



National Masters Newsletter



39th Issue

November 1981

\$1.25

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

Conway Wins Two National Titles

★ Highlights ★

•Results of Masters Track & Field Meets

- San Juan
- Rocky Mountain
- Nor Cal Sr. Olympics
- TFA Decathlon
- National Wt. Pentathlon
- Montana
- Canadian Wt. Pentathlon

•Results of Long Distance Races

- National Masters 10K
- National Masters 15K
- America's Marathon
- Nike Marathon
- Midwest Masters 25K
- Springbank
- Philadelphia Fall Race

•1980 Masters 20K

Rankings

- The Case for Age-Graded Awards
- Masters results of over 50 road races



41-year old Jim Burnett (140) set new world over-age-40 mark of 49:36 in the 400-meter run at National Master Championships. Here he leads Dave Segal (129) and Bill Knoke in 200-meter run.

photo by John Allen

Zimmerman, 2:23, Van Alphen 2:24

Brennand, Davies Set U.S. marks

Villanueva Runs 2:17 in Nike Marathon

EUGENE, Oregon, Sept. 13—Antonio Villanueva, 41, of Xalapa, Mexico moved up to 3rd place on the all-time list of veteran marathoners today with a stunning 2:17:16 in the Nike Marathon.

His effort is surpassed only by Jack Foster's 2:11:19 and Ron Hill's 2:15:46 on the all-time over-age-40 charts.

Kenmore, New York's Ralph Zimmerman, meanwhile, threatened Jim Bowers' U.S. mark (2:22) with a superb 2:23:43. Zimmerman had defeated Villanueva in the hot, RRCA

continued on page 18

1000 View Puerto Rico Meet

from ANGEL RIVERA, Meet Director

SAN JUAN, P.R., Sept. 19-20. Amidst an enthusiastic crowd of about 1000, the 1st Annual San Juan Masters Track & Field Championships were celebrated at the Sixto Escobar Stadium, with athletes from the USA, Colombia, Taiwan and Canada among the 270 participants.

Highlights of the meet included a world age-53 record of 23.5 by Bert Lancaster in the 200 meters, and a sparkling 13.9 in the 110-hurdles by Nate Robinson, 30. Gilberto Gonzalez-

continued on page 4

Groombridge, Rapp Take Women's Crowns

Dan Conway, 42, of Chetek, Wisconsin made a strong bid for masters long distance runner-of-the-year honors by winning two Penn Mutual/TAC national masters long distance running championships on two successive weekends on two different coasts.

On Sept. 26, in Seattle, he captured the 10K road championship in a sparkling 31:02.4, defeating a tough field of Ray Hatton, Dave Hambly, Mike Heffernan, Bill Meinhardt and 125 others by 24 seconds.

A week later in Washington, D.C., the high-school physical education teacher slowly pulled away from Bob Jenkins and Peter Nye to successfully defend his Penn Mutual/TAC national masters 15K road championship title in 48:29.9, finishing 1st overall in a race open to runners over age 30.

In the Seattle 10K race, Judy Groombridge, 41, captured the women's title in 39:36. Trudy Rapp, 44, won the 15K crown in the Capitol in a strong 58:08.

Bob Langenbach, along with the Snohomish Track Club, directed the 10K championship run on the flat, scenic loop course along the Green River in the Seattle suburb of Kent.

"Conway, Hambly, Hatton and Heffernan all went through 5K in 15:30," Langenbach said. "Then Conway started pulling away. Hatton hung on to Hambly till the last 100 meters, then sprinted away to take 2nd, 31:26 to 31:29, with Heffernan 33 seconds farther back."

Hatton, in finishing 2nd at age 49, laid his own claim to master-of-the-year laurels. He turns 50 on February 17 (see Mike Tymn's Gun Lap column). Age-for-age, Hatton's time may have been the best of the day.

Eight runners broke 33 minutes in the 10K event, including two over-45's, Hatton and Derek Mahaffey (32:56).

Christine Curtis, 43, (40:42), and Mary Miller, 42, (40:48), were 2nd and 3rd females. With Groombridge, their Seattle Track Club won the women's mont in the 2A Class with an astounding total of 4,059.2, which earned him the Tovell Trophy for the second year in a row; and George Puce in the 1A Class with a remarkable 3,798.4.

continued on page 13

BULK RATE
U.S. POSTAGE
PAID
Van Nuys, CA 91401
Permit No. 848

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

National Masters Officers

ATHLETICS CONGRESS

TRACK & FIELD CHAIRMAN:

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

LONG DISTANCE CHAIRMAN:

Ken Bernard
P.O. Box 80512
San Diego, CA 92138
(714) 488-3737 (home)
(714) 281-5585 (office)

VICE-CHAIRMAN:

Track & Field:

Men: Ron Salvio
Squan Rd.
Millstone Township, NJ 08520
(201) 266-8202

Women: Joann Grissom
4223 Norrose Dr.
Indianapolis, IN 46226
(317) 547-8841

Long Distance:

Men: Bob Boal

Women: Jo Lacetera

TREASURER:

George Vernosky
5004 Glen Cove Parkway
Washington, DC 20016
(301) 229-8391

SECRETARY

J.J. Perry
Dept. of Microbiology
No. Carolina State U.
Raleigh, NC 27650
(919) 782-0182

TRACK & FIELD RECORDS:

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

LONG DISTANCE RECORDS:

Bob Martin
National Running Data Center
P.O. Box 42888
Tucson, AZ 85733
(602) 323-2223

INDOOR RECORDS AND RANKINGS:

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

DECATHLON:

Ed Oleata
2870 Glenbrook Way
La Jolla, CA 92037
(714) 453-4570

ADVISOR:

Tom Sturak
3900 S.W. Murray Blvd.
Beaverton, OR 97005
(503) 641-6453

T & F REGIONAL CHAIRMEN

EAST:

Rudy Clarence
484 Troy Ave.
Brooklyn, NY 11203
(212) 756-4755

SOUTHEAST:

Ken Kirk
3800 Stonewall Terrace
Atlanta, GA 30339
(404) 436-6918

MIDWEST:

Wendell Miller
351 Birkdale Ave.
Lake Bluff, IL 60044
(312) 234-5936

MID-AMERICA:

Jack Greenwood
917 N. Cedar
Medicine Lodge, KS 67104
(316) 886-3484

SOUTHWEST:

Tom Spillman
9411 Lanshire Dr.
Dallas, TX 75238
(214) 348-8004

WEST:

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

NORTHWEST:

Jim Puckett
2600 W.E. Stark
Gresham, OR 97030
(503) 667-7354

WORLD ASSOCIATION OF VETERAN ATHLETES (WAVA)

PRESIDENT:

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

NORTH AMERICAN REP:

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

TECHNICAL CHAIRMAN:

Ian Hume
R.R. #1
Melbourne, Quebec
Canada
819-826-5418

WOMEN'S DELEGATE:

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

PENN MUTUAL

NATIONAL MASTERS DIRECTOR:

Jon Buzzard
AAU House
3400 W. 86th St.
Indianapolis, IN 46268
(317) 872-2900

MASTERS SPORTS ASSOCIATION

Thomas Talbott, President
55 Frontier Road
Cos Cob, CT 06807

REGIONAL CONTACTS:

EAST:

Bert Lancaster
P.O. Box 29541
Philadelphia, PA 19138

MIDWEST:

Ron Fox
3272 Western Ave.
Highland Park, IL 60035
(312) 432-3411

SOUTHWEST:

Don Slocumb
29 Waugh Drive
Houston, TX 77007
(713) 869-5605

WEST:

John Brenmand
4476 Meadowlark Lane
Santa Barbara, CA 93105
(805) 965-2591

Ruth Anderson
1901 Gaspar Drive
Oakland, CA 94611
(415) 339-0563

Dave Jackson
19103 S. Andmark Ave.
Carson, CA 90746
(213) 638-7125

Jack Karbens
3138 Waialae Ave.
Honolulu, HI 96816

NORTHWEST:

Carole Langenbach
4261 S. 184th St.
Seattle, WA 98188
(206) 433-8868



Write On!



Address letters to:

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

WOMEN'S PROGRAM

The women's program needs help. Why is it that meet directors often limit women to a few events?

For example, in the Puerto Rico Meet Sept. 19-20, only the 100, 200, 400, 1500 and 5000 were open to women.

I also like the high, long and triple jumps, as do others. It would have cost me \$300 to fly to Puerto Rico, so I decided to stay home.

There are many age-group events within the men's program that have only one to three entrants. So what's the difference? The cost of medals? Why not give out medals if there are three or more in any given event? If there are less, and the athlete wants a medal, have one ready at cost.

I hope in the future all events are open to women. Otherwise, the women's program will stay small or even decline.

*Phil (Philippa) Raschker
Atlanta, GA*

NIX TO 10-YEAR GROUPS

Changing to 10-year age-groups would be a damaging blow to the masters program. Some would receive medals for empty wins over those 8 or 9 years older. And how discouraging for those at the top of the age bracket.

Summer or winter, I'm on the track early in the morning so I can still make office hours on time. It's worth the effort for two reasons. It keeps me healthy, and the thrill of competition against those my own age.

*Clarence Killion
Dinuba, Calif.*

PAIN TO RETURN

I await the Masters Sports Festival in Philadelphia August 12-15, 1982 with considerable anticipation.

It had been my hope, while active in the Masters program, to obtain sponsorship such as Penn Mutual and to offer such events as are planned for Philadelphia. I am particularly interested in the mixture of athletic disciplines and, if I can stay healthy, intend to compete in several of the disciplines.

I am just back into athletics after a nine month hiatus occasioned by a pernicious bruised heel, doing some jogging, bike riding and swimming.

A wish to commend you and everyone associated with the Penn Mutual program for your expanding efforts and certainly hope to be an active participant in the events next August.

My best regards to my old running friends, and trust that I will be able to renew old acquaintances in Philadelphia.

*David Pain
San Diego, CA*

MARATHON RANKINGS

Marty Post omitted Karen Scannell's 2:50:13 in the 1980 Oakland Marathon. She was first woman across the finish line and was voted National Masters Woman of the Year. According to your list, Karen should be ranked #5.

*Cherie Swenson
Oakland, CA*

AAARRRRGGHHH!

I blew it again on the women's marathon rankings. My sincere apologies to Karen Scannell who won the Oakland Marathon in 2:50:13.

*Marty Post, Statistician
Mountain View, CA*

(Mr. Post, meet Ms. Swenson—Ed.)

HAMMER WEIGHTS

National and WAVA hammer standards should be: 40-49, 16#; 50-59, 12# or 6K (13.2#); 60-69, 8# or 4 K. The same as the shot put. Lately, we've been using 3 different weights, depending on the meet. Age takes its toll, especially after 50. We 50+ guys should stop listening to the macho 16# diehards and opt for the weights that suit our respective ages best.

Throwers should also know that metric weight hammers are available in the U.S. for less than you may think.

*Gene Rochambeau
San Diego, CA*

PUERTO RICAN MEET

The hospitality of the Puerto Ricans and the friendliness of all the athletes added to the trip to San Juan for the Annual Track & Field Championships.

I think it would be helpful if they had some type of shuttle service from the hotels for the athletes, especially those who brought their own implements.

continued on page 14

National Masters Newsletter
39th Issue
November, 1981

Editor
Al Sheahan

Production
West Coast Graphics

Subscription Rates
\$12 for 1 year (12 issues)
\$20 1st-class airmail
Canada \$20; Overseas \$22

Additional Information
(213) 785-1895
P.O. Box 2372
Van Nuys, CA 91404

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

SOUTHEAST

December 27 (Sun): Holiday Weight & Regular Pentathlon, Delray Beach, Fla. Randy Cooper, Atlantic H.S., Delray Beach, FL.

MIDWEST

January 19 (Sat): 6th Annual Wisconsin Masters Indoor T&F Championship, Madison. Bruce Craig, 238 Alden Drive, Madison WI 53705.

MID-AMERICA

January 16 (Sat): Penn Mutual/TAC Mid-America Regional Masters Indoor T&F Championships, Lincoln, Nebraska. Forest Doling, 5030 S. 65th St., Lincoln, NE 68516. (402) 483-4842.

January 22-23 (Sat-Sun): TFA Indoor T&F Invitational; Junior, Masters, Open, Invitational sections. TFA, 10920 Ambassador Drive, Suite 302, Kansas City MO 64153.

February 13-14 (Sat-Sun): TFA National Masters Indoor T&F Championships, Kansas City. Jim Shoemaker, 10201 West 98th Terrace, Overland Park KS 66212.

WEST

Every other Sunday from October 11 thru Dec 20: Masters track meets. Kaiser High School, Honolulu, 8 a.m. Edie Leiby (808) 946-5670.

December 4-8: Annual TAC Convention, Reno, Nevada. P.O. Box 120, Indianapolis IN 46206. (317) 638-9155.

December 5-6 (Sat-Sun): TFA Winter Decathlon and Weight Pentathlon, Long Beach, Calif. John Tansley, Cal State U., 1250 Bellflower Blvd. Long Beach CA 90840.

December 11, 18, January 15, 22, February 5: All-comers T&F meets, Cal State Long Beach. John Tansley, above.

December 13 (Sun): West Coast Weight Pentathlon, Long Beach. John Tansley, above.

December 27 (Sun): Hawaii Masters Christmas T&F Meet. Jack Karbens, c/o Chaminade U., 3140 Waialae Ave. Honolulu HI 96816.

INTERNATIONAL

December 12-January 6: Masters tour of South Africa. Sports Travel, PO Box 7823, San Diego CA 92107. (714) 973-4844.

LONG DISTANCE RUNNING

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

November 21 (Sat): Penn Mutual/TAC National Masters 10K Cross-Country Championships, Houston. Ed Lang, 14 Sandalwood, Houston, TX 77024. (713) 781-2810.

November 28 (Sat): Penn Mutual/TAC National Masters 5K Cross-Country Championships, San Diego (Balboa Park). Bill Stock, 7160 Baldrich Rd., La Mesa CA 92041. (714) 466-8700.

November 29 (Sun): Penn Mutual/TAC National Masters 15K Cross-Country Championship, Van Cortlandt Park, Bronx, NY, 11 a.m. Masters Sports Assoc., 77 Prospect Place, Brooklyn NY 11217.

NEW ENGLAND

November 1 (Sun): Ocean State Marathon, Newport RI. Limit 2500. SASE to OSM, 80 Lincoln St., N. Kingstown RI. 02852.

November 8 (Sun): Penn Mutual/TAC Eastern Regional Masters 10K Road Championship and Finnish-American Open 10K Race. Shrewsbury, Mass. 1 p.m. Open to all, but Masters championship limited to athletes over 40 who live in New England, New York or New Jersey. Central Mass Striders, Box 2, Greendale Station, Worcester MA 01606. (617) 464-2608.

November 8 (Sun): 5th Annual Purity Supreme Hearbreak Hill 10K, Boston. 4000 runners. SASE to Conventures, 45 Newbury St., Boston MA 02116. (617) 267-0055.

MOVING?

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

EAST

November 1 (Sun): 6th Marine Corps Marathon, Washington. (9000) MCM, Marine Barracks, 8th & I St. S.E., Washington DC 20390. (202) 433-3238.

November 14 (Sat): Avon Women's 4-mile Race, NYRRRC, Box 881, FDR Station, New York NY 10150.

November 15 (Sun): 10th Annual TAC Eastern Masters 10K Cross-Country Championship and Sub-Masters (30-39) Non-Championship Race, 12 noon, Van Corlandt Park, New York City. Mail \$5 entry fee to Masters Sports Association, 77 Prospect Place, Brooklyn NY 11217.

November 15 (Sun): Cornstalk Classic 15K, Delhi NY. Delaware County Runners 36½ Main St., Delhi NY 13753. (607) 746-6555.

November 15 (Sun): TAC U.S. 50 mile Road Championships, open men, M40-49, 50-59, 60+, open women, W40+. Delaware Park, Buffalo, NY, 8 a.m. Athletics, Buffalo State College, 1300 Elmwood Ave., Buffalo NY 14222.

November 22 (Sun): 8th Annual Turkey Trot 3.5 miles. 2 p.m. Bob Berthold, Delaware Valley College, Doylestown PA 18901.

November 22 (Sun): 6th Annual Stockade-athon 15K. RRCA Eastern Regional Championships, Schenectady, NY. Chuch Haugh, Box 12304, Albany NY 12212. (518) 399-7969.

December 6 (Sun): 4th Annual Brian's 10K Run, West Chester, Pa., 1 p.m. Larry Brandon, 206 Brooke Dr., West Chester PA 19380. (215) 692-5643. 3000 runners.

December 6 (Sun): Reindeer Run Delhi to Andes, NY Half-Marathon, Delaware County Runners, 120 Delaware Ave. Delhi NY 13753. (607) 746-6788.

December 31 (Thurs): 12 midnight. New Year's Eve Run, Central Park, NY.

On Tap for November

To a runner, November means cross-country. This month, all 3 Penn Mutual/TAC National Masters cross-country championships will be run: the 10K in Houston the 21st, the 5K in San Diego the 28th and the 15K in New York the 29th.

The Midwest Masters 5K cross-country is set for Sunday, the 1st, along with 4 major marathons the same day: the Bank One in Columbus, Macy's in Kansas City, Marine Corps in Washington and Ocean State in Rhode Island.

On the 8th is the Penn Mutual/TAC Eastern Regional Masters 10K Road Championship in Massachusetts.

The 15th sees the Lasse Viren 20K in Southern California, the TAC 50 mile road championships in Buffalo, and the Eastern Masters 10K in New York.

The TFA National Masters cross-country championships are set for Raleigh on Friday, the 27th, the day after Thanksgiving. Two days later, the Seattle Marathon is on tap. □

Need Back Issues?

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

Send to:

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

Subscribe Now!

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

- | | | |
|---|--|----------------------------------|
| <input type="checkbox"/> \$12 for 1 year/12 issues | <input type="checkbox"/> \$20 for Canada | <input type="checkbox"/> New |
| <input type="checkbox"/> \$24 for 2 years (beat inflation!) | <input type="checkbox"/> \$22 for overseas | <input type="checkbox"/> Renewal |
| <input type="checkbox"/> \$20 for 1 year 1st-class air-mail | | |
| <input type="checkbox"/> \$4 for Age Record Book | | |

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters Newsletter

P.O. Box 2372

Van Nuys, CA 91404

SOUTHEAST

November 27 (Fri): TFA National Masters Cross-Country Championships, Raleigh, N.C. Bob Maxter, 800 Purdue St., Raleigh NC 27609.

December 6 (Sun): Maryland Marathon, Baltimore. PO Box 11394, Baltimore MD 21239. (301) 882-5455.

December 12 (Sat): 5th Annual Joe Steele Rocket City Marathon. RRCA Regional Championship, Huntsville, Alabama. "One of America's top 25 Road Races." Fast course. SASE to Huntsville TC, 8811 Edgehill Dr., Huntsville AL 35802.

December 13 (Sun): Avon Running Women's 10K, Deerfield Beach, Fla. 2801 Deer Creek Country Club Blvd., Deerfield Beach FL 33441.

MIDWEST

November 1 (Sun): Midwest Masters 5K Cross Country Championships. Veterans Park, Crystal Lake, Illinois. 10 a.m. Contact: Dick Kloepfer (815) 459-5663.

November 1 (Sun): Bank One Marathon, Columbus, Ohio. (3500) PO Box 333, Columbus OH 43216. (614) 228-4636.

November 7 (Sat): International Peace Race, Youngstown, Ohio. Box 1320, Youngstown OH 44501. (216) 747-3238.

MID-AMERICA

November 1 (Sat): Macy's Marathon, Kansas City, Missouri. Macy's, 1034 Main St., Kansas City MO 64105. (816) 881-5383.

November 21-22 (Sat-Sun): Ozark Mountain Ridge Runner's 24-Hour Run. Gary McMurtry, 3460 S. Franklin, Springfield MO 64807.

SOUTHWEST

December 5 (Sat): White Rock Marathon, Dallas. 6434 E. Mockingbird #213, Dallas TX 75214. (214) 826-8260.

December 5 (Sun): Fiesta Bowl Marathon, Scottsdale, Ariz. 3410 E. Van Buren, Phoenix AZ 85005. (602) 952-1280.

WEST

November 15 (Sun): Lasse Viren Finnish Invitational 20K, Malibu, Calif. Eino, 32926 Mulholland Hwy, Malibu CA 90265. (213) 889-0800.

November 15 (Sun): Mini-Marathon, 8 a.m., Las Vegas. Running Store, 602 So. Maryland Pkwy, Las Vegas NV 89101. (702) 382-3496.

December 6 (Sun): Oakland Marathon. Cherie Swenson, PO Box 2501, Oakland, CA 94621. (415) 568-8884.

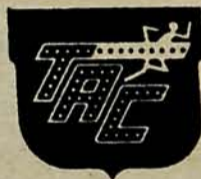
December 13 (Sun): 9th Honolulu Marathon, Box 27244 Chinatown Station, Honolulu, HI 96827. (808) 734-7200.

January 2 (Sat): First-of-the-Year Half Marathon, Las Vegas. Running Store, 602 S. Maryland Pkwy, Las Vegas NV 89101. (702) 382-3496.

February 7 (Sun): Las Vegas Marathon. Running Store, 602 S. Maryland Pkwy, Las Vegas NV 89101. (702) 382-3496.

NORTHWEST

November 29 (Sun): Seattle Marathon, Club Northwest, 320 N.E. 72nd St., Seattle WA 98115. (206) 522-7787



CANADA

November 15 (Sun): Ontario-Michigan Cross-Country Friendship Match, London, Ontario. Jerry Gonser, 41 Long Bow Rd, London, Ontario N6G145.

INTERNATIONAL

December 18-January 3: Joggers tour to New Zealand. Travel Reps, 435 S. Broadway, Santa Ana CA 92701. (714) 973-4844.

POSTAL

Thru December 15: Puma-TFA Postal Championships. 3 Mile and 2-person 10-mile relay. TFA Postal, 10920 Ambassador Drive, Suite 322, Kansas City MO 64153. (816) 891-1077.

Canadian Masters Throwing Pentathlon

by JACKSON TOVELL

TORONTO, Sept. 6—For the fourth consecutive year, the Toronto Latvian Track and Field Club played host to this most interesting event.

This is a Throwers' Meet in which all participants throw 5 implements (shot, weight, hammer, discus and javelin). Points are awarded for distance thrown and the aggregate score decides the final placing.

This year we had an outstanding international field with competitors from Boston, Vermont, Chicago, New York and Ohio as well as Sudbury and the local area. The outstanding performances were by Len Olson from Ver-

continued on page 13

Rocky Mountain Masters Games

by VAL SCHULTZ

AURORA, Colorado Sept. 6-7—Aurora is a suburb of Denver. Its proximity to Stapleton Airport (and to the home of pilot Jim Weed) made Central High School in Aurora an appropriate site for a meet drawing from (primarily) three states—Colorado, Nebraska, and Kansas.

Had balloting been held for outstanding performer, it would have been close between Jack Greenwood, of Medicine Lodge, Kansas, and Polly Clarke of Loveland, Colorado. Jack was injured much of 1981 and was forced to miss the Nationals in Los Gatos, California.

The Rocky Mountain Games were run in 10-year age groups. Jack won all his events: the 100m, 200m, 400m, 110 HH and 400 IH. Not only that, but all these times would have won all those events at the Nationals in the 2B (55-59) division.

So much for Greenwood's credentials for top performer. How about Polly Clarke? Granted that 70+ women sprinters are rare. So there is little to compare her performances to. Both her 16.6 100m (run on a reversed track against the wind—to ensure an accepted performance) and her 34.2 200m are world records. Had Polly been at the Nationals and run those times, she would not only have won her division, but would have beaten all women over 60.

Two of the most exhilarating sights I've seen in Masters' track were the "catch-all" sprints. This was a combination of the male upper age divisions, 70 and over, with the women 50

continued on page 14

PUMA—TFA POSTAL CHAMPIONSHIPS

(September 1-December 15, 1981)

3 MILE AND 2 PERSON 10 MILE RELAY

DISTANCE: Individual and Team (5-Person) Three-mile competition OR a Two-person Ten-Mile Relay. Two-mile competition available for Junior High School and High School boys and girls.

DIVISIONS: Junior High School (grades 7-8-9), High School (grades 9-10-11-12), Junior College, College/University, Open, and Masters. Male and Female section in each division.

ENTRIES AND INFORMATION WRITE:

PUMA—TFA POSTAL

10920 Ambassador Drive, Suite 322
Kansas City, MO 64153
816/891-1077



Puerto Rico Meet

continued from page 1

Julia, was the top medalist of the meet with 9 gold and 2 silvers. He broke the age-68 110-hurdle record with a 19.4, and won the 100 (13.4), 200 (28.6), pole vault (8'), long jump (14'3"), triple jump (28'11 1/2"), discus and javelin in an outstanding performance.

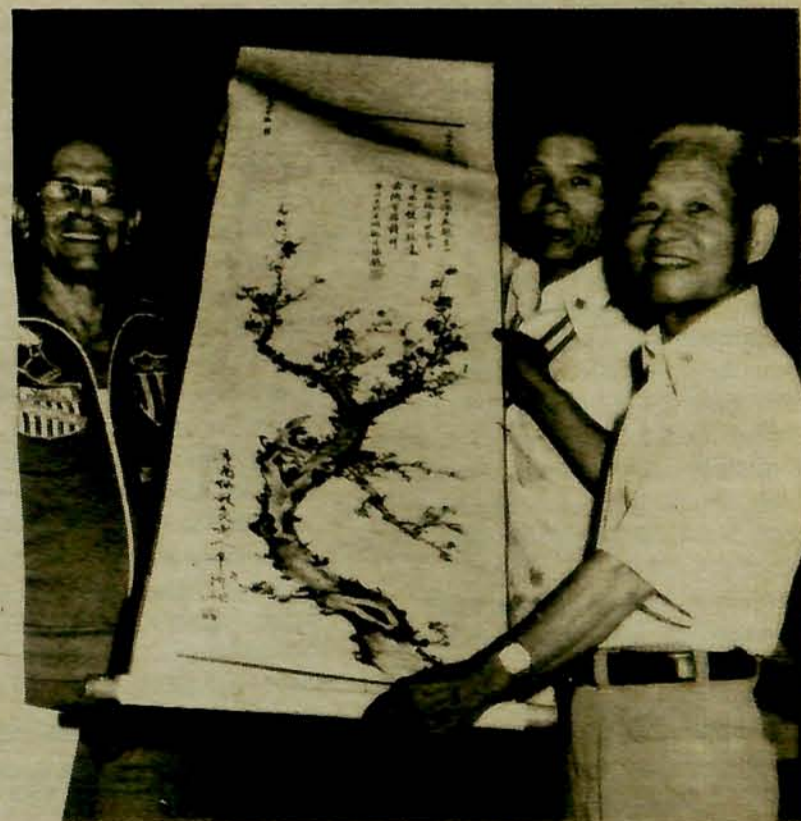
David Lawyer made a comeback in the M60 100 and 200; Linda Sipprelle electrified the crowd in the distance races; Harold Parsons won the M60 discus, hammer and shot put, but was no match for U.S. national champ Gordon Hordgren in the javelin.

Luis Luna, one of 22 Colombians, won the M40 800 (2:06), 5000 and Steeple.

The athletes enjoyed the happy atmosphere and fraternization, which peaked at the Sunday night banquet with charcoal broiled "churrasco" and Puerto Rican "tostones" to the singing of Gonzalez-Julia on his guitar.

The 1982 meet will be held on the Labor Day weekend, just one year before the 5th World Veterans Games. □

Results in back pages.



Warren Ling and Pei Yum Lin of Taiwan present scroll to Gilberto Gonzalez-Julia, President of Puerto

Rico Masters Association, at 1st San Juan Masters T&F Championships.

On the Run With...

...HAL WINTON

(This year's Pike's Peak Marathon was actually TWO races: a 14.3 mile "ascent" race on Saturday, August 8th; then the traditional 28-mile "marathon" on Sunday. Hal Winton pulled off the miracle feat of winning BOTH races in the 50-59 division. Here is his on-the-run account.)

This is my first Pike's Peak Run. Odd circumstances found me entered in both races. I turned 50 on Friday, and decided to enter the 14-mile ascent race the next day. Then, if I felt OK, I might jog thru the marathon. I'd been doing 6 months of ultra-distance training, with hard mountain runs like Mt. Whitney.

At the marathon clinic, they recommended walking the steeper slopes and conserving energy in the 1st 4 miles up Manitou Peak. I felt strong and finished well in 2:49:27 to win my division. I was 19th overall out of 800, with only one 40-49 runner ahead of me.

With much urging from friends, I ran the marathon Sunday. It's up the same trail, then back down. I ran up conservatively, in 3:20, a half-hour slower than Saturday, and walked the last 3 miles above the timberline to conserve energy for running downhill.

I ran the return trip hard, in 1:40, passing the other 50-year-olds to finish in 5:01:28, again winning my age group. I had no leg soreness and didn't run a step for a week. I'm beginning to run OK again, but full recovery is unpredictable.

The weather was ideal with occasional snow flurries at the top but no heavy rain. It was the greatest weekend running experience I've had.

...LARRY MEANS

(Larry Means won the world 40-44 masters 800 meter title in the first competition held in Toronto in 1975. He raced as a half miler for many years in national and international events while a member of the U.S. Air Force.)

A few of my friends and scanners of box scores know I earned the silver medal at the recent TAC Masters Championships at Los Gatos in the Pentathlon.

However a series of circumstances made my presence in the victory circle a bit more of a test than usual. The day prior to the competition I came down with an intestinal parasite which I picked up while camping near a high mountain stream in Colorado. The consequences of this malady include severe diarrhea, headaches and flu-like miseries of the joints accompanied by nausea.

Upon flying to San Francisco on Saturday I abandoned all plans of viewing the day's events and remained with my brother-in-law (and former Notre Dame distance man) Jack Wholey in Walnut Creek and nursed the undiagnosed bugs in my belly with quarts of Coke and Pepto Bismol.

I still couldn't face food on race-day, but Jack drove me to the meet in hopes things would improve. Improve they did not. While jogging onto the infield to photograph sensational seniors competitor Ken Carnine I tripped on the rail, tore off my big toe nail, tossed the camera in the dirt and lost complete control of my sphincter as I hit the dirt. Thank God for fast-dry tricot nylon!

The months of training at 8,000 feet in Colorado, the many sub-zero runs in hopes of racing in the nationals all vanished in terminal self-pity as I lay there bleeding, soiled and sick from the gut numbing parasite. Why me. Lord?

After weighing the alternatives of

heading for the next plane or remaining as a spectator I decided to compete regardless of the afflictions. However the bleeding toe greatly reduced my efforts in the javelin and the discus.

I knew I had to turn in a creditable 1500 meters in order to place. So with tremulous belly, I put my bloody toe to the line and kept constant reference on the men's room should four-plus minutes of racing generate total systems failure.

I managed a 4:37, won the race and although I've won other events in other climes I'll never take home a medal or an experience to match the satisfaction of hauling my deteriorating self through this year's masters marathon

pentathlon. My victory dinner at San Francisco's Fisherman's Wharf turned into one Burger King milkshake to go and an early bed.

I returned to Gunnison, Colorado and the diagnosis of the Giardia bug and two weeks of antibiotic convalescence. I recommend Giardia to anyone anxious to drop seven pounds in a hurry and hasten to add the following cautionary notes to those anxious to excel at masters running.

1. Don't drink from polluted streams. 2. Keep your bifocaled eye on the inside rail. 3. When under lower abdominal stress do not engage in long conversations or firm handshakes.

