERTO RICO

Games. Spikes over 3/8 are not permitted.

Steeplechase -

Water jumps, located inside the tracks, and other obstacles are all according to required specifications.

Marathon and 20K walk course-

The same course will be used for these two events. It is all flat, except for a moderate hill when entering the old San Juan area, and covers about 75 meters. It will be dark from starting time at 5 A.M. until sunrise about 6:15 A.M., but since the course is all in the streets of metropolitan San Juan, the street lights are sufficient to avoid "Dark Running." Temperature at starting time should be in the mid 70s (F) and rising to high 80s, in mid morning, with a high humidity rate. We will endeavor to obtain a topographical map of the course for publication in a future issue of NMN, for the benefit of all concerned.

Cross Country Course -

There are presently a few alternatives, but the final site has not been picked yet. Whatever the course is, it will not contain man made obstacles, it will be partly hilly and mostly in a natural environment. When decided, we will try to obtain maps for publication in NMN. We expect the event to start at 7 A.M. as scheduled and be completed before noon.

MULTIPLE EVENTS COMPETITORS:

We would like to stress again that it is impossible to please every one when scheduling 26 events in a week's time for an expected 4,000 attendance, especially those athletes participating in several events. The chances for overlapping of events are very big.

Even though we cannot promise any changes to accommodate anyone, we would like to suggest that those affected should drop as a note about it, so that at least we will be aware of particular problems. If we notice that the problems are affecting a number of age categories in general, maybe something can be worked out. We would like to remind everyone, that the final schedule can still change depending on the number of actual entries in each event.

PHOTOS AND BIRTH CERTIFICATES:

Many people have asked us the reason behind these requirements. Pro-

of of age is required by WAVA regulations. Photocopies of the passport section which covers date of birth will be accepted, providing they have no alterations.

The two 2x2 photos requested are necessary for our ID system. Each participant will be given an ID card, necessary to give him or her access to competition and other restricted areas.

We want to emphasize once more that entry forms require the above mentioned documents together with a check for the entry fees and the \$10 WAVA fee.

The optional fees for transportation and farewell party can be included in the same check as the required fees, including the fees for those accompanying the participant.

ENTRY DEADLINE:

Even though we still have four months to go before the games, we want to remind everyone, again, about the July 1 deadline for entries. This is less than 60 days away. We repeat that there will be no extension on this date. So, please, don't wait till the last minute.

GENERAL:

We will continue to bring you up to date, through this column, on those aspects of general interest.

In the meantime we welcome all questions and comments which should be addressed to us at: V World Games, GPO Box 336, San Juan, P.R. 00936.

MEETINGS

WAVA Secretary Owen Flaherty has announced the schedule of WAVA meetings in Puerto Rico:

1. Technical Meeting - 9 a.m. - Friday, September 23. Technical and Record Committees.

2. Women's Council Meeting - 9 a.m. - Friday, September 23. Women delegates and as many women as can be accommodated.

3. Council Meeting - 9 a.m. - Saturday, September 24. Make operating decisions, discuss last-minute competition matters, consider agenda for General Assembly meeting.

4. General Assembly Meeting - 9

a.m. - Sunday, September 25. This is the main meeting, open to all who can be accommodated. Critical matters, such as nomination and election of officers, and changes to the constitution, will be discussed and voted upon by accredited delegates. Nominations for office and amendments to the Constitution must be in writing and in the hands of the Secretary at least 90 days before this meeting (June 27, 1983). Other items, not affecting the constitution, should be received by the Secretary by August 25 to allow time to have them included in the Agenda. Motions from the floor, which would not amend the Constitution, will be accepted to the extent that time permits.

5. Site Selection Meeting - 9 a.m. - Monday, September 26. Presentations by countries bidding to host 1985 and 1987 World Games. Attendance same as for General Assembly. Prospective

(Continued on page 28)



Eldrith Gosney, 1st 40-49, Baker to Baker 10 Mile, February 21, in 1:19:47.
photo by Gene Cohn

compete in the Fifth World Veterans Games in San Juan

23 September - 02 October 1983

FLY American Airlines from New York

STAY 9 nights at the Regency Hotel

Airfare, hotel and transfers: \$479 per person

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(Continued from page 17)

the masters program and all those involved in it and for the nomination by Bob Boal of Raleigh, North Carolina, (himself a very worthy candidate for the Olympia Award).

*Bud Deacon
Honolulu, Hawaii*

WORLD GAMES AWARD STANDARDS

The April issue of NMN contained the V World Veterans Games Schedule. I noted that the minimum medal standards are unfairly stiff, particularly in the women 75-79 category.

Following, I list the minimum medal standard, followed by the US age-group record, followed by the times posted by Marilla Salisbury, the only US possible entrant whom I am aware of. It's obvious that Marilla will not be eligible for a medal unless other competitors register.

100M	21.0	19.7	26.7
200M	46.0	56.92	1:01.6
400M	1:46.0	2:03.5	2:37.4
800M	4:30	4:30.1	6:01.4
1500M	9:30.0	8:47.8	12:21.0
5000M	34:00.0	38:09.0	43:27.6

May I recommend that, especially in the case of these advanced age group categories that the standards be relaxed to allow interested and fit athletes to compete. These individuals are such fine examples of the fact that life does not grind to a halt after sixty. They should have the opportunity to participate and receive an award for their efforts!

*Jennifer Hesketh Young
Tucson*

The Masters organization is too young to place standards on women 75-79 years of age. Back in 1967, K.V. Switzer had to wrestle Semple in order to run the Boston marathon. Women couldn't enter the Boston officially until 1972 when Nina Kuscsik ran the Boston in 3:10.21 and got her name in the Hall of Fame. Now we have Patricia Catalano running a marathon in 2:27.51. In 10 to 15 years more standards will be ok. Today no — I have run with Marilla Salisbury many times.

MILLER CONTINUES ATTACK ON PENTATHLON MARK

Despite an early season meet and winds of over 25 mph, Gary Miller, Glendale, CA, increased his 45-49 American pentathlon record to 2846 (IAAF) and 3864 (WAVA) points (FAT) at the Central California Association (Sub)Masters Championships at Warmerdam Field, Fresno, on April 2. His individual marks were long jump — 20'3 1/4"; javelin — 153'3"; 200m — 23.89; discus — 108'0"; and 1500m — 4:57.38.

Undaunted by the wind, Jim Ver-



Polly Peacock conquered rain, and finally snow, in winning the women's division of the 7-Up Half Marathon, held in St. Louis on March 20. The 39-year-old St. Louisan crossed the finish line in 1:24:30, over 7 minutes ahead of second-place Stephanie Pisha. Rick Jaudes won the Masters division with a 1:19:14 finish.

photo by R. Weaver, 1983

Hope I can do as well when I'm 75. Please take off standards for women 75 in the Puerto Rico events. Thanks.

*Rosa Solis
San Diego, California*

The minimum medal standards as published in the April NMN are premature and untimely. This is sure to adversely affect the women in the 75 to 79 year old group because, in all probability, this age will not have 4 participants. No American woman in this age bracket has ever met all of these standards.

But this is 1983 and we have to take the best we have today and be satisfied with that. No one should have to break a world record in order to win a third place bronze medal at Puerto Rico. Yet as the standards now are that is exactly what the 75 to 79 age women will have to do. This is unfair — and real discrimination.

*Marilla A. Salisbury
San Diego, California*

(NMN received 15 letters opposing award standards in the World Games. The World Games Committee is discussing the issue with WAVA, and a decision will be forthcoming soon. — Ed.)

non, 69, got off a respectable 10'6 1/2" vault, some six inches below his American age-group record. In the 100m, Bruce Springbett, 50, darted to a 11.76 win, and Walt Butler, 42, clocked a 11.9, the top 100m mark of the day. In one of his final meets throwing Olympic weights, Stewart Thomson, who turns 50 in late May, had a 154' toss with the 16 lb. hammer and a 141'9" 2 kilos discus throw.

Results next month. □

TAC/USA EASTERN REGIONAL MASTER'S TRACK AND FIELD CHAMPIONSHIPS JUNE 25, 1983

SPONSORED BY:

East Stroudsburg State College and The Pocono Athletic Club
Open to All Athletes over the age of 30 who are registered with TAC/USA.

SITE:

Eller-Martin Stadium Track, East Stroudsburg State College, Exit Rt. 80 at #51, turn right go through first stoplight to 1st right and turn right and proceed to stadium (1/8 mile)

DATE: Saturday, June 25, 1983.

Entry Fee:

\$5.00 first event (includes T-Shirt), \$3.00 each additional event. Non-refundable. Make checks payable to The Pocono Athletic Club.

Entry Deadline:

Monday, June 20, 1983. NO POST ENTRIES! Entry fee must accompany entry.

Facility:

Resilite track and runways (6 in. spikes).
Concrete Circles. Grass Javelin approach.

Awards:

Three medals in each event for men and women.

Divisions:

Men & Women: OA (30-34); OB (35-39); 1A (40-44); 1B (45-49); 2A (50-54); 2B (55-59); 3A (60-64); 3B (65-69); 4A (70-74); 4B (75-79); 5A (80+).

Order of Competition: Men followed by women. Younger to older divisions. In case of insufficient entries, divisions will be combined.

Time Schedule:

10:00 AM.	Long Jump	Javelin
	Pole Vault	
	10,000 m	
11:00 AM.	110 m H.H./100 m H Trials and Semi Finals	
11:30 AM.	100 m Trials and Semi-Finals	
12:30 PM.	5000 m. Walk	
1:00 PM.	Triple Jump	Shot Put
	High Jump	Discus (Follows Shot Put)
	4x100 m Relay	
Followed By:	3000 m Steeplechase	A block of rooms at special rate
	1500 m	have been reserved at Quality Inn
	400 m	Rt. 209, R.D.#5, East Stroudsburg
	110 m H.H. / 100 m H. Finals	PA, 18301; Phone (717) 424-1951.
	100 m	Single, \$35; Double, \$40; Triple
	800 m	\$45; Quad, \$80
	400 m I.H.	Make own reservations with Motel
	200 m	and ask for "Masters Group Rate"
	5000 m	
	4x400 m. Relay	

Detach and return to: Dick DeSriver, East Stroudsburg State College, East Stroudsburg, Pa. 18301, 717/424-3425.

PLEASE TYPE OR PRINT:

NAME _____ SEX _____ AGE _____
First Initial Last (As of 6/25/83)
ADDRESS _____ Zip _____
TELEPHONE () _____ TAC NO. _____
CLUB _____ BIRTHDATE _____
EVENTS _____ Best Mark 1983 _____ Best Mark 1982 _____

AMOUNT OF ENTRY FEE ENCLOSED \$ _____

See reverse side for required signature.



CITY OF SAN JUAN

Dear Masters Athletes:

On behalf of the people of San Juan, I extend to you a warm welcome to the V World Masters Games here in the Capital City of Puerto Rico in 1983.

We are deeply honored to host this important international competition. The City of San Juan is making extensive preparations for the visit of more than 5,000 athletes and their families.

We hope your visit to San Juan will enable you an opportunity to become better acquainted with our city and its people. San Juan is the oldest city under the flag of the United States, combining a rich cultural heritage with the most modern of accommodations and facilities.

Most important, however, we hope your presence in San Juan will help to bring together athletes from nations around the world in a spirit of friendship and athletic competition.

We look forward to seeing you in San Juan during the V World Masters Games.

HON. HERNAN PADILLA
Mayor of San Juan
Patron of Games

JOSE F. MENDEZ
President
Executive Committee

ENG. MIGUEL RIVERA VEVE
Director of Operations

Sincerely,

Hernán Padilla
Hernán Padilla, M.D.
Mayor

MESSAGE FROM THE DIRECTOR OF OPERATIONS

Dear fellow Masters:

This is a very special occasion for me because I have the honor of being the first "Master" competitor of Puerto Rico back in 1976 and the originator of the Masters movement in the Island.

In the name of all the Masters of Puerto Rico, I extend the warmest welcome to you, the Masters (Veterans) of the world, may you feel at home and may the memory of this Games be with you forever.

Miguel Rivera Veva
Director of Operations

V WORLD VETERANS GAMES

SAN JUAN, PUERTO RICO September 23 to September 30, 1983

V WORLD MASTERS GAMES

COMPETITION PROGRAMME

→ REVISED MARCH 31-1983 ←

EVENTS	CAT	SITE (see legend)	ROUND	STARTING TIME
FIRST DAY-SEPT. 23, 1983				
100 MTS.	M ALL	A	TRIALS	15:00 = 3:00 PM
	W ALL	A	TRIALS	20:00 = 8:00 PM
5,000 MTS	M ALL	B	FINALS	17:00 = 5:00 PM
	W ALL	A	FINALS	22:00 = 10:00 PM
LONG JUMP	M 65+	A-1	TRIALS & FINALS	08:00 = 8:00 AM
	M 60	A-2	TRIALS & FINALS	08:00 = 8:00 AM
	M 55	B-1	TRIALS & FINALS	08:00 = 8:00 AM
	M 50	A-2	TRIALS & FINALS	15:00 = 3:00 PM
	M 45	A-1	TRIALS & FINALS	15:00 = 3:00 PM
	M 40	A-1	TRIALS & FINALS	19:00 = 7:00 PM
	W 45+	F-1	TRIALS & FINALS	16:00 = 4:00 PM
	W 40	A-2	TRIALS & FINALS	19:00 = 7:00 PM
	W 35	A-1	TRIALS & FINALS	21:00 = 9:00 PM
	M 40	B-1	TRIALS & FINALS	08:00 = 8:00 AM
	M 45	B-2	TRIALS & FINALS	08:00 = 8:00 AM
	M 50	A-1	TRIALS & FINALS	08:00 = 8:00 AM
SHOT PUT	M 55	A-2	TRIALS & FINALS	08:00 = 8:00 AM
	M 60	B-1	TRIALS & FINALS	15:00 = 3:00 PM
	M 65	B-2	TRIALS & FINALS	15:00 = 3:00 PM
	M 70	A-1	TRIALS & FINALS	15:00 = 3:00 PM
	M 75+	A-2	TRIALS & FINALS	15:00 = 3:00 PM
	W 50+	A-1	TRIALS & FINALS	19:00 = 7:00 PM
	W 45	A-2	TRIALS & FINALS	19:00 = 7:00 PM
	W 40	A-1	TRIALS & FINALS	21:00 = 9:00 PM
	W 35	A-2	TRIALS & FINALS	21:00 = 9:00 PM

SECOND DAY- SEPT. 24, 1983

EVENTS	CAT	SITE (see legend)	ROUND	STARTING TIME
OPENING CEREMONIES				
	ALL PARTICIPANTS	MUNICIPAL STADIUM	-	15:00 = 3:00 PM
100 MTS.	M ALL	A	S.F.	08:00 = 8:00 AM
	W ALL	A	" "	10:00 = 10:00 AM
	M ALL	A	F	19:00 = 7:00 PM
	W ALL	A	" "	19:30 = 7:30 PM
HAMMER	M-40	A	TRIALS & F	08:00 = 8:00 AM
	M-45	B	" "	08:00 = 8:00 AM
	M-50	D	" "	08:00 = 8:00 AM
	M-55	A	" "	19:00 = 7:00 PM
	M-60	B	" "	19:00 = 7:00 PM
	M-65+	A	" "	20:00 = 8:00 PM
	M-65+	F	TRIALS & F.	08:00 = 8:00 AM
	W 45+	A	" "	08:00 = 8:00 AM
	M 40	B	" "	08:00 = 8:00 AM
	M 45	A	" "	19:00 = 7:00 PM
	W 40	F	" "	19:00 = 7:00 PM
	M 60	B	" "	19:00 = 7:00 PM
HIGH JUMP	W 35	F	" "	20:00 = 8:00 PM
	M 50	A	" "	20:00 = 8:00 PM
	M 55	A	" "	22:00 = 10:00 PM
	M 55	A	" "	22:00 = 10:00 PM
800 MTS	M ALL	A	S.F.	20:30 = 8:30 PM
	W ALL	A	S.F.	22:00 = 10:00 PM
3,000 S.C.	M ALL	B	F	20:00 = 8:00 PM
2,000 S.C.				

EVENTS	CAT	SITE (see legend)	ROUND	STARTING TIME
THIRD DAY-SEPT. 25, 1983				
10,000 MTS	M 70+	A	F	06:00 = 6:00 AM
	W 60+	B	F	06:00 = 6:00 AM
	M 65	A	F	07:00 = 7:00 AM
	W 50 & 55	B	F	07:00 = 7:00 AM
	M 40	C	F	06:00 = 6:00 AM
	M 45	B	F	08:00 = 8:00 AM
	M 50	B	F	17:00 = 5:00 PM
	M 60	C	F	16:00 = 4:00 PM
	M 55	A	F	20:00 = 8:00 PM
	W 35	A	F	21:00 = 9:00 PM
	W 40	A	F	22:00 = 10:00 PM
	W 45	A	F	23:00 = 11:00 PM
200 MTS	M ALL	A	TRIALS	15:00 = 3:00 PM
	W ALL	A	"	19:30 = 6:30 PM
	M 40	A	TRIALS & F	08:00 = 8:00 AM
	M 45	A	" "	15:00 = 3:00 PM
	M 50	D	" "	08:00 = 8:00 AM
	M 55	D	" "	15:00 = 3:00 PM
	M 60	B	" "	08:00 = 8:00 AM
	M 65	E	" "	08:00 = 8:00 AM
	M 70+	A	" "	19:00 = 7:00 PM
	W 50+	A	" "	21:00 = 9:00 PM
	W 40 & 45	E	" "	21:00 = 9:00 PM
	W 35	A	" "	22:30 = 10:30 PM
TRIPLE JUMP	M 70+	F	TRIALS & F	15:00 = 3:00 PM
	M 65	F	" "	17:00 = 5:00 PM
	M 60	A	" "	15:00 = 3:00 PM
	M 55	A	" "	16:30 = 4:30 PM
	M 50	A	" "	18:00 = 6:00 PM
	M 45	A	" "	20:00 = 8:00 PM
	M 40	A	" "	21:30 = 9:30 PM

FOURTH DAY-SEPTEMBER 26, 1983

5 KM WALK	M ALL	A	FINALS	07:30 = 7:30 AM
	W ALL	B	"	07:30 = 7:30 AM
	M 40	A	TRIALS & F	08:00 = 8:00 AM
	M 60	B	"	08:00 = 8:00 AM
JAVELIN	M 65	B	"	09:30 = 9:30 AM
	W 45+	C	"	08:00 = 8:00 AM
	M 45	A	"	15:00 = 3:00 PM
	M 70+	B	"	15:00 = 3:00 PM
	M 50	A	"	18:00 = 6:00 PM
	M 55	A	"	21:00 = 9:00 PM
	W 35	B	"	18:00 = 6:00 PM
	W 40	B	"	21:30 = 9:30 PM
200 MTS.	M ALL	A	S.F.	15:00 = 3:00 PM
	W ALL	A	"	17:00 = 5:00 PM
	M ALL	A	F	22:00 = 10:00 PM
	W ALL	A	"	22:30 = 10:30 PM
800 MTS	M ALL	A	F	19:00 = 7:00 PM
	W ALL	A	F	21:00 = 9:00 PM
400 MTS H.	M ALL	B	TRIALS	15:00 = 3:00 PM
	M ALL	B	S.F.	21:00 = 9:00 PM
POLE VAULT	M 55+	A	F	16:00 = 4:00 PM

FIFTH DAY-SEPT. 27, 1983

POLE VAULT	M 40, M45, M50	A	F	16:00 = 4:00 PM
CROSS COUNTRY	M & W ALL	SPECIAL COURSE	F	07:00 = 7:00 AM
	W ALL	A	TRIALS	15:00 = 3:00 PM
400 MTS.	M ALL	A	TRIALS	17:00 = 5:00 PM
400 MTS. H	M ALL	A	F	22:30 = 10:30 PM
1,500 MTS	M ALL	B	S.F.	15:00 = 3:00 PM
	W ALL	B	S.F.	18:00 = 6:00 PM

EVENTS	CAT	SITE (see legend)	ROUND	STARTING TIME
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SIXTH DAY- SEPT. 28, 1983

400 MTS.	M ALL	A	S.F.	15:00 = 3:00 PM
	W ALL	A	"	17:00 = 5:00 PM
1,500 MTS.	M ALL	A	F	18:00 = 6:00 PM
	W ALL	A	"	19:30 = 7:30 PM
400 MTS.	M ALL	A	F	21:00 = 9:00 PM
	W ALL	A	"	21:45 = 9:45 PM
110 MTS H	M ALL	B	TRIALS	15:00 = 3:00 PM
100 MTS H	W ALL	B	TRIALS	16:00 = 4:00 PM
80 MTS H	M 70+ & W 70+	B	TRIALS	17:00 = 5:00 PM
PENTHALON	M 75+	B	F	18:00 = 6:00 PM
	W ALL	C	F	08:00 = 8:00 AM

SEVENTH DAY-SEPT. 29, 1983

110 MTS H	M ALL	A	S.F.	15:00 = 3:00 PM
100 MTS H	W ALL	A	S.F.	17:00 = 5:00 PM
80 MTS H	M 70+ W70+	A	S.F.	17:45 = 5:45 PM
110 MTS H	M ALL	A	F	20:00 = 8:00 PM
100 MTS H	W ALL	A	F	21:00 = 9:00 PM
80 MTS H	M 70+ W 70+	A	F	22:00 = 10:00 PM
20 K WALK	M ALL	MARATHON COURSE	F	06:30 = 6:30 AM
10 K WALK	W ALL	MARATHON COURSE	F	07:00 = 7:00 AM
PENTHALON	M 70	A	F	08:00 = 8:00 AM
PENTHALON	M 65	A	F	18:00 = 6:00 PM
PENTHALON	M 55	B	F	08:00 = 8:00 AM
PENTHALON	M 50	B	F	16:00 = 4:00 PM

EIGHT DAY-SEPT. 30, 1983

MARATHON	M ALL	MARATHON COURSE	F	05:00 = 5:00 AM
	W ALL			
PENTHALON	M 60	A	F	16:00 = 4:00 PM
PENTHALON	M 40	B	F	08:00 = 8:00 AM
PENTHALON	M 45	A	F	08:00 = 8:00 AM

NINTH DAY-OCTOBER 1st, 1983

* TEAM RELAYS	ALL	A		08:00 = 8:00 AM
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* UNOFFICIAL EVENTS SPONSORED BY VARIOUS MASTERS CLUBS IN U.S.A.
ENTRIES ACCEPTED UP TO THE DAY BEFORE THE COMPETITION.
MORE INFORMATION AND ENTRY FORMS WILL BE AVAILABLE DURING THE WEEK OF THE GAMES.

SITE LEGEND:

A- MAIN STADIUM SIXTO ESCOBAR
B- PARQUE CENTRAL
C- POLIDEPORTIVO
D- CANODROMO
E- SOFTBALL FIELD PARQUE CENTRAL
F- WARM UP TRACK SIXTO ESCOBAR STADIUM

NOTES:

- OPENING CEREMONIES HAVE BEEN SCHEDULED FOR SATURDAY SEPT. 24th, 1983 AT 3:00PM TO ALLOW ALL COMPETITORS TO PARTICIPATE IN SAME.
- THE STARTING TIMES AND SITES OF THE EVENTS, ARE SUBJECT TO CHANGE DEPENDING ON THE NUMBER OF PARTICIPANTS ACTUALLY REGISTERED. HOWEVER, OFFICIAL AND FINAL SITES AND STARTING TIMES WILL BE PUBLISHED AND DISTRIBUTED TO ALL PARTICIPANTS UPON ARRIVAL AT SAN JUAN.

V WORLD MASTERS GAMES

SAN JUAN - 1983

OFFICIAL ENTRY FORM

LAST NAME	MIDDLE INITIAL	GIVEN NAME
ADDRESS: STREET TOWN SHIP CITY		
COUNTRY	TELEPHONE #	
DATE OF BIRTH	AGE GROUP	PART. # (LEAVE BLANK)

I WISH TO BE REGISTERED IN THE FOLLOWING EVENTS:

<input type="checkbox"/> M MEN	Best Performance 1982	<input type="checkbox"/> W WOMEN	Best Performance 1982
<input type="checkbox"/> 100 m	<input type="checkbox"/> 100 m
<input type="checkbox"/> 200 m	<input type="checkbox"/> 200 m
<input type="checkbox"/> 400 m	<input type="checkbox"/> 400 m
<input type="checkbox"/> 800 m	<input type="checkbox"/> 800 m
<input type="checkbox"/> 1500 m	<input type="checkbox"/> 1500 m
<input type="checkbox"/> 5000 m	<input type="checkbox"/> 5000 m
<input type="checkbox"/> 10000 m	<input type="checkbox"/> 10000 m
<input type="checkbox"/> Marathon	<input type="checkbox"/> Marathon
<input type="checkbox"/> 80 m Hurdles	<input type="checkbox"/> 80 m Hurdles
<input type="checkbox"/> 100 m Hurdles	<input type="checkbox"/> 100 m Hurdles
<input type="checkbox"/> 110 m Hurdles	<input type="checkbox"/> 5 km Track Walk
<input type="checkbox"/> 400 m Hurdles (40-69)	<input type="checkbox"/> 10 km Road Walk
<input type="checkbox"/> 3000 m Steeple (40-69)	<input type="checkbox"/> Cross Country
<input type="checkbox"/> 5 km Track Walk	<input type="checkbox"/> High Jump
<input type="checkbox"/> 20 km Road Walk	<input type="checkbox"/> Long Jump
<input type="checkbox"/> Cross Country	<input type="checkbox"/> Shot Put
<input type="checkbox"/> High Jump	<input type="checkbox"/> Discus
<input type="checkbox"/> Pole Vault	<input type="checkbox"/> Javelin
<input type="checkbox"/> Long Jump	<input type="checkbox"/> Pentathlon
<input type="checkbox"/> Triple Jump		
<input type="checkbox"/> Shot Put		
<input type="checkbox"/> Discus		
<input type="checkbox"/> Hammer		
<input type="checkbox"/> Javelin		
<input type="checkbox"/> Pentathlon		

CLUB (IF ANY) _____

TRAVEL AND LODGING ARRANGEMENTS: (IF KNOWN)

AIRLINE & FLIGHT # _____ DATE _____ EXPECTED TIME OF ARRIVAL _____

HOTEL OR OTHER LODGING RESERVATIONS: _____

ENTRY AND OTHER FEES:

FIRST EVENT	\$ 15	\$ _____
ADDITIONAL EVENTS - \$5 EACH	(\$5 x _____) =	_____
	SUB TOTAL	_____
WAVA SPECIAL FEE \$10		_____
OPTIONAL:		
TRANSPORTATION FEE \$10		_____
FAREWELL PARTY \$10 PER PERSON (\$10 x _____) =		_____
TOTAL	\$ _____	* (IN US DOLLARS)

* PLEASE MAKE YOUR CHECK OR DRAFT PAYABLE TO:

V WORLD MASTERS GAMES
GPO BOX 336
SAN JUAN, PUERTO RICO 00936

YOUR CHECK SHOULD BE MAILED TO ABOVE ADDRESS WITH THE FOLLOWING REQUIRED DOCUMENTS

ATTACHED TO THIS ENTRY FORM, NO LATER THAN JULY 1, 1983 *

- REQUIRED DOCUMENTS: 1. COPY OF BIRTH CERTIFICATE OR EQUIVALENT
2. TWO 2 x 2 RECENT PHOTOGRAPHS

* ENTRIES POSTMARKED AFTER JULY 1, 1983 OR RECEIVED AFTER JULY 15, 1983 WILL NOT BE ACCEPTED.

WAIVER

In consideration of the right to participate in the V World Masters Games, I do hereby for myself, my heirs and executors, release and forever discharge any and all claims for injuries, damages and losses suffered by me as a result of my participation against the Organizing Committee, the City of San Juan, the Government of Puerto Rico, and any of the Associations or Organizations related with the Games. I further certify that I have been recently examined by a certified doctor, and found to be in good physical condition.

DATE _____

SIGNATURE _____

1983 NIKE Masters Grand Prix Update

by VALDEMAR SCHULTZ

LDR

For this year, the eight regional NIKE Masters Grand Prix races have been reduced to four or possibly five. All four on the schedule thus far are of different distances; a 15K on May 8, an 8K on May 22, a 20K on May 29, and a 10K on May 30. I'm still looking for a 30K marathon to help to satisfy our longer distance brethren.

In 1982, NIKE Master Athletics introduced the use of age-graded charts, developed by the NRDC, for the purpose of awarding prizes. The charts worked wonderfully and 46 master athletes, representing nearly all five-year age groups, both men and women, won trips to the NIKE Masters Grand Prix Final in Philadelphia, August 15, in conjunction with the National Masters Sports Festival. From that tremendously fast competitive race, six athletes won trips to Japan for the 15th International Veterans Distance Running Championships (IGAL). All won gold medals for each race attempted.

In 1982, the emphasis will be on sending our fastest three (3) masters of any age, both male (40+) and female (35+) to the 16th IGAL Champion-

ships in Perpignan, France, October 15-16. The following year's IGAL races will be in the United States for the first time, so it behooves us to make a splash in France.

Trips to the 1983 NIKE Masters Grand Prix Final (Southern California, August 1983) will continue to be age-graded, but the emphasis will be on the younger age groups. The NRDC charts have been adjusted to this end. Samples of the 10K and 15K charts to be used are reproduced in this month's NMN.

Take your finish time from a typical road race of 10K or 15K — one that was relatively flat, fast, and certified. Look up the time on the chart to see how you may fare against others in other age divisions. But show up, in any case, to run one of the regionals, the Final or the International in France. Those races are open to all, but NIKE Masters Athletes will assist some of the more competitive who participate in the series' races.

T & F

Although the LDR portion of the 1983 NIKE Masters Grand Prix is reduced from the year before, the total number of trips available to all masters athletes may be increased. The World Association of Veteran Athletes (WAVA) Games in San Juan, Puerto

Rico, September 23-30, offer an excellent opportunity for all masters athletes to sample tough international competition and an Olympics-like milieu.

The T & F portion of the Grand Prix will consist of "fellowships" to the National Masters T & F Championships in Houston, based upon performances recorded at the six (or perhaps seven) TAC regional meets around the country. Usually, this assistance to the nationals will take the form of air fare from the athlete's place of residence to Houston and return. Special further awards will be made, based upon the Houston meet. In most instances, no one will get a "full ride" to Houston and certainly not to San Juan. But the major cost of air fare will be subsidized, and there will usually be a small amount of cash to apply against lodging and other expenses.

Masters T & F unfortunately doesn't lend itself to the neat age-grading system of LDR. Although age-grading is possible within each individual event, there are many, many events. Moreover, objective age-grading really doesn't exist for any single event, because of the small number of athletes, particularly in the advanced five-year age groups. Any comparison between events would be a least as difficult as comparing performances of men and women against each other.

Thus, NIKE Masters Athletes, with the consultation of others, has laid out a scheme to assist a prescribed number of athletes in each event. The number of athletes assisted will be:

100M	5M/2W
200M	
400M	2M/1W
800M	2M/1W
1500M	2M/1W
5000M	1M
10000M	1M/1W
3000ST	1M
110HH	3M/1W
400IH	
LJ	1M/1W
HJ	1M
PV	1M
SP	1M/1W
D	1M/
J	1M/1W
Walks	1M/1W

Multi-event (pentathlon) and multi-athlete (relays) competition will not be taken into consideration — only individual events by individual athletes. Regional meet directors, the editor of NMN, the keepers of masters records and rankings, and the TAC Masters T & F Charman will all be consulted before final selection of athletes, but

the final responsibility must rest with NIKE Masters Athletes.

The above scheme will provide some assistance to 35 athletes (24 men/11 women). Decisions between age groups will, of necessity, be somewhat subjective; but the following criteria will be used:

— Only international masters may win (i.e., men 40+/women 35+).

— Performance relative to age will be most important single criterion (such tables as exist for this purpose will be consulted).

— Emphasis will be on the younger age groups (i.e. 40-49 for men and 34-49 for women), all other things being relatively equal, but any age athlete may win.

— No fewer than three (3) athletes nor more than ten (10) will be selected from any one regional.

