

★ HIGHLIGHTS ★



- RESULTS OF 36 DISTANCE RUNS
 - Bobby Crim 10-Miler
 - MSA Cross-Country
 - Philadelphia Half-Marathon
 - Canadian Women's Masters 5K
 - Dayton River Classic
 - Freedom Trail
 - 7 Pepsi Challenges
 - And 23 more

- RESULTS OF TRACK & FIELD MEETS
 - Greenville
 - Club West
 - 100 Mile Relay
- NEW LIST OF U.S. MEN'S AND WOMEN'S 5-YEAR LONG DISTANCE ROAD RECORDS

- 1982 POSTAL RELAYS
- 1981 MARATHON RANKINGS
- ALL-TIME MASTERS MARATHON BESTS
- COLUMNS BY:
 - Tymn, Miller, Conley, Finger, Romppanen,
 - Weed, Fine



National Masters News



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

51st Issue

November, 1982

\$1.25

Manley Runs 2:17:32 In China

Mike Manley of Eugene, Oregon set his 4th American masters record since turning 40 last spring by blazing to a 2:17:32 in the Beijing, China Marathon, September 26.

The time is the fastest marathon ever run by an American age 40-or-over. It betters the American masters point-to-point marathon mark of 2:21:19, set by Bill Hall at Boston last year. The U.S. certified-course record is held by Jim Bowers, who ran 2:22:23 in 1980.

Manley finished 6th overall in the race, and moved up to 5th place on the all-time list of veteran marathoners. (New Zealand's Jack Foster holds the world over-40 mark of 2:11:18).

Manley added to his previous 1982 American marks of 14:27 for 5000 meters on the track, 30:31 for 10K and 1:06:32 for the half-marathon. □

Prior Top Master At Bobby Crim

FLINT, Mich., August 22. Ken Prior, 41, of Vandalia, Ohio, one of the fastest-improving masters runners in the nation, captured the masters title at the prestigious Bobby Crim 10-mile run today in a time of 54:05.6.

Rex Perrine was the second over-40 runner across the finish line, posting a 55:00.9, which gave him the 45-49 crown. Third among masters, and winning the 50-54 title in 55:19.5, was Norman Eastman. The time was only 90 seconds off Hal Higdon's U.S. 50-54 record. Dave Biddinger was fourth in 55:36.4.

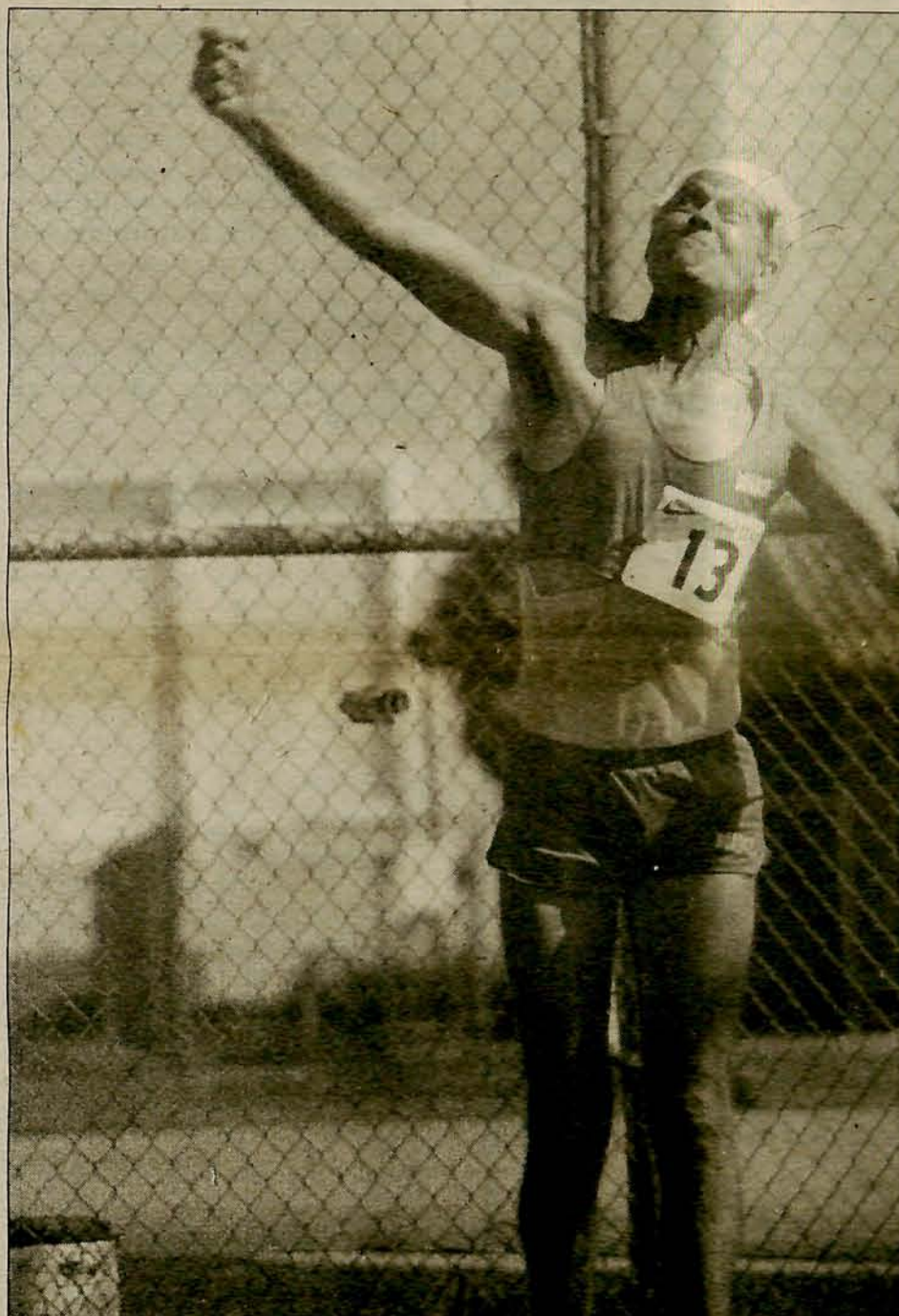
Laurie Binder set her second U.S. women's 35-39 record in 60 days with a time of 55:21.5, bettering by over six minutes the pending 61:33 mark of Mary Williams.

Peter Hallop's 51:28.6 was only 30 seconds off the U.S. 35-39 standard.

Karen Holappa was the first over-40 woman across the line in 65:09.2, which gave her the 45-49 title, 25 seconds ahead of 40-44 winner Mary Lund. Melba Hatch took 50-59 laurels in 71:52.

Fred Gurol's 69:51 took the 60-69 men's title, while Minnesota's Bill

(Continued on page 4)



1948 Olympian Boo Morcom, 61, Philadelphia, hurls the discus 124'8" en route to victory in age 60-64 bracket of 1st World Veterans Decathlon Championships Aug. 28-29 in San Diego with 8917 WAVA points.

Photo by Mike Plant

START SETS HALF-MARATHON MARK

PHILADELPHIA, Sept. 19. Jack Start, 61, blazed to a new American half-marathon for men age 60-64 today with a time of 1:21:19 in the Philadelphia Distance Run. The effort broke Start's own pending mark of 1:22:50 set last September.

Bob Fischer, 42, of Newark, New Jersey, captured the 40-49 division with a good 1:09:25, two minutes ahead of Doug White, 40, 1:11:54. Ohio's Ken Prior, 41, picked off third in 1:12:10.

In the 50-59 category, Bernie Rubinsky, 52, emerged victorious in 1:15:53, ahead of Patrick Nutt and Dick Spare. Rudy Nilsen was the top 70-year-old in 1:42:14.

Sandy Folzer, 43, took the women's Masters crown in 1:24:50, with Irma Lorenz runner-up in 1:26:43. Nancy Ammermuller's 1:52:18 and Althea Wetherbee's 1:51:40 were good for 50-59 and 60 plus division honors, respectively. □

100 Mile Relay Record Broken

by WILL RASMUSSEN

SAN DIEGO, October 3. A new American record of 8:50:28 (5:18.3 per mile) was established for the Masters 100 X One-Mile Relay today by the San Diego Track Club.

Again, the SDTC fell short in their pursuit of bettering the world record of 8:45:21, held by the Wirral Athletic Club of England. But it took nearly two minutes off its previous record.

The SDTC assembled 100 members — all over age 40 — to each run one mile around the Palomar College track. Scheduling was a real problem, as approximately 15 runners cancelled during the last 2 days prior to the relay, and, worse yet, another 10 scheduled runners failed to show up. Noting that the top 90 times averaged below the World Record pace, the record was well within reach if all runners had shown up and with a few less cancellations.

Several of the cancellations late Saturday were scheduled for the early hours, and some of the no-shows happened first thing in the morning. The result of all this was that runners arriving nearly an hour before they were originally scheduled to run were told that they had only 10 to 15 minutes to

(Continued on page 4)

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



Write On!



Address letters to:

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

National Masters Officers

ATHLETICS CONGRESS

TRACK & FIELD CHAIRMAN:

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

LONG DISTANCE CHAIRMAN:

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

TRACK & FIELD RECORDS:

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

LONG DISTANCE RECORDS:

National Running Data Center
P.O. Box 42888
Tucson, AZ 85733
(602) 323-2223
(602) 326-6416

INDOOR RECORDS AND RANKINGS:

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

INDOOR T&F MEET COORDINATOR

Ron Salvio
Squan Rd.
Clarksburg, NJ 08510
(609) 259-9268

OUTDOOR T&F MEET COORDINATOR:

Bruce Springbett
P.O. Box 1328
Los Gatos, CA 95030
(408) 354-7333

WORLD ASSOCIATION OF VETERAN ATHLETES (WAVA)

PRESIDENT:

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

NORTH AMERICAN REP:

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

TECHNICAL CHAIRMAN:

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

VICE PRESIDENT

(Road Running and Walking)

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

WOMEN'S DELEGATE:

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

NIKE

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

NATIONAL UNIFORMS

At the Wichita National TAC Championships, full track uniforms with sweat suits, jackets and all were proposed for the World Masters Championships at San Juan in 1983, to be paid for by each competitor.

When we lived in New York, two carloads of athletes used to drive all night every spring to make the SEUS meet at Raleigh. They did it because they loved the sport. They did it because they held low-paying jobs in the high-priced city. These men are the real heroes of Master's track.

If we can get a sponsor that wants to furnish all competitors with a full dress uniform, well OK, maybe. But a sponsor who puts up this much money

may want things we should not give. Why not go with a single track shirt, all alike, furnished to all who pay entry fees. Let each competitor wear the extras he is accustomed to. This will abide by the original Olympic concept of athletes competing on their own, unattached.

Some may laugh a little at our motley array of colors and styles. But they won't laugh when they look at the scoreboard.

Phil Partridge
Holland, Michigan

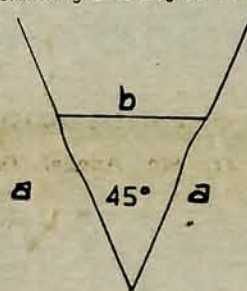
THROWING SECTOR

The 1981 TAC Reno convention instituted several Master track and field rule changes, one of which being the throwing sector angle from 40° to 45°.

As there has been a "weedout" as to the procedure to be followed for determining a 45° sector, I say stand easy all you "lubbers" as this "old salt" is going to lay it on you in Metric and English equivalents.

Clock the drawing. All the high school math teachers will now get geared up.

The following is the procedure for determining a 45 degree sector:



a	(meters)	(english)	b
55	16'	5"	3.9 12' 9.5"
10	32'	9.75"	7.6 24' 11.25"
15	49'	2.5"	11.5 37' 8.75"
20	65'	7.5"	15.3 50' 2.5"
25	82'	0.25"	19.2 63' 0"
50	164'	0.5"	38.2 125' 4"
100	328'	0.8"	76.6 251' 4"

Brad Pearson
Alameda, Calif.

COMPLAINTS

Was disappointed there were no results printed in NMN from the L.A. Senior Olympics, July 24, especially since I set a meet record in the 800 for my age group. We do like to see our names in print for working hard.

Barbara Vail

(In 1983, the Senior Olympics will be professionally run by experienced Masters athletes as part of the TAC Masters program, and the results will be printed in NMN immediately. But for the past 10 years, the policy of the present organizers of the Senior Olympics, who operate on their own outside the TAC program, has been to wait until several months after the event to

event to print the results. Moreover, because of the timing procedures used, the TAC National Masters T&F Records Committee often doesn't approve the records.)

I'm letting my subscription expire for one reason: there's never any articles about runners from this area. Why this may not be your fault, it's certainly a fact. Oklahoma has a dozen or so runners that can run anywhere.

Jack Angel
Oklahoma

(Sorry, Jack. We try, and we thought our coverage had improved in your area. We regularly print results of Tulsa races. I'm sure we could do better, but we're still a low-budget operation written by Masters athletes. We depend on contributions from readers in each area.)

KUDOS

Really enjoy the National Masters News. The first thing I look for is the schedule. My husband, Earl, and I are both retired. We like to travel. International trips need to be planned far in advance — maybe a year or two. Our only source of information is from you. We appreciate you keeping us informed.

Marilla Salisbury
San Diego, Calif.

I want to compliment you on your fine newsletter. It is great to be able to keep up-to-date on new records and performances by Masters everywhere.

Jean Cleator
Vancouver, B.C.

You are doing a terrific job in editing the paper.

John Clarke
Estes Park, Colorado



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.



NATIONAL

December 2-5. 4th Annual Athletics Congress National Convention, Philadelphia. Registration form in November issue.

TRACK & FIELD

SOUTHEAST

December 11. Invitational Masters Decathlon/Pentathlon. For invitation send S.A.S.E. to Joe Johnston, 339 N. Christiana Ave., Apopka, FL 32703.

December, 28-29. Holiday Weight Pentathlon and Regular Pentathlon, Delray Beach, Florida. Randy Cooper, Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, FL 33444.

MIDWEST

January 9. Lake Erie Indoor Track & Field Championships, Maple Heights High (Cleveland). Open and 5-year age groups from 30 up. Mary Chadbourne 216-321-8830.

WEST

December 26. 7th Hawaii Regional Senior Olympics Christmas Track Meet, Kaiser High, Honolulu, 8 a.m. Stan Thompson, 1549 Ipukula St., Honolulu HI 96821.

NORTHWEST

January 21-22. 3rd Annual Snake River TAC Indoor Track & Field Championships, Idaho State Univ. Mini-Dome, Pocatello, Idaho. Age-groups. Box 8173 ISU, Pocatello, ID 83209.

INTERNATIONAL

September 23-30, 1983. 5th World Veterans Games, San Juan, Puerto Rico.

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

Need Back Issues?

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

Send to:

National Masters News

P.O. Box 2372

Van Nuys, CA 91404

LONG DISTANCE RUNNING

NEW ENGLAND

November 7. 7th Annual Ocean State Marathon, Newport, Rhode Island. SASE to NEAC, 265 Medford St., Somerville MA 02143. (617) 625-1040.

EAST

Nov. 6. Marine Corps Marathon, Washington DC. Marathon, 8th & I Sts SE, Washington DC 20390.

Nov. 7. JFK 5K, Pittsburgh. (412) 561-0338.

November 14. TAC National Masters 10K Cross Country Championships, Penn State. Harry Groves, Penn State Sports, University Park PA 16802. (814) 863-3147.

November 20. 3rd Annual 5K, Syosset, Long Island. 10 a.m. Geza Feld, 33 Center Dr. Syosset, NY 11791. 516-364-3542.

November 21. 9th Annual Delaware Valley College Turkey Trot 3.5 miles, Doylestown, PA. Dr. Berthold, 215-345-1500.

November 28. Oxford Thanksgiving Triathlon, Eastern Shore of Chesapeake Bay. Run 20 miles. Bike 51 miles. Row 8.5 miles as individual or team. Box 268, Oxford MD 21654. 302-226-5494.

December 4. Penn Mutual/Nike/TAC National Masters 5-Mile Road Racing Championships and Open and TAC delegates race, Philadelphia, 10 a.m. East River Drive. Post entries only \$5.00. Awards to first three in open and each 5-year age-group from age 30 up. Team awards for 40-49 (5 runners), 50-59 (5) and 60+ (3), based on time. Fred Marmis, 215-985-1780.

December 4. National Masters 5-mile Road Championship, Philadelphia.

December 5. 5th Annual Brian's Run, West Chester, Pa. 10K. 1 p.m. Larry Brandon, 206 Brooke Drive, West Chester PA 19380. (215) 692-5643. 4000 runners.

Dec. 5. Reindeer Run 1/2 marathon, Andes, NY 36 1/2 Main St., Delhi NY 13753.

Dec. 5. Maryland Marathon, Baltimore. PO Box 11394, Baltimore MD 21239.

December 12. Easter Masters 10K Road Championships. 1:30 p.m. Clarksburg, NJ. Deadline: Dec. 7. Ron Salvio, Squan Rd., Clarksburg, NJ 08510. 609-259-9268.

SOUTHEAST

November 6. TAC National Masters 25K Road Championships, Raleigh, N.C. Lou Bilodeau, 5404 Cedarwood Dr., Raleigh NC 27609. (919) 782-4206(h); (919) 549-4286(o).

November 26. TAC National Masters 5K Cross-Country Championship, Raleigh, NC. Bob Baxter, 800 Perdue St., Raleigh NC 27609.

Dec. 11. Joe Steele Marathon, Huntsville,

Ala. Harold Tinsley, 8811 Edgehill Dr., Huntsville AL 35802.

MIDWEST

Nov. 6. International Peace Race 25K & 10K, Youngstown, Ohio. Box 1320, Youngstown OH 44501.

December 26. Midwest Masters 30K Road Championships Veterans Park, Crystal Lake, Ill. 10 a.m. (Open Run). Wendell Miller, 180 N. LaSalle, Chicago IL 60601. (213) 236-1315. Race day sign up only. \$5. 5-yr. age-group awards.

MID-AMERICA

November 7. Macy's Marathon and 10K Run, Kansas City. Macy's Marathon, 1034 Main St., Kansas City MO 64105.

SOUTHWEST

Nov. 6. 4 pm. First City/Nike Gulf Athletic Assoc. Masters 10K Cross-Country Championship on the tough Houston south Buffalo Bayou course, site of the 1981 nationals. Ed Lang, 14 Sandalwood Rd. Houston TX 77024. (713) 781-2810.

Dec. 4. Whiterock Marathon, Dallas. Marathon, 6434 E. Mockingbird, Dallas TX 75214.

WEST

November 20, 10 a.m., Golden Gate Race Walkers 1982 15Km Racewalking Championships, all age divisions, Golden Gate Park, San Francisco. Harry Siitonen, 106 Sanchez St., Apt. 17, San Francisco, CA 94114. 415/863-0479.

Nov. 21 Heart of San Diego Marathon, 3640 Fifth Ave., San Diego, CA 92103.

Nov. 21 Lasse Viren Finnish invitational 20K, Malibu, Calif. Eino, 32926 Mullholland Hwy, Malibu, CA 90265.

Nov. 28. Penn Mutual/TAC National Masters 15K Cross-country Championships, Balboa Park, San Diego, Calif. Ken Bernard, PO Box 80512, San Diego CA 92138.

Dec. 4. Fiesta Bowl Marathon, Scottsdale, Arizona. Marathon, 3410 E. Van Buren, Phoenix, AZ 85005.

December 12. Honolulu Marathon. Box 27244 Chinatown Station, Honolulu HI 96827, (808) 734-7200.

ON TAP FOR NOVEMBER

LONG DISTANCE RUNNING

To a runner, November and cross-country are synonymous. This month, all three TAC National Masters cross-country championships will be run: the 10K at Penn State on Sunday the 14th; the 5K in Raleigh, N.C. on Friday the 26th; and the 15K in San Diego on Sunday the 28th.

A fourth TAC National Masters championship — the 25K Road Race — will be held in Raleigh on the 6th. The 6th also will see the First City/Nike Gulf Association 10K cross-country championships in Houston; and the Marine Corps Marathon in the nation's capital.

The Ontario Masters 10K Cross-Country Championships are set for the 7th, as is the Ocean State Marathon in Newport, Rhode Island; and Macy's Marathon in Kansas City.

The 3rd annual Syosset, Long Island 5K, which always draws a good masters field, goes on the 20th. The Heart of San Diego Marathon and the Lasse Viren 20K in Malibu are California fixtures on the 21st, with the Seattle Marathon set for the 28th.

Eastern triathlon enthusiasts can run, bike and row on the 28th in Oxford, Maryland.

NORTHWEST

Nov. 28. Seattle Marathon, Club Northwest, 320 N.E. 72nd St., Seattle WA 98115.

CANADA

November 7. Ontario Masters Cross-Country Championships (10K). Toronto. Bob Moore, 519 Sutherland Drive, Toronto Ont. M4G 1K9.

(Continued on page 4)

Subscribe Now!

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

☐ \$12 for 1 year/12 issues

☐ New

☐ \$24 for 2 years (beat inflation!) ☐ \$22 for overseas

☐ Renewal

☐ \$20 for 1 year 1st-class air-mail

☐ \$4 for Age Record Book

Name _____

Address _____

City _____

State _____

Zip _____

Send to: National Masters News

P.O. Box 2372

Van Nuys, CA 91404

(Continued from page 3)

INTERNATIONAL

November 1. Dublin Marathon, Ireland.

November 14. Tokyo Women's International Marathon, Japan.

December 5. Fukuoka Marathon, Japan.

Prior Top Master At Bobby Crim

(Continued from page 1)

Andberg posted a 73:45:1, only 1:40 off Ed Benham's 70-74 record.

Coming in ninth in the 50-59 division in 66:13:6 was none other than Bobby Crim. □

Club West Meet Held

GOLETA, Calif., October 3. The 9th Annual Club West Masters Track & Field Meet drew a good contingent of over-age-30 athletes today as the California 1982 season came to a close.

Jo Kolda approached her American women's age 60-64 marks with fine times in the 100 (16.1), 200 (34.1) and 400 (80.9).

John Damski, 65, got off one of his best-ever long-jumps with a leap of 15'7¾".

George Mason sizzled to wins in the M35 400 (51.6) and 800 (1:59.3). Dave Segal, 45, posted the fastest 200 of the day — 23.4. Haydn Parks, M60, logged a good 65.8 400, as did Delainie Wagner, M55, 61.3.

World M45 Decathlon champ Ed Oleata blazed the 110 hurdles in 16.67, while Dave Jackson won the M50 triple jump in 40'11". Stu Thomson, M45, threw the hammer 165'6", and Dan Aldrich, M60, hurled the discus 162'6". M. Connelly, M40, had the best vault of the day at 13 feet. □



Jim Vicks of Dallas wins age 35-39 national masters 400 meter title in fast 50.44 in Wichita August 7.
Sportsfoto by John Allen



George Martin and Toshiko d'Elia congratulate each other on their medals at the Nike Masters Grand Prix in Philadelphia.
photo by Judith Martin

NORTH AMERICAN REPORT

by BOB FINE

North American Representative to the World
Association of Veteran Athletes (WAVA)

NORTH AMERICAN CHAMPIONSHIPS. The Canadian Masters did their usual excellent job in putting on the North American Championships in Ottawa. The turnout was not as large as possible, about 300, because of conflicting dates with the National Masters Sports Festival in Philadelphia and the New York Empire State Games at Syracuse, New York. Naturally, we will do all that we can to avoid such conflicts in the future. Due to lack of funds, no medals were given. Arrangements are being made to give at least one medal per competitor for those placed in the top three in their event(s). I believe it should be required that medals be given. In addition, the Canadian Championships were in conjunction with the North American Championships. I believe that the North American Championships should be a separate meet.

PAN-AMERICAN CHAMPIONSHIPS, BARQUISEMETO, VENEZUELA. This meet was held two weeks after the North American Meet. About 300 attended, mostly from Venezuela, Columbia and Puerto Rico. There were representatives from Canada, U.S.A., Aruba, Guyana, Brazil, Argentina and Chile. The Venezuelans were very gracious hosts. For a first effort, they did a good job. There was low-cost housing available, and the track was first-rate. The program is building up in South America. Chile, Argentina and Brazil now host a major meet each year. The 1984 meet will be held in North America. Manitoba, Canada has put in a tentative bid. The Dominican Republic has indicated that they would be happy to hold either the 1983 or 1984 North American Meet or the 1984 Pan American Meet.

CENTRAL AMERICAN and/or CARRIBEAN MASTERS GAMES.

Some interest was expressed at holding the above meets. This would require the consent of both the North American and the South American Councils. I was advised by the South American representative that the South Americans are against such meets. Thus, it would be academic to even take a vote. The South Americans object to having more than two international meets per year. Since the World Championships take place every two years, it has been suggested that 1) the Pan American Championships be held every four years, or 2) if we keep the Pan American Championships every two years, there be no South American or North American Championship. Or, 3) there be no South or North American Championships in the years the Pan Ams are held, keeping the Pan Am every four years. □

RUNNING STIMULATES SEXUAL DESIRE

Runners reported more sexual desire, arousal and orgasms in significant numbers in a study by Jim White, San Diego State's director of human performance and sports activities.

In a paper presented to the American Association of Fitness Directors in Business and Industry, White found the frequency of kissing and caressing also went up (an average of 4.3 times a week increased to five) and sexual intercourse occurred more often (2.29 times a week before the program began; 3.1 times a week at the end.)

White's subjects first completed a 28-day sex diary. Then they began an exercise program and started a second sex diary. The results were compared for a test group and a control group.

Extramarital sex increased dramatically, from once every five weeks to once every 3½ to four weeks. "This doesn't mean you turn into a sw-

100 Mile Relay Record Broken

(Continued from page 1)

warm up. At one point (as early as 10:30), there were only 2 scheduled runners at the track who hadn't run.

Fortunately, there were several alternates who were willing to be at the track for several hours and run if or when needed. They started filling in the gaps early, and made it possible to complete another successful 100 Mile Relay.

A quite impressive mile (5:05.6) was turned in by John Rawlings for El Toro, CA, seeing as how he had just won the Masters division of the Harbor ½ Marathon that very morning with a time in the 74's. Shirley Matson also joined her fellow Masters with a fine time of 5:24.0.

A few interesting highlights: Although only 10 runners broke 5:00 and only 42 were under the World Record pace of 5:15.2, 81 runners broke 5:30 and the top 90 times averaged better than the World Record pace. The first 26 miles plus approximately 385 yards of the next lap clocked a 2:17:38 marathon, not even good enough to stay with 42 year old Antonio Villanueva (2:13:41 at the Nike Marathon). However, our fastest 26/milers (plus 385 yards of the next runner) adds up to an approximate 2:10:21 marathon—good enough to win Nike this year, but not Boston or New York for the past two years.