THE OAKLAND MARATHON & HALF MARATHON

SPONSORS—Oakland Tribune/East Bay Today, Safeway Stores, Inc.; The Clorox Company, Grubb & Ellis, Chevron USA, Inc., Blue Cross of No. California, Kaiser Aluminum & Chemical Corp. (partial list).

TRIP AWARDS—Winner, Fukuoka Marathon; 1st woman, International Women's Marathon. 1st man and woman, Oakland residents, City of Auckland Marathon, New Zealand. RACE DIRECTOR'S AWARD To Boston Marathon drawn at random from certified qualifiers in OM.

PRIZES—Etonic shoes and custom athletic equipment bags, Reebok shoes, men and women's clothing from Bill Rodgers Clothing Company and Moving Comfort. Tickets to Oakland A's 1982 games.

TEAM AWARDS—Mayor's trophy to winning high school team and winning city department team. Cups to winning running club and corporate teams.

START—In front of Oakland Tribune Building at 13th and Franklin Sts. Wheelchair, 7:35, half 7:45, full 8 a.m. Finish line is at 11th and Broadway (2 blocks from start).

CERTIFIED & SANCTIONED—Same course as 1980 race. Sanctioned by TAC and RCCA.

DIVISIONS—Men and women in both races: 17/ Under • Open 18-29 • Sub Master 30-39 • Master 40-49 • Master Plus 50-59 • 60/Over • Wheelchair.

REGISTRATION—Send forms and checks to the Oakland Marathon, P.O. Box 2501, Oakland, CA 94614 (c/o Cherie Swenson, Race Director).

ENTRY FEES—Prior to November 6 registration for either race is \$8.00. After November 6 registration is \$10.00. No refunds.

WEATHER—Early December weather in Oakland is cool (mid-50's) and overcast.

COURSE—Flat & fast, some scenery. Elevation in full 5'-51' on a freeway overpass. Half 5'-35' elevation.

MARKERS-SPLITS-AID STATIONS—10 aid stations, markers every mile, splits TBA.

FINISH LINE REFRESHMENTS—Callistoga Mineral Water, Foremost yogurt, fresh fruit, beer and Numano Sake.

TROPHIES—Mayor's perpetual trophy to winner, Oakland Tribune/East Bay Today perpetual trophy to first woman.

MEDALS—1st five finishers each division both races. Certificates and results to all finishers. T-shirts to all entrants.

KAREN SCANNELL, 2:50:13, Oakland 1980

SUNDAY, DECEMBER 6

MAIL ENTRY TO The Oakland Marathon (c/o C. Swenson), P.O. Box 2501, Oakland Airport Station, Oakland, CA 94621. Make checks payable to Oakland Marathon Association • Tax Deductible

NAME																					FULL	<input type="checkbox"/>	
(LAST)											(FIRST)												
ADDRESS																					HALF	<input type="checkbox"/>	
CITY											STATE			ZIP									
PHONE											MINUTES PER MILE			T-SHIRT	S M L XL								
DATE OF BIRTH					AGE ON RACE DAY			SEX			TEAM												
	MO	DAY	YEAR																				

In consideration of your accepting my entry, I, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims against the persons and/or organizations affiliated with the race: the AAU, The Roadrunners, the officials, the Oakland Marathon Association, the county of Alameda, the State of California, and any and all sponsors of the race: volunteers and committee members while participating in or traveling to the Oakland Marathon, December 6, 1981. I further attest that I am physically fit and have sufficiently trained for this event.

SIGNATURE _____ DATE _____
(parent/guardian's signature if under 18)

THE Gun Lap

by MIKE TYMN



Ray Hatton Heads for Another Mark--"50"

Don't look now Hal, Herb, Jim, Alex, Al, and all you hot-shot 50-year-old distance men, but that guy coming up to join you on the starting line is going to make things pretty tough in your division.

Heck, there aren't many 40-year-olds around who can give Ray Hatton a race. In the National Masters Track & Field Championships at Los Gatos, Calif. in August, he turned in a 15:17.6 for 5,000 meters, winning the 45-49 division by more than a minute-and-a-half and finishing 12 seconds ahead of the 40-44 winner.

For you non-distance men out there, that figures out to around 4:55 per mile for a little over three miles. Not bad for a guy who will reach the half-century mark on February 4, 1982.

If that performance isn't convincing enough, then consider his 4:30.7 mile in May, his 9:02.9 3,000 meters in June, and his 32:35 10K during the same period.

You'll seldom find Hatton in races over 10K, but he has competed in the Cascade Runoff in Portland in each of its four years. This year, he clocked 49:41, his best on the hilly course.

A resident of Bend, Oregon, Hatton is a professor of geography at Central Oregon Community College. Born in Lichfield, England, he came to the United States in 1956 on an athletic scholarship to the University of Idaho. In 1957, he helped that school capture the Pacific Coast Conference cross-country championship.

Except for a brief period in 1965-66 while he was studying for his masters degree at the University of Oregon, Hatton has been running steadily since 1943. That is nearly 40 years of running.

As a member of the Birchfield Harriers in England, Hatton posted many of his lifetime bests, including a 4:11.2 mile, 8:57.4 two-mile, 14:04.4 three-mile and 29:22 six-mile. Those performances led to his university scholarship.

For the first half of the 70's, Hatton was considered by many to be the number one masters distance runner in

the country. It's not that he slowed up very much in the second half of the decade, but as the emphasis in distance running changed to the marathon, other masters gained greater recognition.

"I seldom race longer than a half-marathon, in part because my low mileage is not conducive to doing so," Hatton said when asked about his preference for the 'short' distances. "I do not have the time or desire for high mileage. I tried a marathon in 1976, but I was forced to stop at 18 miles due to a knee injury."

Over the years, the 5-foot-10, 140 pound Hatton has averaged 35 miles a week of training. However, he stresses quality in his workouts, doing intervals or hard, steady running every other day. During the winter, he occasionally substitutes cross-country skiing for running. Most of his training is done at elevations from 4,000 to 6,000 feet.

"I have found that on rare occasions when I put in over 40 miles a week, I have less energy for races and perform worse than if I stay with what I usually do," he said.

Hatton's name can be found in the masters age record book at all distances from a mile to the one-hour run. Some of his more impressive performances include a 4:24 mile at age 42, a 9:17 two-mile at 40, a 30:56 10K at 43, and 11 miles, 740 yards for one-hour at 44. His age 49 times indicate that he hasn't slowed down much over the past decade.

"Any loss of speed has come gradually rather than a noticeable drop off in any one year," he said when asked how aging has affected him, "If

there is one aspect where age has affected my training and racing, it is in the recovery from hard workouts and tough races. After both, I take it easy for at least two days, longer after a hard 15K race."

In addition to being a family man (he and wife Sylvie have two children, Peter, 20, and Janice, 16), a teacher, and a competitor, Hatton is an author. To date, he has published four books on the history and geography of the area in which he now lives. And, he's presently working on two more.

He says that he's not sure if he's looking forward to turning 50, but he has set some goals for himself once he does. They include breaking 50 minutes again in the Cascade 15K, breaking 4:30 for a mile and 9 minutes for 3,000 meters, a sub-32 minute for 10K, and completing a marathon.

Living in the boondocks of central Oregon, Hatton hasn't found it convenient to compete in many of the road races which have drawn top masters fields, but he says that he'll gladly go anywhere if some organization or race director wants to help with the expenses.



Ray Hatton



Burl Gist, San Marcos, Calif. World record-holder in 110 meter hurdles and high jump in 60-64 division.

If there are any organizational people or race directors reading this, let me propose something that might add real interest to a race. I have in mind a match race. No, not Coe vs. Ovett, but one which if properly promoted could demonstrate to the public what well-conditioned men of 50 are really capable of. I propose Hatton vs. Higdon at 15K. □



Al Sheehen at Pan Am Games in Los Angeles. Photo by Bill Cockerham



Don Tretheway, L. 2nd (10:25) and Lew Faxon, 1st (10:13) in 3000-meter steeplechase in Canadian Masters T&F Championships.

Photo by Carole Langenbach




Novica Milicevic, Prescott, Arizona.

Photo by Bill Cockerham



FIRSTCITY
Houston Masters
10K CROSS COUNTRY CHAMPIONSHIP

10 KILOMETER NATIONAL CROSS COUNTRY CHAMPIONSHIP
SATURDAY, NOVEMBER 21, 1981 9:00 A.M.
HOUSTON, TEXAS SOUTH BUFFALO BAYOU COURSE
SPONSORED BY FIRST CITY BANKS

- Eligibility:** Open to male and female athletes 40 years of age and older on day of race. This race is a national championship of the Athletics Congress of the U.S.A. and all entrants must be registered for the current year, 1981.
- Distance:** 10,000 Meters
- Course:** Two 5,000 meter loops on the grassy southern slopes of Buffalo Bayou immediately west of the Civic Center and Downtown Houston. Course slants on cross slopes and has frequent sharp descents and steep inclines.
- Entry Fee:** \$4.00
- Sanction:** The Athletics Congress of the U.S.A. and the Gulf Athletics Congress.
- Race Headquarters:** The Allen Park Inn 2121 Allen Parkway (Walking distance from race start/finish)
- Awards:** Ceremony and awards party at The Allen Park Inn at 10:30 A.M., immediately following race.
- The Athletic Congress of the U.S.A. regulation gold, silver and bronze championship medals awarded to the first, second and third place winners, respectively, in each age group and to the first, second and third place team winners in the 40+ and 50+ divisions. Championship patches awarded to first place winners in each age group and to winning teams.
- Gulf Athletics Congress medal championship awards to the first, second and third place winners, respectively in each age group and to the first, second and third place team winners, overall. Championship patches awarded to first place winner in each age group and to the winning team member, overall. (Awards open only to athletes holding 1981 GAC registration cards.)
-  Nike running shoes will be awarded to the first, second and third place winners in each age group.
- Trophies to first place male and female. Equal awards to males and females.
- Age Divisions:** 40-44 45-49 50-54 55-59 All divisions, male and female, to run together in one race.
60-64 65-69 70-74 75-79
80-84 85-89
- Tee Shirts:** To first 450 registrants.
- Post-race party at The Houstonian. Sponsored by First City Banks.**
Open to all participants. Special awards given.
- Check-in:** At Race Headquarters, Friday, November 20 from 2 - 7 P.M. and at race start from 7:30 - 8:30 A.M. for out of town entrants.
- Housing:** Allen Park Inn, The Houstonian and other hotels in the area.
- Medical:** Doctor and ambulance at finish line, monitors on course for emergency.
Course is hilly and slants on cross slopes and all entrants must have trained sufficiently for the event.
- Information:** Ed Lang Race Director 14 Sandalwood Houston, Texas 77024 713-781-2810

ENTRY FORM

Name _____ Age _____

Address _____ Phone _____ AC# _____

City _____ State _____ Zip _____

Enclose \$4.00. Make checks payable to "Houston Masters Sports Association"
Mail to Marjorie B. Rheman 4066 Merrick Houston, Texas 77025

Athlete's Release

In consideration of the acceptance of my entry, I do hereby for myself, heirs and administrators, waive and release any and all claims I may have against the AC and any other officials conducting the meet for any and all injuries suffered by me while traveling to and from and while participating.

Signature _____

On Approaching Every Problem With an Open Mouth



by W. MacDonald Miller

It's A Fact Jack

Now he's President and all the world knows that the kid from Dixon, Illinois was called Dutch from the very beginning. His sidekick? You got it—she's Pinky. The President seems quite proud of all this, although I don't think he's actually gone out of his way to remind people of his role in *Bonzo Goes to College* or as an almost pot-bellied host of "Death Valley Days."

He's especially proud of his part in what he likes to call the first instant replay to be used in the broadcast of a sporting event. That event was the Drake Relays when Dutch was a cub sportscaster for WHO in Des Moines. It seems just as our President-To-Be was to deliver his step-by-step coverage of the top race of the day—the 440 yard dash—some sponsor-type hack stumbled into the radio booth with the President of Drake University in tow.

If there's one thing a President-To-Be knows, it's how to handle a President-That-Is. As the gun fires and the 440 starts and finishes, Dutch is heavily and patiently into earth-rattling issues like, "How many students do you have at Drake? How old is the University now? I know you're an extremely busy man, Mr. President, we won't hold you up any longer, thanks a million for stopping by our WHO microphone."

When old blow-by-blow directs his attention back to the track once more, you guessed it—the 440 is over and all that's left is a few runners standing around talking. (The high fives and hand slapping routines were still pretty much confined to square dancing) No prob—not anyway for a man from that citadel of Midwestern learning, Eureka College. He just improvised an account of the entire race. "A little guy with a yellow shirt is leading but a big guy is gaining on him and here comes another little guy trying to pass the other little guy and the big guy," etc. Just think, if he hadn't shown that early tendency for orange hair, maybe there wouldn't be a Howard Cosell today.

I realize that cynics among you are wondering how the President was able to recreate the race, let alone the finish, of such an exciting event, without

detailed knowledge of the participants and their finish times and places.

How could he have this information if he was interviewing the University President while the race was being conducted you ask? That's easy, pal, two reliable and trusted anal compulsive T&F buffs; Pete Mundle and Al Sheahen were on hand and ready.

Al, of course was in a bit of a frump because President-To-Be had grabbed the microphone out of his hands just as Al was about to provide more background information on Miki Hervey.

Pete, as you can well imagine, at the moment, was fumbling through this whole crapload of age group records trying to find Eric Ostbye's best effort in the 15 Kilometer.

The point is, they were there when needed and the whole thing came off. Incidentally, a promising underclassman, Paul Spangler, representing the Moler Barber College of Cedar Rapids, won the race. He was the big guy.

Also, the President gives no details of the gigantic rhubarb that followed the race. Hal Higdon, far out of the money, complained bitterly he was not only given an incorrect split, but was tripped at the start of the race and if these farmers had any smarts they would have taken his advice and used a dual start.

For you trivia buffs, Marilla Salisbury was a cheerleader at a nearby high school and competed in the baton twirling competition held in conjunction with the meet.

There was a limited Masters' schedule included in the meet, Bob Boal won the 65-69 (3B) steeplechase but went away all browned off because he was forced to run in the same heat with the women and Ruth Anderson beat him.

I almost forgot, the little guy in the 440 was a guy named Chapson. Hal Higdon of course, was also mad about the water in the steeple pit. He claimed too much chlorine and dropped out after three laps.

Speaking of chlorine, remember the story going around about the southern Senator? Some newspaper man asked how he felt about fluoridation. "This is not the time or the place to address such a delicate issue," replied the Senator, "but I will say this: if I ever catch my boy doing it—I'll kill him!"

Jack Greenwood couldn't attend the meet because there was no hurdle activity, but he still sent a letter about the distance between the hurdles. It's been so long ago I've forgotten the specific complaint, but it was either too short or too long. Chuck Klehm was attending a small meet in Katmandu but dead-headed back for Iowa when he heard there was going to be a fender-pull in the competition.

NUTS and BOLTS

Remember Jimmy Canon? He was a favorite of mine because he said things like "Five will get you ten, if you see a man drinking beer before 10 in the morning, he needs a shave." "The bigger the cuff links, the bigger the phony." "Why is the gal with the shiny face at the party always in a political argument?" I'm reminded of one of those "Through History with J. Wesley Smith" cartoons in the old Saturday Review—it's the same shiny

face type at a cocktail party exclaiming to the guy she's just met, "Not THE Roger Bacon?" "My tastes are very simple—nothing but the best." Churchill said that. Yogi Berra put it all in perfect perspective, "I may be dumb but I'm no dummy." I remember the day our oldest daughter, who was then in junior high school, asked her mother a question about the social studies lesson. "Ask you dad, Sweetie, he's up on that kind of stuff." Forget it, mom, I don't want to know that much about it."□



Richmond Tops Masters in Hawaii Triathlon

by MIKE TYMN

Henry Richmond, a 41-year-old museum director, topped all masters competitors and finished a strong sixth overall in the first Lite Tinman Triathlon in Honolulu, Sept. 27.

The event consisted of an 800 meter ocean swim, a 25 mile bike race and a 10K run.

Richmond clocked 2 hours, 7 minutes, 51 seconds. The overall winner was Mike Lockett, 24, a University of Hawaii graduate student.

A 2:30 marathoner, Richmond emerged from the ocean in around 40th place among some 300 competitors. By the end of the bike race he had moved into 16th place and he then overtook another 10 competitors during the run.

Other masters winners were:

50 +	David Kobe	2:25:05
60 +	William Welsh	3:01:05
40 +	Diane Stowell	2:31:05
50 +	Gladys Weishrowl	3:39:25

AVON Running

RUN AROUND
THE WORLD
WITH AVON



Whether you run for fun, fitness or competition—in London, New York, Tokyo, or Manila, the Avon International Running Circuit welcomes you. For entries and information write:

Avon Running —
Pasadena
c/o San Fernando Valley
Track Club
P.O. Box 49016
Los Angeles, Calif 90049
November 15, 1981
Half Marathon (13.1 Miles)

NEW LOCATION

Avon Running — Phoenix
Valley Events Inc.
8131 East Buena Terra Way
Scottsdale, Arizona 85253
November 22, 1981
15 Kilometers (9.3 Miles)

Avon Running —
Deerfield Beach
c/o Deer Creek Country Club
2801 Deer Creek
Country Club Blvd.
Deerfield Beach, Fla 33441
December 12, 1981
10 Kilometer (6.2 Miles)

Avon Running — Houston
c/o Phidippides
7689 Clarewood
Houston, Texas 77036
January 9, 1982
Half Marathon (13.1 Miles)

Avon Running —
Washington
c/o Run Hers
P.O. Box 7024
Alexandria, Va 22307
March 6, 1982
20 Kilometers (12.4 Miles)

Avon Running — Atlanta
c/o Bob Brennan
P.O. Box 13091
Atlanta, Ga 30324
April 3, 1982
10 Kilometers (6.2 Miles)

Avon Running —
Kansas City
c/o Jo Doherty
P.O. Box 4034
Overland Park, KS 66204
April 25, 1982
10 Kilometers (6.2 Miles)

NEW LOCATION

on 1982 World's Fair Site
Avon Running — Knoxville
Box 19818
Suite 121
Knoxville, Tenn 37919
May 8, 1982
10 Kilometers (6.2 Miles)

**For International
Schedule, write:
Avon International
Running Circuit
9 West 57 Street
New York, N.Y. 10019**



by PHIL CONLEY

PHIL THE PHILOSOPHER

Meet the Angell Field Ancients

Track and running clubs can serve a multitude of purposes. They can provide coaching techniques. They can create opportunities for inner-city youth. They can serve to channel big bucks to top athletes. They can serve as community rallying points for funding of travel expenses for local athletes in search of their impossible dreams. Clubs can offer free labor for the staging of meets and races. Almost all Clubs in the USA depend on the dedication of one activist as prime mover. Finally, they come in all sizes and shapes.

The Angell Field Ancient "Track Club" is unlike most other track clubs, and does not serve any of the aforementioned purposes. However, it does share two common characteristics with almost every other running club: 1. each incoming participant feels as though the group will share its collective "secrets" of improving one's running skills, and 2. the group *notices* and *appreciates* each member's *improvement*. I'll call this the "WE CARE" factor. I believe it to be the key motivational aspect in dedication and improvement. Oftimes it is not dispensed by those closest to you—your spouse, your family, or non-running friends.

This column is devoted outwardly to the Angell Field Ancients Club, but in reality it really discusses the "WE CARE" factor. How it has developed at Stanford, and how your informal running groups might be able to draw on our experiences.

The Angell Field Ancients "track club" is one of the most loose-knit running organizations that exist in a sport where there is little structure anyhow. Angell Field, itself, is the dirt practice track at Stanford University. The Ancients use the facility on weekday noons. The Ancients are a group of disparate Stanford University professors, grad students and University staff, as well as non-Stanford professionals and paraprofessionals who work near the campus, and who can dedicate 1½ hours plus or minus several times a week to running.

On Mondays it usually begins with typical banter-races run (or foregone),

weekend trips, social events, excuses and recovery-from-injury yarns. Conversations within subgroups and stretching usually occupy the first 15 minutes. Then on some indeterminate signal, it's off in a pack for a 5 or 7 mile run around the golf course. One can seek any pace one chooses; talk or remain silent; race or "enjoy". The best of the runners average about 5:20 minute/mile, and quickly leave those of us who only can, or choose to do, an 8:00 min./mile pace.

On Tuesdays it's usually a 6 or 8 mile run on a very demanding hot asphalt course up and down a 400 foot hill. On Wednesdays it's usually interval day inside Stanford Stadium. After much discussion, somebody's idea receives concurrence, and we're off.

This is usually the only day most of our LDR-types do interval training, and it affords people such as I (blessed with more speed than endurance) the opportunity to catch one's breath and to stay with the pack, even if it means sometimes cutting across the infield to catch up again. I *never* miss the Wednesday intervals!

Thursdays and Fridays are even less structured, and people in smaller groups do their own thing. Often these days are dedicated to informal team competitions on varying courses, or to time-trials at various distances on the track in the Stadium. In the past the Stanford Faculty/Staff personnel have engaged in formal postal competitions with other colleges and universities with points being awarded to crown an annual national champion.

Is the Angell Field Ancient concept desirable? Is it unique? Or can it be duplicated elsewhere and even improved? I believe that the correct answer is "Yes" to all three.

The Angell Field Ancient group has 50-100 members, both men and women, anyone is welcome. We range in age from 18 to 65, and probably average about 35. We have 4:20 milers and 6:30 milers. We have no coaches, no membership roster, no membership dues, no attendance rolls. We elect no officers, but do have an identifying T-shirt. We don't raise funds, sponsor races, offer travel expenses, or even field an official TAC club team. We average an unusually high number of years of college per member, perhaps 7 or 8.

We have two revolving awards; one for outstanding relative performance or service, and the other for the most tedious recovery-from-injury. We generally have two picnic-type social affairs a year featuring an amateur movie or slide show to recall some of the more memorable AFA activities and runs. However, on the negative side, it should be noted that we do not necessarily know each other's last names, job titles, or life's aspirations. We do not always go out of our way to make each newcomer feel welcome. In fact there are many runners who use the Angell Field site who feel the Ancients are an elite, snobbish, for-

midable inbred group. We certainly are not as close or as caring as other track groups, such as the Corona Del Mar Track Club of Southern California, nor do we want to be.

Leadership does not seem to follow any particular theme—such as seniority, faculty position, income, age, or running ability. In fact, there is very little leadership requested or offered. Each participant appears willing to go along with the crowd if the "special of the day" meets with his or her own approval, or he is free to do something else.

Every so often an old face will show up, and be hailed by his friends. Others might say, "Who is that guy?", and lo and behold it turns out to be Eddie who received his doctorate eight years earlier. Eddie is a Prof in the midwest, and is visiting Stanford for the week. He is welcomed, his present running condition assessed before it is put to the ultimate test in the workout. Eddie knew that he could find some of the old gang out there at noon, and he was right.

On the Wednesday interval training workouts we often do "Paar-Laufs" with three groups, each of comparable ability within itself, running 220's, 330's, or 440's in a sequence for 10-12 repeats. During the program, one gets about twice as much rest after each repeat as the time of the exercise. I'm a member of the "Slows"—the others being the "Mediums" and the "Fasts". Some "Super-Fasts" do every other repeat, feeling that 2X rest is too luxurious for their tastes, and then there are the "Half-Fasts" such as Sam. I find my level at the rear of the "Slows" midway through the repeats. It's strange, just a few years ago, I was among the best of the "Slows", but, since then, everyone who was behind me has either improved, or has quit when he or she didn't improve.

As you can see, there are several specific things that the AFA track club has going for it. Primarily, the individually-determined commitment to running for 1½ hours at noon is

key, and eliminates the bulk of the population. The weather in Northern California is super all year around, and the physical layout is a blessing. With the cooperation of the Stanford University Department of Athletics, we can have access to the synthetic track, the weight room, and golf course, showers and change rooms. The Sylvan setting of the University, nestled at the base of some foothills, offers a myriad of roads, trails, surfaces and vistas.

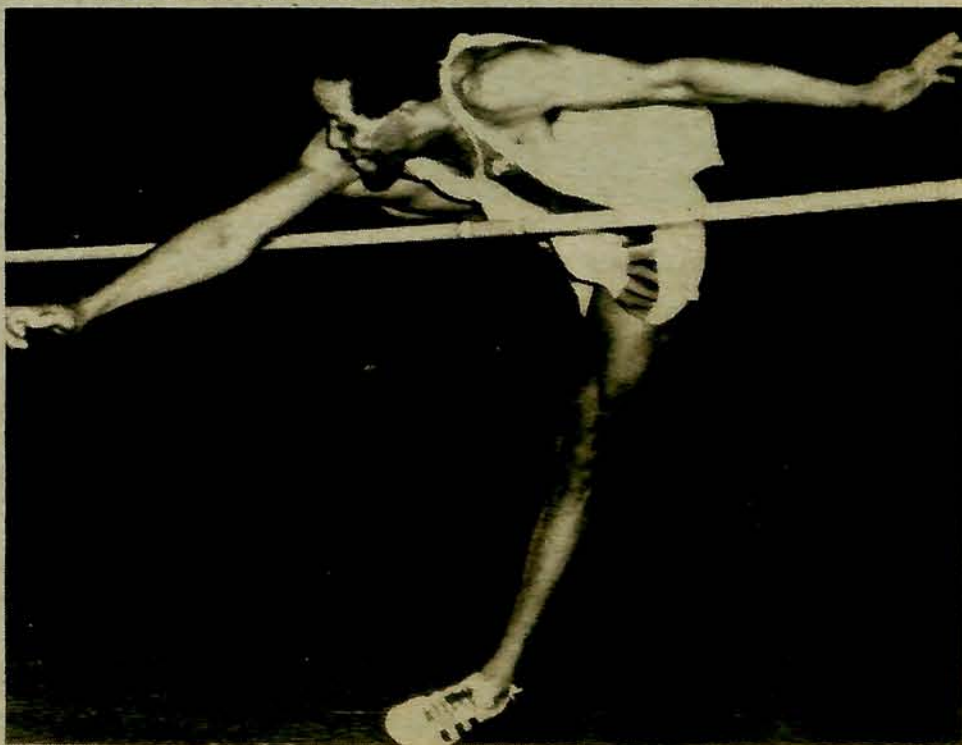
Finally, besides the "WE CARE" factor, it should be noted that the group consists of a curious mixture—young and old, fine arts prof and engineer, athlete and scholar, intellectual and cowboy, men and women, fat-cat and struggling grad student—that singularly identifies our program.

Certainly all of this could be, and probably is being done already elsewhere, but the university setting, the good California weather, the noon-time schedule, and the varied cast of interesting characters all add up to a very positive experience.

On a National submasters and masters basis, our most famous members included sporadically in 1980/81, Peter Wood, Tom Laris, Judy Fox, Dave Himmelberger, Dick Schupbach, Dave Stevenson, Alan Waterman, the Fairbank Brothers (Bill and Henry), and Phyllis Orlach. Finally, it also should be noted that Wendy Miller is *not* an Angell Field Ancient! (We do have some standards!)

To get the ball rolling on individual motivators and satisfiers, I have asked a few of the Ancients who serve as interesting prototypes in our sports to share their inner thoughts with this column. In the upcoming issues, we shall meet *them*. (But, more importantly, what the whole running movement represents) on an "up-front and personal" basis.

Please share your own thoughts regarding motivations, turn-ons and turn-offs with me for future columns. As follows: Phil Conley, P.O. Box 61, The Sea Ranch, CA 95497. □



Eugenio Falu wins age 30-34 high jump at San Juan Masters Championships

● National TAC Masters T&F Chairman **Jim Weed** reports the 1982 TAC National Masters Indoor T&F Championships will likely be held in either Boston or Lincoln, Nebraska, probably in March.

NEW ENGLAND

● **Tom Jennings**, founder of the controversial Pacific Coast Club in Southern California and now living in West Lebanon New Hampshire, turned 40 June 9 and clocked a 2:05.2 for 800 meters October 4.

turn 40," logged a 3:01:19 for 1st American woman 35+.

● 44 teams finished the **NIKE Capitol Challenge** 3-mile run on Sept. 13 in Washington, D.C. Nine U.S. Senators, 11 Representatives, one cabinet member and many other high ranking government officials as well as many noted journalists were among the 201 finishers. **Tom Sheahan**, 40 was 1st master (15:57) and 6th overall as his "Byron's Bollweevils" captured

sored by the Patrick Air Force Base. **Bill Gentry** took a 2nd in the triple jump. Please send any Florida news to Bill Gentry, 5116 Old Winter Garden Rd., Orlando FL 32811.

MIDWEST

● **Sandra Knott** was 1st 40+ woman in the Cleveland Heart-a-Thon 1/2 marathon in 1:25:09. She was 5th woman, 1st 40+ at the Saucony 10K Championships in Boston in 38:05. "I was pleased," Knott said, "because I've not trained hard; just enough to maintain. The pressure point therapy has helped. I pushed and gave it all I had, yet there was no sign of back or leg trouble." Knott had won the trip to Boston by winning the Cleveland race last year.

● **Helen Dick** of Los Angeles set a new age-57 record of 3:12:46 in America's Marathon in Chicago Sept. 27, easily winning the 55-59 division and finishing 1st master woman and 12th woman overall. "We had to battle 40-50 mile an hour winds, but the turnout (5000 runners) was great," she said. Local standout **Roger Roullier** topped the masters in a smart 2:33:47, with **Mel Williams** (2:36:23) 2nd, and national masters track & field legend **Ernie Billups**, 44, 3rd in 2:36:40.

● **Rudy Vlaardingerbroek** of Naples, Florida was the top point-getter (3435) in the U.S. National Weightman's Pentathlon Sept. 12-13 in Chicago. **Kleppenger's** 9255 points was best in the Throw-a-thon. Results in back pages.

MID-AMERICA

● **Ray Stevens**, 40, sped to a 4:19.1 1500 in an all-comers meet in Lincoln Sept. 6.

● The St. Louis Senior Olympics is a program of 40 athletic events for men and women over age 55. Senior Olympics III will be held May 31-June 3, 1982.

● **Bob Bartling**, 55, of Brookings, South Dakota smashed the listed U.S. 55-59 record for 30 kilometers (2:04:12 by **Walter Brown**) with a stunning 1:57:49 at the 1st Annual Sue Thomas 30K in Brookings Sept. 27. Bartling was 1st master and 3rd overall.

● **Bill Andberg**, perennial national masters T&F champ from Anoka, Minnesota, turned 70 and promptly broke the listed world one-hour run mark for men over 70, covering 8 miles, 1131 yards in the TAC National Postal competition Oct. 4 in Brookings, SD. **Lorne Bartling**, 66, clocked 74:33 for a new 10-mile age mark.

● 80 competitors turned out for the 3rd Montana Masters Track and Field Championships in Bozeman August 22. Meet director **Mike Carignan** reports 54 meet records were set. Results in back pages.

WEST

● **Harold Daughters**, 60, set a PR in the San Francisco Marathon in 3:02:23. He plans to run Honolulu in December and Boston in April.

● **Gary Miller** was voted the prestigious Salt-of-the-Earth Award by the Corona Del Mar Track Club, and has been nominated for the Striders' Alan Cranston Award.

● **Doug Smith** was elected President of CDM, with **Al Henry**, VP; **Bo Smith**, Sec-Treas; **Gary Miller**, Recording Secy.

● **Jim Murphy**, 41, a police officer from Burbank, Calif. won 9 out of 11 10K races in the 40-44 division in 1980, including a 32:50 in the KNBC 10K, finishing 35th overall out of 6000 runners. He won the open 10K in the California Police Olympics, and placed 2nd in the open 10K at the International Police Olympics in New York.