Decisions on NIKE "fellowship" awards will be made exclusive of any consideration as to the need of the individual for financial assistance. An additional award of the like amount will be made to the next eligible (same event/same sex) athlete in case an individual wins an award and doesn't need the assistance. The awarded "fellowship" will bear the donor's name. □

Running High For Health

Amidst the Green Mountains of Vermont

Three beautiful days you will never forget, nothing compares to Vermont in fresh air and beautiful countryside. Perfect surroundings for this three day running symposium offering a wealth of knowledge and practical experience. Films, video, training runs, and special guest speakers Joe and Patti Catalano make this an invaluable weekend of training. While our tennis, racquetball, canoeing, horseback riding and bicycling make this a delightful weekend for the whole family. So bring the family and enjoy a fine weekend in the Green Mountains of Vermont!

Group Rates Available

Summit Lodge
Killington, Vermont
Friday, May 13
through Sunday, May 15, 1983

For information call:
802-422-3535
or write Summit Lodge
Box 119, Killington Vermont 05751

Friday May 13th

9:00-Noon Registration
4:00 Afternoon Run
6:00 Social Hour
7:00 Candlelight Dining
9:30 Movie, "The Great Hawaiian Foot Race"

Saturday, May 14th

7:30-10:00 Summit Breakfast
7:45 Short Run
9:00 Treadmill Video Stride Analysis
10:15 "Is Running Good For Your Heart?"
"Prevention and Treatment of Running Injuries."
"Your Posture and Spine in Relation to Your Running Form"
12:30 Poolside Lunch
2:15 Race Training and Nutrition
4:00 Long Distance Run
7:00 Social Hour
8:00 Banquet Dinner

Sunday May 15th

7:30-10:00 Summit Breakfast
7:45 Short Run
10:15 "Running Addiction: The Implications for the Runner and the Family"
"Is Running Good for Your Heart?"
"What Shoe Is Right For You?"
12:30 Closing Lunch

List of Presenters

Carl S. Burak, M.D.; Ronnie L. Burak, Ph.D.; Joe Catalano; Patti Catalano; Dennis DeSilvey, M.D.; Fred Doyle, B.S.; Barry Elman, M.D.; James Jordan, M.D.; Margaret Karg, B.S.



Gail Rodd, 40, 1st 40-49 in 54:42 at Marin Symphony 8 Mile, Tiburon, CA, March 20.
photo by Gene Cohn



NIKE Masters Grand Prix

10-Kilometer Age-Graded Performance*

MEN

	M40	M45	M50	M55	M60	M65	M70	M75	M80
1000	28:50	29:45	30:52						
990	29:01	29:56	31:03	32:19					
980	29:11	30:06	31:14	32:31					
970	29:22	30:07	31:26	32:43	34:06				
960	29:32	30:28	31:37	32:55	34:19				
950	29:43	30:40	31:49	33:07	34:32	36:01			
940	29:54	30:51	32:01	33:19	34:44	36:14			
930	30:05	31:02	32:12	33:32	34:57	36:28	38:01		
920	30:17	31:14	32:25	33:44	35:10	36:41	38:15		
910	30:28	31:26	32:37	33:57	35:24	36:55	38:30	40:06	
900	30:39	31:38	32:49	34:10	35:37	37:09	38:44	40:21	
890	30:51	31:50	33:02	34:23	35:51	37:23	38:59	40:37	42:15
880	31:03	32:02	33:14	34:36	36:05	37:38	39:14	40:52	42:31
870	31:15	32:14	33:27	34:50	36:19	37:52	39:29	41:08	42:48
860	31:27	32:27	33:40	35:03	36:33	38:07	39:45	41:24	43:04
850	31:39	32:40	33:53	35:17	36:47	38:22	40:00	41:40	43:21
840	31:52	32:53	34:07	35:31	37:02	38:37	40:16	41:56	43:38
830	32:05	33:06	34:20	35:45	37:16	38:53	40:32	42:13	43:55
820	32:17	33:19	34:34	35:59	37:31	39:08	40:48	42:30	44:13
810	32:30	33:32	34:48	36:14	37:46	39:24	41:04	42:47	44:30
800	32:43	33:46	35:02	36:28	38:02	39:40	41:21	43:04	44:48



NIKE Masters Grand Prix

10-Kilometer Age-Graded Performance*

WOMEN

	W35	W40	W45	W50	W55	W60	W65	W70
1000	31:18	32:58	34:22	35:51				
990	31:29	33:10	34:35	36:04	37:36			
980	31:41	33:23	34:48	36:17	37:51			
970	31:53	33:35	35:01	36:31	38:05	39:41		
960	32:05	33:48	35:14	36:45	38:19	39:56		
950	32:17	34:01	35:27	36:59	38:34	40:11	41:29	
940	32:29	34:14	35:41	37:13	38:49	40:26	42:05	
930	32:41	34:27	35:55	37:27	39:04	40:42	42:21	44:01
920	32:54	34:41	36:09	37:42	39:19	40:58	42:37	44:18
910	33:07	34:54	36:23	37:57	39:34	41:13	42:54	44:35
900	33:20	35:08	36:37	38:12	39:50	41:30	43:11	44:52
890	33:33	35:22	36:52	38:27	40:05	41:46	43:28	45:10
880	33:46	35:36	37:06	38:42	40:21	42:03	43:45	45:28
870	33:59	35:50	37:21	38:58	40:38	42:20	44:03	45:46
860	34:13	36:05	37:37	39:14	40:54	42:37	44:20	46:04
850	34:26	36:19	37:52	39:30	41:11	42:54	44:38	46:23
840	34:40	36:34	38:07	39:46	41:28	43:11	44:56	46:42
830	34:54	36:49	38:23	40:02	41:45	43:29	45:15	47:01
820	35:09	37:05	38:39	40:19	42:02	43:47	45:33	47:20
810	35:23	37:20	38:55	40:36	42:20	44:05	45:52	47:39
800	35:38	37:36	39:12	40:53	42:37	44:24	46:12	47:59
790	35:53	37:52	39:28	41:10	42:55	44:43	46:31	48:20
780	36:08	38:08	39:45	41:28	43:14	45:02	46:51	48:40
770	36:23	38:24	40:02	41:46	43:32	45:21	47:11	49:01
760	36:39	38:41	40:20	42:04	43:51	45:41	47:31	49:22
750	36:54	38:58	40:37	42:22	44:10	46:01	47:52	49:43

(Continued from page 13)

phy's earlier feat by exploding to a time of 7.1 in the M30 section.

Charlie Pratt, the popular ex-Manhattan College star, trounced the M45 field by going 7.8. Jim O'Hara, of the Shore AC, had won M40 in 0:07.7.

•**600 yards:** The M45 race featured a rematch of Gary Miller and Larry Colbert, this time running together in the seeded section. Colbert set a blistering pace, but going into the final turn he had only a stride lead on Miller. Colbert's stride started to shorten, and Miller closed the gap and drew abreast at the top of the homestretch. Down the straight they came, Colbert on the inside, Miller on the outside. But, wait! Coming from nowhere, out in the middle of the track, was Ken Baker, an express train roaring through a local station. Ken got up in the final strides to edge Miller, 1:17.6 to 1:17.7, with Colbert third in 1:18.3.

Both the M50 and M55 produced tense battles. In the first, Lee Blount outfinished Rudy Enders, 1:21.9 to 1:22.5, and in the second Kelsey Brown "went to the well" in outdueling Stafford Thompson, 1:24.6 to 1:24.7.

The W40 race saw Barbara Pike trying to complete an unusual 2 mile/600 double. Barbara looked like a sure winner until Sandy Pashkin ranged up on the outside about 120 yards from home. But Barbara kept her inside position, held Sandy off, and then drew out smartly to win in 1:35.6.

•**2 mile walk:** Sal Corrallo hurried

home in 15:08.4 for the second fastest time overall and a big victory in M50. Ex-Olympian Bob Mimm took M55 in 16:36.2. Joan Gibson, who is visually impaired, won the W45 in 21:48.5.

•**4 x 440 yard relay:** The New York Pioneers took the 30's and 40's titles, with the Philadelphia Masters winning 50's and 60's. In the latter, the team of Don Harris, Claude Hills, Dave Hall, and Jay Sponseller set a pending American record of 5:00.0.

•**The jumps:** Three-time Olympian Ira Davis (46) triple jumped 13.70 meters (44' 11 1/4") for an American indoor masters record, destroying Sammy White's standard of 39'1". Ira also long-jumped 6.32 m (20'8 3/4") but lost out to Alvin Henry's 6.37 (20'10 3/4"). Clifton Jackson's 6.95 m (22'9 1/2") was the longest of the meet.

Edwin Lukens, the pride of Skanateles, NY, took the M60-64 triple jump at 10:45 m (34' 3 1/2"). JoAnn Grissom (W40) and Cristel Miller (W45) showed that women can be triple jumpers too, by going 30'5" and 26'4 1/4", respectively.

In the high jump, Boo Morcom of Philadelphia and Burl Gist of Corona Del mar both cleared 5'3/4" (1.53 m), thus becoming the only 60+ 'ers ever to clear 5 feet in this meet. Arling Pitcher eased over 3'8 1/2" for one of his many triumphs in M80.

In M35, Frank Costello, the ex-Maryland star, leaped a sensational 1.98 m. (6'6").

(Continued on page 24)

NIKE MASTERS GRAND PRIX

15-Kilometer Age-Graded Performance*

WOMEN

	W35	W40	W45	W50	W55	W60	W65	W70
1000	47:45	50:18	52:27	54:44				
990	48:03	50:37	52:45	55:04	57:27			
980	48:21	50:56	53:06	55:25	57:48			
970	48:39	51:15	53:26	55:46	58:18	60:38		
960	48:57	51:35	53:47	56:07	58:32	61:01		
950	49:15	51:54	54:07	56:28	58:55	61:25	63:57	
940	49:34	52:14	54:28	56:50	59:17	61:48	64:21	
930	49:53	52:35	54:49	57:12	59:40	62:12	64:46	67:20
920	50:12	52:55	55:11	57:34	60:04	62:36	65:11	67:46
910	50:32	53:16	55:32	57:57	60:27	63:01	65:36	68:12
900	50:52	53:37	55:54	58:20	60:51	63:26	66:02	68:39
890	51:12	53:58	56:17	58:43	61:15	63:51	66:28	69:06
880	51:32	54:20	56:39	59:07	61:40	64:16	66:55	69:34
870	51:52	54:42	57:02	59:31	62:05	64:42	67:21	70:01
860	52:13	55:04	57:25	59:55	62:30	65:08	67:49	70:29
850	52:34	55:27	57:49	60:19	62:55	65:35	68:16	70:58
840	52:55	55:50	58:13	60:44	63:21	66:02	68:44	71:27
830	53:17	56:13	58:37	61:09	63:47	66:29	69:12	71:56
820	53:39	56:36	59:01	61:35	64:14	66:57	69:41	72:26
810	54:01	57:00	59:26	62:01	64:41	67:25	70:10	72:56
800	54:24	57:24	59:51	62:27	65:08	67:53	70:40	73:26
790	54:47	57:49	60:17	62:54	65:36	68:22	71:09	73:57
780	55:10	58:14	60:43	63:21	66:04	68:51	71:46	74:29
770	55:33	58:39	61:09	63:48	66:33	69:21	72:11	75:00
760	55:57	59:04	61:36	64:16	67:02	69:51	72:42	75:33
750	56:21	59:30	62:03	64:44	67:31	70:22	73:13	76:05

(Continued from page 23)

• **The weights:** Larry Pratt heaved the shot 46'11" (14.30 m) to win M40. This was a 16-lb. implement. Phil Brusca threw the 12-pounder 42'5" to capture M55. JoAnn Grissom had the best toss of the day for the women by casting the 4kg ball a distance of 10.42 m (34'2 1/4").

Michael Grisko heaved the 35-pound weight — this event was conducted outside in the rain — a record 14.69 m (48'2 1/4"). The old NYAC veteran, Thomas Mc Dermott, got healthy with a 25-pound weight throw of 14.54 m (47'8 1/2") in M65. JoAnn Grissom had the best throw among four women competing - 24'6". □



Wall Ingram and Hal Higdon at '82 Honolulu Marathon. Higdon was 2nd in 2:45 and Ingram 9th, 3:01, in 50-59 division.

TAC Midwest Track and Field Championships

On February 20, the TAC Midwest T&F Championships were held at the U. of Cincinnati track and produced solid over-all performances and several new meet records. A few of the more notable marks were Tom Randolph's 6.5 victory in the 40-44 60yd dash. Also in the sprints, Byron Fike (75-79) ran an 8.6 60yd final, and Mary Bowerman (65-69) clocked 9.0 in winning her 60yd race. In the 60 yd hurdles, Tom Raglan (45-49) bolted to an 8.9 victory. Harry Tolliver's 300 yd dash in 34.2 and 600 yd in 1:18.4 probably topped all double winner's performances. Ross Bonham took the 50-54 mile in 4:58, and Byron Fike came back in the mile for a 7:02 win. Among the jumpers, Carl Burgess (40-44) leaped 20'9 1/2" and Arling Pitcher (80-84) pole vaulted 5'10 1/2", which according to available records is the highest vault, indoors and outdoors for the M80+ category. In the throws, Phil Brusca (55-59) won the shot with a 40'x10 1/2" mark, and Joe Chadbourne (50-54) tossed the weight an even 40'.

The outstanding women's competitor was Jo Anne Grissom (40-44) who took three wins: high jump, 4'0"; long jump, 14' 1/4"; and the shot, 34' 9 3/4". □

MASTERS SCENE

• The Achilles Track Club has been organized to provide support and coaching for the disabled of all ages and training levels who want to race competitively or participate for fun and health. **Patty Lee Parmelee**, first W40-49 finisher in the 1982 L'Eggs Mini-Marathon and Trevira Twosome, is the club's coordinator. For further information, write to her at Achilles Track Club, c/o Robert H. Glover & Associates, 46 West 71st St., New York, NY 10023.

• Runners who want to enter the New York City Marathon in October, 1983, will have to put out \$3 to get into a lottery for a place in the 17,000 field. Midnight of June 1 is the deadline for entry form requests. Hopeful entrants should include a business-size envelope with the \$3 check. After receiving an application, they must fill it out, enclose an entry fee of \$10 (plus \$6 for non-TAC members), and mail it as soon as possible. The first 8,000 slots will be filled on a first-come basis. The remaining 9,000 will be selected by lottery in July. Send entry blank requests to Marathon Entries, PO Box 1388, GPO, New York, NY 10116.

NEW ENGLAND

• **Charlie Pratt**, set a new course record over a tough, hilly course in winning the New England TAC Masters Championship 30K at Boylston, MA, March 27, with 1:46:32.

EAST

• **Don Wilken**, 44, who has competed in most of the ten Hudson Mohawk RRC marathons and won it three times, settled for a 10th overall in this year's event, but took the Masters crown with a 2:44:26 on February 27.

• **Arnie Green**, 51, ran the Bob Preston 5-Miler on March 7 in New York's Central Park in 27:32 for a national age-group record. Green's toughest competition came from **Pete McCardle**, 53, a 1964 Tokyo Olympics marathoner, who won the very first Bob Preston race in 1962.

• **Bob Mimm** broke the 58 age record and took a 3rd overall with a 1:53:43 in the New Jersey 20K walk. **Ron Kulik**, 41, appeared in his 26th AAU/TAC championship and walked a 14:50 (after a 7:05 mile and a fall) two mile.

• **Gene Grace**, 47, was 11th overall and the first Master in 4:45:55 in the Knickerbocker 60K, run in Central Park, NY, on March 19. He was followed closely by the second Master, **Frank Loery**, 53, in 4:48:16. The oldest

finisher, **Sam Freedman**, 62 recorded a 5:54:45 for the 37+ mile race.

• Monmouth College all-comers meets will include some Masters running events from May 8-June 23. Contact **John Kuhi**, Monmouth College, W. Long Branch, NJ 07764 (201-222-6600).

• **Cindy Dalrymple**, 40, of New York City, set another U.S. women's masters road record by clocking 58:28 in the Perrier Cherry Blossom 10-mile run in Washington March 27. Her fourth U.S. best (others: 10K, 15K and marathon) broke by over three minutes the mark of 61:48, set by California's **Karen Scannell** in 1981. Dalrymple finished as ninth woman in the event. **George Keim** of Waynesboro, Pa. led the 40+ men in 51:52, with New Jersey's **Bob Fischer**, 43, posting 51:59. **Norm Green**, of Wayne, Pa. was best over-50 runner in 52:53. **Bill Hall**, 43, notched 53:04. **Mary MacFarlane**, of Richmond, Va. led the 45-49 women in 74:09, with **Natalie Buzzell**, Cape Elizabeth, Maine the first 50+ female in 69:49.

• **Walker Sal Corrallo**, 52, strode an age record 7:29 mile and was followed by **Dot Michaels**, 56, who also set a new standard with 10:03 at the Potomac Valley Srs. Developmental meet, February 20, at Arlington, VA. In the same meet, **Larry Colbert**, 46, cranked out a 54:62 440y.

SOUTHEASTERN

• The First Annual Law Enforcement 5-Miler at Columbia, SC, on March 12, was designed to be a low-key event for members of the local law enforcement community and their families. Low-key it was, but an "outsider" from Washington, D.C., took the first place trophy. **Dave Theall**, 51, after 12 years and some 400 races finally broke a finish line tape — albeit imaginary. Taking the lead at the mile mark in 5:35, Theall went 17:09 through three on his way to a PR 28:53 and was overheard telling runner-up **Russell Wilson**, 24, "Stick with it, kid. In 27 years, you'll be winning races too." **Mary Vaughn**, 40, was the first woman in 40:09.

• A Georgia Senate bill requiring runners to wear reflectorized clothing during certain hours of darkness was withdrawn by its sponsor, Senator Kyle Cobb, after Atlantic Track Club President **Bob Brennan**, at the hearing with other area runners opposed to the bill, offered the help of the ATC in starting and coordinating a statewide program to encourage voluntary use of reflective clothing by all pedestrians. Brennan pointed out that the proposed law singled out runners for penalty, even though 350 non-runners were reportedly killed on Georgia roads in 1982. The ATC will enlist the help of Atlanta's WCNN Radio and WAGA-TV 5 in its campaign.

• **Anne Trigg**, 58, reeled off a 21:29 in the Lady Tracka Shack 5000 Meter Classic on January 15 in Winter Park, FL, to take 55-59 laurels and a 38th overall in a field of 275. **Ann Kahl**, 53, bested her 50-54 competition with 20:28 to finish 18th overall.

• **Ben Gross**, 54, was the 6th finisher of the seventeen who completed a 50 miler at Stone Mountain Park in Atlanta, GA, on February 5 in 7:26:29. Canadian runner **Wally Herman**, 57, notched 8:57:12 in finishing 12th.

• **Ed Benham**, 75, set an age record of 1:37:50 for the half-marathon, March 13, in Williamsburg, Virginia. **Lou Faxon** won the 40+ division, placed 4th over 800 finishers, and set a new course age record with 1:13:11. **Lee Cooper** took the M50+ division in 1:27:45. Both **Jo Basendale**, W40+, with 1:41:34 and **Frances Adams**, W50+ with 1:44:11, also broke course records in winning their age-groups.

(Continued on next page)

MEN AND WOMEN OVER THIRTY

PLEASE PRE-ENTER PENALTY FOR LATE ENTRY.

MASTERS SPORTS ASSOCIATION'S 12th ANNUAL TRACK & FIELD CHAMPIONSHIPS; WEIGHT PENTATHLON CHAMPIONSHIP; & REGULAR PENTATHLON CHAMPIONSHIP. 10:00 A.M.

SUNDAY, MAY 22, 1983 - RAINFALL'S ISLAND, NEW YORK

There will be locker facilities available. 1/4" spikes.

Open to men and women by five year age groupings from age 30 to 79. Three trophies per event. Entry fee \$5.00 per event. No entry fees for the relays. Relays to receive MSA medal. POST ENTRIES WILL BE CHARGED \$1.00 extra per event.

WEIGHT PENTATHLON. Competitors may compete just in the weight pentathlon for the \$5.00 entry fee or may compete both individually in any of the weight pentathlon events at \$5.00 per event plus another \$5.00 for a prize in all of the events scored together. If an entrant is going to score in each individual weight event in addition to the pentathlon please list same on the entry form.

PENTATHLON The same system will apply for the pentathlon as in the weight pentathlon, except that a special 1500 meter run for the pentathlon will be held in which no individual prizes will be given for the run. The run will just score in the pentathlon. The pentathlon events are the long jump - javelin - 220 yd. dash - discus - 1500 meters.

ORDER OF EVENTS: FIELD: shot; hammer; weight; jav.; discus; LJ; HJ; TJ; PV

10,000 meter run	110 meter high hurdles	800 meter run	3400 meter relay
400 meter hurdles	400 meter dash	5000 meter run	
100 meter dash	5,000 meter walk	1500 meter (pentathlon)	
1,500 meter run	200 meter dash	1600 meter relay	

NOTE: Relay teams are to be declared at the start of the event.

FIELD EVENTS & PENTATHLONS: All field events will start at 10:00 A.M. The competitors will be divided into flights based on age and will participate in each of the field events within their flights. The order of events for each flight will be given at check-in. Competitors will be given time to compete in running events

PLEASE PRE ENTER PENALTIES FOR POST ENTRIES

NAME _____ ADDRESS _____

CITY _____ ZIP _____ AGE _____ MALE FEMALE PHONE # _____

Event(s) please check off. If you are just entering the Weight or Regular Pentathlon and do not wish to score in any individual event just check off the pentathlon and do not check off any of the individual events. Every event that you check off necessitates a \$5.00 entry fee and \$1.00 extra for a post entry.

100 200 400 800 1500 5K 10K 110 HH 400 IH 5K Walk _____

shot Ham WT Jav Dis LJ HJ TJ PV _____

Weight Pentathlon Regular Pentathlon _____

I hereby waive any claim I or my heirs may have against the sponsoring organization

for any claims or injuries sustained by me in participating

in the 12th Annual Masters Sports Assoc. Meet.

SIGNATURE _____

Make checks payable to: MASTERS SPORTS ASSOC. Mail to: GLORIA FINE, 77 PROSPECT PLACE, BKLYN, NY 11217

Total enclosed: \$ _____ (\$5 per event)

MSA OUTDOORS



Claude Hills

(Continued from page 25)

• **Bruce Tate**, 30+, Greenville, SC, won the Masters 1500m at the Carolina Open Invitational, April 2, at Columbia, SC, in 4:39.4. **Tai Sutimoto**, 30+, Columbia, was 2nd in 4:45.1, and **John Harwick**, 50+, Greenville, followed in 4:52.2.

• **Robert Maydole**, 41, Davidson, NC, sloshed to a 4:31.2 Masters 1500m victory at the rain-dampened 24th Davidson Relays, April 2.

• Marathon results scanners who came across a finisher named **Marathon** have not discovered a print-out glitch. **Donald P. Marathon**, 46, from Marietta, Georgia, is trying to become the most prolific one-year marathoner ever. After the Third Olympiad, he had run thirty-eight in four months, a pace that will give him 100+ in a span of twelve months.

MIDWEST

• **Ernie Billups**, 45, on February 12 scorched a 4:33 mile on the U. of Chicago indoor track. **Bill Reyes**, 42, clipped a 9:59.6 2 mile. Submasters **John Kenton**, 38, and **Bob O'Connor**, 36, produced impressive times in the 800m race. John set the pace in 1:59.4, and Bob followed with a 2:02.9. On the same track on March 12, Billups ran a 2:02.2 800m, Reyes did a 16:21 5000m, and Kenton turned in a 4:08.7 1500m.

• **Bob Daly**, 50, Flint, MI, ran 29:34.7 in the 10th St. Patrick's Day Special Olympics 5 Mile, March 20, in Bay City, MI. Bob was the first M50-54 and 124th overall out of 2,356 runners.

• Masters and submasters established excellent marks in open competition in the first annual Hoosier Hills Indoor at Indiana U. on February 25, among them three new American age records. **Joann Grissom**, 44, long jumped 4.41m to break the old standard but has a mark earlier this year of 4.47m pending. She was beaten out of a 10th place overall by her daughter. **Russ Bonham**, 51, faded after a fast early pace (5:03 mile), but managed to sneak under current age 51 records for the 3000m and two mile with times of 9:39.9 (for 3017m) and 10:20.37. **Steve Heidenreich**, ex-Indiana U. mile record holder, celebrated his 30th birthday with a swift 2:17.55 for a 1000y.

MID-AMERICA

• The largest turnout ever for an Oklahoma City Running Club race had windy but otherwise perfect weather on February 19 competing in 3K and 10K races. **Ron Johnson**, 41, Caldwell, Kansas, was the top M40+ runner in the 3K with a 11:30, while **Linda May**, 35, Oklahoma City, was the first 35+ finisher in 14:03. **Jim McFadden**, 43, Vici, Oklahoma, was the first M40+ in the 10K, with 36:54.7, and **Kathy Moffitt**, 45, Oklahoma City, was the first 35+ woman in 52:31.4.

• **Nocus McIntosh**, one of Oklahoma's premier Masters runners, again topped his M55-59 competition with a 49:25 in the Tulsa Zoo 8 Mile 5on March 19.

• In the Third Olympiad Marathon, St. Louis, February 27, **Joe Gassmann** won the 40-49 division in 2:46:21, and **Alex Ratelle** forged a 2:54:12 victory in the 50-59 group. **Carolyn Wilson** took W35+ honors in 3:40:35. But, the first Master age woman was **Polly Peacock**, 39, who competed in and won the open division with a 2:57:33.

• **Everett Crum**, 48, with a 1:15:40, and **Rosemary Carlisle**, 40, in 1:29:37, both set new Oklahoma state age-group records in the Oklahoma City RC's 20K on March 19. **Jim Smith**, 60, registered a winning 1:27:37 in the M60+ division.

• **Polly Peacock**, 39, bested the entire women's field in 1:24:18 at the 7-UP Half Marathon in St. Louis on March 20.

SOUTHWEST

• **Danny Thiel**, a Masters sprinter and coach at Tulane University, is organizing the Louisiana Lightning Track Club for runners 30 and over at all levels of competition. Interested

Masters should contact Danny by writing him in care of LLTC, Box 6286, Metairie, LA, 70009.

WEST

• Britain's **Joyce Smith**, world over-40 women's marathon record holder (2:29:43), will compete in the 1983 TAC National Masters Women's Marathon Championship — the Avon International — in Los Angeles June 5.

• **Doodles Weaver**, Hollywood character actor and frequent masters competitor during the past decade, apparently took his own life with a .22 caliber pistol in his home in Burbank, California. Weaver was the brother of former NBC Chairman Pat Weaver. He reportedly was depressed due to a heart ailment.

• The Anteaters' Masters Track & Field Classic, formerly the Grandfather Games, promises to be a major event. Set for Saturday, May 21, at the first-rate U. of Cal. Irvine track, meet director **Dave Lewis** is trying to make it "the best one-day meet in America. We will video the races for immediate replay and may have local TV," Lewis promises. A trainer will also be on hand. The site is near Newport Beach, and is a nice place to spend a weekend with the family.

• On the comeback trail, **Pete Mundle**, 54, won the 50-59 division of the Playa Del Rey, Cal. 10K April 10 in 37:45.

• **Shirley Matson**, 41, the 1982 TAC/Nike National Masters 10K X-C female champion, won her division and the overall race at The Last 10K in Santa Rosa, CA, on December 26, 1982, with a time of 37:35.

• **Dave Durand**, 54, Thousand Oaks, CA, running in a race which he had graciously consented be named after him, was the first M50-59 with a time of 40:14 in the D.D. 8K Trail Run, at Westlake Village, CA, on March 13. The only other So. California trail race to be named after "a living male over fifty" is the 8 mile Tetrick Trail Run. **Chuck Greenhall**, 43, So. Pasadena, was the first M40-49 in 36:28. **Dianne Gale**, 36, Valencia, CA, was the first woman overall with a 47:24.

• **Fred Dunn**, 54, San Francisco, posted a first overall 27:03 in the PA/TAC 5K walk at Golden Gate Park, March 13.

• **John Brennand**, race director of the fouled-up March 27th Los Angeles Lite Marathon, in a convincing open letter, refutes newspaper accounts that runners "who stayed on course ended up running less than the standard 26 miles 385 yards." In distance covered, everyone ran at least 26 miles 411 yards and the leaders who finished ran 26 miles 1160 yards. Only John's nimble adjustments of markers and barriers prevented further calamity. His suggestions to race directors: have a lead bicycle or car driven by a member of the race committee who knows the course, monitors with signs at the turns, and course markings for stragglers. In this case, a well-intending police car, leading headstarting wheelchair participants, got out of runners' sight after the first quarter-mile, uphill, hence, the missed turn. As John says, "Jim Knaub (1:59:06 wheelchair) doesn't need a three minute headstart on any runner." **Boyd Hartley**, Glendale, CA, overcame the mix-up (which caused the entire field to jump a 3' high cable in a parking lot short-cut) and his M35-39 competition in 2:45:07. **Joe Gassman**, Hawthorne, CA, hung in for a 2:45:48 M40-44 win, as did **Ronald Pattinson** for a 2:55:31 victory in the M45-49 group, and **Fred Ellis**, M50-59, in a speedy 2:57:00. **Sue Petersen**, Laguna Beach, CA, W30-39, was the 1st woman overall in 2:55:50. **Helen Dick**, took the W50+ division and placed 4th overall in 3:20:36.

• **Ron Daniel**, 41, Pasadena, CA, was the first Master to finish the Walkers Club of Los Angeles 5K Race Walk, March 19, at the Rose Bowl in 27:02. **Brenda Anderson**, 40, Arcadia, CA, was the first female in 30:58.

• **John Kelly**, 52, Santa Monica, CA, won the SPA/TAC Masters Championship 20K Walk in Long Beach, March 19, with a 1:56:18. **Jolene Steigerwalt**, 39, San Diego, CA, won the women's division in 1:57:41.

• **Wally Ingram**, 50, Hemet, CA, showed that experience and determination pays off when he beat the entire field of 200 in the Valley-Wide Recreation 5K Run in his home town on April 2.

• **Bob Packard**, 46, Flagstaff, AZ, running through downtown Phoenix in the Continental 10K March 5 replaced Bob Paklaian's 32:53 U.S. age record with a hot 32:45. Lowell Observatory astronomer **Nat White**, 42, "starred" in winning the M40-44 race in 32:59. **Don Longenecker**, 66, took the M60+ crown with an impressive 39:10. **Pat Benninger**, 32, was the first woman overall in 37:22.

CANADA

• **Tom Tushingham**, 40-44, doubled at the Ontario Masters Indoor Championships, January 29, with 2:03.8 800m and a 4:11.8 1500m. **Ian Hume** won the M65-69 TJ with 9.61. Guest Americans **Jack Scott** and **Carl Klehm** were also winners. Jack in the 50-54 LJ with 4.51, and Carl twice with 11.96 in the 40-44 shot and 11.62 in the 35 lb. weight.

INTERNATIONAL

• **Chariots of Gold**: **Bob Holmes**, reporting in the British magazine **Running Review**, March, 1983, writes that the professional scene is thriving in Scotland. In the Skol Sprint at Edinburgh on New Year's Day, 1983, **Neil Trumbull** with a 6½ meter handicap nipped **George McNeill** (2½ meter handicap) to take the 110 meter final and £1,100 prize money. **Christine Miller** was the first woman ever to reach the semi-finals in the annual affair, but did not advance, despite a 16½ meter start.

• If you looked closely during the ABC-TV

telecast of the Rotterdam Marathon April 9, you may have seen 53-year-old **Piet Van Alphen** en route to a world age-53 record 2:22:10. The amazing effort bettered Van Alphen's 2:22:49 which he ran in 1980 in Oregon at age 50. His new time is only a couple of minutes off **Jack Foster's** world 50-and-over best of 2:20:28.

• **Antonio Villanueva**, 42, placed fourth overall in the Barcelona Marathon in 2:17.

• **Sandra Kiddy**, 45, in the longest women's ultra-marathon ever held, broke the WR for 100 miles at Waldniel, Germany, on March 27. Sandra had splits of 3:36 (marathon), 7:15 (50 miles), and 9:12:45 (100K) on her way to the record time of 15:40:50, erasing the old mark of 15:44:21.