We would like to challenge other clubs and organizations throughout the country to stage this event annually, and report the results through the **National Masters News**. Despite all the headaches, it's an exciting event and maybe some group out there can bring the "World's Best" time to the U.S. □

inger, just from exercising," White explained. "Those that were practicing that type of activity just increased the frequency."

One group of exercisers, however, decreased their desire for sex. That group consisted of seven male marathoners. □

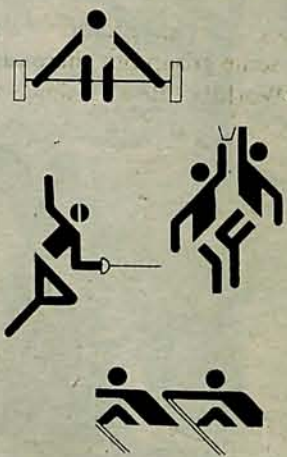
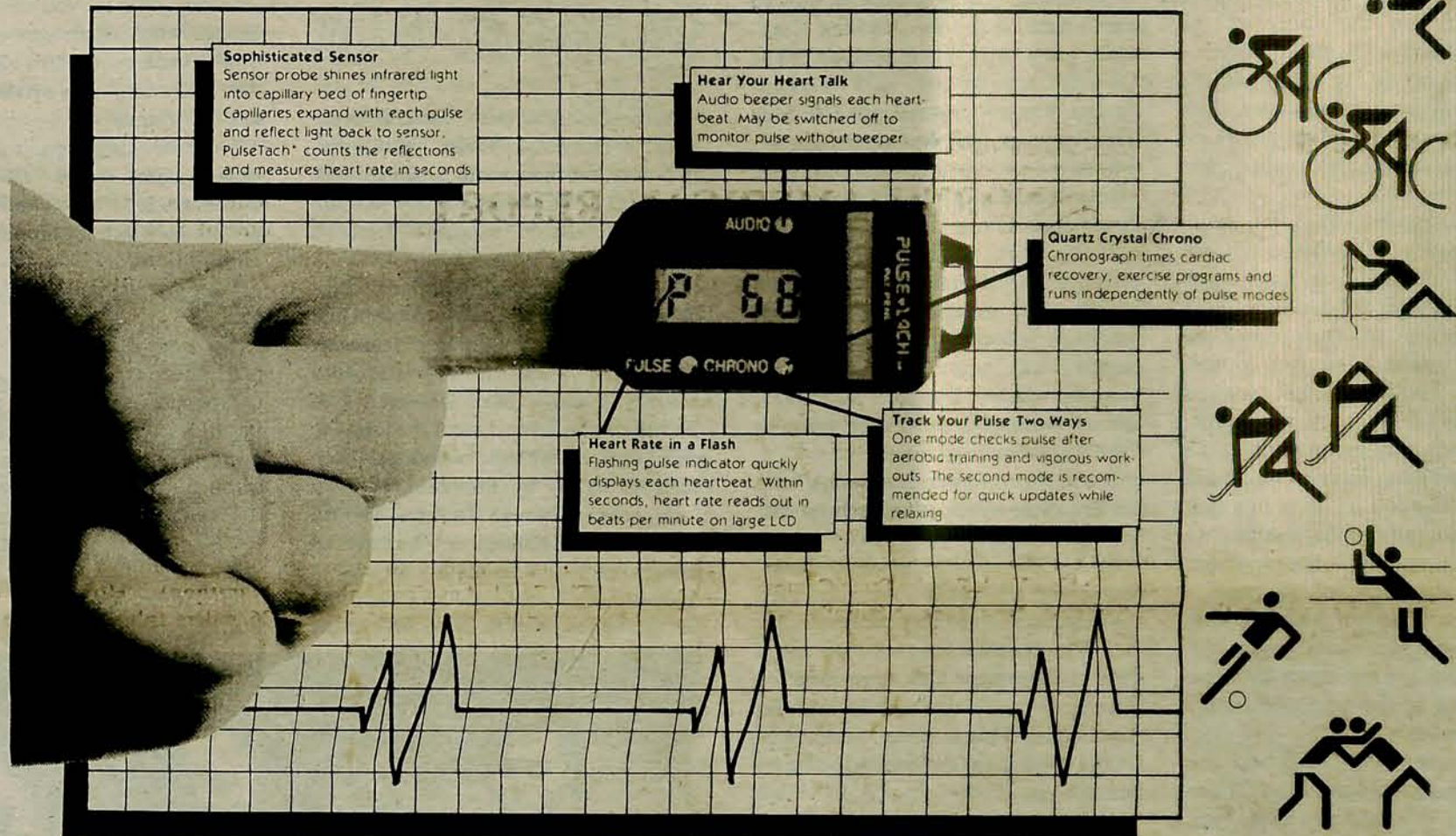
DEADLINE

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

Keep a Finger on Your Fitness With

PULSE ♥ TACH[®]

The Heart Computer



PulseTach[®] is the key to your successful fitness program. You want to take care of yourself. You want to improve your personal fitness. Make your efforts worthwhile by measuring the success of your conditioning program with PulseTach[®].

- See your normal pulse rate during daily activities.
- Zero in on achieving your "target zone" pulse rate.
- Discover your improving "cardiac recovery time" as your heart returns to normal after exercising.
- Now, as you shape up, watch your normal pulse rate go down.

PulseTach[®] is your incentive and your reward. It keeps you moving forward by objectively measuring your progress. Its instant feedback reinforces your momentum while it fights boredom and discouragement. PulseTach[®]

is more than a tool. It's your cardiovascular conditioning partner. It helps you improve, whether you are a beginner or a world class athlete. So it makes fitness fun. Simply slip it on anytime, any place. Show the world how well you've done. And after all your effort, you deserve it!

- PulseTach[®] is lightweight (3/4 oz.) and compact (2 inches long and 1 inch wide).
- It's quick to read out, accurate within 1%, simple to operate, convenient, reliable and inexpensive.
- Circuitry operates effectively with a pacemaker.
- Automatic shut off, low power consumption, long-lasting batteries (included).
- Lanyard keeps track of your PulseTach[®] so it's right on hand (included).

With PulseTach[®] you keep a finger on your fitness.



FURCON MARKETING & RESEARCH INC., 255 Delaware Ave., Buffalo, N.Y. 14202

Please send me _____ PulseTach[®] Fingertip units at 39.95 plus 1.50 shipping & handling.

Please add my name to your monthly mailing list.

Allow 3 to 4 weeks for delivery.

N.Y. residents add 7% sales tax.

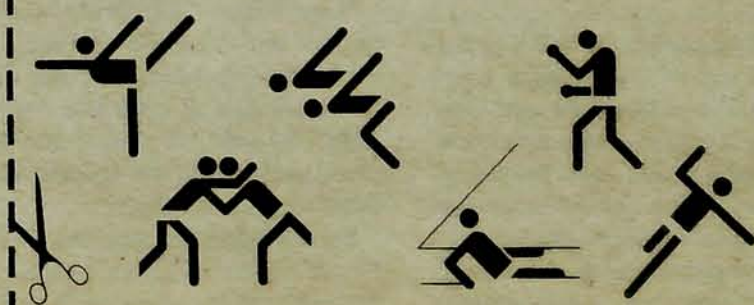
Name _____

Address _____

City _____ State _____ Zip _____

If not completely satisfied money will be refunded within 30 days.

FURCON MARKETING & RESEARCH INC., 255 Delaware Ave., Buffalo, N.Y. 14202





THE GUN LAP

by MIKE TYMN

A RUNNING FUGITIVE

The strain of a five-minute mile pace was showing on the faces of the leaders, Brook Thomas, Dennis Hansen, and myself, as we began the fourth mile of the eight mile race. Suddenly, there was the pitter-patter of feet behind us as a fourth runner came up to share the lead.

As I glanced to my left, I first noticed an expression of surprise, perhaps one more of awe and fear, come upon the face of Thomas as he looked to see who was joining us. I then turned my head a little more to see who it was. The short, smiling runner looked vaguely familiar, but I could not place him. The thing that struck me was the smile. He seemed to be breathing more heavily than the rest of us, a sign that he was not in condition for the pace we were maintaining. Yet, it appeared that he was thoroughly enjoying himself.

The mystery runner had his shirt tucked in to the rear waist band of his shorts, as if he had unexpectedly come upon the start of the race and wasn't sure where to leave it.

It was January 20, 1980 and the event was the annual Kilauea Hill run in Honolulu. The mystery runner kept pace with us until we hit the torturous hill after which the race is named. I glanced back at him, and even though he seemed to be "dying" on the hill, the smile remained.

The mystery runner struggled to the finish in seventh or eighth place, seemingly exhausted, but his smile disguised his hurts.

Shortly after the finish of the race, Thomas approached the mystery runner and asked, "Are you who I think you are?"

"Who do you think I am?" the still-smiling runner responded.

When Thomas told him that he thought he was Gerry Lindgren, the runner denied it. He gave another name. (Since I do not want to be the one to blow his cover, I'll call him Greg).

Later, Thomas came over to Hansen and me and told of his strange conversation with the mystery runner. The name Gerry Lindgren meant nothing to Hansen, who was a toddler when Lindgren was making running history, but it certainly meant something to me.

Gerry Lindgren was more than a great runner. He was a modern-day David who slew Goliath. More than

that though, Gerry Lindgren was an era in running history. As Jesse Kornbluth put it in an article entitled, "The Disappearance of Gerry Lindgren," which appeared in the May 1981 issue of *The Runner* magazine, "from the mid-sixties to the beginning of the seventies, Gerry Lindgren was American distance running."

Lindgren first gained national prominence in 1964 when, as a high school senior, he lowered the national scholastic indoor two-mile record to 8 minutes, 40 seconds — some 43 seconds under the old standard. Almost overnight, he was acclaimed as "the boy-wonder of track."

It was shortly after graduating from his Spokane, Wash., high school that Lindgren achieved his greatest victory — the "David slaying of Goliath" feat. The 5'6", 118 lb. youth defeated the Russians at 10,000 meters in the U.S.-Russian dual meet of 1964. Until then, the Russians had dominated the distance events in competition with the Americans. That victory resulted in Lindgren becoming something of a national hero.

A few months later, Lindgren participated in Tokyo as part of the U.S. Olympic team, but an injury suffered just before the finals slowed him down and he finished in ninth place.

During the next four years, Lindgren won numerous NCAA titles while attending Washington State University. Word spread around the track and distance running world of Lindgren's prodigious workouts. At a time when 100 mile training weeks were practically unheard of, Lindgren was said to be putting in as much as 200 miles a week while training three times a day.

Shortly after he had graduated from college, a Gerry Lindgren Day was held in Spokane and he received a congratulatory telegram from President Nixon, but soon thereafter he began to fade from the national scene.

According to Kornbluth, ulcers, injuries, and negative thinking were primarily responsible for his decline, but marriage and a job also were significant factors. No longer was he the "free-spirit" that he needed to be in order to train properly.

Shortly after the Kilauea Hill race, Brook Thomas again came upon "Greg," this time doing intervals on the University of Hawaii track.

Thomas, an All-American track man at Stanford, had competed against Lindgren in college and after studying his form on the track felt certain that "Greg" was in fact Gerry Lindgren. Still, "Greg" denied it.

Thomas and I speculated that Lindgren was attempting a comeback for the 1980 Olympic Games and that he had come to Hawaii to do it secretly. We had no idea at that time that he had up and left family, friends, and his running shoe store business and had "disappeared."

Thomas saw "Greg" on the track a few more times, but after President Carter announced that the United States would not take part in the Moscow Olympics, he did not see him again.

Several months later, John Bahrenburg, a Honolulu Adidas representative who had had some dealings with Lindgren in Washington, spotted him selling inner-sole supports from a wheeled cart in Waikiki.

The disappearance of Gerry Lindgren first became known to me when Don Kardong, a Spokane resident, mentioned it at a pre-Honolulu Marathon party that December. A month or two later, I received a phone call from Kornbluth, who had been referred to me by Bahrenburg. I, in turn, referred him to Thomas. Hence, "the Hawaii connection" became an integral part of Kornbluth's article.

Kornbluth found that Lindgren had left home just a week or so before the

Kilauea Hill race, and that he did in fact have his sights set on making a comeback for the 1980 Olympics.

Nearly a year-and-a-half had passed between Lindgren's disappearance and Kornbluth's article and Lindgren had not been heard from by family or friends.

Kornbluth's in-depth article leads one to surmise that Gerry Lindgren had achieved so much success at track that he found it difficult to deal with the ordinary, mundane world which he encountered after leaving college.

One runner familiar with Lindgren's story likened his situation to that of a couple of ex-astronauts who turned to drinking. Once you've been to the moon, what challenges remain? Once you've taken on the Russians and defeated them single-handedly, what's left to achieve?

Not too long ago, more than 2½ years after Gerry Lindgren's disappearance, I came across "Greg" punching a cash register in a downtown Honolulu eatery.

"Isn't your name Lindgren?" I asked.

His eyes widened and his jaw dropped, but he quickly regained his composure, smiled, and replied in the negative. Then, as I started to walk away with my tray, he said, "You mean Lindgren the runner?"

"Yeah, that one," I answered.

"No, no, I'm only a jogger," he said. "Boy, I'd sure like to be him."

His smile continued to disguise his hurts. □



Sue Walker wins 25-29 1500 in 5:44.6 over Nancy Frost in No. California Seniors Track Meet August 14.
photo by Gene Cohn

PROFILE

TOM McDERMOTT

by Nolan Fowler

WITH THE WHALES:

During the first quarter of this century American track and field was enlivened by the exploits of the famed "Irish whales." Aside from their common heritage, they were big men (hence the term "whales"), they were great weight throwers (especially in the hammer and the 56-lb-weight), they were winners (they held a monopoly on those events in AAU championships and the Olympics), they had a tremendous camaraderie, and they endured; that is, they had lengthy athletic careers.

Four men were the main components of the "Irish whales" — Pat McDonald, Matt McGrath, John J. Flanagan, and Pat Ryan. Between them this quartet amassed 50 AAU titles in the hammer, '56' and shot, and took seven Olympic crowns. Between 1911 and 1933 McDonald won 16 senior AAU titles, the last coming when he was 51 years old! His competitive career stretched 29 years from 1907, when he won the '56' and shot, and took seven Olympic crowns. Between 1911 and 1933 McDonald won 16 senior AAU titles, the last coming when he was 51 years old! His competitive career stretched 29 years, from 1907, when he won the '56' at the junior AAU, to 1935 when he was third in the same event at the senior AAU — McGrath won 14 senior AAU championships between 1908 and 1926, but he, too, was in competition as late as the fall of 1935 at the age of 58.

For some four decades it was thought that the "Irish whales" were a vanished species in US trackdom. But now they have reappeared in the person of Thomas M. McDermott of Madison, CT. Tom is probably the best all-around weight thrower in this country from the age of 56 upward. With marks in recent years of 142-10 in the 12# hammer throw (162-11 in the 8), 48-6½ in the 25# weight, 49-8½ in the 8# shot, and 160-11½ in the one-kilo discus. His mark in the '25' came at the recent US indoors masters, indicating that, at age 64, he, like wine, is improving with age.

The story of Tom McDermott is really the tale of one who has "gone home." His grandfather, J.G. McDermott, a native of County Roscommon, Ireland, pointed the way to superior weight throwing over a century ago as he annexed US titles in the hammer (1879) and the '56' (1879 and 1880). In so doing he preceded the other "Irish

whales' by some two decades. Tom's father, however, avoided the brawny events, choosing instead to participate in sports like baseball.

For several years Tom, who was born March, 1918 in NYC cut quite a swath in swimming at both the high school and college level. In 1937 he set a US high school record of 53.2 in the 100 yards freestyle. Two years later, swimming leadoff for the NYAC team at the US indoor championships, he and his mates set a world indoor mark of 3:31.3 for 400 yards freestyle.

World War II marked an end to both swimming and academics for the young McDermott, as it did for millions of other young Americans, and he devoted the next four years to Uncle Sam's navy. In 1948 he took an AB in English literature from Rutgers, and two years later an AM in the same field from NYU.

Marriage, a burgeoning family (the total eventually reached seven), and a 9-to-5 position with Gulf Oil Company occupied his attention for the next decade and a half. Despite these new responsibilities swimming was not forgotten. He swam during the winter months, but he found this activity quite confining. "Indoor swimming was like being in a coffin," he asserted. As soon as the spring came he would go out into a field and scale a discus, finding a tremendous relief in this outdoor exercise. His base of operations was then New Haven, CT, the home of Yale University. Coach of field events at Yale then was Francis Ryan, old Columbia U star in the the shot and discus. Ryan proceeded to set Tom upon the correct path regarding the discus, then introduced him to the shot and hammer.

Tom became "hooked" with results that are evident to this very day. He did not, in fact need much urging. In front of him always was the memory of his grandfather's feats. Also while growing up in NYC and later swimming for the NYAC he had met many of the old "whales," watched them practice, and developed an enormous admiration for them.

Tom had, after considerable wandering in the athletic wilderness, "gone home." If grandfather McDermott could view the terrestrial scene from the Great Beyond, he must have been inordinately happy that the "lad" had given up his prodigal ways and had taken up his own athletic proclivities with such vigor.

Since 1966 Tom has been at

Southern Connecticut State College with an unusual assignment: Professor in the Department of English and coach of the weight events for the track team. He has reveled in both activities. In the classroom his favorite course is one in world literature, spanning the period from the Renaissance to the present. His choice author is Edward Gibbon, the 18th Century Englishman whose *History of the Decline and Fall of the Roman Empire* made him a literary immortal.

Tom has had phenomenal success as a coach, especially in the "hammer events." His current prize exhibit is Bill Borden, 217' in the hammer last year and almost 68' in the 35 lb. wt. this winter. He has two more 200-footers in his "stable" and another who could crash that magic barrier before the spring is out. Some of the Western schools, such as UTEP and Southern Methodist, who rely upon foreign imports, can present a more imposing total of hammer men, but Tom's are all "homegrown" products. Not only are they natives of the US, but most of them have had no hammer experience prior to college! Tom does all of his own recruiting — on campus! He looks around — in the library, gym classes, other sports, the cafeteria — for boys with a good build, particularly in the legs. Using his Irish blarney to devastating effect, he cajoles them into trying the hammer. Soon they are hopelessly addicted. (The NCAA has yet to send an investigator to his school in search of track recruiting violations!)

What sort of a person is Tom McDermott? Standing over six feet high in his socks, weighing 245, sporting a white mane and walrus mustache, and possessing a well-chiseled physiognomy, he is an impressive figure. He smiles readily, has an infectious laugh, still has some of the Irish lilt to his speech, and exudes witticisms. He's the eternal optimist. So many masters athletes worry about their competition and yearn for the day when a birthday will place them in another age bracket, beyond their rivals. Not Tom. His motto is the same as that of the late Joe Louis: "I'll fight him (them) and see what happens!"

Many masters athletes, because of a lack of funds or a shortage in the will power department (or both), confine their activities to local or regional meets but rarely or never show up at the world championship or even the nationals. Tom takes the opposite course. With a large family and limited finances he has had to curtail the number of his meets. His first priority is the world championships. He has been to three of the first four and firmly intends to be in Puerto Rico next year. With him it is almost a sacred obligation to go to the world games. "Take on the best!" he thunders. "If you win, then you have real, not false, glory. If you lose, you have the consolation of being beaten by the best, not by some rinkydinks."



Tom McDermott

He's not accustomed to horrendous defeats at the world games either. In three appearances there, he has two golds and a silver in the hammer, a gold and a bronze in the discus, and a bronze in the shot.

Tom is not a hunter of age records. He now has eleven US marks, most of them in the "hammer events." If he chose to "gun" for records, his total would easily be triple his present number. He doesn't disdain records, but of infinitely more satisfaction to him is a victory or even a place in the world championships against the sternest competition that can be dredged up.

As far as workouts are concerned, Tom believes in the Greek ideal of *sophrosyne* (moderation). In the course of a week he does it all — weight lifting ("Weight throwing is not for weaklings, you know!"), swimming ("wonderful for sore muscles"), jogging, throwing (three-four days a week, stressing a different event each day), and jumping. Unusual about the latter is his practice of an event which was once upon the national AAU program — the standing broad jump. He does two dozen of them at a workout and can span the distance of eight feet at a leap! That has to be a world record of some sort — 64 years old, carrying 245 pounds, and still covering such a distance!

The Irish are legendary for their wit and homespun philosophy, and the old whales were not remiss in this department. Someone once asked Matt McGrath to explain how he tossed the hammer. "Oh," said Matt, "Oi jest throws me arss around a couple of toims and lets her fly!"

Pat McDonald was once queried on the subject of what weight throwing had done for him. The questioner expected a philosophical soliloquy upon realizing one's potential; or upon the virtues of abstinence, determination and hard work; or upon the spirit-uplifting values of competition and victory. "It gives me a hell of a thirst for beer," was Pat's down-to-earth answer.

Our present-day Finn MacCool has followed in that tradition. "The hammer circle is a crucible," he intones.

(Continued on page 11)



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

by W. MacDONALD MILLER

PAT

I was sitting here trying to be funny, which is much the same as thinking thin. The thinking part is easy, the doing becomes entirely something else again. If you happen to think either one is easy, try them sometime.

In the meantime, back to being funny. It's been particularly difficult these past few days because something has been heavy on my mind. It's a situation that all of us has faced or will face. It's a scene that goes on around us everyday. It's usually rather remote, involving strangers, people at a comfortable distance, or foreigners. Then, in the blinking of an eye, it involves you and it's both frightening and confusing.

On Wednesday, September 29, a close friend and contemporary died of a heart attack. He and his wife came down for breakfast and while she let out the dog, he made the coffee. When she returned to the kitchen, she found him on the floor dead. Son-of-a-bitch! Forty-nine years old, the same age as me, and dead. I still find it hard to believe.

I met Pat before I went to college, and then we went to college practically together. We'd hung out, had a million laughs, maybe shed a few tears, but if we did, they were damn few, and through it all received what is euphemistically referred to as a liberal arts education. We hounded, went to dances in funny-looking tuxes, drank beer, smoked pipes and threw up a lot. More than anything, I suppose, we talked about women. I mean, it was 1950, pal, we talked. If you were really doing any good, you were lying.

We played football. He was a 140-pound halfback, soaking wet or dry. He was fairly quick and had some good moments as a ball carrier, but in the end, usually came away from the game looking like he'd been run over by a Mack truck. I remember walking off the field after a game in which the old arch rival had pulverized us. On this day, Pat didn't look like he'd been hit by a Mack truck, it was more like two Mack trucks. Things like a football game seemed so important at that stage of life. I was heartbroken, maybe he was too, but when he caught my eye, he was still in firm possession of that sly grin that said a million things, among them the fact that we'd have a few beers that night, tell the girls the

score really should have been a lot closer, and discover once more with feeling, that life goes on, at least after football games.

He fell in love early. She was a cheerleader, cute as a button. He married her. They have grown kids now who were honor students and good athletes, and like their Dad and Mom, fine people.

He was the first of our group to die. Sure, there has been the occasional accident or sickness death, and as any upper-middle class inhabitant knows, a half-dozen or so suicides, but this is different. Pat was just like the rest of us or better. He had his feet on the floor, took care of himself, he had half a life to live. Damn if it isn't hard to believe! He was such a positive guy, never down, great happiness about him, never negative.

All of a sudden, I remember a story a friend of mine told me about his Dad. He didn't like the Florida retirement community he and his wife had moved to because everytime you heard a siren, you knew someone else had died. I know growing old is honorable, and can be done with dignity and purpose, it's just that at this very moment, I'm having trouble sorting out my feelings, because of Pat.

It seems like it all happened so fast. High school and pimples, college and being cool, marriage — I'll let you supply your own details for that whole trip, and then life's crowning adjustment, parenthood and the hopelessness of one's qualifications. Damn, I wish we could do it all over again — I think. I'm reminded of another great Tom Sturak line, "Hal, if you had it to do all over again — who would you do it all over?"

I wish I was philosophical, and could launch bravely into a "What is Life" statement of my feelings. You know, one of those, you wouldn't understand it, and I'd feel better about myself because you didn't. It would never sell. I couldn't even sell that line when I was wearing white bucks.

In Louis Untermeyer's book, "Makers of the Modern World", Albert Einstein is quoted as saying, "I don't think God played dice with the cosmos." It's good enough for Einstein, it's good enough for me. At least it gives me the courage to feel that someday, somehow, somewhere, the girls will be cheerleaders once again, and we'll put on our football uniforms

one more time. Know what? I bet it won't be anymore fun the second time around.

Pat was a friend, a good guy. I

mourn his death, and it just seemed more appropriate to tell you about him, than to try one more time to be funny. □

IGAL WRAP-UP

by RUTH ANDERSON

Our trip to the 15th Annual World Veterans Distance Running Championships in Japan in September was quite an experience.

The race organizers did a great job, considering Typhoon Judy had caused Lake Kawaguchi to overflow nearly to the lobby of the race headquarters hotel. The original start and finish were three feet under water.

The courses for the 10K and marathon wound around the lake, and the overflow was a foot deep on parts of the road. It was raining and chilly for the marathon, but hot and humid for the 10K the previous day. Traveling was difficult and tense, since almost no one spoke English.

The IGAL meetings were emotional, as usual, with Bryan Doughty frustrated in his attempts to organize the squabbling factions. Arthur Lambert of West Germany was confirmed as life President. Hideo Okada of Japan is Executive President. Doughty is Secretary. Mes Hannelore of Belgium is Treasurer. Jacques Serruys of Belgium is Deputy President. Tom Sturak is the North American representative.

The 1983 races will be held October 15-16 in Perpignan, France. The 1984 event — a 10K and marathon — is set for Los Angeles or San Diego. Blackpool or Cologne will host the 10K and 25K in 1985; Vancouver or Seoul in '86; Beirut in '87.

(Results in October NMN). □

Robinson Wins MSA Cross Country

by BOB FINE

NEW YORK, N.Y., October 3. It was a beautiful fall day for the 1982 Masters Sports Association Cross-Country Championships in Van Cortlandt Park. Temperatures were in the low 70's with out a cloud in the sky.

Tom Robinson, 38, led all the way on the tough course to finish in 37:31. Bob Clerk, 45, and Mike Holoszye, 30, ran together all the way with Bob pulling away in the last half mile to take 2nd place in 38:17.

Prior national champions, Aaron Fialkow, Walt Westerholm, Audrey Jacobson and Adrienne Salmini all won their divisions. □



Chris McKenzie en route to winning 50-54 1500 at Masters Sports Festival in Philadelphia in 5:27.4.



JIM HERSHBE TRACK

At National Championships in Wichita, from left to right, Susan Redfield, W45-49, set American Record in winning 800 in 2:26.4. Mary Czarapata, W40-44, former 800 record holder was second in her event and also second in 400 in 68.68. Sandra Knott won 400 in 66.93 and 800 in 2:25.98. Judy Eddy, W40-44 won 1500 in 4:48.97 and the 10K in 37:56.8. Mimi St. Clair ran 400 in 71.70 and 800 in 2:44.