● Other CDM Awards: Presidents Award to **Dave Jackson**. Most improved:

MASTERS SCENE



photo by John Allen

Ron Daniel, 40, National 5K (23:13.0) and 20K (1:40:59) walking champ in 40-44 age group.

● New Zealanders **Rod Dixon** and **Anne Audain** each won the \$6000 first prize in the 1981 Omni Freedom Trail Road Run in Boston, the 3rd race (Cascade Run Off, Nike Marathon) of the 1981 ARRA Championship Circuit. It was the first race in which amateurs and professionals were allowed to compete together without jeopardy to the amateurs' eligibility, due to a recent change in IAAF rules, which allow amateurs and pros to compete in U.S. competition together. **Cindy Dalrymple**, 39, picked up \$700 as 4th woman.

EAST

● **Charles Buchta's** winning 4:02.39 in the 35-39 North American 1500 is a new age-39 U.S. mark. Buchta earlier won the New Jersey Masters 800 in 2:00.9 in his first competitive race in a long while. He turns 40 next month and looms a threat to break masters records for the mile, 1500 and 800.

● **Pat Bessel**, 44, of Grand Island, NY won the AAU National Masters 15K Road Championship in the Utica, NY Boilermaker with a time of 60:46. On Sept. 20, she won the Puma Masters 10K Classic in Oakville, Canada in 39:26. On Sept. 26, Pat won the 40+ division of the Canadian National 5K Women's Road Championship in Toronto. Her time of 18:22 set a new course record for masters women. The previous record was set by Pat last year at 18:56.

● Weekly marathon training runs convene at 7 p.m. Thursdays in the park at 90th Street and Fifth Avenue in New York. Anyone can join in.

● The New York Road Running Club now has over 20,000 members.

● We never received the complete Avon Marathon results (held in Ottawa Aug. 23), but **Linda Thurston**, "39 and waiting to

the legislative team crown. **Baltimore Evening Sun** staffers won the overall title.

● In August, we reported that **Hal Higdon**, who turned 50 June 17, had broken **Don Dixon's** 50-54 15K record of 53:55 with a 51:22 in Indiana. The mark that Higdon actually broke was a pending 52:10 run by **Herb Chisholm** at age 54 on May 17, 1981 in the DC Hometown Run.

Prior to that, Chisholm ran 53:13 and 52:36, both at age 54.

Herb, who's retiring shortly, turned 55 in June and will be going after the formidable 55-59 records of **Jim O'Neil** and **Alex Ratelle**.

SOUTHEAST

● The Georgia Court of Appeals has upheld the validity of the waiver which athletes sign on entry forms ("I waive any and all claims, etc."). Anyone wishing a copy of the entire Opinion of the Court may send an SASE to the Atlantic TC, 3097 E. Shadowlawn Ave. N.E., Atlanta GA 30305.

● **Bob Jenkins** is becoming a household word among masters. The Salem, Virginia resident was 1st master in the Cherry Blossom 10-miler in Washington in April over a good field. At the Portland Oregon Cascade Run Off, Bob finished 4th and 2nd American, beating **Dave Hambly** and **Ray Hatton** in the process. And prior to his 2nd place finish in the National Masters 15K Oct. 3, he was 1st master in the Lynchburg, Va. 10-miler over the likes of **Bill Hall**, Boston Marathon masters winner.

● **Nate Robinson** (30-34) of Fort Lauderdale won the 110-meter hurdles in a sparkling 13.92 at the San Juan Masters T&F Champs Sept. 19. Durable **Don Hull** of Daytona Beach had a busy time in the 60-64 bracket: 3rd in the LJ, JH, Javelin, discus and 400; and 2nd in the shot. Don was spon-



Leonard Olson Jericho, Vermont

Photo by Bill Cockerham

TENTH ANNUAL EASTERN MASTERS ATHLETIC CONGRESS 10 KILOMETER CROSS COUNTRY CHAMPIONSHIP & OPEN SUB-MASTERS (30-39) NON-CHAMPIONSHIP RACE.

OPEN TO ALL MEN AND WOMEN OVER THE AGE OF THIRTY REGISTERED IN THE ATHLETIC CONGRESS.

SANCTIONED BY THE ATHLETIC CONGRESS. SPONSORED BY THE MASTERS SPORTS ASSOCIATION, NIKE & PENN MUTUAL.
ENTRY FEE: \$5.00

T-SHIRTS TO ALL COMPETITORS.



DATE: NOVEMBER 15, 1981 12:00 NOON.

PRIZES: CHAMPIONSHIP MEDALS TO THE FIRST FIVE MEN AND WOMEN BY FIVE YEAR DIVISIONS FROM AGE 40 THROUGH AGE 80.

NON-CHAMPIONSHIP AWARDS TO THE FIRST FIVE MEN AND WOMEN IN THE AGE GROUPS 30-34 and 35-39.

CHAMPIONSHIP PATCHES: CHAMPIONSHIP PATCHES TO THE WINNING MAN AND WOMAN IN EACH AGE DIVISION OVER THE AGE OF FORTY.

TEAM AWARDS: CHAMPIONSHIP MEDALS TO THE FIRST THREE TEAMS FOR THE DIVISIONS OF 40-49; 50-59; 60+ FOR BOTH MEN AND WOMEN. TEAM TROPHIES TO THE WINNING TEAMS. CHAMPIONSHIP PATCHES TO THE WINNING TEAMS.

TEAM SCORING: EACH TEAM MUST CONSIST OF FIVE MEMBERS. AWARDS GIVEN BASED ON THE LOWEST CUMULATIVE TIMES. AN ATHLETE MAY GO DOWN IN AGE TO COMPETE ON A TEAM. AN ATHLETE CAN ONLY COMPETE FOR ONE TEAM. IF A CLUB HAS MORE THAN FIVE MEMBERS THE FIRST FIVE FINISHING IN A GIVEN AGE GROUP WILL COUNT FOR THE "FIRST TEAM", THE SECOND FIVE FOR THE "SECOND" TEAM ETC. IF AN ATHLETE IS TO GO DOWN IN AGE FOR TEAM SCORING THE MEET DIRECTOR MUST BE ADVISED IN WRITING BEFORE THE START OF THE RACE.

LOCKER FACILITIES Locker facilities are available for men and women at the Van Cortlandt Park Stadium, Broadway and 242nd Street.

CHECK IN: Check in starts at 11:00 A.M. at the finish line, Broadway near 247th Street.

NAME _____ ADDRESS _____
CITY _____ ZIP _____ AGE _____ MALE _____ FEMALE _____ PHONE # _____
CLUB _____ TAC# _____ SIZE: SM MED LG _____

In consideration of the acceptance of this entry I certify that I am in good health and able to complete the course; and I hold harmless the sponsors, TAC, NIKE, Penn Mutual and the City of New York for any injuries sustained.

SIGNATURE _____

Make checks payable to MASTERS SPORTS ASSOC. and mail to MSA 77 Prospect Place, Brooklyn, N.Y. 11217.
(TAC EN XC)

Theo Viltz, Al Henry, Bob Humphrey, Mike De Stefano and Jeanne Carter. Most Inspirational: Reggie Davis, Juan Pedevilla, Dave Lewis, Gene Harte, Don Cheek, Dan Aldrich and George Poloytis. Most Outstanding: Carl Flowers, Gene Driver, Doug Smith, Tom Patsalis, Pete Fetter, Payton Jordan, Burl Gist, Bob McConaghy, Christel Miller and Shirley Kinsey. Most Valuable: George Wong, Gary Miller, Bill Mayer, Dave Segal, Dave Brown and George Ker.

• Newest star on the western masters horizon is Shirley Matson, 40, of the San Diego Track Club. She's only been training seriously for 6 months, yet is already one of the top women masters in the country. On Oct. 4, she outkicked national 45-49 champ Dorothy Stock, in a 10K, 38:52 (PR) to 38:55. On Oct. 10, she clocked another 10K PR of 38:35 for the first master woman. "I've watched her progress and feel she has a surplus of talent and determination," said her coach Dan McCaskill. "She'll certainly be a factor among Masters women in the years ahead."

• Dorothy Stock set a new age-48 world one-hour run mark by almost a mile in San Diego August 4, traveling 9 miles, 374 yards. She popped a 5:38.6 for an age 48 mile mark Sept. 8, turned 49 four days later and set an age-49 mark of 5:33.5. She was selected as top masters LDR woman of the San Diego/Imperial Athletics congress.

Jim O'Neil was named top male LDR San Diego master by TAC.

• Mary Isom, 56, clocked a record 7:48.2 mile Sept. 15 in San Diego. So did San Diego City Councilperson Lucy Killea, 59, in 7:56.4.

• Dan McCaskill (73:42) and Shirley Matson (89:25) were the top masters in San Diego's 4th Annual America's Finest City Half-Marathon August 22.

• Sal Vasquez was 1st master in 41:54 in the 8-mile Bridge-to-Bridge Race in San Francisco Oct. 4. Tim Rosege (44:24) and Don Ardell (45:01) were among the 7500 runners on the hilly course. Karen Scannell (49:58) was 1st 40+ woman, with Sister Marion Irvine, 51, 2nd master woman in 50:58. Sue Stricklin Gibbs was 3rd in 52:44.

• Kay Atkinson, 64, turned in a 3:15.8 for 800 meters and 6:29.8 for 1500 in an all-comers meet at UC Berkeley Sept. 26.

• In the Santa Monica half-marathon August 30, Eddie Lewin, 65, won the 60+ crown by 9 minutes in 1:27:15. Bruce Robinson, 55, took 50-59 honors in 1:25:05. Ed Lujon's 1:15:20 was best 40-49. Helen Dick, 57, sizzled to a record 1:30:31.

• John Tansley, formerly track coach at Glendale College, is now coach at Cal State Long Beach. All of his meets (all comers, decathlon, etc.) have been switched from Glendale to Long Beach.

• The San Diego Track Club set a new U.S. masters record of 8:57:47 in the 100 x 1 mile relay, an average of 5:22.4 per runner. They failed to break the world mark of 8:47 set by the British Veterans Athletic Club this year. "We were ahead of

the record pace after 25 runners," organizer Ed Oleata reflected. "But we slowly started falling behind as the day wore on. Let's give credit to the British. A 5:15 per mile average for 100 men over age 40 is a tough feat to accomplish. And the organizational effort needed is tougher than the running." Nevertheless, Oleata will give it another go on May 8, 1982.

• John Brennan, 45, sped to a 32:45 in the Converse 10K Runoff at Cal State Northridge Sept. 6, closely followed by Andre Tocco, 45, in 32:53. Both marks better the listed U.S. 45-49 10K record, but are short of Ray Hatton's pending 32:35 set May 31, 1981. Tom Laris was best 40+ runner in 31:59. Harold Daughters, 60, broke the 72-race winning streak of Ed Lewin, 65, with a decisive 38:13 to 39:30 triumph in the 60-69 division. Stella Sharp, 53, logged a fast 39:22 to win the women's 50-59 crown by 11 minutes.

CANADA

• Ernest Haefeli, 41, was 1st master in 2:37:31 in the Montreal International Marathon Sept. 13.

• 75 women over age 35 showed up for the 3rd Annual Canadian Women 5K Masters Road Championships in Toronto Sept. 27. Leith Drury-Piper (35-39) repeated her 1980 triumph in a record 18:18, with Pat Bessel repeating as 40-44 champ in 18:22.40. Merchandise gifts worth \$800, donated

from local business, were given away to finishers picked a random, race director Christine Walker reports.

• Ian Hume of Quebec set a world 65-69 pentathlon record of 3776 points in the Ontario Masters Pentathlon Championships. Other division winners were: M40, Dave Morris, 2438; M45 Vlad Kostic, 3369; M50, Karl Nanen, 2695; M55, Kurt Hering, 2887; M60, Bert Jamieson, 2192; M70, William Koski, 1482. Hume's marks were: long jump, 4.85, 1016; javelin, 42:36, 1014; 200, 29.60, 890; discus, 33.40, 662; 1500, 7:25.89, 245.

INTERNATIONAL

• NMN will have a report next month of the first-ever masters running tour to China. About 30 runners from the U.S. made the 6-city trip last month. "We are certain," the Chinese hosts said before the trip, "That the American tour will help to bring about a great development of veterans running in China..."

• World vet champ Maria Pia D'Orlando of Italy set a world age-46 women's marathon record of 2:48:46 at the European Cup Marathon in Agen, France, Sept. 13, finishing 7th woman overall, Marty Post reports. That's exactly a 40-minute 10K pace the whole way.

• Jack Pennington, 58, won the Australian Capital Veteran 12K Cross-Country age-graded championship for the 4th year in a row Sept. 12.

Nor-Cal Senior Olympics

by RHONDA WHITE-WARNER

The Second Annual Northern California Senior Olympics is now history.

Nearly 160 participants representing 50 cities took part in the three day event that spanned over two weekends, concluding September 27, at Laney College in Oakland.

Although designed for amateur and accomplished athletes 50 years of age and over, this year saw a surprising increase in the number of Masters' competitors and record holders.

There were some exciting moments as three records were broken, including a new world age-63 record of 16.0 for the women's 100 meter by Josephine Kolda of San Francisco.

James York, 68, of Modesto, established a new record in the shot put with a toss of 43 1/2". A newcomer to the Olympics, Els Tuinzing, 59, Mill Valley, also set a new record in the women's 1500 meters of 6:28.3.

Other areas of competition included swimming, tennis, hole-in-one golf, basketball free throw and bowling. Research is underway to explore what other sports might be included in future Olympics to increase participation, such as volleyball or football.

The Northern California Senior Olympics is open to men and women 50 years of age and up. Persons interested in participating as an athlete or on the planning committee are encouraged to contact Brenda Rector, NCSO, c/o the Oakland Office of Parks and Recreation, 1520 Lakeside Drive, Oakland, 94612, (415) 273-3791. □

Results in back pages.



CREATING A NEW IMAGE... Dennis Egley, 57, Los Altos Hills, strides easily across the finish line during the Northern California Senior Olympics, held at Laney College in Oakland. The event sponsored by

the Oakland Office of Parks and Recreation, the Volunteers for Oakland and the Peralta District campus drew over 150 participants from nearly 50 cities. 25 medals were awarded to participants from the South Bay area.

Conway Wins 2 National Titles

40-49 division team crown over the Sunrise Striders of Renton, Washington.

Patricia Dixon, 62, of Bend, Oregon set a new women's age 60-64 mark of 45:39.1. Norm Bright, Snohomish Track Club's blind runner, won handily in the 70+ division in 43:57.



Dan Conway winning National Masters 10K Championships in 31:03 Sept. 26 in Seattle.

Photo by Carole Langenbach

The Snohomish team won another national team title with a 5-man total time of 2:45:21, almost 7 minutes ahead of runner-up West Hills Striders of Portland. Snohomish also defeated Club Northwest for the 50-59 crown.

T-shirts were given to entrants, compliments of Nike and Penn Mutual, and red delicious apples from Washington state were in plentiful supply for all runners.



Joe Montoya Los Angeles leads Bob Boal, from Raleigh at Pan Am Games in Los Angeles.

continued from page 1

In the Washington, DC 15K race, 222 runners battled 35 mph winds. Conway pulled away to a 28 second win over Jenkins (48:58) with New York's Ralph Zimmerman 3rd (49:37) and Georgia's Ken Winn 4th (50:25).

Baltimore's Mike Sabino 5th in 50:28, led for the first 1½ miles. "We were playing around helping each other break the wind as we went into the final straightaway," Conway told the Washington Post. "We stayed even through the 10K and I started to pull away as we got the wind to our back. It wasn't a surge or anything. I was just real steady."

Rapp, the mother of swimming standouts Susie and Jenny Rapp, moved ahead of local rival Mary Ellen Williams on the first of 3 loops and never was challenged.

Ed Benham, the 74-year-old veteran horse jockey from Ocean City, Maryland, added the national 15K 70-74 division title to his long list of laurels in a fast 67:48.

George Vernosky of Bethesda placed 10th overall, winning the 50-54 title in 51:49, only 27 seconds short of Hal Higdon's pending U.S. 50+ mark.

Ralph Bowles flew in from California to cop M45 honors in 52:06. Herb Chisholm, virtually undefeated for 5 years in the 50-54 age group, won his new 55-59 division by 4 minutes in 55:46.

Carol Herrick was 2nd over-40 woman in 62:56. □

Results in back pages.

Canadian Masters Throwing Pentathlon

continued from page 4

George was the recipient of the Purgalis Trophy, an original Soap Stone Sculpture, donated by Ed. Purgalis.

Although the weather was threatening, it held off and no spirits were even dampened, as a matter of fact good performances were enjoyed by all and there were five new records set. Besides Puce and Olson, there were records set in the 3A Class by Harold Parsons who won the Ticmanis Trophy with 3,710.0 points; in the 4A Class by Bill Koski with 2,688.9; and in the 4B Class by Arnolds Ticmanis with an amazing 3,107.4 which is also a World Record.

It has become a matter of reputation that this is one of the best of its kind anywhere. The excellent organization, facilities and social atmosphere are the result of the hard work of Arvids Zakis, Valdis Teteris and the members and wives of the Latvian Club. □

Results in back pages.



Blind Masters Compete in National Championships

by CHARLES BUELL

The second national championships for blind master athletes was held recently at Southeastern Missouri State University.

At 43 years of age, Harry Cordellos, San Francisco, chose to compete in the open division for sightless athletes. Amazingly, he won two events against much younger men. In the 3000m event he ran with a partner, who had normal vision, in a time of 11:51.21. He finished the 10k in 42:08 to set a national record for all ages of sightless runners. Mike Zorick finished the 10k .2 of a second behind Cordellos, and set a 1500m record for 30-39 sightless runners in 5:43.31.

Sightless Anthony Maczyski of Delaware set four age 30-39 records for sightless athletes. Using a stretched guide wire he won the 60m dash in 9.90. With a sighted partner he ran 400m in 1:17.38. He threw the discus 19.86m and standing broad jumped 2.23m.

Partially sighted Mike Garrett of Texas won the 30.39 1500m run in 5:30.51 to set a national record.

Visually impaired athletes who wish more information on masters competition may contact the United States Association for Blind Athletes, 55 W. California Avenue, Beach Haven Park, NJ 08008 or Dr. Charles Buell, 33905 Calle Acordarse, San Juan Capistrano, CA 92675. □

Manners Routs World Class Field

by JAMES GERARD

LONDON, Ontario, Sept. 27, 1981—Terry Manners, former New Zealand Olympian, blazed to a new course record in winning the masters "six mile" (5.744 miles) at the 14th annual prestigious Springbank International Road Races. His winning time of 28:35 shaved 37 seconds off the previous best time set by Dereck Fernee last year. Fernee was a distant second in 29:59.

Ron Hill became the first former winner of the open 12 mile event to compete in the masters race. He finished 5th in 30:38.

Brian Harris of Royal Oak, Michigan, who dominated the race for three consecutive years from 1977-79 could do no better than 7th today in 30:52. However his club, The Motor City Striders, captured the team award. □ Results in back pages.

NATIONAL ATHLETIC CONGRESS MASTERS 15 KILOMETER CROSS-COUNTRY CHAMPIONSHIP

FOR MEN AND WOMEN OVER 40 YEARS OF AGE

SUNDAY, NOVEMBER 29, 1981. VAN CORTLANDT PARK, BRONX, NEW YORK 11:00 A.M.
SPONSORED BY PENN MUTUAL; NIKE, MASTERS SPORTS ASSOCIATION, THE ATHLETIC CONGRESS, N.Y.R.C.



ELIGIBILITY: YOU MUST BE OVER 40 YEARS OF AGE AND REGISTERED IN THE ATHLETIC CONGRESS.
ENTRY FEE: \$5.00 per individual. No entry fees for team awards. T-SHIRTS TO ALL COMPETITOR.
AWARDS: MEN: NATIONAL ATHLETIC CONGRESS CHAMPIONSHIP MEDALS
6 Medals for 40-44; 45-49; 50-54; 55-59
3 Medals for 60-64; 65-69; 70-74; 75-79 80-84; 85+
WOMEN: NATIONAL ATHLETIC CONGRESS CHAMPIONSHIP MEDALS
6 Medals for 40-44; 45-49
3 Medals for all other divisions to 85+ by five year groupings.
TEAM PRIZES: NATIONAL CHAMPIONSHIP PATCH TO EACH INDIVIDUAL DIVISION WINNER
FIVE MEMBER TEAMS FOR BOTH MEN AND WOMEN 40-49; 50-59; 60+
NATIONAL CHAMPIONSHIP MEDALS TO THE FIRST THREE TEAMS IN EACH DIVISION
TEAM TROPHIES TO THE WINNING TEAMS.
NATIONAL CHAMPIONSHIP TEAM PATCH TO THE MEMBERS OF THE WINNING TEAMS.
TEAM AWARDS DETERMINED ON THE BASIS OF CUMULATIVE TIMES.
TEAM MEMBERSHIP MAY BE DECLARED AT ANY TIME PRIOR TO THE START OF THE RACE.
AN INDIVIDUAL CAN COMPETE FOR A TEAM IN A YOUNGER AGE BRACKET.
COURSE: THREE LOOPS AROUND VAN CORTLANDT PARK.
CHECK IN: CHECK IN STARTS AT 10:00 A.M. NEAR BROADWAY AT THE FINISH LINE (ABOUT 247th STREET)
LOCKERS: THERE ARE LOCKER AND SHOWER FACILITIES AT VAN CORTLANDT PARK STADIUM.
DIRECTIONS: SUBWAY TAKE THE BROADWAY LOCAL TO THE LAST STOP AND WALK UP ABOUT THREE LONG BLOCKS.
CAR TAKE THE HENRY HUDSON PARKWAY TO BROADWAY, GO SOUTH FOR ABOUT THREE BLOCKS
TAKE THE MAJOR DEGAN EXPRESSWAY TO VAN CORTLANDT PARK EXIT TO BROADWAY,
TAKE BROADWAY TO ABOUT 247th STREET.

PLEASE PRE-ENTER

1981 NATIONAL ATHLETIC CONGRESS MASTERS 15 KILOMETER CROSS-COUNTRY CHAMPIONSHIPS.

NAME _____ ADDRESS _____
CITY _____ ZIP _____ PHONE # _____ AGE _____ MALE _____ FEMALE _____
TAC # _____ TEAM _____

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

SIGNATURE _____
Send \$5.00 check payable to MASTERS SPORTS ASSOC. 77 Prospect Place, Brooklyn, N.Y. 11217 (15K XC)

Write On! continued from page 2

This meet was a highlight in my Masters career.

*Floyd Smith
Clinton, Iowa*

The Puerto Rican meet looked like a practice session for the 1983 World Games, with infraction red & white flags at each event, many timers, officials in smart uniforms, complete medical examination. The crowds are enthusiastic and love track. The acoustics of the stands give the runners the impression that the crowd is really close and they are spurred on in their efforts.

*Don Harris
Abington, Pa.*

OOPS . . .

Marathoners may be aging, but please, not by 7 years! I am 43, not 50; the Avon Marathon in which I finished 2nd in the 40-49 age division was held in Ottawa, not Montreal; and Diane Palmason who was third in that same division had a time of 3:05.53, not 3:05.33.

You probably have me confused with Christa Curtis, from Durham, N.H., who won the 50-59 age division with a time of 3:20.

*Christine Curtis
Seattle, Wash.*

(Picky, picky. Seriously, our apologies. Our accuracy editor was on vacation last month—Ed.)

RACE WALK JUDGING

I protest the action of one of the judges at the National Masters Championships in Los Gatos who disqualified more than a dozen athletes, many of whom had been competing for years.

Masters competition is designed to encourage, not discourage, older men and women to remain active. Disqualifying them on the basis of a technique that some can't even master—will discourage participation.

Those of us over 70 have difficulty locking the knees. Paul Spangler, 82, says he couldn't lock his knees if he had to. Ernest Werbel, 73, just started race walking but is discouraged because he was DQ'd in Los Gatos. I've set age-records but couldn't have done so if the leg-locking rule had been enforced.

In masters meets, strict rules for race walking should be relaxed. The only rule needed is the one which makes a clear distinction between running and walking: that one foot must be touching the ground at all times.

*Robert Boothe
San Luis Obispo, CA*

There has been a major misunderstanding regarding the 5 kilometers Race Walk at the National Championships in Los Gatos evidenc-

ed by Paul Spangler's letter in the October issue and by one sentence in the September issue. I hope I can clarify what really occurred. The article on the Nationals in the September issue stated, "Nearly a dozen walkers were disqualified...including many who have competed for over 10 years." Paul's letter states, "...16 or 17 of the entries were disqualified." Neither of these statements is accurate. Here is how the situation developed. There was a problem with individual times (NOT PLACES) at the finish due to a malfunctioning Chronomix timer. Granted, it should not have happened but it did. When the official results were posted, many names had N.T. (No Time) after them. Apparently—and understandably—some people equated this with D.Q. for Disqualified. In actuality there were seven disqualifications. This was out of a total of nearly fifty racers! Those DQ'd fell into three categories: older and/or novice competitors and competitors with some history of disqualification. To my knowledge only one of those DQ'd had been walking for any length of time.

Regarding Paul's comments on the judging: The head judge did not exercise sole power to DQ. He consulted with and received input from other judges. The decisions were agreed upon. The head judge is the one who communicated the DQ to the competitor. In this instance the head judge was well qualified. He is a national class walker himself and a teacher of race walking, as well as being a judge. I have done some judging myself and was a close observer of the race. Had I been one of the judges that day I would have concurred in each of the DQ calls. I think they were accurately made.

I sincerely hope that those disqualified will not be discouraged. Race walking is a technique sport and sometimes requires a great deal of work and coaching to overcome form problems.

For the sport to remain viable the judges must enforce the rules. They perform a tough and thankless job, but without them the sport couldn't exist!

Keep walking.

*Sonny Maynard
Redwood City, CA*

1981 Masters-of-the-Year

The *National Masters Newsletter* will announce details next month of its 1st Annual Outstanding Masters-of-the-Year Awards.

Awards will be presented to the top male and female athlete in each 5 or 10-year age division from age 35 thru 80+ in track & field, long distance running and race walking.

Winners will be announced in the February, 1982 issue. Send your recommendations to Awards, Box 2372, Van Nuys, CA 91404.

Rocky Mountain Masters Games

continued from page 4

and over. These catchalls featured Herb Anderson, 79, his daughter, Shelly Ammons, 52, John Clarke, 74, and wife Polly.

In the 100m, Herb edged John, with Polly close and Shelly a second behind. Then, in the 200m, John turned the tables on Herb, pulled Shelly behind him while Herb (perhaps) helped Polly establish her record. Great performances all!

Others with excellent performances were: Gary Oliphant, 40, who won the 100m event in 11.2, with a one-half second advantage. Shelly Ammons, whom we saw making progress from 100m to 200m, improved her 2A winning time at the Nationals (76.54) by

running 75.5! Bert Smith, 58, who claims to have just begun competing in masters track, ran a 2:15.0 800m and a 58.1 400m, both of them creditable times, which he may well improve upon. Bert and Gary are from Kansas.

Some of the changes which will likely be noted next year are: Five-year age groups for all events; pentathlon separated from the rest of the meet; standards for medals (this could be controversial); and required pre-registration. But all in all it went well and provides another solid meet for the 1982 calendar. □

Results in back pages.

Let's Have Age-Graded Awards

by VAL SCHULTZ

As Masters Athletics Running Promotions Manager for NIKE I have the honor of dealing with most of the top masters athletes throughout the country. NIKE assists many (perhaps most) of the Masters national championships, sometimes in one way, sometimes in another. One popular way of assisting is to provide merchandise certificates for age group winners and top finishers.

Since most masters races, even national championships, draw fewer than 200 competitors, it happens that perhaps 30% of the entrants will be prize winners. That's fine, except that it dilutes the extrinsic value of the prize to have so many, and, often because of limited budgets, it dilutes the intrinsic value also.

One means of getting around this obstacle is to ignore the whole issue of 5-year or 10-year groups (which is fairer, which is more meaningful *ad nauseum*) and award larger prizes to fewer performers by making comparisons across age divisions. By means of charts produced by the NRDC, it is possible to compare the Performance of, for example, a 40-year-old man with that of a 60-year-old woman. These age-graded charts are still at a somewhat crude stage, and only exist for certain track and field events and some standard road distances. But they do permit this comparison and will generally allow awards to be given to the best performers regardless of age.

Let's examine the National 10K as a test case. Although I got some negative feedback because of the time involved to make the age-graded determination (exact ages and exact times are needed for all participants) and my inability to communicate to all exactly what was being attempted, there was little disagreement that those prize-winners so selected were indeed outstanding.

Among the men, Ray Hatton, 49, shone forth. He garnered 990 points. Nearly 50, Ray nevertheless was second in a race with many very capable run-

ners up to nine years his junior. The rest of the male winners happened to be drawn from the 40-49 folk. Dan Conway, 42, and the winner, was second, with 900 points. Derek Mahaffey, 47, followed with 880 points, the same amount as David Hambly, 42.

The women, however, were dominated by some of the older ladies. Pat Dixon, 62, racked up 870 points with her World Record 45:39; to Jo Hess of Selah, 63, got 820 points. Mrs. Hess' performance might well have been underplayed as merely a second place in the 60-64 category were it not for the age-graded scoring. Nola Bruhn, 52, was third with 780 points. The race winner, Judy Groombridge, had an excellent performance with 740 points, but it is apparent that the relative performances of the others were better.

This type of scoring offers a change from the usual routine. It can give recognition to the upper range of the age group, and to those runners who are in an extremely competitive group. Obviously, performers such as Hatton and Dixon would win rather monotonously using age-graded scoring, so it needs to be used sparingly.

If any readers of *NMN* have feedback to offer on age-graded awards, I'd like to see it. Write to: Masters Athletics, 3900 S.W. Murray Blvd., Beaverton, OR 97005, (503) 641-6453, x508. □



1980 MASTERS 20 KILOMETER RANKINGS

Top 50 in each 5-year age group from age 35 up. Compiled by the National Running Data Center exclusively for the National Masters Newsletter.