• **"Taff" Davies** survived a bad fall in a ditch at 1½ miles and took his fourth consecutive National Veterans Cross Country title at Coldham's Common, Cambridge, England, on March 13, with a 30:18. He was followed by **Johnny Baldwin** in 30:26 and **Dennis Quinlan** in 30:36. The team title was taken by Bingley. **Mike Barratt** was the winner in the 50+ race, run separately over the same course as the Veterans, over 140 finishers. **Eleanor Adams**, 35 year-old 2:49 marathoner, won the women's shorter race in 15:49, with **Pat Gallagher**, a current Welsh International, second in 16:31. Gallagher plans on competing in two out of the 400/800/1500 races in Puerto Rico.

• In the National Open Women's Cross Country at Warwick, England, February 26, **Joyce Smith**, 45, who holds the W40+ world record at 2:29:43, the fastest by a woman of any age in the U.K., placed a remarkable 14th overall. Smith was recently injured after a fall caused by an attack from a dog, but hopes to be running well by the summer.

12th ANNUAL METROPOLITAN ATHLETIC CONGRESS MASTERS & SUB-MASTERS TRACK & FIELD CHAMPIONSHIPS FOR MEN AND WOMEN OVER THIRTY. THERE WILL BE A CONCURRENT NON CHAMPIONSHIP MEET FOR NON MET. AREA RESIDENTS. SUNDAY, JUNE 19, 1983 RANDALL'S ISLAND, NEW YORK



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

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

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

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

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

ENTRY FEE: \$4.00 per event.

10,000 meters	5,000 meter walk
100 meter dash	200 meter dash
110 meter Ht. H.	800 meter run
100 meter dash	5,000 meter run
400 meter dash	

THERE WILL BE THE SAME EVENTS FOR THE CHAMPIONSHIP AND NON-CHAMPIONSHIP MEETS. FOR SCHEDULING PURPOSES THERE MAY BE COMBINED SECTIONS FOR CHAMPIONSHIP & NON-CHAMPIONSHIP COMPETITORS.

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

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

I hereby waive any claim I or my heirs may have against the Metropolitan Athletic Congress; Masters Sports Assoc. and the CITY OF NEW YORK for any injuries sustained as a result of my participation in the 12th Annual MAC Met. Championships.

SIGNATURE: _____ CLUB _____

NAME(print) _____ ADDRESS _____
ZIP _____ PHONE # _____ TAC # _____ SEX: MALE FEMALE AGE _____

EVENT(S) _____

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

PLEASE CHECK
Championship events (you must be registered in MAC) _____

Non-championship events. _____

1982 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 U.S. Distance Rankings, 1982, Vol. II.

National Running Data Center News

This issue of NMN contains the 10K Masters rankings in 5-year age groups from age 35 up for the year 1982, as compiled exclusively for NMN by the National Running Data Center.

To be listed, marks must have been submitted with complete race results, run on certified courses (certified by the National Standards Committee of TAC, not by the race director or local TAC organization), documented as having been run on the course as originally certified, and been correctly timed at the finish line in order to establish accurate matching of time and place.

Runners who feel their marks should have been included but were not should first check with the director of the race in question, not NMN, to make sure that the complete race results and supporting documentation were sent to NRDC. If still in doubt, runners can

direct questions to the NRDC, PO Box 42888, Tucson, AZ 85733, or call 602-326-6416.

To assure that future results are recognized, the NRDC urges Masters runners to "push" for correctly certified courses, proper finish line procedures to ensure that all runners are timed as accurately as the leaders (in quite a few cases the Masters are the leaders, but not always), and for cooperation from race directors when they are requested to file results and documentation.

Readers who want to receive the monthly NRDC News can do so by making a tax-deductible donation of \$15 or more to the NRDC and being added to its mailing list. The NRDC News is not sold or available elsewhere. The NRDC book of running records (all-time and 1982) will be available in May for \$9.95. □

SCHEDULE

(Continued from page 4)

May 23. 23rd Annual Race of Champions Marathon, Holyoke, Mass. Walter Childs, PO Box 1484, Springfield MA 01101. 413-566-3145.

September 12. Westfield Masters 5 Mile. SASE to Walter Childs, Sr., P.O. Box 1484, Springfield, MA 01101.

EAST

May 1. Trevira Twosome 10 mile, New York, N.Y. Central Park. 3300 runners. Box 881, FDR Station, New York NY 10150. 212-860-4455.

May 28. L'eggs Mini-Marathon 10K, New York City. NYRRC, Box 881, NYC 10150. 212/860-4455.

June 5. 3rd International Oxford Triathlon, Oxford, Md. 2.4-mile swim, 20-mile run, 50-mile bike. Fletcher Hanks, Box 268, Oxford, MD 21654. 301-226-5494.

June 26-July 2. Arthur Lydiard Running Camp, Purchase, N.Y. T. Robinson, 128 Clarence Rd., Scarsdale, NY 10583.

July 3. Pepsi Challenge 10K National Championships, New York City.

August 13. 3rd Annual Asbury Park 10K Classic, Asbury Park, N.J. Good masters field. (750 in '82). Phil Benson, PO Box 2287, Ocean NJ 07712.

August 14. Empire State Games Marathon, Albany, N.Y. Open to all. Mike Abernethy, 518/474-8889.

SOUTHEAST

May 28. Elby's 20K, Wheeling, WV. Hugh Stobbs, 933 Main St., Wheeling WV 26003. 304-232-6120.

May 30. Cotton Row Run 10K, Huntsville, Alabama. Nike Masters Grand Prix Series. Six free masters trips to California. Huntsville TC, PO Box 292, Huntsville, AL 35804.

July 4. Peachtree 10K Road Race, Atlanta. 25,000 runners. Royce Hodge, 3097 E. Shadowlawn Ave. Atlanta, GA 30305. 404-231-9065.

MIDWEST

May 7. Old Kent River Bank 25K, Grand Rapids, MI. David Teater, 1 Vanden Berg Center, Grand Rapids MI 49503. 616-774-5272.

May 8. Minnesota Masters 15K, Minneapolis. Nike Masters Grand Prix Race. 5 free masters trips to California. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424.

May 15. Revco-Cleveland Marathon & 10K, Cleveland, Ohio. Reno Starnoni, PO Box 46604, Bedford OH 44146. 216-292-2675.

June 11. Grandma's Marathon, Duluth, Minn. Scott Keenan, Box 6234, Duluth MN 55806. 218/727-0947.

August 7-13. Telemark Running Camp, Cable, Wisconsin. 10,000 meter cross-country race, August 13. Roadrunner Tours, 301 W. Highway 20, Michigan City, IN 46360. 219-872-7217.

MID-AMERICA

May 1. 14th Longest Day Marathon, Brookings, S.D., SDSU, Brookings SD 57007. 605-688-5526.

May 1. Avon 10K Kansas City. Jo Doherty, PO Box 4034, Overland Park KS 66204.

May 30. Boulder 10K Classic, Boulder, Colorado. 13,000 runners. Bruce McDowell, 3033 Iris Ave. Boulder CO 80301.

June 4. 21st Jackrabbit 15, Brookings, S.D. SDSU, Brookings SD 57007.

August 28. 6th Jim Emmerich 15K, Brookings, S.D. SDSU, Brookings SD 57007.

Men- 35 thru 39

30:09	Barry Brown	37	Glen Falls	NY	6 Mar, AL-A
30:39	Paul Fetscher	36	West Hempstead	NY	11 Sep, NY-A
30:57	Daniel Murray	37	Modesto	CA	31 Oct, CA-A
31:02	Fred Doyle	35	Swampscott	MA	4 Apr, MA-B
31:03a	Mike Connelly	38	Marietta	GA	4 Jul, GA-A
31:07	Jerry Jobski	38	S Lake Tahoe	CA	31 Oct, CA-A
31:12	Tracy Smith	36	Bishop	CA	13 Mar, CA-A
31:13	Laurence Olsen	35	Medway	MA	4 Apr, MA-A
31:15a	Tim Hassall	35	Bogota	NJ	3 Jul, NY-A
31:17	Bill Sevald	36	San Francisco	CA	4 Oct, CA-A
31:21	Sam Bair	36	Pittsburgh	PA	21 Aug, PA-A
31:23	Arthur Hall	35	Staten Island	NY	22 Aug, NY-A
31:26a	Carl Hatfield	35	Morgantown	WV	3 Jul, NY-A
31:26	Kenneth Skelly	36	Barrington	RI	29 Aug, MA-A
31:26	Robert Buchta	39	Centereach	NY	11 Sep, NY-A
31:26	Web Loudat	36	Albuquerque	NM	9 Oct, NM-A
31:27	Dennis Rexroad	35	Taylorville	IN	25 May, IN-A
31:27a	Ron Jensen	35			17 Oct, CA-A
31:30	David Storey	38	Orlando	FL	6 Mar, AL-A
31:33	Jack Mahurin	39	Starkville	MS	6 Mar, AL-A
31:35	Steve Ferraz	35			4 Oct, CA-A
31:39a	Ted Haiman	39	Forest Hills	NY	3 Jul, NY-A
31:40	Patrick Davis	36	Mokena	IL	24 Oct, IN-A
31:43	Greg Jewett	35	Berkeley	CA	30 May, CA-A
31:47a	George Keim	39	Waynesboro	PA	4 Jul, GA-A
31:47	Sumner Brown	38	Belmont	MA	29 Aug, MA-A
foreign					
31:33	Athol Barton	35		CA	11 Dec, CA-A/NZ
31:37	Demetrio Cabanillas	35	Provo	UT	9 Jan, FL-A/MX

Men- 40 thru 44

30:31	Mike Manley	40	Eugene	OR	14 Aug, OR-A
30:51	Sal Vasquez	42	Alameda	CA	13 Feb, CA-A
31:18a	Dan Conway	43	Chetek	WI	4 Jul, GA-A
31:35a	Jim Ewing	43	Jackson	MS	4 Apr, LA-A
31:45a	Ireland Sloan	40	Roanoke	VA	4 Jul, GA-A
31:51a	William Hall	41	Durham	NC	4 Jul, GA-A
31:53a	Bob Fischer	42	Newark	NJ	3 Jul, NY-A
31:55	Michael Heffernan	41	Portland	OR	23 May, OR-A
32:03	Kirk Randall	41	Wellesley	MA	29 Aug, MA-A
32:05a	Ken Winn	44	Stone Mtn	GA	4 Apr, LA-A
32:13	Tom Laris	42	Palo Alto	CA	22 Aug, CA-A
32:14a	Stuart Tucker	40	New York	NY	3 Jul, NY-A
32:15	Robert Jenkins	42	Salem	VA	31 May, AL-A
32:16	Joe Becerra	40	Burlingame	CA	4 Oct, CA-A
32:25	Lew Faxon	42	Hampton	VA	9 Oct, VA-A
32:29	Alan Pilling	40	Marietta	GA	20 Nov, AL-A
32:36	Morgan Looney	40	Birmingham	AL	6 Mar, AL-A
32:39	Jerry Schmidt	41	Wenatchee	WA	23 May, OR-A
32:40	Perry Leary	42	New York	NY	21 Feb, NY-A
32:41a	Alton Miques	41	Pensacola	FL	4 Apr, LA-A
32:41	David L Wilson	44	East Northport	NY	11 Sep, NY-A
32:44a	Herb Lorenz	43	Willingboro	NJ	4 Jul, GA-A
32:45	Joe Manuel	40			14 Feb, CA-A
32:46	Tim Rostegge	42	San Mateo	CA	3 Oct, CA-A
32:48a	Ray Stevens	41	Lincoln	NE	3 Jul, NY-A

Men- 45 thru 49

32:10a	Brian Harris	47	Royal Oak	MI	3 Jul, NY-A
32:46	Darryl Beardall	46	Santa Rosa	CA	26 Dec, CA-A
32:53	Robert Paklaian	46	Detroit	MI	6 Sep, MI-A
33:00	Rex Perrine	45	Garden City	MI	6 Sep, MI-A
33:02	John Weldy	48	Scottsdale	AZ	31 Dec, AZ-A
33:18	Dennis Meyer	49	Seattle	WA	23 May, OR-A
33:23	Frank Aleman	45			17 Apr, NM-A
33:27	Bill Foulk	49	Bozeman	MT	23 May, OR-A
33:36	Robert Packard	46	Flagstaff	AZ	14 Nov, AZ-A
33:37	Carl Carey	45	Spencer	IN	25 May, IN-A
34:01a	Rob Smith	46	Belleair	FL	4 Jul, GA-A
34:04ai	Roger Barone	46	Boulder	CO	31 May, CO-A
34:12	Earl Ellis	46	Seattle	WA	22 Aug, IN-A
34:15a	Larry Fuselier	46	Metairie	LA	4 Apr, LA-A
34:23	Gerald Koch	48	Clarksville	TN	20 Nov, AL-A
34:26	Karl Killingstad	45	Ft Monroe	VA	9 Oct, VA-A
34:33	Fenner McConnell	47	Pensacola	FL	6 Mar, AL-A
34:38	William Koehm	45			7 Mar, CA-A
34:39	Wally Ingram	49	Hemet	CA	13 Jun, CA-A
34:54a	Sam Turnbull	48	Jackson	MS	4 Apr, LA-A
34:55	Norman Cohen	45			7 Nov, CA-A
34:57	Robert Wiermaa	48	San Diego	CA	30 Jan, CA-B
34:58	Ben Londeree	47	Columbia	MO	4 Apr, MO-A
34:59	Jim Caviness	49	Noblesville	IN	24 Oct, IN-A
35:00	Dan Caffrey	45		NY	22 Aug, NY-A
foreign					
32:20a	Fritz Mueller	46	New York	NY	3 Jul, NY-A/WG
34:10	Fred Kiddy	48	Palm Springs	CA	21 Mar, CA-A/UK

Men- 50 thru 54

31:48	Ray Hatton	50	Bend	OR	23 May, OR-A
32:32	Norman Green	50	Wayne	PA	8 Aug, CA-A
33:18a	Hal Higdon	51	Michigan City	IN	3 Jul, NY-A
34:16a	Edward Stabler	53	Syracuse	NY	3 Jul, NY-A
34:22	Ross Smith	54	Reno	NV	23 May, OR-A
34:26	Ulrich Raempf	51	Los Altos	CA	4 Oct, CA-A

(Continued on page 36)

34:30a	Tony Sapienza	53	Bradford	MA	3 Jul,NY-A
34:32a	Jim Sutherland	50	Larchmont	NY	3 Jul,NY-A
34:36a	Clyde Baker	52	Evanston	IL	3 Jul,NY-A
34:46	Len Thornton	52	Fresno	CA	31 Oct,CA-A
35:08	Bob Collins	51	San Diego	CA	30 Jan,CA-B
35:14	Wally Ingram	50			12 Sep,CA-A
35:19	Morton Gray	51	Santa Rosa	CA	26 Dec,CA-A
35:23	Mike Fortune	51	San Diego	CA	30 Jan,CA-B
35:25	John L Sullivan	50	Holliston	MA	22 Aug,MA-A
35:29a	Jim Brownfield	50			17 Oct,CA-A
35:30a	Al Treichel	53	Milwaukee	WI	3 Jul,NY-A
35:37	Norman McAbee	50	San Francisco	CA	4 Oct,CA-A
35:43	Marshall Haraden	51	Del Mar	CA	7 Mar,CA-A
35:47	Jack Gough	51	St Petersburg	FL	3 Jul,FL-A
35:47	Steve Blanchard	50	Tulsa	OK	6 Sep,OK-A
35:55	Everett Riggle	50			8 Aug,CA-A
36:01	Howard Rubin	54	New Hartford	NY	20 Aug,NY-A
36:02	Robert Farrington	50+	San Jose	CA	22 Aug,CA-A
36:03	Eugene Silver	50+	San Jose	CA	22 Aug,CA-A

Men- 55 thru 59

33:44a	Alex Ratelle	57	Edina	MN	4 Apr,LA-A
34:25	Gordon McKenzie	55	Great Neck	NY	11 Sep,NY-A
35:43	Jim Forshoe	57	Ann Arbor	MI	3 Jul,MI-A
36:11	Jim O'Neil	57	San Diego	CA	25 Jul,CA-A
36:57	Nocus McIntosh	57	Tulsa	OK	6 Sep,OK-A
37:06	Myron Meyer	55	Ft Wayne	IN	24 Oct,IN-A
37:29a	Bob Bartling	55	Brookings	SD	17 Apr,SD-A
37:29	Ruben Vigil	55	Albuquerque	NM	9 Oct,NM-A
37:39	Mac Elliott	56	Paradise Vly	AZ	31 Jan,AZ-A
37:47a	Augustus Prince	58	Upton	NY	3 Jul,NY-A
37:54	B McCaffrey	56			12 Sep,MA-A
38:18	Giles Tomlinson	57	Angola	IN	24 Oct,IN-A
38:32	Max Nemazi	56	Livonia	MI	3 Jul,MI-A
38:35	Glenn Coleman	59	Alexandria	VA	17 Oct,MD-A
38:41	Bill Toomey	56			27 Nov,CA-A
38:47	Matt Laitinen	57	Johnson City	TN	4 Sep,TN-A
38:50	William Carey	55			16 May,OH-A
38:52	Vern Boyle	56	Scottsdale	AZ	31 Jan,AZ-A
39:02	Jim McCown	59	Everett	WA	28 Feb,CA-A
39:13	Rudy Iglesias	57	San Diego	CA	13 Mar,CA-A
39:19	Bert Jablon	55	Syosset	NY	3 Apr,NY-A
39:20	Peter Sale	55	Los Angeles	CA	17 Apr,CA-A
39:21	John Peplinski	57			16 May,OH-A
39:23	George Thompson	56	New York	NY	1 Aug,NY-A
39:27	Herb Williams	57	Tempe	AZ	31 Dec,AZ-A

Men- 60 thru 64

37:05	Jack Start	61	Trenton	NJ	7 Aug,NJ-A
38:50	George Sheehan	63	Red Bank	NJ	7 Aug,NJ-A
39:17a	Thomas Gibbons	61	Bellerose	NY	3 Jul,NY-A
39:36	Jim Smith	60	Oklahoma City	OK	3 Jul,FL-A
39:39a	William Coyne	60	New York	NY	3 Jul,NY-A
39:46	Jim McCown	60	San Diego	CA	11 Dec,CA-A
40:06	Warren Utes	61	Park Forest	IL	1 May,IL-A
40:18	Dick Bartholomew	62	Seattle	WA	15 May,WA-A
40:27	Ralph Ratcliff	60	Oklahoma City	OK	11 Dec,NV-A
40:35	C Robbins	62			12 Sep,MA-A
40:36	Robert Page	60			12 Sep,CA-A
40:36i	Charles Chambers	61	Ellaville	GA	20 Nov,AL-A
40:50	Donald Dilworth	63	Escondido	CA	25 Jul,CA-A
40:57	Albert Goldstein	62	Brooklyn	NY	27 Mar,NY-A
40:58	Oscar Burris	60	Jackson	MS	10 Apr,MS-A
41:05	William Main	60	Tiburon	CA	31 May,CA-A
41:12	Joseph Latino	61	Northport	NY	11 Sep,NY-A
41:20	Millard Shumate	61	Tampa	FL	3 Jul,FL-A
41:23	Frank Miorandi	63	Coffeyville	KS	6 Sep,OK-A
41:30	Tony Lipscomb	64	Demopolis	AL	6 Mar,AL-A
41:35	John Lafferty	64	San Diego	CA	27 Feb,CA-A
41:38	E Buckley	61			12 Sep,MA-A
41:42	Bill Eppright	61	Houston	TX	23 Jan,FL-A
41:50	Edward Gianelli	60	Tacoma	WA	15 May,WA-A
41:56	Edwin Bishop	61	Santa Barbara	CA	12 Sep,CA-A

Men- 65 thru 69

35:52	Clive Davies	66	Tillamook	OR	23 May,OR-A
38:56a	Eddie Lewin	66	Brentwood	CA	17 Oct,CA-A
40:17	Wilfredo Rios	65	Bellerose	NY	27 Mar,NY-A
40:38	Paul Reese	65	Sacramento	CA	31 Oct,CA-A
40:49	Max Quackenbos	65	Stuart	FL	31 May,NJ-A
40:50	Wayne Zook	65	San Diego	CA	13 Mar,CA-A
42:01	Ed Preston	65	San Francisco	CA	4 Oct,CA-A
42:04	Ed Vuolo	66	New Haven	CT	22 Aug,NY-A
42:07	Fleetwood Fesmire	65	Whitehouse	TN	31 May,AL-A
42:09	Donald Lundberg	67	Waterford	CA	31 Oct,CA-A
42:58	Philip Cade	66	Winchester	MA	29 Aug,MA-A
42:59	Earl Wert	68	Mobile	AL	6 Mar,AL-A
43:00	Robert Phinney	66	Wellesley	MA	29 Aug,MA-A
43:11	Stan Venoski	69	Herrin	IL	27 Nov,IL-A
43:36	Marcel Patras	65	Kirkland	AZ	17 Oct,AZ-A
43:45	Al Clark	68	Prescott	AZ	25 Apr,AZ-A
43:55	Don Bradley	66	Encinitas	CA	25 Jul,CA-A
44:20	Vernon Geary	69	Williamsburg	VA	31 May,NJ-A
44:51	William Brobston	69	Saugerties	NY	12 Sep,MA-A
45:03	John L Evans	66	Byron Center	MI	12 Sep,MI-A
45:42	Clyde Ailing	65	Culver City	CA	7 Nov,CA-A
45:48	Mike Swystun	65			16 May,OH-A
45:58i	Wallace McRoy	67			20 Nov,AL-A
46:10	Dudley Healy	65+			31 May,NJ-A
46:14a	Robert Sharrer	65	Eagle River	AK	28 Aug,AK-A

Men- 70 thru 74

44:11	Bill Andberg	71	Anoka	MN	14 Aug,WI-A
44:56	Vernon Geary	70	Williamsburg	VA	9 Oct,VA-A

46:09	Mathew Corona	70	Franklin	OH	11 Dec,NV-A
46:40	Louis Young	70	Framingham	MA	29 Aug,MA-A
46:57	Arne Johnson	70	Mesa	AZ	28 Nov,AZ-A
47:39	Carl Stroud	74	Rncho Santa Fe	CA	30 Oct,CA-A
48:34	John Burnham	71			7 Nov,CA-A
49:23	Shorty Hernandez	70	Wickenburg	AZ	7 Feb,AZ-A
49:26	James Murphy	72	Huntington	NY	11 Sep,NY-A
49:51	Tony Perona	74	San Bernardino	CA	7 Nov,CA-B
50:04i	Andy Billings	70			20 Nov,AL-A
50:27	Henry Rumble	70	San Diego	CA	8 May,CA-A
51:10	J Turbyne	70+			27 Mar,FL-B
51:53	Henry Berlin	70+			7 Feb,AZ-A
52:09	Marvin Streeter	71	Mesa	AZ	7 Feb,AZ-A
53:49	Miguel Drobinsky	73			21 Nov,CA-A
53:50	Walter Bubel	74	San Diego	CA	17 Apr,CA-A
53:55	Damon Hieronymus	73	Sedalia	MO	2 Oct,MO-A
53:55	Richard Whittemore	71	San Diego	CA	3 Oct,CA-A
54:28	Ernest Lyons	73			27 Nov,CA-A
54:29	Howard Calkin	71	Oregon	MO	4 Apr,MO-A
54:49	Wade Lebold	71	Phoenix	AZ	31 Jan,AZ-A
55:33	J Carroll	73			12 Sep,MA-A
58:58	Cliff Schopmeyer	71	Silver Spring	MD	17 Oct,MD-A
59:29	Edwin Estle	72	Franconia	NH	12 Sep,MA-A

Men- 75 thru 79

46:42	Charles Hackenheimer	76	Central Square	NY	25 Jul,NY-A
50:37	Bernard Dathe	76	Pleasant Hill	CA	31 Oct,CA-A
54:47	Max Popper	79	Flushing	NY	12 Sep,NY-A
55:08	William Hoffstetter	79	Portland	OR	23 May,OR-A
56:09	Willard Benton	78	San Diego	CA	28 Feb,CA-A
57:43	Jack Garner	77	Angola	IN	24 Oct,IN-A
1:00:29i	Mac McLeod	75	Mesa	AZ	17 Oct,AZ-A
1:01:43	Otto Essig	76			12 Sep,MA-A
1:01:54	Nat Pisciotta	78			12 Sep,CA-A
1:01:55	Jim Cole	76	Butler	PA	21 Aug,PA-A
1:03:33	J Labaj	76			12 Sep,MA-A
1:04:15	Walter Frederick	75			27 Nov,CA-A
1:05:24	Abro Robinson	76			4 Oct,CA-A
1:05:46	Laurence Davis	76	Grand Island	NE	24 Apr,NE-A
1:06:29	Ben Mostow	78	Skokie	IL	27 Mar,FL-B
1:06:51	Paul Hobe	78	Beloit	OH	27 Mar,FL-B
1:09:15i	Frank Shields	75			20 Nov,AL-A
1:09:18	Robert Wallach	79	New York	NY	12 Sep,NY-A
1:09:32	Bohumil Vlasak	78			19 Dec,CA-A
1:13:46	Arthur Chaney	79	Winona Lake	IN	24 Oct,IN-A
1:18:12	Reginald Arnold	75	Sun City	AZ	26 Dec,AZ-A

Men- 80 and over

1:04:36	Jacob Bishin	81			19 Dec,CA-A
1:08:28	Noel Johnson	82	San Diego	CA	13 Mar,CA-A
1:14:49a	Rudy Fahl	84	Manitou Sprgs	CO	31 May,CO-A
1:19:01	Warren Daniell	81	Hanover	NH	14 Nov,NH-A
1:21:12	Ivor Welch	87	Pacifica	CA	4 Oct,CA-A
1:35:02	Frank Case	82	Walnut Creek	CA	28 Nov,AZ-A
1:40:40	F Fetter	83			12 Sep,MA-A
1:44:01	Carl Willberg	85			12 Sep,MA-A

Women- 35 thru 39

34:08	Laurie Binder	35	Oakland	CA	4 Oct,CA-A
35:41a	Barbara Filutze	36	Erie	PA	3 Jul,NY-A
36:10	Madeline Harmeling	37	Merrick	NY	11 Sep,NY-A
36:24	Bette Hite	36	N Webster	IN	22 Aug,IN-A
36:28	Ford Madeira	37	Sherborn	MA	11 Oct,MA-A
37:00	Judy Kewley	37	Simi Valley	CA	3 Apr,CA-A
37:02	Polly Peacock	38	St Louis	MO	25 Apr,MO-C
37:03a	Bobbi Rothman	36	Miller Place	NY	3 Jul,NY-A
37:05	Juana Stavolone	36	San Jose	CA	28 Feb,CA-C
37:12a	Susan Henderson	35	Boulder	CO	31 May,CO-A
37:17	Sue Petersen	37	Laguna Beach	CA	21 Mar,CA-A
37:24	Molly Thayer	39	San Francisco	CA	28 Feb,CA-C
37:28a	Margaret Dessau	35	New York	NY	3 Jul,NY-A
37:50	Judy Dodge	35	San Diego	CA	8 May,CA-A
38:01	Kathleen Beebe	36	Medford	MA	11 Oct,MA-A
38:03	Suzanne Hunter	39	Lincoln	MA	11 Oct,MA-A
38:06a	Peggy Marcom	35			3 Jul,NY-A
38:08	Kathy Kapalin	35	Green Bay	WI	13 Jun,WI-A
38:16	Elizabeth Harshbarger	39	Cambridge	MA	11 Oct,MA-A
38:17	Iris Black	39	Spring Valley	OH	23 May,OH-A
38:17	Marja Wright	35	Medford	MA	11 Oct,MA-A
38:18	Mary Ellen Williams	35	Darnestown	MD	11 Sep,NY-A
38:25	Irene Jackson	35	New York	NY	22 Aug,NY-A
38:34	Bunny Brauns	35	North Conway	NH	11 Oct,MA-A
38:41a	Paula Pettorini	35	Randolph	NJ	3 Jul,NY-A
foreign					
36:33	Angella Hearn	36	New York	NY	11 Sep,NY-A/UK
36:58	Wendy O'Donnell	38	Portland	OR	23 May,OR-A/CN
37:33	Chris Hearn	36	New York	NY	11 Sep,NY-A/UK

Women- 40 thru 44

34:40a	Cindy Dalrymple	40	New York	NY	3 Jul,NY-A
35:32a	Judy Fox-Eddy	41	Durham	NC	4 Jul,GA-A
36:41a	Joyce Black	42	Plattsburgh	NY	3 Jul,NY-A
37:26	Mary Bart	40	Bow	NH	14 Nov,NH-A
37:32	Shirley Matson	41	Solana Beach	CA	23 May,OR-A
37:33	Sandra Knott	44	Cleveland Hgts	OH	16 May,OH-A
37:42	Tina Hayward	41	Vicksburg	MI	11 Sep,MI-A
37:55	Sue Johnston	40	Oakland	CA	31 May,CA-A
38:07	Karen Scannell	43	San Francisco	CA	28 Feb,CA-C
38:14a	Kathy Loper	40	Omaha	NE	3 Jul,NY-A
38:28a	Linda Thurston	40	Somerville	NJ	3 Jul,NY-A
38:34	Ann Diaz	42	Glencoe	IL	22 Aug,IN-A
38:44a	Anna Thornhill	41	New York	NY	3 Jul,NY-A
38:55	Patty Lee Parmalee	42	New York	NY	31 May,NY-A
38:56	Letha Figg-Hoblyn	41	Portland	OR	23 May,OR-A

39:17	Barbara Pike	41	Concord	MA	11 Oct,MA-A
39:20	Anne Bing	43	Franklin Lks	NJ	12 Sep,NY-A
39:35	Carrie Parsi	43	Lexington	MA	11 Oct,MA-A
39:36	Julie Stiles	40+	Seattle	WA	25 Sep,WA-A
39:40	Nina Kuscsik	43	Huntington Stn	NY	31 May,NY-A
39:46	Jeanne Shuler	40	Livermore	CA	28 Feb,CA-C
39:48	Marilyn Scullin	41			16 May,OH-A
39:49	Marilyn Harbin	44	Martinez	CA	28 Feb,CA-C
39:50	Cathy Fogarty	40	San Diego	CA	3 Apr,CA-A
39:51	Joan Ulliot	41	San Francisco	CA	28 Feb,CA-C

Women- 45 thru 49

36:46	Vicki Bigelow	47	San Lorenzo	CA	4 Oct,CA-A
38:11a	Helene Bedrock	47	Cliffside Park	NJ	3 Jul,NY-A
38:27	Trudy Rapp	45	Alexandria	VA	9 May,DC-A
38:38	Dorothy Stock	49	La Mesa	CA	3 Apr,CA-A
38:42	Sandra Kiddy	45	Palm Springs	CA	21 Mar,CA-A
39:06	Linda Sipprelle	47	APC Miami	FL	31 May,NY-A
39:41	Nancy Parker	45	Atlanta	GA	3 Apr,GA-A
40:24	Carolyn Cappetta	46	Concord	MA	11 Oct,MA-A
40:29	Mimi Lerner	45	St James	NY	11 Sep,NY-A
40:51	Janet Buckendahl	48	Petaluma	CA	26 Dec,CA-A
41:00	Faye Heldoorn	45	San Diego	CA	3 Apr,CA-A
41:02	Phyllis Heaton	49	Dorset	VT	11 Oct,MA-A
41:04	Margarete Deckert	49	Lagrangeville	NY	4 Apr,NY-A
41:24	Nancy McCormick	47	Omaha	NE	25 Apr,MO-A
42:04	Barbara Robinson	49	Nahant	MA	11 Oct,MA-A
42:04	Betty Wood	46	San Diego	CA	11 Dec,CA-A
42:17	Joanne Mallet	48	Rockville	MD	19 Sep,DC-A
42:20	Elaine Havers	46			7 Mar,CA-A
42:21	Donna Wright	47	Bartlesville	OK	6 Sep,OK-A
42:38	Louise Taylor	47	Olympia	WA	25 Sep,WA-A
42:39	Marlys Hayden	49	Kentfield	CA	31 May,CA-A
42:42	Barbara Booker	45	Ithaca	NY	4 Apr,NY-A
42:48	Joyce Fletcher	47	New York	NY	12 Sep,NY-A
42:49	Anny Stockman	49	Albany	NY	4 Apr,NY-A
42:55	Jane Rasmussen	46	Concord	MA	11 Oct,MA-A