Photo by Bill Gentry



10 Months to go

COUNTDOWN TO PUERTO RICO

by BOB FINE,
North American Representative to WAVA

I just got back from Puerto Rico to attend a meeting of the World Executive Council.

The Puerto Ricans have already printed the entry booklets for the World Championships. The Meet will be held Sept. 23rd to Sept. 30th, with an unofficial relay meet on Oct. 1st. There will be some modifications in the entry booklet, as noted in my report to the North American Council. There will be a full compliment of events for all age groups, including the steeplechase and 400 meter hurdles for 70+. The schedule will be changed to follow that of the Second World Championships held in Sweden. This means that the same event will be held the same day for all age groups. All trial heats will be held on secondary tracks. There will be seeded sections for the longer events with only the top seeded section being held in the main stadium.

All of the field event and hurdle competitors will be surveyed (again, Yes, again!) regarding heights,

weights, hurdles distances. If there are three or less competitors in any given event, then performance standards will have to be met.

Entries close June 1, 1983. **It is imperative that reservations and entries be completed quickly.** Five thousand competitors, plus their families, are expected. This will be the largest world championship track meet ever held.

Write now for an entry to: Organizing Committee, 5th World Veterans Championships, G.P.O. Box 336, San Juan, Puerto Rico. 00936. Enclose a 37c stamp.

It would be much easier if the club requested the entry forms in bulk.

The United States does not certify its athletes. All Americans can disregard the certification requirement on the entry form.

(Miguel Rivera-Veve, Director of Operations of the World Games, says travel agents, organizations and groups planning to attend Puerto Rico should get in touch with accommodations officer Rafael Serrati at the above address. - Ed.) □

Postal Winners Announced

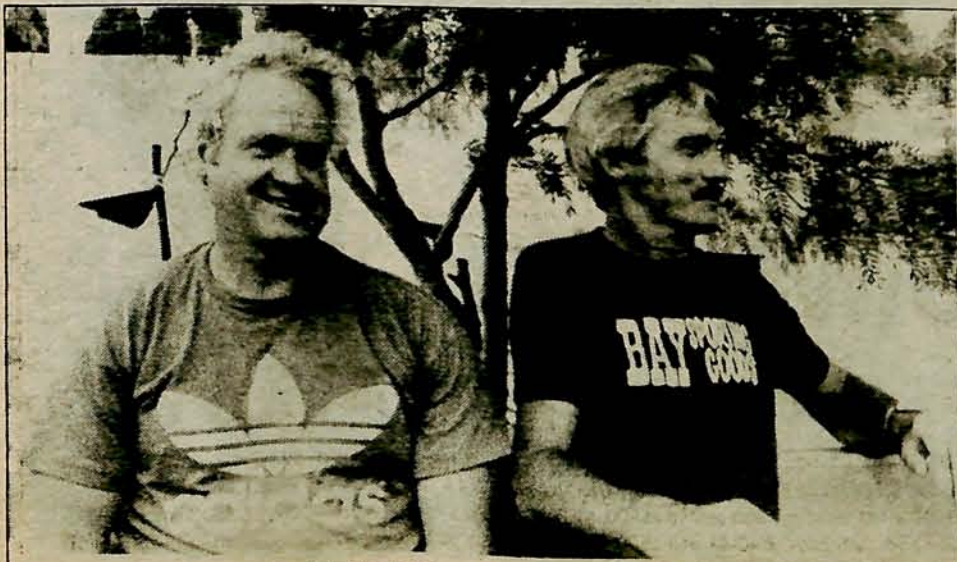
from RUDY ENDERS

In this issue are printed the results of the 1982 TAC National Masters Postal Relay Championships. The standings reflect team age group winners based on entry forms received prior to the announced October 1, 1982 deadline.

We are also including 1981 results since, for whatever reason, no entry

blanks or notification appeared in the Newsletter during 1981.

Of the 15 competitions, the So. California Striders, Potomac Valley Seniors and New York Masters each won three; the Philadelphia Masters and Fort Worth Runners each captured two; while Liberty AC and the New Jersey Masters each copped one. □



Carlos Fraundorfer, (right) M 50-54, set national record in winning hammer throw with toss of 147' 3" in Wichita. Len Olson was second with 145' 5". (Photo by Bill Gentry)

1983 T&F Schedule Taking Shape

TAC National Masters Outdoor Track & Field Coordinator Bruce Springbett announces the following track & field meets are scheduled for 1983:

May 7: West Coast Masters Classic, Visalia, Calif.; May 21: Pacific Association Championships, Los Gatos, Calif.; June 18-19: Western Regionals, Los Gatos; June 25-26: Hayward Classic, Eugene, Oregon; July 23-24: West Valley Masters, Los Gatos; Aug. 13-14: Missouri Senior Olympics; Sept. 3-4: Rocky Mountain Games, Denver; Sept. 10-11: New Senior Olympics, Los Angeles; Sept. 17-18: National Championships, Houston; Sept. 23-20: 5th World Games, San Juan.

Potential outdoor T&F meet directors should contact Springbett at PO Box 1328, Los Gatos CA 95030; 408-354-7333. Indoor meet directors should coordinate with Ron Salvio, Squan Rd., Clarksburg NJ 08510; 609-259-9268. □

IF YOU ARE UNHAPPY

Once upon a time, there was a non-conforming sparrow who decided not to fly south for the winter.

However, soon the weather turned so cold that he reluctantly started to fly south. In a short time ice began to form on his wings and he fell to earth in a barnyard, almost frozen.

A cow passed by and crapped on the little sparrow. The sparrow thought it was the end.

But the manure warmed him and defrosted his wings. Warm and happy, able to breathe, he started to sing.

Just then, a large cat came by and hearing the chirping, investigated the sounds.

The cat cleared away the manure, found the chirping bird, and promptly ate him.

THE MORAL OF THE STORY:

1. Everyone who shits on you is not necessarily your enemy.
2. Everyone who gets you out of the shit is not necessarily your friend.
3. And, if you're warm and happy in a pile of shit, keep your mouth shut.

(From the San Fernando Valley Track Club "Footnotes")



Ohio Weight Pentathlon Held

by JEFF GERSON

Eleven age records highlighted the first annual Ohio Weight Decathlon Championships held September 12th at Amherst, Ohio. Among the outstanding performers was Bernice Holland of the Over-the-Hill Track Club. The 55-year-old former Olympian set single age world records in the shot put (28'8½"), javelin (83'4½"), and set an American record in the discus (89'5") shattering the old record by over 58 feet! All three marks are also American age-group records.

Another record-setter was Arnolds Ticmanis of Canada. The 76-year-old set new standards in the 800g javelin (57'9"), shot put (38'8½"), 35 lb. weight (22'7"), and 56 lb. weight (15'10"). Seventy-year-old Jack Siringer set age records in the 56 and 98 lb. weight throws with 14'7¼" and 7'9½" respectively, while 71-year-old Phil Partridge set a new standard in the 56 lb. weight with 14'5¼".

Edward Hill, competing three days before his 40th birthday, broke the 39-year-old mark in the weight pentathlon with 3822 points, and won the overall mens' title in the decathlon with 9075. Donna Radigan was overall womens' winner with 2581 points. □



Fran Conley, 42, hurls javelin 82'6" for new U.S. age 40-44 record. Photo by Gene Cohn

LOOKING FOR

shoes for all the field events,
running spikes,
throwing implements,
hammer gloves,
vaulting equipment,
starting blocks,
landing pits.

or some other hard-to-get piece of equipment for track & field? We have it GILL, TITAN, CANTABRIAN, PORTAPIT, CHRONOMIX, CRONUS, and all major shoe lines.

Now Available
Nike throwing, jumping and weight lifting shoes
Nike track spikes

**TRACK & FIELD
SPECIALTY ITEMS, INC.**

28 PLAIN ROAD, WAYLAND, MA 01778. (617) 356-5076

Call or write for free catalog



Phil ^{THE} Philosopher

by PHIL CONLEY

ELOQUENCE AND EXPERIENCE

ELOQUENCE

You readers deserve a vacation from my usual brand of harangue, mixed metaphors, and pseudo-philosophy. I am pleased to present some profound observations from the pens of Frank Bowles and Don Carpenter in this issue.

Frank Bowles, the fine field event competitor from Greeley, Colorado writes as follows: I enjoy your column and the comments other Masters athletes have made in it. I think all of us in the program would do well to take a few minutes off on occasion to place ourselves and our motivations under close scrutiny.

"Many of the reasons given in your pages strike me as reasonable. Discipline, commitment, the desire for excellence, simple enjoyment — all of these are to be found in most of us. There's another idea I'd like to add to the list in a moment, but first I ought to introduce myself. I'm a 61-year-old English teacher at a medium-sized university, trying to make Conrad and Faulkner seem important to a Star Wars generation. Much of the time the older critics appear lost in a world gone more than slightly mad. One of the best things I've found in the past two years is the Masters program.

"In college I was pretty fair in a number of events, but simply not good enough in any one to do much on the national level. I rank much higher now, of course, because of attrition in the ranks. That I'll never be a real star, even now, doesn't bother me, however, because I'm nuts about the whole scene — the trips, the mounting excitement, the competition, the camaraderie, the endless recapitulations. Although I'm prone to leg injuries and my family (while humoring me) regards the whole business as slightly childish, I'm totally hooked. It's as though a joyous part of my youth has miraculously returned. During the week in Wichita, I was in a state of euphoria, only partly because I was doing a bit better than I had expected.

"The reason I'm offering is two-edged. On a simpler level, it is that the average male (American male at least) really desires to return to a simpler, less encumbered and threatening world - to his childhood, as it were. What James Thurber wrote about the typical

American male's striking out the Yankees (in baseball) before falling asleep at night is, I feel, true of most of us.

"Certainly the world of amateur sports is more ethical, more enjoyable than the worlds we are forced to inhabit the rest of the time. This notion probably holds true for men my age more than for fellows your age, because with us the program is like an unexpected reprieve, whereas you've had a good deal of continuity.

"The more complicated side of my reason centers about the idea of **Natural Man**. In a frontier nation like America, the natural man (Daniel Boone, Natty Bumppo) preferred to stay away from "civilization", enjoying the freedom of his natural surroundings. Only in nature could he be truly himself, relying on his physical skills and a set of simple, easily understood rules.

"But the modern man cannot escape to any frontier; one of the few equivalents may be athletics. Unfortunately, athletics today generally takes place in corrupt urban conditions. The simpler world of the Natural Man (or athlete) must compromise with immoral, materialistic conditions of professional sports. In today's neon jungle there is no room for individual freedom and ingenuous codes of conduct.

"The Masters Movement, however, does permit us to avoid this unhappy dichotomy. We can have our cake and eat it too. Why, there aren't even Little League coaches making us do it **their** way! This Natural Man idea is "very big" in literary circles these days. It can be found in the writings of such men as Thomas Wolfe, Irwin Shaw, Bernard Malamud (**The Natural**) and John Cheever.

"In Cheever's "Oh, Youth and Beauty", Cash Bentley is a forty-year-old ex-hurdler who has never found anything after college to match the excitement of his track career. Thus, at parties, he makes a habit of moving the furniture around to form a hurdling course, which he then proceeds to run. Not surprisingly, the story ends tragically. The Masters Movement might have saved Cash, although Cheever would have missed telling a good story.

"Well, whether I'm merely trying to return to my childhood, or whether the Natural Man in me is seeking a congenial environment makes little difference. This immature old man is already looking forward to the 1983 Masters season with more eagerness than he is to any literary conference."

EXPERIENCE

Don Carpenter is a faculty member at Stanford University, and when fit, a frequent medalist in the 50-and-up road running age category in Northern California races.

Don began his unofficial training in a unique manner while in grad school overseas. He told me that when he would receive a highly-prized letter from home, he would run with the mail unopened to the top of a hill out-of-town. Thus the exhilaration of the physical exercise was made even more enjoyable while he anticipated the savoring of the communication.

Carpenter was not a great athlete as a youth, but has enjoyed protracted participation in swimming, volleyball and running at various times over the years. Although he possesses the personal discipline to train per se, he relishes the thrill of the chase in competition far more. Accordingly, Don serves the Ancients as the club's unofficial race organizer — conceiving, publicizing and administering a myriad of standard, as well as often complex and contrived handicapped races and relays.

Don's best times are 36:31 for 10 km., 50:37 for 10 miles (his proudest moment!), and 2:58.36 for the marathon. His worst experience was a laborious bummer of a race at Boston.

Don must hold the record for run-

ing a zillion 3:01, or "3:00 and change" marathons. And remarkably, or maybe not so at all, he got his 2:58 breakthrough when he least expected it! It came (now listen, gang, here are some real secrets being unfolded!) when he did the following: (a) he didn't start the race thinking "THIS is the day!", (b) he'd done lots of speed-work, and a lot less distance, and (c) he was well-rested.

At 6'2", 169 lbs., and at age 53, Don appears to look too big to be a superior runner, and states that he has really had to watch his diet. Don talked about the value of experience, and the other things that he has learned from his 10 plus year commitment to running: "When I began running with the Ancients in the early 1970s, I was well into my 40s. Somebody told me that one could expect at least 5 to 7 year's worth of improvement, no matter when one began. Now I have proved that to myself.

"You find that you benefit from learning about pacing, training, and racing. One also learns to be more moderate, both in terms of food consumption, and in training mileage — more is not always better in either case! Furthermore, I have found tremendous benefit in the lessons learned about fluid intake, and potential chemical imbalances on hot days — here, more fluid intake is almost always better!

"Finally, and perhaps most importantly, you learn about your own body's limits with regard to tolerating pain, or alleged pain, and in evaluating tradeoffs during the race while striving for enhanced performance." □

© Copyright 1982 Phil Conley



Terri Miller, 31, hurls javelin 76'7" in No. Calif. Seniors Meet August 14.
photo by Gene Cahn



SPEAKER'S CORNER

by FRANK FINGER

WHY NATIONAL UNIFORMS?

I haven't heard any very persuasive justification for pushing — or even offering — a "U.S.A." uniform for the V World Games. Isn't this contrary to the basic WAVA principle that our program is for individuals, with national identity left out of the picture? I have heard it said, "Ideally, international politics and athletics shouldn't be mixed. But let's face reality: as we saw in Christchurch, some people will contaminate athletics with politics." But is that sufficient reason to give up the principle, and indeed to become active violators?

It is my feeling that the Olympic movement has already become discredited because of excessive nationalism, and I hope that the Master/Veterans movement can avoid the same mistake. I was thrilled when, at Christchurch, we entered the stadium by age division rather than by national groups. Then I was disgusted when the Japanese disregarded the ban against flags by waving individual Rising Suns. And many were saddened when Danie Burger was regarded as South African first and athlete second. Why don't we exercise some leadership by resisting the trend rather than capitulating?

On those occasions when a team is selected to represent a population, on the basis of performance, perhaps a uniform as a mark of distinction (like a medal for winning) is justified. Of course some easy physical identification is useful when interaction is required, as in a basketball game or a relay race. But when I go to San Juan it will be as an individual. If I represent any group, it will be the population of 65-69-year-old men, not the residents of the U.S.A. or Virginia, or whites, or Episcopalians, or college professors. I have the right to communicate these incidental bits of information to my colleagues around the world, and this I may do as we develop our friendships. But why should any one of these other identities of mine be given priority, or flaunted?

During informal conversations in Wichita, it was suggested at least half-seriously that certain countries now poorly represented in Veterans' competition might someday seize upon this arena as a showcase to demonstrate "the superiority of their system." So we have the vision or the specter of

state control: selection, tests of political conformity, training camps, social/economic privileges graded according to performance and the discard when gold turns to bronze. Retinues of coaches, managers, endocrinologists and exercise physiologists, party representatives, anti-defection squads. A fantasy, or at least an exaggeration, I suppose. But sometimes an exaggeration reveals the principle that we tend to overlook in

the more moderate statement of the case.

I'll be sorry if our international contacts can't continue to be individual-to-individual, with our individuality emphasized by diversity of appearance rather than hidden behind a common nationalized costume. I wonder if we're in danger of losing something important, maybe more valuable than whatever it is we gain by uniformity of appearance. □



Eddie Lewin, 65, winning 65-69 division at Brentwood 10K in Los Angeles in 40:16. Photo by Richard Lee Slotkin



Ron Laird wins national masters 5000-meter walk championships in 40:44 division in 25:09 in Wichita. Sportsfoto by John Allen

BILLUPS, HIGDON SET 8K MARKS

CHICAGO, Sept. 11. Ernie Billups, 45, and Hal Higdon, 51, both bettered American 8-kilometer/5-mile age-group records today in the Hyde Park-Kenwood Community 5-Mile Run.

Billups posted 26:26.8 for 8K to erase Bob Paklaian's age 45-49 mark of 26:37. Higdon clocked 26:43.9 to lower Len Thornton's pending 50-54 standard of 27:38.

Eight kilometers is a few yards short of five miles, and times run at either distance qualify for official 8K records. □

TOM McDERMOTT

(Continued from page 7)

"We look there to see the emergence of gold. More often than not, though, the only product we glimpse is slag." Whenever he sees an athlete in the heat of competition trying some new wrinkle he opines, shaking his head at the same time, "You've got to go with what you've got, laddie!" Or, when he notices a thrower making frenetic efforts, at the expense of technique, to overtake a competitor, he has been heard to observe: "That fellow went head-hunting, but instead wound up with his own head upon the platter."

The track world, and particularly the weight-throwing kingdom, is the better because Thomas M. McDermott has "gone home." (He literally "went home" in 1979 when, following the world games in West Germany, he stopped off on the "auld sod" for a long-delayed visit. He strode up and down the streets of Dublin, soaking up the smells, sights, and all the mystical intangibles of his ancestral land.) 'Twas an unforgettable, spine-tingling experience," he glowed. We wish ye well, Finn MacCool, and hope that the sands of time abrade thee gently. Such examples as ye set are ever needed in our fraternity! May ye live to set records in your 100th year! □

BEST MASTERS PERFORMERS - MARATHON

WORLD MEN

1. Jack Foster (41)	NZL	2:11:19	Christchurch	01/31/74
2. Antonio Villanueva (42)	MEX	2:13:41	Eugene	09/12/82
3. Ron Hill (40)	GBR	2:15:46	Metairie	02/18/79
4. Lloyd Walker (42)	NZL	2:16:50	Hamilton	10/17/81
5. Eric Austin (40)	GBR	2:17:41	Harlow	10/25/75
6. Terry Mannes (41)	NZL	2:18:08	Frankfurt	05/17/81
7. Roger Robinson (41)	NZL	2:18:45	Vancouver	05/03/81
8. Don MacGregor (41)	GBR	2:19:23	Glasgow	08/24/80
9. Renato de Palmas (41)	ITA	2:19:34	Christchurch	01/14/81
10. John Robinson (41)	NZL	2:19:38	Glasgow	08/24/80

questionable birthdate:

Mamo Wolde (40?)	ETH	2:15:09	Munich	09/10/72
------------------	-----	---------	--------	----------

WORLD WOMEN

1. Joyce Smith (44)	GBR	2:29:43	London	05/09/82
2. Miki Gorman (41)	USA	2:39:11	New York	10/24/76
3. Bev Shingles (41)	NZL	2:43:34	London	05/09/82
4. Cindy Dalrymple (40)	USA	2:43:35	Chicago	09/26/82
5. Robyn Hames (45)	NZL	2:44:37	Auckland	05/30/82
6. Maria Pia d'Orlando (47)	ITA	2:46:13	Verona	05/09/82
7. Sinka Kipa (41)	FIN	2:48:55	Athens	09/12/82
8. Diane Palmason (43)	CAN	2:49:26	Oakland	12/06/81
9. Karen Scannell (43)	USA	2:49:47	Oakland	12/06/81
10. Denise Alfvoet (45)	BEL	2:50:15	Wommelgem	05/02/81

U.S.A. MEN

1. Bill Hall (40)	NC	2:21:19	Boston	04/20/81
2. Jim Bowers (41)	CA	2:22:23	Weott	10/12/80
3. Ralph Zimmerman (40)	NY	2:23:16	Niagara Falls	10/17/81
4. Herb Lorenz (40)	NJ	2:24:41	Boston	04/16/79
5. Gary Muhrcke (40)	NY	2:24:58	New York	10/26/80
6. Bob Jenkins (42)	PA	2:25:14	Boston	04/19/82
7. Ken Mueller (41)	MA	2:25:23	Boston	04/17/78
8. Bernd Heinrich (40)	CA	2:25:25	Boston	04/21/80
9. Dan Conway (43)	WI	2:26:01	Duluth	06/19/82
10. Cahit Yeter (44)	NY	2:27:02	Boston	04/16/79

U.S.A. WOMEN

1. Miki Gorman (41)	CA	2:39:11	New York	10/24/76
2. Cindy Dalrymple (40)	NY	2:43:35	Chicago	09/26/82
3. Karen Scannell (43)	CA	2:49:47	Oakland	12/06/81
4. Eunice Carlson (43)	MI	2:50:53	Marquette	09/08/79
5. Shirley Weaver (40)	MT	2:53:02	Eugene	09/12/82
6. Sandra Kiddy (43)	CA	2:54:05	Eugene	09/07/80
7. Marilyn Harbin (43)	CA	2:54:46	Napa	03/08/81
8. Marion Irvine (52)	CA	2:55:17	Oakland	12/06/81
9. Joan Ulliot (41)	CA	2:55:19	Eugene	09/13/81
10. Sue Stricklin (43)	CA	2:56:46	Boston	04/20/81

from Marty Post



FROM THE TRACK & FIELD CHAIRMAN

by JIM WEED

Fellow master athletes: This last year has seen continued growth in numbrs of T&F meets and competitors. A number of areas had their first masters competitions with various degrees of success. The growth will continue right along with the "Adult physical fitness awareness" in the U.S. We are also seeing a number of long time 10K runners trying T&F events and getting a new satisfaction from T&F competition.

The national T&F Championships are well established and well attended. However, we do need to continue to improve. Some, all, or a combination of the below listed ideas will be adopted at the TAC convention in Philadelphia December 2-5, 1982. Each association is to send one Masters T&F representative. If your association does not have a rep. and you would like to have input in the direction Masters T&F is going, get yourself appointed and come to Philly.

1) A championship meet brings together large fields of quality competitors in many events and age groups. This tends to produce records. The facility and officiating needs to be of the quality to have these records accepted. Maybe we need three sites and just rotate the championship.

2) In many events the starting time must be close to schedule if the masters competitor is to warm up properly and have the best possible chance at a P.R. or a record.

3) The National Championship meet guide lines should take into account where the largest number of competitors are both by age and event.

4) A few should not adversely affect the quality of competition of the many.

5) With a quality field it is reasonable to expect a maximum of four events and a relay per day.

6) Some schedule problems could be avoided with declaration on Friday either in person or by phone.

7) A need for standards; Must better a standard for someone in your age group to win a medal for any place. This will give a competitor with no one in his age group a good feeling, as he will have won his medal.

8) The Nationals are not for everyone.

9) A maximum time limit on the 5K and 10K needs to be established in conjunction with standards.

10) Enough throwing areas re re-

quired to give every competitor six throws.

11) A member of the National games committee should be at all Regional championships to help make decisions consistent at all championships.

12) With standards, achievement certificates could be given to all who better the standard but do not place in the top three.

13) Seven regions are not adequate. Regions need to be redone.

14) Outdoor Nationals should be a two-day meet with the Pentathlon and Steeple-chase on Friday.

Direction: As Masters T&F continues to grow and mature, some concepts need to be defined or redefined. A number of Masters athletes have stepped forward to volunteer their time and knowledge to help do this.

The first area is: who is Masters T&F for, at the local level and at the National Championship level? Is it for everyone 30 and over? What is it that keeps us coming back year after year? I feel it is for those Masters athletes who want to train on a regular basis to enable them to perform in competition at their best possible level. Those that do train seriously find their individual performances to be better than they ever expected. Because of the variety in T&F events, most who train can do some event at a level of competency in their age group to get satisfaction, both in training for the event and in competing in it.

A great effort needs to be made to keep the events as close to open T&F events as possible. This gives each individual a basis for comparison over the years. If 80 percent of the competitors are in the 30 to 55 ages, then we must keep this in mind when making decision about direction. As we adjust events for aging, a balance is needed between the elite and the average. There probably comes a time when the average performer cannot compete in some events without excessive changes.

Sponsor: As our new sponsor comes on line, we will be developing those areas of the U.S. which now have no Masters T&F competition. In some new areas an open/Masters-type meet concept may be needed to get the numbers to make the meets a financial success. If you are from such an area, and would like to get Masters meets started, contact Bruce Springbett or Ron Salvio. You may be able to work

with a high school or college coach to make it happen. Association level meets need help also to keep a strong base for the program.

TAC Convention December 2-5, 1982: Below I have listed the convention schedule, so if you can not come for the whole convention, you can pick the areas you most want to be involved in. On the 2nd, the different committees will meet, as well as having rap sessions on Masters T&F.

I propose the executive committee be composed of the following positions:

1. Chairman
2. Vice chairman
3. Secretary/treasurer
4. Outdoor meet coordinator
5. Indoor meet coordinator
6. Multievent coordinator
7. Weight games coordinator
8. Information Coordinator
9. At large

The National games committee to be composed of all Regional Chairmen plus the executive committee.

Convention schedule

Thursday Dec. 2nd 10am-1pm

Rap session on combined T&F and LDR meetings Saturday not yet firm.

- 1) "National class meets" concept
- 2) National Championship meet guidelines, develop standards, general discussion to improve Nat'l. (Bruce Springbett)
- 3) Indoor Nat'l's (Ron Salvio)
- 4) Need to develop more realistic regions.

5) Submasters
2pm-6pm

- 1) Develop T&F sponsorship budget for vote on Sat. p.m. session
- 2) TAC Budget
- 3) General discussion of masters T&F

Friday Dec. 3rd 9am-12noon

- 1) National team uniforms
- 2) '83 world games
- 3) Race walking
- 4) Weight mens discussion, throw-a-thon, scoring

(Continued on page 13)



Kenny Goering (430) and Jackie Jones (327) in 5000 meter run in National Masters T&F Championships in Wichita. Goering won 45-49 title in 24:37. Jones placed 2nd in 50-54 group and won 10,000 in 51:40. Sportsfoto by John Allen



SYOSSET SPRINT. Third annual 5 kilometer (3.1 mile) road race.
Saturday, November 20, 1982. 10 AM. Rain or shine.

Course: Flat, very fast, TAC certified course. One loop.

Every 1/2 mile is marked. Splits at 1, 2 and 3 miles.