MEN 35-39

1:04:25	DAN MURRAY	35	TARRYTOWN	NY	(14 JUN 80, NY-A)
1:07:59	RANDALL HOFFMANN	39	KALAMAZOO	MI	(24 MAY 80, MI-A)
1:08:26	HUGH SWEENEY	35	JERSEY CITY	NJ	(27 JAN 80, NY-A)
1:08:36	RAY STEVENS	39	LINCOLN	NE	(28 SEP 80, NE-A)
1:10:04	ROD LECITFENBERGER	37	LINCOLN	NE	(28 SEP 80, NE-A)
1:10:18	JACK BANNINK	37	HOLLAND	MI	(24 MAY 80, MI-A)
1:10:55	J A FISCHER	36	DENVER	CO	(8 MAR 80, OK-A)
1:11:11	LARRY LENAMON	35	WACO	TX	(18 OCT 80, TX-A)
1:11:30	LYNN MCCUTCHEON	35	OCCOQUAN	VA	(27 JAN 80, DC-A)
1:11:33	BILL KOEHLER	35	ANDOVER AFB	MD	(28 SEP 80, DC-A)
1:11:39	BENNETT GERSHMAN	38	NEW YORK	NY	(27 JAN 80, NY-A)
1:12:04	ALLAN KIRIK	36	FLUSHING	NY	(27 JAN 80, NY-A)
1:12:09	JOHN KENTON	36	LYNWOOD	IL	(24 MAY 80, MI-A)
1:12:25	ROBERT ROSENZWEIG	36		NY	(27 JAN 80, NY-A)
1:12:37	RUSSELL BASSETT	39		NY	(27 JAN 80, NY-A)
1:12:50	STEVEN SAFFER	35		NY	(27 JAN 80, NY-A)
1:12:57	JEFF MARTIN	38		NJ	(27 JAN 80, NY-A)
1:13:17	NELSON CRADER	39		NY	(27 JAN 80, NY-A)
1:13:42	BOB GOODRICH	35		NY	(15 NOV 80, MO-A)
1:14:14	BOB FISCHER	39	NEWARK	NJ	(27 JAN 80, NY-A)
1:14:15	RAFAEL BORDONABA	38	BROOKLYN	NY	(27 JAN 80, NY-A)
1:14:18	DICK HESSLER	39	COLUMBIA	MO	(15 NOV 80, MO-A)
1:14:20	VINCE FULLER	36		NC	(27 JAN 80, DC-A)
1:14:25	JIM LEWIS	35	LINCOLN	NE	(28 SEP 80, NE-A)
1:14:41	DOUGLAS ESCHER	35		NY	(27 JAN 80, NY-A)
1:14:49	CHARLES ELKINS	36	ARROYO GRANDE	CA	(27 APR 80, CA-A)
1:14:50	EAMONN MCEVILLY	37	ALEXANDRIA	VA	(27 JAN 80, DC-A)
1:14:58	EDWARD DOHENY	36	WASHINGTON	DC	(27 JAN 80, DC-A)
1:15:20	MICHAEL HOGAN	36		VA	(27 JAN 80, DC-A)
1:15:23	MATTHEW HUTMACHER	38	ARLINGTON	VA	(28 SEP 80, DC-A)
1:15:30	MARC LIPPMAN	35		MD	(27 JAN 80, DC-A)
1:15:33	BRUCE WITTY	38	ALEXANDRIA	VA	(28 SEP 80, DC-A)
1:15:35	LANNY ENDICOTT	36	TULSA	OK	(8 MAR 80, OK-A)
1:15:41	LOUIS COPPENS	37		NY	(4 JUL 80, PA-A)
1:15:42	CARL KUHN	38		VA	(27 JAN 80, DC-A)
1:15:52	GLENN SICKELS	36	MCLEAN	VA	(28 SEP 80, DC-A)
1:15:56	JIM VERDIER	37		VA	(27 JAN 80, DC-A)
1:15:58	DOUG CLARK	37		VA	(27 JAN 80, DC-A)
1:16:03	CHARLES WELTY	39	VALLEJO	CA	(28 SEP 80, DC-A)
1:16:14	ANTHONY LOTEMPIO	38	BINGHAMTON	NY	(14 JUN 80, NY-A)
1:16:30	KEN YOUNG	39	TUCSON	AZ	(9 NOV 80, AZ-A)
1:16:30	BILL WALLIN	35	TUCSON	AZ	(9 NOV 80, AZ-A)
1:16:40	DAVIDSON GRANT	35	NEW YORK	NY	(27 JAN 80, NY-A)
1:16:42	KEITH COLLERAN	39	LINCOLN	NE	(28 SEP 80, NE-A)
1:17:06	MIKE KOSKAN	35	PLANO	TX	(16 OCT 80, TX-A)
1:17:12	ROGER WIEGAND	37	LINCOLN	NE	(28 SEP 80, NE-A)
1:17:17	BOB SAREY	36	SAND SPRINGS	OK	(8 MAR 80, OK-A)
1:17:35	JOHN LOTHROP	37		NY	(27 JAN 80, NY-A)
1:17:38	MIKE STEPHENS	37	DUNCANVILLE	TX	(18 OCT 80, TX-A)
1:17:39	REUBEN JOHNSON	35		NY	(27 JAN 80, NY-A)

MEN 40-49

1:06:05	HAL HIGDON	49	MICHIGAN CITY	IN	(4 OCT 80, IN-A)
1:06:06	BRIAN HARRIS	45	ROYAL OAK	MI	(4 OCT 80, IN-A)
1:10:17	GLYNN WOOD	45	BETHESDA	MD	(2 MAR 80, MD-A)
1:11:50	BGB TRUDGEON	46	DETROIT	MI	(4 OCT 80, IN-A)
1:13:07	BOB ELWOOD	46	LINCOLN	NE	(28 SEP 80, NE-A)
1:13:17	DEREK HATLEY	46	WYOMING	MI	(4 OCT 80, IN-A)
1:13:26	HENNING FALKENSTEIN	45		IN	(4 OCT 80, IN-A)
1:13:32	JOE ERSKINE	49	BRONX	NY	(27 JAN 80, NY-A)
1:14:43	BEN LONDEREE	45	COLUMBIA	MO	(19 JAN 80, MO-A)
1:14:56	TOM KURIHARA	45	VIENNA	VA	(28 SEP 80, DC-A)
1:15:29	DON FARLEY	46	ITHACA	NY	(14 JUN 80, NY-A)
1:15:31	LEWIS STERN	45	BROOKLYN	NY	(27 JAN 80, NY-A)
1:16:39	BEN HYSER	45		VA	(4 JUL 80, PA-A)
1:17:11	AL MARCY	45	CENTREVILLE	VA	(28 SEP 80, DC-A)
1:17:20	JIM VANDERKLOK	48	GRAND RPDS	MI	(24 MAY 80, MI-A)
1:17:27	BILL KERAKOS	48	DERWOOD	MD	(28 SEP 80, DC-A)
1:17:29	JOHN DUGDALE	45	RIDGEFIELD	CT	(1 SEP 80, CT-A)
1:17:39	CARMEN HAGELGANS	49		VA	(4 JUL 80, PA-A)
1:18:09	JACK TERRY	49	HASTINGS/HUDSN	NY	(27 JAN 80, NY-A)
1:18:46	SCOTT RUTHERFORD	46	CHEVY CHASE	MD	(28 SEP 80, DC-A)
1:18:57	CARL HESS	48	SPRINGFIELD	VA	(28 SEP 80, DC-A)
1:19:01	HENDERSON CLEAVES	48		NJ	(27 JAN 80, NY-A)
1:19:21	BERT WALTHER	48	PONCA CITY	OK	(8 MAR 80, OK-A)
1:19:34	OLEN BROWN	45		MO	(15 NOV 80, MO-A)
1:19:41	KEITH OLSON	48		VA	(27 JAN 80, DC-A)
1:19:41	BILL BROGAN	45	LINCOLN	NE	(28 SEP 80, NE-A)
1:19:44	GEORGE STILLMAN	45		NY	(27 JAN 80, NY-A)
1:19:46	CHET SAFIAN	45		NY	(27 JAN 80, NY-A)
1:20:01	ARTHUR SCHOENING	47	BEDFORD	TX	(18 OCT 80, TX-A)
1:20:08	PHILIP NORWINE	49	HURST	TX	(18 OCT 80, TX-A)
1:20:14	NOEL BYRNE	46		NY	(27 JAN 80, NY-A)
1:20:34	DAYNE MARTIN	45	NOBLESVILLE	IN	(24 MAY 80, MI-A)
1:20:58	JOHN PRITCHETT	47	DUNCANVILLE	TX	(18 OCT 80, TX-A)
1:20:59	ART BECHHOEFER	45	WASHINGTON	DC	(28 SEP 80, DC-A)
1:21:00	TOM MANCUSO	45		VA	(27 JAN 80, DC-A)
1:21:09	THOMAS FARRAGHER	45	FAIRFAX	VA	(27 JAN 80, DC-A)
1:21:30	BILL HARPER	45	FAIRFAX	VA	(28 SEP 80, DC-A)
1:21:34	JOHN GRINDEL	47	FARMINGTON	MI	(24 MAY 80, MI-A)
1:21:36	DONALD STOUTJESDYK	45	HUDSONVILLE	MI	(24 MAY 80, MI-A)
1:21:46	TED REEVE	46	OWEGO	NY	(14 JUN 80, NY-A)
1:21:57	KENNETH BUTLER	46		NY	(27 JAN 80, NY-A)
1:22:23	RICHARD ROGIN	47	NEW YORK	NY	(27 JAN 80, NY-A)
1:22:23	BOB MASON	46	FAIRFAX	VA	(28 SEP 80, DC-A)
1:22:47	MELVIN VANPEEBLES	47		NY	(27 JAN 80, NY-A)
1:22:48	PARKER JONES	49		NY	(27 JAN 80, NY-A)
1:22:55	DUDLEY SIPPRELLE	45	BETHLEHEM	PA	(28 SEP 80, DC-A)
1:23:26	GERRY KRAMER	47		VA	(4 JUL 80, PA-A)
1:23:38	DAVE HECK SR	49	ENDICOTT	NY	(14 JUN 80, NY-A)
1:23:42	CLARENCE OWEN	46	ASHLAND	NE	(28 SEP 80, NE-A)
1:23:56	FREDRICK YONKMAN	49		NY	(27 JAN 80, NY-A)

MEN 40-44

1:04:42	HERB LORENZ	41	WILLINGBORO	NJ	(28 SEP 80, DC-A)
1:05:59	DAN CONWAY	41	MADISON	WI	(4 OCT 80, IN-A)
1:06:41	JIM EWING	41	JACKSON	MS	(4 OCT 80, IN-A)
1:07:18	BOB FISCHER	40	NEWARK	NJ	(28 SEP 80, DC-A)
1:07:19	MIKE SABINO	41	BALTIMORE	MD	(28 SEP 80, DC-A)
1:07:23	SEAN O CONNOR	40	CHESTERTOWN	MD	(27 JAN 80, DC-A)
1:07:52	KEN WINN	43	STONE MTN	GA	(4 OCT 80, IN-A)
1:07:56	FRITZ MUELLER	43	NEW YORK	NY	(27 JAN 80, NY-A)
1:08:04	ERNEST BILLUPS	43	CHICAGO	IL	(4 OCT 80, IN-A)
1:08:20	CARL CAREY	43	SPENCER	IN	(4 OCT 80, IN-A)
1:08:36	LARRY HEATH	41	CLIO	MI	(4 OCT 80, IN-A)
1:09:00	ROBERT SCHRADER	41	NAPERVILLE	IL	(4 OCT 80, IN-A)
1:09:08	DAVID PEELE	42	ANN ARBOR	MI	(4 OCT 80, IN-A)
1:09:23	TONY BAYLIS	42		NJ	(27 JAN 80, NY-A)
1:09:50	BOB PAKLAIAN	44	DETROIT	MI	(4 OCT 80, IN-A)
1:10:25	HYLKE VANDERWAL	42	FT COLLINS	CO	(4 OCT 80, IN-A)
1:10:30	ROBERT CLERK	42	PURCHASE	NY	(27 JAN 80, NY-A)
1:10:35	LEN DUEY	40		NY	(27 JAN 80, NY-A)
1:11:15	ART GUERRA	40		NY	(27 JAN 80, NY-A)
1:11:22	HARTLEY VEZINA	44	ROSEVILLE	MI	(4 OCT 80, IN-A)
1:11:53	RICHARD VAN SCOTTER	41		FL	(4 OCT 80, IN-A)
1:11:56	FAY BRADLEY	42	WASHINGTON	DC	(28 SEP 80, DC-A)
1:12:15	STEVE SIX	42	ALEXANDRIA	VA	(28 SEP 80, DC-A)
1:12:30	JACK BLAKELY	44	ITHACA	NY	(14 JUN 80, NY-A)
1:12:45	WILLIAM REYES	44		VA	(4 OCT 80, IN-A)
1:13:04	WARREN OHLRICH	41	COLUMBIA	MO	(28 SEP 80, DC-A)
1:13:26	HANS HARTMANN	44	JACKSON HGTS	NY	(27 JAN 80, NY-A)
1:13:30	LOWELL GAITHER	42	LINCOLN	NE	(28 SEP 80, NE-A)
1:13:48	AL RUSSELL	40	BURKE	VA	(28 SEP 80, DC-A)
1:13:54	RALPH BOWLES	44	MEDFORD	OR	(28 SEP 80, DC-A)
1:13:59	JEFF CHEUVRON	41	LINCOLN	NE	(28 SEP 80, NE-A)
1:14:01	DAN D ADDIO			VA	(26 JAN 80, NY-A)
1:14:03	COURTNEY RIORDAN	43	FAIRFAX	VA	(28 SEP 80, DC-A)
1:14:15	RICHARD HAINES	41		VA	(4 JUL 80, PA-A)
1:15:00	OTIS WILLIAMSON	44	ARLINGTON	VA	(28 SEP 80, DC-A)
1:15:03	ALAN SILBER	41		NY	(27 JAN 80, NY-A)
1:15:07	DAVID CARM	40	LAKE BLUFF	IL	(24 MAY 80, MI-A)
1:15:12	DON LEWIS	44	COLUMBIA	MO	(15 NOV 80, MO-A)
1:15:16	EDWARD SHARP	41	OXON HILL	MD	(28 SEP 80, DC-A)
1:15:17	S WILSON	40		MD	(27 JAN 80, DC-A)
1:15:20	GEORGE CUSHMAC	42	ALEXANDRIA	VA	(28 SEP 80, DC-A)
1:15:23	RAMON RUIZ	40	NEW YORK	NY	(27 JAN 80, NY-A)
1:15:29	NORMAN GOLUSKIN	41		NY	(27 JAN 80, NY-A)
1:15:35	DON HOCKENBURY	43	BENNINGTON	NE	(28 SEP 80, NE-A)
1:15:46	JAMES PERDEW	43	VIENNA	VA	(28 SEP 80, DC-A)
1:15:51	THOMAS LIENBEE	41	BROOKLYN	NY	(27 JAN 80, NY-A)
1:15:56	CHARLES DES JARDINS	43	FAIRFAX	VA	(28 SEP 80, DC-A)
1:16:15	MIKE FLEMING	43		VA	(27 JAN 80, DC-A)
1:16:17	JIM SCHUTT	41		VA	(19 JAN 80, MO-A)
1:16:17	VAL LEWTON	42		VA	(27 JAN 80, DC-A)

MEN 50-54

1:10:16	AL LAWRENCE	50	HOUSTON	TX	(4 OCT 80, IN-A)
1:12:37	HERB CHISHOLM	53	ALEXANDRIA	VA	(27 JAN 80, DC-A)
1:13:48A	TOM BAILEY	50	DENVER	CO	(9 AUG 80, CO-A)
1:17:30	MYRON MEYER	53	FT WAYNE	IN	(4 OCT 80, IN-A)
1:17:36	ROLAND ANSPACH	54	SPRINGBORO	OH	(24 MAY 80, MI-A)
1:17:48	BOB MULLER	54		NY	(27 JAN 80, NY-A)
1:18:43	MAY NEMAZI	54	LIVONIA	MI	(24 MAY 80, MI-A)
1:19:25	KENNETH JONES			MI	(1 SEP 80, CT-A)
1:19:26	PATRICK MUTT	50		VA	(4 JUL 80, PA-A)
1:19:40	JOSEPH SIMONTE	51		NY	(27 JAN 80, NY-A)
1:21:15	NOCUS MCINTOSH	54	TULSA	OK	(8 MAR 80, OK-A)
1:21:20	JEROME KERKHOF	53		VA	(27 JAN 80, DC-A)
1:21:32	OLCOTT BROWN			VA	(26 JAN 80, NY-A)
1:22:46	EDWIN PEETS	50	NEW YORK	NY	(27 JAN 80, NY-A)
1:23:02	RAYMOND DELAND	52		NY	(27 JAN 80, NY-A)
1:23:28	ED CALLAHAN	52	NEW YORK	NY	(27 JAN 80, NY-A)
1:24:20	ROGER WHALLEY			VA	(26 JAN 80, NY-A)
1:24:23	TOM KLINGES	52	WILKES-BARRE	PA	(20 JUL 80, PA-A)
1:24:26	BERT JABLON	52		NY	(27 JAN 80, NY-A)
1:25:23	CLYDE SWEIGART	50		VA	(4 JUL 80, PA-A)
1:25:25	DON JOHNSON	52		MD	(15 NOV 80, MO-A)
1:25:27	BILL DAVIS			IN	(3 MAY 80, IN-A)
1:25:54	DON HUGHES	50	BAYSIDE	CA	(24 MAY 80, MI-A)
1:25:57	RICHARD GOOD	50	SILVER SPG	MD	(28 SEP 80, DC-A)
1:25:58	IAN SUSSEX			VA	(1 SEP 80, CT-A)
1:26:09	CHARLES HOFMEISTER	50		VA	(27 JAN 80, NY-A)
1:26:10	MAK BUCHHOLZ	52	LINCOLN	NE	(28 SEP 80, NE-A)
1:26:32	ROLAND JOHNSON			VA	(1 SEP 80, CT-A)
1:26:47	SAMUEL ADAMS	53	SPRING LK	MI	(24 MAY 80, MI-A)
1:26:57	TURK STORVICK	52		MD	(15 NOV 80, MO-A)
1:27:03	JOHN CAVANAUGH			VA	(1 SEP 80, CT-A)
1:27:12	JACK BARNET	52	FAIRFAX STN	VA	(28 SEP 80, DC-A)
1:27:15	MILTON HIRSCH	52		NY	(27 JAN 80, NY-A)
1:27:36	ROBERT CRANE	51	VIENNA	VA	(28 SEP 80, DC-A)
1:27:42	DICK SULLIVAN			VA	(26 JAN 80, NY-A)
1:27:50	HAROLD MAUREL	52		VA	(4 JUL 80, PA-A)
1:28:03	CARL SORGENFREI	50	ELMIRA	NY	(14 JUN 80, NY-A)
1:28:19	WILLIAM C SCOTT			VA	(3 MAY 80, IN-A)
1:28:30	JOHN HERD	53	MORRO BAY	CA	(27 APR 80, CA-A)
1:28:40	ELBERT SPENCE	51	FT WORTH	TX	(18 OCT 80, TX-A)
1:29:15	RICHARD VAN GORDER	51	NEWARK VLLY	NY	(14 JUN 80, NY-A)
1:29:16	HARRY BRATT	51	BETHESDA	MD	(27 JAN 80, DC-A)
1:29:20	RALPH MCMASTERS	53	TEXARKANA	TX	(18 OCT 80, TX-A)
1:29:22	ED VUOLO			VA	(1 SEP 80, CT-A)
1:29:37	BYSON HILL			NY	(1 SEP 80, CT-A)
1:29:47	RUSSELL GEEKIE	52		NY	(27 JAN 80, NY-A)
1:29:54	LEITCH WRIGHT	51		VA	(11 OCT 80, GA-A)
1:30:09	JERRY JOHNCOOK	52	SHELBYVILLE	MI	(24 MAY 8

MEN 55-59

1:09:51	ALEX RATELLE	56	EDINA	MN	(4 OCT 80,IN-A)
1:13:22	JERRY MORRISON	57	PARKVILLE	MO	(4 OCT 80,IN-A)
1:16:07	EVAN KANE	55	N PROVIDENCE	NJ	(27 JAN 80,NY-A)
1:16:09	NOCUS MCINTOSH	55	TULSA	OK	(13 DEC 80,OK-A)
1:18:49	FRANCIS KELLEY	58	OAKTON	VA	(28 SEP 80,DC-A)
1:19:55	WALTER BROWN	55	HOWARD BCH	NY	(27 JAN 80,NY-A)
1:23:46	JACK SCOTT	55	WASHINGTON	DC	(28 SEP 80,DC-A)
1:24:10	JOHN MCINTYRE	59	SPRINGFIELD	VA	(28 SEP 80,DC-A)
1:25:47	STANLEY EDELMAN	55		NY	(27 JAN 80,NY-A)
1:26:15	DON CARTER	56	VESTAL	NY	(14 JUN 80,NY-A)
1:26:30	CLIFF EVANS	57	FALLS CHURCH	VA	(27 JAN 80,DC-A)
1:27:49	JOHN BATES	56	ENDICOTT	NY	(14 JUN 80,NY-A)
1:28:33	BILL OSBURN	56	BETHESDA	MD	(28 SEP 80,DC-A)
1:29:22	JOHN MCHUGH	59		NY	(27 JAN 80,NY-A)
1:29:29	THOMAS GIBBONS	58		NY	(27 JAN 80,NY-A)
1:29:40	SEYMOUR GLANZER	55	MCLEAN	VA	(28 SEP 80,DC-A)
1:30:18	JACK WEIDENBACH	56	ANN ARBOR	MI	(24 MAY 80,MI-A)
1:30:28	JOHN DAVENPORT	57	SILVER SPG	MD	(27 JAN 80,DC-A)
1:30:39	WALT WASHBURN	57	VIENNA	VA	(27 JAN 80,DC-A)
1:31:02	MORTON KAIL	55		NY	(27 JAN 80,NY-A)
1:32:38	MIKE BUONASSI	56		(4 JUL 80,PA-A)	
1:32:47	JOHN BYRNE	59	WYOMING	MI	(24 MAY 80,MI-A)
1:32:53	RALPH SIKAFFY	58	NEW YORK	NY	(27 JAN 80,NY-A)
1:32:55	BOB MARTIN	59	TUCSON	AZ	(9 NOV 80,AZ-A)
1:33:11	BILL KWALISYN	59	HAMMOND	IN	(24 MAY 80,MI-A)
1:33:20	EDMUND MORENO	57	HIGHLAND PK	MI	(24 MAY 80,MI-A)
1:33:57	JOHN BOLDT	57	DISTRICT HGTS	MD	(28 SEP 80,DC-A)
1:34:22	JACK MCKEE	55	WASHINGTON	DC	(28 SEP 80,DC-A)
1:34:45	THOMAS MCCARTHY	58	BINGHAMTON	NY	(14 JUN 80,NY-A)
1:35:04	FRANK HOLBY	55	VESTAL	NY	(14 JUN 80,NY-A)
1:35:06	FRANK HARDIN	56		(27 JAN 80,DC-A)	
1:35:31	PHILIP VALE	55	NEW YORK	NY	(27 JAN 80,NY-A)
1:36:56	WILLIAM CHAPDELAIN	56		AZ	(9 NOV 80,AZ-A)
1:38:14	PETER DIORIO	58		NY	(27 JAN 80,NY-A)
1:39:32	NICHEL KAGAN	59	WEATHERFORD	TX	(18 OCT 80,TX-A)
1:39:41	GEOFF SNELLING	55		(4 JUL 80,PA-A)	
1:39:55	JOSEPH MULLIGAN	58		(4 JUL 80,PA-A)	
1:40:23	ALAN CONNELL	57	FT WORTH	TX	(18 OCT 80,TX-A)
1:40:31	GEORGE SPITZ	57		NY	(27 JAN 80,NY-A)
1:42:04	EDWARD DEWEY	59	BROOKLYN	NY	(27 JAN 80,NY-A)
1:42:48	ED CUNNINGHAM	58		(4 JUL 80,PA-A)	
1:42:49	NORWIN FARRIS	58	DRAYTON PLNS	MI	(24 MAY 80,MI-A)
1:43:16	WALT FELZKE	55	TULSA	OK	(8 MAR 80,OK-A)
1:44:04	FRANK LUFF	57		(27 JAN 80,DC-A)	
1:44:36	PHILIP EVANS	57	FT WORTH	TX	(18 OCT 80,TX-A)
1:44:56	JOHN WAGNER	58	E LANSING	MI	(24 MAY 80,MI-A)
1:46:24	DAVID DOANE	59	FT BELVOIR	VA	(28 SEP 80,DC-A)
1:47:08	HENRY HEYMANN	59		(27 JAN 80,DC-A)	
1:49:21	BEN SHERMAN	57	MCLEAN	VA	(28 SEP 80,DC-A)
1:49:30	MONTIE CUDD	55	BUCHANAN	MI	(24 MAY 80,MI-A)

MEN 60-64

1:18:44	RUDY NIMMONS	60	SENECCA	SC	(28 SEP 80,DC-A)
1:18:52	DON LUNGENCECKER	64	SILVER CITY	NM	(9 NOV 80,AZ-A)
1:24:53	RUFUS SCHATZBERG	62	BRONX	NY	(27 JAN 80,NY-A)
1:26:38	HAROLD GREENBERG	61	WESTFIELD	NJ	(28 SEP 80,DC-A)
1:27:05	JOHN HOLOUBEK	63	LIMPOCK	CA	(27 APR 80,CA-A)
1:27:30	RAY GORDON	62	FRONT ROYAL	VA	(28 SEP 80,DC-A)
1:28:06	WENDELL PARSON	60	ANDERSON	IN	(4 OCT 80,IN-A)
1:28:37	JOHN COCHRAN	61	SEVERNA PK	MD	(28 SEP 80,DC-A)
1:31:40	WILFREDO RIOS	63	NEW YORK	NY	(27 JAN 80,NY-A)
1:32:34	ANDREW MALANCHUK	64	JOHNSON CITY	NY	(14 JUN 80,NY-A)
1:32:40	TOM STOUT	62	ROCKVILLE	MD	(28 SEP 80,DC-A)
1:32:55	ALBERT GOLDSTEIN	60		NY	(27 JAN 80,NY-A)
1:33:43	PETER ANDREWS	60	BETHESDA	MD	(28 SEP 80,DC-A)
1:35:36	ALVIN GUTTAG	61	BETHESDA	MD	(27 JAN 80,DC-A)
1:36:06	DUKE BARRETT	60	ARLINGTON	TX	(18 OCT 80,TX-A)
1:41:19	RICHARD LUKES	61	KENSINGTON	MD	(28 SEP 80,DC-A)
1:41:40	CHARLES FELDMAN	64	NEW YORK	NY	(27 JAN 80,NY-A)
1:42:16	FRANK DISCHEL	61	WASHINGTON	DC	(28 SEP 80,DC-A)
1:42:28	ROBERT HULL	62	BASKING RIDGE	NJ	(27 JAN 80,NY-A)
1:45:51	EDWIN GREENBLATT	60		NY	(27 JAN 80,NY-A)
1:46:15	ROBERT MOFFITT	64	WASHINGTON	DC	(28 SEP 80,DC-A)
1:46:53	HENRY HEYMANN	60	WASHINGTON	DC	(28 SEP 80,DC-A)
1:52:20	BILL HAGGERTY	63	DUNMORE	PA	(20 JUL 80,PA-A)
1:53:09	JOE NORRIS	61	ATASCADERO	CA	(27 APR 80,CA-A)
1:56:03	CECIL SHEARHART	60	FT WORTH	TX	(18 OCT 80,TX-A)
2:00:20	FRANK BLAHOSKY	64	HAZLETON	PA	(20 JUL 80,PA-A)
2:02:26	GEZA KORDA	64	BROOKLYN	NY	(27 JAN 80,NY-A)
2:03:49	WILLIAM ARENDSHORST	64	HOLLAND	MI	(24 MAY 80,MI-A)
2:09:26	JOHN F WHITE	62	FT WORTH	TX	(18 OCT 80,TX-A)
2:16:37	WILLIAM KRAJCIRIK	64	LANSFORD	PA	(20 JUL 80,PA-A)
2:17:26	JACK BERMAN	61	BROOKLYN	NY	(27 JAN 80,NY-A)
2:26:20	IRVING EPSTEIN	61		NY	(27 JAN 80,NY-A)

MEN 65-69

1:29:22	JOHN ARCHER	66	OCONOMOWOC	WI	(4 OCT 80,IN-A)
1:34:59	WARREN STECKMEST	65	RUMNEY	NH	(23 AUG 80,NH-A)
1:35:23	JOSEPH GALABURRI	69	NEW YORK	NY	(27 JAN 80,NY-A)
1:39:31	EARL WERT	67	MOBILE	AL	(15 NOV 80,MS-A)
1:42:12	JOHN WILLIAMS	66		(4 OCT 80,IN-A)	
1:42:53	WILLIAM PUMFORD	67		(4 OCT 80,IN-A)	
1:45:44	NORMAN LOCKSLEY	65	SILVER SPG	MD	(28 SEP 80,DC-A)
1:45:54	BOB STERLING	67	SAN LUIS OBSPO	CA	(27 APR 80,CA-A)
1:49:26	HOWARD FOSTER	66	GRAND RAPIDS	MI	(4 OCT 80,IN-A)
1:51:49	JAMES COBB	69	FALLS CHURCH	VA	(28 SEP 80,DC-A)
1:52:20	ODIE COWART	65		(27 JAN 80,DC-A)	
1:56:26	HOWARD FOSTER	66	GRAND RPDS	MI	(24 MAY 80,MI-A)

MEN 70-79

1:32:22	ED BENHAM	73	OCEAN CITY	MD	(28 SEP 80,DC-A)
1:42:06	PAUL FAIRBANK	73	BETHESDA	MD	(28 SEP 80,DC-A)
2:16:05	EVERETT AMOS	78	KNOX	IN	(4 OCT 80,IN-A)

MEN 80+

1:58:35	PAUL SPANGLER	81	SAN LUIS OBSPO	CA	(27 APR 80,CA-A)
---------	---------------	----	----------------	----	------------------

WOMEN 35-39

1:22:26	SUZANNE HUNTER	37	LINCOLN	MA	(23 AUG 80,NH-A)
1:22:30	CAROLE HERRICK	39	MCLEAN	VA	(27 JAN 80,DC-A)
1:23:17	ANNA THORNHILL	39	NEW YORK	NY	(27 JAN 80,NY-A)
1:26:16	MARIE FRIEND	36	SAN DIEGO	CA	(21 SEP 80,CA-A)
1:28:14	CHOD CORFIELD	37	NEW YORK	NY	(27 JAN 80,NY-A)
1:28:40	TINA HAYWARD	39	VICKSBURG	MI	(24 MAY 80,MI-A)
1:28:54	BARBARA ROSS	35	HASTINGS	NE	(28 SEP 80,NE-A)
1:29:20	PAT DANCEY	38		(4 OCT 80,IN-A)	
1:30:43	SUZANNE GRONEMEYER	39		(4 OCT 80,IN-A)	
1:31:16	MARY JO HOUSE	39		(4 OCT 80,IN-A)	
1:32:40	JOYCE KAMMER	39		(21 SEP 80,CA-A)	
1:33:05	DONNA PFEFFER	35	ELKHART	IN	(24 MAY 80,MI-A)
1:34:20	JEAN WOODSON	37	FT WORTH	TX	(18 OCT 80,TX-A)
1:36:33	LUPE CAMBEROS	37	TUCSON	AZ	(9 NOV 80,AZ-A)
1:39:08	ANN MARIE KUNZ	38	NEW YORK	NY	(27 JAN 80,NY-A)
1:39:39	PORTIA REDFIELD	36	NEW YORK	NY	(27 JAN 80,NY-A)
1:39:57	JANE JONES	39	TYLER	TX	(18 OCT 80,TX-A)
1:40:56	PATRICIA SCHAUM	36		(28 SEP 80,DC-A)	
1:44:08	A LIMMER	37	ARLINGTON	VA	(28 SEP 80,DC-A)
1:44:12	TOBY LENNER	36		NY	(27 JAN 80,NY-A)
1:44:19	DODDY BURKEY	35	KALAMAZOO	MI	(24 MAY 80,MI-A)
1:44:27	ROZANNE THATCHER	36		(9 NOV 80,AZ-A)	
1:44:42	ANN MORRIS	38	GREENBELT	MD	(28 SEP 80,DC-A)
1:44:49	KATHLEEN CHEN	36		NY	(27 JAN 80,NY-A)
1:45:16	PAMELA SMIT	38	NEW YORK	NY	(27 JAN 80,NY-A)
1:45:28	LINDA HUGKENDUBLER	38	THREE RIVERS	MI	(24 MAY 80,MI-A)
1:45:49	VIRGINIA HUBER	38	NEW YORK	NY	(27 JAN 80,NY-A)
1:46:11	SARAH RIME	37	GRAND RPDS	MI	(24 MAY 80,MI-A)
1:46:20	DIANNE LEGGIADRO	35	LINCOLN	NE	(28 SEP 80,NE-A)
1:46:52	DORIS MIKESSELL	35	NEW YORK	NY	(27 JAN 80,NY-A)
1:47:53	AUDREY WESTON	37	LINCOLN	NE	(28 SEP 80,NE-A)
1:48:23	JODY GRECO	38	NEW YORK	NY	(27 JAN 80,NY-A)
1:49:13	CHRIS LEVI	39		(11 OCT 80,GA-A)	
1:50:08	NANCY DIRAFFAELE	36	NEW YORK	NY	(27 JAN 80,NY-A)
1:50:20	BARBARA MEISEL	38		NJ	(27 JAN 80,NY-A)
1:50:48	MAXINE GOLDBERG	37		(4 JUL 80,PA-A)	
1:51:01	ANNETTE WILLIAMS	37	VESTAL	NY	(14 JUN 80,NY-A)
1:51:12	KERSTIN COLOMBANT	39		(27 JAN 80,DC-A)	
1:55:05	SIGRID CARBONNEAU	36		(11 OCT 80,GA-A)	
1:56:03	NANCY IMHOF	39		(27 JAN 80,DC-A)	
1:56:24	ANDREA GAVRILOFF	35	LAINGSBURG	MI	(24 MAY 80,MI-A)
1:56:57	SUZANNE ZAHN	39	HOLLAND	MI	(24 MAY 80,MI-A)
1:58:57	KATHRYN HOJKA	39	PALOS PARK	IL	(24 MAY 80,MI-A)
2:00:21	MARY HOOPER	36	HOLLAND	MI	(24 MAY 80,MI-A)
2:00:53	LINDA CLOUD	38	FT WORTH	TX	(18 OCT 80,TX-A)
2:01:46	FAY COLLINS	39	BRONX	NY	(27 JAN 80,NY-A)
2:01:50	NANCY RIEKSE	35	WEST OLIVE	MI	(24 MAY 80,MI-A)
2:02:17	LEE LUGERS	37	HOLLAND	MI	(24 MAY 80,MI-A)
2:10:18	TAMA OCTOBER	36	GRAND RPDS	MI	(24 MAY 80,MI-A)
2:11:23	ANN BROWN	39	HOLLAND	MI	(24 MAY 80,MI-A)