Women- 50 thru 54

37:43	Marion Irvine	52	San Rafael	CA	31 May,CA-A
38:05a	Mila Kania	51	Warwick	NY	3 Jul,NY-A
40:16	Dorothy Stock	50	La Mesa	CA	31 Dec,AZ-A
40:33	Toshiko D'Elia	52	Ridgewood	NJ	12 Sep,NY-A
41:03	Reina Hart	50			27 Nov,CA-A
41:20	Anne Johnson	53	Olivenhain	CA	28 Feb,CA-A
41:40	Ruth Anderson	53	Oakland	CA	8 Aug,CA-A
41:43	Gloria Brown	50	Grand Island	NY	22 Aug,NY-A
41:48	Nicki Hobson	51	Del Mar	CA	7 Mar,CA-A
41:44	Alicia Moore	52	New York	NY	11 Oct,MA-A
42:43	Helen Hamilton	51	Bow	NH	11 Oct,MA-A
43:20	Nola Bruhn	53	Seattle	WA	25 Sep,WA-A
43:22	Rachel Bourn	52	Fairfax	VA	9 May,DC-A
43:24	Blanche Paine	52	Watertown	MA	22 Aug,MA-A
43:31	Sally Wolfer	50	Kensington	CA	8 Aug,CA-A
43:47	Chris McKenzie	50	Great Neck	NY	3 Apr,NY-A
43:50	Merry Van Sant	52	San Diego	CA	30 Jan,CA-B
43:51	Christa Curtis	51	Durham	NH	11 Oct,MA-A
44:00	Mickey Armstrong	51			25 Sep,MN-A
44:01	Beryl Skelton	53	Fairport	NY	16 May,NY-A
44:01	Joyce Hals	50	Lexington	MA	11 Oct,MA-A
44:13	Margaret Norris	51	Jasper	IN	23 May,OH-A
44:23	Madonna Buder	50+			25 Apr,MO-C
44:35a	Beverly Goodwin	50	Canton	NY	3 Jul,NY-A
44:49	Aubrey Fredericks	50	Renton	WA	20 Jun,WA-A

Women- 55 thru 59

40:52	Helen Dick	58	Los Angeles	CA	12 Sep,CA-A
41:40	Mary Storey	57	Riverside	CA	7 Mar,CA-A
42:56	Billie Jean Murphy	55	Tacoma	WA	25 Sep,WA-A
45:58	Janet Grenda	56	Stone Ridge	NY	11 Oct,MA-A
46:02i	Alene Park	57	Huntsville	AL	20 Nov,AL-A
46:19i	Elizabeth Van Battum	58	Gretna	LA	6 Mar,AL-A
46:38	Gloria Horvat	57	Alma	MI	6 Sep,MI-A
46:45	Adele Milicevic	56	Scottsdale	AZ	14 Nov,AZ-A
49:02	Helen Dempsey	55	Trenton	NJ	7 Aug,NJ-A
49:10	Ellie Kughn	58			16 May,OH-A
49:28	Grace Gammill	55	Mesa	AZ	7 Feb,AZ-A
50:08	Alice Scott	55	Spring Valley	CA	23 May,CA-A
50:14	Shirley Tobin	55	San Diego	CA	28 Feb,CA-A
50:19	Jean Tewksbury	56	Wayland	MA	22 Aug,MA-A
50:32	Andrea Anderson	58			14 Feb,CA-A
50:39	Pat Bowman	55	Tucson	AZ	6 Feb,AZ-A
50:40	Jessie Lasinsky	55+			31 Dec,AZ-A
50:45	Pepper Davis	55	Orlando	FL	3 Jul,FL-A
50:53	Lucille Sanchioli	56	San Diego	CA	30 Jan,CA-A
51:08	Esther Sandoval	58	Watertown	MA	22 Aug,MA-A
51:12	Victoria Savage	58	Commack	NY	9 May,DC-A
51:25	Diane Schwartz	57	Melville	NY	11 Sep,NY-A
51:45	Julie Corona	58	Franklin	OH	11 Dec,NV-A
51:52	Nancy Beward	57	Readfield	ME	11 Oct,MA-A
52:08	Dorothy Gray	56	Kirkwood	MO	13 Mar,CA-A

Women- 60 thru 64

45:10	Patricia Dixon	63	Bend	OR	29 Aug,OR-A
45:43	Jaclyn Caselli	61	San Jose	CA	4 Oct,CA-A
47:45a	Marcie Trent	64	Anchorage	AK	12 Jun,AK-A
48:34	Gerry Davidson	61	Fallbrook	CA	25 Jul,CA-A
48:48	Betty Haleen	60	Minnetonka	MN	25 Sep,MN-A
49:01	Jean Price	61	Boxford	MA	11 Oct,MA-A
49:06	Kay Atkinson	64	San Francisco	CA	28 Feb,CA-C
49:16a	Kit MacInnes	62	Soldotna	AK	12 Jun,AK-A
49:27	Lois Edds	62			3 Apr,CA-A
49:34	Evelyn Kioniq	64	Kentfield	CA	31 May,CA-A

49:41	Charlotte Israel	60	Chestnut Hill	MA	11 Oct,MA-A
50:09	Els Tuinzing	60	Mill Valley	CA	31 May,CA-A
50:20	Althea Wetherbee	63	Huntington Stn	NY	11 Sep,NY-A
50:35	Rose Kurpiel	62	Adams	MA	11 Oct,MA-A
51:06	Edna Laflin	64	Sun City West	AZ	31 Dec,AZ-A
52:03	Miriam Pratt	60	Timonium	MD	9 May,DC-A
52:52	Harriet Wever	60	Okemos	MI	16 May,OH-A
53:05	Mem Howe	63			7 Nov,CA-A
53:33	Jane Nordstrom	61	Peru	MA	31 May,NY-A
54:34	Beulah Davis	61	Newton	KS	25 Apr,MO-A
54:37	Hazel Klein	60	San Diego	CA	3 Apr,CA-A
54:41	Edith Carlisle	60	Santa Monica	CA	7 Nov,CA-A
55:41	Cathy Hargus	63	San Diego	CA	3 Apr,CA-A
56:09	Mary Rodriguez	60	Rego Park	NY	11 Oct,MA-A
56:16	Marion Gibbons	60+			31 Dec,AZ-A

Women- 65 thru 69

47:55	Kay Atkinson	65	San Francisco	CA	31 May,CA-A
52:13a	Mary Lahaie	67	Pensacola	FL	4 Dec,FL-A
54:23	Judy Simon	67	La Mesa	CA	11 Dec,CA-A
56:25	Winifred Gore	65			3 Apr,CA-A
56:33	Pearl Mehl	68	Boulder	CO	29 May,CO-A
57:48	Suzanne Mahoney	65	Norwell	MA	11 Oct,MA-A
58:16	Evelyn Havens	65	New York	NY	21 Feb,NY-A
58:19	Helen Reiter	65			25 Sep,MN-A
58:43	Elizabeth Horney	66	Santa Rosa	CA	26 Dec,CA-A
58:43	Ann Snyder	66	Sun City	AZ	31 Dec,AZ-A
59:10	Adrienne Salmini	66	Yonkers	NY	31 May,NY-A
1:02:30	Doris Beilmann	66	Phoenix	AZ	28 Nov,AZ-A
1:03:29	Ada Thomas	68	San Francisco	CA	22 Aug,CA-A
1:08:00	Lucile Adney	69			27 Nov,CA-A
1:08:23	Arlene Appleton	67	Dedham	MA	11 Oct,MA-A
1:09:13	Boukias Vasiliki	66	Sedona	AZ	17 Oct,AZ-A
1:10:34	Mary Skinner	65	Troy	PA	31 May,NY-A
1:10:50	Helen Miller	65	Sun City	AZ	28 Nov,AZ-A
1:10:55	Kathleen White	69	Phoenix	AZ	17 Oct,AZ-A
1:12:20	Ruth Dumas	67	Ft Wayne	IN	24 Oct,IN-A
1:14:05	Clementina Thomson	69	San Diego	CA	3 Apr,CA-A
1:16:59	Betty Fink	67	Greenbrae	CA	31 May,CA-A
1:21:03ai	Theo Ertl	65	Boulder	CO	31 May,CO-A
1:24:25	Narcissa Kelly	67	Kentfield	CA	31 May,CA-A
1:25:22	Hilda Pergament	66	Brooklyn	NY	31 May,NY-A

Women- 70 thru 79

53:40	Leona Lagers	75	Holland	MI	11 Sep,MI-A
58:22	Mavis Lindgren	75	Orleans	CA	31 Oct,CA-A
1:01:10	Margaret Lopez	71	Middletown	NJ	11 Oct,MA-A
1:03:31	Veallon Hixson	75	Sun City	AZ	26 Dec,AZ-A
1:03:52	Bess James	73	San Jacinto	CA	7 Nov,CA-B
1:05:50	Mildred Judd	71	San Diego	CA	13 Jun,CA-A
1:05:55	Felicitas Salazar	73	San Diego	CA	25 Jul,CA-A
1:10:15	Mia Wilshusen	79	Sun City	AZ	28 Nov,AZ-A
1:11:52	Ida Mintz	76	Glencoe	IL	27 Mar,FL-B
1:12:29	Lois Schieffelein	71	New York	NY	31 May,NY-A
1:12:49	Clementina Thomson	70	San Diego	CA	13 Jun,CA-A
1:15:02	Trudi Spencer	73	Sun City	AZ	28 Nov,AZ-A
1:25:39	Marion Markey	75	Sun City	AZ	7 Feb,AZ-A
1:33:03	Esther Rosner	70	Sun City	AZ	25 Apr,AZ-A
1:38:00	Margaret Cooney	71			3 Apr,GA-A
1:47:19a	Margaret Moore	74	Anchorage	AK	12 Jun,AK-A

Women- 80 and over

1:05:14	Ruth Rothfarb	80	Miami Beach	FL	9 Jan,FL-A
1:36:02	Hulda Crooks	86	Loma Linda	CA	7 Nov,CA-B

(Continued from page 18)

hosts should inform Secretary by June 28 of their intention to bid. Delegates will vote on sites for both 1985 and 1987.

6. Post General Assembly Meeting. The President may call additional necessary meetings which will be advertised.

Motions can be made by any delegate to WAVA. (The five U.S. delegates, elected at the 1982 TAC Convention in Philadelphia, are Ruth Anderson, Charles DesJardins, Ron Salvio, Al Sheahen and Bruce Springbett. Alternates are Jerry Donley, Joe Murphy and George Vernosky.) If a non-delegate wishes to make a motion, that person should work with a delegate from his or her country. Motions from delegates should be sent to Owen Flaherty, Secretary, WAVA, CN. UTR. 207, Javea (Alicante), Spain, with a copy to WAVA North

American Representative Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

IMPEACHMENT

The results of the voting on the motion of impeachment of the WAVA Treasurer, Harm Hendriks, (as reported in January NMN) was: in support of the motion to impeach: 35; opposed: 0.

Harm Hendriks is thereby removed from the office of Treasurer. Until the General Assembly in Puerto Rico, the duties of the Treasurer will continue to be carried out by Jacques Serruys, Vice-President of Road Running and Road Walking. □

Protect your employees, your company, and yourself from the personal suffering and financial loss of cancer... call your local unit of the American Cancer Society and ask for their free pamphlet, "Helping Your Employees to Protect Themselves Against Cancer." Start your company on a policy of good health today!

American Cancer Society

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.

5th Annual Gill Weightman's Pentathlon
Northridge, California
February 13, 1983

Masters 40-49 Division	Total	Shot	Hammer	35 lb.	Disc	Jav.
Lloyd Higgins (Striders)	3,400	42'4"	115'4"	40'2 3/4"	162'9"	176'2"
F. Stewart Thomson (Unat)	3,140	41'1"	157'11"	48'3/4"	141' 1"	96'23/4"
Jim Hart (WVTC)	2,968	44'5"	115'11"	39'3 3/4"	129'5"	115'6"
Hal Smith (So. Cal. St.)	2,696	41'9 1/2"	100'11"	35'4 1/2"	109'1"	129'5"

Masters (50-59) Division	Total	Shot	Hammer	35 lb.	Disc	Jav.
Bill Bangert (Unat)	1,895	34'0"	94' 1/2"	32'1 1/2"	101'8"	67'10 1/2"
Dave Douglas (Unat)		35'8"(12)	126'4"(12)	27'7 3/4"	83'3"	97'10 3/4"

Masters (60-69) Division	Total	Shot	Hammer	35 lb.	Disc	Jav.
Bob Stone (Nor. Cal.)	2,041	30'3"(16)	95' 1/2"(16)	30'0"	93'5 1/2"	98'5"
Jim Minah (CW)	1,563	28'1 3/4"(16)	93'2 1/2"(16)	21'4 3/4"	75'9 1/2"	86'8 1/2"

Masters (70+) Division	Total	Shot	Hammer	35 lb.	Disc	Jav.
Redmond Doms (SCS)	1,046	26'6 1/2"	53'8 1/2"	16'9 1/2"	74'7 1/2"	73'6"
Don Pierotti (CIM)	1,025	23'0"	69'6 1/2"	20'5 3/4"	66'10 3/4"	59'7 3/4"

TAC MIDWEST TRACK & FIELD CHAMPIONSHIPS; CINCINNATI, OHIO; FEBRUARY 20, 1983

60 Yard Dash (Trials)

OA (30-34)	CTC	6.4
1. Ron Murphy	CTC	6.4
2. Bob Burnett	Un	6.6
3. Gary Key	Un	7.0
4. Dave Morgan	OTH	7.1

1. Cliff Jackson	Un.	6.4
2. Wayne Roberts	Peabody	6.6
3. Tim Walter	AIA	6.6
3. John May	Un.	7.3

OB (35-39) (Trials)

1. Lamar Miller	Ann Arbor	6.6
2. Jim Knipmeyer	Un.	6.7
3. Caleb Brown	Clifton	6.8
4. Jon Perry	Un.	N.T.

1. Mike Ellis	Northwest	6.7
2. Ralph Marinello	Peabody	6.9
3. Bill Black	Clifton	7.0
4. Jim Pearce	Col. Wolf	N.T.

1. Clarence Ray	Fitness	6.9
2. Ross Jensen	MAM	7.2
3. Jim Burke	BGM	7.3
4. Ed Larson	Un	7.4

60 Yard Dash (Final)

OA (30-34)	CTC	6.4
1. Ron Murphy	CTC	6.4
2. Wayne Roberts	Pea	6.5
3. Cliff Jackson	Un.	6.5
4. Tim Walter	AIA	6.7
5. Bob Burnett	Un	6.8

OB (35-39)

1. Lamar Miller	AA	6.4
2. Clarence Ray	F	6.5
3. Jim Knipmeyer	Un	6.6
4. Mike Ellis	NW	6.7
5. Ralph Marinello	Pea	6.8
6. Caleb Brown	CTC	6.9

1A (40-44) Final

1. Tom Randolph	Un	6.5
2. Paul Dorsey	NW	6.8
3. Grover Coats	OTH	6.9
4. LeRoy McLain	OTH	7.4
5. George LaFleur	Un	7.9
6. Fred Mause	YMCA	9.8

1B (45-49) Final

1. Charles Dudley	Un	7.3
2. Reggie Smith	Un	7.3
3. Tom Ragland	OTH	7.4
4. Larry Bybee	NS	7.7
5. Ron Lusby	KC	7.9
6. Jim Rockovich	Un	8.9

2A (50-54) Trials

1. Tom Grimes	Lou	7.3
2. Bishop Harkness	OTH	7.6
3. Roger Hocker	Un	7.6

1. Herb Wagemaker	VAC	8.1
2. Chuck Stack	OTH	8.3
3. Howard Hock	Un.	8.8
4. Ray Norris	Un	10.3

1. Jim Barrett	OTH	7.4
2. Irv Stewart	CTC	7.7
3. Bob Jones	NW	7.8
4. Dave Evans	Un.	8.2

2A (50-54) Finals

1. Jim Barrett	OTH	7.3
2. Tom Grimes	Lou	7.3
3. Roger Hocker	Un	7.5
4. Irv Stewart	CTC	7.7
5. Bishop Harkness	OTH	7.8
6. Bob Jones	NW	8.0

2B (55-59) Trials

1. Bill Jordan	OTH	7.6
2. Merle Nickell	Un	7.7
3. Charles Olson	It	7.9
4. Jack Tuttle	Un	8.0

1. Hal Robinson	FRR	7.5
2. Charles Clippard	Un	8.0
3. Dick Schneider	Un	8.8
4. Larry Wilbers	CTC	9.2

2B (55-59) Final

1. Bill Jordan	OTH	7.4
2. Hal Robinson	FRR	7.5
3. Merle Nickell	UN	7.6
4. Charles Olson	IT	7.7
5. Charles Clippard	UN	7.8
6. Jack Tuttle	UN	NT

3A (60-64) Final

1. Dave Lavyer	NYM	7.5
2. Charles Northrup	HOO	7.7
3. Bill Carmen	BAA	8.4

3B (65-69) Final

1. Al Haller	Un	8.4
2. Harry Lindover	CTC	10.3

4A (70-74) Final

1. Jack Siringer	OTH	9.9
2. Wesley Ward	Hoo	10.2

4B (75-79) Final

1. Byron Pike	OTH	8.6
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5A (80-84) Final

1. Arling Pitcher	Hoo	9.7
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WOMEN'S 60 YARD DASH

OA (30-34) Final

1. Barb Pfaff	Hoo	10.3
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1A (40-44) Final

1. JoAnne Grissom	OTH	8.3
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2A (50-54) Final

1. Melba Hatch	AA	11.3
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3B (65-69) Final

1. Mary Bovermaster	CTC	9.0
2. Sheila Evans	Hoo	10.2
3. Beryl Siringer	OTH	16.2

60 YARD HURDLES

OA (30-34) Final

1. Tim Walters	AIA	7.6
2. Bob Rudrow	SAC	7.6
3. Dolan Street	AA	7.9
4. Dave Morgan	OTH	9.5

OB (35-39) Final

1. Lamar Miller	AA	7.9
2. John Davies	MAM	8.7

1A (40-44) Final

1. Carl Burgess	Un	9.2
2. Alonzo Littlejohn	AA	9.4

3. Grover Coats

4. Gayle	Un	9.5
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1B (45-49) Final

1. Tom Ragland	OTH	8.9
2. Larry Bybee	NS	10.5

2A (50-54) Final

1. Herb Wagemaker	VAC	10.6
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3A (60-64) Final

1. Charles Northrup	Hoo	10.2
2. Bill Carmen	BAA	10.7

4A (70-74) Final

1. Jack Siringer	OTH	19.6
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WOMEN'S 60 YARD HURDLES

1A (40-44) Final

1. JoAnne Grissom	OTH	11.8
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300 YARD DASH

OA (30-34) Final

1. Ron Murphy	CTC	32.1
2. Lee Washington	VAC	35.6
3. Tim Walters	AIA	35.6
4. Rich Reaume	AA	41.8

OB (35-39) Final

1. Lamar Miller	AA	33.7
2. Gordon Reiter	TK	34.2
3. Caleb Brown	CTC	36.6
4. Ross Jensen	MAM	37.0
5. Jim Burke	BGM	37.4
6. Norm Taylor	CTC	39.5

1A (40-44) Final

1. Harry Tolliver	CTC	34.2
2. Grover Coats	OTH	35.8
3. Charles Kincaid	MDAC	36.7
4. LeRoy McLain	OTH	38.9
5. George LaFleur	Un	42.1

1B (45-49) Final

1. Charles Dudley	Un	37.8
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2A (50-54) Final

1. Lee Blount	St. Lo	37.6
2. Roger Hocker	Un	37.7
3. Irv Stewart	CTC	43.8
4. Dave Evans	Un	47.7
5. Howard Hock	Un	54.5

2B (55-59) Final

1. Hal Robinson	FRR	40.8
2. Bill Jordan	OTH	40.8
3. Al Jackson	OTH	42.7

3A (60-64) Final

1. Bill Carmen	BAA	43.5
2. Byron White	Un	56.5

3B (65-69) Final

1. Hugh Yeomans	CTC	47.4
2. Al Haller	Un	NT
3. Harry Lindover	CTC	55.9

4A (70-74) Final

1. Jack Siringer	OTH	65.2
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4B (75-79) Final

1. Byron Pike	OTH	51.4
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600 YARD RUN

OA (30-34) Final

1. Dolan Street	AA	1.20.0
2. Ben Hicks	Un	1.21.0
3. Donnie Hardy	Un	1.22.0
4. Gary Conklin	VAC	1.24.3
5. Tim Michaels	UCAC	1.28.6
6. Rich Reaume	AA	1.31.8

OB (35-39) Final

1. Gordon Reiter	TK	1.17.4
2. Norm Taylor	CTC	1.30.3

1A (40-44) Final

1. Harry Tolliver	CTC	1.18.4
2. Charles Kincaid	MDAC	1.22.7
3. Grover Coats	OTH	1.24.5
4. Dick Cook	CTC	1.32.4
5. George LaFleur	Un	1.39.8
6. Fred Mause	YMCA	1.59.0

1B (45-49) Final

1. Charles Dudley	Un	1.30.5
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2A (50-54) Final

1. Lee Blount	St. Lo.	1.25.4
2. Jim Barrett	OTH	1.32.8
3. Roger Hocker	Un	1.35.6
4. Peter Wilton	CTC	1.55.5
5. Howard Hock	Un	1.59.0

2B (55-59) Final

1. Al Jackson	OTH	1.48.5
2. Carl Brungard	Un	1.52.8

3A (60-64) Final

1. Bill Carmen	BAA	1.55.1
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3B (65-69) Final

1. Harry Lindover	CTC	2.00.3
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4B (75-79) Final

1. Byron Pike	OTH	1.59.8
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1000 YARD RUN

OA (30-34) Final

1. Lennie Harrison	GA	2.28
2. Andy Wolf	Un	2.33
3. Rich Reaume	AA	2.58

OB (35-39) Final

1. Larry Teague	Un	2.55
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1A (40-44) Final

1. Dennis Walsh	Con	2.36
2. Dick Cook	CTC	2.45
3. Barry Binkley	CTC	2.46

1B (45-49) Final

1. Bob Schul	Con	2.36.3
2. Charles Hall	OTH	2.56

2A (50-54) Final

1. Rich Hansver	CTC	3.02
2. Peter Wilton	CTC	3.30

2B (55-59) Final

1. Carl Brungard	Un	3.36
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3B (64-69) Final

1. Harry Lindover	CTC	3.37
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4B (75-79) Final

1. Byron Pike	OTH	3.50
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WOMEN'S 1000 RUN

OA (30-34)

WOMEN ONE MILE WALK

1B (45-49)		
1. Rhoda Lawyer	NYM	12.54
2. Donna Radigan	OTH	12.55

3A (60-64)		
1. Ernestine Yeomans CTC		10:36

3B (65-69)		
1. Beryl Siringier	OTH	15:24

POLE VAULT

OA (30-34)		
1. Rick Christoph	CTC	14'6"
2. John May	Un	12'0"

1B (45-49)		
1. D.R. Zimmerman	Hoo	9'0"

5A (80-84)		
1. Arling Pitcher	Hoo	5'10 1/2
(NEW WORLD RECORD)		

HIGH JUMP

OA (30-34)		
1. Rick Christoph	CTC	5'10"
2. Bob Rudrow	SAC	5'10"
3. John May	Un	5'6"
4. Dave Morgan	OTH	5'0"
5. Norm Bower	OTH	4'10"
6. Cliff Jackson	Un	4'10"

OB (35-39)		
1. Gordon Reiter	TK	5'6"
2. Mike Ellis	NW	5'4"
3. Pete Terpstra	Un	5'2"
4. John Davies	MAM	5'2"
5. Jim Pearce	CW	4'8"

1A (40-44)		
1. Alonzo Littlejohn	AA	5'8"
2. Paul Dorsey	NW	5'6"
3. Mamon Gibson	Chi	5'4"
4. Carl Burgess	Un	5'0"
5. Grover Coats	OTH	4'8"

1B (45-49)		
1. Tom Ragland	OTH	4'8"
2. D.R. Zimmerman	Hoo	4'4"
3. Ron Lusby	KC	4'2"

2A (50-54)		
1. Herb Wagemaker	VAC	4'8"
2. Bob Jones	NW	4'4"
3. Clarence Johnson	OTH	4'2"

2B (55-59)		
1. Charles Olson	It	4'2"

4A (70-74)		
1. Wesley Ward	Hoo	4'8"
2. Jack Siringier	OTH	4'2"

5A (80-84)		
1. Arling Pitcher	Hoo	3'2"

WOMEN HIGH JUMP

1A (40-44)		
1. JoAnne Grissom	Hoo	4'0"

3A (60-64)		
1. Ernestine Yeomans CTC		3'0"

3B (65-69)		
1. Sheila Evans	Hoo	3'5"

MEN LONG JUMP

OA (30-34)		
1. Cliff Jackson	Un	21'4"
(18'2 1/2"-21'0"-21'4"-20'7")		
2. Bob Burnett	Un	20'11"
(20'11"-F-F-19'1 1/2")		
3. Dave Morgan	OTH	19'10 1/2
(F-19'10 1/2"-19'1 1/2"-F)		

OB (35-39)		
1. Gordon Reiter	TK	20'1 1/2
(19'3-3/4"-19'10-3/4"-20'1 1/2"-P)		
2. Bill Black	CTC	19'7 1/2
(19'7 1/2"-F-F-18'7")		
3. Ralph Marinello	Pea	19'1"
(17'9"-17'0"-F-19'1 1/2")		
4. John Davies	MAM	17'9"
(16'3"-17'9"-17'0"-P)		
5. Mike Ellis	NW	14'11"
(14'5"-14'11"-P-P)		

1A (40-44)		
1. Carl Burgess	Un	20'9 1/2
(19'1"-20'2"-20'5"-20'9 1/2")		
2. Paul Dorsey	NW	18'11"
(17'8"-18'11"-18'9 1/2"-F)		
3. Grover Coats	OTH	17'9 1/2
(17'9 1/2"-F-17'3"-17'8")		
4. LeRoy McLain	OTH	17'6"
(F-F-17'1 1/2"-17'6")		

1B (45-49)

1. Reggie Smith	Un	17'3"
(16'11 1/2"-16'5"-17'3"-P)		
2. Tom Ragland	OTH	17'1 1/2
(17'1 1/2"-P-P-P)		
3. Larry Bybee	NS	16' 1/2
(16' 1/2"-F-14'6"-15'8 1/2")		
4. Ron Lusby	KC	14'8 1/2
(14'8 1/2"-F-13'3 1/2"-F)		

2A (50-54)		
1. Larry Steieratf	Hoo	16'5"
(15'6 1/2"-16'5"-F-15'0 1/2")		
2. Herb Wagemaker	VAC	16'2"
(15'9"-16'1"-16'1 1/2"-16'2")		
3. Clarence Johnson	OTH	16' 1/2
(14' 1/2"-15'11"-16' 1/2"-15'8")		
4. Bob Jones	NW	15'6"
(F-15'2"-13'5"-15'6")		

2B (55-59)		
1. Merle Nickell	Un	16'9-3
(14'10"-16'9-3/4"-14'11"-16'8")		
2. Bill Jordan	OTH	15'9"
(F-15'9"-F-13'4")		
3. Hal Robinson	FRR	15'6"
(15'3-3/4"-11'2 1/2"-15'6"-13'10")		

3A (60-64)		
1. Charles Northrup	Hoo	14'11 1/2
(14'11-3/4"-14'11"-P-P)		
2. Bill Carmen	BAA	13'11 1/2
(12'9"-13'4"-13'11 1/2"-13'7 1/2")		

4A (70-74)		
1. Jack Siringier	OTH	10'11"
(9'10"-9'0"-10'1"-9'10")		

5A (80-84)		
1. Arling Pitcher	Hoo	9'8"
(F-9'8"-P-P)		

WOMEN'S LONG JUMP		
1A (40-44)		
1. Jo Anne Grissom	Hoo	14' 1/2
(F-13'11 1/2"-13'5"-14' 1/2")		

2A (50-54)		
1. Melba Hatch	AA	8'3/4
(6'6"-8' 1/2"-8'3/4"-P)		

3A (60-64)		
1. Ernestine Yeomans CTC		6' 1/2
(5'7"-5'7-3/4"-6'0"-6' 1/2")		

3B (65-69)		
1. Mary Bowermaster	CTC	10'2 1/2
(F-9'2"-9'3 1/2"-10'2 1/2")		
2. Beryl Siringier	OTH	5'9"
(5'2"-5'9"-5'3"-P)		

TRIPLE JUMP		
OA (30-34)		
1. Dave Morgan	OTH	36'3-3
(36'3-3/4"-34'10 1/2"-35'7 1/2"-36'2 1/2")		

OB (35-39)		
1. Ralph Marinello	Pea	39'7 1/2
(38'4"-39'7 1/2"-P-P)		

1A (40-44)		
1. Carl Burgess	Un	39'0"
(37'10 1/2"-F-36' 1/2"-39'0")		
2. Grover Coats	OTH	36'3 1/2
(34'11 1/2"-34'6"-36'3 1/2"-P)		
3. Alonzo Littlejohn	AA	34'3"
(33'0"-34'3/4"-34'3"-F)		

2A (50-54)		
1. Bob Jones	NW	28'11"
(F-28'11")		
2. Herb Wagemaker	VAC	27'3-3
(27'3-3/4"-26'9"-P-P)		

2B (55-59)		
1. Charles Olson	It	34'2-3
(30'4"-29'0"-F-34'2-3/4")		
2. Merle Nickell	Un	32'3"
(30'11"-30'9 1/2"-29'8-3/4"-32'3")		

3A (60-64)		
1. Bill Carmen	BAA	25'11"
(25'11"-P-P-F)		

4A (70-74)		
1. Jack Siringier	OTH	20'2"
(F-20'2"-F-P)		

5A (80-84)		
1. Arling Pitcher	Hoo	19'6"
(19'6"-P-P-P)		

SHOT PUT		
OA (30-34)		
1. Steve Kaye	CW	41'2 1/2
(38'1"-40'0"-40'9-3/4"-41'2 1/2")		
2. Pinky Johnson	OTH	40'11 1/2
(40'10 1/2"-39'5 1/2"-40'10 1/2"-40'11 1/2")		
3. Norm Bower	OTH	39'10 1/2
(37'10 1/2"-F-39'10 1/2"-38'4-3/4")		
4. Dave Morgan	OTH	38'5 1/2
(37'10"-36'3"-38'5 1/2"-36'9 1/2")		
5. Rich Christoph	CTC	33'1 1/2
(32'8"-33'1"-31'8 1/2"-33'1-3/4")		

ELEVENTH ANNUAL EASTERN MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS
MARCH 20, 1983, WEST POINT, N.Y.