All finishers are timed. Results will be submitted to the National Running Data Center for rankings. Giant digital clock for time and place. Color video tape at the start, mid-race and finish. Watch yourself running after the race at the party. Free bagel and champagne, soda, beer, pretzels, fruit. Free raffle of running shoes and other valuable merchandise!

Categories for both males and females: 14 and under, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over (awards for everyone in this category).

Awards: Plaques for the first three in each age group. Medals to other top finishers in proportion to the number of entrants in each age group. This means that in categories like 20-29, 30-34, 35-39 there will be awards at least 10 deep, while other age groups with smaller number of entrants will have proportionally less. Special awards for the youngest and oldest finishers.

All age group winners will receive stereo radios with

headset or running shoes or stopwatches or other valuable merchandise. Special awards for outstanding performances. T-shirts to the first 200 entrants.

Entry fee: \$5 for adults, \$4 for under age 20. Entries are limited to 500 participants. Pre-entries only! Entries close 6 P.M. Saturday, November 13, 1982 or after the 500 runner limit has been reached. Positively no entry on the day of the race.

Registration: Mail entry form with check to: Mr. Geza Feld (516) 364-3542 c/o N.Y. Masters 33 Center Dr. Syosset, N.Y. 11791

Location: The race starts at H.B. Thompson Jr. H.S. Syosset, Long Island at the intersection of L.I. Expressway (Exit 44 North) and the Seaford-Oyster Bay Expressway (Route 135). See map on back.

Note: A limited number of free accommodations are available for National-class Masters runners.



WOMEN'S RUNNING

by CHRISTA ROMPPANEN

THIRD-RATE TREATMENT

I am becoming increasingly aware of second and third rate treatment of women runners, especially in the over thirty divisions. As more and more women of all ages are joining the running scene and they are running times thought impossible just a few years ago, an increasing number of well known respected races are eliminating them from scoring by extending the age group divisions to ten years and at times stopping after age forty.

Is there life after forty? Look at the record books, race directors! Masters women often place in the first five women overall, and at times win the women's race outright!

1). In this year's "Valley of the Flowers" half marathon, women's divisions stopped at forty. Sandra Kid-dy and I were the only ones receiving plaques (note that Sandra placed third and I placed fourth in the overall women). Margaret Miller, age fifty-six, placed sixth woman overall, ran a world record and was not only not given an award, but remained unmentioned in the race results published. They did give medals though, to the first military woman who ran at least twenty minutes slower, and to younger runners who also ran much slower times.

2). At the 15K District Championship in Santa Barbara, the masters field

was awesome. There were, however, no silver or bronze medals given in age groups that were a ten year spread once they reached forty. Margaret Miller recalls a few years ago receiving a beautiful big plaque for a time nine minutes slower than her time this year, and there were always second and third place awards in a masters field much smaller and of lesser quality than that now.

3). At this year's America's Finest City, San Diego half marathon, (a very well organized and beautiful race which placed #15 for quality in the top races of America), there were 5400 participants of which approximately 1500 were women, with a fine field of masters women as well. Only two awards were given for an age group spread of ten years in the 40-49 division, and one in 50 and over.

4). There is a small notice on the application of the upcoming TAC district 10K championship in Bellflower. An expense paid trip is being given by the TAC to the top MALE finisher to go to the TAC cross country championship in New York. It states "Female and wheelchair athletes are not eligible to win these fine prizes". I find this statement insulting to women athletes. We pay the same TAC membership fees as the men and if TAC can only offer it to

one sex they ought to save up for the next year when they can do the same for the first female finisher as well.

5). Many top running magazines are printing the men's masters results, but not the women's. Is this because race directors neglect to turn women's masters times in, or are the magazines deciding not to include us?

What is happening to the running movement that encouraged us to start competing? I find this trend very disturbing and know I am not alone in the way I feel. Race directors should be aware of the fact that women competitors train every bit as hard as men competitors, and just as they, we like to be treated with fairness for a well done effort. □

OHIOANS TOP MASTERS IN PHILLY

by JIM GERARD

The Converse Sports Complex Masters team, based in Troy, Ohio and coached by Bob Schul, took top masters team honors at the Philadelphia Half-Marathon September 19.

Schul has quietly been assembling some good talent the past year, and has built a midwestern powerhouse that is now making waves on the national

scene.

Top scorers for the Converse team were: 3rd master — Ken Prior, 41, Vandalia, Ohio 72:08; 7th master — Joe Moore, 41, Urbana, Ohio, 74:08; 14th master — Bill Deaton, 40, Vandalia, Ohio, 75:50.

Runner-up teams in the Masters division were Rochester and Baltimore RRC. □



Susan Redfield, 46, wins 45-49 1500-meter run in Masters Sports Festival on Franklin Field in August in 5:13.0.

THE ATHLETICS CONGRESS/USA FOURTH ANNUAL NATIONAL CONVENTION DECEMBER 1-5, 1982 THE HILTON HOTEL of Philadelphia

Name (please print) _____

Firm _____

Address _____

City _____ State _____ Zip _____

Arrival Date _____ Hour _____ AM PM Departure Date _____

Credit Card # (AX, BA, CB, DC, HH, MC) _____

PLEASE CHECK RATE DESIRED:

- ☐ Single \$ 50
- ☐ Double \$ 60
- ☐ Twin \$ 60
- ☐ Junior Suite \$225 ☐ 2 Bedrooms \$275
- ☐ Executive Suite \$275 ☐ 2 Bedrooms \$325

RESERVATIONS MUST BE RECEIVED BY
NOVEMBER 17—Requests received after this
date are subject to availability.

- All rates subject to applicable taxes.
- If the rate requested is not available, the next available rate will be confirmed.
- Rooms will be held until 6 pm on date of arrival, unless a later time is confirmed.

STANDARDS USED BY CANADIAN MASTERS. SHOULD U.S. MASTERS ADOPT SIMILAR STANDARDS?

Men	M40-44	M45-49	M50-54	M55-59	M60-64	M65-69	M70-74	M75+
100 Metres	12.8	13.4	14.0	14.5	15.0	16.0	18.0	21.0
200 Metres	26.5	27.5	29.0	30.5	32.0	34.0	36.0	40.0
400 Metres	58.0	60.0	62.0	65.0	70.0	75.0	80.0	90.0
800 Metres	2:20.0	2:25.0	2:30.0	2:35.0	2:45.0	2:55.0	3:10.0	3:30.0
1500 Metres	4:55.0	5:10.0	5:25.0	5:40.0	5:55.0	6:10.0	6:40.0	7:30.0
5000 Metres	18:00.0	19:00.0	20:00.0	21:00.0	22:00.0	23:00.0	24:00.0	26:00.0
10000 Metres	40:00.0	42:00.0	44:00.0	46:00.0	49:00.0	52:00.0	55:00.0	60:00.0
110 Metre Hurdles	19.0	20.0	22.0	23.0	25.0	28.0	30.0	35.0
400 Metre Hurdles	70.0	75.0	80.0	85.0	90.0	95.0	100.0	110.0
3000 Metre Steeplechase	12:15.0	12:40.0	13:20.0	14:10.0	15:30.0	17:00.0	18:30.0	21:00.0
5000 Metre Walk	33:00.0	33:30.0	34:00.0	35:00.0	36:30.0	38:00.0	40:00.0	
High Jump	1.50	1.45	1.40	1.35	1.30	1.20	1.10	.90m
Pole Vault	3.25	2.90	2.60	2.40	2.20	2.00	1.80	1.50m
Long Jump	5.25	4.90	4.75	4.50	4.10	3.80	3.50	2.90m
Triple Jump	10.50	10.00	9.50	9.00	8.00	7.50	6.50	5.00m
Shot Put	10.00	9.50	8.50	8.00	8.50	8.00	7.00	6.00m
Discus	27.00	25.00	27.00	25.00	27.00	25.00	23.00	18.00m
Hammer	38.00	35.00	32.00	28.00	30.00	28.00	25.00	20.00m
Javelin	40.00	37.00	34.00	31.00	29.00	27.00	24.00	20.00m
Women	M35-39	M40-44	M45-49	M50-54	M55-59	M60-64	M65-69	
100 Metres	14.0	15.0	16.0	17.0	18.0	19.0	20.0	
200 Metres	29.0	31.0	33.0	35.0	37.0	39.0	41.0	
400 Metres	72.0	80.0	90.0	100.0	110.0	120.0	135.0	
800 Metres	2:32.0	2:40.0	2:50.0	3:00.0	3:15.0	3:30.0	3:45.0	
1500 Metres	5:20.0	5:40.0	6:10.0	6:30.0	7:00.0	7:30.0	8:00.0	
5000 Metres	20:20.0	21:35.0	23:25.0	24:50.0	27:50.0	29:00.0	31:00.0	
10000 Metres	43:00.0	45:00.0	47:00.0	49:00.0	51:00.0	54:00.0		
High Jump	1.30	1.25	1.20	1.15	1.10	1.05	1.00m	
Long Jump	4.75	4.40	4.00	3.75	3.50	3.25	3.00m	
Shot Put	9.00	8.00	8.00	7.50	7.00	6.50	6.00m	
Discus	28.00	26.00	24.00	22.00	20.00	18.00	16.00m	
Javelin	29.00	27.00	25.00	27.00	25.00	23.00	21.00m	

AWARDS

Masters (Men 40+; Women 35+): C.M.A.A. Championship medals to the first three finishers if there are four or more competitors per event in a specific age-class. In accordance with C.M.A.A. regulations, to ensure that the Canadian Championship medal carries the prestige it deserves, a last place finisher in an event with three or less competitors will be awarded the appropriate medal only if the published standard is met. C.M.A.A. Certificates will be awarded to all competitors who meet the published standards in this Championship. Standards are listed on Page 4.

Submasters: The first three in the submasters events will be awarded C.M.A.A. certificates.

Note: It is not necessary to have met the C.M.A.A. standards to enter these Championships. All Masters and submasters are eligible to compete.



THE ATHLETICS CONGRESS/USA FOURTH ANNUAL NATIONAL CONVENTION

DECEMBER 1-5, 1982 - PHILADELPHIA, PA.



PLEASE PRINT—COMPLETE ALL ENTRIES

LAST NAME _____ FIRST NAME _____ INITIAL _____ TAC ASSOCIATION or AMATEUR SPORTS ORGANIZATION _____

STREET ADDRESS _____ CITY _____ STATE _____ ZIP _____

I WILL BE ATTENDING THE CONVENTION AS (Check One Only)

- ☐ TAC Delegate
- ☐ Amateur Sports Organization Delegate
- ☐ Note: If an above Delegate, you must sign-up for the full Convention Package.
- ☐ Athlete Representative Delegate
- ☐ National Committee Representative
- ☐ Observer

FULL CONVENTION PACKAGE—\$35.00

Consists of the following:
Registration Package
Friday Awards Luncheon

REGISTRATION-ONLY PACKAGE—\$25.00

- ☐ I desire the Registration-only Package.
- ☐ Optional: I wish to attend the following other functions and also enclose the appropriate fees involved:
- ☐ Thursday Night Social (Hors d'Oeuvres/Cash Bar)—\$12.50
- ☐ Friday Awards Luncheon—\$15.00
- ☐ Saturday Night Banquet—\$25.00

IMPORTANT

The following fees are in effect for all Full Convention Package and Registration-only Package (plus Options) reservations postmarked after October 15:

Full Convention Package — \$45.00
Registration, and Friday Awards Luncheon

Registration-only Package — \$30.00
Thursday Night Social — \$15.00
Friday Awards Luncheon — \$17.50
Saturday Night Banquet — \$30.00

Mail ALL COPIES of this form and CHECK to:
TAC/USA NATIONAL CONVENTION
P.O. BOX 120
INDIANAPOLIS, IND. 46206

Make checks payable to:
THE ATHLETICS CONGRESS/USA

Fees submitted with this Registration:

Full Convention Package \$ _____

Registration-only Package \$ _____

Thursday Night Social \$ _____

Friday Awards Luncheon \$ _____

Saturday Night Banquet \$ _____

TOTAL FEES SUBMITTED \$ _____

NOTE: One copy of this form will be returned to you as an acknowledgement.

Sportfotos by John Allen

ACTION AT THE NATIONALS



Claude Hills 70-74 Long Jump



Bob Hunt 400H



Matt Brown, Josh Culbreath 45-49



Jack Stevens 400m



Al Lawrence and Don Gamble 10,000 50-54



Janine Schiller 30-34 400m



Bill Fitzgerald M55



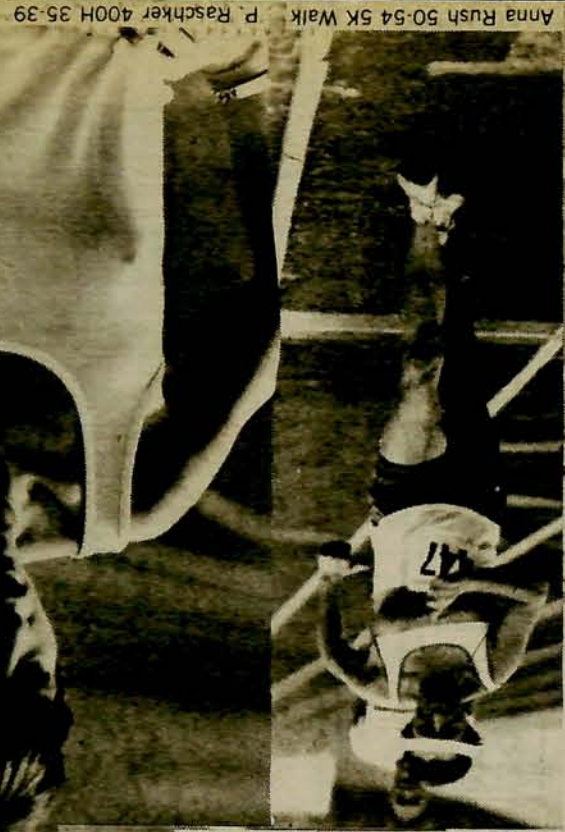
Ozzie Dawkins & Thane Baker 50-54 100m



Bud Deacon W.R. 400



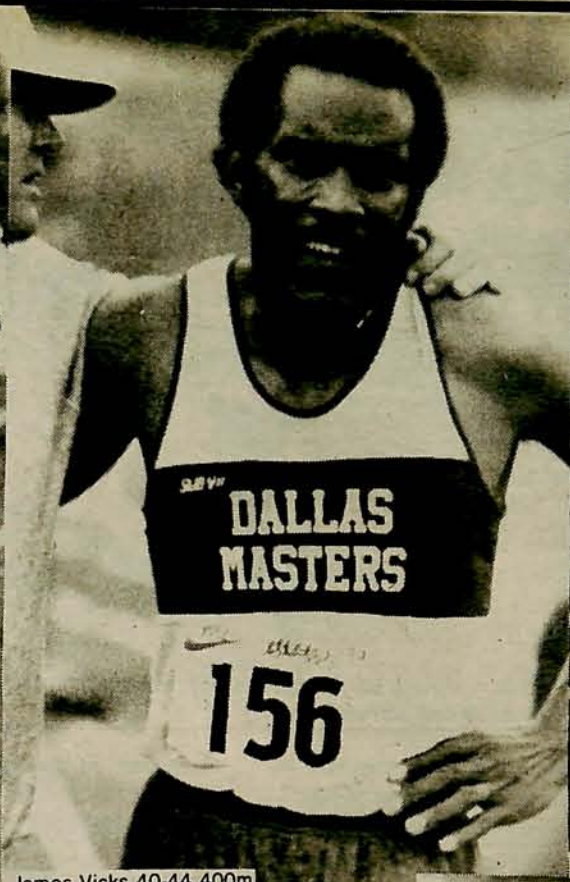
Carol Urish 4x800



Anna Rush 50-54 5K Walk

P. Raschker 400H 35-39

National Masters Track & Field Championships
Wichita, August 6-8, 1982



James Vicks 40-44 400m



Jackie Jones 10,000 50-54



Barbara Neuhaus 50-54 5,000W



Fred White 65-69 100m



Hugh Adams 40-44 110H



Shelly Ammons 400m 50-54



Tony Sapienza 10,000 50-54



Eugene Driver 400m 30-34



Dave Reinhart 30-34 3000 SC



Norm Hansen 60-64 10K



Wayne Wallgren 35-39 10,000

(Continued from page 16)

•**John Brennand**, 46, captured the Cancer Society 10K masters title in Santa Barbara Aug. 29 in 35:39.

•**Mort Gray** turned in a fast 35:26 for 50 plus laurels in Santa Rosa, Calif., and added a 58:28 10-miler on Labor Day.

•**Mike and Joan LaPierre** each won master titles in the Honsport 30K in Honolulu Aug. 29. Mike took the 40-44 title in 1:54:43, while Joan captured the women's 40-44 gold in 2:19:31. Carl Ellsworth clocked a good 1:58:52 as 1st 50 plus runner, as did Jan Newhart with a 2:33:45 for the 1st 50 plus female.

•**Christa Romppanen** ran a PR 1:43:30 to take women's masters honors in the TAC District 25K in Ventura, Calif. Sept. 19. She was only 15 seconds behind overall champion Sue Harmon. "I'm very happy about this," Romppanen said, "since the week before I had to stop at the 25K mark in the Nike Marathon in Oregon due to the cold rainy weather, which caused severe leg cramps."

NORTHWEST

•**Patricia Dixon**, 63, smashed her own U.S. 60-64 10K record of 45:40 with a time of 45:09 in the Summer's End Run in Portland Aug. 29. "I've been trying to redeem myself after Philly," said Dixon, who didn't do all that badly in the Nike finals (47:48). "Now to break 45:00."

•**Susan Henderson**, 35, was 1st woman overall in the 11th annual Portland Marathon Oct. 3 in 2:49:25. The Boulder, Colorado resident competed at age 24 in the first race 11 years ago in 1972. She won then, too, in a much slower time — 3:27.

•**Scott Hobdley** says the 3rd Snake River TAC Indoor T&F Meet in Pocatello January 21-22 will be one of the best open and age-group meets in the nation. Held under Idaho State U's mini-dome, the 200-meter, banked, wood track is a fast one on which several world open marks have been set.

CANADA

•The 4th Annual 5K Road Race Championships for Master Women drew 150 entries and 120 starters Sept. 25 in Toronto. **Heather Clemenson**, W35, won in 17:46, followed by **Diane Palmason**, first 40 plus woman in 18:06. **Audrey McCabe**, W45, 18:55; and **Rayma Dixon**, W50, 20:07 were other division winners.

INTERNATIONAL

•The sizzling European marathon times reported last month were actually 1982 rankings, Marty Post discovered. Post has compiled a new list of world and U.S. veteran marathon all-time bests, published in this issue.

•About 60 of Poland's scheduled races have been cancelled because of martial law. The 1982 Warsaw Marathon, run Sept. 26, drew 2000 runners, down 300 from last year.

•After 8 years as president of the South Africa Masters Association, **Dr. Danie Burger** has resigned. "The pressures of my expanding practice and the permanent hip disability after my accident, have made it impossible for me to give the attention to this demanding position that it deserves," he said. "It has been a memorable experience. Probably the most noteworthy achievement during this time was the yearly International participation of SAMA in the face of some very determined opposition." The world veteran hurdle gold-medalist suffered the hip injury in a traffic accident last year. He has been an outstanding representative both for the masters and for his country. He organized two trips of foreign athletes to South Africa, and organized tours of South African master athletes — black and white — to international master competitions. He remains the African representative to WAVA.

NORTH CAROLINA REPORT

from ALEX COFFIN

Jim Demi ran a swift 25:44:5 to win the Masters crown at the Dilworth Jubilee Five-Mile Road Race in Charlotte, August 14. Demi outraced Chuck Tucker, 26:26:7 and Bob Maydole, 27:59:9. Barbara Daye was the first 40 plus female in 35:30:1.

Maydole, a professor at Davidson College, turned in an impressive 28:10 clocking for five miles to win the Masters title at the Lincoln County Apple Festival Road Race September 18. Second went to Lloyd Hoke in 29:48, with Alex Coffin third in 30:10. Barbara Cramer was the top female 40 plus runner in 37:36.

Coffin, 45, of Charlotte, came back to his hometown of Asheboro on October 2 to win his second straight Masters victory in the Randolph County Fall Festival 10K Road Race. Coffin finished in 37:28, his slowest of four runs, but good enough to beat Arzie Brown, 45, who is injured and could only manage 39:04. Brown has won three Masters titles in this race, and Coffin has the other two wins. Coffin's finish was good for sixth among 135 runners. Arnold Hecht was first 50 plus finisher in 46:50, while Joyce Spoon topped the women's Masters.

Two Masters runners helped pace their team to a win in the 1982 United Way Corporate Cup five-kilometer run October 3 in Charlotte. Sterling Martin and Maydole, both in their early 40's, finished in the top 10 in the race, which drew over 900 runners, to help Davidson College win the corporate crown. Martin came in at 16:15:5, with Maydole close behind at 16:19:9 as first and second Masters. Open teammate John McCay won the race in 14:51:3. Hal Paullin took 50-59 honors in 20:42:1, with Edith Johnson first among the 40-49 runners in 24:43:1. Bev Paullin led the 50 plus women in 26:47:1.

Results in back pages. □



Ches Unruh of San Diego wins 75-79 5K walk in 34:11 at National Championships in Wichita.

Sportsfoto by John Allen



Basking in the aftermath of the Nike Masters Grand Prix 10K Championship in Philadelphia August 15 are some of the top masters women runners in the nation. From left, Mila Kania, 51; Margaret Miller 55; Toshiko d'Elia, 52; Vicki Bigelow, 46; Kay Atkinson, 65; Ruth Anderson, 54; Sister Marion Irvine, 52. photo by Judith Martin

MANNERS WINS MASTERS TITLE IN FREEDOM RACE

BOSTON, October 3. Terry Manners of New Zealand, one of the top over-age-40 runners in the world, captured the men's Masters title today in the 6th Annual Saucony/Freedom Trail Road Race through the streets of Boston.

Manners' time was 39:37, establishing a new Master's record by nearly two minutes in the roughly 8-mile race which drew 3500 runners. The old mark was set in 1981, a 41:32 by this year's runner-up, Kirk Randall of nearby Wellesley, who logged a virtual duplicate 41:42. Ken Mueller took

third in 42:24.

Carrie Parsi of the Liberty Athletic Club captured the women's over-40 title with a time of 51:08, also in course record time. Donna Maki was second in 55:18, with Susan Redfield third in 55:55.

Both winners in the 40 plus division receive free trips for two to Hawaii. The race was sponsored by the Cambridge-based Saucony shoe company and hosted by the Greater Boston Track Club.

Overall winner was George Malley in 37:16. □

BLIND ATHLETES COMPETE

by CHARLES BUELL

Harry Cordellos, 44, won the World Marathon Championship for the Blind in 3:00:59 in Vancouver, B.C. Cordellos will be on TV this fall on **Real People and You Asked For It**.

This month, the U.S. Association for Blind Athletes completes six years of organized effort to develop a national sport program for visually-impaired persons.

In 1984, USABA will host the International Games for the Disabled at Hofstra University in Nassau County, Long Island, New York. Two thousand athletes are expected. Wheelchair athletes will hold their own competition at the University of Illinois in Champaign.

The 4th National Blind Marathon Championships will be held concurrently with the 1983 Boston Marathon.

The 7th USABA Summer National Championships will be held in Missoula, Montana the week of June 12, 1983.

USABA received \$50,000 from the U.S. Olympic Committee, \$10,000 from the National Football League, and \$33,000 from other grants, but more funds are needed to carry on programs, such as helping set up physical education classes for visually-impaired youngsters in 1000 public schools.

This year's "Run for Light" was held in Vancouver on June 25 with over 1500 runners. The event is held in the dark, and each runner carries a plastic fluorescent stick which glows.

Annual dues to USABA are \$7, which includes a quarterly newsletter. Send to USABA, 55 W. California Ave., Beach Haven Park, N.J., 08008. □

MASTERS SCENE

NATIONAL

•**Runner's World Magazine** begins a three-part series this month on masters running. Conceived and written by the knowledgeable **Marty Post**, the first installment is a well-researched four-page spread with color photos. Post digs into the history of the program, the current sponsorship situation, and a dozen or so of the top 40-49 runners in the nation. The second episode, about 50-59 runners, will appear in December's issue. The 60 plus group will be the focus in January.

•A Newsletter aimed specifically at individuals and groups who organize and direct long distance races has begun publication. Called **Road Race Management**, the 8-pager costs \$39 for 12 monthly issues. "It fills a vacuum," Publisher **Phil Stewart** of Running Times Magazine said. "It provides accurate data for the planning of road races." Contact RRM at 14416 Jefferson Davis Hwy -20, Woodbridge, VA 22191, 703-643-1646. Articles have included interviews with top running organizers, technical reviews on the Bloomsday Finishing System which scored over 20,000 runners, "Policing the Roads, Who Pays?" and a monthly "Resource List."

•**Joe Henderson's** bi-weekly **Running Commentary** continues to provide late-breaking stories, inside info, and fast-paced writing on the running scene. Subscriptions \$30 a year to RC, 2011 Kimberly Drive, Eugene, OR 97405.

•**George Hatzfeld, Pat Meehan, Sarah Bruhner, Bob Fine, Jim Weed, Fred Mannis** and representatives of other masters sports (cycling, swimming, etc.) are in the process of setting up a National Masters Sports Association, which will have the legal power to contract with potential sponsors. Several companies have expressed interest. Nothing definite as of press time, October 17.

All are currently working on a voluntary basis, as are an attorney and accountant, and are optimistic that a major sponsor will soon be signed.

NEW ENGLAND

•**Tom McDermott**, 64, of Madison, CT got off a 151.1 hammer throw to better his American 50-64 mark of 142-10.

•**Kirk Randall**, 41, captured the masters title in the Maple Leaf Half-Marathon Sept. 19 in Manchester, Vermont in 1:12:07. **Phyllis Heaton** led the 40 plus women in 1:31:30.

EAST

•**Geza Feld** reports the Syosset, Long Island 5K Nov. 20 is "about the best 5K race for masters anywhere in the country." Last year, nearly a dozen national age record holders ran. One world best and one U.S. age group best were set. Any national class master runner who wishes to compete should call Feld for free accommodations. 516-364-3541. See details on page 12.

•The 3000 entrant limit was reached weeks before the deadline in the Cow Harbor 10K in Northport, N.Y. Sept. 11, called "the top 10K on Long Island." **Dave Wilson**, 44, was 1st master in 32:40. **Gordon McKenzie**, 55, ran a fast 34:24.

•**Toshiko d'Elia**, 52, set a PR of 1:28:19 in the Hispanic half-marathon in Central Park Aug. 29. It was the 2nd fastest time ever recorded by an American woman in the 50 plus division. The record is 1:26:33 by **Sister Marion Irvine**.

•On Sept. 12, d'Elia was 1st 50 plus woman in 40:15 in the Mazola 10K in Central Park.