WOMEN 40-44

1:18:02	TRUDY RAPP	43	ALEXANDRIA	VA	(28 SEP 80,DC-A)
1:18:23	KAREN SCANNELL	42	SAN FRANCISCO	CA	(28 SEP 80,DC-A)
1:20:40	SANDRA KIDDY	43	PALM SPRINGS	CA	(28 SEP 80,DC-A)
1:24:32	JILL MARTIN	41	BROOKLYN	NY	(27 JAN 80,NY-A)
1:25:00	CAROL THOMPSON				(2 MAR 80,MO-A)
1:26:04	MARY CULLEN	41	HOUSTON	TX	(4 OCT 80,IN-A)
1:27:23	DIANE STOCKLIN	40		CA	(21 SEP 80,CA-A)
1:28:23	FAYE HELDOORN	43	SAN DIEGO	CA	(21 SEP 80,CA-A)
1:29:05	POLLY SCHONFELD	40	NEW YORK	NY	(27 JAN 80,NY-A)
1:29:34	MARY J NAMEY	40	GRAND RPDS	MI	(24 MAY 80,MI-A)
1:32:11	UNA MARIE PIERCE	41		CA	(21 SEP 80,CA-A)
1:34:42	MARGIT BROSNAN	40		NY	(27 JAN 80,NY-A)
1:34:50	JEANNE ULRICH	40	OXON HILL	MD	(28 SEP 80,DC-A)
1:35:40	PHYLLIS SMITH	42		CA	(21 SEP 80,CA-A)
1:35:44	SANDY GARCIA	41	WASHINGTON	DC	(28 SEP 80,DC-A)
1:36:16	INGRID GOODBODY	43		CA	(21 SEP 80,CA-A)
1:36:44	HELEN HUCKENDUBLER	44	VICKSBURG	MI	(24 MAY 80,MI-A)
1:36:50	LINDA WOLFOWITZ	40		NY	(27 JAN 80,NY-A)
1:37:11	RAE BOSTROM	40	VESTAL	NY	(14 JUN 80,NY-A)
1:38:08	CHLOE FOOTE	40		NY	(27 JAN 80,NY-A)
1:38:24	GUDRUN PHILIPS	43	NEW YORK	NY	(27 JAN 80,NY-A)
1:39:43	NANCY BUSSA	41	CARMEL	IN	(3 MAY 80,IN-A)
1:40:41	GAIL HANNA	40		CA	(21 SEP 80,CA-A)
1:41:03	DONNA CRABTREE	43	COLLEYVILLE	TX	(18 OCT 80,TX-A)
1:42:17	KATHY KNIGHT	44	NEW YORK	NY	(27 JAN 80,NY-A)
1:42:43	TONI CARTER	40		NY	(27 JAN 80,NY-A)
1:43:12	MARY DOUGHTY	42		NJ	(27 JAN 80,NY-A)
1:43:29	SYLVIA SHRIVER	43			(4 JUL 80,PA-A)
1:43:30	EPPIE EXCONDE				(1 SEP 80,CT-A)
1:43:52	BEVERLY SWEIGART	44			(4 JUL 80,PA-A)
1:44:41	LOVELLE CARTER	41	BRONX	NY	(27 JAN 80,NY-A)
1:46:40	MONICA ROCHE				(1 SEP 80,CT-A)
1:47:22	SYLVIA MCCANN	44	WARREN	MI	(24 MAY 80,MI-A)
1:48:39	LEIGH BAILEY	40	KALAMAZOO	MI	(24 MAY 80,MI-A)
1:49:25	HELEN JO HILLMAN	43	WASHINGTON	DC	(28 SEP 80,DC-A)
1:50:06	BILLIE MOTEN	42		NY	(27 JAN 80,NY-A)
1:50:15	BEVERLY TORRES	43	FT WORTH	TX	(18 OCT 80,TX-A)
1:50:42	IRIS INTILE	41	OLNEY	MD	(28 SEP 80,DC-A)
1:50:59	SARAH CONDON				(1 SEP 80,CT-A)
1:51:04	LUCY DUFFY				(1 SEP 80,CT-A)
1:51:18	ELEANOR CLIFT	40	WASHINGTON	DC	(28 SEP 80,DC-A)
1:51:48	SYLVIA PASQUINO	44	NORTH BERGEN	NJ	(27 JAN 80,NY-A)
1:53:23	JEANNE PERLMAN	40			(27 JAN 80,NY-A)
1:53:52	SHARON ROGGENBUCK	41	ADA	MI	(24 MAY 80,MI-A)
1:53:54	CATHERINE CODY	40	NEW YORK	NY	(27 JAN 80,NY-A)
1:53:55	JANET NELSON	44	NEW YORK	NY	(27 JAN 80,NY-A)
1:54:53	JANICE RIES	43	ADA	MI	(24 MAY 80,MI-A)
1:56:43	ANGELA PRICE	43	SUGARLOAF	PA	(20 JUL 80,PA-A)
1:58:20	JULIA DENNY	41	NEW YORK	NY	(27 JAN 80,NY-A)
1:58:48	SANDRA BALL				(1 SEP 80,CT-A)

WOMEN 45-49

1:20:10	LINDA SIPPRELLE	45	BETHLEHEM	PA	(28 SEP 80,DC-A)
1:20:13	DOROTHY STOCK	48	LA MESA	CA	(21 SEP 80,CA-A)
1:26:15	NATALIE BUZZELL	48	MT AIRY	MD	(28 SEP 80,DC-A)
1:34:39	HELENE LAURENT	46		CA	(21 SEP 80,CA-A)
1:34:49	JOANNE MALLETT	46	ROCKVILLE	MD	(28 SEP 80,DC-A)
1:35:05	ELSA EVANS	46	DEL MAR	CA	(21 SEP 80,CA-A)
1:36:11	NANCY TIGHE	48	NEW YORK	NY	(27 JAN 80,NY-A)
1:37:30	BETTY EGLINTON	45	BATTLE CREEK	MI	(24 MAY 80,MI-A)
1:40:01	GUILLERMINA BORDONABA	49	BROOKLYN	NY	(27 JAN 80,NY-A)
1:40:10	MARGOT LACHER	47		NY	(27 JAN 80,NY-A)
1:41:05	GERRY A WEAVER	49	SHERMAN	TX	(18 OCT 80,TX-A)
1:45:19	MARGIT RITCHIE	48	NEW YORK	NY	(27 JAN 80,NY-A)
1:47:28	JANE BRANDHORST	46	ROCKVILLE	MD	(28 SEP 80,DC-A)
1:48:16	DIANE STONE	49	ARLINGTON	VA	(28 SEP 80,DC-A)
1:52:17	ANN BROWN	49	LINCOLN	NE	(28 SEP 80,NE-A)
1:55:13	DONNA LEWIS	49	JACKSON	MI	(24 MAY 80,MI-A)
1:58:18	SHIRLEY JOHNSON	49		NY	(27 JAN 80,NY-A)
2:05:49	MARIAN GIRARDIN	49		NY	(27 JAN 80,NY-A)
2:13:58	ELEANOR ALOFS	48	HUDSONVILLE	MI	(24 MAY 80,MI-A)
2:16:32	LOU GIRARD	49			(9 NOV 80,AZ-A)

WOMEN 50-54

1:29:26	BETTE MIHALEK	51	MILWAUKEE	WI	(4 OCT 80,IN-A)
1:31:57	RACHEL BOURN	50	FAIRFAX	VA	(27 JAN 80,DC-A)
1:34:47	PEGGY ANN STEIG	51			(4 OCT 80,IN-A)
1:38:26	JEAN SPIERLING	52	ARROYO GRANDE	CA	(27 APR 80,CA-A)
1:39:00	JANET POMERANZ	50		NY	(27 JAN 80,NY-A)
1:42:49	CHRISTINE DICKINSON	50			(27 JAN 80,NY-A)
1:50:10	SHEILA BARNETT				(1 SEP 80,CT-A)
1:53:30	AUDREY JACOBSON	51		NY	(27 JAN 80,NY-A)
1:56:19	NANCY C MORRIS	50	W PITTSTON	PA	(20 JUL 80,PA-A)
2:02:16	OLGA BARNET	51	FAIRFAX	VA	(28 SEP 80,DC-A)
2:07:29	GLORIA WORST	50	GRAND RPDS	MI	(24 MAY 80,MI-A)
2:10:50	ROCHELLE RUBINSTEIN	51	BRONX	NY	(27 JAN 80,NY-A)
2:29:43	JEAN ROWE	51	GAITHERSBURG	MD	(28 SEP 80,DC-A)
2:35:34	EVELYN HARDWICKE	51	ARLINGTON	VA	(28 SEP 80,DC-A)

WOMEN 55-59

2:47:24	MARY RODRIGUEZ	58	REGO PARK	NY	(27 JAN 80,NY-A)
1:47:28	MARGARET COCHRAN	57	SEVERNA PK	MD	(28 SEP 80,DC-A)
2:00:57	LUCY KILLEA	58		CA	(21 SEP 80,CA-A)
2:07:39	CARMEN HANEY	56	ARLINGTON	VA	(28 SEP 80,DC-A)
2:09:26	HAZEL KLINE	58		CA	(21 SEP 80,CA-A)
2:12:01	VIRGINIA REINHARDT	57			(11 OCT 80,GA-A)

WOMEN 60-69

1:59:46	CATHY HARGUS	61	SAN DIEGO	CA	(21 SEP 80,CA-A)
2:25:05	ADRIENNE SALMINI	64	YONKERS	NY	(27 JAN 80,NY-A)
2:26:19	MARION EPSTEIN	61	BROOKLYN	NY	(27 JAN 80,NY-A)
2:44:31	BARBARA HARDWICKE	62	FT WORTH	TX	(18 OCT 80,TX-A)

WOMEN 70+

3:09:43	FELICITAS SALAZAR	71	SAN DIEGO	CA	(21 SEP 80,CA-A)
---------	-------------------	----	-----------	----	------------------

Challenge of the Ages Invitational Indoor Classic

by H. LEWIS SMITH

On January 15, 1982 at the Long Beach Arena in Long Beach, California, a select group of Masters and Sub-masters will be invited to take part in perhaps what may well be the most intriguing track meet of all times; the First Annual Challenge Of The Ages, Invitational Indoor Classic.

An All-Star team of Masters and Sub-masters will compete against high school track-stars: Sub-masters vs. Seniors, Masters 40-44 vs. Juniors, 45-54 vs. Sophomores. This will be a scoring dual meet.

In addition, a special relay race between the Playboy Bunnies vs. Rams Cheerleaders is planned along with a special celebrity 60 meter dash. There will be a special ex-Olympian race, including events for Masters only (age group 55-65). A variety of races are planned for this unique track meet, 23 events over-all. Awards will be presented to the first three places.

H. Lewis Smith will be the Meet Chairman and Rod Ferguson the Meet Director. Due to the unique nature of this meet an Advisory Committee consisting of Hal Smith, Ann Smith, Gary Miller, George Cohen and Dave Jackson was assembled assuring what we all hope to be a resounding success.

The selection process of team members will be accomplished based on performances throughout the course of this past 1981 track season. Most events will require an entry of at least four people. For additional information concerning this meet please write to: Challenge of The Ages, ATTN: H. Lewis Smith, Meet Chairman, 8306 Wilshire Blvd., Suite 316, Beverly Hills, CA 90211. (213) 650-0060. □



1980 TRACK & FIELD RANKINGS

The complete 1980 Rankings Book of over 100 pages is now available for \$6 complete, including postage. It is printed in large, bold-faced type in 1/2 x 11 magazine format—see the sample below.

It lists *all* performances in all 24 outdoor track & field events (including the steeplechase, race walking, pentathlon, decathlon, and weight pentathlon) in 5 year age groupings for men and women, from 30 to 89.

Only in the 100m, 200m, 400m, and 1500m have the rankings been limited to the top 60 in each 5 year age group. Sample cut-off times for 500m: SA—4:29.8, SB—4:48.9, 1A—4:35.8, 1B—5:09.0, 2A—5:52.4.

Also listed are 12 pages of *all* relay rankings in 10 year age groups, 30-39, 40-49, 50-59, 60-69. The rankings include athletes from 46 states, Puerto Rico, Canada, and Mexico gathered from more than 100 meets.

For those who have prepaid, the books are scheduled for mailing before Thanksgiving. Others can receive a copy by sending \$6 payable to: Haig Bohigian, 225 Hunter Avenue, North Tarrytown, New York 10591.

MEN'S 200 METERS 40-44

RANK	NAME	AGE	HOME	TIME
1	DOUG SMITH	40	CA	22.50
2	JIM BURNETT	40	PA	22.67
3	KEN DENNIS	43	CA	22.70
4	JOHN MOON	42	NJ	22.87
5	GARY MILLER	43	CA	23.00
6	DAVE SEGAL	43	CA	23.04
7	DIMEIRA ABAYOMI	40	NJ	23.19
8	WILLIE DIAZ		PR	23.42
9	LARRY COLBERT	43	MD	23.50
10	GEORGE COHEN	40	CA	23.60
11	MEL BARNWELL	41	NY	23.66
12	GEORGE SUMMERFIELD		MI	23.75
13	CLIFF BERTRAND	44	NY	23.77
14	JOHN WEST	41		23.80

NRDC RANKINGS

In this issue are the 50-deep 1980 rankings for the 20 kilometer run for all men's and women's 5-year age-groups from 35 and up.

Herb Lorenz' 1:04:42 in the TAC National Masters Championships in Washington, DC Sept. 28, 1980 heads the 40+ list. It took a 1:16:17 by Val Lewton to crack the top 50 in the 40-44 category.

Hal Higdon's 1:06:05 led the 45-49 crew, with Fred Yonkman's 1:23:56 copping the 50th spot.

It took a 1:30:20 to make the 50-54, top 50, and a 1:49:30 by Michigan's Montie Cudd to get in the 55-59 lineup.

Trudy Rapp's 1:18:02 led the 40+ women with Sandra Ball's 1:58:48 50th on the 40-44 list. All of the older divisions for men and women had less than 50 recorded finishers for the year.

Since publishing the 10K, 15 and marathon rankings in previous issues of NMN, we've had complaints about missing performances:

+ A 2:55:19 marathon by Jack Bell, 54.

+ A 2:53:57 marathon by Stephen Richardson (60-64).

+ A 61:06 15K by Mary Czajka (45-49).

+ A 32:50 10K by Jim Murphy (44).

The rankings are compiled by the National Running Data Center, and we have passed the omissions on to them. However, it is possible that the missing times were run on non-certified courses.

We hope to publish the 25K rankings next month, and begin the 50-deep 1981 rankings early in 1982. □

CLASSIFIEDS

ANNOUNCEMENTS

Robert Jackson, New York, and Norman Thomas: Please send your address to NMN, PO Box 2372, Van Nuys CA 91404.

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

INFORMATION IS NEEDED for a statistical survey of pentathlon performances (men's outdoor). Any contributions would be ap-

preciated, and should include marks for each event, implement weights, meet site and date, birth date, and state of residence. Decathlon marks are also needed (pentathlon events plus 100m) for unofficial listings. Survey covers the top 10 for each age, 16 to 80, U.S. and World. Send stats to: Bill Forsyth, PO Drawer 65, Pecos NM 87552. For a copy of listings, enclose 3 stamps for cost. Mailed in February 1982.

PUBLICATIONS

MASTERS AGE RECORDS 1981. booklet contains men's and women's and U.S. age bests for all track events, age 35 and up, as of Jan. 15. Includes 4th World Veterans Games Plus walking and championship rec pages. Lists name, age, state and record. Send \$3 plus \$1 postage airmail to NMN, PO Box 2372, Van Nuys CA 91404.

TRACK & FIELD RESULTS

Please send masters race results to *National Masters Newsletter*,
P.O. Box 2372, Van Nuys, CA 91404

3RD ANNUAL TFA NATIONAL MASTERS DECATHLON. EUREKA, KANSAS, JULY 25-26

M30 John Green	4845
Harry McDonald	4405
M35 T J Henderson	5791
Henry Hopkins	5164
Jim Shoemaker	4055
Tom Thorne	3371
Chris Perry	2438
M40 Jim Weed	4607
Jim Joule	4015
Joe Beckham	3776
Gary Forshee	2621
M45 Austin Allen	3553
Don LeVieux	3374
Don Zimmerman	3374
Vern Spencer	2509
Clint Leon	2089
M50 Gene Clohecy	2511
Jim Collier	1789
M55 None	
M60 Bill Byers	2663
Jim Minah	2649
Len Wray	1914
Tom Thorne	1406
M65 Gilberto Gonzalez	2958*
Phil Henn	1068

Besters listed world age
record of 2783 by Claude
Hills.

from Tom Thorne

SOUTH AFRICAN GAMES, 1981 (Performances which would have placed in top 3 at World Games in New Zealand)

M Van As	M60 Shot	11.74MF
	Disc	27.56
	100	15.2 WF
	200	33.1 WF
W Reid	M65	100 15.6 W
	200	32.2 W
	400	77.5 W
L Van Rens-	M80	100 18.0
burg	200	42.4
F Reid	M70	100 13.5
	200	28.2
S Wald	M40	100 10.8
	200	22.3
L Grobler	M55	Disc 28.70
	Shot	10.64
E P Malan	M70	Disc 35.56
	Shot	11.42
	Jav	30.96
H Booyesen	M60	Disc 41.6
	Shot	13.94
C Truter	M40	110H 15.0
R Minnaar	M40	800 2:18.4
D Senwamade	M45	100 11.5
J Bakkes	M40	Shot 11.16
	Disc	33.06
M Pieterse	M40	400 61.9
M Grujic	M45	400 53.2
J Klaasen	M40	Disc 42.1
L Kaneyama	M50	5000 16:1
L Westhuizen	M50	200 24.8
P Duma	M45	LJ 5.91

BIRTHDAY GAMES, WEST LEBANON, NEW HAMPSHIRE OCTOBER 4, 1981

Weight Pentathlon:

1 Carl Wallin	4113
2 Peter Jones	3739
3 Matt Jurkovic	3140

Wallin's stats:

16# Shot 58-104(17.95)	957
Disc 145-3 (44.26)	768
Hammer 171-0 (52.16)	833
35# Wt 57-3 (17.45)	930
Javelin 162-0 (49.39)	625
	4113

from Tom Jennings

KENDALL WOMEN'S CLASSIC BOSTON COLLEGE, JULY 12. MILE RUN.

M30 Suzanne Sella	5:10.9
Carol O'Connor	5:14.4
Jane Smith	5:14.7
Barbara Pike	5:19.5
M40 Carrie Parsi	5:40.7
Susan Redfield	5:51.6
Jane Rasmussen	6:03.7

from Barbara Pike

110 Hurdles (WAVA standards)

SM-Barry Mortensen (30, Helena)	16.9*
I-Earl King (40, Bozeman)	19.8*
II-Bob Graham (50, Laurel)	19.4*
III-Ben Tyvand (60, Missoula)	23.4* (110M)
400	
SM-Donnie Hardy (30, Cincinnati-OH)	52.7*
Glenn Govertson (36, Missoula)	53.4
Barry Mortensen (30, Helena)	55.6
Dean Ratz (39, Helena)	1:00.7
Richard Itoh (30, Helena)	1:03.5
I-Gordon Pagenkopf (40, Bozeman)	56.5*
Bill Foulk (48, Bozeman)	1:03.0
John Swenson (41, Clyde Park)	1:03.9
Dean Hersey (41, Bull Mountain)	1:06.3
II-Frank Newman (50, Bozeman)	1:03.7*
Jeremiah LeHane (55, Alamogordo-NM)	1:09.2
Ray Hazen (52, Laurel)	1:14.6
Bob Brown (50, Bozeman)	1:21.0
III-Bill Knuppel (62, Big Arm)	1:08.0*
Lloyd Berg (66, Bozeman)	1:53.8
WSM-Priscilla Flesch (30, Browning)	1:09.7*
Sandra Garner (32, Basin)	1:11.5
Irene Watson (34, Rexburg-ID)	1:13.8
Ellie Arguinbau (36, Helena)	1:15.1
Kelly Cole (31, Colstrip)	1:15.7
Nedra Taylor (31, Corvallis)	1:17.3
Bonnie Lesnik (35, Belgrade)	1:20.2
VI-Beth Browning (43, Forsyth)	1:18.0*
WII-Ruth Thibault (55, Bozeman)	1:41.3
WIII-Edna Berg (66, Bozeman)	1:40.2

100

SM-Donnie Hardy (30, Cincinnati-OH)	11.5*
Glenn Govertson (36, Missoula)	11.6
Wade Wilson (33, Rexburg-ID)	12.2
Al Nixon (30, Bozeman)	12.3
John Laramie (38, Butte)	12.5
Courtney Taylor (33, Corvallis)	12.5
Steve Smith (San Antonio-TX)	12.8
Dale Sjoestad (30, Bozeman)	13.2
Richard Itoh (30, Bozeman)	13.3
Tim Laramie (33, Butte)	13.6
I-Gordon Pagenkopf (40, Bozeman)	12.3*
John Swenson (41, Clyde Park)	13.0
Ken Pike (42, Big Timber)	13.1
Terry Johnson (42, Bozeman)	13.8
Dean Hersey (41, Bull Mountain)	14.8
Dave Cameron (46, Bozeman)	14.9

II-Bob Graham (50, Laurel)	13.5*
Arnold Scott (59, Missoula)	13.8
Jeremiah LeHane (55, Alamogordo-NM)	13.8
R.V. Thurston (55, Bozeman)	14.7
III-Bill Knuppel (62, Big Arm)	14.0*
Ben Tyvand (60, Missoula)	16.2
WSM-Nedra Taylor (31, Corvallis)	14.9*
Irene Watson (34, Rexburg-ID)	15.3
Priscilla Flesch (30, Browning)	15.4
Sandra Garner (32, Basin)	15.8
Bonnie Lesnik (35, Bozeman)	16.4
VI-Beth Browning (43, Forsyth)	16.3*
WII-Ruth Thibault (55, Bozeman)	20.6

800

SM-Glenn Govertson (36, Missoula)	2:07.7*
Gary Rowles (30, Belgrade)	2:11.7
Dean Ratz (39, Helena)	2:20.0
Steve Medvec (31, Helena)	2:28.4
I-Bill Foulk (48, Bozeman)	2:19.5*
Earl King (40, Bozeman)	2:46.0
II-Frank Newman (50, Bozeman)	2:28.3*
Max Brown (50, Rexburg-ID)	2:35.6
Bob Haynes (50, Bozeman)	2:54.7
Bob Brown (50, Bozeman)	2:57.6
III-Lloyd Berg (66, Bozeman)	3:55.2

JAVELIN

SM-Courtney Taylor (33, Corvallis)	189-4
Steve Smith (35, San Antonio)	104-9
I-Don Poole (41, Belgrade)	188-4*
Terry Johnson (42, Bozeman)	112-10
II-Arnold Scott (59, Missoula)	98-10
III-Hollis Dietz (64, Dickinson-ND)	84-10*
WSM-Nedra Taylor (31, Corvallis)	77-1*

200

SM-Donnie Hardy (30, Cincinnati-OH)	23.5*
Ken Blair (37, Havre)	24.7
Barry Mortensen (30, Helena)	25.0
Wade Wilson (33, Rexburg)	26.2
John Laramie (38, Butte)	26.3
Steve Smith (35, San Antonio-TX)	26.4
Courtney Taylor (33, Corvallis)	27.1
Dale Sjoestad (30, Bozeman)	27.6
Dean Ratz (39, Helena)	27.9
Richard Itoh (30, Bozeman)	28.2
Duane Cole (36, Colstrip)	28.5
Steve Medvec (31, Helena)	29.0
I-Gordon Pagenkopf (40, Bozeman)	25.2*
John Swenson (41, Clyde Park)	27.6
Terry Johnson (42, Bozeman)	27.9
Bill Foulk (48, Bozeman)	29.7
II-Bob Graham (50, Laurel)	29.2*
Jeremiah LeHane (55, Alamogordo-NM)	30.0
Bob Brown (50, Bozeman)	35.4
III-Bill Knuppel (62, Big Arm)	29.7*
Ben Tyvand (60, Missoula)	33.8
Ed Anacker (60, Bozeman)	34.0

LONG JUMP

SM-Jim Patenaude (30, Red Lodge)	20-2
Ken Blair (37, Havre)	20-1
Wade Wilson (33, Rexburg)	17-10
Al Nixon (30, Bozeman)	17-5 1/2
Courtney Taylor (33, Corvallis)	17-4 1/2
I-John Swenson (41, Clyde Park)	15-5 1/2
Earl King (40, Bozeman)	15-1
Charles Steele (42, Manhattan)	14-7
II-Bob Graham (50, Laurel)	14-7 1/2*
Robert Haynes (50, Bozeman)	12-8 1/2
WSM-Sandra Garner (32, Basin)	12-10*
Priscilla Flesch (30, Browning)	12-3 3/4
Sharon Laramie (31, Butte)	11-9
Bonnie Lesnik (35, Bozeman)	11-2 3/4
Ellie Arguinbau (36, Helena)	10-8 3/4

THE THIRD MONTANA MASTERS TRACK AND FIELD CHAMPIONSHIP August 22, 1981 Bozeman, Montana

Steeplechase

SM-George Tuthill (35, Bozeman)	10:49.4*
Mike Price (35, Bozeman)	12:44.7
Mike Lesnik (39, Bozeman)	15:44.3
I-Jon Swenson (41, Clyde Park)	14:15.5
II-Frank Newman (50, Bozeman)	11:37.9*
Bob Haynes (50, Bozeman)	13:48.0
III-Ed Anacker (60, Bozeman)	16:41.3*

1500

SM-Mike Parfit (34, St. Ignace)	4:26.0*
Gary Rowles (30, Belgrade)	4:26.0
Tim Tayne (30, Bozeman)	4:30.1
John Watson (36, Rexburg-ID)	4:40.4
Dean Ratz (39, Helena)	4:50.0
Bill Horne (35, Belgrade)	4:50.6
Richard Lachenmaier (31, Billings)	4:56.7
Duane Cole (36, Colstrip)	5:01.6
I-Bill Foulk (48, Bozeman)	4:32.9*
Ken Pike (42, Big Timber)	4:53.2
David Cameron (46, Bozeman)	5:23.4
Charles Steele (42, Manhattan)	6:06.4
II-Frank Newman (50, Bozeman)	4:54.5*
Lynn Owens (51, McAllister)	5:12.6
Ray Hazen (52, Laurel)	5:18.0
Max Brown (50, Rexburg-ID)	5:18.9
Bob Brown (50, Bozeman)	5:51.5
Bob Haynes (50, Bozeman)	5:58.0
III-Henry Loble (64, Helena)	6:09.6*
Lloyd Berg (66, Bozeman)	7:34.2
V-Herb Kirk (85, Bozeman)	10:32.5*
WSM-Jenny Tuthill (33, Bozeman)	4:56.6*
Priscilla Flesch (30, Browning)	5:33.0
Kelly Cole (31, Colstrip)	5:48.3
Carol Polich (36, Bozeman)	5:57.8
Sharon Laramie (31, Butte)	6:14.0
Bonnie Lesnik (35, Belgrade)	6:42.7
VI-Beth Browning (43, Forsyth)	6:05.5*
Ray Newman (46, Bozeman)	7:12.1
WII-Ruth Thibault (55, Bozeman)	8:46.4
WIII-Edna Berg (66, Bozeman)	8:21.2

SHOT PUT (SM-16#, I-16#, II-12#, III&Women-4K)

SM-Frank Shone (35, Helena)	44-10*
Rob Workman (34, Colstrip)	44-6
Earl Jansen (39, Greybull-WY)	44-1
I-Don Poole (41, Belgrade)	39-4*
Terry Johnson (42, Bozeman)	31-0
Jim Smith (46, Bozeman)	30-5
II-Arnold Scott (59, Missoula)	34-7
R.V. Thurston (55, Bozeman)	27-10

III-Hollis Dietz (64, Dickinson-ND) 40-8*

Ben Tyvand (60, Missoula)	34-6
Ed Anacker (60, Bozeman)	32-7
WSM-Nedra Taylor (31, Corvallis)	29-3*

POLE VAULT

SM-Dick Frugh (32, Bozeman)	11-6*
Mike Caskey (31, Billings)	11-0
John Laramie (38, Butte)	10-0
Steve Smith (35, San Antonio-TX)	9-6
Ken Pike (41, Big Timber)	10-0*
Terry Johnson (42, Bozeman)	NH
II-Jack Catlin (54, Bozeman)	NH

HIGH JUMP

SM-Wade Wilson (33, Rexburg-ID)	6-0*
Tom Roberts (30, Butte)	6-0
Ken Blair (37, Havre)	5-10
Jim Patenaude (30, Red Lodge)	5-0
Mike Lesnik (39, Bozeman)	4-3
I-Earl King (40, Bozeman)	5-0*
Jim Smith (46, Bozeman)	5-0
Charles Steele (42, Manhattan)	4-6
II-Arnold Scott (59, Missoula)	4-6
R.V. Thurston (55, Bozeman)	4-3
Jack Catlin (54, Bozeman)	4-0
DISCUS (SM, I-2K, II-1.6K, III, Women-1K)	
SM-Rob Workman (34, Colstrip)	156-3*
Earl Jansen (39, Greybull-WY)	129-4
Frank Shone (35, Helena)	124-8
Glenn Govertson (36, Missoula)	114-9
II-Bryl Thompson (34, Butte)	143-3
(threw 1K 128-2)	
Arnold Scott (59, Missoula)	95-7
III-Hollis Dietz (64, Dickinson-ND)	102-10*
Ben Tyvand (60, Missoula)	86-8
Ed Anacker (60, Bozeman)	78-6
WSM-Nedra Taylor (31, Corvallis)	70-1*

5000

SM-Tim Tayne (30, Bozeman)	16:20.7*
George Tuthill (35, Bozeman)	16:44.4
John Watson (36, Rexburg-ID)	17:12.2
Dick Lachenmaier (31, Billings)	19:09.8
Mike Lesnik (39, Bozeman)	25:36.7
I-Bill Foulk (48, Bozeman)	17:13.5
Bill Crum (46, Gardiner)	18:06.3
David Cameron (46, Bozeman)	20:11.2
Alan Jackson (46, Bozeman)	20:26.6
II-Frank Newman (50, Bozeman)	19:26.9*
Ray Hazen (52, Laurel)	20:18.4
Max Brown (50, Rexburg-ID)	20:58.8
Lynn Owens (51, McAllister)	20:59.0
Bob Haynes (50, Bozeman)	21:48.9
Bob Brown (50, Bozeman)	22:42.0
III-Ed Anacker (60, Bozeman)	25:35.5*
Lloyd Berg (67, Bozeman)	28:10.0
V-Herb Kirk (85, Bozeman)	DNF
WSM-Jenny Tuthill (33, Bozeman)	18:39.0*
Priscilla Flesch (30, Browning)	21:29.5
Ellie Arguinbau (36, Helena)	22:13.9
Sharon Laramie (31, Butte)	24:01.1
I-Ray Newman (46, Bozeman)	27:20.8
II-Ruth Thibault (55, Bozeman)	30:03.5
III-Edna Berg (66, Bozeman)	30:33.6*

Villanueva Runs 2:17 continued from page 1

National Masters Marathon Championships in Cleveland May 24.