OB (35-39)		
1. Jim Pearce	CW	34'4-
(32'7 1/2"-33'9 1/2"-32'3"-34'4-3/4")		

1B (45-49)		
1. D. R. Zimmerman	Hoo	25'11"
(25'4-3/4"-24'1"-24'9-3/4"-25'11")		
2. Charles Dudley	Un	24'5 1/2
(F-F-23'0"-24'5 1/2")		

2A (50-54)		
1. Joe Chadbourne	OTH	37'5 1/2
(36'2"-37'4 1/2"-36'7"-37'5 1/2")		
2. Dick Mann	OTH	37'4 1/2
(37' 1/2"-37'4 1/2"-33'8"-37'11")		
3. Tom Grimes	Lou	36'6-
(F-F-36'6-3/4"-F)		
4. Gene Passiner	Finn	35'7"
(35'6 1/2"-35'4 1/2"-35'4"-35'7")		
5. Clarence Johnson	OTH	33'8 1/2
(31'7 1/2"-31'5-3/4"-32'4"-33'8 1/2")		
6. Chuck Stack	OTH	31'2"
(29'3/4"-30' 1/2"-F-31'2")		

2B (55-59)		
1. Phil Brusca	St.Lou	40'10"
(40'4"-F-39'8 1/2"-40'10-3/4")		
2. Al Jackson	OTH	30'7"
(F-29'0"-30'7"-27'3")		
3. Charles Clippard	Un	28'9 1/2
(F-28'9 1/2"-26'11"28'7-3/4")		

3A (60-64)		
1. Charles Northrup	Hoo	30'7"
(29'4"-30'7"-30'6"-P)		

3B (65-69)		
1. Woody Faison	Un	31'9"
(31'3 1/2"-30'8"-31' 1/2"-31'9")		
2. Hugh Yeomans	CTC	26'
(23'6 1/2"-25'0"-24'5 1/2"-26')		

4A (70-74)		
1. Jack Siringier	OTH	29'10
(28'8 1/2"-29'1 1/2"-29'6"-29'10")		
2. Wesley Ward	Hoo	29' 1/2
(25'4 1/2"-24'8"-29' 1/2"-26' 1/2")		

WOMEN'S SHOT PUT		
OA (30-34)		
1. Marti Baker	Un	16'7"
(16'5 1/2"-16'4"-15'1 1/2"-16'7")		

OB (35-39)		
1. Mary Chadbourne	OTH	18'5 1/2
(18'3"-18'5"-18'5 1/2"-18' 1/2")		

1A (40-44)		
1. Jo Anne Grissom	Hoo	34'9-
(33'4"-33'5 1/2"-33'10"-34'9-3/4")		

2A (50-54)		
1. Melba Hatch	AA	23'1 1/2
(21'2 1/2"-21'8"-23'1 1/2"-21'8")		

3A (60-64)		
1. Ernestine Yeomans CTC		21'3 1/2
(20'2-3/4"-20'2 1/2"-19'1 1/2"-21'3 1/2")		

3B (65-69)		
1. Mary Bowermaster	CTC	23'11
(F-23'11"-F-F)		
2. Beryl Siringier	OTH	15'7"
(F-13'7"-15'7"-11'1 1/2")		

WOMEN'S WEIGHT THROW		
OB (35-39) - 25 Lb.		
1. Mary Chadbourne	OTH	20'
(19'8 1/2"-18'4 1/2"-20'-19'2")		

1B (45-49) - 25 Lb.		
1. Donna Radigan	OTH	17'
(17'-F-F-16'10-3/4")		

3B (65-69) - 25 Lb.		
1. Beryl Siringier	OTH	9'7"
(8'10-3/4"-9'5"-9'7"-F)		

56 LB. WEIGHT THROW		
OA (30-34)		
1. Norm Bower	OTH	27'4 1/2
(25'8"-23'5"-27'4 1/2"-F)		
2. Steve Kaye	OTH	23'
(17'2"-23'-21'6"-F)		

OB (35-39)		
1. Jim Pearce	CW	25'2"
(F-21'11 1/2"-20'8 1/2"-25'2")		

2A (50-54)		
1. Dick Mann	OTH	20'10"
(11'7"-20'10"-F-19'5")		
2. Joe Chadbourne	OTH	20'
(F-20'-F-F)		

WOMEN 56 LB. WEIGHT THROW		
OB (35-39)		
1. Mary Chadbourne	OTH	8'7"
(6'10"-7'7"-7'5"-8'7")		

60 yd. High Hurdles		
M30		
J. JONES	PM	7.6
G. HOFFMAN	RA	8.7
R. HARRISON	NS	8.8
J. OVERTON	SH	9.1

M35		
J. ACKROYD	SH	8.6
M. DEJESUS	NY	8.7
M. MILONE	NY	9.1

M40		
J. O'HARA	SH	7.9
J. SULLIVAN	NJ	10.7

M45		
C. PRATT	PM	7.8
L. TROUT	SH	8.5

M50		
L. PRATT SR.	PM	8.1
L. OLSEN	NY	9.7
J. KELLY	NY	10.0
H. COLEN	NY	10.7
G. TAYLOR	PM	10.9
J. BARRIE	PM	10.4

M55		
G. KELLY	SH	10.1
M60		
R. CAVICCHI	OH	10.5
M. NEUHOF	NY	10.9

M70		
C. HILLS	PM	10.7
J. McCLUSKY	AC	12.9

H. COLLEN	NY	10.7
G. TAYLOR	PM	10.9
J. BARRIE	** PM	10.4

300 yd. dash M60 D. LAWYER NY 39.6 J. PIERSON PM 40.6 R. BROWN PC 41.7 R. CAVECCCHI OH 45.6 M65 H. HASACK PM 41.7 S. SORLIEN RI 44.9 M. NEUHOF NY 45.6 M70 C. HILL PM 46.0 M. D'ELIA NJ 47.5 M75 B. FIKE OH 47.1 M80 E. HOSACK OH 64.6	D. COHEN MH 5:15.7 C. LAGO ML 5:54.1 1 MILE RUN M50 L. SLOCUM NM 4:56.3 H. KANIA NY 5:06.3 A. COHEN NY 5:44.5 J. HANEY SH 5:50.9 J. HYHAN WA 6:09.8 M55 A. MESSENGER NY 5:18.6 P. MESSINA WA 5:47.0 W. SIDEROWITZ NY 6:29.0 M60 R. BROWN PC 6:21.7 J. HASCUP UN 7:21.1 M65 G. JAFFE NY 6:22.4 J. POPOWICH NY 6:22.7 R. HULL SH 6:28.0 M70 H. ZACHMAN NJ 7:31.8 M75 B. FIKE OH 6:54.8 TWO MILE RUN M30 P. GAMBOCCINI CP 9:34.2 G. MCCARTHY CP 9:58.0 B. SANDSTROM WS 10:04.4 B. PERTAK WS 10:16.7 C. MITCHELL UN 10:48.4 L. INGE UN 12:57.0 M35 M. KELLY UN 10:28.0 W. INDEK NJ 11:13.5 R. HAUCK TT 12:00.1 M40 J. MULVEY NY 12:27.7 M45 E. CLOAS GR 10:59.6 D. COHEN UN 11:01.7 C. CURTIS BA 11:14.8 G. DAUTH NY 12:11.6 M50 L. SLOCUM NM 10:17.9 A. GREEN CP 10:25.5 A. COHEN NY 11:30.4 T. HOVEY MO 11:31.8 R. FINE NY 11:49.4 J. HANEY SH 13:02.7 J. FULLENWIDER UN 14:21.7 M55 D. MARGETSON PC 13:05.2 M65 G. JAFFEE NY 14:33.6 R. HULL SH 14:41.5 W. WESTERHOLM ML 16:04.6 M70 W. STEINER SH 16:03.4 ONE MILE RELAY 30-39 N.Y. PIONEERS 3:31.3 BROWN-ROBINSON-DYCE OVERTON PHILADELPHIA 3:39.0 HAWKINS-MAXWELL JONES-SMITH 40-49 N.Y. PIONEERS 3:40 BARNWELL-GATON O'NEAL-SHANE PHILADELPHIA 3:41.9 PRATT, D. - PRATT, J. HUCKLE-STANFORD 50-59 N.Y. MASTERS 3:45 COHEN-LENTZER KERNAN-DOWLING TWO MILE RELAY 30-39 GREATER ROCHESTER 8:32.4 WILLIAMS-VANAUKE GUIDO-HASENAUER 40-49 CENTRAL PARK 8:46.7 GOLUSKIN-TUCKER BASSETT-HOWARD 50-59 N.Y. MASTERS 10:38.2 COHEN-LENTZER KERNAN-DOWLING TWO MILE WALK M35 P. SANTOS BI 19:52.2 M40 R. GOLDMAN MR 17:12.3 R. JENNINGS PM 17:35.6 J. MULVEY NY 18:55.0 M45 B. KAUFMAN NY 20:57.4 M50 J. BOITANO NY 15:42.6 B. OMOCHENKO UN 17:42.0 J. HANEY SH 18:44.0 T. COSTIGAN NY 21:45.5 M55 S. KALB SH 22:23.4 M. LENTZER NY 24:24.2 M60 T. DYAS NJ 18:15.0 G. HELLER NJ 18:23.8	M65 G. LANGERFELD SH 21:22.2 HIGH JUMP M30 G. HOFFMAN RD 4'10 I. BLACK AC 4'8 R. SALVIO SH 4'8 M35 A. ZACHARKA SH 5'6 M. DEJBUS NY 5'4 J. ACKROYD SH 5'2 M40 G. COUNIHAN AC 5'8 E. ZURAW tie UN 5'6 G. KROW TIE PM 5'6 J. SULLIVAN NJ 4'10 J. MULVEY NY 4'4 R. KAYE NY 4'0 M45 L. TROUT SH 5'2 B. COSBY PM 5'0 P. ILLUZZI SH 4'8 D. BOWERING UN 4'8 M50 L. OLSEN NY 4'8 W. JACKSON UN 4'8 C. JOHNSON OH 4'4 M55 D. MARGETSON PC 4'6 M60 B. MORCUM PM 4'10 M65 J. HUMER CN 4'8 M. NEUHOF NY 4'6 M70 O. HILLS PM 4'0 SHOT PUT M30 J. KEIP PM 45'11 J. OVERTON SH 38'1 M35 A. NEVILLE UN 40'4 J. ACKROYD SH 34'3 B. RYAN SH 27'3 M40 L. PRATT PM 46'2 J. ROBINSON SH 42'1 C. KLEHM UM 40'3 B. MCKENNA NY 36'2 M45 R. DEERE PC 37'4 B. DERRY PM 33'7 T. JACKSON SH 32'10 K. KRASTIN NY 32'8 J. SNELL PM 30'11 M50 L. OLSEN NY 48'6 P. CARSTENSEN NY 39'8 C. JOHNSON OH 36'1 T. BROOKS PC 32'5 W. JACKSON UN 29'11 J. HANEY SH 25'8 SHOT PUT M55 H. CANTOR NY 40'7 A. JACKSON OH 31'9 D. HENRY SH 31'5 M. LENTZER NY 26'4 M60 G. BALTUCK UN 41'10 J. PIERSON CH 36'4 P. FLOURNOY PM 31'2 M65 P. SEREGHY NY 36'0 G. LANGEFELD SH 29'6 M70 C. HILLS PM 25'4 LONG JUMP M30 R. BEALE PM 20'4 D. ROBINSON SY 20'3 R. HARRISON JS 19'8 A. WALTON PV 19'6 I. BLACK AC 18'8 R. SALVIO SH 13'7 M35 K. SALTER NY 18'2 P. ZACHMAN SH 18'1 P. SANTOS BE 17'9 J. ACKROYD UN 17'7 O. HARRISON tie NY 16'10 P. TAULE tie NY 16'10 M40 B. TAYLOR PV 20'4 R. PLEASANT PC 19'11 F. MANNIS PM 15'11 R. KAYE NY 15'5 J. SULLIVAN NJ 12'8 M45 J. SNELL PM 16'9 E. MCCOMBS PM 16'1 H. BOHIGIAN NY 16'1 P. PLANT PC 15'8 M50 R. ENDERS PV 17'9 P. CARSTENSEN NY 14'9 C. JOHNSON OH 14'9 H. COLEN NY 14'3 L. OLSEN NY 14'0 S. SALT UN 13'11 R. TURNER OH 13'8 M55	W. JORDAN OH 14'9 S. KALB SH 11'9 M60 B. MORCUM PM 15'6 R. CAVICCHI OH 13'7 D. HARRIS PM 13'1 E. CUNNINGHAM PM 10'6 LONG JUMP M65 I. HUME CN 14'4 D. HULL PM 13'9 S. SORLIEN RI 13'5 M70 C. HILLS PM 11'5 H. ZACHMAN NJ 7'2 POLE VAULT M30 J. OVERTON SH 12'6 M35 C. POLHAMUS AT 15'6 A. BERNARDI AC 11'0 M40 W. SOKOLOWSKI AC 14'6 E. ZURAW CH 13'6 G. COUNIHAN AC 13'6 N. CYPRUS AC 11'6 R. JENNINGS PM 8'0 M45 P. ILLUZZI SH 8'0 M50 J. HARRINGTON UN 11' G. TAYLOR PM 7' M60 B. MORCUM PM 12'0 M65 I. HUME CN 8'6 M70 C. HILLS PM 7' WEIGHT THROW M30 R. SALVIO SH 33'6 M35 M. GRISKO UN 46'1 A. NEVILLE UN 36'7 J. ACKROYD SH 32'4 M40 N. CYPRUS AC 44'9 C. KLEHM UM 43'9 B. MCKENNA NY 32'6 M45 T. JACKSON SH 32'6 OFERE UN 32'2 K. KRASTIN NY 30'1 M50 L. OLSEN NY 43'5 P. CARSTENSEN NY 37'8 J. HANEY SH 17'7 M55 L. MOZHUER PM 35'5 H. CANTOR NY 33'8 M60 G. BATTICK UN 38'2 M65 P. SEREGHY NY 32'6 M70 C. HILL PM 23'3 WEIGHT THROW M80 E. HOSACK OH 15'9 TRIPLE JUMP M30 R. BEALE PM 42'3	I. BLACK AC 38'4 R. SALV SH 32'9 M35 K. SALTER NY 37'9 J. ACKROYD SH 36'3 P. ZACHMAN SH 34'3 M40 R. BURY SH 37'5 R. KAYE NY 32'4 P. TAULE NY 30 M45 H. BOHIGIAN NY 34'8 M50 R. ENDERS PV 35'3 S. SALT UN 27'3 H. COLEN NY 27'4 M55 D. MARGETSON PC 24'9 M60 R. CAVICCHI OH 27'10 M65 S. SORLIEN RI 29'10 I. HUME CN 29'8 M70 H. ZACHMAN NJ 24'2 C. HILLS PM 15'6 WOMEN'S RESULTS HIGH HURDLES W40 C. BROWN AT 9.1 60 yd. dash W35 S. CLARK AT 7.5 G. LADD PM 9.3 N. DINITTO LB 10.3 W 40 C. BROWN AT 7.4 C. MCINTOSH MB 7.7 W45 M. FITZGERALD UN 8.0 A. JOHNSTON NY 8.8 S. GOODHUE WE 9.2 A. CIRULNICK NY 9.3 W50 C. MCKENZIE NY NT B. COHEN NY 12.7 W55 B. HOLLAND OH 9.6 B. MESSENGER NY 16.7 300 yd. dash W35 S. CLARK AT 40.3 L. UPTON WA 44.6 N. DINITTO LB 54.0 W40 M. FITZGERALD UN 41.8 W 45 S. GOODHUE WA 46.1 A. JOHNSON NY 48.1 C. CLOOS GR 52.1 W50 C. MCKENZIE NY 44.9 600 yd. dash W30 J. SMITH AT 1:27.0 B. CLAIR NY 1:44.8 W35 S. CLARK AT 1:31.7 W40 B. PIKE LB 1:35.0 W45 S. GOODHUE WA 1:44.1 C. FULLENWIDER LB 1:59.9	W50 C. MCKENZIE NY 1:44.8 1,000 yd. run W30 B. CLAIR NY 3:17.0 W35 P. HEWITT WA 3:09.4 W40 B. PIKE TB 2:56.6 A. BING NJ 3:22.9 1,000 yd. run W50 G. LIPTON UN 4:44.8 W65 A. SALAMINI NY 4:50.8 ONE MILE RUN W30 M. GLAVIN GR 5:48.9 W35 L. UPTON WA 5:34.7 A. HATCH LB 5:44.4 R. VILLA CP 5:49.8 P. HEWITT WA 6:08.0 K. KENDALL UN 8:21.3 W40 S. HUNTER LB 5:33.4 A. BING NJ 5:39.6 W50 M. KANIA NY 5:40.1 G. LIPTON UN 8:38.9 W65 A. SALAMINI NY 8:40.5 TWO MILE RUN W30 M. GLAVIN GR 12:27.5 W35 A. HATCH LB 12:19.1 W40 C. PARSY LB 11:59.3 W65 A. SALAMINI NY 19:03.0 ONE MILE RELAY LIBERTY A.C. 5:01 HUNTER-PIKE PARSI-FULLENWIDER TWO MILE WALK W30 L. WELLS NY 18:57 J. SALVIO SH 20:28.6 W45 P. ROSEN MD 20:23.5 W55 M. HENRY SH 20:37 B. MESSENGER NY 26:32.8 HIGH JUMP W35 S. CLARK AT 4'10 W55 B. HOLLAND OH 3' SHOT PUT W45 A. CIRULNICK NY 26'4 C. FULLENWIDER LB 22'9 W50 C. MCKENZIE NY 21'6 W55 B. HOLLAND OH 29'2 B. MESSENGER NY 15'4
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GOLD COAST WEIGHT & ATHLETIC

March 26, 1983	Atlantic Community School	Disc	Shot	Jav	Ham	wt Th	Score
32	Celeste Cox	10.00	6.10	14.14	15.90	4.77	
		52.50	20.01	46.39	52.17	15.65	
		106	140	112	195	8	561
	Lee Anne Judd	26.40	7.58	18.58	21.25	6.46	
		86.62	24.87	60.90	69.72	21.20	
		389.5	271	232	317.5	173	1383
44	Larry Judd	28.80	9.45	37.00	24.60	8.80	
		94.49	31.01	121.40	80.71	28.87	
		446.5	440.5	481.5	395	370	2133.5
53	Randy Cooper	34.80	12.07	37.80	24.85	8.59	
		114.18	39.60	124.02	81.53	28.18	
		606.5	604	610.5	389	471.5	2681.5
57	Warren Carter	28.50	10.45	22.71	24.04	6.72	
		93.51	34.29	74.51	78.88	22.05	
		525	554.5	369.5	422.5	365	2236
63	Arthur Knapp	24.50	9.35	24.45	23.08	6.80	
		80.38	30.68	80.22	75.73	22.31	
		342.5	412	425.5	377	342	1899
67	Pete Gulgin	28.4	11.66	21.55	31.58	8.31	
		93.18	38.26	70.71	103.61	27.27	
		793.5	652.5	428	486.5	2975.5	
69	John Lieb	28.44	11.59	32.36	28.14	8.64	
		93.31	38.03	106.17	92.33	28.35	
		505	648	684.5	547.5	516	2901
70	Bob Schanzle	27.53	9.05	21.48	23.60	7.00	
		90.33	29.69	70.48	77.43	22.97	
		559.5	535.5	514.5	529.5	451	2590
71	Phil Partridge	24.73	6.29	24.43	21.72	6.87	
		81.14	20.64	80.15	71.26	22.54	
		787	531	666.5	696.5	650	3331
77	Arnolds Tiedman	25.35	9.75	15.64	28.85	7.92	
		83.17	31.99	51.31	94.66	25.99	
		589	688.5	430.5	756.5	658	3122.5

a 2K Age Record

b all Olympic wt. implements

VIRGINIA ASSOCIATION TAC STATE MASTERS INDOOR TRACK
AND FIELD CHAMPIONSHIPS
5 March 1983

TEAM SCORES

SUBMASTERS: 1. Charlottesville Track Club (CTC) 51; 2. Richmond Track and Field Club (RTFC);
3. Shenandoah Valley Track Club (SVTC) 3.
MASTERS I & II: 1. RTFC 61; 2. CTC 46; 3. Tidewater Striders (TS) 15; 4. Lynchburg Roadrun-
ners Club (LRC) 8; 5. SVTC 3; 6. Shenandoah Valley Runners (SVR) 1.
MASTERS III & IV: 1. RTFC 31; 2. CTC 21; 3. SVR 10; 4. SVTC 6.

MEN'S RESULTS

SHOT: SUBM: 1. Charles Falk (34) (CTC) 12.88m; 2. Alan Neville (39) (Un) 12.60m; 3. Nick
Nichols (36) (CTC) 11.69m; 4. Jim Alexander (34) (CTC) 11.09m.
MI: 1. William Wade (42) (CTC) 11.62; 2. Somerville Wickham (40) (RTFC) 8.60.
MII: 1. Charles Engle (54) (LRC) 11.09; 2. Dil Cook (50) (RTFC) 10.46.
MIII: 1. Douglas Phillips (66) (RTFC) 8.74.
MIV: 1. Christopher Tompkins (73) (RTFC) 9.23.
LONG JUMP: SUBM: 1. Keith Witherspoon (30) (CTC) 7.00 (MR); 2. Jeffrey Hughes (33) (CTC) 6.62.
MI: 1. Richard Burnett (41) (CTC) 3.98.
MII: 1. Bill Cole (53) (RTFC) 4.62; 2. Dil Cook (50) (RTFC) 4.33.
MIII: 1. Douglas Phillips (66) (RTFC) 3.11.
MIV: 1. Jeremiah Gaines, Sr. (71) (Un) 4.01; 2. Christopher Tompkins (71) (RTFC) 3.4.
TRIPLE JUMP: SUBM: 1. Keith Witherspoon (30) (CTC) 14.17 (MR); 2. Alan Chamberlain (35) (Un) 9.3.
MI: 1. Richard Barnett (41) (CTC) 8.40.
MII: 1. Bill Cole (53) (RTFC) 9.78; 2. Dil Cook (50) (RTFC) 7.38.
HIGH JUMP: SUBM: 1. Charles Falk (34) (CTC) 1.52.
MI: 1. Ed Zuraw (44) (CTC) 1.632 (MR).
MII: 1. Spottswood Hall (58) (RTFC) 1.421; 2. Charles Engle (54) (LRC) 1.421;
3. Dil Cook (50) (RTFC) 1.27.
MIII: 1. Frank Finger (67) (CTC) 1.27.
MIV: 1. Christopher Tompkins (73) (RTFC) 1.22.
POLE VAULT: SUBM: 1. Ronald Cook (36) (CTC) 3.81.
MI: 1. Ed Zuraw (44) (CTC) 4.02 (MR); 2. Michael Trader (47) (Un) 2.59.
55-METER DASH: SUBM: 1. Peter Macheras (30) (Un) 6.6; 2. Keith Witherspoon (30) (CTC) 6.7;
3. Fred Jeter (33) (RTFC) 6.9; 4. Calvin Blake (31) (LRR) 7.0; 5. Alan
Chamberlain (35) (Un) 7.0; 6. Irving Joseph (39) (CTC) 7.0.
MI: 1. Richard Barnett (41) (CTC) 7.4; 2. Somerville Wickham (40) (RTFC) 7.8.
MII: 1. Harold Green (53) (RTFC) 7.2; 2. Bill Cole (53) (RTFC) 7.5; 3. Dil Cook
(50) (RTFC) 7.8.
MIII: 1. Herbert Ferris (65) (SVTC) 15.5.
MIV: 1. Jeremiah Gaines, Sr. (71) (Un) 8.6 (MR); 2. Christopher Tompkins (73)
(RTFC) 10.2.
55-METER HURDLES: SUBM (39"): 1. Keith Witherspoon (30) (CTC) 8.4.
MI (36"): 1. Richard Barnett (41) (CTC) 10.0.
MII (33"): 1. Harold Green (53) (RTFC) 10.2; 2. Dil Cook (50) (RTFC) 11.0.
MIV (30"): 1. Christopher Tompkins (73) (RTFC) 13.0.
400-METER DASH: SUBM: 1. Keith Witherspoon (30) (CTC) 58.5; 2. Irving Joseph (39) (CTC) 60.1.
MI: 1. Richard Barnett (41) (CTC) 63.2; 2. Bob Brandt (40) (Un) 64.0; 3. James
Hodson (47) (SVR) 68.9.
MII: 1. Harold Green (53) (RTFC) 62.4; 2. Bill Cole (53) (RTFC) 62.4.
MIII: 1. Frank Finger (67) (CTC) 67.0.
800-METER RUN: SUBM: 1. Larry Barthurst (35) (RTFC) 2:12.1; 2. Colby Broadwater (32) (Un) 2:23.6
MI: 1. Lew Faxon (43) (TS) 2:16.8; 2. Bob Brandt (40) (Un) 2:21.1; 3. Chester
Naylor (46) (CTC) 2:26.6; 4. John Knox (40) (Un) 2:31.6; 5. James Hodson (47) (SVR)
2:37.1; 6. Alan Rogol (41) (CTC) 2:37.4; 7. Richard Tenurelli (43) (Un) 2:43.1.
MII: 1. Stuart Johnson (53) (RTFC) 2:36.6.
MIII: 1. Ray Gordon (64) (SVR) 2:44.6; 2. Harold Driscoll (62) (CTC) 3:00.8;
3. Herbert Ferris (68) (SVTC) 3:02.2.
1500-METER RUN: SUBM: 1. John Tucker (33) (Un) 4:20.5; 2. Larry Barthurst (35) (RTFC) 4:25.3;
3. Allan McLearn (31) (CTC) 4:35.9; 4. Colby Broadwater (32) (Un) 4:47.6;
5. Phillip Gates (37) (CTC) 5:03.2.
MI: 1. Lew Faxon (43) (TS) 4:45.6; 2. Chester Naylor (46) (CTC) 5:00.4;
3. Alan Rogol (41) (CTC) 5:21.2; 4. James Hodson (47) (SVR) 5:28.5.
MIII: 1. Harold Driscoll (62) (CTC) 5:52.9; 2. Bev Read (63) (Un) 6:55.9.
5000-METER RUN: SUBM: 1. Allan McLearn (31) (CTC) 17:16.3; 2. Bill Mahone (30) (SVTC) 17:38.9;
3. Jim Phemister (38) (Un) 18:55.2; 4. Phillip Gates (34) (CTC) 19:10.3.
MI: 1. Lew Faxon (43) (TS) 16:29.7; 2. Peter Neilsen (49) (SVTC) 20:07.2;
3. Charles Warner (44) (CTC) 21:45.6.
MIII: 1. Ray Gordon (64) (SVR) 21:27.6 (MR); 2. Harold Driscoll (62) (CTC)
21:38.9; 3. Alvin Smith (61) (Un) 22:09.3.
1600-METER RELAY: MII: 1. RTFC (Bill Cole 53, Dil Cook 50, Stuart Johnson 53, Harold Green 5;
4:21.8 (MR)).

WOMEN'S RESULTS

55-METER DASH: SUBM: 1. Kathy Thomas (33) (CTC) 8.6 (MR).
MI: 1. Beverley McCoid (48) (CTC) 10.0 (MR).
800-METER RUN: SUBM: 1. Kathy Thomas (33) (CTC) 2:36.6.
MI: 1. Glenna Fink (43) (SVTC) 2:52.6 (MR); 2. Beverley McCoid (48) (CTC) 3:06.8;
3. Hazel Blevins (42) (CTC) 3:34.9.
1500-METER RUN: SUBM: 1. Kathy Thomas (33) (CTC) 5:02.2 (MR).
MI: 1. Glenna Fink (43) (SVTC) 5:45.2 (MR); 2. Beverley McCoid (48) (CTC) 6:07.
3. Hazel Blevins (42) (CTC) 7:00.5.
5000-METER RUN: SUBM: 1. Kathy Thomas (33) (CTC) 19:48.0; 2. Susan Doss (30) (Un) 21:38.1.
MI: 1. Beverley McCoid (48) (CTC) 23:56.0; 2. Hazel Blevins (41) (CTC) 25:25.1.

NON-VIRGINIA ASSOCIATION MEN

SHOT: SUBM: 1. Joel Liles (37) (Cary Express) 8.72.
MI: 1. Mike Valle (42) (Greensboro Pacesetters) 12.33.
MII: 1. Hank Darlington (50) (Un) 11.67.
LONG JUMP: SUBM: 1. Joel Liles (37) (CE) 5.41; 2. Alan Young (30) (CE) 4.79.
MI: 1. Mike Valle (42) (GP) 4.57; 2. Rusty Hamilton (46) (Un) 4.54.
TRIPLE JUMP: SUBM: 1. Joel Liles (37) (CE) 10.39.
MI: 1. Rusty Hamilton (46) (Un) 9.25; 2. Mike Valle (42) (GP) 9.14.
HIGH JUMP: SUBM: 1. Joel Liles (37) (CE) 1.472.
MI: 1. Mike Valle (42) (GP) 1.421.
MII: 1. Hank Darlington (50) (Un) 1.369.
POLE VAULT: SUBM: 1. Joel Liles (37) (CE) 2.59.
* 55-METER DASH: SUBM: 1. Joel Liles (37) (CE) 7.1.
MI: 1. Mike Valle (42) (GP) 8.0; 2. Rusty Hamilton (46) (Un) 8.0.
55-METER HURDLES: MI: 1. Rusty Hamilton (46) (Un) 10.4; 2. Mike Valle (42) (GP) 10.6.
MII: 1. Hank Darlington (50) (Un) 10.2.
400-METER DASH: SUBM: 1. Bill Dawkins (33) (CE) 58.3; 2. Joel Liles (37) (CE) 60.5.
MI: 1. Hank Darlington (50) (Un) 68.3.
800-METER RUN: SUBM: 1. Bill Dawkins (33) (CE) 2:11.8; 2. Alan Young (30) (CE) 2:39.5.

NON-VIRGINIA ASSOCIATION WOMEN

SHOT: SUBM: 1. Jo Lane (31) (CE) 6.78.
LONG JUMP: SUBM: 1. Jo Lane (31) (CE) 3.99.
55-METER DASH: SUBM: 1. Jo Lane (31) (CE) 8.9.

* MII: 1. Hank Darlington (50) (Un) 7.7.