•**Linda Thurston**, 40, of Somerville, N.J. set a pending 40-44 30K mark of 2:00:09 Sept. 19 in Colonie, N.Y., bettering **Miki Gorman's** 2:03:17.

•A week later, **Thurston** set a PR 37:40 in the Pittsburgh Great Race 10K, finishing 3rd female overall among 12,000 runners. She picked up a medal, a Sony walkman and a \$150 gift certificate. There were no age-groups calculated in the race, just open results.

•**Cliff Pauling**, 47, of the NY Masters Club, sizzled to a 32:11.9 in the World Fair 10K Sept. 11 at Flushing Meadows, N.Y. **Don Denig** was 1st in the 50-54 division in 34:34.4. **Bob Fine** was 2nd in 36:55.2. **Audrey Jacobson** was 1st 50-59 woman in 48:03.8.

•**Mike Sabino's** 53:59 edged **Don Davis** by 14 seconds for 1st master honors in the Annapolis, MD 10-miler Aug. 29. **Sylvia Shriner** was 1st 40 plus woman in 70:60.

•**Stuart Tucker**, 40, won the 40-44 Mazola 10K in Central Park Sept. 12 in 32:55. **Gabe Bernal** notched 33:28 for 2nd. **Jim Sutherland**, 35:33, was best 50-59. **Anne Bing's** 39:20 was best woman master, with **Toshiko d'Elia** logging a good 40:33 in the 50-59 bracket.

•**Bernie Gallagher** was 1st 40 plus runner in 56:35 in the DC Road Runners 15K Sept. 5.

•**More d'Elia**. The 52-year-old wonder nearly smashed **Marion Irvine's** tough women's 50 plus half-marathon mark of 1:26:33, running 1:26:50 in the Avon Half-Marathon Oct. 2 in Central Park. She shocked everyone by going out at a record pace. Through 10 miles, she was ahead of the record. Her sprint to the finish was just 17 seconds short of Irvine's mark. Toshiko really wanted the record since Irvine took away Toshi's marathon mark of 2:57 with a 2:55 last year. After dominating the 50 plus ranks, d'Elia was off her normal world class performance level for over a year, handling the stress of promoting a book and movie about her life which were big hits in Japan. "Many doubted she could come back, let alone run the fastest times of her life. The Atlanta Track Club newsletter said, "but those doubters don't know the strength of Toshi's will."

•**Alicia Moore** also clocked a good 50 plus performance in the Avon race with a PR 1:33:19. **Patty Lee Parmalee**, 42, nursing a leg injury, ran through the race to give Atlanta the team masters title (with Moore and d'Elia).

SOUTHEAST

•**Ann Karl**, 53, of Orlando, Florida ran a national class 27:02 to establish a new course 50 plus record in the 2nd Annual Poppa Jay's Run for My House 4-miler Sept. 25 in DeLand, Florida. **Paul Kerns** of Jacksonville beat all other male masters by almost a minute while finishing 11th overall in a course record 21:27. **Reg Rollason**, 66, won his age group while his wife, **Lil**, won hers. Reg claims he's getting slower, but you couldn't prove that by the 240 runners who finished behind his 27:03. All top age group finishers received specially designed awards in the race that benefits "My House," the residential treatment program for chemically dependent people, operated by Community Out-Reach Services.

•**Bob Jenkins** captured the masters crown in the Lynchburg, Virginia 10 miler Sept. 26 in 53:52. **Louise Dooley** led the women masters in 67:55. Complete results have not yet been received.

•The bi-monthly **Southern Runner** covers the New Orleans running scene. A well-produced, slick-cover mag, subscriptions are \$15 from PO Box 6524, Metairie, LA 70009.

MIDWEST

•Kentucky's **Bill Olrich**, 46, led the masters in a good 1:11:36 in the Dayton River Corridor half-marathon Sept. 26. Ohio's **Ken Prior** led the 40-44 group in 1:13:10. **Felicia Lewis** topped the 40 plus females in 1:34:00.



Jim Sutton winning 50-54 1500M at Sports Festival in 4:24.6.
Photo by Jerome McFadden

•**Joe Chadbourne**, 51, of the Over the Hill Track Club of Cleveland, set a world age 51 record of 142'11" in the 12-lb. hammer Aug. 21 in Columbus.

•**Sargent & Lundy Engineers** won the masters relay in the 2nd Chicago Corporate Classic, Sept. 21. G.D. Searle and Leo Burnett Co. were next.

•**Joan Gibson**, 44, has been progressively losing her sight since childhood, but that doesn't stop her from daily running around the Cleveland State University track, where she's studying for a law degree, after being fired from her job as chemical lab technician. "When I couldn't drive anymore and couldn't ride my bike, I was afraid I was going to get fat and out of shape just because my vision went out of whack," she said. That's when she began running. "I feel handicapped persons should get out there and try," she said. "You have to have guts." Gibson is also teaching a blind woman to run on the track, using a rope as a guiding tether. "She has talent," Gibson said. "Someone has to show her the way. The blind have to help the blind before anyone else can help us."

•**Florence Reardon**, 56, set a pending U.S. 55-59 record of 15.1 in the 100-yard-dash July 11 in the Ohio Senior Olympics in Akron. If okayed, the mark would smash **Jo Kolda's** mark of 15.8.

•**Leslie Thomas**, 71 sped to a 13.6 100-yard triumph, only 0.1 off **Barry Ivers** 70-74 record. Thomas began running when he was 70. "Senior competitions are the best thing that ever happened for senior citizens," he said. "It's something you can really put your heart into."

•**Frank Furniss** of Marion won five events in the meet's 75-79 class, while **Carmelita Rumble** of Dayton took home nine gold medals in the 70-74 bracket. **Bob Feller**, Cleveland Indians Hall of Fame pitcher, was the guest speaker at the awards banquet.

MID AMERICA

•Oklahoma has a dozen or so masters runners of national class ability. One of them is **Jack Angel**, 55, who's only lost one race in his age class. This year, he was the overall winner of two races, and has clocked a 2:46 marathon, 1:21 half-marathon, 55:26 15K, 35:25 10K, 27:54 5-mile; 17:12 5K and won the 1500 at the national T&F in Wichita.

•**Bob Bartling** is back in top form. The 56-year-old South Dakotan was 1st overall in a Brookings, S.D. 30K Sept. 26 in 2:01:46. A

week later, he covered 9 miles, 79 yards in a one-hour run, and kept pace for 18 miles, 310 yards for two-hours.

SOUTHWEST

•National Masters T&F Records Chairman **Pete Mundle** confirms the Fort Worth, Texas Running Club set a new 50-59 U.S. distance medley mark of 12:24.6 on Aug. 28. The team of **John Stayton, Wynn Talley, Rich Widener** and **Bob Coffey** broke the old standard of 12:43.2, set by the Los Angeles Senior Track Club in 1977.

•Photographer-champion race walker-historian **John Allen** reminds NMN that Dallas' **Thane Baker**, 50, who won the national masters 50-54 100 and 200 meter championships and later set a new world 50 plus record of 23.4 for the 200, won five Olympic medals — a silver in the 200 (20.8) in 1952; a gold in the 400 relay in '52; a silver in the 100 (10.5) in '56; a bronze in the 200 (20.9) in '56; and a gold in the 400 relay (WR 39.5) in '56.

WEST

•On Sept. 6, **Eino** and **Christa Romppanen** combined their talents in the 8-mile couples relay in Ventura, Calif. Christa's time was 24:05; the combined time was 49:15, making them the 7th overall couple out of 120 couples, the 1st in their age group and the 1st married couple.

(Continued on page 17)



Ken Carman, Michigan, battles to 11:18 silver medal in 50-54 steeplechase at National Masters T&F Championships in Wichita August 6-8.
Sportsfoto by John Allen

National Running Data Center

Clive Davies runs 10 km on the road.

Why would that rate a headline? Merely because for almost ten years Clive has been perhaps the best U.S. runner on an age-graded basis, but he hasn't yielded to the temptation to run the popular 10 km road distance. Clive holds U.S. marathon records for a string of eight consecutive ages. He has shown his versatility by setting track records at the mile, 5km, and 10km. However, May 23, 1982 was the first time Clive ran a certified 10km on the road. As shown in the 10km age record update, this produced a 35:52 for a new age 66 record. It beat the former 65-69 age group record by over five minutes, and beaters all single-age records from age 57 up.

The fact that Clive Davies didn't run a certified 10km while he was in the age 60-64 group caused several people to question the accuracy of the official records maintained by the NRDC. Upon seeing the official record for the 60-64 age group, the comment was, "that can't be right, because Clive Davies can run faster than that". That comment was so right, he could. But he didn't do it on a certified course while in the 60-64 age group.

Women's Records. The current policy is to accept marks only from women-only races for open records. This conforms with TAC policy adopted December 6, 1981. Marks set in mixed races will continue to be accepted for age records, age-group records, and for listing in the rankings. In addition, open marks set in mixed races will continue to be listed as "bests" if they better the official record.

Age Group Records. New 5-year age division 10K marks approved by NRDC include: M50, 31:48, Ray Hatton, 50, May 23; W40, 34:40a, Cindy Dalrymple, 40, May 16; W40, 35:07, Dalrymple, July 3; W50, 37:43, Marion Irvine, 52, May 30. New 10-mile records all set May 2 are: M40, 50:43, Herb Lorenz, 43; M65, 1:06:29, Wilfredo Rios, 65; W50, 1:04:16, Mila Kania. A new W70 10-mile mark of 1:38:20 was set by Anne Clark in Illinois on Sept. 6, 1981.



Norm McAbee at awards ceremony at San Francisco Marathon. He won 50-54 medal in fast 2:40:50.
photo by Richard Lee Slotkin

1981 Rankings. In this issue of NMN are the U.S. Masters Marathon rankings for 1981. Listed are the top 25 runners in each five-year age group from age 35 and up for men and women. The top 50 in each group for all road distances, and the top 100 in the marathon are in the NRDC book: **In Depth Masters Road Rankings**, available for \$5.95 from NRDC, P.O. Box 42888, Tucson, AZ, 85733.

Ray Currier, 36, of Manchester, N.H. had the fastest over-age-35 marathon clocking in the nation last year — a 2:19:41 effort on April 20 in Boston. Bill Hall of Durham, N.C. was the fastest 40 plus runner, with a U.S. Masters record 2:21:19, also at Boston. A 2:33:24 by Ken Winn made the top 25 list in the 40-44 class.

John Brennand's U.S. 45-49 record 2:28:46 led his division, with Jack Blakely's 2:39:57 good for 25th place. Ed Stabler's 2:33:01 led the 50-54 contingent, with Dale Goering's 2:48:28 placing 25th. Alex Ratelle's 2:30:41 at Grandma's was a new national 55-59 standard. Clive Davies went off the age-graded scale with his stunning 65-69 record 2:42:49 at the Nike/OTC Marathon in Oregon.

Karen Scannell's 2:49:47 at age 43 in Oakland led the women Masters. Marion Irvine's 2:55:17 in Oakland is a U.S. 50-54 record. Helen Dick's 3:12:46 was 21 minutes ahead of her nearest rival in the 55-59 category, while Marcie Trent (3:31:24) and Mavis Lindgren (4:33:35) led the W60 and W70 groups, respectively.

In this issue of NMN are the latest 5-year age-division records, compiled as of October 8, 1982, through processed races of August 22, 1982.

More recently, Tom Knight and Tom Benjamin of the PA-TAC Standards sub-Committee have been reviewing many of the courses in the San Francisco area. They found that the course used for the Brooks Masters 25 km held on November 30, 1980, was an altered version of the certified 5 km loop in Golden Gate Park and had never been certified as a separate course. They further noted that the course was measured along the curb rather than along the tangent, and that only two (of 100) runners actually followed the pre-race admonition to follow the curb. These marks had been accepted by the NRDC on the assurance that the certified course had been followed. NRDC has removed all of these marks from the records list (see the age record update for 25 km in this issue) since the race did not follow the course AS CERTIFIED.

NMN called NRDC director Ken



Bill Andberg, (left) 71, won 800 meters at Nationals. "Coach" John Clark did good job with wife Polly who won 100 in 16.26 and 400 in 1:30.06 (both age 72 records) and set WR in 1500, 7:31.78 and WR in 800 in 3:29.97. Polly also won 200 in 34.5.
Photo by Bill Gentry

Young to question if records, once approved, should later be rescinded. In the Brooks 25K, three age-group marks were set: Jim Bowers, M40, 1:22:39; Judy Fox Eddy, W40, 1:35:25; and Marcie Trent, W60, 2:03:14. Masters runners often get only one shot at achieving a record. For it to be okayed, then yanked, seems a little like taking Jim Thorpe's medals away.

Young says road records are going through the same phase that track and field did in the 19th century. "Tracks were of different circumference and the record book was constantly being rewritten," Young said. "Today, NRDC has to rely on the integrity of the race director. If the director says

the race was run over the previously-certified course, we believe him and approve the record. If we later learn they used an altered course, as happened with Brooks, we have no choice but to drop the marks from the lists."

Young said he was awaiting final data on the actual length of the course. The two runners who DID follow the curb, as instructed, were Bowers and Fox Eddy. "We may be able to reinstate their records," Young said, "after we review the correspondence."

Young said an International Standards Committee has been formed to approve world records. A plan is also in the works for an authorized official to fly to U.S. race locations for post-race certification. □

Track and Field Chairman

(Continued from page 12)

5) New items

2pm-6pm

1) Second session on standards

2) Clinics at Nat'l's

3) More women competitors

4) National Masters Newsletter

Saturday Dec. 4th 9am-12noon

1) Election of Chairman,

Sec./Treas. Coordinators

2) Award of '84 Championships

3) Selection of city to bid on '84 World Masters Decathlon Championships

4) National Championships (discussion on changes and vote)

5) National level meet concept

6) News items from floor

2pm-6pm

1) National Sponsor

2) Nike Sponsor

3) '83 Budget discussion and approval

4) National items from floor

I hope all of you that have concerns and ideas on improvement of masters T&F will drop me a line so we can discuss these in Philadelphia. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH NOV 1982

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
WILFRIEDE HOFFMANN(WG)	11-27-32	50-54
LIESELOTTE LIESS(WG)	11-2-32	50-54
MYRRHA EBERLY(LOS GATOS,CA)	11-30-32	50-54
GAIL GUSTAFSON-RODD(SAN FRANCISCO)	11-4-42	40-44
SUSAN KIEFFER(BEVERLY HILLS,CA)	11-17-42	40-44
BARBARA NEUHAUSE(HOUSTON,TX)	11-1-27	55-59
KATHY SHIPP(TEMPE,AZ)	11-21-42	40-44
OTIS CHANDLER(LOS ANGELES,CALIF)	11-23-27	55-59
DEREK CLAYTON(AUSTRALIA)	11-17-42	40-44
BOB CURRAN(SEPULVEDA,CALIF)	11-26-22	60-64
FELIX ERAUSQUIN(SPA)	11-20-07	75-79
GORDON FARRELL(VAN NUYS,CALIF)	11-23-17	65-69
AL FEOLA(PLACENTIA,CA)	11-6-32	50-54
WALTER FREDERICK(PICO RIVERA,CALIF)	11-3-07	75-79
BILL GILLIGAN(W.ROXBURY,MA)	11-23-17	65-69
JOSEF NECEK(CZE)	11-4-27	55-59
HANS NORDENGEN(NOR)	11-30-17	65-69
GHULAM RAZIK(PAKISTAN)	11-11-32	50-54
TORMOD RESELL(NOR)	11-5-07	75-79
HARVEY SCHELLENBERG(REEDLEY,CA)	11-10-32	50-54
FRITIOF SJOSTRAND(SWE-LA,CA)	11-5-12	70-74
WILSON VIBCE(WILMINGTON,DEL)	11-8-17	65-69

REPORT FROM BRITAIN

By ALISTAIR AITKEN

Two 49-year-olds achieved world bests for that age: Mike Barratt ran 15:23 for 5000 in the Greater London Championships on September 4, and Maurice Morrell did 9:50:4 for the 3000 meter steeplechase at Stratford on August 7 before going in for a double hernia operation.

Les Presland, M40, was the first vet in the Cressier-Chaumont Roadrace, as well as coming in first vet and 13th overall on the Sierra-Crans-Montana 17.5K run up the mountains August 19 in 1:09:42.

South London Harrier Charlie Hunn, 42, has become one of the best vet specialists in ultra-distance. He finished fifth overall in the London-to-Brighton Race, and clocked a 2:29:34 in the London Marathon.

Ron Hill was first vet and fourth overall in the Chester's six-stage tour of Thameside in 4:29:43. Another vet and ex-international, Colin Robinson, was seventh in 4:31:39.

Brian Bartholomew of Brighton set a new UK M45 best of 4:28.0 for the mile August 15 at Hendon. Nat Fisher, European Veterans M45 champ, was second in 4:29.6. □

HILLS TOPS U.S. DECATHLETES

GRESHAM, Oregon, July 3-4. Pennsylvania's Claude Hills was the top point-getter in the TAC National Masters Decathlon Championships this holiday weekend, tallying 8307 points to win the 4A (70-74) national title.

California's Bob Hunt totalled 6650 points to capture the 60-64 crown. Other division winners were: John Green, M30, 6574; Dennis Stempel, M35, 5553; Steve Pauly, M40, 5094; Jim Weed, M45, 4424; Al Brenda, M50, 4036; Richard Nordquist, M55, 3604. □

How To Apply For T&F Records

On this page are printed standard application forms for 5-year world and/or American masters track & field age-division records. While not all of the information is always needed, the more data you can provide, the easier it will be for National Records Chairman Pete Mundle and the World Association of Veteran Athletes Records Committee to verify the mark.

Meet directors should keep a supply of these forms—along with a copy of the current 5-year records (printed in June & July's NMN)—handy at each meet. Pass them out to your track and field officials so they can fill out the form right after a new record is set.

An athlete can bird-dog the officials by carrying a few of the forms in your bag. If you set a new mark, make sure you get a form filled out and signed. Then send it to Mundle.

For a single-age record, not as much data is usually required. However, again, the more data you provide, the easier it is to verify. Particularly important are the wind velocity for sprints and jumps, the exact implement weights and the exact hurdle heights. □



Sal Vasquez, 41, at San Francisco Marathon. photo by Richard Lee Slotkin



Carol Urish was first in W30-34 1500 in time of 4:37.17. Janine Schilly, center was second and Elysia Holt was third at Nationals. Photo by Bill Gentry

World Association of Veteran Athletes

APPLICATION FOR FIELD RECORD

Name of Event	Classification e.g. 40-44, etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN	
Full Name of Athlete	Address of Athlete		Country
Club or Branch	Date of Birth Day/Mth./Yr.	Date of Event Day/Mth./Yr.	Place of Competition

I hereby certify that, to the best of my knowledge, the above information is correct, that I made the performance listed below, and apply for the record indicated.

Date Signature of Athlete

FIELD JUDGES STATEMENT I hereby certify that I was an Official Judge of the above event, and that the measurement was made with a steel tape by me and the other Judges listed below, and that the height/distance achieved was EXACTLY as that shown below opposite my signature.

Height/Distance	Name of Field Judge	Address	Signature

TECHNICAL MANAGER'S CERTIFICATE I hereby certify that the level and condition of the runway and/or field, and the weight and dimensions of the implement used (if any) fell within the limits prescribed by the I.A.A.F.

Type of Runway Surface Weight of Shot, Discus or Javelin

Name of Technical Manager	Address	Signature

REFEREE'S STATEMENT I hereby certify that the officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge and I recommend the ratification of the record being applied for.

What were the weather conditions?
Precise Wind Velocity and Direction
Was the Field surveyed? Did you examine athletes Birth Certificate?
If not please send copy.

1st..... 2nd..... 3rd.....

Name of Referee	Address	Signature

Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, Ca 90291.

World Association of Veteran Athletes

APPLICATION FOR TRACK RECORD

Name of Event	Classification e.g. 40-44 etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN	
Full Name of Athlete	Address of Athlete		Country
Club or Branch	Date of Birth Day/Mth./Yr.	Date of Event Day/Mth./Yr.	Place of Competition

I hereby certify that to the best of my knowledge, the above information is correct, that I ran the time listed below and apply for the record indicated.

Date..... Signature of Athlete.....

TIMEKEEPER'S STATEMENT I hereby certify that I was the Official Timekeeper of the above event, that the time shown on my watch was EXACTLY as shown opposite my signature.

Time	Name of Timekeeper	Address	Signature

STARTER'S STATEMENT I hereby certify that I was the Official Starter of the above event, that it was a fair start, and that no advantage was given to nor taken by any athlete.

Name of Starter	Address	Signature

REFEREE'S STATEMENT I hereby certify that all officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge, and I recommend the ratification of the record being applied for.

What were the weather conditions?
Did you examine the Birth Certificate of the athlete?
(If not athlete should send copy)

Precise Wind Velocity and Direction

Were all hurdles the correct balance and height? Was the track surveyed?

List order of finish and approximate distance between each finisher.

1st..... who was ahead of
who was ahead of

Name of Referee	Address	Signature

Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, Ca 90291.

1981 Masters Marathon Rankings

Men- 35 thru 39

2:19:41a	Raymond Currier	36	Manchester	NH	20 Apr,MA-A
2:22:53a	Joe Catalano	35+	West Roxbury	MA	20 Jun,MN-A
2:23:09	Greg White	36	East Peoria	IL	12 Dec,AL-A
2:23:25	Gary Goettelmann	37	San Jose	CA	7 Mar,CA-A
2:23:57a	Edward Strabel	36	West Point	NY	20 Apr,MA-A
2:24:27a	Lou Putnam	35	Short Hills	NJ	25 Oct,NY-A
2:24:44	David Oropeza	35	Phoenix	AZ	1 Mar,AZ-A
2:25:15a	William Marshall	36		CT	20 Apr,MA-A
2:25:17	Jeff Galloway	35	Del Mar	CA	24 May,OH-A
2:25:27	Greg Jewett	35	Berkeley	CA	6 Dec,CA-A
2:26:05	Kerry Ragg	37			11 Oct,OH-A
2:26:25a	Barry Brown	36	Gainesville	FL	20 Apr,MA-A
2:26:56a	Harry Cottrell	35		CA	20 Apr,MA-A
2:27:08a	Charles Frawley	37		TX	20 Apr,MA-A
2:27:25a	Bill Sevald	35	San Francisco	CA	11 Oct,MI-A
2:27:34	Tony Woolhouse	35	Atlanta	GA	12 Dec,AL-A
2:27:58	Tom Allison	35	Wheeling	WV	11 Oct,OH-A
2:28:06a	Jonathan Barnes	35	Barrington	RI	20 Apr,MA-A
2:28:22a	Tony Gerardi	35	Las Vegas	NV	5 Dec,AZ-A
2:28:24a	Ken Harper	35	Provo	UT	5 Dec,AZ-A
2:28:31	William Kone	36	Quincy	MA	1 Nov,RI-A
2:28:33a	Hal Goforth	36		CA	20 Apr,MA-A
2:28:52	Jim Deni	39	Boone	NC	12 Dec,AL-A
2:29:00a	George Keim	38	Waynesboro	PA	20 Apr,MA-A
2:29:05	Larry Lenamon	37	Waco	TX	5 Dec,TX-A

Men- 40 thru 44

2:21:19a	William Hall	40	Durham	NC	20 Apr,MA-A
2:23:16a	Ralph Zimmerman	40	N Tonawanda	NY	17 Oct,NY-A
2:24:18	Jim Bowers	42	Santa Rosa	CA	28 Feb,OR-A
2:26:55	Robert Jenkins	41	Salem	VA	29 Nov,PA-A
2:27:30	Michael Heffernan	41	Portland	OR	28 Nov,WA-A
2:27:40a	Ernest Billups	44	Chicago	IL	25 Oct,NY-A
2:28:18a	Dan Conway	42	Chetek	WI	20 Jun,MN-A
2:28:53a	Gary Muhrcke	40	Huntington	NY	20 Apr,MA-A
2:29:34	Joseph Burgasser	42	St Petersburg	FL	17 Jan,FL-A
2:29:50a	Peter Jeffers	42	Homer	NY	20 Apr,MA-A
2:30:19a	Mike Sabino	41	Baltimore	MD	20 Apr,MA-A
2:30:25a	James O'Connell	40	Astoria	NY	25 Oct,NY-A
2:30:26a	Richard Jamborsky	44	Reston	VA	20 Apr,MA-A
2:31:11a	James Streeby	41	Ottumwa	IA	20 Jun,MN-A
2:31:24	Thomas Mayfield	42		TX	5 Dec,TX-A
2:31:39	Guenther VandenFelden	42	Oakland	CA	6 Dec,CA-A
2:32:21	Jerry McNeal	44	Minnetonka	MN	9 May,MN-A
2:32:30a	Geoff Pietsch	44	Miami	FL	25 Oct,NY-A
2:32:37a	Roger Rouiller	42	Lockport	IL	20 Apr,MA-A
2:32:47	Alton Migues	41	Pensacola	FL	1 Nov,DC-A
2:33:10a	Ray Stevens	40	Lincoln	NE	20 Apr,MA-A
2:33:10a	Donald Sleeman	43	Ann Arbor	MI	11 Oct,MI-A
2:33:17a	Glade Hall	40+			3 Oct,UT-A
2:33:21a	Richard Carling	40+			3 Oct,UT-A
2:33:24	Ken Winn	44	Stone Mtn	GA	12 Dec,AL-A

Men- 45 thru 49

2:28:46	John Brennand	45	Santa Barbara	CA	13 Sep,OR-A
2:30:38a	Brian Harris	46	Royal Oak	MI	11 Oct,MI-A
2:32:32	Robert Ruggeri	45	Walla Walla	WA	13 Sep,OR-A
2:32:39	Bill Foulk	48	Bozeman	MT	13 Sep,OR-A
2:32:53	Buford Harris	48			30 Aug,CA-A
2:33:11	Bill Olrich	46	Lexington	KY	12 Dec,AL-A
2:34:15a	William Hoss	46		TX	20 Apr,MA-A
2:34:41a	Fred Best	45	Westfield	NJ	20 Apr,MA-A
2:34:43	Jim Knerr	47	Simi Valley	CA	30 Aug,CA-A
2:35:15a	Hans Hartmann	45	Jackson Hgts	NY	20 Apr,MA-A
2:35:31	Norman Green, Jr	49			29 Nov,PA-A
2:35:56a	John Weldy	47	Scottsdale	AZ	5 Dec,AZ-A
2:36:20a	Paul Noreen	46	Plymouth	MN	20 Jun,MN-A
2:36:42a	John Pistone	47		MA	20 Apr,MA-A
2:36:54a	Richard Gottshall	45	Altoona	PA	20 Apr,MA-A
2:36:54	Frederick Hagerman	46			11 Oct,OH-A
2:37:32	Gerald Koch	47	Clarksville	TN	12 Dec,AL-A
2:38:05	Bob Elwood	46	Lincoln	NE	10 May,NE-A
2:38:25	Dick Seagrave	45	Ames	IA	11 Oct,MN-A
2:38:45	Jeremy Clark	45	Honolulu	HI	13 Dec,HI-A
2:39:07a	Werner Liebig	46		NY	20 Apr,MA-A
2:39:15	Glynn Wood	47	Monterey	CA	6 Dec,CA-A
2:39:27a	Ben Hyser	46	York	PA	20 Apr,MA-A
2:39:33a	Arlen Sunn	46	Columbia Hgts	MN	20 Jun,MN-A
2:39:57a	Jack Blakely	45	Ithaca	NY	17 Oct,NY-A