The race was the 2nd in the ARRA Professional series, with \$20,000 up for grabs to each first male and female finisher. Villanueva led the entire field for the first 17-miles, holding a quick 2:10 pace. Eventual winner Benji Durden (2:12:12) said: "It seemed unrealistic to hold that pace."

But Villanueva, the holder of the Mexican steeplechase record (8:36) didn't think so. Speaking through an interpreter, Villanueva said: "I was shooting for 2:12 and I was thinking through the first 30 kilometers, 'no problem.' But I hurt my leg, training for two weeks in Boulder doing altitude work, and I wasn't able to work out again until four days ago."

Villanueva's right calf cramped and the first pack of runners engulfed him quickly, but the world veterans 10K distance running champion still finished in 16th place to pick up \$350 for his efforts.

Piet Van Alphen, the sensational Dutchman who set the world over-age-50 marathon record of 2:22 in this race last year, nearly duplicated that with a 2nd-best-50+ ever 2:24:18, winning his 50-59 division by 24 minutes.

Belgium's Henri Salvarada was 4th master in 2:25:41, followed by John Brennand (2:28:46), Michael Hefferman (2:29:33), Robert Rupert (2:32:32) and Bill Foulk (2:32:39). Brennand's time is a new 45-49 American mark, bettering Foulk's listed best of 2:32:43.

Portland's Clive Davies destroyed Monty Montgomery's listed 65-69 marathon mark of 2:53:03 with an astonishing 2:42:49, 22 minutes ahead of Harold Daughters in the 60-69 bracket.

Lorraine Moller of New Zealand picked up the \$25,000 women's 1st place prize. Karen Scannell, 43, logged a 2:53:03 for 1st woman master, 11th overall, and \$200 in prize money. Joan Ulyot, 40, also collected \$200 for 15th in 2:55:19. Sandra Kiddy passed up her \$200 to remain an amateur, finishing 18th in 2:57:60. Marilyn Harbin, 41, placed 19th in 2:58:30 and accepted her \$200 award.

Ruth Anderson took women's 50+ honors in 3:24:54, with Mavis Lindgren the only over-60 in 4:51:45.

Roger Bourbon, 33, set a world record for running waiters in 2:55, all the while attired in long black pants, a white shirt, black bow tie, and a black vest and carrying a bottle of Perrier water atop a tray. □

Results in back pages.

PENN MUTUAL ROCKY MOUNTAIN MASTERS GAMES

T&F Meet held September 6, 1981 Aurora Central H.S.
co-sponsored by NIKE hand timedAurora, COLO
5300' Elevation**110mHH 30-34**

1. 39" Mike Hill 30 CO 14.6
2. 39" John Green 30 CO 15.0

35-39

1. 39" C.R. Robe 37 CO 16.8
2. 39" T.J. Henderson 35 CO 17.0
3. 39" Bill Forsyth 35 NM 21.2

40-49

1. 36" Bob Warren 43 NE 15.8
2. 36" Jim Weed 44 CO 19.3

50-59

1. 36" Jack Greenwood 55 KS 16.0
2. 33" Jerry Donley 51 CO 17.0
3. 33" F. Doling 50 NE 21.5

60-69

1. 30" F. Bowles 60 CO 21.4

100m**30-34**

1. Clifton Jackson 32 KS 10.7
2. Mike Hill 30 CO 11.0
3. Bill Garrett 31 CO 11.5
4. David Lee 33 NE 11.6
5. Bill Knipmeyer 33 CO 11.6
6. Steve Bergstrom 33 CO 11.9

35-39

1. David Simons 35 CO 11.3
2. Tom Bassett 35 NE 11.4
3. John Swift 36 CO 11.9
4. Bill Forsyth 35 NM 12.6
5. Chris Campbell 35 CO 12.7

30-34 Women

1. Marg Sutter 32 NE 13.6

40-44

1. Gary Oliphant 40 KS 11.2
2. Dave Mongeau 40 CO 11.7
3. Jim Muxen 44 NE 11.9
4. Jim Joule 40 CO 12.1
5. Jim Gonzales 41 CO 12.2

45-49

1. Austin Allen 46 KS 12.1
2. Larry Fuerst 46 NE 13.0

50-59

1. Jack Greenwood 55 KS 12.2
2. H.J. Fischer 52 CO 12.8
3. Norman Katzman 56 CO 13.5
4. Robert Chado 53 CO 13.7
5. Fred Pearce 53 CO 14.0

50-59 Women

1. Shelly Ammons 52 CO 17.5

60-69

1. Joe Shy 60 NE 14.2
2. Dave Shrader 67 KS 23.5

70-79 Women

1. Polly Clarke 71 CO 16.6*

70-79

1. Herb Anderson 79 CO 16.5
2. John Clarke 74 CO 16.5

* denotes world masters age record

200m**30-34**

- 1(W) Marg Sutter 32 NE 28.8
1. Clifton Jackson 32 KS 22.9
2. David Lee 33 NE 23.0
3. John Green 30 CO 24.3
4. Martin Lockley 31 CO 25.6

35-39

1. David Simons 35 CO 23.3
2. Tom Bassett 35 NE 23.6
3. T.J. Henderson 35 CO 24.9
4. Bill Forsyth 35 NM 26.3
5. John Swift 36 CO 26.4

40-49

1. Gary Oliphant 40 KS 24.0
2. Jim Muxen 44 NE 25.1
3. Terry Campbell 40 OK 25.3
4. Dave Mongeau 40 CO 26.1
5. Jim Gonzales 41 CO 27.1

50-59

1. Jack Greenwood 55 KS 25.0
2. H.J. Fischer 52 CO 27.2
3. Forrest Doling 50 NE 28.4
4. Robert Chado 53 CO 29.0
5. Fred Pearce 53 CO 32.0
1. (W) Shelly Ammons 52 CO 33.7

70-79 Women

1. Polly Clarke 71 CO 34.2*

Men

1. John Clarke 74 CO 33.0
2. Herb Anderson 79 CO 34.0

* World Masters Age Record

400m**30-34**

1. Wayne Phipps 30 CO 54.0
2. Ken Libby 37 CO 62.4

40-49

1. Terry Campbell 40 OK 57.3
2. Ray Graham 42 KS 58.1
3. Jim Gonzales 41 CO 58.7
4. Jim Joule 40 CO 61.1
5. Val Schultz 41 OR 63.2

50-59 Women

1. Shelly Ammons 52 CO 75.5

50-59

1. Jack Greenwood 55 KS 57.5
2. Bert Smith 50 KS 58.1
3. Norman Katzman 56 CO 64.0
4. Darwin Michaud 53 KS 80.4
5. Fred Pearce 53 CO 1:42.1

800m**30-34**

1. Wayne Phipps 30 CO 2:04.0
2. Joe Reining 30 CO 2:06.7
3. Jim Baker 30 NE 2:08.6

30-39 Women

1. Katherine Hambrick 38 CO 4:09.4

40-49

1. Chuck Downey 42 CO 2:08.4
2. Jim Gonzales 41 CO 2:14.2
3. Jan Howell 46 CO 2:16.8
4. Terry Campbell 40 OK 2:18.0

50-59

1. Bert Smith 50 KS 2:15.0
2. Darwin Michaud 53 KS 3:03.3

1500m**30-39**

1. Joe Reining 30 CO 4:15.3
2. Mike Montano 33 CO 4:19.0
3. T.J. Henderson 35 CO 4:56.7
4. Bill Forsyth 35 NM 5:07.6
5. Martin Lockley 31 CO 5:20.5

40-49

1. Chuck Downey 42 CO 4:25.2
2. Joe Arrazola 48 CO 4:42.1
3. Jan Howell 46 CO 4:45.7
4. Val Schultz 41 OR 4:50.2
5. Jim Gonzales 41 CO 5:10.5
6. Ray Graham 42 KS 6:03.9

50-59

1. Bert Smith 50 KS 4:58.4
2. Darwin Michaud 53 KS 6:13.3
3. Robert Chado 53 CO 6:14.5
4. Forrest Doling 50 NE 6:19.9

70-79

1. Herb Anderson 79 CO 7:27.1

4 X 100 Relay

1. CO - Henderson 35 46.8
Kaeuper 36
Knipmeyer 33
Green 30

40-49

1. NE Warren 43 47.7
Fuerst 46
Campbell 40
Muxen 44
2. KS Smith 50 50.0
Allen 46
Graham 42
Greenwood 55

50-59

1. CO Katzman 56 58.0
Ammons W 52
Donley 51
Pearce 53

4 X 200 Relay 30-30-40-50

1. KS C. Jackson 32 1:41.6
T. Campbell 35
R. Graham 42
J. Greenwood 55
2. NE T. Bassett 35 1:46.8
B. Warren 43
J. Muxen 44
F. Doling 50
3. CO J. Green 30 1:49.0
K. Libby 37
J. Joule 40
F. Pearce 53

Sprint Medley Relay 30-40-40-50

1. NE 50 Forrest Doling 4:21.0
44 Jim Muxen
46 Larry Fuerst
30 Jim Barker

High Jump**30-34**

1. Bill Knipmeyer 33 CO 5'8"
2. Ray Beamer 30 CO 4'10"

35-39

1. Bill Forsyth 35 NM 5'6"
2. Tom Bassett 35 NE 4'10"

40-49

1. Austin Allen 46 KS 5'0"
2. Harold White 49 CO 5'0"
3. Larry Fuerst 46 NE 5'0"

50-59

1. J.C. Brown 51 KS 5'10"
2. Don Kardok 55 CO 5'2"
3. Jerry Donley 51 CO 5'0"
4. Forrest Doling 50 NE 4'8"
5. Bill Butterworth 50 KS 4'6"

60-69

1. Frank Bowles 60 CO 4'8"
2. Joe Shy 60 NE 4'2"

70-79

- Herb Anderson 79 CO 4'2"

Pole Vault**30-39**

1. C.R. Robe 37 CO 12'6"
2. T.J. Henderson 35 CO 12'0"
3. Ray Beamer 30 CO 10'6"
4. Martin Lockley 31 CO 10'0"
5. Bill Knipmeyer 33 CO 9'6"

40-49

1. Vern Spencer 46 CO 7'11"

50-59

1. Jerry Donley 51 CO 12'6"

60-69

1. Joe Shy 60 NE 5'0"

Discus**30-39**

1. Martin Lockley 31 CO 142'5"
2. Don Schroeder 30 CO 126'2"
3. John Green 30 CO 124'6"
4. Bill Forsyth 35 NM 111'0"
5. T.J. Henderson 35 CO 95'9"
6. Tom Bassett 35 NE 81'7"

40-49

1. Bob Warren 43 NE 125'4"
2. Jim Weed 44 CO 113'10"
3. Dave Mongeau 40 CO 111'3"
4. Bill Hickey 48 CO 104'11 1/2"
5. Larry Fuerst 46 NE 93'6"
6. Vern Spencer 46 CO 91'11 1/2"

50-59

1. Robert Chado 53 CO 105'8"
2. Forrest Doling 50 NE 95'2"
3. Jack Russell 51 CO 78'6"

60-69

1. Dave Shrader 67 KS 102'5"
2. Ed Hewitt 63 CO 84'6"
3. Wayne Griffith 68 CO 75'0"
4. Joe Shy 60 NE 55'9 1/2"

70-79

1. Herb Anderson 79 CO 77'3"

Javelin**30-34**

1. John Green 30 CO 159'4"
2. Doug Endres 33 CO 143'4"
3. Martin Lockley 31 CO 128'7"
4. Jim Twiford 30 CO 92'4"

35-39

1. Bill Forsyth 35 NM 172'9"
2. Ron Hambrick 39 CO 153'1"
3. C.R. Robe 37 CO 139'1"
4. T.J. Henderson 35 CO 134'6"
5. Tom Bassett 35 NE 109'8"

40-44

1. Jim Weed 44 CO 144'7"
2. Bob Warren 43 NE 140'1"
3. Jim Joule 40 CO 118'8"
4. John Tate 40 CO 97'10"
5. Jim Gonzales 41 CO 79'2"

45-49

1. Harold White 49 CO 134'3"
2. Vern Spencer 46 CO 97'5"

50-59

1. J.C. Brown 51 KS
2. Robert Chado 53 CO
3. Forrest Doling 50 NE
4. Don Kardok 55 CO
5. Jack Russell 51 CO

60-69

1. Frank Bowles 60 CO
2. Wayne Griffith 68 CO
3. Joe Shy 60 NE
4. Dave Shrader 67 KS

70-79

1. Herb Anderson 79 CO

Long Jump**30-34 women**

1. Marg Sutter 32 NE

30-34

1. Clifton Jackson 32 KS
2. Mike Hill 30 CO
3. Martin Lockley 31 CO
4. Ray Beamer 30 CO
5. John Green 30 CO

35-39

1. C.R. Robe 37 CO
2. Bill Forsyth 35 NM
3. T.J. Henderson 35 CO
4. Tom Bassett 35 NE

40-44

1. Gary Oliphant 40 KS
2. Bob Warren 43 NE
3. Jerry Jensen 41 CO
4. Dave Mongeau 40 CO
5. John Tate 40 CO
6. Jim Gonzales 41 CO

45-49

1. Larry Fuerst 46 NE
2. Harold White 49 CO

50-59

1. J.C. Brown 51 KS
2. Jerry Donley 51 CO
3. Forrest Doling 50 NE
4. Robert Chado 53 CO
5. Don Kardok 55 CO

60-69

1. Joe Shy 60 NE
2. Frank Bowles 60 CO
3. Wayne Griffith 68 CO
4. Dave Shrader 67 KS

70-79

1. Herb Anderson 79 CO

Triple Jump**30-39**

1. Bill Forsyth 35 NM 37'8 1/2"
2. B. Knipmeyer 33 CO 37'3"
3. M. Lockley 31 CO 36'11"
4. Ray Beamer 30 CO 34'7"

40-49

1. John Tate 40 CO 32'4"
2. Larry Fuerst 46 NE 31'4 1/2"

50-59

1. J.C. Brown 51 KS 35'6 1/2"
2. Forrest Doling 50 NE 31'8"

60-69

1. Joe Shy 60 NE 25'11 1/2"

70-79

1. Herb Anderson 79 CO 24'6 1/2"

Shot Put**30-34**

1. Martin Lockley 31 CO 45'93/4"
2. John Green 30 CO 38'1 1/2"
3. Don Schroeder 30 CO 37'6 1/2"
4. Ray Beamer 30 CO 35'4 1/2"
5. Clif Jackson 32 KS 32'9 1/2"
6. Jim Twiford 30 CO 30'10"

35-39

1. Bill Forsyth 35 NM 37'10"
2. Ron Hambrick 39 CO 33'1 1/2"

40-49

1. Dave Mongeau 40 CO 42'1 1/2"
2. Bob Warren 43 NE 36'4"
3. Bill Hickey 48 CO 31'3"
4. Jim Joule 40 CO 29'7"
5. Vern Spencer 46 CO 29'1"
6. Harold White 49 CO 28'10"

50-59

1. Don Kardok 55 CO 30'2 1/2"
2. Jack Russell 51 CO 26'0"

60-69

1. Frank Bowles 60 CO 36'11 1/2"
2. Dave Shrader 67 KS 33'6"
3. Joe Shy 60 NE 28'11"
4. Ed Hewitt 63 CO 28'5"
5. Wayne Griffith 68 CO 27'6"

70-79

1. Herb Anderson 79 CO 28'2 1/2"

Hammer**30-39**

1. Ray Beamer 30 CO 117'3"
2. Martin Lockley 31 CO 91'0"
3. Bill Forsyth 35 NM 83'4"
4. Bill Knipmeyer 33 CO 64'6"

Hammer

Pentathlon

30-39		LJ	Jav	200	Dis	1500m	total
1. Bill Forsyth	35 NM	5.58	52.66	26.3	33.84	5:07.6	
Masters Scoring tables		460	631	570	452	535	2648
IAAF Scoring tables		510	668	452	559	368	2557
2. T.J. Henderson	35 CO	5.48	41.00	24.9	29.19	4:56.7	
Masters Scoring tables		436	424	710	340	600	2510
IAAF Scoring tables		486	506	565	455	426	2438
3. Martin Lockley	31 CO	5.34	39.20	25.6	43.40	5:20.5	
Masters Scoring tables		385	370	590	653	397	2395
IAAF Scoring tables		453	479	507	751	303	2493

50-59

1. Robert Chado	53 CO						
Masters Scoring Tables		4.09	35.00	29.0	32.20	6:14.5	
		236	540	500	516	313	2105
2. Forest Doling	50 NE	4.35	27.50	28.4	29.01	6:19.9	
Masters Scoring Tables		340	315	560	420	281	1916

70-79

1. Herb Anderson	79 CO	2.74	26.10	33.9	23.55	7:27.1	
Masters Scoring Tables		119	655	810	464	598	2646

TEAM SCORING

Colorado scored first two only if another State in that age group.
Other states scored first two each age group.

1. Colorado	379 points	CO	Colorado TAC Association
2. Nebraska	203 points	NE	Midwest TAC Association
3. Kansas	184 points	KS	Missouri Valley Association
4. New Mexico	59 points	NM	New Mexico Association
5. Oklahoma	13 points	OK	Oklahoma TAC Association
6. Oregon	5 points	OR	Oregon TAC Association

Changes for next year

- 5 year age groups for all events.
- Pentathlon will be afternoon before T&F meet.
- Scoring and Medals; first two each state association but must better someone or better the standards for the age group. Also to get a medal must better someone or standards. Max of three medals. Scoring 8-6-4-3-2-1.
- Will have preregistration required.

U.S. NATIONAL WEIGHTMENS PENTATHLON AND THROW-A-THON
WOODSTOCK, ILLINOIS -- SEPTEMBER 12-13, 1981

Pentathlon Results

Age	Name	Discus	Javelin	Shot	Hammer	Weight	Total
30-34	Kirpatrick	39.96m 685	48.94m 618	13.41m 691	33.76m 554	11.30m 552	3100
30-34	Kleppenger	36.78m 621	52.94m 672	11.65m 576	31.60m 517	12.71m 646	3032
30-34	Vlaar- dingerbroek	39.86m 683	58.50m 743	14.03m 730	39.44m 647	12.49m 632	3435
45-49	Feick	31.60m 510	43.40m 541	11.14m 541	32.24m 528	11.32m 554	2674
45-49	Carstenson	27.24m 410	34.25m 401	10.67m 509	33.68m 553	10.34m 486	2359
45-49	Mann	29.57m 464	31.60m 357	10.23m 477	23.82m 371	9.36m 412	2081
45-49	Radigan	14.58m 172	12.00m 201	5.85m 270	19.70m 311	4.37m 129	1083
50-54	Scott	37.42m 634	37.70m 456	12.07m 605	34.37m 564	10.20m 475	2734
55-59	Bangert	32.48m 529	25.70m 252	12.84m 654	27.36m 440	11.48m 564	2439
60-64	Parsons	40.70m 699	29.75m 325	12.80m 652	35.60m 586	12.55m 636	2898
65-69	Dick	30.40m 483	25.20m 243	9.69m 437	20.54m 302	9.70m 438	1903
70-74	Partridge	36.06m 606	29.12m 314	10.02m 461	26.82m 430	9.80m 445	2256
70-74	Pierrotti	31.30m 503	20.80m 155	9.59m 429	28.15m 456	10.24m 478	2021

THROW-A-THON
September 12-13, 1981

Number in parenthesis is the number of points.

	DISCUS			JAVELIN		SHOT			HAMMER			WEIGHTS				THROW FOR HT.	TOTAL POINTS
	1 kg.	1.6 kg.	2 kg.	600kg.	800kg	8 lb	12 lb	16 lb	8 lb	12 lb	16 lb	25 lb	35 lb	56 lb	98 lb		
Kleppenger	49.38 (862)	40.59 (697)	36.78 (621)	49.80 (630)	59.94 (672)	17.18 (914)	13.86 (781)	11.65 (576)	50.12 (805)	36.95 (606)	31.60 (517)	14.13 (736)	12.71 (646)	5.60 (92)	3.48 (50)	11 ft. (50)	9255
Feick	39.44 (674)	32.58 (532)	31.60 (510)	43.20 (538)	43.40 (541)	15.22 (802)	13.02 (666)	11.14 (541)	45.50 (740)	35.01 (576)	32.24 (528)	13.32 (685)	11.32 (554)	6.60 (185)	2.87 (42)	9 ft. (30)	8144
Mann	36.95 (624)	32.23 (524)	29.57 (464)	32.50 (372)	31.60 (357)	13.95 (725)	12.12 (607)	10.23 (477)	44.60 (728)	27.16 (437)	23.82 (371)	11.59 (572)	9.36 (412)	6.55 (181)	3.07 (45)	- -	6896
Radigan (W)	14.58 (172)	11.67 (192)	10.75 (50)	12.00 (201)	13.20 (230)	5.85 (270)	4.65 (165)	4.13 (103)	19.70 (311)	10.50 (20)	6.95 (10)	4.37 (129)	2.86 (30)	1.84 (20)	.71 (10)	- -	1913
Scott	41.15 (708)	37.42 (634)	30.64 (488)	37.95 (460)	37.70 (456)	10.52 (498)	12.09 (605)	8.26 (326)	44.50 (726)	34.37 (564)	26.95 (432)	12.90 (658)	10.20 (475)	4.86 (30)	2.29 (20)	- -	7080
Parsons	40.70 (699)	30.94 (496)	26.37 (389)	29.75 (325)	25.40 (247)	12.80 (652)	10.43 (492)	8.99 (384)	40.30 (661)	35.60 (586)	24.80 (390)	12.55 (636)	8.99 (384)	5.48 (80)	2.49 (25)	11 ft. (50)	6496
Dick	30.40 (483)	20.89 (248)	20.07 (225)	25.20 (243)	29.51 (321)	9.69 (437)	7.20 (384)	6.08 (138)	31.40 (514)	20.54 (302)	17.70 (239)	9.70 (438)	5.81 (112)	3.38 (10)	1.79 (15)	10 ft. (40)	4149
Partridge	30.34 (606)	27.91 (425)	24.57 (344)	29.12 (314)	22.60 (193)	10.02 (461)	7.95 (302)	6.72 (196)	28.97 (470)	26.82 (430)	20.25 (295)	9.80 (445)	6.36 (164)	4.00 (5)	2.05 (20)	9 ft. (40)	4710

RESULTS - CANADIAN MASTERS & SUBMASTERS WEIGHT PENTATHLON - 1981 SEPT. 6TH

Competitor	Affil.	Cl.	Shot	Weight	Discus	Hammer	Javelin	TOTAL	P.L.R.E
N. TOYE	Tor.		9.74	10.30	28.52	29.76	38.00	2,000.2	1
	Lat.	SM	381.0	423.0	378.6	397.6			
P. CECHL	Tor.		9.51	9.89	34.04	27.26	32.64	1,947.2	3
	Lat.	1A	363.8	392.3	533.1	345.2	332.8		
J. PUCE	Tor.		16.17	14.97	50.58	45.78	39.56	3,794.4	1*
	Lat.	1A	863.3	773.3	996.2	714.4	451.2		
J. MORRIS	Tor.		9.38	8.99	33.12	18.24	41.88	1,848.6	5
	Lat.	1A	354.0	324.8	507.4	164.8	497.6		
C. KLEHM	Univ.		11.93	11.81	34.92	37.86	28.60	2,428.6	2
	Chic.	1A	545.3	536.3	557.8	557.2	232.0		
P. LEE	Univ.		10.28	10.49	29.20	27.36	32.74	1,925.9	4
	Chic.	1A	429.0	437.3	397.6	347.2	324.8		
A. SUNDIN	Tor.		11.27	9.98	32.08	20.76	42.12	2,457.1	1
	Lat.	1B	561.9	452.2	546.6	269.0	628.0		
J. ZEKOMINOS	Tor.		7.86	6.97	23.20	20.82	23.08	1,453.3	4
	Lat.	1B	272.0	196.4	262.4	270.5	152.0		
J. MANN	Over/ Hill		10.18	11.16	30.94	26.46	33.82	2,367.3	2
	1B		469.2	552.5	510.1	415.0	420.5		
P. CARSTENSEN	N.Y.		10.51	10.87	24.74	31.40	36.34	2,355.4	3
	Mast.	1B	497.3	527.9	311.7	535.0	483.5		
L. OLSON	Green		15.00	13.18	43.12	39.52	42.70	4,059.2	1*
	Mt.AA	2A	900.00	718.0	843.6	826.6	773.0		
J. TOVELL	Tor.		11.24	10.07	36.20	28.20	34.58	2,604.0	3
	Lat.	2A	524.00	407.0	636.0	509.6	527.4		
H. LANGE	Tor.		11.94	9.74	32.02	21.08	35.36	2,339.6	5
	Lat.	2A	594.00	374.0	510.2	310.2	550.8		
J. DIAGNOGLOY	Tor.		9.85	10.03	28.02	32.44	27.00	2,106.9	6
	Lat.	2A	385.00	403.0	390.6	628.3	300.0		
Z. WOERLE	Sport		10.19	10.07	31.86	32.88	33.70	2,471.8	4
	Cl.64	2A	419.00	407.0	505.8	639.7	501.0		
J. SCOTT	Line.		11.94	10.23	38.72	28.64	34.52	2,776.1	2
	Way	2A	594.00	423.0	711.6	521.9	525.6		
P. NIELSEN	Tor.		9.40	6.93	23.90	18.06	24.18	1,141.1	1
	Lat.	2B	340.00	330.0	267.0	225.7	215.4		
H. PARSONS	Tor.		12.34	12.34	40.98	35.50	32.02	3,710.0	1*
	Lat.	3A	768.0	768.0	883.3	765.0	525.0		
A. ZAKIS	Tor.		13.18	11.13	40.64	27.74	29.68	3,346.8	3
	Lat.	3A	852.0	647.0	871.8	532.2	443.8		
H. WARWAS	Sport		9.77	7.17	27.38	16.98	25.82	1,701.0	6
	Cl.64	3A	511.0	251.0	420.9	209.4	308.7		
E. PURCALIS	Sudbury		10.90	8.86	29.70	29.40	39.50	2,913.3	4
	Lat.	3A	624.0	420.0	499.8	582.0	787.5		
A. CAUNE	Sudbury		10.71	9.62	23.82	24.78	23.84	2,083.7	5
	Lat.	3A	605.0	496.0	299.9	443.4	239.4		
B. GILLIGAN	Eagle		12.74	12.69	37.46	34.62	26.26	3,507.3	2
	A.C.C.	3A	808.0	803.0	763.6	738.6	394.1		
T. JONES	Oshawa		9.18	6.33	27.84	18.16	21.64	1,462.8	7
	Leg.	3A	452.0	167.0	436.6	244.8	162.4		
B. KOSKI	Sudbury		8.04	9.79	24.16	33.08	21.26	2,688.9	1*
	Lat.	4A	505.0	723.8	366.4	812.0	281.7		
R. CONNOLLY	Mass.		9.25	8.34	28.92	23.24	19.08	2,402.6	2
	U.A.	4A	656.3	542.5	556.8	463.4	183.6		
A. TICMANIS	Tor.		9.65	8.43	25.40	28.62	19.10	3,107.4	1*
	Lat.	4B	847.5	664.5	545.6	744.8	305.0		
A. WHITE	Peter- boro		4.38	4.99	11.74	14.54	10.60	507.1	2
	4B		57.9	148.5	181.6	120.0			
D. RADIGAN	Over/ Hill		5.48	4.20	14.30	14.38	13.44	489.9	1
	W		188.1	30	138.6	163.2			

NORTHERN CALIFORNIA
SENIOR OLYMPICS.
SEPTEMBER, 1981.
OAKLAND, CALIFORNIA.

400	
M60 Josephine Kolda	1:26
M50 Bernard Stevens	1:02
M55 Richard Petch	1:11
M60 Mark Henderson	1:14
M65 Harry Koppell	1:07
John Satti	1:08
M70 Mel Shine	1:17

DISCUS	
M65 Maxine Henderson	35-8
M55 Brad Pearson	NT
M60 Bob Stone	132-2
M65 Jim McCarthy	92-4
M70 Sam Spinka	67-3
M75 Franklyn Pennock	67-3

HIGH JUMP	
M55 James Johnson	4-4
M60 Mark Henderson	4-11
M65 Jim McCarthy	4-4
M70 Wilfred Bigelow	3-11
M75 Homer Van Gelder	4-0

LONG JUMP	
M50 Bernard Schindler	16-0
M55 James Johnson	15-6
M60 John Anderson	9-11
M65 John Satti	14-1
M70 Sam Spinka	7-10

1500	
M55 Els Tuinzing	6:29
M60 Kay Atkinson	6:30
M50 Michael Murphy	4:57
Gail Metzork	5:07
M55 Dennis Egley	5:36
M65 Joe Goodman	6:29
M70 Wilfred Bigelow	6:55

1ST ANNUAL SAN JUAN MASTERS TRACK & FIELD CHAMPIONSHIPS SAN JUAN, PUERTO RICO -- SEPT. 19-20.

100 METERS
MEN (30-34) 1-Nate Robinson U.S. 11:14; 2-Jairo Eduardo Duque, Colombia 11:63; 3-Eugenio Falu, P.R. 11:66. (35-39) 1-Hector Gonzalez, P.R. 11:30; 2-Wilfredo Picorelli, P.R. 11:50; 3-Agustin Rodriguez, P.R. 11:73. (40-44) 1-Willie Diaz, P.R. 11:66; 2-Abelardo Lopez, Mexico, 11:82; 3-Raul Diaz, P.R. 12:86. (45-49) 1-Ariel Perez, P.R. 12:50; 2-Roberto Avila, P.R. 13:27; 3-Gonzalo Combas, P.R. 13:43. (50-54) 1-Bert Lancaster, U.S. 11:50 (Breaks world record age 53); 2-Ossie Dawkins, U.S. 12:42; 3-Pablo Rios, P.R. 12:85. (55-59) 1-Jose Luis Ubarri, P.R. 12:25; 2-Robert Watanabe, U.S. 12:44; 3-Victor Clairmont, USVI, 13:22. (60-64) 1-David Lawyer U.S. 13:06; 2-David Kohena, P.R. 13:44; 3-Julio Rosario, P.R. 13:50; (65-69) 1-Gilberto Gonzalez-Julia, P.R. 13:46; 2-Herbert Miller, U.S. 14:48; 3-Jose Ortiz, P.R. 17:70; (70-74) 1-Antonio Rosa, P.R. 17:80; (75+) 1-Eugenio Guerra, P.R. 16:97.