TAC National Indoor Masters
Track & Field Championships
Lehigh University - Bethlehem, PA
March 26 - 27, 1983

Name	Residence	Club	Mark
60 yd hurdles			
MOA 1 Nate Robinson	Deerfield Beach FL	Unattached	0:07.1
(30-2 John P. Jones	E. Greenville PA	Phila Masters	0:07.6
34) 3 Robert Rudrow	Asbury Park NJ	Shore AC	0:07.6
4 John Borden	Philadelphia PA	Phila Masters	0:07.9
5 Eugene Hoffman	Baltimore MD	R.A.S.A.C	0:08.1
MOB 1 Bill Meadows	Medford Lakes NJ	Phila Masters	0:08.2
2 Michael Carroll	Ellicott City MD	Unattached	0:08.3
3 John Novak	Edison NJ	Unattached	0:08.4
MIA 1 Jim O'Hara	Tabernacle NJ	Shore AC	0:07.7
2 Jackie Fassetto	Newark DE	Shore AC	0:07.7
3 Barry Kline	Washington PA	West Penn	0:08.1
4 Bryan Westfield	Ann Arbor MI	Ann Arbor	0:08.2
MIB 1 Charlie Pratt	Marlton NJ	Phila Masters	0:07.8
2 Sammy White	East Point GA	Atlanta	0:08.4
3 Leon Trout	Union NJ	Shore AC	0:08.7
4 Tom Ragland	Youngstown OH	Over the Hill	0:09.4
5 Haig Bohigian	N Tarrytown NY	NY Masters	0:11.5
6 Alvin Henry	Carson CA	Corona Del Mar	dnf
M2A 1 Larry Pratt	Cinnaminson NJ	Phila Masters	0:08.0
2 Dave Jackson	Carson City CA	Corona Del Mar	0:08.1
3 William Clark	Sicklerville NJ	Phila Masters	0:08.5
4 Jack Barrie	Glenolden PA	Phila Masters	0:10.3
5 Harold Colen	Huntington NY	NY Masters	0:10.4
M2B 1 R. G. Wolf	Minnetonka MN	Unattached	0:09.6
2 Eugene Kelly	Annandale NJ	Shore AC	0:09.8
3 Wayne Ambrose	Garden Grove CA	Corona Del Mar	0:11.0
M3A 1 Burl Gist	San Marcos CA	Corona Del Mar	0:09.1
2 Edwin Lukens	Skaneateles, NY	Syracuse Chargers	0:09.9
3 James Johnson	Millbrae CA	N Calif Striders	0:10.3
4 William Carmen	W Newton MA	Boston	0:11.2
M3B 1 Alfred Guidet	California City CA	Corona Del Mar	0:09.5
2 Herbert Miller	Westminster CA	Corona Del Mar	0:09.8
M4A 1 Claude Hills	Flourtown PA	Phila Masters	0:10.7
M5A 1 Arling Pitcher	Greenwood IN	Hoosier Track	dnf
W1A 1 JoAnn Grissom	Indianapolis IN	Unattached	0:10.3
W1B 1 Cristel Miller	Glendale CA	Unattached	0:10.9
60 yd dash			
MOA 1 Alfonso Walton	Washington DC	Potomac Valley Srs	0:06.4
2 Clifton Jackson	Kansas City MO	Unattached	0:06.4
3 Nate Robinson	Deerfield Beach FL	Unattached	0:06.4
4 Dave Robinson	Liverpool NY	Syracuse Chargers	0:06.5
5 Ronald Murphy	Cincinnati OH	Clifton	0:06.6
6 Eugene Thomas	Ann Arbor MI	Fitness	0:07.9
(9 runners eliminated in trials)			
60 yd dash - cont			
MOB 1 Clarence Ray	Detroit MI	Fitness	0:06.4
2 Willie Overby	New York NY	NY Pioneer Masters	0:06.4
3 Booker Jones	Somerset NJ	Shore AC	0:06.7
4 Caleb Brown	Cincinnati OH	Clifton	0:06.8
5 Ray Alexander			0:07.1
6 James Shoemaker	Overbrook PK KN	Mid-America Masters	0:07.4
(2 runners eliminated in trials)			
M1A 1 Robert Williams	Plainfield, NJ	Shore	0:06.6
2 James Bantum	Philadelphia PA	Phila Masters	0:06.7
3 Mel Barnwell	Brooklyn NY	NY Pioneer Masters	0:06.8
4 Robert Stanford	Palmyra NJ	Phila Masters	0:06.9
5 Paul Dorsey	Dayton OH	Northwest	0:07.0
6 Carl Grant	Rockville MD	Potomac Valley	disq-f.s.
(6 runners eliminated in trials)			
M1B 1 Ken Dennis	Los Angeles CA	Corona Del Mar	0:06.6
2 Roosevelt Weaver	East Orange NJ	Shore AC	0:06.8
3 Rich Deere	Pelham NY	NY Pioneers	0:06.9
4 Ernie McCombs	Palmyra NJ	Phila Masters	0:06.9
5 Charlie Pratt	Marlton NJ	Phila Masters	0:07.0
6 Ira Davis	Phila PA	Phila Masters	disq-f.s.
(8 runners eliminated in trials)			
M2A 1 Bruce Springbett	Los Gatos, CA	West Valley	0:07.0
2 Bert Lancaster	Philadelphia PA	Phila Masters	0:07.1
3 Dave Jackson	Carson City CA	Corona Del Mar	0:07.1
4 James Barrett	Cleveland Hts OH	Over the Hill	0:07.1
5 Thomas Brooks	New York NY	Phila Pioneer	0:07.2
6 William Clark	Sicklerville NJ	Phila Masters	0:07.3
(7 runners eliminated in trials)			
M2B 1 Rudy Valentine	Bronx, NY	NY Pioneer Masters	0:07.3
2 Larry Gregory	Philadelphia, PA	Phila Masters	0:07.5
3 Charles Clippard	Cape Girardeau MO	Team KangaROOS	0:07.6
4 Wayne Ambrose	Garden Grove CA	Corona Del Mar	0:07.7
5 Oscar Harris	Philadelphia PA	Phila Masters	0:07.8
6 R. G. Wolf	Minnetonka MN	Unattached	0:07.8
(4 runners eliminated in trials)			
M3A 1 Dave Lawyer	Elmwood Park NY	NY Masters	0:07.5
2 Burl Gist	San Marcos CA	Corona Del Mar	0:07.9
3 James Johnson	Millbrae CA	N Calif Striders	0:07.9
4 J. W. Pierson	Cherry Hills NJ	Phila Masters	0:07.9
5 Don Harris	Abington PA	Phila Masters	0:08.3
6 William Carmen	W Newton MA	Boston	0:08.5
(2 runners eliminated in trials)			
M3B 1 Gilberto Gonzalez-Julia	San Juan PR	Puerto Rico Masters	0:08.0
2 Alfred Guidet	California City CA	Corona Del Mar	0:08.0
3 Dave Hall	Pennsville NJ	Phila Masters	0:08.1
4 Robert Sorlien	W Kingston RI	Univ of RI	0:08.1
5 Albert Haller	Ft Atkinson WI	Unattached	0:08.2
6 Herbert Miller	Westminster CA	Corona Del Mar	0:09.3
M4A 1 Claude Hills	Flourtown PA	Phila Masters	0:08.4
2 Jeremiah Gaines	Chesapeake VA	Unattached	0:08.5
3 Manfred d'Elia	Ridgewood NJ	North Jersey Masters	0:08.8
M4B 1 Byron Fike	Tallmadge OH	Over the Hill	0:08.9

Name	Residence	Club	Mark
<u>60 yd dash - cont</u>			
M5A 1 Arling Pitcher	Greenwood IN	Hoosier Track	0:09.9
2 Everett Hosack	Highland Hts OH	Over the Hill	0:11.1
W0A 1 Janice Fowler	Ann Arbor MI	Ann Arbor	0:07.4
W0B 1 Skipper Clark	Brooklyn NY	Unattached	0:07.6
2 Georgie Ladd	Upland PA	Phila Masters	0:09.4
W1A 1 JoAnn Grissom	Indianapolis IN	Unattached	0:08.2
2 Audrey Hiemstra	Agincourt ONT	Scarborough	0:08.3
W1B 1 Marilyn Fitzgerald	Old Bridge NJ	Unattached	0:08.0
2 Cristel Miller	Glendale CA	Unattached	0:08.3
3 Sally Goodhue	Weston MA	Unattached	0:09.1
4 Essie Kea	E. Cleveland OH	Over the Hill	0:09.1
5 Ann Cluynick	Rosedale NY	NY Masters	0:09.7
6 Joan Gibson	Cleveland OH	Over the Hill	0:10.9
7 Marie Barrie	Glenolden PA	Phila Masters	0:10.9
W2A 1 Chris McKenzie	Great Neck NY	NY Masters	0:08.8
2 Doreen Carmichael	Willowdale ONT	Twin Fit	0:09.1
3 Gloria Lipton		Ontora	0:11.7
4 Beverly Cohen	Blauvelt NY	NY Masters	0:12.4
W2B 1 Elizabeth Messenger	Larchmont NY	NY Masters	0:14.5

<u>300 yd dash</u>			
MOA 1 Ronald Murphy	Cincinnati OH	Clifton	0:30.3
2 Alfonso Walton	Washington DC	Potomac Valley Srs	0:33.5
3 Gary Crawford	Capitol Hts MD	Potomac Valley Srs	0:33.5
4 Ellis Martin	Hyattsville MD	Potomac Valley Srs	0:33.7
5 Phil Mariano	New York NY		0:34.5
6 David Larson	W. Springfield MA	Greater Springfield	0:34.9
7 John P. Jones	E. Greenville PA	Phila Masters	0:35.0
8 Dennis Brown	New York NY	NY Pioneers	0:35.7
9 Dennis Johnson	Coatesville PA	Hi-Point Pacers	0:35.8
10 John Borden	Philadelphia PA	Phila Masters	0:36.6
11 William Hardison	Rochester NY	Greater Rochester	0:37.5
12 Angel Valentin	Camden NJ	Unattached	0:40.7
MOB 1 Clarence Ray	Detroit MI	Fitness	0:33.0
2 Willie Overby	New York, NY	NY Pioneers	0:33.2
3 Dennis Dyce	E Northport NY	NY Pioneers	0:33.7
4 Joe Kopka	Narragansett RI	Unattached	0:33.7
5 William Reiter	Ballwin MO	Team KangaROOS	0:34.6
6 Caleb Brown	Cincinnati OH	Clifton	0:37.0
7 James Shoemaker	Overland Park KN	Mid-America Masters	0:37.1
8 Richard Kumor	Reading PA	Reading	0:38.0
9 Sylvester Brown	New York NY	NY Pioneers	n.t.
M1A 1 Kent Bernard	Ann Arbor MI	Ann Arbor	0:33.6
2 Robert Stanford	Palmyra NJ	Phila Masters	0:34.0
3 Bill Knocke	Fresno CA	S Calif Striders	0:34.1
4 Bryan Westfield	Ann Arbor MI	Ann Arbor	0:35.2
5 Carl Grant	Rockville MD	Potomac Valley Srs	0:35.6
6 Tom O'Hara	Bala Cynwyd PA	Phila Masters	0:36.0
7 James Hodge	King of Prussia PA	Phila Masters	0:37.2
8 Ernain Gil	Bronx NY	NY Pioneers	0:37.4
9 Leroy McClain	Cleveland OH	Over the Hill	0:38.7
10 Rufus Pleasant	New York NY		d.n.f.

Name	Residence	Club	Mark
<u>300 yd dash - cont</u>			
M1B 1 Gary Miller	Glendale CA	Corona Del Mar	0:34.3
2 Larry Colbert	Lanham MD	Potomac Valley Srs	0:34.4
3 Cliff Pauling	Bronx NY	Unattached	0:34.7
4 Rich Rizzo	Riverhead LI NY	NY Pioneers	0:34.8
5 Dawson Pratt	Willingboro NJ	Phila Masters	0:34.8
6 Ken Dennis	Los Angeles CA	Corona Del Mar	0:35.1
7 Art Gatton	Jamaica NY	NY Pioneers	0:35.7
8 Lloyd Riddick	Teaneck NJ	Shore AC	0:35.7
9 Sam White	East Point GA	Atlanta	0:36.4
10 Haig Bohigian	N Tarrytown NY	NY Masters	0:36.6
11 Ernie McCombs	Palmyra NJ	Phila Masters	disq
M2A 1 Bruce Springbett	Los Gatos CA	West Valley	0:35.9
2 Rudy Enders	Potomac MD	Potomac Valley Srs	0:36.3
3 Bert Lancaster	Philadelphia PA	Phila Masters	0:36.5
4 Lee Blount	St. Louis MO	St. Louis	0:36.7
5 James Barrett	Cleveland Hts OH	Over the Hill	0:37.8
6 Alan Cohen	Blauvelt NY	NY Masters	0:39.3
7 Charles Edmonds	Chicago IL	Univ of Chicago	0:41.3
8 John Barrie	Glendolden PA	Phila Masters	0:42.9
9 Charles Irace	Somerville NJ	North Jersey Masters	0:43.5
M2B 1 Rudy Valentine	Bronx NY	NY Pioneer	0:36.3
2 Stafford Thompson	Red Bank NJ	Unattached	0:37.9
3 Oscar Harris	Philadelphia PA	Phila Masters	0:40.0
4 James Dowling	Goshen NY	NY Masters	0:40.1
5 Gene Kelly	Annandale NJ	Shore AC	0:40.4
6 Howard McMillam	Liverpool NY	Syracuse Chargers	0:41.0
7 Wayne Ambrose	Garden Grove CA	Corona Del Mar	0:41.0
8 Charles Powers	Morage CA	N Calif Striders	0:46.0
M3A 1 Dave Lawyer	Elmwood PK NJ	NY Masters	0:39.3
2 Jim Manno	Oradell NJ	North Jersey Masters	0:40.2
3 J. W. Pierson	Cherry Hill NJ	Phila Masters	0:41.0
4 Roscoe Brown	New York NY	NY Pioneers	0:43.2
5 Howard Strassenburg	Momence IL	RRR	0:44.4
6 William Carmen	W Newton MA	Boston	0:45.5
7 Russell More	Fayetteville NY	Syracuse Chargers	0:45.7
8 Fred Weiland	Morgantown WV	West Penn	0:49.3
M3B 1 Gilberto Gonzalez-Julia	San Juan PR	Puerto Rico Masters	0:42.7
2 Jay Sponseller	Naples FL	Phila Masters	0:42.8
3 Dave Hall	Pennsville NJ	Phila Masters	0:43.0
4 Robert Sorlien	W Kingston RI	Univ of RI	0:44.6
5 A. E. Haller	Ft Atkinson WI	Unattached	0:44.7
6 Herb Miller	Westminster CA	Corona Del Mar	0:46.3
M4A 1 Claude Hills	Flourtown PA	Phila Masters	0:45.0
2 Jeremiah Gaines	Chesapeake VA	Unattached	0:47.0
3 C. E. Kline	Cobbs Creek VA	Richmond	0:47.6
4 Manfred d'Elia	Ridgewood NJ	North Jersey Masters	0:48.3
M4B 1 Byron Fike	Tallmadge OH	Over the Hill	0:47.2
M5A 1 Arling Pitcher	Greenwood IN	Hoosier Track	0:56.2
2 Everett Hosack	Highland Hts OH	Over the Hill	1:03.6

Name	Residence	Club	Mark
<u>300 yd dash - cont</u>			
W0A 1 Janice Fowler	Ann Arbor MI	Ann Arbor	0:38.4
2 Joyce Bezdek	Cambridge MA	Boston	0:44.5
W0B 1 Skipper Clark	Brooklyn, NY	Unattached	0:39.3
2 Pat Hewitt	Winchester MA	Waltham	0:46.5
3 Mary Chadbourne	Cleveland Hts OH	Over the Hill	1:04.2
W1A 1 Sandy Pashkin	New York NY	NY Masters	0:42.6
2 Audrey Hiemstra	Agincourt ONT	Scarborough	0:44.6
3 Carrie Parsi	Lexington MA	Liberty	0:48.9
W1B 1 Susan Redfield	Marblehead MA	Liberty	0:43.8
2 Marilyn Fitzgerald	Old Bridge NJ	Unattached	0:43.9
3 Essie Kea	E Cleveland OH	Over the Hill	0:47.2
4 Sally Goodhue	Weston MA	Waltham	0:47.2
5 Joan Gibson	Cleveland OH	Over the Hill	1:03.5
W2A 1 Chris McKenzie	Great Neck NY	NY Masters	0:46.6
2 Doreen Carmichael	Willowdale ONT	Twin Fit	0:52.0
3 Gloria Lipton		Ontora	1:05.0

<u>600 yd run</u>			
MOA 1 Joe Showers	Alexandria VA	Potomac Valley Srs	1:16.8
2 Scott Thornsley	New Cumberland PA	Shore AC	1:17.4
3 David Harris	Carrollton GA	Atlanta	1:17.7
4 John Wimmer	Belleville NJ	Shore AC	1:17.7
5 Jasper Royal	Syracuse NY	Unattached	1:18.4
6 David Larson	W Springfield MA	Greater Springfield	1:22.5
7 Jesse Langley	Washington DC	Potomac Valley Srs	1:35.0
MOB 1 Ken Stuart	Santa Ana CA	S Calif Striders	1:15.3
2 William Reiter	Ballwin MD	Team KangaROOS	1:15.9
3 Michael Collopy	North Evans NY	Unattached	1:16.7
4 Gary Carr	Mascoutah IL	Team KangaROOS	1:17.0
5 Joe Kopka	Narragansett RI	Unattached	1:17.5
6 Tom Van Auker	Penfield NY	Greater Rochester	1:20.6
7 George Smith	Baltimore MD	Unattached	1:20.7
8 Ralph Fusco	Metuchen NJ	Shore AC	1:22.8
9 Robin Ficker	W Bethesda MD	Potomac Valley Srs	d.n.f.
M1A 1 Harry Tolliver	Cincinnati OH	Clifton	1:17.6
2 Bill Knocke	Fresno CA	S Calif Striders	1:18.1
3 George Cohen	Los Angeles CA	S Calif Striders	1:19.2
4 Tom O'Hara	Bala Cynwyd PA	Phila Masters	1:22.1
5 Bryan Westfield	Ann Arbor MI	Ann Arbor	1:22.2
6 Sam Huckel	West Berlin NJ	Phila Masters	1:22.7
7 Charles Kincaid	Louisville KY	Mason-Dixon	1:23.6
8 William Shaw	Fayetteville NY	Syracuse Chargers	n.t.
9 Kurt Berggren	Ann Arbor MI	Ann Arbor	n.t.
M1B 1 Ken Baker	North Bergen NJ	North Jersey Masters	1:17.6
2 Gary Miller	Glendale CA	Corona Del Mar	1:17.7
3 Larry Colbert	Lanham MD	Potomac Valley Srs	1:18.3
4 Mack Stewart	Katy TX	Houston Harriers	1:20.2
5 Mason O'Neal	New York NY	NY Pioneers	1:21.8

Name	Residence	Club	Mark
<u>600 yd run - cont</u>			
M1B 6 Michael Pyle	Ann Arbor MI	Ann Arbor	1:22.9
7 Richard Ocker	Carlisle PA	Dickinson-Carlisle	1:23.4
8 Haig Bohigian	N Tarrytown NY	NY Masters	1:24.6
9 Fritz Schlereth	Syracuse NY	Syracuse Chargers	d.n.f.
10 Clifford Pauling	Bronx NY	Unattached	d.n.f.
M2A 1 Lee Blount	St Louis MO	St Louis	1:21.9
2 Rudy Enders	Potomac MD	Potomac Valley Srs	1:22.5
3 Alan Cohen	Blauvelt NY	NY Masters	1:33.3
4 Jack Barrie	Glenolden PA	Phila Masters	1:46.8
M2B 1 Kelsey Brown	Andover NJ	North Jersey Masters	1:24.6
2 Stafford Thompson	Red Bank NJ	Unattached	1:24.7
3 Louis Schneider	Louisville KY	Victory	1:33.2
M3A 1 Jim Manno	Oradell NJ	North Jersey Masters	1:35.6
2 John Hubbard	Naugatuck CT	Unattached	1:38.3
3 Howard Strassenburg	Momence IL	RRR	1:40.4
4 William Carmen	W Newton MA	Boston	1:45.1
5 Russell More	Fayetteville NY	Syracuse Chargers	1:56.2
M3B 1 Frank Finger	Charlottesville VA	Unattached	1:35.2
2 Jay Sponseller	Naples FL	Phila Masters	1:37.1
3 Herb Miller	Westminster CA	Corona Del Mar	2:12.8
M4A 1 Sam Monastero	Norristown PA	Phila Masters	1:54.8
2 Manfred d'Elia	Ridgewood NJ	North Jersey Masters	1:56.5
3 Henry Zachman	Wyckoff NJ	North Jersey Masters	2:11.7
M4B 1 Byron Fike	Tallmadge OH	Over the Hill	2:00.9
W0A 1 Janice Fowler	Ann Arbor MI	Ann Arbor	1:34.5
2 Maureen McLeod	Egg Harbor NJ	Shore AC	1:39.7
3 Betty Clair	Bronx NY	NY Masters	1:47.0
W0B 1 Susan Houlton	Atlanta GA	Atlanta	1:35.9
2 Linda Upton	Chestnut Hill MA	Waltham	1:38.5
3 Pat Hewitt	Winchester MA	Waltham	1:44.2
W1A 1 Barbara Pike	Concord, MA	Liberty	1:35.6
2 Sandy Pashkin	New York NY	NY Masters	1:36.9
3 Carrie Parsi	Lexington MA	Liberty	1:44.5
W1B 1 Sally Goodhue	Weston MA	Waltham	1:42.3
2 Joan Gibson	Cleveland OH	Over the Hill	2:21.8
W2A 1 Beverly Cohen	Blauvelt NY	NY Masters	2:55.5

<u>1000 yd run</u>			
MOA 1 Lennie Harrison	Kirkwood MD	Gateway Athletics	2:21.5
2 David Harris	Carrollton GA	Atlanta	2:21.6
3 Robert Jackson	E Elmhurst NY	Millrose	2:25.2
4 Lawrence Washington	College Park MD	Potomac Valley Srs	2:27.6
MOB 1 Gary Carr	Mascoutah IL	Team KangaROOS	2:20.2
2 Michael Collopy	North Evans NY	Unattached	2:20.8
3 Ken Stuart	Santa Ana CA	S Calif Striders	2:21.1
4 James Irwin	Ballwin MD	Team KangaROOS	2:25.2
5 Steve Currins	Beecher IL	Kankakee River	2:26.0
6 Lyn Seltzer	New York NY	Warren Street Social	2:26.6

Name	Residence	Club	Mark
<u>1000 yd run - cont</u>			
M0B 7 Rich Myers	Voorhees NJ	Phila Masters	2:28.9
8 Gerald Mahle	Washington Twshp NJ	NJ Striders	2:30.0
9 Omar Harrison	Bronx NY	NY Pioneers	2:32.4
10 Paul Jayson	Leonia NJ	NJ Striders	2:37.2
11 Harold Corcoran	Oreland PA	Unattached	2:38.1
12 William Indek	Bloomfield NJ	North Jersey Masters	2:47.3
13 Robert Ryan	Mays Landing NJ	Shore AC	2:53.2
M1A 1 George Cohen	Los Angeles CA	S Calif Striders	2:25.5
2 Sam Huckel	West Berlin NJ	Phila Masters	2:27.2
3 Bob Bennett	Newark DE	Phila Masters	2:27.2
4 Kurt Berggren	Ann Arbor MI	Ann Arbor	2:31.9
5 Tim Collins	Clay NY	Syracuse Chargers	2:32.4
6 David Gerridge	Chatham NJ	North Jersey Masters	2:32.5
7 Charles Kincaid	Louisville KY	Mason-Dixon	2:36.5
8 William Shaw	Fayetteville NY	Syracuse Chargers	2:37.5
9 J. Davis			2:38.4
M1B 1 Ernie Billups	Chicago, IL	Univ of Chicago	2:25.1
2 Mack Stewart	Katy TX	Houston Harriers	2:26.8
3 Cliff Pauling	Bronx NY	Unattached	2:26.8
4 Richard Ocker	Carlisle PA	Dickinson-Carlisle	2:36.5
M2A 1 Robert Brock	Marcellus, NY	Syracuse Chargers	2:42.3
2 George Gluppe	Willowdale ONT	York Univ	2:42.6
3 Alan Cohen	Blauvelt NY	NY Masters	2:48.9
4 Joe Kernan	New Rochelle NY	Unattached	2:50.4
5 John McGowan	Warwick RI	Unattached	2:51.7
6 Bob Fine	Brooklyn NY	NY Masters	2:53.4
7 Tom Talbott	Cos Cob CT	NY Masters	2:59.0
8 John Haney	Pt Pleasant Beach NJ	Shore AC	3:06.9
9 Dan Ross	Philadelphia PA	Phila Masters	3:12.6
M2B 1 Kelsey Brown	Andover NJ	North Jersey Masters	2:38.3
2 Lou Schneider	Louisville KY	Victory	2:47.3
3 Archie Messenger	Larchmont NY	NY Masters	2:47.3
M3A 1 Howard Strassenburg	Momence IL	RRR	3:09.9
2 Danforth Geer	Bennington VT	Capitol	3:18.9
3 Russell More	Fayetteville NY	Syracuse Chargers	3:41.4
M3B 1 Frank Finger	Charlottesville VA	Unattached	3:08.8
2 Jay Sponseller	Naples FL	Phila Masters	3:10.1
3 Nathan Hacker	Bernhards Bay NY	Syracuse Chargers	4:07.6
M4A 1 William Brobston	Saugerties NY	Unattached	3:27.9
2 Sam Monastero	Norristown PA	Phila Masters	3:38.1
3 Henry Zachman	Wyckoff NJ	North Jersey Masters	4:03.1
M4B 1 Byron Fike	Tallmadge OH	Over the Hill	3:34.7
WOA 1 Joyce Bezdek	Cambridge MA	Boston	2:52.7
2 Maureen McLeod	Egg Harbor NJ	Shore AC	3:02.1
3 Betty Clair	Bronx NY	NY Masters	3:12.3
4 Lynda Durfee	Alexandria VA	Potomac Valley Srs	3:32.8

Name	Residence	Club	Mark
<u>1000 yd run - cont</u>			
W0B 1 Susan Houlton	Atlanta GA	Atlanta	2:50.3
W1B 1 Susan Redfield	Marblehead MA	Liberty	3:02.8
2 Joan Gibson	Cleveland OH	Over the Hill	4:05.5
W2A 1 Glorie Lipton		Onteora	4:35.5
<u>1 mile run</u>			
M0A 1 Lennie Harrison	Kirkwood MO	Gateway Athletics	4:25.9
2 Walt Hawkins	Philadelphia PA	Phila Masters	4:26.7
3 Doug Mayers	Fleetwood PA	Reading Dolphin	4:33.9
M0B 1 Gene Timberlake	Houston TX	Rice	4:29.2
2 Rich Myers	Voorhees NJ	Phila Masters	4:29.6
3 Steve Currins	Beecher IL	Kankakee River	4:32.6
4 Richard Friedlander	Maryland Hts MO	Gateway	4:49.3
5 Jeffrey Gerson	Mayfield Hts OH	Over the Hill	4:55.0
6 Robert Ryan	Mays Landing NJ	Shore AC	5:28.1
M1A 1 Michael Holbrook	Fair Oaks CA	Capitol City Flyers	4:29.9
2 Kirk Randall	Wellesley MA	Saucony	4:31.2
3 Sam Huckel	West Berlin NJ	Phila Masters	4:32.0
4 George Cohen	Los Angeles CA	S Calif Striders	4:33.5
5 Paul Hall	Seattle WA	Snohomish	4:34.8
6 Norman Oyler	Wilsonville OR	Portland	4:36.2
7 Sid Howard	New York NY		4:43.6
8 Kurt Berggren	Ann Arbor MI	Ann Arbor	4:50.5
M1B 1 Ernie Billups	Chicago IL	Univ of Chicago	4:29.3
2 William Mayer	Houston TX	Unattached	4:47.9
3 David Cottrell	Palmyra NJ	Phila Masters	d.n.f.
M2A 1 Jim Sutton	Reading PA	Phila Masters	4:49.3
2 Lloyd Slocum	Greenland NH	North Medford	4:49.6
3 Annie Green	New York NY	Central Park	4:54.0
4 Robert Brock	Marcellus NY	Syracuse Chargers	4:54.2
5 John McGowan	Warwick RI	Unattached	5:16.1
6 Billy Mullin	Oaklyn NJ	Phila Masters	5:22.0
7 Alan Cohen	Blauvelt NY	NY Masters	5:31.4
8 John Haney	Pt Pleasant Bch NJ	Shore AC	5:44.2
M2B 1 Ken Carman	Garden City MI	Motor City Striders	5:09.6
2 Archie Messenger	Larchmont NY	NY Masters	5:16.6
3 Hal Sanderson	Media PA	Phila Masters	n.t.
M3A 1 Edward Buckley	Clinton NY	Syracuse Chargers	5:48.8
2 Roscoe Brown	New York NY	NY Pioneers	6:12.4
3 Russell More	Fayetteville NY	Syracuse Chargers	7:06.7
M3B 1 Nathan Hacker	Bernhards Bay NY	Syracuse Chargers	7:49.0
M4A 1 William Brobston	Saugerties NY	Unattached	6:23.2
2 Sam Monastero	Norristown PA	Phila Masters	7:10.2
3 Henry Zachman	Wyckoff NJ	North Jersey Masters	7:39.5
M4B 1 Byron Fike	Tallmadge OH	Over the Hill	n.t.

Name	Residence	Club	Mark
<u>1 mile run - cont</u>			
WOA 1 Joyce Bezdek	Cambridge MA	Boston	5:21.6
2 Lynda Durfee	Alexandria VA	Potomac Valley Srs	6:08.5
W0B 1 Susan Houlton	Atlanta GA	Atlanta	5:19.6
2 Linda Upton	Chestnut Hill MA	Waltham	5:34.4
3 Pat Hewitt	Winchester MA	Waltham	6:05.1
4 Georgie Ladd	Upland PA	Phila Masters	6:55.8
W1A 1 Carrie Parsi	Lexington MA	Liberty	5:40.5
W1B 2 Joan Gibson	Cleveland OH	Over the Hill	7:42.9
W2A 1 Chris McKenzie	Great Neck, NY	NY Masters	n.t.
2 Toshiko d'Elia	Ridgewood NJ	Atlanta	n.t.
3 Gloria Brown	Grand Island NY	Niagara Racewalking	n.t.
3 Gloria Lipton		Onteora	n.t.
W3A 1 Shehan, L			n.t.
<u>2 mile run</u>			
M0A 1 Jim Waters	Collingswood NJ	Phila Masters	9:40.8
2 Doug Mayers	Fleetwood PA	Reading Dolphin	9:44.4
3 Mark Mindel	Ballston Lake NY	West Albany	9:54.6
4 Lawrence Scheid	Sayreville NJ	Shore AC	9:59.5
M0B 1 Gene Timberlake	Houston TX	Rice	9:45.7
2 James Irwin	Ballwin MO	Team KangaROOS	10:06.2
3 Rich Friedlander	Maryland Hts MO	Gateway	10:16.4
4 Steve Currins	Beecher IL	Kankakee River	10:17.3
5 Harold Hastings	Garden City NY	NY Masters	11:56.2
M1A 1 Norman Oyler	Wilsonville OR	Portland	9:46.7
2 Paul Hall	Seattle WA	Snohomish	9:52.5
3 Kurt Berggren	Ann Arbor MI	Ann Arbor	10:16.0
4 John Davis			10:58.1
5 Robert Jennings	West Chester PA	Phila Masters	12:42.0
6 Thomas Elsasser	Jenkintown PA	Unattached	13:23.9
M1B 1 Ernie Billups	Chicago IL	Univ of Chicago	9:45.1
2 Barrie Almond	Wethersfield CT	Hartford	10:18.2
3 William Mayer	Houston TX	Unattached	10:31.0
4 Cass Curtis	Durham NH	Boston	11:13.1
M2A 1 Lloyd Slocum	Greenland NH	North Medford	10:09.1
2 Annie Green	New York, NY	Central Park	10:17.4
3 Jim Sutton	Reading PA	Phila Masters	10:24.7
4 Robert Brock	Marcellus NY	Syracuse Chargers	10:30.3
5 Ed Stabler	Syracuse NY	Unattached	10:36.4
6 Bob Fine	Brooklyn NY	NY Masters	11:45.4
7 Bill Belleville	Ardmore PA	Phila Masters	12:37.4
8 Alan Cohen	Blauvelt NY	NY Masters	dnf
M2B 1 Ken Carman	Garden City MI	Motor City Striders	11:12.4
2 Hal Sanderson	Media PA	Phila Masters	n.t.
3 Desi Margetson	New York NY	NY Pioneers	n.t.
4 Bob Mimm		Shore AC	12:35.4
5 Larry Rush	Prospect KY	Unattached	dnf

Name	Residence	Club	Mark
<u>2 mile run - cont</u>			
M3A 1 Edward Buckley	Clinton NY	Syracuse Chargers	12:38.4
2 Nathaniel White	Fayetteville NY	Syracuse Chargers	12:43.5
3 Danforth Geer	Bennington VT	Capitol	13:39.5
M3B 1 Don Johnson	Little Silver NJ	Shore AC	13:56.0
2 Robert Hull	Basking Ridge NJ	Shore AC	14:52.9
3 Nathan Hacker	Bernhards Bay NY	Syracuse Chargers	n.t.
M4A 1 William Brobston	Saugerties NY	Unattached	13:34.6
2 Henry Zachman	Wyckoff NJ	North Jersey Masters	16:02.7
M4B 1 Byron Fike	Tallmadge OH	Over the Hill	16:10.0
WOA 1 Lynda Durfee	Alexandria VA	Potomac Valley Srs	13:00.9
2 Nancy Ott	Collingswood NJ	Unattached	13:19.8
W0B 1 Susan Houlton	Atlanta GA	Atlanta	11:33.7
2 Andrea Hatch	Braintree MA	Liberty	12:02.3
W1A 1 Barbara Pike	Concord MA	Liberty	11:27.1
W1B 1 Joan Gibson	Cleveland OH	Over the Hill	16:19.8
W2A 1 Gloria Brown	Grand Island NY	Niagara Racewalking	13:06.7
<u>2 mile walk</u>			
M0A 1 Bill Norton	Shillington PA	Reading	15:06.4
2 Ray Funkhouser	Trenton NJ	Shore AC	15:34.9
3 Ivan Black	New York NY	NYAC	17:54.0
M0B 1 Tom Radlovacki	Philadelphia PA	Phila Masters	16:25.5
M1A 1 Joe Stefanowicz	Boothwyn PA	Phila Masters	16:17.7
2 Bob Jennings	West Chester PA	Phila Masters	17:41.7
M1B 1 Bill Preston	Newtown PA	Phila Masters	16:02.4
M2A 1 Sal Corrallo	Arlington VA	Potomac Valley Srs	15:08.4
2 John Boltano	Stratford CT	NY Masters	16:03.1
3 David Wiedeman	Old Bridge NJ	Shore AC	17:58.8
4 John Haney	Pt Pleasant Bch NJ	Shore AC	18:10.1
M2B 1 Bob Mimm		Shore AC	16:36.2
2 Stanford Kalb	Howell NJ	Shore AC	22:33.3
M3A 1 Tim Dyas	Ridgewood NJ	North Jersey Masters	18:14.2
2 George Heller	Ridgewood NJ	North Jersey Masters	18:35.0
3 Frank Glueck	Abington PA	Phila Masters	24:29.7
M3B 1 Don Johnson	Little Silver NJ	Shore AC	25:17.7
M4A 1 David Lakritz	Roosevelt NY	Unattached	22:05.9
M4B 1 Byron Fike	Tallmadge OH	Over the Hill	21:58.5
WOA 1 Donna Funkhouser	Trenton NJ	Shore AC	21:16.9
2 Jean Salvio	Clarksburg NJ	Shore AC	21:24.3
W0B 1 Linda Wells	Fairfield CT	NY Masters	19:30.7
W1B 1 Joan Gibson	Cleveland OH	Over the Hill	21:48.5
2 Rhoda Lawyer	Elmwood Pk NJ	NY Masters	24:50.0

Name	Residence	Club	Mark
W2A 1 Anna Rush	Prospect KY	Una	19:32.3
2 Gloria Brown	Grand Island NY	Niagara Racewalking	disq
W2B 1 Elizabeth Messenger	Larchmont NY	NY Masters	24:28.0
2 Dorothy Michaels	Arlington VA	Potomac Valley Srs	disq

4 x 440 yd relay

M30-39 1 New York Pioneers (Omar Harrison, Joe Kopka, Dennis Dyce, Willie Overby)	3:33.8
2 Team KangaROOS (Gordon Reiter, Jim Irwin, Gary Carr, Lennie Harrison)	3:36.2
3 Potomac Valley Seniors (Alfonzo Walton, Jesse Langley, Larry Colbert, Joe Showers)	3:37.6
4 Philadelphia Masters (J. Jones, Ken Smith, Walt Hawkins, Rob Favorite)	3:39.4

M40-49 1 New York Pioneers (Arthur Gatton, Rich Rizzo, Mason O'Neal, Glen Shane)	3:41.8
2 Phila Masters (Dhamiri Abayami, E. Pratt, Sam Huckel, Dawson Pratt)	3:45.9

M50-59 1 Phila Masters (Jim Sutton, Bill Clark, Bill Belleville, Bert Lancaster)	4:15.6
2 Shore AC (Gene Kelly, Bob Nimm, Jack Haney, Stafford Thompson)	4:27.3
3 NY Masters (Harold Colon, Bob Fine, Al Cohen, Jim Dowling)	4:31.6
4 Over the Hill (Byron Fike, Dick Mann, Joe Chadbourne, Jack Siringer)	6:01.5

M60+ 1 Phila Masters (Don Harris, Claude Hills, Dave Hall, Jay Sponseller)	5:00.0
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4 x 880 yd relay

M30-39 1 Greater Rochester TC (Rick Guido, Mike Van Auker, Rod Williams, Mike Hasseneuer)	8:26.0
2 Potomac Valley Srs (Gary Crawford, Ellis Martin, Joe Showers, Robin Ficker)	8:31.3
3 Over the Hill TC (Jeff Gerson, Norm Bower, Jeff Heimberg, Byron Fike)	11:52.6

M40-49 1 NY Pioneers (Rich Rizzo, Ed Small, Glen Shane, Mason O'Neal)	8:36.4
2 North Jersey Masters (Ken Baker, DeLeon Gibson, Suggs, Skovron)	8:40.2
3 Central Park TC (Norm Goluskin, Stu Tucker, Russ Bassett, Sid Howard)	8:43.2

M50-59 1 Phila Masters (John Blood, Billy Mullin, Bill Clark, Jim Sutton)	9:51.8
2 NY Masters (Tom Talbott, Bob Fine, Al Cohen, Joe Mernan)	10:03.5
3 Over the Hill TC (Jim Barrett, Dick Mann, Joe Chadbourne, Jack Siringer)	n.t.