Men- 50 thru 54

2:33:01a	Edward Stabler	51	Syracuse	NY	20 Apr,MA-A
2:34:51	Ulrich Kaempf	50	Los Altos	CA	7 Mar,CA-A
2:36:27a	Gaylon Jorgensen	52	Highland	UT	3 Oct,UT-A
2:37:31a	Tom Bailey	51	Denver	CO	25 Jan,AZ-A
2:38:16a	Kenneth Helms	54	Charlotte	NC	20 Apr,MA-A
2:38:50a	Don Dixon	54	Hastings/Hudsn	NY	25 Oct,NY-A
2:39:36	Herb Chisholm	54	Alexandria	VA	15 Feb,MD-A
2:45:09a	Robert Featherston	50	Tulsa	OK	20 Apr,MA-A
2:45:09a	Edward Dibble	50	Sylvania	OH	11 Oct,MI-A
2:45:17	Charles Anderson	50	San Diego	CA	11 Jan,CA-A
2:45:29	Bernie Rubinsky	51			29 Nov,PA-A
2:45:31a	Al Treichel	52	Milwaukee	WI	20 Jun,MN-A
2:45:34	Al Becken	52	San Antonio	TX	7 Nov,NE-A
2:45:52	Donald Gammie	51	Centerville	OH	29 Nov,PA-A
2:46:02	David Seiler	50	Pensacola	FL	14 Mar,VA-A

2:46:07	Jack Angel	50+			5 Dec,TX-A
2:46:23a	Al Lawrence	51	Houston	TX	6 Sep,SD-A
2:46:30	Philip Watson	50	Simsbury	CT	1 Nov,RI-A
2:47:32	Carl Ellsworth	50	Kailua	HI	13 Dec,HI-A
2:47:58	Bernard Barton	50+			28 Nov,WA-A
2:48:13a	John J Kelley	50	Mystic	CT	20 Apr,MA-A
2:48:16a	Bill McChesney	52	Eugene	OR	20 Apr,MA-A
2:48:20	Pierce Cornelius	50	Bend	OR	13 Sep,OR-A
2:48:24a	Tracy Brown	52		CA	20 Apr,MA-A
2:48:28a	Dale Goering	51	Santa Fe	NM	5 Dec,AZ-A

Men- 55 thru 59

2:30:41a	Alex Ratelle	56	Edina	MN	20 Jun,MN-A
2:47:07a	Max Nemazi	56	Livonia	MI	11 Oct,MI-A
2:47:20a	Jim Forshee	56	Ann Arbor	MI	11 Oct,MI-A
2:48:21	Howard Miller	55	Merced Island	WA	28 Nov,WA-A
2:49:09a	Gerald Morrison	57	Parkville	MO	20 Apr,MA-A
2:52:12a	Harry Berner	57	Lyndhurst	NJ	25 Oct,NY-A
2:52:19a	Harold Knapp	57	Germantown	MD	20 Apr,MA-A
2:53:56	Flory Rodd	58	San Francisco	CA	13 Sep,OR-A
2:55:05	Donald Adams	56	Pittsburgh	PA	24 May,OH-A
2:55:46	Jerome Kerkhof	55	Silver Spring	MD	1 Nov,DC-A
2:57:21a	John Moran	55	Bronxville	NY	25 Oct,NY-A
2:58:00a	James Jensen	55	Washington	DC	25 Oct,NY-A
2:58:43a	John Benzoni	55	Penfield	NY	17 Oct,NY-A
2:59:05a	Joseph Seliber	55+			26 Apr,IL-A
2:59:32	Dominic Macciaro	59	Burbank	IL	27 Sep,IL-A
3:00:02a	Hugh Short	59		VT	20 Apr,MA-A
3:00:04	Robert E Smith	55	Minnetonka	MN	11 Oct,MN-A
3:00:17a	Hubert Morgan	59	Sayre	PA	20 Apr,MA-A
3:00:36	Francesco DiMarco	59	Windsor	CT	1 Nov,RI-A
3:00:56a	Conrad Carr	55	Minneapolis	MN	20 Jun,MN-A
3:00:58a	William Hayes	55	Edina	MN	20 Jun,MN-A
3:01:11a	Don McWilliams	57	Canandaigua	NY	17 Oct,NY-A
3:01:55a	Dominick Taddonio	57	Livonia	MI	20 Apr,MA-A
3:02:28a	George Coats	56	New Providence	NJ	25 Oct,NY-A
3:02:58a	Mac Elliott	56	Paradise Villy	AZ	5 Dec,AZ-A

Men- 60 thru 64

3:01:20a	Jack Start	60		NJ	20 Apr,MA-A
3:02:24	Harold Daughters	60	Blue Jay	CA	12 Jul,CA-A
3:02:50	Richard Bartholomew	60+		WA	28 Nov,WA-A
3:02:55	Paul Reese	64	Sacramento	CA	3 May,CA-A
3:04:49	Wayne Zook	63	San Diego	CA	11 Jan,CA-A
3:04:53a	Don Longenecker	64	Silver City	NM	25 Jan,AZ-A
3:06:43a	George Sheehan	62	Red Bank	NJ	25 Oct,NY-A
3:06:53	Frans Pauwels	62	Portland	OR	1 Mar,AZ-A
3:07:36a	Stephen Richardson	61	Riverside	CT	25 Oct,NY-A
3:08:45a	Wilfredo Rios	64	Little Neck	NY	20 Apr,MA-A
3:09:15a	Bob Martin	60	Tucson	AZ	25 Jan,AZ-A
3:11:10	Paul Jernstrom	60	Rolling Hills	CA	30 Aug,CA-A
3:11:14	Charles Ogilvie	63	Ft Worth	TX	10 Jan,TX-A
3:13:28a	George Boyle	62	Los Angeles	CA	5 Dec,AZ-A
3:14:04a	Robert Rogan	60	Shrub Oak	NY	25 Oct,NY-A
3:14:13	John Fredette	61	Bloomfield	NJ	6 Dec,NJ-A
3:14:16	Carlton Mendell	60	Portland	ME	1 Nov,DC-A
3:14:45a	Ralph Pavek	60		MN	20 Apr,MA-A
3:15:39a	Paul Pixler	61	Durango	CO	5 Dec,AZ-A
3:15:51a	Robert Haugh	60	Dallas	TX	20 Apr,MA-A
3:16:15	Melvin Anderson	63		OR	13 Sep,OR-A
3:16:20a	Stuart Jardine	64	Salt Lake City	UT	24 Jul,UT-A
3:17:11a	Arnold Johnson	60	Rockford	IL	20 Jun,MN-A
3:18:19a	Edwin Whitney	60	Waltham	MA	25 Oct,NY-A
3:18:40a	Carlyle Sherstad	60	Grantsburg	WI	20 Jun,MN-A

Men- 65 thru 69

2:42:49	Clive Davies	66	Portland	OR	13 Sep,OR-A
3:18:02a	Louis Preysz	65	Poynette	WI	8 Aug,WI-A
3:20:57	Robert Kroger	65	Riverside	CA	13 Dec,HI-A
3:23:29	Robert Youngblood	66	Greenbelt	MD	1 Nov,DC-A
3:24:25a	William Brobston	68	Saugerties	NY	25 Oct,NY-A
3:29:33	Cleo Casady	67	Springfield	MO	1 Mar,MO-A
3:30:39	Vernon Geary	68	Williamsburg	VA	14 Mar,VA-A
3:30:48a	Jon Baldwin	66	Pls Vds Ests	CA	25 Oct,NY-A
3:31:26a	Harrison Thomson	65		CA	20 Apr,MA-A
3:32:32	Earl Wert	68	Mobile	AL	13 Sep,OR-A
3:36:29	Steve Cole	67	San Francisco	CA	3 May,CA-A
3:40:03a	Richard Bergath	67	San Diego	CA	18 Oct,CA-B
3:43:20	John Benkovich	66	Beloit	WI	27 Sep,IL-A
3:44:48a	Thomas Howard	65	Salt Lake City	UT	24 Jul,UT-A
3:46:13	John Bralowski	66	Spanish Lake	MO	22 Nov,MO-A
3:46:26a	Henry Laffer	65	Brooklyn	NY	25 Oct,NY-A
3:48:01	Larry Patterson	66	St James	MO	22 Nov,MO-A
3:48:08	George Vezmar	67			11 Oct,OH-A
3:50:07a	John Archer	66	Oconomowoc	WI	20 Apr,MA-A
3:51:35	Harry Murphy	68	Brooklyn	NY	27 May,NY-A
3:52:57	William Van Fleet	66	Eureka	CA	3 May,CA-A
3:53:22a	Don Bradley	65	Anchorage	AK	10 May,AK-A
3:55:48a	Woodrow Sigley	67	Colorado Sprgs	CO	5 Dec,AZ-A
3:58:10	Donald Logan	66	Paradise Villy	AZ	24 May,OH-A
3:58:33	Mac Osborn	67	Danville	CA	6 Dec,CA-A

Men- 70 thru 79

3:30:25a	William Andberg	70	Anoka	MN	20 Jun,MN-A
3:37:07	Edward Benham	74	Ocean City	MD	1 Nov,DC-A
3:52:17a	John A Kelley	74	East Dennis	MA	25 Oct,NY-A
3:52:59a	L L Daby	70	Prescott	AZ	25 Jan,AZ-A

1981 Masters Marathon Rankings

3:53:56	Nathaniel Hefner	70	Parkersburg	WV	24 May, OH-A
3:59:57a	Joseph Goodman	70	San Francisco	CA	25 Oct, NY-A
4:01:34	Gordon Sherbeck	74	Vancouver	WA	28 Feb, OR-A
4:13:34a	James Lux	70	Yale	MI	11 Oct, MI-A
4:13:37	Ben Mostow	77	Skokie	IL	17 Jan, FL-A
4:14:14a	Bernard Dathe	75	Pleasant Hill	CA	18 Oct, CA-B
4:22:14	Norman Bright	71	Seattle	WA	28 Nov, WA-A
4:23:34	Luis Martin	70	Upr Montclair	NJ	6 Dec, NJ-A
4:30:56	Howard Calkin	70	Oregon	MO	7 Sep, MO-A
4:32:34a	Aaron Fialkow	70	Bronx	NY	25 Oct, NY-A
4:32:37	Walt Stack	74	San Francisco	CA	6 Dec, CA-A
4:33:08	James Murphy	70	Huntington	NY	3 May, NY-A
4:36:03a	William Brown	78	Brooklyn	NY	25 Oct, NY-A
4:39:37	Verle Muhrer	71	Columbia	MO	7 Sep, MO-A
4:43:15a	James Ramsey	73	Detroit	MI	11 Oct, MI-A
4:49:09a	Damon Hieronymus	72	Sedalia	MO	25 Oct, NY-A
4:51:17	Einar Pitkanen	71	Astoria	OR	28 Feb, OR-A
4:52:32a	Joe Marinucci	72	Newburgh	NY	25 Oct, NY-A
4:54:12a	Clifton Woolley	71	Memphis	TN	25 Oct, NY-A
4:58:40	James Cobb	70	Falls Church	VA	1 Nov, DC-A
5:02:14	Maurice Ishimoto	70	Wahiawa	HI	13 Dec, HI-A

Men- 80 and over

5:40:10	Ivor Welch	86	Pacifica	CA	3 May, CA-A
6:14:58a	Noel Johnson	82	San Diego	CA	25 Oct, NY-A

Women- 35 thru 39

2:44:46a	Susan Henderson	35	Boulder	CO	5 Dec, AZ-A
2:48:56a	Ford Madeira	36	Sherborn	MA	20 Apr, MA-A
2:49:13	Wendy O'Donnell	38	Portland	OR	28 Nov, WA-A
2:49:28a	Frank Solomon	38	Corona del Mar	CA	20 Apr, MA-A
2:49:42	Sue Petersen	37	Laguna Beach	CA	13 Sep, OR-A
2:49:47a	Madeline Harmeling	36	Merrick	NY	25 Oct, NY-A
2:51:04	Cindy Dalrymple	39	Honolulu	HI	13 Sep, OR-A
2:52:48a	Carolyn Bravakis	37	Windsor Locks	CT	20 Apr, MA-A
2:53:10	Shirley Weaver	39		MT	13 Sep, OR-A
2:53:55a	Angella Hearn	35	New York	NY	25 Oct, NY-A
2:54:13	Polly Peacock	37	St Louis	MO	22 Nov, MO-A
2:55:20	Patricia Patrick	38	Falls Church	VA	1 Nov, DC-A
2:57:08a	Linda Thurston	39	Somerville	NJ	25 Oct, NY-A
2:58:20a	Diana Beckman	35	Wassaic	NY	25 Oct, NY-A
2:58:36	Heidi Pirie	36	Fairfax	VA	1 Nov, DC-A
2:58:58	Betty Hite	35	North Webster	IN	27 Sep, IL-A
3:01:18a	Wilma Hovland	36	Cedar Rapids	IA	20 Apr, MA-A
3:01:31	Diane Young	38	Saratoga	CA	3 May, CA-A
3:01:38	Rena Hart	35	Philadelphia	PA	29 Nov, PA-A
3:01:51a	Molly Thayer	38	San Francisco	CA	17 Oct, NY-A
3:03:47	Judy Dodge	35	Phoenix	AZ	25 Jan, AZ-A
3:03:55a	Dorothy Lash	37		CA	11 Jan, CA-A
3:04:40	Eileen Waters	35		CA	29 Nov, PA-A
3:04:17	Barbara Filutze	35			
3:05:34a	Nina Bovio	35	Canton	OH	25 Oct, NY-A

Women- 40 thru 44

2:49:47	Karen Scannell	43	San Francisco	CA	6 Dec, CA-A
2:54:05	Patricia Thomas	41	Seattle	WA	6 Dec, CA-A
2:54:46a	Marilyn Harbin	43	Martinez	CA	8 Mar, CA-A
2:55:19	Joan Ulliot	41	San Francisco	CA	13 Sep, OR-A
2:56:46a	Sue Stricklin	43	San Francisco	CA	20 Apr, MA-A
2:57:57	Sandra Kiddy	44	Palm Springs	CA	12 Jul, CA-A
2:58:05	Trudy Rapp	44	Alexandria	VA	1 Nov, DC-A
2:58:30	Patricia Whittingslow	41	Oakland	CA	6 Dec, CA-A
2:59:10a	Anna Thornhill	40	Somerville	NJ	20 Apr, MA-A
2:59:19	Ann Diaz	41	Glencoe	IL	12 Dec, AL-A
2:59:26	Julia Emmons	40	Atlanta	GA	12 Dec, AL-A
2:59:38	Joan Reiss	40+	Sacramento	CA	7 Mar, CA-A
2:59:40a	Nina Kuscsik	42	Huntington Stn	NY	25 Oct, NY-A
2:59:54a	Anne Bing	42	Franklin Lakes	NJ	25 Oct, NY-A
3:01:17a	Judy Lutter	41	St Paul	MN	20 Jun, MN-A
3:02:46a	Barbara Tarr	41	Menlo Park	CA	25 Oct, NY-A
3:03:13a	Sharon Martin	40		CO	20 Apr, MA-A
3:03:44	Birthe Kirsch	42	Kensington	CA	6 Dec, CA-A
3:04:11a	Tina Hayward	40	Vicksburg	MI	11 Oct, MI-A
3:04:19a	Nancy Gregory	40+			
3:04:24	Nancy Parker	40+	Atlanta	GA	3 Oct, UT-A
3:06:08a	Diane Stocklin	41	San Diego	CA	25 Oct, NY-A
3:06:45a	Jane Arnold	40	Bloomfield	CT	25 Oct, NY-A
3:07:11a	Brigitte Williams	40		TX	20 Apr, MA-A
3:07:17	Inge Heggerness	41	Gig Harbor	WA	4 Oct, WA-A

Women- 45 thru 49

3:00:47a	Helene Bedrock	46	Cliffside Park	NJ	25 Oct, NY-A
3:03:19	Nancy Parker	45	Atlanta	GA	12 Dec, AL-A
3:04:40	Karen Holappa	45	Plymouth	MI	13 Sep, OR-A
3:09:10	Marlys Hayden	48	Kentfield	CA	6 Dec, CA-A
3:10:23a	Phyllis Heaton	48	Dorset	VT	25 Oct, NY-A
3:10:33	Marion Burchfield	45	Glenwood	IL	27 Sep, IL-A
3:11:21a	Peggy Acton	45	Rochester	MI	11 Oct, MI-A
3:12:14a	Margarette Deckert	48	LaGrangeville	NY	20 Apr, MA-A
3:12:20a	Sue Medaglia	46	Bronx	NY	25 Oct, NY-A
3:12:50	Laura Tingle	45	Bradenton	FL	12 Dec, AL-A
3:13:01	Helen Reed	45	Murfreesboro	TN	12 Dec, AL-A
3:16:29	Val Fuger	46	Peoria	IL	27 Sep, IL-A
3:16:56	Mary A Miller	45		TX	5 Dec, TX-A
3:19:48a	Barbara Booker	46	Ithaca	NY	25 Oct, NY-A
3:19:57	Carolyn Cappetta	45	Concord	MA	1 Nov, RI-A
3:20:36a	Wilma Maddock	47		CA	20 Apr, MA-A

3:21:03	Ruth Waters	47	San Carlos	CA	3 May, CA-A
3:22:23	Matilee Christman	49	Des Plaines	IL	1 Mar, AZ-A
3:22:46	Sally Rusby	45			29 Nov, PA-A
3:22:54	Noel Murchie	45	Honolulu	HI	13 Dec, HI-A
3:23:28	Jean Toth	45			11 Oct, OH-A
3:23:56	Lou Ann Bartholemey	45			29 Mar, OR-A
3:24:29a	Holly Fuchs	45	Ames	IA	20 Jun, MN-A
3:24:41a	Wen-Shi Yu	46	Kew Gardens	NY	25 Oct, NY-A
3:25:08	Louise Taylor	45+		WA	28 Nov, WA-A

Women- 50 thru 54

2:55:17	Marion Irvine	52	San Rafael	CA	6 Dec, CA-A
3:11:43	Nicki Hobson	51	San Diego	CA	3 May, CA-A
3:14:10a	Toshiko D'Elia	51	Ridgewood	NJ	25 Oct, NY-A
3:19:20	Janet Glassman	52	Allentown	PA	1 Nov, DC-A
3:23:32	Anne Johnson	52	Olivenhain	CA	11 Jan, CA-A
3:24:54	Ruth Anderson	52	Oakland	CA	13 Sep, OR-A
3:25:27a	Blanche Paine	51	Watertown	MA	20 Apr, MA-A
3:27:10a	Vivian Kane	51	Bristol	IN	11 Oct, MI-A
3:28:18a	Bette Mihalek	52	Milwaukee	WI	20 Jun, MN-A
3:28:43a	Ruth Webber	52	Longmeadow	MA	20 Apr, MA-A
3:36:15	Nancy Tighe	50	New York	NY	3 May, NY-A
3:37:34	Alice Turowski	52	Portland	OR	28 Feb, OR-A
3:37:39	Frances Sackerman	52	Burlingame	CA	12 Jul, CA-A
3:38:29	Whayong Semer	50+			11 Oct, OH-A
3:39:19	Madonna Buder	50	Spokane	WA	28 Feb, OR-A
3:39:39	Janet Grenda	54	Stone Ridge	NY	15 Feb, MD-A
3:41:09a	Pauline Vigil	53	Denver	CO	5 Dec, AZ-A
3:41:09	Eileen Klatsky	50	Orinda	CA	6 Dec, CA-A
3:41:30	Erma Baker	53	Angwin	CA	6 Dec, CA-A
3:42:23a	MaeAnn Garty	54	San Diego	CA	25 Oct, NY-A
3:44:38a	Adele Milicevic	54	Scottsdale	AZ	25 Jan, AZ-A
3:45:31	Nola Bruhn	52	Seattle	WA	13 Sep, OR-A
3:49:21a	Mary Dasen	50	Perry	MI	11 Oct, MI-A
3:49:31	Guillermina Bordonaba	51	Brooklyn	NY	29 Nov, PA-A
3:49:32a	Bunny Franco	50	New York	NY	25 Oct, NY-A

Women- 55 thru 59

3:12:46	Helen Dick	57	Los Angeles	CA	27 Sep, IL-A
3:33:41a	Janet Grenda	55	Stone Ridge	NY	25 Oct, NY-A
3:36:46	Alene Park	56	Huntsville	AL	12 Dec, AL-A
3:44:17	Emily Weber	56	Broadview	IL	27 Sep, IL-A
3:44:33a	Florence Holzman	55	Marietta	GA	25 Oct, NY-A
3:49:29a	Dorothy Russell	55	Berkley	OH	11 Oct, MI-A
3:50:54a	Grace Gammill	55	Mesa	AZ	5 Dec, AZ-A
4:00:34	Virginia Terry	56	Long Beach	CA	3 May, CA-A
4:01:35a	Polly Dryburgh	55	Berkeley Hgts	NJ	25 Oct, NY-A
4:07:52a	Patricia Hill	56	Franklin	MI	11 Oct, MI-A
4:09:00a	Lynn Edwards	58	Sylvania	OH	11 Oct, MI-A
4:12:30	Mary Otley	58	Burns	OR	28 Feb, OR-A
4:15:34a	Natalie Schwanke	57	Bellevue	WA	25 Oct, NY-A
4:18:06	Mary Rodriguez	59	Rego Park	NY	1 Nov, DC-A
4:21:28a	Helen Klein	58	Hopkinsville	KY	11 Oct, MI-A
4:23:46	Janet Fullmer	56	Honolulu	HI	13 Dec, HI-A
4:27:34a	Betty Haleen	58	Minnetonka	MN	20 Jun, MN-A
4:27:37	Dottie Gray	56	Kirkwood	MO	22 Nov, MO-A
4:29:39	Lucille Mancini	58	Belmar	NJ	6 Dec, NJ-A
4:34:45	Annabel Marsh	57	San Francisco	CA	25 May, CA-A
4:39:36	Trudy Goldman	57	Venice	CA	13 Dec, HI-A
4:41:58	Melba Henderson	57		HI	8 Mar, HI-A
4:44:03a	Grayce Miji	59	Honolulu	HI	25 Oct, NY-A
4:45:06	Jeanne Wiesseman	58	Loma Linda	CA	13 Dec, HI-A
4:48:20	Donna Cornelius	56			24 May, OH-A

Women- 60 thru 69

3:31:24	Marcie Trent	63	Anchorage	AK	10 May, AK-A
3:46:28	Els Tuinzing	60	Mill Valley	CA	6 Dec, CA-A
3:52:29	Josephine Hess	63	Selah	WA	4 Oct, WA-B
3:59:59a	Althea Wetherbee	61	Huntington Stn	NY	25 Jan, AZ-A
4:16:34a	Gerry Davidson	60	Fallbrook	CA	18 Oct, CA-B
4:19:05	Edna Laflin	63	Sun City	AZ	1 Mar, AZ-A
4:20:07	Edith Dalton	61	Honolulu	HI	13 Dec, HI-A
4:23:24	Margaret Lee	62	Honolulu	HI	13 Dec, HI-A
4:37:40	Pearl Mehl	67	Boulder	CO	3 May, CO-A
4:38:35	Elsie Sato	61	Honolulu	HI	13 Dec, HI-A
4:41:40	Violet Leonard	60	Morgantown	WV	1 Nov, DC-A
4:43:15a	Margaret Mullen	61	Detroit	MI	11 Oct, MI-A
4:46:24a	Evelyn Havens	65	New York	NY	25 Oct, NY-A
4:52:57	Evelyn Irvin	60+			28 Nov, WA-A
5:01:19	Grace Schweitzer	63	Santa Barbara	CA	3 May, CA-A
5:19:53	Kikue Kimoto	64	Wahiawa	HI	13 Dec, HI-A
5:37:24	Virginia Martin	60	Fresno	CA	13 Dec, HI-A
5:39:09	Marion Epstein	62	Brooklyn	NY	3 May, NY-A
5:39:51	Marie Fujii	62	Honolulu	HI	13 Dec, HI-A
5:43:09	Gladys Noftz	62			11 Oct, OH-A
6:03:22	Ruth Hasenstab	64	Honolulu	HI	13 Dec, HI-A
6:05:06a	Anne O'Connor	63	Newark	NJ	25 Oct, NY-A
6:18:15a	Muriel Noll	61	Brooklyn	NY	25 Oct, NY-A
6:30:48	Doris Pugh	61	Kaneohe	HI	13 Dec, HI-A
6:40:22	Hilda Richardson	65	Honolulu	HI	13 Dec, HI-A

Women- 70 and over

4:33:35a	Mavis Lindgren	73	Orleans	CA	8 Mar, CA-A
4:41:45a	Ida Mintz	70+			26 Apr, IL-A
5:00:37a	Bess James	72	San Jacinto	CA	5 Dec, AZ-A
5:04:46a	Margaret Lopez	70	Middletown	NJ	25 Oct, NY-A
5:29:20	Veallon Hixon	73	Sun City	AZ	1 Mar, AZ-A
5:36:27a	Ruth Rothfarb	80	Cambridge	MA	25 Oct, NY-A
6:33:44	Anita Pereira	70	Waianae	HI	13 Dec, HI-A

OFFICIAL LONG DISTANCE RUNNING AGE-GROUP RECORDS AS OF OCTOBER 8, 1982. COMPILED BY THE NATIONAL RUNNING DATA CENTER.

a point-to-point course
f foreign course, considered to be accurate
p pending mark
v validated by post-race measurement
y mark made at the next longer English distance

Open Men

8 km	22:55	Robert Perkins	(25,NC)	1 Aug 81	at NC
10 km	28:12	Thom Hunt	(22,AZ)	1 Feb 81	at AZ
15 km	28:04a	Craig Virgin	(25,IL)	4 Jul 81	at GA
15 km	43:12	Greg Meyer	(26,MA)	6 Feb 82	at FL
10 mi	46:00	Herb Lindsay	(25,CO)	27 Apr 80	at NY
20 km	58:38	Herb Lindsay	(26,CO)	20 Sep 81	at VT
Hf Mar	1:01:47	Herb Lindsay	(26,CO)	20 Sep 81	at VT
25 km	1:14:09	Herb Lindsay	(26,CO)	9 May 81	at MI
30 km	1:34:20	Tom Fleming	(27,NJ)	23 Dec 78	at NY
	1:29:04a	Bill Rodgers	(28,MA)	28 Mar 76	at NY
20 mi	1:40:14	Peter Pfiztinger	(23,NY)	22 Feb 81	at NY
Marath	2:10:20	Tony Sandoval	(25,OR)	9 Sep 79	at OR
	2:10:20	Jeff Wells	(25,OR)	9 Sep 79	at OR
	2:08:13a	Alberto Salazar	(23,OR)	25 Oct 81	at NY
50 km	2:50:46	Chuck Smead	(24,CA)	21 Mar 76	at CA
50 mi	4:51:25	Barney Klecker	(29,MN)	5 Oct 80	at IL
100 km	6:38:20	Bernd Heinrich	(41,VT)	4 Oct 81	at IL
100 mi	13:00:11	Stuart Mittleman	(30,NJ)	6 Jun 81	at NY

Open Women- RRCA recognized

8 km	25:48y	Patricia Catalano	(27,MA)	22 Mar 81	at MA
10 km	32:04	Jan Merrill	(25,CT)	12 Oct 81	at MA
15 km	49:34v	Patricia Catalano	(27,MA)	14 Mar 81	at FL
10 mi	53:40	Patricia Catalano	(27,MA)	23 Aug 80	at MI
20 km	1:09:27	Patricia Catalano	(28,MA)	23 May 81	at WV
Hf Mar	1:11:16	Joan Benoit	(23,NH)	7 Mar 81	at CA
25 km	1:26:21	Joan Benoit	(23,NH)	9 May 81	at MI
30 km	1:50:45	Martha Cooksey	(25,OR)	10 May 80	at CA
20 mi	2:02:20	Laura Dewald	(24,VA)	26 Dec 81	at MD
Marath	2:33:24	Patricia Catalano	(28,MA)	13 Dec 81	at HI
	2:27:52a	Patricia Catalano	(28,MA)	20 Apr 81	at MA
50 km	3:26:47	Janice Arenz	(29,MN)	16 Mar 80	at MN
50 mi	6:12:12	Sue Ellen Trapp	(33,FL)	16 Sep 79	at MI
100 km	8:05:26	Sue Ellen Trapp	(34,FL)	31 Jan 81	at CT
100 mi	22:05:38	Nancy Sheehy	(33,NY)	6 Jun 81	at NY

Open Women- TAC recognized

8 km	28:50y	Shirley Pinken	(24,NJ)	25 Jul 82	at NJ
10 km	32:04	Jan Merrill	(25,CT)	12 Oct 81	at MA
15 km	57:00	Ford Madiera	(35,MA)	28 Sep 80	at MA
10 mi	59:09	Kiki Sweigart	(28,CT)	29 Mar 80	at GA
20 km	1:09:31	Nancy Konz	(24,MA)	6 Mar 82	at DC
Hf Mar	1:11:40	Kathy Mintie	(21,CA)	15 Mar 81	at CA
25 km	1:26:34	Nancy Konz	(25,MA)	13 Jun 82	at MA
30 km	1:50:45	Martha Cooksey	(25,OR)	10 May 80	at CA
20 mi	none				
Marath	2:36:02f	Nancy Konz	(23,MA)	3 Aug 80	at UK

NOTE: TAC-recognized road records for open women must be set in women-only races whereas RRCA-recognized records may be set in mixed competition.