WOMEN (30-34) 1-Blanca Ines Cruz, Colombia, 15:14; 2-Marcia Tellez, Mexico 15:36; 3-Carmen Audiffred, P.R. 17:04; (35-39) 1-Aide Cardona, Colombia 15:31; 2-Ana Maria Ortiz, P.R. 15:13; 3-Felicita Vazquez, P.R. 16:59;

(40-44) 1-Nydia Lopez, P.R. 16:51; 2-Sarah Molina, P.R. 16:90; (50-54) 1-Irma Velez Kossy, P.R. 18:82; (55-59) 1-Maria Garcia de Lires, Colombia, 17:70; (70-74) 1-Marilla Salisbury, U.S. 30:78.

200 METERS
MEN (30-34) 1-Jairo Duque, Colombia, 23:21; 2-Alfredo Serrano, P.R. 23:81; 3-Wilfredo Gonzalez, P.R. 24:00; (35-39) 1-Wilfredo Picorelli, P.R. 23:41; 2-Agustin Rodriguez, P.R. 23:65; 3-Hernando Arrechea, P.R. 24:55; (40-44) 1-Willie Diaz, P.R. 23:59; 2-Ruben Diaz, P.R. 24:12; 3-Abelardo Lopez, Mexico, 24:97; (45-49) 1-William Clark, U.S. 23:59; 2-Ariel Perez, P.R. 24:12; 3-Gonzalo Combas, P.R. 24:97; Special Event between Ovidio de Jesus age 48 and Bert Lancaster 53; 1-Bert Lancaster, U.S. 23:55 (Breaks age world record) 2-Ovidio de Jesus, P.R. 24:00; (50-54) 1-Ossie Dawkins, U.S. 24:80; 2-Pablo Rios, P.R. 26:11; 3-Luis Cano Gandia, 26:61; (55-59) 1-Jose Luis Ubarri, P.R. 25:60; 2-Robert Watanabe, U.S. 26:10; 3-Oscar Harris, U.S. 27:00; (60-64) 1-David Lawyer, U.S. 27:20; 2-David Kohena, P.R. 28:81; 3-William Carmen, U.S. 28:83; (65-69) 1-Gilberto Gonzalez-Julia, P.R. 28:61; 2-Herbert Miller, U.S. 30:42; 3-Jose Ortiz, P.R. 39:73; (70-74) 1-Antonio Rosa, P.R. 36:51.

WOMEN (30-34) 1-Blanca Ines Cruz, Colombia, 31:85; 2-Marcia Tellez, Mexico, 34:09; 3-Carmen Audiffred, P.R. 37:28; (35-39) 1-Aide Cardona, Colombia 32:28; 2-Ana Maria Ortiz, P.R. 34:03; 3-Nubia Venegas, Colombia, 37:63; (40-44) 1-Nydia Lopez, P.R. 36:31; (50-54) 1-Irma Velez Kossy, P.R. 40:25; (55-59) 1-Mary Garcia de Lires, Colombia, 37:70; (70-74) 1-Marilla Salisbury, U.S. 1:11:50.

400 METERS
MEN (30-34) 1-Jairo Eduardo Duque, Colombia, 51:67; 2-Juan Rodriguez, P.R. 56:91; 3-Matias Catala, P.R. 58:28. (35-39) 1-Walter Pankey, USVI, 51:28; 2-Hugo Vargas, P.R. 55:09; 3-Enrique Medina, P.R. 57:33. (40-44) 1-Willie Diaz, P.R. 54:20; 2-Jose Andino, P.R. 55:44; 3-Abelardo Lopez, Mexico, 55:62; (45-49) 1-Ovidio de Jesus, P.R. 55:17; 2-Gonzalo Combas, P.R. 1:05:19; (50-54) 1-Bert Lancaster, U.S. 55:02; 2-Ossie Dawkins, U.S. 56:99; 3-Pablo Rios, P.R. 1:00:51; (55-59) 1-Robert Watanabe, U.S. 1:03:77; 2-Francisco Moya, P.R. 1:07:13; 3-Humberto Irizarry, P.R. 1:14:88; (60-64) 1-Julio Rosario, P.R. 1:09:02; 2-William Carmen, U.S. 1:10:19; 3-Donald Hull, U.S. 1:17:70; (65-69) 1-Gilberto Gonzalez-Julia, P.R. 1:11:98; 2-Rosario Mauras, P.R. 1:30:76; 3-Humberto Caballero, P.R. 1:56:78; (70-74) 1-Sam Monastero, U.S. 1:20:01; 2-Ricardo Collazo, Colombia, 1:26:12; 3-Antonio Rosa, P.R. 1:29:73.

WOMEN (30-34) 1-Blanca Ines Cruz, Colombia, 1:16:69; 2-Carmen Audiffred, P.R. 1:26:08; (35-39) 1-Aide Cardona, Colombia, 1:11:99; 2-Maria Vazquez P.R. 1:33:37; 3-Nubia Venegas, Colombia, 1:35:25; (40-44) 1-Elisa Martinez, P.R. 1:20:45; 2-Maria Casiano, P.R. 1:39:97; (55-59) 1-Maria Garcia de Lires, Colombia, 1:30:41; (70-74) 1-Marilla Salisbury, 2:45:46.

800 METERS
MEN (30-34) 1-Sotero Rodriguez, P.R. 2:12:81; 2-Anibal Muñoz, P.R. 2:25:00 (35-39) 1-Walter Pankey, USVI, 2:03:74; 2-Modesto Carrion, P.R. 2:05:80; 3-Javier Rivera, P.R. 2:07:86; (40-44) 1-Luis Luna, Colombia, 2:06:44; 2-Cristobal Lauriano, P.R. 2:08:70; 3-Perfecto Escobar, P.R. 2:14:55; (45-49) 1-Ernesto Perez, P.R. 2:23:75; 2-Luis Alicea, P.R. 2:29:50; 3-Dudley Sipprelle, U.S. 2:33:59; (50-54) 1-Luis Humberto Torres, P.R. 2:18:15; 2-Carlos Puentes, Colombia, 2:29:23; 3-Raymond Baez, P.R. 2:38:55; (55-59) 1-Stanley Beckett, USVI, 3:23:29; 2-Don Harris, U.S. 3:23:40; (60-64) 1-Justiniano Garcia, Colombia, 2:38:19; 2-Pei Yun Lin, Taiwan, 3:19:44; 3-Jose Orta, P.R. 3:32:45; (65-69) 1-Rosario Mauras, P.R. 3:14:78; (70-74) 1-Sam Monastero, U.S. 2:59:38; 2-Ricardo Collazo, Colombia, 3:01:73; 3-Ramon Cordero, P.R. 3:51:13.

1,500 METERS
MEN (30-34) 1-Jose Mendez, P.R. 4:18:79; 2-Wallace Williams, USVI, 4:26:00; 3-Sotero Rodriguez, P.R. 4:27:50; (35-39) 1-Juan Aviles, P.R. 4:12:58;

2-Modesto Carrion, P.R. 4:15:28; 3-Jose Maya, P.R. 4:25:08; (40-44) 1-Cristobal Lauriano, P.R. 4:31:03; 2-Victor Melendez, P.R. 4:39:51; 3-Perfecto Escobar, P.R. 4:53:42; (45-49) 1-Ernesto Perez, P.R. 5:02:41; 2-Luis Alicea, P.R. 5:03:13; 3-Guillermo Miranda, Colombia, 5:06:93; (50-54) 1-Luis Humberto Torres, P.R. 4:40:95; 2-Carlos Puentes, Colombia, 5:12:76; 3-Antonio Vallejo, P.R. 5:13:36; (55-59) 1-Ramon Quiros, Colombia, 5:21:75; 2-Francisco Moya, P.R. 6:30:00; (60-64) 1-Justiniano Garcia, Colombia, 5:21:88; 2-Don Corbin, P.R. 6:09:85; 3-Pei Yun Lin, Taiwan, 6:44:11; (65-69) 1-Rosario Mauras, P.R. 6:43:07 (70-74) 1-Sam Monastero, U.S. 6:40:32; 2-Ricardo Collazo, Colombia 7:66:00; 3-Ramon Cordero, P.R. 8:19:00.

WOMEN (35-39) 1-Aide Cardona, Colombia, 5:17:06; 2-Delia Correa, P.R. 6:15:04 (40-44) 1-Elisa Martinez, P.R. 6:50:03; (45-49) 1-Linda Sipprelle, U.S. 5:15:05; (70-74) 1-Marilla Salisbury, U.S. 11:32:01.

5 KM. WALK (35-39) 1-Roberto Gotay, P.R. 33:56.2; (40-44) 1-Tony Rivera, P.R. 32:24.1; (45-49) 1-Julio Reyes, P.R. 34:23.2; (60-64) 1-Pei Yun Lin, Taiwan, 45:42.5; (70-74) 1-Sam Monastero, U.S. 38:03.1; 2-Warren Ling, Taiwan, 45:42.5.

5,000 METERS
MEN (30-34) 1-Jose Mendez, P.R. 16:24.11; 2-Miguel A. Rivera, P.R. 17:23.11; 3-Sotero Rodriguez, P.R. 17:24.00; (35-39) 1-Gonzalo Perez, Colombia, 17:07.12; 2-Jose Martinez, P.R. 17:41.00; 3-Edward Wascoe, USVI 20:46.80 (40-44) 1-Luis Luna, Colombia, 16:56.34; 2-Humberto Bustamante, Colombia 18:17.83; 3-Victor Melendez, P.R. 18:26.26; (45-49) 1-Asnorald Liano, Colombia, 19:08.00; 2-Carlos Soto, P.R. 21:18.83; 3-Roberto Gonzalez, P.R. 21:23.86; (50-54) 1-Luis Humberto Torres, P.R. 18:54.00; 2-Antonio Vallejo, P.R. 19:09.62; 3-Federico Cordero, P.R. 22:02.72; (55-59) 1-Ramon Quiros, Colombia, 18:42.41; 2-Jose Raul Alonso, P.R. 23:29.09; 3-Tieh Chiu Hsieh, Taiwan, 24:08.21; (60-64) 1-Don Corbin, P.R. 21:39.64; 2-Pei Yun Lin, Taiwan, 24:08.28; (65-69) 1-Rosario Mauras, P.R. 25:46.02 (70-74) 1-Ricardo Collazo, Colombia, 28:46.05; 2-Warren Ling, Taiwan, 30:24.68.

WOMEN (35-39) 1-Aide Cardona, Colombia, 20:57.55; (40-44) 1-Elisa Martinez, P.R. 23:58.44; (45-49) 1-Linda Sipprelle, U.S. 20:00.96; (70-74) 1-Marilla Salisbury, U.S. 40:15.59.

10,000 METERS

(30-34) 1-Jose Salomon, Colombia, 35:40.70; 2-Wallace Williams, USVI, 36:04.50; 3-Miguel A. Rivera, P.R. 36:59.90; (35-39) 1-Gonzalo Perez, Colombia, 36:03.20; 2-Gerardo Ochoa, Colombia, 36:05.80; 3-Santiago Villegas, P.R. 36:15.60; (40-44) 1-Humberto Bustamante, Colombia, 36:05.30; 2-Jose Suarez, Colombia, 37:05.80; 3-Hector Gonzalez, P.R. 48:03.90; (45-49) 1-Asnorald Liano, Colombia, 39:04.36; 2-Guillermo Miranda, Colombia, 44:29.02; 3-Carlos Soto, P.R. 48:35.90; (50-54) 1-Luis Humberto Torres, P.R. 38:03.29; (55-59) 1-Ramon Quiros, Colombia, 43:44.40; 2-Jose Raul Alonso, P.R. 46:42.43; 3-Chui Tieh Hsieh, Taiwan, 52:06.40; (60-64) 1-Justiniano Garcia, Colombia, 44:32.75; 2-Don Corbin, P.R. 47:23.54; 3-Hiram Luigi, P.R. 52:06.40; (70-74) 1-Warren Ling, Taiwan, 54:46.50.

1/2 MARATHON
(30-34) 1-Felix Martinez, P.R. 1:10:16.08; 2-Felix Couventier, P.R. 1:14:49.47; 3-Eduardo Figueroa, P.R. 1:16:39.73; (35-39) 1-Miguel Rivera Rivera, 1:12:52.32; 2-Pedro Perales, P.R. 1:17:05.18; 3-Santiago Villegas, P.R. 1:20:06.16; (40-44) 1-Hoy Cosme, P.R. 1:20:39.47; 2-Nicolas Rivas, P.R. 1:21:02.04; 3-Jose Adolfo Suarez, Colombia, 1:21:48.45; (45-49) 1-Marcelino Martinez, P.R. 1:31:16.40; 2-Asnorald Liano, Colombia 1:41:22.86; 3-Guillermo Miranda, Colombia, 1:49:18.32; (50-54) 1-Gregorio Angulo, P.R. 1:24:20.41; 2-Joselin Alonso, P.R. 1:27:33.11; 3-Carlos Puentes, Colombia, 1:34:11.94; (55-59) 1-Tieh Chiu Hsieh, Taiwan, 1:50:59.42; (60-64) 1-Justiniano Garcia, Colombia, 1:50:01.32.

MILE JUMP
(30-34) 1-Eugenio Falu, P.R. 1.76m; 2-Rafael Lopez, P.R. 1.64m; 3-Alfredo Disdier, P.R. 1.59m; (35-39) 1-Adalberto Rodriguez, P.R. 1.49m; 2-Gonzalo Mejia, Colombia, 1.39m; 3-Gabriel Reyes, P.R. 1.34m; (40-44) 1-Carlos Lopez, P.R. 1.56m; 2-Lemuel Beauchamp, P.R. 1.49m; 3-Wilfredo Cordero, P.R. 1.44m; (45-49) 1-Floyd Smith, U.S. 1.76m; 2-William Clark, U.S. 1.56m; 3-Felipe Nery, P.R. 1.44m. (50-54) 1-Pablo Rios, P.R. 1.28m; 2-Jose Mercado, P.R. 1.28m; (55-59) 1-Victor Clairmont, USVI, 1.44m; 2-William Arana, P.R. 1.44m; 3-Pedro Polanco, P.R. 1.0.94m; (60-64) 1-Gordon Noragren 1.26m. 2-Tomas Acevedo, P.R. 1.26m; 3-Donald Hull, U.S. 1.21m; (65-69) 1-Antonio Gotay, P.R. 1.30m; 2-Santiago Verdejo, P.R. 1.30m; 3-Herbert Miller, U.S. 1.22m;

TABLE JUMP
(30-34) 1-Eugenio Falu, P.R. 13.14m; 2-Alfredo Disdier, P.R. 11.28m; 3-Luis Gonzalez, P.R. 10.75m; (35-39) 1-Eugenio Davila, P.R. 12.93m; 2-Javier Rivera, P.R. 11.44m; 3-Adalberto Rodriguez, P.R. 10.03m; (40-44) 1-Victor Rivera, P.R. 10.56m; 2-Hiram Valdes, P.R. 10.26m; 3-Hector Loubriel, P.R. 10.20m; (45-49) 1-Pablo Garcia, P.R. 11.41m; 2-Floyd Smith, U.S. 9.35m; 3-Angel Gonzalez, P.R. 8.43m; (50-54) 1-Luis Arroyo, P.R. 9.34m; 2-Bill Gentry, U.S. 8.98m; 3-Teddy Ramirez, P.R. 8.89m; (60-64) 1-William Carmen, U.S. 7.57m; (65-69) 1-Gonzalez-Julia, P.R. 8.83m; 2-Herbert Miller, U.S. 8.59m; 3-Santiago Verdejo, P.R. 7.83m; (70-74) 1-Donald Hummel, U.S. 6.81m.

SHOT PUT
(30-34) 1-Rafael Lopez, P.R. 10.85m; 2-Carlos Siverio, P.R. 9.68m; 3-Esteban Cruz, P.R. 9.32m; (35-39) 1-Enrique Ortiz, P.R. 10.65m; 2-Iswael Santiago, P.R. 8.44m; 3-Gabriel Reyes, P.R. 7.07m; (40-44) 1-Anibal Rosario, P.R. 11.00m; 2-Elias Rivera, P.R. 10.17m; 3-Lemuel Beauchamp, P.R. 8.89m; (45-49) 1-Dagoberto Gonzalez, P.R. 11.56m; 2-Floyd Smith, U.S. 9.38m; 3-Celestino Andrades, P.R. 8.79m; (50-54) 1-Teodoro Ortiz, P.R. 10.94m; 2-Adolfo Arenas, P.R. 10.11m; 3-Antonio Andino, P.R. 9.95m; (55-59) 1-Pedro Polanco, P.R. 8.19m; 2-Manuel Seoane, P.R. 8.28m; (60-64) 1-Harold Parsons, Canada, 12.65m; 2-Anibal Torres, P.R. 10.69m; 3-Donald Hull, U.S. 10.47m; (65-69) 1-Antonio Gotay, P.R. 11.96m; (70-74) 1-D.E. Pierotti, U.S. 10.17m; (75+) 1-Eugenio Guerra, P.R. 8.16m.

DISCUS
(30-34) 1-Carlos Cruz, P.R. 27.72m; 2-Esteban Cruz, P.R. 26.40m; (35-39) 1-Ignacio Reinesa, P.R. 41.18m; 2-Oriando Olivera, P.R. 22.44m; 3-Iswael Santiago, P.R. 20.52m; (40-44) 1-Victor Rivera, P.R. 34.72m; 2-Anibal Rosario, P.R. 32.60m; 3-Enrique Martino, P.R. 30.20m; (45-49) 1-Dagoberto Gonzalez, P.R. 43.58m; 2-Floyd Smith, U.S. 24.28m; 3-Pedro Candelaria, P.R. 19.76m; (50-54) 1-Juan Seise, P.R. 26.90m; 2-Adolfo Arenas, P.R. 24.28m; (55-59) 1-Hector Dario Perez, P.R. 25.84m; 2-Manuel Seoane, P.R. 24.86m; 3-Don Harris, U.S. 23.46m; (60-64) 1-Harold Parsons, Canada, 39.24m; 2-Jose Delgado, P.R. 30.42m; 3-Donald Hull, U.S. 29.16m; (65-69) 1-Gonzalez-Julia, P.R. 33.96m; (70-74) 1-D.E. Pierotti, U.S. 27.44m; 2-Donald Hummel, U.S. 25.36m; (75+) 1-Eugenio Guerra, P.R. 19.22m.

JAVELIN
(30-34) 1-Carlos Cruz, P.R. 45.48m; 2-Carlos Siverio, P.R. 45.34m; 3-Esteban Cruz, P.R. 21.52m; (35-39) 1-Eduardo Diaz, P.R. 41.86m; 2-Gonzalo Santos, P.R. 39.84m; 3-Iswael Santiago, P.R. 38.30m; (40-44) 1-Wilfredo Caban, P.R. 48.48m; 2-Anibal Rosario, P.R. 39.90m; 3-Lemuel Beauchamp, P.R. 15.46m; (45-49) 1-Pedro Candelaria, P.R. 42.74m; 2-Floyd Smith, U.S. 23.48m; 3-Angel Gonzalez, P.R. 22.14m; (50-54) 1-Juan Seise, P.R. 37.04m; 2-Adolfo Arenas, P.R. 30.12m; (55-59) 1-Pedro Polanco, P.R. 25.10m; 2-Manuel Seoane, P.R. 23.12m; (60-64) 1-Gordon Noragren, U.S. 42.16m; 2-Harold Parsons, Canada, 32.18m; 3-Donald Hull, U.S. 27.24m; (65-69) 1-Gonzalez-Julia, P.R. 29.00m; (70-74) 1-Donald Hummel, U.S. 28.74m; 2-D.E. Pierotti, U.S. 19.52m; (75+) 1-Eugenio Guerra, P.R. 16.24m.

HAMMER
(30-34) 1-Pedro Arciniegas, P.R. 39.22m; (35-39) 1-Iswael Santiago, P.R. 13.70m; (40-44) 1-Enrique Martino, P.R. 27.46m; 2-Anibal Rosario, P.R. 25.58m; 3-Armando Pietri, P.R. 19.64m; (45-49) 1-Dagoberto Gonzalez, P.R. 35.52m; 2-Felipe Nery, P.R. 44.92m; 3-Pedro Candelaria, P.R. 15.80m; (50-54) 1-Luis Velez, P.R. 23.10m; 2-Juan Almeyda, P.R. 31.48m; 3-Juan Seise, P.R. 25.96m; (60-64) 1-Harold Parsons, Canada, 35.94m; 2-Jose Delgado, P.R. 23.58m; 3-Tomas Acevedo, P.R. 14.54m; (65-69) 1-Gonzalez-Julia, P.R. 22.56m; (70-74) 1-D.E. Pierotti, U.S. 19.94m.

LONG JUMP
(30-34) 1-Rafael Lopez, P.R. 5.89m; 2-Herninio Betancourt, P.R. 5.83m; 3-Dario Londoño, Colombia, 4.70m; (35-39) 1-Luis Fernandez, P.R. 5.51m; 2-Gonzalo Mejia, Colombia, 5.17m; 3-Gonzalo Garcia, P.R. 4.95m; (40-44) 1-Carlos Lopez, P.R. 5.31m; 2-Pedro Rojas, P.R. 4.99m; 3-Carlos Aponte, P.R. 4.93m; (45-49) 1-William Clark, U.S. 5.49m; 2-Pablo Garcia, P.R. 5.10m; 3-Floyd Smith, U.S. 4.51m; (50-54) 1-Bert Lancaster, U.S. 5.21m; 2-Pablo Rios, P.R. 5.03m; 3-Luis Arroyo, P.R. 4.47m; (55-59) 1-Oscar Harris, U.S. 4.68m; 2-Victor Clairmont, USVI, 4.38m; 3-Don Harris, U.S. 4.32m; (60-64) 1-William Carmen, U.S. 4.24m; 2-David Kohena, P.R. 3.98m; 3-Donald Hull, U.S. 3.55m; (65-69) 1-G. Gonzalez-Julia, P.R. 4.35m; 2-Herbert Miller, U.S. 4.29m; 3-Antonio Gotay, P.R. 4.04m;

POLE VAULT
(30-34) 1-Juan Rodriguez, P.R. 3.35m; 2-Rafael Lopez, P.R. 3.20m. (35-39) 1-Gabriel Reyes, P.R. 3.05m; (45-49) 1-Carlos Loubriel, P.R. 3.05m. (50-54) 1-Miguel Rivera Veve, P.R. 3.35m; 2-Bert Lancaster, U.S. 2.74m; 3-Teddy Ramirez, P.R. 2.74m; (55-59) 1-William Arana, P.R. 2.90m; (60-64) 1-Tomas Acevedo, P.R. 1.83m; (65-69) 1-Gonzalez-Julia, P.R. 2.44m; 2-Antonio Gotay, P.R. 2.29m; (70-74) 1-Donald Hummel, U.S. 2.74m.

110 METERS (30-34) 1-Nate Robinson, U.S. 13:92 (Possibly a new age division world record) 2-Edwin Carrasquillo, P.R. 15:32; 3-Dario Londoño, Colombia, 24:82; (35-39) 1-Gonzalo Mejia, Colombia, 19:67; 2-George Baeg Murphy, P.R. 20:80; 3-Gabriel Reyes, P.R. 21:97; (40-44) 1-Perfecto Escobar, P.R. 20:20; 2-Amañeo Villanueva, P.R. 20:33; 3-Pedro Rojas, P.R. 32:51; (45-49) William Clark, U.S. 17:10; 2-Guillermo Miranda, Colombia, 19:50; (50-54) Luis Cano Gaudia, P.R. 18:43; 2-Luis Arroyo, P.R. 21:41; 3-Eduardo Escobar, Colombia, 22:61; (55-59) 1-Victor Clirmont, USVI. 18:99; 2-Francisco Moya, P.R. 19:40; 3-Stanley Beckett, USVI. 36:84; (60-64) 1-William Carmen U.S. 19:64; (65-69) 1-Herbert Miller, U.S. 19:36; 2-Gilberto Gonzalez-Julia, P.R. 19:44 (Breaks world 68 age record)

400 METERS (30-34) 1-Carlos Cruz, P.R. 1:02.92; (35-39) 1-Carlos Santos, P.R. 1:07.64 2-Gonzalo Mejia, Colombia, 1:08.91; 3-Gerardo Ochoa, Colombia, 1:12.69; (40-44) 1-Miguel Saez, P.R. 1:10.47; 2-Amañeo Villanueva, P.R. 1:15.85; (45-49) 1-William Clark, U.S. 1:05.51; 2-Felipe Neri, P.R. 1:16.73; (50-54) 1-Luis Cano Gaudia, P.R. 1:11.85; (55-59) 1-Francisco Moya, P.R. 1:12.73; 2-Don Harris, U.S. 1:13.81; (60-64) 1-William Carmen, U.S. 1:21.0

3000 METERS (30-34) 1-Javier Rivera, P.R. 11:05.25; (35-39) 1-Angel Manzano, P.R. 11:07.30; 2-Jose Martinez, P.R. 11:07.85; (40-44) 1-Luis Luna, Colombia 10:30.17; 2-Tony Rivera, P.R. 12:51.51; 3-Humberto Bustamante, Colombia 12:53.58; (45-49) 1-Julio Reyes, P.R. 14:05.23; (55-59) 1-Ramon Quiros, Colombia, 12:49.67

4 X 100 M RELAY (30-39) 1-Agustin Rodriguez, Daniel Soto, Juan Rodriguez, Wilfredo Picorelli, P.R. 44:47; 2-Carlos Cruz, Eugenio Falu, Herminio Betancourt, Serrano Monche, P.R. 45:04; 3-Carmona, Carrasquillo, Medina, Alvarado, (P.R. Police) 51:91; (40-49) 1-Ocasio, Gonzalez, Andrade, Castro, (P.R. Police) 46:55; 2-Combas, Perez, Rios, Diaz, P.R. 47:30; (50-59) 1-Don Harris, Watanabe, Dawkins, Lancaster, U.S. 56:25; 2-Archeval, Arroyo, Schmidt, Cano Gaudia, P.R. 58:73; (60-69) 1-Carmen, Nordgren, Hull, Lawyer U.S. 54:98; 2-Rohena, Rosario, Gotay, Gonzalez-Julia, P.R. 55:21

4 X 400 M RELAY (30-39) 1-Picorelli, Soto, Rodriguez, Rodriguez, P.R. 3:34.3; 2-Cruz, Betancourt, Serrano, Rivera, P.R. 3:37.7; 3-Martinez, Medina, Alvarado, Miranda, (P.R. Police) 4:17.1; (40-49) 1-Loubriel, Aponte, Lauriano, Andino, P.R. 3:53.22; 2-Castro, Candelaria, Gonzalez, Bonilla, (P.R. Police) 4:19.56; 3-Quiros, Bustamante, Escobar, Luna, Colombia, 4:34.92 (50-59) 1-Cano Gaudia, Alonso, Schmidt, Torres, P.R. 4:14.56.

LONG DISTANCE RESULTS

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

SEAL BEACH 10K SEAL BEACH, CALIF. JUNE 20, 1981

M36-40 Frank Gonzales 34:00
M41-50 Mike Stanford 33:50
M51-55 Barney Berlyn 44:47
M56-59 Jack Carey NT
M60+ Norm Ide 43:30
W40 Mary Louise 55:02
W41-50 Audrey Heath 44:28
W51+ Ruth Carey NT

WESTERN STATES ENDURANCE 100-MILER, CALIF., JUNE 27.

1 Doug Latimer 43 16:02
1 Jim Howard 27 16:02
3 Bill McDermott 29 17:39
4 Bill Weigle 40 18:16
8 Bjorg Austrheim-Smith 37 18:46
10 Sally Edwards 33 20:07
14 Rich Belliveau 43 21:03
19 Rich Goodhead 44 21:25
21 Tom Zavortink 41 21:45
26 O R Peterson 43 22:13
27 John Richards 49 22:20
30 Max Telford 45 22:26
31 Jody Payne 42 22:26
35 Nicki Lewis 48 22:42
38 Raul Ynzunza 42 22:51
40 Vince Devlin 43 22:54
44 Jim Theiring 45 23:00
45 Dave Ferguson 41 23:06
66 Skip Gibbs 39 23:36
76 Martha Maricle 47 23:48

251 starters
146 finishers
82 under 24 hours
*women

KENNESAW 10K TRAIL RUN ATLANTA, JULY 25.

W40 Phyllis Dix 40 54:00
M40 Ken Winn 43 37:10
M45 Ron Barrie 45 38:40
M50 Joe Petrolina 54 43:23
M55 Ray Dubner 55 49:27
M60 Elliott Galloway 44:16

AUSTRALIAN PEOPLES MARATHONS PERTH, AUSTRALIA, JUNE 7

M40 K Andrews 2:37:20
M45 M Smith 2:43:47
M60 John Gilmour 2:47:16

SYDNEY, JULY 5.

M40 J Bowers 2:38:18
M45 H Rickweid 2:50:34
M50 F Byrne 2:54:35
M55 N Clements 3:05:58

BRISBANE JULY 5:

M40 R Best 2:33:26
A Bradford 2:36:30
M50 A Semple 2:58:24

SYDNEY JUNE 14:

M40 I Graves 2:27:23
M45 H Rickweid 2:44:44
M60 G McGrath 2:55:42

NATIONAL AUSTRALIAN VETERAN CHAMPIONSHIPS, JULY 25:

M40 D Harris 2:35:18
K Anderson 2:38:21
J Seymon 2:38:30
M45 B Longmore 2:43:01
K Frazer 2:44:46
J Smith 2:50:03
M50 R Young 2:45:29
M55 Jack Ryan 2:52:57
M60 J Milne 3:16:21
M70 Stan Nichols 3:27:08

VICTORIAN 10K CROSS-COUNTRY CHAMPIONSHIPS, JULY 26:

M40 Nanette Gage 44:46
M45 Peggy Smith 46:48
M40 S Griffiths 35:19
M45 R Morgan Morris 34:47
M50 J Randall 36:53
M55 D Weston 37:02
M60 R Turnbull 39:20
M65 A Burgoyne 41:39
M70 J Brown 49:52

VICTORIA VETERAN MARATHON AUGUST 29:

W40 Dot Browne 2:59:53
W50 Jean Albury 3:36:34
M40 T Vincent 2:37:39
M45 J Smith 2:43:29
M50 J Randall 2:58:58
M55 D Weston 3:18:37
M65 A Burgoyne 3:26:39

MELBOURNE 10K JULY 18:

M40 T Vincent 31:46
M50 R DeStella 39:46
M70 Stan Nichols 41:47

3RD JIM RYUN 6-MILE RUN SANTA BARBARA, CALIF. AUGUST 1, 1981

M40 John Brennan 45 32:26
Aba Ramirez 42 34:21
Wayne Hoffman 43 34:50

M50 Owen Patmor 50 37:00
Jim Rowe 57 37:41
Mike Libera 50 40:19

W40 Shirley Saunders 40:56

W50 Mary Gillilan 50 59:19

SINGLETON 10K, ATLANTA AUGUST 8

M35 Bert Broadfoot 37 34:35
M40 Ken Winn 43 34:41
M45 Dave Branch 48 39:47
M50 Joe Petrolina 54 40:42
M55 Ray Dubner 55 47:22
M60 Rudy Nimmons 61 40:25
W40 Julia Emmons NT

4TH BIG AVOCADO 4 MILE RUN CARPINTERIA, CALIF. AUG. 9

M40 John Brennan 45 20:48
Aba Ramirez 41 22:24
Wayne Hoffman 42 22:25

M50 Richard Durand 52 23:46
Ray Gil 56 23:57
Fred Nagelschmidt 24:35

M60 Charles Seekins 64 26:40

M40 Alma Paige 40 30:22
Lyn Carman 43 31:00
Darlene Bjornestad 33:56

W50 Patricia Frankus 34:36

4TH ANNUAL AMERICA'S FINEST CITY HALF MARATHON SAN DIEGO, AUGUST 22.