M60+ 1 Syracuse Chargers (Nate Hacker, Nat White, Ed Buckley, Russ More)	13:09.4
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Name	Residence	Club	Mark
High Jump			
M0A 1 Richard Cristoph	Cincinnati OH	Clifton	1.83 meters
2 Rob Rudrow	Asbury Park NJ	Shore AC	1.83
3 Ivan Black	New York NY	NYAC	1.63
4 Eugene Hoffman			1.63
5 Ron Salvio	Clarksburg NJ	Shore AC	1.58
M0B 1 Frank Costello	Adelphi MD	Potomac Valley Srs	1.98
2 Ronald Purdum	Seminole FL	Unattached	1.93
3 Michael Carroll	Ellicott City MD	Unattached	1.79
4 Alan Zacharka	Langhorne PA	Shore AC	1.73
5 William Reiter	Ballwin MD	Team KangaROOS	1.73
6 William Meadows	Medford Lakes NJ	Phila Masters	1.73
7 Peter Terpstra	Rochester IN	Unattached	1.68
M1A 1 Paul Dorsey	Dayton OH	Northwest	1.73
2 Grant Krow	Philadelphia PA	Phila Masters	1.68
3 Barry Kline	Washington PA	West Penn	1.63
4 Michael Valle	Burlington MC	Greensboro Pacesetters	1.43
5 Jerry Sullivan	Passaic Park NJ	North Jersey Masters	1.38
M1B 1 Tom Langenfeld	Edina MN	Unattached	1.73
2 Richard Richardson	Decatur IL	Univ of Chicago	1.68
3 Sammy White	East Point GA	Atlanta	1.63
4 Gary Bane	Anaheim CA	Corona Del Mar	1.53
5 Leon Trout	Union NJ	Shore AC	1.53
6 Tom Ragland	Youngstown OH	Over the Hill	1.53
M2A 1 Walt Hutchins	Phila PA	Phila Masters	1.63
2 William Clark	Sicklerville NJ	Phila Masters	1.38
M2B 1 Des Margetson	New York NY	NY Pioneer	1.38
2 R. G. Wolf	Minnetonka MN	Unattached	1.33
3 Art Harris	Millville NJ	Phila Masters	1.23
M3A 1 Boo Morcom	Philadelphia PA	Phila Masters	1.53
2 Burl Gist	San Marcos CA	Corona Del Mar	1.53
3 Edwin Lukens	Skaneateles NY	Syracuse Chargers	1.38
4 James Johnson	Millbrae CA	N Calif Striders	1.38
M3B 1 Ian Hume	Melbourne QUE	Canada St Francis V	1.38
2 William Eipel	Larchmont NY	NYAC	1.28
3 Herb Miller	Westminster CA	Corona Del Mar	1.18
M4A 1 Claude Hills	Flourtown PA	Phila Masters	1.23
2 John Siringer	N Olmstead OH	Over the Hill	1.18
M5A 1 Arling Pitcher	Greenwood IN	Hoosier Track	1.13
M0B 1 Skipper Clark	Brooklyn NY	Unattached	1.43
M1A 1 Audrey Hiemstra	Agincourt ONT	Scarborough	1.33
2 JoAnn Grissom	Indianapolis IN	Unattached	none
M1B 1 Cristel Miller	Glendale CA	Unattached	1.25
2 Datha Cotton	Euclid OH	Over the Hill	1.18
3 Essie Kea	E Cleveland OH	Over the Hill	1.13
W2A1 Doreen Carmichael	Willowdale ONT	Twin Fit	1.13
W2B 1 Bernice Holland	Cleveland OH	Over the Hill	1.08

Long Jump

M0A 1 Clifton Jackson	Kansas City MO	Unattached	6.95
2 Nate Robinson	Deerfield Beach FL	Unattached	6.64

Name	Residence	Club	Mark
Long Jump - cont			
3 Bob Beale	Elkins Park PA	Phila Masters	6.60
4 David Robinson	Liverpool NY	Syracuse Chargers	6.30
5 John Miller	Chalfont PA	Phila Masters	5.96
6 Lawrence Long	Pittsburgh PA	Unattached	5.92
7 Jasper Royal	Syracuse NY	Unattached	5.52
8 Jesse Langley	Washington DC	Potomac Valley Srs	5.43
9 Ivan Black	New York NY	NYAC	5.24

M0B 1 William Meadows	Medford Lakes NJ	Phila Masters	6.42
2 Ricky Nelson	New Brighton MN	Unattached	6.17
3 William Reiter	Ballwin MD	Team KangaROOS	6.06
4 Michael Carroll	Ellicott City MD	Unattached	6.05
5 William Black	Cincinnati OH	Clifton	5.79
6 John Novak	Edison NJ	Unattached	5.69
7 Omar Harrison	Bronx NY	NY Pioneers	5.51
8 Paul Zachman			4.91
9 Sylvester Brown	New York NY	NY Pioneers	3.95
10 Richard Quivey	Hulberton NY	Greater Rochester	none

M1A 1 Robert Taylor	Arlington VA	Potomac Valley Srs	6.39
2 William Smith	E Stroudsburg PA	Phila Masters	6.18
3 Paul Dorsey	Dayton OH	Northwest	5.94
4 Rufus Pleasant	New York NY		5.21
5 William Mitchell	Los Gatos CA	West Valley	5.07
6 Leroy McClain	Cleveland OH	Over the Hill	4.82
7 Michael Valle	Burlington NC	Greensboro Pacesetters	4.72
8 Richard Kaye	New Rochelle NY	NY Masters	4.66
9 Joe O'Connor	Downington PA	Downington	4.55
10 Gerry Sullivan	Passaic Park NJ	North Jersey Masters	4.15

M1B 1 Alvin Henry	Carson CA	Corona Del Mar	6.37
2 Ira Davis	Philadelphia PA	Phila Masters	6.32
3 Gary Miller	Glendale CA	Corona Del Mar	5.99
4 Tom Ragland	Youngstown OH	Over the Hill	5.70
5 Rich Rizzo	Riverhead LI NY	NY Pioneers	5.40
6 Sammy White	East Point GA	Atlanta	5.39
7 Gary Bane	Anaheim CA	Corona Del Mar	5.35
8 Haig Bohigian	N Tarrytown NY	NY Masters	5.24
9 Rich Deere	Peiham NY	NY Pioneers	4.87
10 Ernie McCombs	Palmyra NJ	Phila Masters	4.71
11 John Snell	Trenton NJ	Phila Masters	4.69

M2A 1 David Jackson	Carson City CA	Corona Del Mar	5.91
2 Rudy Enders	Potomac MD	Potomac Valley Srs	5.87
3 William Clark	Sicklerville NJ	Phila Masters	5.66
4 James Washington	Philadelphia PA	Unattached	5.37
5 William Cole	Richmond VA	Richmond	5.06
6 Pay Carstensen	Babylon NY	NY Masters	4.60
7 Syd Salt	Ridgewood NJ	Unattached	none

M2B 1 Merle Nickell	Ft Thomas KY	Unattached	5.23
2 R. G. Wolf	Minnetonka MN	Unattached	4.74
3 Wayne Ambrose	Garden Grove CA	Corona Del Mar	4.07
4 Oscar Harris	Philadelphia PA	Phila Masters	3.93
5 Art Harris	Millville NJ	Phila Masters	3.91
6 Sanford Kalb	Howell NJ	Shore AC	3.59

M3A 1 Edwin Lukens	Skaneateles NY	Syracuse Chargers	5.04
2 Boo Morcom	Philadelphia PA	Phila Masters	5.04

Name	Residence	Club	Mark
3 James Johnson	Millbrae CA	N Calif Striders	5.00
4 William Carmen	W Newton MA	Boston	3.96
5 Donald Harris	Abington PA	Phila Masters	3.85
M3B 1 Gilberto Gonzalez-Julia	San Juan PR	Puerto Rico Masters	4.50
2 Ian Hume	Melbourne QUE	Canada St Francis V	4.47
3 Herb Miller	Westminster CA	Corona Del Mar	4.42
4 Robert Sorlien	W Kingston RI	Univ of RI	4.11
5 William Eipel	Larchmont NY	NYAC	3.46
M4A 1 Claude Hills	Flourtown PA	Phila Masters	4.09
2 Jeremiah Gaines	Chesapeake VA	Unattached	3.73
3 Donald Erskine	Farmington Hills MI	Unattached	3.64
M5A 1 Arling Pitcher	Greenwood IN	Hoosier Track	2.32
M1A 1 JoAnn Grissom	Indianapolis IN	Unattached	4.49
2 Audrey Hiemstra	Abincourt ONT	Scarborough	4.48
M1B 1 Cristel Miller	Glendale CA	Unattached	4.38
M3B 1 Beryl Siringer	N Olmstead OH	Over the Hill	1.30

Triple Jump

M0A 1 Scott Thornsley	New Cumberland PA	Shore AC	12.56
2 Jasper Royal	Syracuse NY	Unattached	12.14
3 William Hardison	Rochester NY	Greater Rochester	11.85
4 Ivan Black	New York NY	NYAC	11.63

M0B 1 William Meadows	Medford Lakes NJ	Phila Masters	13.36
2 Michael Carroll	Ellicott City MD	Unattached	12.22
3 Lee Myers	Star City WV	Unattached	12.08
4 John Novak	Edison NJ	Unattached	11.57
5 Robin Ficker	W Bethesda MD	Potomac Valley Srs	10.60

M1A 1 Grant Krow	Philadelphia PA	Phila Masters	11.95
2 Jackie Fassette	Neward DE	Shore AC	10.70
3 Richard Kay	New Rochelle NY	NY Masters	9.77
4 Michael Valle	Burlington NC	Greensboro Pacesetters	9.34

M1B 1 Ira Davis	Philadelphia PA	Phila Masters	13.70
2 Alvin Henry	Carson CA	Corona Del Mar	12.58
3 Sammy White	East Point GA	Atlanta	11.98
4 Haig Bohigian	N Tarrytown NY	NY Masters	10.81

M2A 1 David Jackson	Carson City CA	Corona Del Mar	12.38
2 Rudy Enders	Potomac MD	Potomac Valley Srs	10.96
3 William Clark	Sicklerville NJ	Phila Masters	10.65
4 James Washington	Philadelphia PA	Unattached	10.50
5 William Cole	Richmond VA	Richmond	9.60
6 Pay Carstensen	Babylon NY	NY Masters	8.99
7 Harold Colon	Huntington NY	NY Masters	8.56
8 Syd Salt	Ridgewood NJ	Unattached	8.03

M2B 1 Merle Nickell	Ft Thomas KY	Unattached	9.87
2 R. G. Wolf	Minnetonka MN	Unattached	9.59
3 Des Margetson	New York NY	NY Pioneer	7.77
4 Wayne Ambrose	Garden Grove CA	Corona Del Mar	7.63

M3A 1 Edwin Lukens	Skaneateles NY	Syracuse Chargers	10.45
2 James Johnson	Millbrae CA	N Calif Striders	9.04
3 William Carmen	W Newton MA	Boston	8.36

Name	Residence	Club	Mark
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Triple Jump - cont

M3B 1 Ian Hume	Melbourne QUE	Canada St Frances V	9.47
2 Robert Sorlien	W Kingston RI	Unly of RI	9.08
3 Gilberto Gonzalez-Julia	San Juan PR	Puerto Rico Masters	8.06

M4A 1 Claude Hills	Flourtown PA	Phila Masters	8.09
2 Don Erskine	Farmington Hills MI	Unattached	7.40

M5A 1 Arling Pitcher	Greenwood IN	Hoosier Track Club	5.93
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W1A 1 JoAnn Grissom	Indianapolis IN	Unattached	9.27
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W1B 1 Cristel Miller	Glendale CA	Unattached	8.03
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Pole Vault

M0A 1 Richard Christoph	Cincinnati OH	Clifton	4.50
2 James Overton	Ft Dix NJ	Shore AC	3.73

M0B 1 Charlie Polhamus	Fitzgerald GA	Unattached	4.28
2 Ricky Nelson	New Brighton MN	Unattached	4.28
3 Ron Shenk	Carlisle PA	Dickinson-Carlisle	3.58

M1A 1 Wally Soholowski			4.28
2 Edward Zuraw	Sterling Park VA	Charlottesville	3.88
3 Gerald Counihan			3.88
4 Paul Richard	Bound Brook NJ	Shore AC	3.73
5 Jeffrey Tindall			3.43
6 Norm Cyprus			3.28

M1B 1 Gary Bane	Anaheim CA	Corona Del Mar	3.28
2 Michael Trader	Great Falls VA	Unattached	2.13
3 Henry Davenport	Charles Town WV	Unattached	none

M2A 1 Miguel Rivera-Yeve	Rio Pedras PR	Puerto Rico Masters	3.43
2 Jerry Welbourn	Towson MD	Unattached	3.13
3 George Taylor	Newark DE	Phila Masters	1.83

M2B 1 R. G. Wolf	Minnetonka MN	Unattached	2.13
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M3A 1 James Johnson	Millbrae CA	N Calif Striders	2.58
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M3B 1 Ian Hume	Melbourne QUE	Canada St Francis V	2.58
2 Gilberto Gonzalez-Julia	San Juan PR	Puerto Rico Masters	2.28

M4A 1 Claude Hills	Flourtown PA	Phila Masters	2.28
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M5A 1 Arling Pitcher	Greenwood IN	Hoosier Track	1.82
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Shot Put

M0A 1 Barry White	Newport News VA	Charlottesville	14.90
(16#) 2 Norman Bower			11.58

M0B 1 James Keys	Harrisburg PA	Phila Masters	14.15
(16#) 2 Richard Quivey	Hulberton NY	Greater Rochester	10.10

M1A 1 Larry Pratt	Philadelphia	Phila Masters	14.30
(16#) 2 Steve Hameroff			12.29
3 Carl Klehm			12.05
4 Brian McKenna	Baldwin NY	NY Masters	11.31
5 Michael Valle	Burlington NC	Greensboro Pacesetters	11.23

M1B 1 Rich Deere	Pelham NY	NY Pioneers	11.48
(16#) 2 John Reider	Oley PA	Reading	11.13
3 Stan Derry	Trenton NJ	Phila Masters	10.05

Name	Residence	Club	Mark
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Shot Put - cont

M2A 1 Ray Felck	Gilbertsville PA	Pacers	12.90
(12#) 2 Pay Carstensen	Babylon NY	NY Masters	12.27
3 Dick Mann	Euclid OH	Over the Hill	11.72
4 Joseph Chadbourne	Cleveland Hts OH	Over the Hill	11.13
5 Charles Stack	Cleveland Hts OH	Over the Hill	9.71
6 John Haney	Pt Pleasant Bch NJ	Shore AC	7.85

M2B 1 Phillip Brusca	St Louis MO	Team KangaROOS	12.93
(12#) 2 Herb Cantor	Oceanside NY	NY Masters	12.50
3 Art Harris	Millville NJ	Phila Masters	10.54
4 John Uiam	Canonsburg PA	West Penn	10.25
5 Donald Henry	Westwood NJ	Shore AC	9.02
6 R. G. Wolf	Minnetonka MN	Unattached	8.95

M3A 1 J. W. Pierson	Cherry Hill NJ	Phila Masters	9.72
(8#) 2 Frank Glueck	Abington PA	Phila Masters	9.48

M3B 1 Gene Wood	Philadelphia PA	Phila Masters	11.21
(8#) 2 William Eipel	Larchmont NY	NYAC	11.05

M4A 1 John Siringer	N Olmstead OH	Over the Hill	9.32
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M5A 1 Everett Hosack	Highland Hts OH	Over the Hill	6.77
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W0B 1 Mary Chadbourne	Cleveland Hts OH	Over the Hill	6.05
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W1A 1 JoAnn Grissom	Indianapolis IN	Unattached	10.42
(4kg) 2 Audrey Hiemstra	Agincourt ONT	Scarborough	7.07

W1B 1 Ann Cirulnick	Rosedale NY	NY Masters	7.69
(4kg) 2 Cristel Miller	Glendale CA	Unattached	6.82
3 Datha Cotton	Euclid OH	Over the Hill	6.82
4 Essie Kea	E Cleveland OH	Over the Hill	6.7

W2B 1 Bernice Holland	Cleveland OH	Over the Hill	8.30
(3kg) 2 Buff Messenger	Larchmont NY	NY Masters	4.68

W3B 1 Beryl Siringer	N Olmstead OH	Over the Hill	3.67
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35-pound Weight Throw

M0A 1 Norm Bower			13.48
2 Barry White	Newport News VA	Charlottesville	12.56
3 Ron Salvio	Clarksburg NJ	Shore AC	8.72

M0B 1 Michael Grisko	Forestville CT	Unattached	14.69
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M1A 1 Norm Cyprus			13.62
2 Carl Klehm			12.94
3 Brian McKenna	Baldwin NY	NY Masters	10.85
4 Mike Valle	Burlington ND	Greensboro Pacesetters	10.15

M1B 1 Russell Seitzinger	Tarentum PA	West Penn	13.00
2 Thomas Jackson	Englishtown NJ	Shore AC	9.98
3 John Reider	Oley PA	Reading	9.66

M2A 1 Harold Brossman	Temple PA	Reading	11.37
2 Joe Chadbourne	Cleveland Hts OH	Over the Hill	11.07
3 Dick Mann	Euclid OH	Over the Hill	10.05
4 Pay Carstensen	Babylon NY	NY Masters	9.41

Name	Residence	Club	Mark
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35-pound Weight Throw - cont

5 Ray Felck	Gilbertsville PA	Pacers	9.32
6 Charles Stack	Cleveland Hts OH	Over the Hill	7.78
7 John Haney	Pt Pleasant Bch NJ	Shore AC	5.32

M2B 1 Lev Mozhaev	Philadelphia PA	Phila Masters	10.92
2 Herb Cantor	Oceanside NY	NY Masters	9.05

25-pound Weight Throw

M3A 1 Albert Sellig	Temple PA	Reading	11.42
2 Paul Eberhardinger	Reading PA	Phila Masters	11.08
3 Frank Glueck	Abington PA	Phila Masters	7.10

M3B 1 Thomas McDermott	Madison CT	NYAC	14.54
2 Ian Hume	Melbourne QUE	Canada St Francis V	9.42

M4A 1 John Siringer	N Olmstead OH	Over the Hill	7.27
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M5A 1 Everett Hosack	Highland Hts OH	Over the Hill	4.10
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W0B 1 Mary Chadbourne	Cleveland Hts OH	Over the Hill	7.11
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W1A 1 JoAnn Grissom	Indianapolis IN	Unattached	7.47
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W1B 1 Datha Cotton	Euclid OH	Over the Hill	5.73
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W3B 1 Beryl Siringer	N Olmstead OH	Over the Hill	3.80
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A videotape of the meet (approximately one-half hour in length) is available for \$69. Contact Mike O'Meara, (215) 532-2893.

SCHEDULE

(Continued from page 26)

WEST

May 1. Avenue of the Giants Marathon, Arcata CA. 1750 runners. Deadline, Jan. 31. Don Hughes, Box 214, Arcata CA 95521.

May 15. Bay to Breakers 7.63 mile run, San Francisco. 70,000 runners. Special Events Dept., San Francisco Examiner, San Francisco CA 94103. 415-777-7777.

May 29. Brentwood 10K, Los Angeles. 3500 runners. Valerie Johnson, Box 49913, Los Angeles CA 90049.

June 25. Western States 100-mile Endurance Run; Squaw Valley to Auburn, Calif. Curtis Sproul, 1000 G St., Sacramento CA 95814. 916/446-8028.

July 4. Coronado Half-Marathon, San Diego. George Green, 626 5th St., Coronado, CA 92118. 4500 runners.

July 24. San Francisco Marathon. 10,000 runners. Box 27385, San Francisco, CA 94127, 415-681-2322.

NORTH WEST

May 1. Lilac Bloomsday 7.5 mile run, Spokane WA. 22,000 runners. Box 1511, Spokane WA 99210.

May 22. Viking Classic 10K, Portland, Oregon. Nike Masters Grand Prix Series. 5 free masters trips to California. PO Box 668, Portland, OR 97207.

June 26. Cascade Run Off 15K, Portland, Oregon. Chuck Galford, 1000 Willamette Center, 121 S.W. Salmon, Portland OR 97204.

CANADA

May 1. Nike International Marathon, Vancouver, B.C. Don Basham, 1200 Hornby St., Vancouver BC Canada V6Z 2E2.

May 15. Ontario Masters 10K Road Championships, Sunnybrook Park, Toronto.

May 29. Manitoba Marathon, Winnipeg. Debbie Prince, 1700 Ellice Ave., Winnipeg, Manitoba, Canada, R3H 0B1.

October 30. USA vs. Canada Masters Cross-Country Match, Ottawa.

INTERNATIONAL

October 15-16. XVI World Veterans (IGAL) 10K and 25K Championships, Perpignan, France. Maurice Nozerand, ASPPT Perpignan 66020, France. 68/61-66-11.

RACE DIRECTORS & COACHES

WE OFFER CUSTOM WORK: ILLUSTRATED CERTIFICATES, SPECIAL AWARDS, NOTECARDS, POSTERS, LOGOS FOR YOUR RACES, MEETS, & CLUBS AT REASONABLE RATES.

FREE INFORMATION

WRITE TO: WING & WING, 496 N WEST SHORE ROAD, GUENES ISLAND, WA 98221 (206) 293-9738



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LONG DISTANCE RESULTS

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

THE LAST 10K SANTA ROSA, CA DECEMBER 26, 1983

1st Overall

Rob Edson	31:31
Shirley Matson	37:35

M40-49

Darryl Beardall	32:45
Dan McSkill	34:00
Don Ardell	34:07
Bill Catonese	34:10
John Crouch	35:50

M50-59

Morton Gray	35:18
Gough Reinhardt	39:42
Ron Kinner	40:36
Mort Ward	41:18

M60+

Dick Dekay	45:00
Donald Timmerman	53:46

W40-49

Shirley Matson	37:35
Janet Buckendahl	40:50
Sally Sovitz	42:50

W50+

Angela Chadwick	51:47
Jackie Leach	53:17
Elizabeth Horney	58:42

ULTRADISTANCE DAY 12.2 MILE ATLANTA, GEORGIA FEBRUARY 5, 1983

Top Ten Men

1. Abroha Aregba (21)	1:03:42
2. Kevin Paulk (27)	1:04:07
3. Billy Walsh (24)	1:06:58
4. Dean Thompson (17)	1:08:01
5. Dudley McGarity (24)	1:08:12
6. Steve Mills (27)	1:08:48
7. Jim Donovan (31)	1:08:59
8. Alex Keeney (28)	1:09:56
9. Mike Hartman (39)	1:11:19
10. Larry Lanier (21)	1:11:43

30-34

1. Jim Donovan (31)	1:12:48
2. Tom Millen (31)	1:14:01
3. Bob Crosby (34)	1:14:29
4. Paul Hudson (32)	1:14:54
5. Bob Wetsel (33)	1:16:34
6. Jim Oakes (34)	1:17:21
7. Chris Huffman (31)	1:20:54
8. John Caloure (32)	1:21:06
9. Kevin Cleveland (32)	1:21:08
10. Rick Huscussion (32)	1:21:08
11. Frank Robertson (34)	1:22:12
12. Art Bowman (33)	1:22:39
13. Lucius Evans (31)	1:22:42
14. W.E. Cox (31)	1:22:49
15. Perry Cutshall (33)	1:22:50
16. W. Gantt (33)	1:22:56
17. John Evans (33)	1:24:31
18. Terry Lewis (34)	1:28:15
19. John Cowart (30)	1:28:51
20. Billy West (30)	1:29:00

35-39

1. Mike Hartman	1:13:59
2. Charlie Lowry (39)	1:14:08
3. Joe Carter (39)	1:18:29
4. Randy Vialpando (36)	1:18:55
5. Mike Conley (35)	1:19:01
6. Dwight Kees (27)	1:19:39
7. Roger Mills (37)	1:20:04
8. Don Boykin (36)	1:20:40
9. Terrell Davis (35)	1:21:52
10. Jim Meehan (37)	1:22:01
11. Mike Graham (36)	1:22:08
12. Mike Vaughan (36)	1:22:55
13. Joel Dubow (39)	1:23:27
14. Martin Kanarek (38)	1:24:39
15. Perry Stapleton (39)	1:24:59
16. Ron Todd (36)	1:25:59
17. R. Creasy (37)	1:26:26
18. J. David Murray (37)	1:26:56
19. Ron Martz (35)	1:27:03
20. Gene Phillips (36)	1:27:18
21. Walt Fielding (37)	1:29:10
22. Ron Willbanks (35)	1:29:42
23. Larry Lascoy (39)	1:30:18
24. John Lorka (38)	1:31:09
25. John de Castro (36)	1:31:09

40-44

1. Phil Limonciello (41)	1:14:15
2. Rod Spence (42)	1:18:40
3. Sandy Gruskin (40)	1:18:53
4. C. Moss (43)	1:21:25
5. H. Daugharty (43)	1:26:07
6. Jesus Romero (44)	1:27:19
7. James Connady (42)	1:27:27
8. Claude Grizzard (44)	1:28:14
9. Dwight Sheftall (43)	1:28:59
10. Ken Hoose (42)	1:30:29
11. Steve Langston (43)	1:32:30
12. Harold Henderson (40)	1:30:33
13. Joe Sasso (42)	1:33:43
14. Bert Fontaine (40)	1:34:55
15. Dave Bradbury (40)	1:38:54
16. Norm Stoehling (42)	1:44:48
17. John Estes (41)	1:51:10

45-49

1. Roger Kline (45)	1:19:27
2. Charles Teague (48)	1:21:27
3. Royce Hodge (45)	1:21:40
4. Don Cole (47)	1:22:39
5. Herb Laws (49)	1:28:16
6. Tom McCollister (46)	1:29:16
7. Ray Loftin (46)	1:29:37
8. John Perkins (45)	1:30:41
9. David Jordan (49)	1:32:22
10. Alan Hirman (45)	1:32:37
11. Harold Freeman (47)	1:37:48
12. James Dixon (47)	1:38:50
13. Don McClellan (48)	1:39:29
14. Curtis Watson (48)	1:47:06
15. Bob Cooper (47)	1:52:39
16. James O'Donnell (48)	1:53:50
17. J. Caruso (46)	1:54:42

50-54

1. Whittitt (50)	1:20:22
2. Jim Yamanaka (50)	1:22:43
3. Wayne Nicoll (50)	1:24:54
4. Don Shoup (52)	1:27:24
5. Alan Harris (51)	1:27:26
6. Kip Sengstock (54)	1:28:57
7. Calvin Ward (54)	1:30:35
8. Conway Hayes (52)	1:31:39

55-59

1. Joe Petrolino (56)	1:30:18
2. Harold Johnson (57)	1:41:13
3. Charles Fallis (57)	1:52:38

Top Five Women

1. Betsy Shillito (24)	1:15:11
2. Lucio Geraci (29)	1:15:49
3. Carolyn Spillman (35)	1:22:06
4. Patty Holland (30)	1:24:46
5. Lynda McHugh (33)	1:26:11

30-39

1. Carolyn Spillman	
2. Patty Holland	
3. Lynda McHugh	
4. Connie Lemming (36)	1:32:13
5. Sue Norwood (33)	1:32:37
6. Terri Chandler (33)	1:33:30
7. Julie Clifford (32)	1:36:23
8. Laura Murphy (30)	1:41:18
9. Ellen Hartman (31)	1:42:22
10. Whit Perrin (32)	

50+

1. Rita Tomassini (61)	1:43:21
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COLUMBUS ROADRUNNERS 15 MILE COLUMBUS, OHIO FEBRUARY 13, 1983