Men- 35 thru 39

8 km	24:52y	Jeff Galloway	(35,GA)	2 Aug 80	at NC
10 km	29:17	Barry Brown	(36,FL)	7 Mar 81	at AL
15 km	46:43	Jarrett Slaven	(36,FL)	7 Feb 81	at FL
10 mi	50:59	Jack Mahurin	(35,MA)	2 Apr 78	at DC
20 km	1:01:16	Barry Brown	(35,FL)	10 Nov 79	at MS
Hf Mar	1:04:24	Barry Brown	(35,FL)	27 Jan 80	at LA
25 km	1:21:18	Peter Hallop	(35,MI)	8 May 82	at MI
30 km	1:41:37	Ron Daws	(36,MN)	23 Sep 73	at IL
	1:36:31a	Barry Brown	(37,NY)	21 Mar 82	at NY
20 mi	1:48:34	Gary Goettelmann	(37,CA)	23 Nov 80	at CA
	1:48:08a	Bruce Mortenson	(36,MN)	17 May 80	at WI
Marath	2:15:52	Norm Higgins	(35,CT)	5 Dec 71	at CA
50 km	2:56:43	John Cederholm	(36,MA)	16 Sep 79	at VT
50 mi	4:56:03	Alan Kirik	(37,NY)	26 Oct 80	at MI
100 km	7:01:43	Frank Bozanich	(35,WA)	26 Jan 80	at FL
100 mi	13:36:35	Don Marvel	(37,MD)	13 Jun 80	at NY

Men- 40 thru 44

8 km	25:32	Frank Duarte	(40,CA)	10 Jul 82	at OR
10 km	30:51	Sal Vasquez	(42,CA)	13 Feb 82	at CA
	30:42a	Herb Lorenz	(42,NJ)	4 Jul 81	at GA
15 km	47:18	Herb Lorenz	(42,NJ)	11 Apr 81	at PA
10 mi	50:43	Herb Lorenz	(43,NJ)	2 May 82	at NY
20 km	1:04:42	Herb Lorenz	(41,NJ)	28 Sep 80	at DC
Hf Mar	1:07:51	Sal Vasquez	(41,CA)	6 Dec 81	at CA
25 km	1:23:18	Ken Mueller	(40,MA)	5 Mar 77	at MA
30 km	1:40:52	Hal Higdon	(42,IN)	23 Sep 73	at IL
20 mi	1:48:25	Gary Muhrcke	(40,NY)	22 Feb 81	at NY
Marath	2:22:23	Jim Bowers	(41,CA)	12 Oct 80	at CA
	2:21:20a	William Hall	(40,NC)	20 Apr 81	at MA
50 km	3:03:56	Bernd Heinrich	(40,VT)	14 Sep 80	at VT
50 mi	5:10:12	Bernd Heinrich	(41,VT)	4 Oct 81	at IL
100 km	6:38:20	Bernd Heinrich	(41,VT)	4 Oct 81	at IL
100 mi	14:19:14	Robert VandeKieft	(42,NY)	6 Jun 81	at NY

Men- 45 thru 49

8 km	26:37y	Robert Paklaian	(45,MI)	16 Aug 81	at MI
10 km	31:26	Ray Hatton	(49,OR)	26 Sep 81	at WA
15 km	49:11	Brian Harris	(45,MI)	5 Apr 81	at MI
10 mi	53:16	Brian Harris	(45,MI)	23 Aug 80	at MI
20 km	1:06:05	Hal Higdon	(49,IN)	4 Oct 80	at IN
Hf Mar	1:11:23	Brian Harris	(46,MI)	15 Nov 81	at MI
25 km	1:22:51	Brian Harris	(45,MI)	9 May 81	at MI
30 km	1:48:38	Hal Higdon	(49,IN)	28 Dec 80	at IL
	1:43:56a	Edward Stabler	(49,NY)	18 Mar 79	at NY
20 mi	1:55:22	Darryl Beardall	(45,CA)	22 Nov 81	at CA
	1:54:27a	Hal Higdon	(48,IN)	17 May 80	at WI
Marath	2:28:46	John Brennand	(45,CA)	13 Sep 81	at OR
50 km	3:18:07	Howard Miller	(47,WA)	31 Aug 74	at WA
50 mi	5:39:55	Bob Olson	(48,MI)	16 Sep 79	at MI
100 km	7:53:44	Joe Erskine	(49,NY)	4 May 80	at CT
100 mi	14:08:10	Cahit Yeter	(46,NY)	6 Jun 81	at NY

Men- 50 thru 54

8 km	28:38y	Joe Burns	(52,NJ)	18 Oct 81	at NY
10 km	31:48	Ray Hatton	(50,OR)	23 May 82	at OR
15 km	51:22	Hal Higdon	(50,IN)	21 Jun 81	at IN
10 mi	54:12	Ulrich Kaempf	(50,CA)	24 May 81	at CA
20 km	1:10:15	Al Lawrence	(50,TX)	4 Oct 80	at IN
Hf Mar	1:14:58	Bernie Rubinsky	(51,NJ)	20 Sep 81	at PA
	1:13:51a	Alex Ratelle	(54,MN)	25 Aug 79	at CA
25 km	1:29:01	Alex Ratelle	(53,MN)	13 May 78	at MI
30 km	1:53:16	Don Dixon	(51,NY)	23 Dec 78	at NY
	1:47:33a	Alex Ratelle	(53,MN)	19 Mar 78	at NY
20 mi	1:57:25	Jim O'Neil	(51,CA)	28 Nov 76	at CA
Marath	2:34:00	Alex Ratelle	(53,MN)	9 Oct 77	at MN
	2:31:56a	Alex Ratelle	(53,MN)	24 Jun 78	at MN
50 km	3:21:02	Alex Ratelle	(52,MN)	19 Mar 77	at MN
50 mi	5:34:01	Ted Corbitt	(50,NY)	18 Oct 70	at NY
100 km	7:52:37	Ted Corbitt	(54,NY)	11 May 74	at CT
100 mi	18:45:11	Herb Fred	(51,TX)	21 Feb 81	at TX

Men- 55 thru 59

8 km	28:03y	Jim Forshee	(56,MI)	16 Aug 81	at MI
	27:54yp	Jack Angel	(55,OK)	11 Jul 82	at KS
10 km	33:22	Alex Ratelle	(56,MN)	25 Apr 81	at MN
15 km	50:56	Alex Ratelle	(56,MN)	29 Aug 81	at MN
10 mi	57:11	Jim O'Neil	(56,CA)	9 May 81	at CA
20 km	1:09:51	Alex Ratelle	(56,MN)	4 Oct 80	at IN
Hf Mar	1:15:04	Jim O'Neil	(55,CA)	7 Mar 81	at CA
25 km	1:29:43	Alex Ratelle	(55,MN)	10 May 80	at MI
30 km	1:57:49	Bob Bartling	(55,SD)	27 Sep 81	at SD
20 mi	1:59:40	Jim O'Neil	(55,CA)	23 Nov 80	at CA
Marath	2:36:04	Alex Ratelle	(55,MN)	21 Oct 79	at MN
	2:30:41a	Alex Ratelle	(56,MN)	20 Jun 81	at MN
50 km	3:20:49	Ed Almeida	(55,CA)	23 Apr 78	at CA
50 mi	5:53:07	Alex Ratelle	(57,MN)	4 Oct 81	at IL
100 km	11:23:54	Bob Mason	(58,NJ)	27 Jan 79	at FL

Men- 60 thru 64

8 km	29:35y	Stephen Richardson	(60,CT)	8 Mar 81	at NY
10 km	38:12	Stephen Richardson	(60,CT)	1 Mar 81	at NY
15 km	54:23	Clive Davies	(62,OR)	25 Jun 78	at OR
10 mi	1:01:01	Joe McGinness	(61,TN)	7 Apr 79	at TN
20 km	1:18:42	Rudy Nimmons	(60,SC)	28 Sep 80	at DC
Hf Mar	1:22:50	Jack Start	(60,NJ)	20 Sep 81	at PA
25 km	1:47:37	Charles Seekins	(61,CA)	12 Mar 78	at CA
	1:41:07a	Don Longenecker	(64,NM)	25 Jan 81	at AZ
30 km	2:08:00	Stephen Richardson	(60,CT)	20 Dec 80	at NY
	2:02:57a	Don Longenecker	(64,NM)	25 Jan 81	at AZ
20 mi	2:09:12	George Sheehan	(61,NJ)	24 Feb 80	at NY
Marath	2:42:44	Clive Davies	(64,OR)	28 Oct 79	at OR
50 km	3:48:56	Frans Pauwels	(62,OR)	18 Apr 81	at OR
50 mi	6:24:18	Frans Pauwels	(60,OR)	29 Oct 78	at OR
100 km	9:37:13	Richard Goodman	(61,WA)	3 May 81	at WA

Men- 65 thru 69

8 km	34:00y	Wilfredo Rios	(65,NY)	23 May 82	at NY
	33:25a	Wilfredo Rios	(65,NY)	14 Mar 82	at NY
10 km	35:52	Clive Davies	(66,OR)	23 May 82	at OR
15 km	55:16	Clive Davies	(65,OR)	28 Jun 81	at OR
10 mi	1:06:29	Wilfredo Rios	(65,NY)	2 May 82	at NY
20 km	1:20:53	Norman Bright	(66,WA)	22 May 76	at DC
Hf Mar	1:21:41	Clive Davies	(66,OR)	27 Sep 81	at OR
25 km	1:54:15	Cleo Casady	(66,MO)	17 Nov 79	at OK
30 km	2:15:21	Wilfredo Rios	(65,NY)	19 Dec 81	at NY
	2:13:34a	Robert Boal	(66,NC)	18 Mar 79	at NY
20 mi	2:25:31	Wilfredo Rios	(65,NY)	28 Feb 82	at NY
Marath	2:42:49	Clive Davies	(66,OR)	13 Sep 81	at OR
50 km	5:40:22	John Newdorp	(69,VA)	16 Sep 79	at VT
50 mi	7:49:34	Cleo Casady	(68,MO)	4 Oct 81	at IL

Men- 70 thru 74

8 km	39:46y	Luis Martin	(70,NJ)	18 Oct 81	at NY
	39:27yp	Ed Wiberg	(73,MI)	Aug 80	at MI
10 km	42:19	Bill Andberg	(70,MN)	25 Oct 81	at IN
15 km	1:04:23	Ray Sears	(70,IN)	2 Apr 77	at IN
10 mi	1:12:05	Edward Benham	(73,MD)	5 Apr 81	at DC
20 km	1:27:42	Bill Andberg	(70,MN)	5 Sep 81	at MN
Hf Mar	1:35:42	Bill Andberg	(70,MN)	20 Sep 81	at PA
25 km	2:00:24	Bill Andberg	(70,MN)	7 Nov 81	at OH
30 km	2:25:55	Bill Andberg	(70,MN)	26 Sep 81	at IN
20 mi	2:48:47	Edward Benham	(74,MD)	26 Dec 81	at MD
	2:47:56a	L L Daby	(70,AZ)	25 Jan 81	at AZ
Marath	3:07:26	Monty Montgomery	(71,CA)	16 Oct 77	at CA
50 km	4:54:20	Jim Bole	(71,CA)	29 Apr 79	at CA

Men- 75 thru 79

8 km	42:49y	William Brown	(78,NY)	26 Nov 81	at NY
	42:15p	Max Popper	(77,NY)	7 Jun 81	at NY
10 km	46:42	Charles Hackenheimer	(76,NY)	25 Jul 82	at NY
	45:38a	Lou Gregory	(75,FL)	3 Jun 78	at FL
15 km	1:14:28	Charles Hackenheimer	(75,NY)	21 Mar 82	at NY
10 mi	1:28:26	Percy Lee Perry	(78,NJ)	4 Apr 82	at DC
20 km	1:47:15	Lou Gregory	(75,FL)	29 Oct 77	at OK
Hf Mar	2:04:26	Noel Johnson	(76,CA)	5 Jul 76	at CA
	2:01:32p	Max Popper	(78,NY)	6 Sep 81	at NY
25 km	none				
30 km	none				
20 mi	2:49:14	Paul Spangler	(77,CA)	28 Nov 76	at CA
Marath	3:57:49	Harold Chapson	(76,HI)	10 Dec 78	at HI
50 km	none				
50 mi	11:22:43	Ben Mostow	(78,IL)	4 Oct 81	at IL

Men- 80 and over

8 km	none				
10 km	53:35	Paul Spangler	(82,CA)	25 Oct 81	at CA
15 km	none				
10 mi	none				
20 km	1:58:35	Paul Spangler	(81,CA)	27 Apr 80	at CA
Hf Mar	none				
25 km	none				
30 km	none				
20 mi	4:18:00	Ivor Welch	(84,CA)	18 Nov 79	at CA
Marath	4:50:00	Paul Spangler	(81,CA)	4 May 80	at CA

Women- 35 thru 39

8 km	29:02y	Madeline Harmeling	(36,NY)	26 Nov 81	at NY
10 km	34:23	Judy Fox	(39,CA)	5 Apr 80	at CA
15 km	52:21	Cindy Dalrymple	(39,WA)	8 Mar 81	at AZ
10 mi	1:01:33	Mary Ellen Williams	(35,MD)	4 Apr 82	at DC
20 km	1:16:18	Madeline Harmeling	(36,NY)	6 Mar 82	at DC
Hf Mar	1:22:36	Angella Hearn	(35,NY)	26 Sep 81	at NY
	1:21:05a	Bobbi Rothman	(36,NY)	13 Jun 82	at NY
25 km	1:35:17	Betty Hite	(36,IN)	8 May 82	at MI
30 km	1:57:33	Angella Hearn	(35,NY)	19 Dec 81	at NY
20 mi	2:09:25	Joan Ulliot	(38,CA)	19 Nov 78	at CA
Marath	2:43:38	Cindy Dalrymple	(37,WA)	9 Sep 79	at OR
50 km	4:00:05	Barbara Cesal	(37,IL)	27 Mar 82	at IL
50 mi	6:35:54	Nina Kuscsik	(38,NY)	5 Nov 77	at NY

Women- 40 thru 44

8 km	31:05y	Anna Thornhill	(41,NJ)	18 Oct 81	at NY
10 km	35:07	Cindy Dalrymple	(40,NY)	16 May 82	at NY
	34:40a	Cindy Dalrymple	(40,NY)	3 Jul 82	at NY
15 km	57:15	Miki Gorman	(44,CA)	24 Jun 79	at OR
10 mi	1:01:48	Karen Scannell	(42,CA)	8 Feb 81	at CA
20 km	1:18:02	Trudy Rapp	(43,VA)	28 Sep 80	at DC
Hf Mar	1:20:46	Shirley Mattson	(41,CA)	5 Jul 82	at CA
25 km	1:38:40	Miki Gorman	(41,CA)	12 Mar 77	at CA
30 km	2:03:17	Miki Gorman	(43,CA)	6 May 79	at OH
20 mi	2:16:23	Anna Thornhill	(40,NY)	22 Feb 81	at NY
Marath	2:45:04	Cindy Dalrymple	(40,NY)	6 Jun 82	at CA
	2:39:11a	Miki Gorman	(41,CA)	24 Oct 76	at NY
50 km	3:36:50	Sandra Kiddy	(43,CA)	27 Apr 80	at CA
50 mi	6:24:19	Sandra Kiddy	(44,CA)	3 May 81	at WA
100 km	8:53:49	Sue Medaglia	(44,NY)	4 May 80	at CT

Women- 45 thru 49

8 km	31:32y	Helene Bedrock	(46,NJ)	25 Jul 82	at NJ
10 km	36:29	Mila Kania	(49,NY)	5 Oct 80	at NJ
15 km	58:18	Dorothy Stock	(48,CA)	6 Dec 80	at CA
10 mi	1:02:00	Mila Kania	(49,NY)	26 Apr 81	at NY
20 km	1:20:10	Linda Sippelle	(45,PA)	28 Sep 80	at DC
Hf Mar	1:24:07	Dorothy Stock	(47,CA)	4 Jul 80	at CA
25 km	1:43:20	Linda Sippelle	(46,PA)	8 Feb 81	at NY
30 km	2:27:34	Kay Duplichan	(45,TX)	19 Dec 81	at TX
	2:04:22a	Toshiko D'Elia	(49,NJ)	18 Mar 79	at NY
20 mi	2:14:57	Toshiko D'Elia	(48,NJ)	26 Feb 78	at NY
Marath	2:58:14	Nicki Hobson	(45,CA)	5 Dec 76	at CA
	2:57:12a	Sandra Kiddy	(45,CA)	14 Feb 82	at CA
50 km	4:10:34	Sue Medaglia	(45,NY)	14 Sep 80	at VT
50 mi	6:15:47	Sandra Kiddy	(45,CA)	25 Apr 82	at WA

Women- 50 thru 54

8 km	34:14y	Chris McKenzie	(50,NY)	25 Jul 82	at NJ
10 km	37:43	Marion Irvine	(52,CA)	31 May 82	at CA
15 km	1:02:00	Anne Johnson	(52,CA)	6 Dec 80	at CA
10 mi	1:04:16	Mila Kania	(50,NY)	2 May 82	at NY
20 km	1:28:25	Bette Mihalek	(52,WI)	11 Oct 81	at IL
	1:28:02p	Matilee Christman	(50,IL)	11 Oct 81	at IL
Hf Mar	1:23:16	Marion Irvine	(52,CA)	25 Oct 81	at CA
25 km	1:45:14	Margaret Miller	(54,CA)	2 Mar 80	at CA
30 km	2:21:56	Toshiko D'Elia	(50,NJ)	20 Dec 80	at NY
20 mi	2:22:41	Ruth Anderson	(50,CA)	18 Nov 79	at CA
Marath	2:55:17	Marion Irvine	(52,CA)	6 Dec 81	at CA
50 km	5:33:05	Jan Newhart	(52,HI)	25 Mar 80	at HI
50 mi	10:13:32	Etta Palmer	(54,CA)	14 Feb 82	at CA

Women- 55 thru 59

8 km	34:45y	Mary Storey	(57,CA)	29 Nov 81	at CA
10 km	41:08	Mary Storey	(56,CA)	21 Dec 80	at CA
15 km	1:06:00	Mary Storey	(57,CA)	5 Dec 81	at CA
10 mi	1:13:02	Mary Storey	(56,CA)	17 May 80	at CA
20 km	1:36:04	Mary Storey	(56,CA)	5 Apr 81	at CA
Hf Mar	1:30:53	Margaret Miller	(55,CA)	15 Mar 81	at CA
25 km	1:52:46	Mary Storey	(55,CA)	2 Mar 80	at CA
30 km	2:18:59	Helen Dick	(55,CA)	10 May 80	at CA
20 mi	3:03:29	Mary Rodriguez	(58,NY)	24 Feb 80	at NY
	2:47:07a	Adele Milicevic	(55,AZ)	24 Jan 82	at AZ
Marath	3:08:48	Helen Dick	(56,CA)	28 Sep 80	at IL
50 km	none				
50 mi	11:11:06	Marion Littleman	(56,HI)	25 Mar 80	at HI

Women- 60 thru 64

8 km	43:53	Edna Laflin	(64,AZ)	17 Jul 82	at AZ
	43:26yp	Doris D'Andrea	(60,NJ)	25 Jul 82	at NJ
10 km	45:40	Patricia Dixon	(62,OR)	26 Sep 81	at WA
15 km	1:13:48	Patricia Dixon	(62,OR)	28 Jun 81	at OR
10 mi	1:18:13	Althea Wetherbee	(61,NY)	27 Apr 80	at NY
20 km	1:36:31	Patricia Dixon	(63,OR)	10 Apr 82	at OR
Hf Mar	1:42:23	Jaclyn Caselli	(61,CA)	28 Mar 82	at CA
25 km	2:08:39	Jean Price	(61,MA)	13 Jun 82	at MA
30 km	3:03:59	Mary Rodriguez	(60,NY)	19 Dec 81	at NY
	2:35:22a	Althea Wetherbee	(61,NY)	25 Jan 81	at AZ
20 mi	2:59:13	Kay Atkinson	(62,CA)	18 Nov 79	at CA
	2:48:19a	Althea Wetherbee	(61,NY)	25 Jan 81	at AZ
Marath	3:26:16	Marcie Trent	(60,AK)	7 May 78	at CA
50 km	5:00:29	Josephine Hess	(64,WA)	25 Apr 82	at WA

Women- 65 thru 69

8 km	46:46y	Adrienne Salmini	(65,NY)	18 Oct 81	at NY
10 km	47:55	Kay Atkinson	(65,CA)	31 May 82	at CA
15 km	1:29:16	Judy Simon	(65,CA)	22 Mar 81	at CA
	1:29:14a	Pearl Mehl	(67,CO)	7 Sep 81	at CO
10 mi	1:30:49	Pearl Mehl	(68,CO)	31 Jul 82	at KS
	1:30:49p	Jessica Posey	(67,)	29 Mar 80	at GA
20 km	none				
Hf Mar	1:49:47	Evelyn Havens	(65,NY)	15 Nov 81	at NY
25 km	2:49:56	Evelyn Havens	(65,NY)	4 Oct 81	at NY
30 km	3:19:45	Evelyn Havens	(65,NY)	19 Dec 81	at NY
20 mi	3:35:37	Evelyn Havens	(65,NY)	28 Feb 82	at NY
Marath	4:37:40	Pearl Mehl	(67,CO)	3 May 81	at CO

Women- 70 and over

8 km	53:03	Felicitas Salazare	(72,CA)	29 Nov 81	at CA
10 km	53:32	Leona Lugers	(74,MI)	12 Sep 81	at MI
15 km	1:31:29	Anne Clarke	(71,IL)	16 Aug 81	at IL
10 mi	1:38:20	Anne Clarke	(71,IL)	6 Sep 81	at IL
20 km	1:54:47	Leona Lugers	(74,MI)	23 May 81	at MI
Hf Mar	2:23:27	Bess James	(70,CA)	4 Jul 80	at CA
	2:19:58a	Bess James	(71,CA)	22 Aug 81	at CA
25 km	none				
30 km	none				
20 mi	3:25:59	Mavis Lindgren	(71,CA)	19 Nov 78	at CA
Marath	4:37:37	Mavis Lindgren	(72,CA)	9 Sep 79	at OR
	4:33:35a	Mavis Lindgren	(73,CA)	8 Mar 81	at CA

HEALTHIER WITH AGE!

by TOM YELLE

Some perhaps, get healthier with age. One example is Dr. Bill Andberg, the 70-year-old runner from Anoka, Minnesota.

A steady distance runner for the past 14 years, Andberg was one of 20 athletes between 50 and 82, who took part in a 10 year study directed by Dr. Michael Pollock at the Mount Sinai Medical Center's Human Performance Laboratory in Milwaukee. Andberg was first tested 10 years ago at age 60 and recently retested at age 70.

It was discovered:

Andberg's rest pulse at age 60 was 42. At age 70 it was 40. (World class and under age 40 marathoner Bill Rodger's pulse is about 38.) Meanwhile his maximum heart beat at age 60 was 173. Ten years later it was 159.

In addition to those figures, Andberg's blood pressure was 120/80 at age 60 and 126/75 at age 70 while his body fat content dropped from 12.5 percent 10 years ago to 8.6 percent.

Andberg did lose .8 pounds of body muscle tissue over 10 years (most athletes drop between four and five pounds) and he did lose approximately nine percent of his maximum oxygen intake falling to 54.4 percent.