M40+
1 Dan McCaskill 40 73:42
2 Bill Gookin 48 76:40
3 Dave Holland 40 76:56
4 Conrad Will 40 78:34
5 Will Rasmussen 41 78:47
6 Bob Wiermaa 40 79:16
7 Jerry Albert 44 79:45

W40+
1 Shirley Matson 40 89:25
2 Jo Anne Wichary 94:59
3 Barbara Woods 99:15
4 Judy Spitzerber 99:19

4658 runners.

SANTA MONICA HALF-MARATHON, AUG. 30.

Male 40-49:
1 Edward Lujan(42) 1:15:20
2 Peter Johnson(41) 1:15:47
3 Robert Beehler(40) 1:16:00
4 Art Mortell(41) 1:16:03
5 Jim Brownfield(49) 1:16:58
6 Dick Pailles(43) 1:18:45

Male 50-59:
1 Bruce Robinson(55) 1:25:05
2 John Perkins(53) 1:25:36
3 Jr. Juan Carmona(54) 1:25:58
4 Edward Berman(51) 1:26:30
5 Peter Sale(54) 1:26:38

Male 60 & over:
1 Eddie Lewin(65) 1:27:15
2 Norton Davay(63) 1:36:36
3 Dean Scofield(69) 1:38:03

Female 35-39:
1 Maree Field(39) 1:26:01
2 Alvera Sabin(36) 1:32:12
3 Corrine Schartz(37) 1:33:41
4 Peggy Heard(35) 1:38:28
5 Sheila Kasham(38) 1:38:46

Female 40-49:
1 Yvonne Matta(42) 1:30:08
2 Mariana McMullen(44) 1:31:00
3 Jeanette Wells(43) 1:32:30
4 Ingrid Hainline(43) 1:35:23
5 Elaine Havens(46) 1:37:23
6 Bonnie Robinson(41) 1:38:37
7 Adrienne Fowler(44) 1:38:40
8 Roberta Lamping(40) 1:38:40

Female 50-59:
1 Helen Dick(57) 1:30:31
2 Lynn Roberts(51) 1:55:55
3 Jeanne Wisseman(58) 2:04:44

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

Female 60 & over:
1 Thornhill, Anna, 41-Millrose 1:26:05
2 Monte, Lona, 40-NYC 1:35:30
3 Schontfeld, Polly, 42-Millrose 1:37:17

HISPANIC HALF MARATHON CENTRAL PARK-NYC

Sponsored by NYARC
Date: Sept. 6, 1981 9:00 AM
Distance: 13.1 miles
Check-In: Men-1016, Women-133
Total-1149

Finishers: Men-857 and 8 racewalkers
Women-104 and 6 racewalkers
Total-975

Weather: Partly cloudy, warm and humid

Men (40-44)
1. Howard, Sid, 42-CPTC 1:14:47
2. Aviz, Ramon, 41-NYC 1:18:24
3. Shane, Glen, 42-NY Plon 1:19:05

Men (45-49)
1. Mahoney, John, 46-MA 1:19:11
2. Stern, Lou, 47-PPTC 1:23:09
3. Rans, Peter, 46-NY 1:24:54

Masters (50-59)
1. Dixon, Don, 54-WYS 1:17:17
2. Burns, Joe, 53-Millrose 1:20:19
3. Fortune, Bill, 53-NYCPD 1:20:42
4. Baxley, Charles, 50-Millrose 1:23:48
5. Burrow, Ted, 54-SA 1:26:15

Seniors (60-69)
1. Rios, Willie, 64-LNTC 1:32:16
2. Gibbons, Tom, 60-Millrose 1:35:34
3. Renny, Roberto, 64-SIAC 1:37:17

Super Seniors (70 and over)
1. Popper, Bax, 78-LNTC 2:01:43

Award Winners—Women
Men (40-44)
1. Thornhill, Anna, 41-Millrose 1:26:05
2. Monte, Lona, 40-NYC 1:35:30
3. Schontfeld, Polly, 42-Millrose 1:37:17

Men (45-49)
1. Fletcher, Joyce, 46-Millrose 1:39:09
2. Knight, Kate, 46-Millrose 1:43:57
3. Schaeffer, Dolores, 46-NY 1:54:05

Masters (50-59)
1. Tighe, Nancy, 50-Atlanta 1:48:33
2. Bordonaba, G., 51-NY Mst 1:51:35

Seniors (60 and over)
1. Havens, Evelyn, 65-ITC 2:15:16

THE 4TH ANNUAL MAZOLA CORN OIL-YMCA SHAPE-UP RUN CENTRAL PARK-NYC

Sponsored by Mazola Corn Oil
Conducted by the YMCA of Greater New York
Under the auspices of the New York Road Runners Club
Date: Sept. 13, 1981 10:00 AM
Distance: 10 Km (6.2 miles)
Starters: Men-2009, Women-803
Total-2812

Finishers: Men-1570 and 24 racewalkers;
Women-561 and 20 racewalkers;
Total-2175

Weather: Warm and sunny, mid 80's

Men (40-49)
1. Aneshansley, Jim, 46-Bkin 34:42
2. Ruiz, Ramon, 41-NYC 35:33
3. Epstein, Henry, 42-NY 37:21
4. Rodriguez, Felipe, 41-NY 37:25
5. Bialokur, Witold, 46-NYC 37:28

Masters (50-59)
1. Jones, Kenneth, 51-NY 35:53
2. Kania, Herbert, 52-NY 36:06
3. Fortune, Bill, 53-NY 37:09

Seniors (60-69)
1. Rios, Wilfredo, 64-Ons 41:29
2. Goldstein, Albert, 61-Bklyn 41:50

70 and over
1. Popper, Max, 78-NY 52:47

Award Winners—Women
Men (40-49)
1. Thornhill, Anna, 41-NYC 38:12
2. Monte, Lona, 40-NYC 42:22
3. Kevies, Barbara, 41-NYC 43:15
4. Rudner, Rivka, 46-NYC 44:04
5. Fletcher, Joyce, 46-NYC 44:11

Masters (50-59)
1. Kania, Mita, 50-NY 38:24
2. Autorino, Ethel, 51-NY 55:48
3. Cavelli, Jean, 53-NYC 57:00

Seniors (60-69)
1. Salmini, Adrienne, 65-NY 59:33
2. Havens, Evelyn, 65-NYC 1:01:51

KNBC PEACOCK 10K RUN LOS ANGELES, SEPT. 13.

Open Kirk Pfeffer 28:59

M40 Gabriel Bernal 33:49
James Murphy 34:18
Charles McClung 34:25

M45 Wally Ingram 36:00
Richard Flores 36:16
Art Milanez 36:37

M50 Len Thornton 36:06
Charles Hanson 39:03
James Simos 40:10

M60 Eddie Lewin 39:49
Ed Bishop 41:43
Demetrio Miller 45:03

BARTLESVILLE, OKLAHOMA LABOR DAY TOK SEPT. 7, 1981

Men (40-44)
Larry Adams(41), Broken Arrow 33:39
Tip McCubens, Enid 35:31
Bob McCoy, Tulsa 35:31
Robert Starns, Nowata 35:55

Men (45-49)
Jim McFadden, Tulsa 34:02
Hewlett Nash, Tulsa 35:07
Joe Leake, Tulsa 36:33
Bill Adams, Bartlesville 37:52

Men (50-59)
Glen LaFayette, Broken Arrow 35:24
H.C. Walther, Ponca City 38:06
Bob Adams, Tulsa 39:55
Herb Beattie, Tulsa 39:57

Men (60-69)
Rocus McIntosh, Tulsa 37:50
Harold McDonald, Broken Arrow 39:48
Bill Ryan, Broken Arrow 42:14
Terry Tarrant, Hooker 44:10

Men (70-79)
Vern Whitelton, Tulsa 46:49
Frank Miranda, Coffeyville, KS 50:01
Jannis Craig, Enid 52:40

Men (80-89)
1. Verani, Ramo, Tulsa 45:18
2. Connie Bruno, Bartlesville 52:08
3. Ann Lawson, Enid 52:32
4. Carla Hobbs, Bartlesville 55:17

Men (90-9

U.S.A. MASTERS 10 K ROAD CHAMPIONSHIPS SEPT. 26, 1981
Russell Road Park Kent, WA

1. Dan Conway 42	Indianhead TC	31:02.4	1st M 40
2. Ray Hutton 49	Portland TC	31:26	1st M 45
3. David Hamby 42	SnoTC-A	31:29	2nd M 40
4. Michael Heffernan 41	W.Hills Str.	32:02	3rd M 40
5. Bill Weinhardt 40	W.Valley Jrs	32:35	
6. Jerry Schmidt 41	W.Hills Str.	32:55	2nd M 45
7. Reed Miller 43	W.Hills Str.	32:56	3rd M 45
8. Derek Mahaffey 47	SnoTC-A	33:12	
9. Earl Ellis 45	SnoTC-A	33:32	
10. Dennis Meyer 48		33:43	
11. Dennis O'Hare 41	SnoTC-B	33:47	
12. Maurice Pratt 44	SnoTC-A	33:57	
13. Paul Hall 42	SnoTC-B	34:01	
14. Robert Hughes 41	SnoTC-A	34:12	
15. Al Huff 43	SnoTC-A	34:34	
16. James Murphy 42	So. Cal. Str.	34:37	
17. Alvin Clark 43	Portland TC	34:42	
18. Roger Bryan 45		35:02	
19. Bob Langenbach 44	SnoTC-B	35:07	
20. George Buckner 42	W.Hills Str.	35:12	
21. Mike Christiansen 47	Runners Forum MT	35:17	
22. Jim Caviness 47	SnoTC-C	35:39	
23. Keith Baker 45	SnoTC-B	35:40	
24. Tom Stewart 43	SnoTC-B	35:50	
25. James Volk 49	SeoTC	35:51	
26. Roy Burt 45	SnoTC-C	36:04	
27. Jack Martin 46	SnoTC-C	36:14	
28. Larry Webster 48	Sunrise Str.	36:16	
29. Mark Clement 41	W.Hills Str.	36:26	
30. David Morris 42	SnoTC-B	36:29	
31. Valdemar Schultz 41	W.Hills Str.	36:35	
32. Hugh Ainslie 51	SnoTC-R	36:36	
33. Jim Ganley 49	Sunrise Str.	36:36	
34. William Cupp 50	Club Northwest	36:51	
35. Walter Jorgensen 40	Oly. Rain R.	37:01	
36. Tom Sturak 50	S. Cal. Str.	37:09	
37. Nick Wilson 44	Sunrise Str.	37:11	
38. Bill Malinski 45	SnoTC-C	37:36	
39. Jim Baggett 47	Sunrise Str.	37:40	
40. Robert Hunt 50	Sunrise Str.	37:46	
41. Dean Fournier 46	SnoTC-C	37:47	
42. Cecil Stearns 45	SnoTC-D	38:17	
43. Jack Lyons 50		38:22	
44. George Lundin 52	Club NW	38:23	
45. Norman Clark 56	SnoTC-R	38:28	
46. Jim McGown 59	SnoTC-R	38:36	
47. Mark Martin 51	SnoTC-R	38:42	
48. William Bartell 43	SeoTC	38:44	
49. Bob Thomas 46	Sunrise Str.	38:49	
50. Gordon Kendenhall 42	SeoTC		

51. Dick Raub 47	48 SnoTC-C	38:53	
52. Edward Curtis 50		39:03	
53. John Maxwell 50		39:12	
54. Ben Grovsted 46	SnoTC-D	39:12	
55. Annie Fredrickson 48	40 SeoTC	39:13	
56. Colin Charlton 48		39:21	
57. Judy Groombridge 41	SeoTC	39:36	
58. G.S. Tapper 51		39:45	
59. Frank Grey 61		39:46.2	
60. Norman Hansen 60	Club NW	39:46.6	
61. Joe Vance 51		39:48	
62. Robert Phelps 55	SnoTC-R	39:52	
63. George Emerson 41	Club NW	39:57	
64. Robert Mortenson 43		39:59	
65. Jim Ficca 42	Sunrise Str.	40:13	
66. Sam Lev 42		40:18	
67. Herb Welsh 52	SnoTC-R	40:22	
68. Joseph Mallon 60	Portland TC	40:27	
69. Christine Curtis 43	SeoTC	40:42	
70. Roman Michalak 46		40:46	
71. Bill Randall 45	SnoTC-D	40:46	
72. Mary Miller 42	SeoTC	40:48	
73. John Edwards 44	Sunrise Str.	41:02	
74. Joseph Buhr 42		41:38	
75. Sam Mitsui 55	Club NW	41:40	
76. Leon Holman 54	SnoTC-R	41:43	
77. Irene Lev 41		41:43	
78. Alexander Urquhart 42	SnoTC	41:45	
79. Richard Black 54		41:58	
80. Jerry Kottenbrock 46		42:00	
81. Dan Peterson 52	SnoTC-R	42:01	
82. Bill Maxwell 45	SnoTC-D	42:01	
83. Bill Williams 56	SnoTC-R	42:23	
84. Michael Clarke 47		42:30	
85. James Cushman 44		42:35	
86. George Richards 45		42:51	
87. Ed Foster 47	PSRC	42:59	
88. Ken Gauthier 40		43:01	
89. Jim McKay 42		43:08	
90. Jim Swindler 45	Pt. Steil. RC	43:08	
91. Barbara Gregg 45	Sunrise Str.	43:09	
92. John Bandur 43	Pt. Steil. RC	43:31	
93. Mola Bruhn 52	SeoTC	43:31	
94. Robert McAllister 61	Portland TC	43:33	
95. Tony Corvin 48		43:43	
96. Norman Bright 71	SnoTC-W	43:57	
97. Bill Phelan 47		44:29	
98. John Griffith 58		44:29	
99. Ray Christiansen 40	Club NW	44:39	
100. Fred Parrish 40		44:50	
101. Joyce Ambrose 44	Pt. Steil. RC	44:55	
102. Ron Behrman 41		45:08	
103. Richard Swanson 42	SnoTC-D	45:15	
104. Tony Labbe 40		45:39.1	
105. Patricia Dixon 62	Portland TC	45:39.4	
106. Jerry Satterlee 67	SnoTC-W	46:09	
107. Harold Wood 60		46:34	
108. Laura Baggett 40	Sunrise Str.	46:34	
109. Beverly LeVeck 45	SeoTC	47:07	
110. Urban Miller 70		47:11	
111. Pat Thorsen 53	Sunrise Str.	47:11	
112. Pat Thorsen 53	Sunrise Str.	47:11	

113. Jerry Johnson 50	Club NW	47:28	
114. Jo Hess 63		47:38	
115. Allan Twitt 46	Sunrise Str.	47:55	
116. Dave Peterson 46		50:24	
117. Stuart Seaborn 62		50:25	
118. Natalie Schwank 57		51:20	
119. John Fawcett 63		51:38	
120. Shirley Savage 43	Sunrise Str.	52:47	
121. Gene Hess 70		53:15	
122. Rosalaine Osthus 44	Sunrise S.	53:15	
123. Joe Forte 47	Club NW	53:35	
124. Tami Mitsui 52	SeoTC	55:30	
125. Phyllis Pearson 60		56:03	
126. Jean Wood 56		57:00	
127. Jeanne O'Steen 45		59:04	
128. Ron Horton 52		59:05	
129. Lee Horton 45		59:12	
130. Mike Pavlik 41			

* new world record

130 RUNNERS STARTED AND FINISHED

WOMEN'S TEAM RESULTS

40-49: 1. Seattle Track Club 57, 69, 72, 94, 110 (125) 3:31:11
2. Sunrise Striders 57, 109, 112, 120, 122 4:01:03

MEN'S TEAM RESULTS

40-49: 1. Snohemish Track Club-A 3, 8, 9, 12, 14 (15) 2:45:21
2. West Hills Striders 4, 7, 20, 29, 31 2:52:19
3. Snohemish Track Club-B 11, 13, 19, 21, 24 (30) 2:52:55
4. Snohemish Track Club-C 23, 26, 27, 38, 41 (52) 3:01:50
5. Sunrise Striders 28, 33, 37, 39, 40 3:05:03
6. Snohemish Track Club-D (49, 52, 73, 115) 3:24:56
50-59: 1. Snohemish Track Club-R 32, 45, 46, 47, 62 3:11:48
2. Club Northwest (67, 76, 81, 83) 3:23:53

RACE DIRECTOR: Snohemish Track Club, Bob Lange coach, 4261 South 184th St, Seattle, WA 98188 (206) 411-8868

SOUTHERN PACIFIC TAC 20K CHAMPIONSHIPS, SEPT. 13
NEWALL, CALIF.

Open Richard Govi 1:06:03	Open Phil Coppess 2:16:13
M40 Skip Shaffer 1:12:16	Women Tina Gandy 2:49:39
M45 Andre Tocco 1:10:15	M30 Frank Shorter 2:17:27
Jim Knerr 1:13:04	M35 Greg White 2:26:42
Dick Belliveau 1:15:36	Joe Vega 2:29:47
M50 Tracy Brown 1:18:12	John Blair 2:34:28
Dave Parker 1:19:35	M40 Roger Rouiller 2:33:47
Patrick Devine 1:20:24	Mel Williams 2:36:23
M55 Ray Gil 1:20:04	Ernie Billups 2:36:40
Fred Nagel- 1:20:42	M45 James Powell 2:42:16
M30 Betty Pearce 1:44:02	topolous 2:47:22
	Dave Schertz 2:52:31

PREFONTAINE MEMORIAL 10K COOS BAY, OREGON, SEPT. 19.
(648 finishers)

Open Kevin Ryan 29:40	M50 Vic Spata 2:54:07
M40 Edgar Kousky 37:21	Clyde Bakur 2:54:48
Bob Ward 37:25	Jim Ochman 2:57:23
Lynn Myers 37:49	M55 Charles Hind 3:33:26
M50 Blaine Menning 39:00	Harry Roberts 3:38:15
Mel Elliott 41:02	Marcos Mutilo 3:43:26
Don Loftus 41:14	M60 C Rhodes 3:14:14
M40 Sharon Sahonchik 46:33	W Yules 3:20:41
Pat Brash 52:18	Carl Agreath NT
Joan Stamper 58:24	M65 John Benkovich 4:31:57
M50 Claudette Hamilton 58:29	John Hampton 4:32:00
M60 Kress McCune 46:59	Sue Peterson 2:58:58
Mel Jones 52:44	Diane Horan 3:14:07
Vic Mattila 63:04	M40 Shirley Salberg 3:42:26
M70 E P McKean-Smith 53:52	Rosie Anderson 3:51:20
	Anne Greco 3:51:38

CONVERSE SOUTHERN CALIFOR- NIA 10K RUNOFF

M40 Tom Laris 40 31:59	M45 John Brennard 45 32:45
Dave Stansbury 43 32:43	Andre Tocco 45 32:53
Gabriel Bernal 42 33:24	Jim Knerr 47 34:12
M50 Tracy Brown 52 36:42	M55 Fred Nagelschmidt 37:17
Mally Evertz 52 37:14	Ray Gil 56 37:43
Dave Parker 51 37:51	Bruce Robinson 55 39:49
M60 Harold Daughters 38:13	Eddie Lewin 65 39:30
Edwin Bishop 60 40:46	Ingrid Hainline 42:13
Rita Gilmore 41 43:55	Bonnie Robinson 41 43:49
M45 Rita Hobbs 46 39:48	Judy Martine 46 41:40
Elaine Havens 46 44:26	M50 Stella Sharp 53 39:22
M50 Evelyn Dabritz 51 50:16	Joyce Boedeker 50 53:55
M60 Bess James 72 57:57	

M40-49	28:35
1 Terry Manners	29:59
2 Derek Ferner	30:14
3 Colin Rogers	30:18
4 Don Seaman	30:38
5 Ron Hill	30:49
6 Vic Matthews	30:52
7 Brian Harris	30:55
8 Bob Daniell	31:05
9 Dave Peele	31:08
10 Bob Paklian	32:12
M50-59	32:42
1 Bob Bowman	32:42
2 Doug Beatty	36:20
3 Don Williams	
M60+	
1 George Sheehan	
2 Jim Safard	

PENN MUTUAL/TAC NATIONAL MASTERS 15K ROAD CHAMPION- SHIPS, WASHINGTON, D.C. OCTOBER 3, 1981.

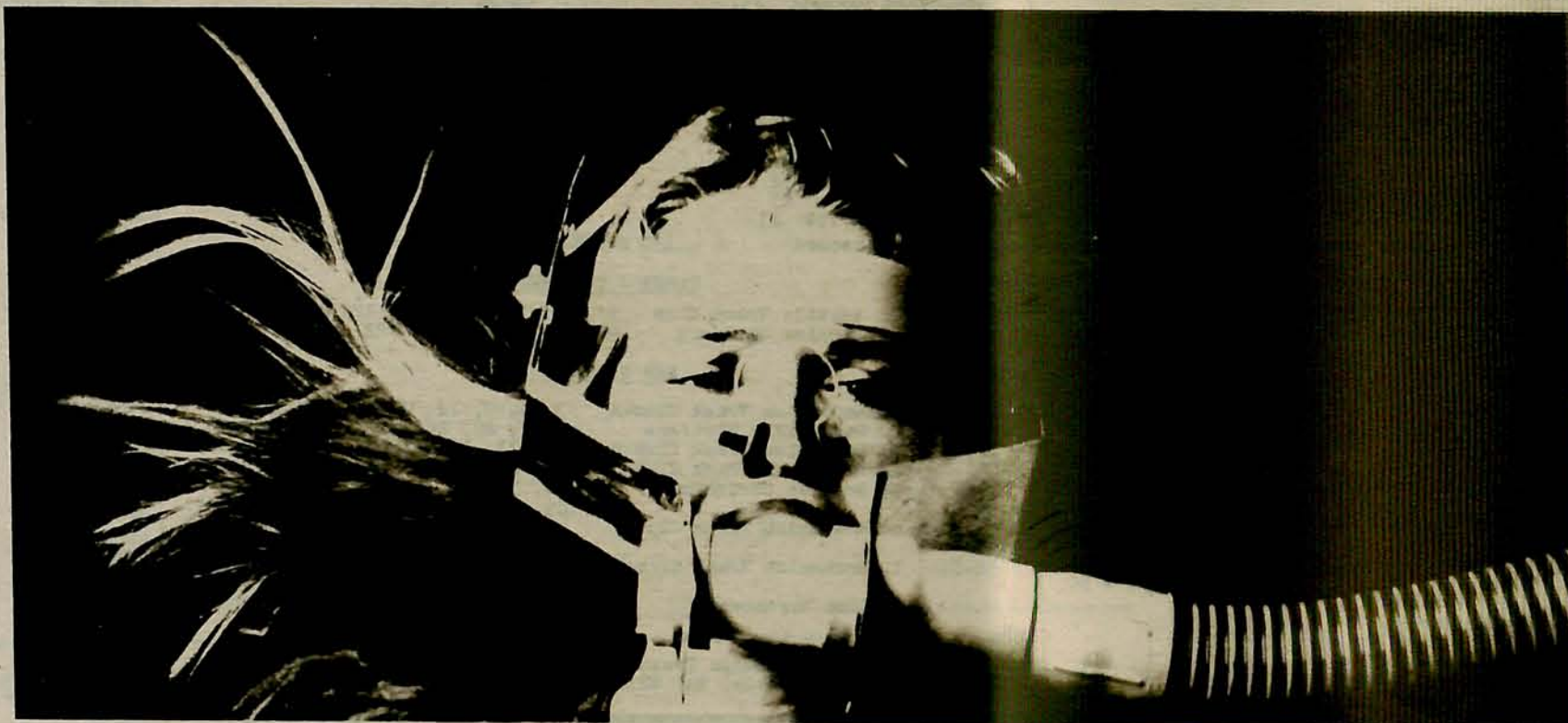
M40-44	41 48:30
Dan Conway	41 48:30
Bob Jenkins	41 48:30
Ralph Zimmerman	41 48:30
Ken Winn	41 48:30
Mike Sabino	41 48:30
M45-49	41 48:30
Ralph Bowles	41 48:30
Dick Gottshall	41 48:30
Rich Jamorsky	41 48:30
Ray Harrison	41 48:30
Tom Kurihara	41 48:30
M50-54	41 48:30
George Vernovsky	41 48:30
Ed DeMarrais	41 48:30
Tom Haniyama	41 48:30
M55-59	41 48:30
Herb Chisholm	41 48:30
James Jensen	41 48:30
Frank Kelly	41 48:30
M60-64	41 48:30
John McIntyre	41 48:30
John Woods	41 48:30
Malt Krekman	41 48:30
M65-69	41 48:30
Robert Moffitt	41 48:30
Wilford Wood	41 48:30
Joe Siebert	41 48:30
M70+	41 48:30
Ed Benham	41 48:30
Paul Fairbank	41 48:30
John Newdorp	41 48:30
M40-44	41 48:30
Trudy Rapp	41 48:30
Carol Herrick	41 48:30
Evelyn Maltz	41 48:30
M45-49	41 48:30
Joann Mallet	41 48:30
Betty Delacruz	41 48:30
Annette Dagg	41 48:30
M50-54	41 48:30
Rachel Bourn	41 48:30
Pat Mensley	41 48:30
Diane Stone	41 48:30
M55-59	41 48:30
Margaret Cochran	41 48:30
Garmen Haney	41 48:30
Sally Jensen	41 48:30
No women over 60. 222 Fin.	

PHILADELPHIA MASTERS FALL 6-MILE RACE, PHILADELPHIA. OCTOBER 4, 1981.

M30 Henry Damian	34:43
Ira Springel	35:27
Syd Havely	35:57
M35 Larry Connelly	33:20
Dave Brier	35:17
Tom O'Hara	37:11
M40 John Kittredge	36:19
Val Schultz	36:20
Wick DeAngelis	38:07
M45 Al Wick	33:18*
George Allen	38:16
Bill Rock	38:18
M50 Bernie Rubinsky	33:19*
John Chapman	37:00
John Blood	38:06
M55 Bart Holm	38:44
Hal Sanderson	38:45
Ray Cox	40:29
M60 Bob Berard	47:49
Tom Kelly	49:18
M30 Maureen Meyer	41:39
Helen Price	44:24
Betsy Lynch	51:21
M35 None	
M40 Gayl Gentile	50:17*
M45 Helen Zimmaro	50:50
Marie Barrie	53:31
M55 None	
M55 Ellen Kelly	55:18
42 most yrs. 36 submasters, 36 under-30's.	
*Wick and Gentile won bowls for first over-40's. Ru- binsky was recognized for his fine time.	
from Pete Taylor	

RUN FOR HEALTH 10K ON NEW MESSIAH BAY CONCRETE SAN DIEGO, CAL. OCT. 4.

M40 Bill Gracy	40 36:38
M50 Bill Stock	52 36:21
Chuck Anderson	51 37:30
M40 Shirley Nelson	40 38:53
Bonnie Stock	49 38:55
M50 Anne Johnson	53 42:06
Wick Johnson	50 42:40



TO FIND A FASTER SHOE, WE WASTED A LOT OF ENERGY.

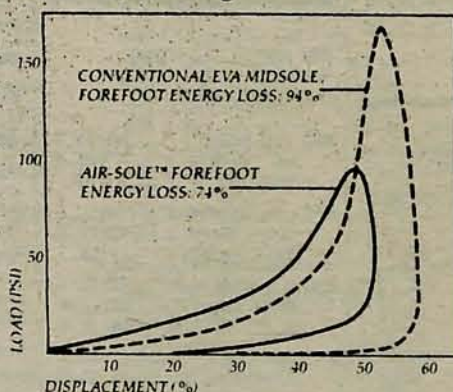
It would have been simpler had we never heard those famous words: 3.79 ml O₂/kg/km.

Up until then, we knew what everyone else did. The surest way to make a shoe faster was make it lighter. Carve 100 grams from a pair of racing flats and you give the athlete a one percent energy rebate.

That's what the Nike Eagle is all about. At about 150 grams, it remains the lightest flat on the market. And the minute we introduced it, the shoe posted a 2:10 marathon.

Obviously, we didn't cut weight haphazardly. And since different runners need different amounts of comfort to race effectively, what we didn't put in the Eagle, is there in the Magnum, the Boston and the Elite.

Everything made sense. Until we started fooling around with air.



The Air-Sole™ returns 20% more energy on pushoff than conventional EVA midsole.

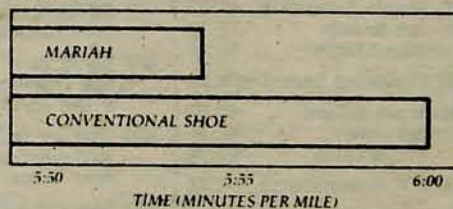
Suddenly, conventional wisdom flew right out the laboratory window.

The Tailwind, developed for cushion, refused to act like a typical 290 gram shoe. And more like 170 gram model. The Air-Sole™ proved to be about two percent more energy efficient than it had any right to be.

In plain language, a 3.79 ml O₂/kg/km discrepancy. And nothing to take lightly.

So we began work on an even faster model. We carefully reduced the weight. Tuned the air for high speeds. Put world-class athletes through grueling workouts on treadmills. Ran impact tests to check shock attenuation.

In the end, we called the shoe Mariah.



Average pace for nine subjects (5'10"; 149 lbs.) expending same effort in Mariah vs. conventional shoe of same profile and weight. Based on 108 trials of each shoe.

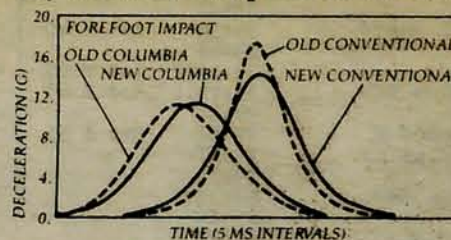
A runner capable of a 2:10 marathon in a shoe of similar weight, now has the potential of running 2:07:32. Put another way, the same amount of energy that would take athletes 50 miles, will now take them about 51 miles.

There were other surprises. Our lab tests showed that, contrary to all logic, the Air-Sole actually increased the Mariah's stability.

It appeared we not only had a great racing flat, but the makings

of a revolutionary training shoe. So we made it. The Columbia.

We were immediately handed another little shock. While most midsoles exhibit substantial cushioning loss after 300 miles, the Columbia, after more than 800, had practically the same resiliency as the day it came off the production line.



In impact tests, after more than 600 miles, the Columbia showed no loss in cushioning while conventional training shoe with EVA midsole displayed a loss of 21.4%.

There are, however, some things we are not going to tell you about air shoes. We are not going to tell you they reduce injury. Or speed recovery between races or heavy training runs. Many athletes, even researchers, think so. But we don't have enough hard data. Not quite yet.

We will tell you this.

You really don't need one of the most sophisticated research labs in the world to come up with a fast shoe. It's a lot less exhausting if you make sure—one way or the other—your shoe gets on a fast runner.

That's fine. But around here, we have to know that once it's there, it does the job better than any other shoe possibly could.

And that's what all the sweat's about.