1st Overall

Dave Ellis	1:17:35
June Keller	1:37:14

Male 40-44

Ken Prior	1:25:32
Chet Starn	1:31:35
Gerry Miller	1:34:23
Bill Hannon	1:35:28
Ray Dechert	1:39:44
Jerry Mendell	1:41:06
Jim Plant	1:49:52
Jim Haban	1:50:50
David Fisher	1:50:59
Robert Miller	1:52:38
John Odgers	1:55:30
Claude Carey	1:56:38
Harry Ewing	1:56:52
George Ruff	2:02:41
Bob Gossman	2:03:57
Jerry Angelett	2:03:58
Paul Wrobbel	2:09:34
John Fuller	2:09:43
Don Boerner	2:11:24
Larry Erickson	2:14:00

Male 45-49

Joe Coffer	1:45:01
John Medic	1:47:03
Don Miller	1:48:57
Bill Mackney	1:48:59
J. Kovach	1:50:59
C. Bruce Herring	1:57:21
Paul Roby	1:57:48
Larry Smith	1:57:54
David Lasky	2:01:12
Walter Grubb	2:01:31
Tom Ellwood	2:09:36
Roger Reynolds	2:11:35
Mervyn Farrad	2:15:48
Andy Poulin	2:17:19
Pete Plants	2:17:33
Sam Lewis	2:26:47

Male 50-59

Ray Thompson	1:37:12
Bill Lewis	1:50:01
Glenn Pine	1:52:11
John McCormac	2:05:23
Wade Mills	2:05:40
Joames Richards	2:07:19
Bob Gately	2:08:57
Harold Beard	2:08:58
James Jones	2:21:11
George Close	2:31:00

Male 60 and Over

Jack McClain	1:57:51
Charles Franke	2:08:25
Peggy Drauglis	1:57:22
Mim Brierley	2:11:59
Pat Prior	2:20:21

Female 30-39

Janice Hughes	1:46:15
Marie Burleson	1:50:05
Bambi Vargo	1:51:58
Deborah Crist	1:53:03
Suzette Nemeth	1:58:40
Pauline Hosenfeld	
Barb Davis	1:58:55
Antoinette Akins	2:01:34
Delores McEnaney	2:02:01
Donna Hutchinson	2:03:25
Betty Mason	2:11:01
Joette Weber	2:11:02
Ellen Gerl	2:13:18

Female 40-49

Julia Jones	2:46:00
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Female 50 and Over

Julia Jones	2:46:00
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TULSA RUNNING CLUB 2M & 20K TULSA, OKLAHOMA FEBRUARY 18, 1983

2 MILE

1st Overall	
Eric Lathrop	25 9:48
Michelle Scholz	14 11:41

M40-44

Kent Metcalf	44 10:25
John English	40 11:05
Stan Austin	41 11:08

M45-49

Joe McDaniel	46 11:30
Don Antle	45 11:38
Reed Ferguson	47 11:55

M50-54

Arturo Melendez	51 12:01
John Miller	52 12:57
Gene Moss	54 15:28

M55+

Nocus McIntosh	57 11:29
Harold McDonald	55 12:54
Bill Baker	58 17:06

W30-39

Martie McCain	31 13:16
Susan Bachmann	30 15:15
Maggie Summers	39 15:34

W40+

Vreni Kemp	40 13:08
Anna Vean West	44 19:15
Laura Wilson	52 19:49
Jean Benear	56 20:44
Judy Trevani	42 21:33

20K

1st Overall	
Jimmy Bracken	22 1:04:05
Carol Madison	31 1:27:56

M40-44

Dan Vasicek	40 1:16:40
Jay Minor	41 1:20:10
C. Bertalot	42 1:22:51

M45-49

R. Bennett	45 1:16:25
Bill Snyder	47 1:33:32
Nick Rylander	46 1:33:56

M50-54

Colin Bray	50 1:24:12
Bill Ryan	52 1:29:47
Rich Thompson	53 1:32:17

M55-59

Paul Johnson	56 1:29:37
Jim Elmore	58 1:36:28
R. Peterson	55 2:02:03

W30-39

Carol Madison	33 1:39:14
Janice Morris	30 1:54:39

W40+

Sharon Cooper	44 1:31:19
D. Henderson	42 1:50:07

PHOENIX MARATHON & 15K PHOENIX, ARIZONA FEBRUARY 21, 1983

M40-44 MARATHON

Joseph Beal	2:33:58
Robert Baitlett	2:46:28
Allan Solheim	2:46:38

M45-49

R.J. Henley	2:57:13
Neil Armann	2:58:48
A. W. Smith	3:06:08

M50-54

Mike Mikkelsen	2:56:36
Jack Terry	3:00:45
Robert Fletcher	3:02:21

M55-59

Joe Hydo	3:20:37
Cas Kozak	3:30:22
Wes Goodwin	3:33:22

M60-69

Louis Preysz	3:25:42
Hugo Hanson	3:33:15
Al Clark	3:52:04

W40-44

C. Rompanen	2:29:30
Josie Fox	3:24:59
Jeanette Rusk	3:26:21

W45-49

Carrol Clancy	4:19:02
Phyllis Slinker	4:20:16
Bernice Miller	4:40:02

W50-54

Caroline Earl	4:05:54
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W55-59

A. Milicevic	3:35:46
Grace Gammill	4:04:24
Emma Bowman	4:59:57

W60-69

Edna Laflin	3:58:37
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15K

M40-44	
Villanueva	45:07
Jim Gerace	53:01
Cliff Bedell	55:03

CONTINENTAL 10K
PHOENIX, ARIZONA
MARCH 5, 1983

1st Overall	
Rick Bohl	25 30:15
Pat Benninger	32 37:22

M40-44	
Nat White	42 32:59
James Gerace	42 35:07
Don Branaman	44 36:10

M45-49	
Robert Packard	46 32:45
John Weldy	48 34:12
Allan Gibson	45 36:42

M50-54	
Tom Sturak	51 37:05
John Sadlouskos	50 37:57
Mike Mikkelsen	51 38:02

M55-59	
Mac Elliott	57 39:15
Hubert Williams	57 40:26
Charles Heers	56 42:22

M60+	
Don Longenecker	66 39:10
Nat Robbins	61 44:53
Casey Poole	60 44:58

W30-34	
P. Benninger	32 37:22
Susan Shafer	31 41:52
Patti Mericle	32 41:55

W35-39	
Mary Verdugo	37 39:43
Mary Orr	38 42:19
Suzanne Armstrong	36 44:09

W40-44	
Josie Fox	40 40:41
Judy Allard	44 43:20
Jeanette Rusk	42 45:36

W45-49	
E. Lundquist	47 45:05
J. Del Vecchio	45 45:10
Betty Ratley	45 45:35

W50-54	
Mary O'Connell	51 47:25
Caroline Earl	52 50:27
Mary Dasen	51 53:27

W55-60	
Mary Storey	58 45:09
Adele Milicevic	56 47:23
Grace Gammill	56 50:33

W60+	
Mem Howe	64 52:17
Marion Gibbs	60 55:33
Ann Snyder	66 59:43

RUN FOR NUTRITION 10K
RIVERSIDE, CALIF.
MARCH 6, 1983

M40-49 Bill Crum	35:34
M50-59 Wally Ingram	36:29
M60+ John Goodyear	43:39
W40-49 Audrey Singer	51:25

EAGLE 4 MILE RUN
ROCK HILL, SO. CAROLINA
MARCH 6, 1983

1st Overall	
Michael Pappas	21:10
Sheila Carrell	28:04

M40-49	
Larry Barden	23:47
Verne Berry	24:34
Henry Hunt	25:22

M50+	
Charles Moore	26:26
Zean Jamison	27:17
Lockett Davis	29:21

W40-49	
Patricia Dorsey	40:27

W50+	
Ruthann Poore	33:23
Betty Richardson	38:30

2nd ANNUAL VICTORIA AVENUE
5K/10K RUN; RIVERSIDE,
CALIF.; MARCH 12, 1983

5K	
M40-44 Anthony Lopez	18:08
M45-49 Bill Crum	17:12
M50-59 Wally Ingram	17:41
M60+ Jack Britton	20:59
W40-49 Nancy Tienhofe	24:37
W50+ Connie Smith	29:42

10K	
M40-44 Frank Ogawa	36:02
M45-49 Bill Crum	38:47
M50-59 Wally Ingram	36:25
M60+ Robert Kroger	41:06
W40-49 C. Trevarthen	43:06

FROSTBITE CLASSIC 13.1 M
DELAVER, ILLINOIS
MARCH 12, 1983

1st Overall	
Clint Walker	1:14:38
Kim Hurley	1:33:50

M40-49	
Jerry Riebling	1:23:48
Al Morris	1:24:30
Kent McBrayer	1:28:10
Gerald Stevenson	1:29:00
Walter Ruppman	1:29:47

M50+	
Lou Jones	1:30:18
Don Kastellia	1:35:08
Don Overend	1:36:47
Gordon Biggar	1:43:31

W40+	
Sue Adams	1:48:28
Carol Blevis	1:50:48
Pearl Folkens	1:57:25
Ann Morris	1:58:37
Judy Blunier	1:58:48
Shirley Kemp	1:58:57

148 finishers
from Dan SheaUNIVERSITY OF ALABAMA,
HUNTSVILLE 6 MILE; HUNTS-
VILLE; MARCH 12, 1983

1st Overall	
Randy Scharberg	27 31:17
Cathy Goeddeke	18 36:43

M30-39	
Fred Beckett	36 32:36
Mick Gavin	36 34:35
Lars Edwards	33 35:30

M40-49	
Ellis Whitt	41 34:37
Gaylon Dodson	44 35:07
L. Roussell	42 35:19

M50+	
Bill Chubb	51 39:28
Garland Bray	52 40:34
Paul Bayruns	51 40:50

W30-39	
Ellen Harris	32 41:41
Jenny Case	35 50:34
Fay Copeland	39 53:59

W40+	
Alice Clements	44 47:49
Linda DeHaye	42 50:55
Karol Landram	46 50:59

TOM SULLIVAN 6 MILE
TORRANCE, CALIF.
MARCH 13, 1983

M40-44	
Michael Mahler	40 32:17
Bart Coventry	42 32:58
Joseph Bird	42 33:00
Jim Chenoweth	42 33:10
Neal Chappell	43 33:34

M45-49	
Andre Tocco	47 32:06
Marman Cohen	45 33:12
John Rudberg	48 34:12
Chris Bourke	47 35:21
Pat Higgins	45 33:34

M50-59	
Jim Brownfield	51 33:25
Patrick Devine	54 35:51
Conrad Eroen	53 36:12
Dick Venne	52 36:27
John Racely	35 36:47

M60+	
Robert Page	61 38:38
Eddie Lewin	66 39:04
George Boyle	63 40:08
John Nino	61 42:47
Sam Simon	62 42:57

W35-39	
Patti Hurl	35 35:56
Judy Kewley	38 36:10
Lisa Allen	37 38:02
Wendy Watson	39 39:20
Mariellen Pecot	36 41:34

W40-44	
Jean Jones	40 40:58
Allyn Carol	41 41:31
Patricia Crane	40 42:06
Bobbie Lamping	42 42:55
Darlene Gandy	40 43:44

W45-49	
Dobi McDougall	48 40:17
Marianna McMullen	45 41:27
Shirley Blush	46 42:06
Marta Greiner	46 47:44
Mollie Davies	45 48:00

W50-59	
Helen Dick	58 38:50
Ann Priddy	54 45:35
Nelly Williams	51 45:38
Doris Castaneda	50 46:32
Ruth Bloland	54 47:30

Brooklyn Half Marathon
Brooklyn Bridge to Prospect ParkSponsored by Manufacturers Hanover
Under the auspices of the NYRR
Date: March 13, 1983, 9:30 AM
Distance: 13.1 Miles
Check-In: Men-2801, Women-675,
Total-3476
Finishers: Men-2379 and 5 racewalkers,
Women-516 and 5 racewalkers, Total-2905
Weather: Clear, windy, low 50's.

Order of Finish—Men

Overall	Age	Name, Age, Team/Res.	Time
1	1	Robertson, Andy, 27, WPRR	1:04:31
2	2	Clary, Don, 25, OR	1:05:16
3	3	Vega, Sal, 25, NYAC	1:05:22

Vet A (40-44)		
1	Bassett, Russell, 42	1:17.0
2	Vinson, Walter, 44	1:18.5
3	Christensen, Robert, 40	1:19.2
4	Anderson, Richard, 42	1:19.3
5	Lusted, Fred, 40	1:20.3
6	Valentin, Justino, 41	1:21.1

7. Gustafson, Tom, 41	1:21:35
Vol B (45-49)	
1. Mueller, Fritz, 46	1:12:35
2. Sulek, Jerzy, 45	1:18:54
3. Stern, Lou, 48	1:19:35
4. Dolphin, Robert, 45	1:22:15

Masters (50-59)		
1	Dixon, Don, 55	1:20.2
2	Jones, Kenneth, 52	1:23.0
3	Buxley, Charles, 52	1:25.1
4	Terry, Jack, 53	1:27.5

Seniors (60-69)		
1	Mahta, Peter, 61	1:33:55
2	Rios, Wilfredo, 66	1:36:30
3	Goldstein, Albert, 63	1:36:44

Teams	
1 Warren St. 9-11-12-17-29	78
2 Westchester/Puma 1-10-13-22-35	81
3 Central Park 30-31-34-36-45	176

Racewalkers		
1	Bdera, Nicholas, 34	1:55:07
2	Valiente, Ronald, 52	2:24:56
3	Rifkin, Abe, 62	2:30:52

Award Winners—Women

Overall Winners		
1	Hird, Anne, 23	1 14.4
2	Wuss, Cindy, 25	1 16.1
3	Ennis-Schwarz, Doreen, 26	1 17.3

Subvet (30-39)		
1	Hearn Grenning, Christine, 37	1:23:18
2	Culla, Kathy, 31	1:23:41
3	McDonald, Katie, 30	1:26:12
4	McGrath, Ellie, 30	1:26:40
5	Chadwick, Beth, 34	1:28:37
6	Portaro, Joanne, 34	1:28:48
7	O'Kane, Lynda, 35	1:28:49

Vel A (40-44)		
1	Parmalee, Patty Lee, 43	1:26.2
2	Thornhill, Anna, 42	1:28.0
3	Monte, Lona, 41	1:30.4

4. Martin, Jill, 44	1:36:11
Vel B (45-49)	
1. Phillips, Gudrun, 46	1:35:41
2. Praskins, Lisa, 48	1:43:22

3. Opsahl, Judith, 47	1:45.1
Masters (50-59)	
1 d'Elia, Toshiko, 53	1:32.0
2 Moore, Alicia, 52	1:34.2

Seniors (60 and over)		
1.	Rodriguez, Mary, 61	1:57.4
2	Weltherbee, Althea, 64	2:07.0

Teams	
1 Warren St.	3-4-8
2 Atalanta	5-6-7
3 Millrose	14-23-25

Racewalkers		
1	Baldini, Roberta, 29	2:21:24
2	Kelley, Dorothy, 47	2:23:42
3	Ciccone, Diane, 30	2:35:35

RUN OF THE YEAR 5K
ONTARIO, CALIF.
MARCH 13, 1983

M40-49	
Gerry Cobbe	17:07
Bob McGeough	17:21
Don Cousins	17:39

M50+	
Wally Ingram	16:56
Charles Hanson	18:08

W40-49	
no entries	

W50+	
Mary Storey	21:55

11th ANNUAL ST. PATRICK'S
DAY RUN; ST. PAUL, MINN.
MARCH 13, 1983

1st Overall	
Lloyd Ness	22:43
Jan Ettle	26:50

M30+ Steve Benson	23:03
M40+ Dan Conway	24:17
M50+ Alex Ratelle	26:24
M60+ John Burton	32:30

W30+ Laurie Hofman	30:45
W40+ Carolyn McKasy	32:55
W50+ Dorothy Spencer	36:24
W60+ Betty Haleen	44:02

(5,000 runners)
(from Dan Conway)OKLAHOMA CITY RUNNING CLUB
20K; OKLAHOMA CITY, OK;
MARCH 19, 1983

M40-49	
Kent Metcalf	44 1:15:02
Everett Crum	48 1:15:40
Stan Warren	45 1:21:32

M50-59	
Bob McAfee	52 1:32:15
L. Terronez	52 1:38:55
John Mills	50 1:39:04

M60+	
Jim Smith	60 1:27:27

W40-49	
R. Carlisle	40 1:29:37
Judy Smith	40 2:02:17

from Douglas Thurston

SPECIAL OLYMPICS 5K/10K RUN
UPLAND, CALIFORNIA
MARCH 19, 1983

5K	
M40-49 Sam Mayo	17:38
M50-55 Howard Snyder	20:08
M56+ W. Atchenson	19:30

W40-49 Kathy Adams	23:39
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10K	
M40-49 Gerry Robb	35:40
M50-55 Peter Morris	40:47
M56+ H. Daughters	41:22

W40-49 Rosa Phillips	47:46
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W50+ Mary Scott	48:58
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HERALD-TRIBUNE 10K
SARASOTA, FLORIDA
MARCH 20, 1983

1st Overall	
Jeff Millman	30:54
Barbara Matthews	37:11

M40-44	
Richard Quevillion	33:58
Bruce Witty	35:34
John Butler	39:27

M45-49	
Jim Larson	36:43
Chuck Hill	37:57
Kent Morgan	38:14

M45-49		
Jim Larson		36:4
Chuck Hill		37:9
Kent M...		38:

M50-54	
Tom Depenbrock	41:34
Don Tinker	43:02
F.M. Derr	45:18
Paul Popple	45:29

M55-59	
Carl Hammen	39:55
John Kaelberer	42:13
Walter White	45:02
Joe Shih	46:01

The Emerald City MARATHON

Seattle, March 27, 1983

Place	Name	Time	Age
1	Michael Heffernan	2:28:34	42
2	Fritz Mueller	2:29:17	46
3	Fay Bradley	2:31:56	45
4	Albert Huff	2:33:39	45
5	David Williams	2:34:29	41
6	Warren Finke	2:34:40	40
7	Frank Duarte	2:35:29	41
8	Skip Shaffer	2:36:03	45
9	Bill Jenney	2:37:54	42
10	Jim Knerr	2:38:43	48
11	Tim Rostegge	2:39:03	42
12	Maurice Pratt	2:39:39	46
13	Tom Meyer	2:41:59	43
14	Bill Meinhardt	2:42:47	42
15	Gary Ctheim	2:44:00	40
16	Reed Miller	2:44:18	42
17	Robert Hughes	2:44:35	42
18	Matthew Hutmaker	2:45:05	40
19	Lary Webster	2:45:12	49
20	William Iffrig	2:45:49	48
21	Jim Volk	2:46:36	50
22	Ronald Barrie	2:46:40	47
23	Mike Hicks	2:47:55	42
24	Victor Gilliland	2:47:56	48
25	Tommy Owens	2:49:00	43
26	Robert W. O'Brien	2:49:10	41
27	Michael Christiansen	2:49:22	46
28	Tom Stewart	2:51:18	44
29	Alfred Enloe	2:52:10	41
30	Robin Douglas	2:52:13	40
31	James Zeller	2:53:18	41
32	Bill Malinski	2:54:43	47
33	Clive Davies	2:55:15	67
34	Don Grim	2:55:21	47
35	James Marlow	2:56:25	41
36	Ron Sandelius	2:57:51	45
37	Ed Kramer	2:58:42	52
38	Gale Pfeuffer	2:59:00	40
39	Patrick Quinn	2:59:23	49
40	Buck Levy	3:00:24	51
41	Fred Stone	3:01:32	44
42	Marc Martin	3:02:07	52
43	Ron Behrmann	3:03:00	43
44	David Johnson	3:03:29	43
45	Larry Doering	3:03:52	51
46	Robt. C Hackman	3:04:01	44
47	Thos. R Flint	3:04:17	51
48	Ernie Wiegand	3:04:32	43
49	James O'Brien	3:04:54	41
50	George Lundin	3:05:45	53

Place	Name	Time	Age
51	Lloyd Pugh	3:05:51	46
52	Joe Wilcox	3:07:15	40
53	James Bordeaux	3:07:29	48
54	Richard Shores	3:07:45	40
55	Field Ryan	3:08:55	51
56	Frank Retman	3:09:08	41
57	Bob Thomas	3:09:36	48
58	Hans Sigmund	3:09:38	51
59	Stu Robertson	3:09:39	53
60	Jerry Schatz	3:10:14	42
61	Joel Gearing	3:10:25	46
62	Dennis Smith	3:10:40	48
63	Bruce Bare	3:12:14	40
64	Buzz Masters	3:12:15	53
65	J. Scott Davidson	3:12:18	54
66	Jack Burkley	3:12:26	50
67	Tom Buchanan	3:12:47	41
68	Alex Urquhart	3:13:28	43
69	Donald Sampson	3:13:29	44
70	Norman H. Lacher	3:14:07	43
71	Joe Duffy	3:14:10	52
72	Al Werran	3:14:12	54
73	Chuck Johnson	3:14:30	46
74	Joseph Phaneuf	3:14:33	42
75	Ray Ricker	3:15:44	41
76	Robert Ballew	3:15:54	48
77	Bob Washburn	3:16:50	54
78	Rod Aylwin	3:16:56	43
79	Willis Olson	3:17:08	43
80	Frank Sjurson	3:18:09	45
81	Orlo Keniston	3:18:49	55
82	Bill Williams	3:19:35	58
83	Harry Chafetz	3:19:39	53
84	Duane Pearson	3:19:42	42
85	Richard Woelk	3:20:03	40
86	Martin Bolvin	3:20:27	40
87	John Sloan	3:21:47	40
88	Ed Reid	3:21:47	43
89	Victor Harkoff	3:21:48	64
90	James Cushman	3:22:32	45
91	Guy Ott	3:22:50	41
92	Frank Grey	3:22:52	63
93	Tony Sagare	3:22:52	45
94	Norman Axon	3:22:54	51
95	James Swindler	3:22:58	47
96	William Misner	3:23:02	43
97	Jim Brooker	3:23:39	40
98	Richard Jones	3:24:02	48
99	Edward Carpenter	3:24:15	45
100	Roy Allen	3:24:31	45
101	George Emerson	3:24:35	42
102	Jerome Hanrahan	3:24:54	41
103	Raymond Rose	3:24:58	52
104	Ed Huntington	3:25:15	47
105	Edwin Massong	3:26:35	43

Place	Name	Time	Age
106	Paul Toennies	3:26:52	47
107	Frederich Gies	3:26:53	44
108	Chuck Auston	3:26:55	47
109	Ward Livingston	3:27:01	44
110	Joe Atterberry	3:27:47	51
111	Willard Utwiller	3:27:57	47
112	Robert Seaton	3:28:26	40
113	Joseph Fitzgerald	3:28:31	41
114	Charles Tapper	3:28:39	52
115	Rudy Rollolazo	3:29:11	41
116	Richard Ryan	3:29:17	48
117	Ronald Callahan	3:29:58	42
118	Robert Becker	3:30:01	45
119	Gerald Magorty	3:30:56	52
120	Lee Parker	3:31:47	46
121	George Richards	3:33:16	47
122	Donald Schade	3:33:22	42
123	Bob Joynes	3:33:48	47
124	Elijah Galloway	3:34:08	62
125	Jack Lyons	3:34:35	52
126	Keiji Yoshitomi	3:35:16	46
127	Bruno Reins	3:35:22	44
128	Francis Sweeney	3:35:35	49
129	Al Stipe	3:36:36	46
130	Rich Sermeno	3:36:59	42
131	Michael Magie	3:37:01	44
132	Robert LeDoux	3:37:41	46
133	Ed Tylan	3:37:50	46
134	Jim O'Connor	3:38:08	46
135	Leon Holman	3:39:07	50
136	L. B. Sanchez	3:39:29	48
137	Orvil Clay	3:39:31	43
138	Darryl Brown	3:39:33	54
139	Herb Nelson	3:39:39	51
140	Gujolote Waltzer	3:39:42	60
141	Robert Blair	3:39:54	57
142	Daniel Blodgett	3:40:55	50
143	Dale Sawyer	3:41:28	45
144	Mike Kubo	3:42:37	53
145	Harold Hellyer	3:43:09	48
146	Marshall Scott	3:43:12	45
147	Bill Maxwell	3:44:18	46
148	Bill Burby	3:44:50	47
149	Fred Jaffe	3:45:07	60
150	Charles Brown	3:45:13	54
151	Ray Christiansen	3:46:20	45
152	David Minikel	3:46:38	42
153	Patrick Hawkins	3:47:00	50
154	Jim Hartley	3:49:28	56
155	John Selif	3:50:37	47
156	Edward Johnstone	3:51:07	61
157	Walter Jorgensen	3:51:52	41
158	Michael Wheeler	3:52:02	40
159	Chuck Harmon	3:52:27	41
160	Dean Erickson	3:52:30	46

Place	Name	Time	Age
161	Erad Wilson	3:52:45	44
162	Norman Strange	3:53:00	57
163	James Dewey	3:53:21	43
164	Don Percell	3:54:15	53
165	Michael Malan	3:54:52	43
166	Robert Todd	3:55:44	53
167	John Carlin	3:56:47	40
168	Dan Anderson	3:57:03	54
169	Eugene Reynolds	3:57:46	50
170	Howard Haddy	3:59:17	60
171	Phil Monzon	4:00:32	50
172	Harry Olsen	4:00:40	54
173	Edward Dunn	4:06:08	50
174	Anders Jacobsen	4:12:10	58
175	Charles Johannes	4:14:22	49
176	Kenneth Hendrix	4:16:21	61
177	Jim Gaddy	4:16:50	48
178	Thomas Martin	4:17:42	50
179	Kent Huber	4:18:11	40
180	John Stout	4:19:19	71
181	William Harrison	4:19:30	60
182	William Parker	4:20:50	47
183	Marshall Campbell	4:21:22	56
184	George Kudo	4:21:56	58
185	John Neville	4:29:08	64
186	Ronald Perry	4:29:34	49
187	Tom Hogan	4:29:47	40
188	Lowell Bamford	4:31:12	45
189	Donald Dahlgren	4:33:22	47
190	Ralph Riddick	4:47:05	50
191	John Thum	4:50:33	65
192	Stuart Seaborn	4:50:36	64
193	Daniel Michel	4:59:30	48
194	Earl J. Trivett	4:59:48	57
195	Michael Randall	5:09:07	40
196	John Oprea	5:12:31	65
197	Joe Jones	5:12:52	44
198	Pike Pavlik	5:17:00	43
199	Bruce Orkney	5:54:00	52



EMERALD CITY MARATHON March 27, 1983

TAC Masters Individual Results

40-44			
Michael Heffernan	Portland, OR	2:28:34	
Dave Williams	Tacoma WA	2:34:29	
Warren Finke	Portland OR	2:34:40	
Frank Duarte	Santa Anna CA	2:35:29	
Bill Jenney	Oakland CA	2:37:54	
Tom Rostegge	San Jose CA	2:39:03	

45-49			
Fritz Mueller	New York NY	2:29:14	
Fay Bradley	Washington DC	2:31:56	
Al Huff	Seattle WA	2:33:39	
Skip Shaffer	Fullerton CA	2:36:03	
Jim Knerr	Simi Valley CA	2:38:43	
Maurice Pratt	Federal Way WA	2:39:39	

50-54			
Jim Volk	Seattle WA	2:46:36	
Ed Kraemer	Seattle WA	2:58:41	
Buck Levy	Sun Valley ID	3:00:24	
Marc Martin	Renton WA	3:02:07	
Larry Doering	Seattle WA	3:03:52	
Thomas Flint	Tacoma WA	3:04:17	

55-59			
Orlo Keniston	Seattle WA	3:18:49	
Bill Williams	Poulsbo WA	3:19:35	
Robert Blair	Spokane WA	3:39:54	

60-64			
Victor Harkoff	Seattle WA	3:21:42	
Frank Grey	Poulsbo WA	3:22:52	
Elijah Galloway	Grandview WA	3:34:08	

65-69			
Clive Davies	Tillamook OR	2:55:15	
John Thum	Puyallup WA	4:50:33	
John Oprea	Kirkland WA	5:12:31	

70-74			
John Stout	Seattle WA	4:19:19	

TAC Masters Team Results

40-44	
West Hills Striders	
Michael Heffernan	2:28:34
Warren Finke	2:34:40
Reed Miller	2:44:18
	7:47:32

Snohomish Track Club (A)	
Al Huff	2:33:39
Dave Williams	2:34:29
Maurice Pratt	2:39:39
	7:47:47
Culver City TC	
Frank Duarte	2:35:29
Skip Shaffer	2:36:03
Jim Knerr	2:38:43
	7:50:15

West Valley Joggers & Striders	
Bill Jenney	2:37:54
Tim Rostegge	2:39:03
Bill Meinhardt	2:42:47
	7:59:44

Atlanta Track Club	
Ronald Barrie	2:46:40
Tommy Owens	2:49:00
Alfred Enloe	2:52:10
	8:27:50

Snohomish Track Club (B)	
Tom Stewart	2:51:18
Bill Malinski	2:54:43
Alex Urquhart	3:13:28
	8:59:29

50-59	
Seattle Track Club	
Jim Volk	2:46:36
Larry Doering	3:03:52
Stu Robertson	3:09:38
	9:00:06

Snohomish Track Club	
Field Ryan	3:08:55
Bill Williams	3:19:35
Leon Holman	3:39:07
	10:07:37

CELEBRATION OF LIFE 5 MILE
CHARLOTTE, NORTH CAROLINA
MARCH 27, 1983

1st Overall	
David Hankins	26:06
Emily Moak	33:21
M40-49	
Leonard Jones	28:59
Larry Barden	29:28
Ken Dreon	30:18
M50+	
Zean Jamison	33:05
Jeter McKinley	37:04
George Crouse	39:49
W40+	
Becky Elderkin	38:33
Sue Boyer	40:25
Joyce Hipp	42:12

3rd SANTA BARBARA COUPLES RELAY (2x4 MILES), FEBRUARY 12, 1983
(division by total ages/place by total times)

70-79	
Sandy Marshall 35, 25:07/Art Sylvester 44, 23:54	49:01
Betsy Spann 37, 25:56/Stephen Kunishima 41, 25:01	50:57
Karin Roser 34, 28:02/Larry Dunham 39, 24:37	52:39
80-89	
Gloria Lowndes 43, 31:17/Gary Lowndes 38, 24:16	55:33
Jody Messick 43, 30:17/David Messick 45, 26:55	57:12
Debbie Sitka 31, 30:31/Ralph Philbrick 49, 28:25	58:56
90-99	
Stephanie Welch 35, 25:56/Gene Welch 55, 27:50	53:46



PUT AN END TO WOMEN'S SUFFERAGE.

There is no such thing as the gentle sex.

When it comes to battering the body, women runners are every bit men's equal. With each step, they send a shock wave roaring through the bones of their foot, up the skeleton to the brain—at over 200 miles per hour.

And you wonder why proper cushioning is so important? Without it, runners are flirting with stress fractures, tendinitis, lower back pain and migraine headaches.

If you're the female of the species, the best place to cool your heels may well be in our new Aurora.

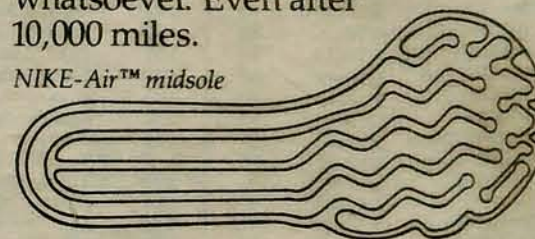
It is the only woman's shoe that features the full-length NIKE-Air™ midsole.

In tests at our Sport Research Lab, we found the simple addition of the NIKE-Air midsole will automatically increase a shoe's cushioning ability a full 12 percent.

And the Aurora will take all the abuse you can dish out. Whereas most EVA midsoles can lose a good fourth of their cushioning after just 500 miles, the NIKE-Air midsole shows no loss

whatsoever. Even after 10,000 miles.

NIKE-Air™ midsole



We should point out, however, that this shoe discriminates on the basis of sex. It is strictly for women. Made on our new woman's curved last. Compared to its male counterpart, the Columbia, the new Aurora is more narrow in the forefoot, more trim at the instep and more snug at the heel.

Of course, that doesn't mean the Aurora is functionally superior to the men's Columbia. We don't think women want those sort of special favors.

We just want to make sure they're on equal footing.



Beaverton, Oregon