Running no more than 70 miles per week, Andberg is a veteran of marathons and many masters track races. □



TRACK & FIELD RESULTS

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

1982 TAC NATIONAL POSTAL RELAY CHAMPIONSHIPS -- JANUARY 1 THRU SEPTEMBER 15, 1982

400 METER RELAY (4 X 100)

M40-49

1. So. California Striders 44.5 Dee DeWitt, Paul Edens, Nick Newton, Walt Butler
2. Philadelphia Masters 45.36 Dawson Pratt, Larry Pratt, Bob Stanford, Dhamiri Abayomi

M50-59

1. Potomac Valley Seniors 51.0 Jesse Johnson, Charles Phillips, Joel Holman, Rudy Enders
2. New York Masters 54.8 J Kelly, H Colen, Tom Talbott, Lentzer

800 METER RELAY (4 X 200)

M40-49

1. So. California Striders 1:33.2 Paul Edens, Nick Newton, Bill Knocke, Walt Butler
2. Philadelphia Masters A 1:36.4 Dawson Pratt, Larry Pratt, Dhamiri Abayomi, Bob Stanford
3. New York Pioneers 1:38.7 Barnwell, Small, Ballard, Valentine
4. Philadelphia Masters B 1:42.9
5. New York Masters 1:43.2

M50-59

1. Potomac Valley Seniors 1:57.1 Jesse Johnson, Charles Phillips, Joel Holman, Rudy Enders
2. New York Masters 1:57.8 Lentzer, Kelly, Colen, Cohen

1600 METER RELAY (4 X 400)

M40-49

1. Philadelphia Masters 3:37.77 Larry Pratt, John Sanders, Bob Stanford, Dawson Pratt
2. New York Pioneers 3:38.33 Mason O'Neal, Rudy Valentine, Rich Rizzo, Ed Small
3. New York Masters 3:53.56 Budd, Mitchell, Bohigian, Baker
4. Potomac Valley Seniors 4:04.1 Grolig, Desjardins, Kurihara, Suid

M50-59

1. Potomac Valley Seniors 3:59.1 Charles Phillips, Jesse Johnson, Joel Holman, Rudy Enders

W40-49

1. Liberty AC 4:41.3 Barbara Pike, Carrie Parsi, Carolyn Cappetta, Susan Redfield

3200 METER RELAY (4 X 800)

M40-49

1. New York Masters 8:57.9 Krebs, Mitchell, Bohigian, Baker
2. Philadelphia Masters 11:00.1 Stanford, McCombs, Sanders, Johnson

M50-59

1. New York Masters 9:56.25 Kernan, Jones, Cohen, Kania
2. Fort Worth Runners 10:08.41 W Talley, J Stayton, R Widener, R Coffey

6400 METER RELAY (4 X 1600)

M50-59

1. Fort Worth Runners Club 21:36.7 Bob Coffey, Rich Widener, John Stayton, Winn Talley

SPRINT MEDLEY RELAY (400-200-200-800)

M40-49

1. So. California Striders 3:36.1 Bill Knocke, Paul Edens, Lewis Smith, George Cohen (AR)
2. New York Pioneers 3:57.0 Mason O'Neal, Barnwell, Richard Rizzo, Ed Small
3. New York Masters 4:02.1 Bohigian, Budd, Kaye, Baker
4. Philadelphia Masters 4:07.1 Sanders, McCombs, Clark, Huckle

M50-59

1. New York Masters 4:57.3 Talbott, Lentzer, Colen, Cohen

DISTANCE MEDLEY RELAY (800-400-1200-1600)

M40-49

1. Philadelphia Masters 10:53.6 Huckle, Abayomi, Swolak, Engleman (American Record)
2. So. California Striders 11:03.8 Bill Knocke, Ralph Lee, Mel Elliot, George Cohen
3. New York Masters 12:03.4 Mitchell, Wortman, McCarthy, Krebs

M50-59

1. Fort Worth Runners 12:24.5 John Stayton, Winn Talley, Rich Widener, Bob Coffey
2. New York Masters 14:12.6 Talbott, Lentzer, Kelly, Cohen

AGE MEDLEY RELAY (4 X 400; Age 40-50-40-60)

1. New Jersey Masters 3:59.02 DeLeon Gibson, Kelsey Brown, Don Goodman, Jim Manno

2. New York Masters Wortman, Talbott, McCarthy, Sereghy

1981 TAC NATIONAL POSTAL RELAY CHAMPIONSHIPS (retroactive)

400 M40

So. Cal Striders 43.8 Knocke, Smith, Newton, Butler
Phila. Masters 45.7 Abayomi, L Pratt, D Pratt, Stanford
NY Masters A 46.2 Budd, Bohigian, Baker, Elion
NY Pioneer 47.6 Brooks, Barnes, Gill, Barnwell

800 M40

So Calif Striders 1:32.0 Newton, Cohen, Knocke, Butler (AR)
Phila. Masters 1:35.2 Pratt, Stanford, Pratt, Abayomi
NY Masters 1:35.8 Budd, Bohigian, Baker, Elion
NY Pioneers 1:39.3 Barnes, Gil, Valentine, Barnwell

M50 NY Masters

Shore AC 2:08.4 Kernan, Cohen, Bradley, Fine
2:14.6 Gonzales, Greenberg, Kalb, Kelly

1600 M40

So. Calif. Striders 3:29.5 Newton, Cohen, Lee, Knocke
Phila. Masters 3:43.7 L Pratt, D Pratt, Stanford, Abayomi
NY Pioneers 3:44.1 Valentine, O'Neal, Barnwell, Small
NY Masters 4:24.8 Feld, Bernstein, Talbott, Budd

M50 NY Masters

Shore AC 4:31.1 Cohen, Bradley, Fine, Messenger
4:41.2 Kelly, Kalb, Greenberg, Gonzales

3200 M40 NY Masters

Phila Masters 8:50.1 Krebs, Bohigian, Baker, Pauling
11:24.1 Abayomi, Stanford, Johnson, Perry

M50 NY Masters

10:31.6 Cohen, Kernan, Fine, Messenger

6400 M40 NY Masters

Phila. Masters 21:28.3 Feld, Bernstein, Kennedy, Talbott
25:56.4 McCombs, Johnson, Perry, Stanford

M50 NY Masters

22:00.9 Messenger, Cohen, Kernan, Jones

SPRINT MEDLEY:

M40 So. Calif. Striders 3:44.4 Knocke, Newton, Smith, Cohen
NY Pioneers 3:55.6 O'Neal, Barnwell, Barnes, Small
Phila Masters NT Pratt, Pratt, Stanford, Abayomi

DISTANCE MEDLEY:

M40 NY Masters A 12:22.3 Krebs, Bohigian, Baker, Pauling
NY Masters B 12:59.3 Feld, Talbott, Bernstein, Kennedy

M50 NY Masters

13:39.6 Messenger, Bradley, Fine, Jones

OFFICIAL RESULTS
MYAT REGENCY / D & D SPORTSWORLD
FALL TRACK CLASSIC
Greenville, South Carolina
September 11, 1982

MENS: 100 Meter

Open 1. Littlejohn, R. OTC 12.1
2. Henderson, W. OTC 12.2
3. McCormack, U. OTC 12.2
4. Mauldin, W. OTC 12.5

30-34 1. Gist, M. UTC 11.8
2. Marye, D. BQM 12.1
3. Moore, B. OM 12.1
4. Lewis, J. OM 12.3

35-39 1. Hagin, R. BQM 12.1
2. Liles, J. CE 12.7
3. Palmer, F. ATC 12.8
4. Payne, J. GSTC 13.0
5. Eubanks, W. BHC 13.2

40-44 1. Valle, M. GP 14.3
2. Rector, T. GTC 14.3

45-49 1. Deere, R. NYP 12.4
2. Van Nort, P. UNA 13.8

50-54 1. Poppel, J. DTC 13.0
2. Gentry, B. WFY 14.2

55-59 1. Hall, D. FS 16.3
64-69 1. Gonzalez, G. PRM 14.0

WOMENS: 100 Meter

30-39 1. Lane, J. CE 16.8

MENS: 200 Meter

Open 1. Short, R. ATC 23.7
2. Littlejohn, R. OTC 23.9
3. Henderson, W. OTC 25.3

30-34 1. Marye, D. BQM 24.7
2. Lewis, J. OM 26.6

35-39 1. Hagin, R. BQM 24.6
2. Liles, J. CE 25.2
3. Payne, J. GSTC 25.8
4. Palmer, F. ATC 26.2

40-44 1. White, S. ATC 25.7
2. Valle, M. GP 29.5

45-49 1. Deere, R. NYP 25.3
2. Van Nort, P. UNA 29.2

50-54 1. Poppel, J. DTC 26.8
2. Gentry, B. WFY 28.0

54-59 1. Deprano, B. ATC 26.7
60-64 1. Putrell, C. WFY 32.9
65-69 1. Gonzalez, G. PRM 29.9

WOMENS: 200 Meters

30-39 1. Houlton, S. ATC 31.3

MENS: 400 Meters

Open 1. Littlejohn, R. OTC 53.3
30-34 1. Green, B. OM 55.0
2. Moore, B. OM 56.8
3. Dawkins, B. CE 57.0

35-39 1. Payne, J. GSTC 56.6
2. Palmer, F. ATC 61.0

40-44 1. White, S. ATC 57.0
2. Brocksmith, J. ATC 57.6
3. Rector, T. GTC 64.6

50-54 1. Gentry, B. WFY 64.5
2. Allman, H. GTC 69.1
3. Sndov, G. ATC 72.8
4. Bartenfield, T. ATC 88.1

50-54 1. Deprano, B. ATC 60.4
2. Hall, D. FS 76.7

WOMENS: 400 Meters

Open 1. Robertson, C. ATC 72.5

30-39 1. Houlton, S. ATC 68.4

50-59 1. Bell, N. GTC 88.0

MENS: 110 HURDLES

Open 1. Short, R. ATC 15.6

35-39 1. Liles, J. CE 20.3

40-44 1. Ellis, D. NBTC 18.8

45-49 1. Van Nort, P. UNA 20.3

65-69 1. Gonzalez, G. PRM 22.0

MENS: 400 HURDLES

30-34 1. Dawkins, B. CE 64.6

40-44 1. Brocksmith, J. ATC 64.7

MENS: 3000 SC

45-49 1. Curtis, C. BAA 11:30.4

MENS: 800 Meters

Open 1. Williams, H. UNA 2:05.5

40-44 1. Studene, W. BHC 2:54.1

50-54 1. Daniel, S. ATC 2:31.7

2. Sondov, G. JTC 2:49.7

60-64 1. Putrell, C. WFY 3:18.7

WOMENS: 800 Meters

Open 1. Graham, J. ATC 3:12.9

30-39 1. Houlton, S. ATC 2:32.6

50-59 1. Bell, N. GTC 3:18.3

MENS: 1500 Meters

Open 1. Williams, H. UNA 4:19.4

40-44 1. Studene, W. BHC 6:09.7

50-54 1. Daniel, S. ATC 5:00.7

2. Allman, H. GTC 5:26.9

3. Sondov, G. GTC 5:49.4

WOMENS: 1500 Meters

Open 1. Cervais, P. ATC 5:48.6

30-39 1. Houlton, S. ATC 5:04.8

2. Kelly, S. ATC 6:24.9

50-59 1. Bell, N. GTC 6:31.2

MENS: 5000 Meters

Open 1. Wallender, T. UNA 23:51.1

30-34 1. Kelly, D. QI 22:20.5

40-44 1. Kelly, J. ATC 18:02.4

45-49 1. Curtis, C. BAA 17:54.9

50-54 1. Daniel, S. ATC 19:25.6

60-64 1. Putrell, C. WFY 23:30.5

WOMENS: 5000 Meters

Open 1. Cervais, P. ATC 21:10.2

2. Graham, J. ATC 23:58.9

30-39 1. Kelly, S. ATC 25:39.8

MENS: Pole Vault

30-34 1. Dye, J. OM 12'
35-39 1. Eubanks, W. BHC 9'6"
2. Liles, J. CE 9'6"

MENS: Triple Jump

35-39 1. Liles, J. CE 35'10"
40-44 1. Valle, M. GP 31'34"
2. Ellis, D. NBTC 30'11"

50-54 1. Gentry, B. WFY 30'2"
2. Bartenfield, T. ATC 29'11"

65-69 1. Gonzalez, G. PRM 26'6 3/4"

70-74 1. Nellis, A. GTC 21' 3/4"

MENS: High Jump

30-34 1. Dye, J. OM 5'11"
2. Foster, L. BQM 5'11"
3. Dawkins, B. CE 4'9"

35-39 1. Terrotra, P. UNA 5'6"
2. Eubanks, W. BHC 4'11"
3. Liles, J. CE 4'11"

40-44 1. White, S. ATC 5'6"
2. Valle, M. GP 4'7"

50-54 1. Gentry, B. WFY 4'9"
2. Jackson, W. UNA 4'3"
3. Allman, H. GTC 4'3"

65-69 1. Gonzalez, G. PRM 4'3"

MENS: 35lb Weight Throw

Open 1. Bishop, T. UNA 35'84"
30-34 1. Peebles, D. UNA 32'64"

40-44 1. Valle, M. GP 34'11"

45-49 1. Tommy, T. CTC 34'

MENS: Hammer Throw

Open 1. Bishop, T. UNA 91'9"

30-34 1. Peebles, D. UNA 80'11"

35-38 1. Liles, J. CE 59'2"

40-44 1. Valle, M. GP 92'8"

45-49 1. Tommy, T. CTC 115'5"

50-54 1. Bartenfield, T. ATC 77'10"

65-69 1. Lesner, F. RTC 46'7"

70-74 1. Schanzele, R. UNA 62'11"

2. Burho, W. RTC 49'5"

WOMENS: 200 Meters

30-39 1. Houlton, S. ATC 31.3

MENS: Discus

Open 1. Bishop, T. UNA 130'3"

30-34 1. Foster, L. BQM 120'
2. Green, B. OM 122'5"

35-39 1. Liles, J. CE 77'4"

40-44 1. Valle, M. GP 115'2"

45-49 1. Tommy, T. CTC 92'3"

50-54 1. Jackson, W. UNA 91'7"

2. Bartenfield, T. ATC 78'1"

65-69 1. Gonzalez, G. PRM 101'6"

2. Lesner, F. RTC 78'1"

70-74 1. Schanzele, R. UNA 78'11"

2. Nellis, A. GTC 54'8"

WOMENS: Discus

50-59 1. Schanzele, M. UNA 43'

MENS: Javelin

30-34 1. Peebles, D. UNA 145'5"

35-39 1. Liles, J. CE 116'5"

40-44 1. James, J. UNA 90'8"

2. Studene, W. BHC 85'8"

45-49 1. Tommy, T. CTC 113'5"

50-54 1. Bartenfield, T. ATC 70'10"

65-69 1. Gonzalez, G. PRM 90'6"

2. Lesner, F. RTC 81'10"

70-74 1. Schanzele, R. UNA 68'11"

2. Nellis, A. GTC 65'6"

WOMENS: Javelin

30-39 1. Lane, J. CE 58'10"

50-59 1. Schanzele, M. UNA 32'9"

MENS: Shot

Open 1. Bishop, T. UNA 38'11"

30-34 1. Green, B. OM 36'94"

2. Peebles, D. UNA 29'11"

3. Dawkins, B. CE 26'2"

Men's 100 m

35's	1. R. Morris	11.66
	2. J. Pulley	12.4
	3. M. Sullivan	12.9
40's	1. W. Butler	11.5
	2. D. Smith	11.6
	3. W. Mitchell	12.6
45's	1. D. Segal	11.8
	2. T. Cannon	12.4
	3. R. Tsuda	12.7
50's	1. W. Robinson	12.9
55's	1. V. Regier	12.7
	2. J. Jocoy	13.5
	3. T. Clayton	13.8
60's	1. D. Lawyer	13.0
	2. H. Parks	14.0
	3. R. Parkinson	14.2
65's	1. A. Collins	14.1
70's	1. J. Caruso	15.1
	2. D. Blanton	20.2
75's	1. S. Lum	16.3
	2. H. VanGelder	18.2
	3. W. Benton	20.2

Women's 100 m

45's	1. C. Miller	14.2
50's	1. M. Kuehne	18.3
60's	1. J. Kolda	16.1
70's	1. B. James	20.7
	2. E. Mendyka	21.6
75's	1. M. Salisbury	27.2
30's	1. P. Williams	15.9

Men's 200 m

30's	1. R. Williams	24.0
	2. J. Evanish	26.1
35's	1. G. Mason	23.9
	2. M. Sullivan	26.1
40's	1. D. Smith	24.2
45's	1. D. Segal	23.4
	2. T. Cannon	25.3
	3. R. Tsuda	26.3
50's	1. W. Robinson	26.1
	2. D. Douglass	28.6
55's	1. V. Reiger	26.4
	2. J. Jocoy	27.6
	3. D. Wagner	28.2
60's	1. D. Lawyer	27.3
	2. R. Biesemeyer	32.5
	3. E. Halpin	34.3
65's	1. A. Collins	30.3
	2. G. Polynis	35.8
75's	1. S. Lum	34.9
	2. W. Benton	44.5

Women's 200 m

30's	1. P. Williams	32.8
50's	1. M. Kuehne	39.3
60's	1. J. Kolda	34.1
70's	1. B. James	46.5

Men's 400 m

35's	1. G. Mason	51.6
40's	1. W. Mitchell	57.9
45's	1. R. Wagner	59.9
	2. E. Martin	1:01
50's	1. W. Robinson	59.45
55's	1. D. Wagner	1:01.3
	2. J. Jocoy	1:06.1
	3. L. Noyes	1:24.1
60's	1. H. Parks	1:05.8
65's	1. G. Polynis	1:18.6
75's	1. W. Benton	1:38.8

Women's 400 m

60's	1. J. Kolda	1:20.9
70's	1. B. James	1:36.2
75's	1. M. Salisbury	3:05.8

Men's 800 m

30's	1. R. Williams	2:04.6
	2. B. Dunn	2:25.6
	3. R. Rook	2:27.4
35's	1. G. Mason	1:59.3
	2. J. Pulley	2:26.5
45's	1. J. Carrigan	2:07.0
50's	1. L. Beadle	2:21.7
	2. J. Withers	2:22.8
	3. L. Walts	2:30.3
60's	1. D. Lewis	2:35.4
65's	1. J. Holoubek	2:35.4
	2. J. Polynis	2:40.1
75's	1. W. Benton	3:41.09

CLUB WEST 9th ANNUAL MASTERS TRACK & FIELD MEET
GOLETA, CAL. 10-2-82

Women's 800 m

50's	1. B. Vail	3:01.7
55's	1. P. Frankus	3:28.6
70's	1. B. James	4:06.9
75's	1. M. Salisbury	6:01.4

Men's 1500 m

30's	1. R. Rook	4:55.8
40's	1. W. Mitchell	4:49.4
50's	1. J. Withers	4:52.0
	2. L. Walts	5:04.0
65's	1. G. Polynis	6:47.6
75's	1. W. W. Benton	7:18.3

Women's 1500 m

55's	1. P. Frankus	6:49.4
70's	1. B. James	7:54.0

Men's 5,000 m

40's	1. J. Daniels	17:39.4
65's	1. J. Holoubek	19:38.8
75's	1. W. Benton	29:44.6

Women's 5,000 m

30's	1. W. Dunn	24:05.4
35's	1. M. Waters	22:17.1
	2. I. Zuniga	23:29.0
55's	1. P. Frankus	25:49.4

110 m Hurdles

35's	1. R. Morris	17.9
45's	1. E. Oleata	16.67
	2. J. Stanners	19.4
50's	1. D. Douglass	18.9
55's	1. L. Noyes	24.55
60's	1. C. McFate	20.6
	2. R. Parkinson	20.9

Men's High Jump

75's	1. H. VanGelder	3' 6"
70's	1. A. Vesco	3' 4"
	2. D. Pierotti	3' 0"
65's	1. J. Damski	4' 0"
	2. E. Seigel	3' 10"
60's	1. R. Biesemeyer	4' 9"
	2. C. McFate	4' 4"
	3. B. Parks	4' 2"
55's	1. S. Fordyce	4' 4"
	2. J. Jocoy	4' 2"
50's	1. D. Douglass	4' 10"
45's	1. T. Langenfeld	5' 6"
	2. D. Rose	5' 4"
	1. E. Oleata	5' 2"
35's	1. R. Morris	5' 6"
30's	1. C. Rader	6' 5"

Women's High Jump

50's	1. S. Kinsey	3' 4"
------	--------------	-------

Men's Pole Vault

70's	1. A. Vesco	6'
65's	1. E. Seigel	8'
60's	1. R. Biesemeyer	9'
	2. R. Parkinson	8'
55's	1. J. Jocoy	6' 6"
50's	1. D. Douglass	9' 6"
45's	1. E. Oleata	11' 6"
	2. J. Stanners	10' 6"
	3. D. Gray	10' 0"
40's	1. M. Connelly	13' 0"
	2. D. Thoreson	12' 0"
30's	1. J. Whitfield	11' 0"

Men's Long Jump

75's	1. E. Van Gelder	10' 4"
70's	1. J. Caruso	12' 11"
	2. A. Vesco	10' 1/2"
65's	1. J. Damski	15' 7 3/4"
	2. E. Seigel	12' 8"
	3. G. Polynis	8' 5 1/2"

60's	1. C. Mercurio	13' 5"
55's	1. J. Jocoy	15' 3 1/2"
50's	1. D. Douglass	15' 3 1/4"
45's	1. R. Tsuda	16' 6 1/2"
	2. E. Oleata	16' 6"
	3. E. Martin	16' 1"
40's	1. B. Hunter	17' 10"
	2. B. Mitchell	16' 10"
35's	1. R. Morris	20' 10 3/4"
30's	1. B. McGaugh	16' 8 1/4"

Men's Triple Jump

70's	1. A. Vesco	18' 2"
65's	1. J. Damski	29' 1"
	2. E. Seigel	25' 1 1/2"
	3. G. Polynis	18' 2 1/2"
60's	1. E. Mercurio	29' 6 1/2"
50's	1. D. Jackson	40' 11"
45's	1. J. Stanners	30' 6"
35's	1. R. Morris	42' 6 1/2"
30's	1. J. Whitfield	38' 0"

Women's Triple Jump

70's	1. E. Mendyka	16' 1 1/2"
50's	1. M. Kuehne	21' 11"

Men's Shot

80's	1. J. Whittemore	24' 6-1/4"
75's	1. R. Doms	34' 7 1/4"
70's	1. V. Cheadle	40' 7 3/4"
	2. D. Pierotti	32' 9 1/2"
	3. A. Vesco	30' 11 1/2"
65's	1. J. Thatcher	46' 3/4"
	2. R. Carter	43' 10 1/4"
60's	1. D. Aldrich	43' 9 3/4"
	2. J. Minah	41' 3 1/4"
	3. B. Stone	40' 9 3/4"
55's	1. B. Bangert	42' 1 1/4"
	2. S. Fordyce	34' 2 3/4"
	3. L. Noyes	30' 2 3/4"
50's	1. D. Douglass	36' 6"
	2. C. Divilbiss	31' 4 1/2"
45's	1. D. Smart	45' 3 1/2"
	2. J. Hart	43' 6"
	3. F. Thomson	40' 9"
40's	1. L. Higgins	39' 9 3/4"
	2. S. Sheinker	25' 1/2"
35's	1. C. McGaugh	37' 5 1/4"
	2. G. Kelmenson	35' 5 3/4"

Women's Shot

40's	1. J. Smart	23' 1/2"
50's	1. S. Kinsey	28' 11"
	2. M. Kuehne	22' 8"
70's	1. E. Mendyka	26' 1"
75's	1. M. Salisbury	10' 10 1/2"

Men's Discus

80's	1. J. Whittemore	71' 2"
75's	1. R. Doms	111' 9"
70's	1. V. Cheadle	126' 8"
	2. D. Pierotti	98' 3"
	3. A. Vesco	87' 2"
65's	1. H. Carter	131' 3"
	2. J. Thatcher	127' 3"
60's	1. D. Aldrich	162' 6"
	2. B. Stone	138' 5"
	3. R. Parkinson	127' 9"
55's	1. B. Bangert	118' 6"
	2. S. Fordyce	84'
50's	1. D. Douglass	101' 8"
	2. C. Divilbiss	93' 10"
45's	1. B. Humphreys	95' 2"
	2. F. Thomson	138' 3"
	3. J. Hart	134' 10"
40's	1. L. Higgins	159'
	2. A. Sheinker	89' 8"
	3. W. Mitchell	78' 2"
30's	1. C. McGaugh	129' 5"
	2. G. Kelmenson	106' 10"
	3. B. McGaugh	100'

Women's Discus

75's	1. M. Salisbury	21' 3"
70's	1. E. Mendyka	60'
50's	1. S. Kinsey	80' 8"
	2. M. Kuehne	42'
45's	1. C. Miller	78' 5"
40's	1. J. Smart	73' 3"

65's	1. J. Thatcher	98'
------	----------------	-----

Men's 4 x 400 m Relay

30's	San Diego A.A.	3:54.7
50 & 55's	So. Calif. Striders	4:21.8
60's	Corona Del Mar	4:57.0

60's	1. R. Parkinson	130' 3"
	2. D. Aldrich	127' 3"
	3. R. Stone	116' 5"
55's	1. W. Chyniweh	142' 4"
	2. S. Fordyce	95' 6"
	3. J. Jocoy	78' 8"
50's	1. C. Divilbiss	110' 3"
	2. D. Douglass	105' 6"
45's	1. D. Rose	145' 3"
	2. E. Martin	112' 9"
	3. D. Gray	118' 9"
40's	1. L. Higgins	171' 8"
30's	1. C. McGaugh	201' 9"
	2. G. Kelmenson	122' 4"
	3. R. Rook	109' 10"

Women's Javelin

75's	1. M. Salisbury	17' 8"
70's	1. E. Mendyka	66' 3"
50's	1. S. Kinsey	71' 7"
	2. M. Kuehne	41' 3"
45's	1. C. Miller	92' 10"

In-Depth Masters
Road Rankings

The most comprehensive road rankings ever

- 50 deep in 5-year age groups starting from 35-39.
- The 7 most popular distances: 10k, 15k, 20k, 25k, 10 miles, 1/2-marathon, marathon.
- Performances between 1 January 1981 and 1 January 1982.

Over 80 pp.

\$5.95 postpaid

Available from:

NRDC, Box 42888, Tucson, AZ 85733

The National Running Data Center is an independent non-profit organization that compiles and maintains the official U.S. road-running and long-distance track records, as recognized by the Road Runners Club of America and The Athletics Congress. Send for a list of other available publications - SASE appreciated.

Subscribe Now!

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

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

Name _____

Address _____

City _____

State _____

Zip _____

Send to: National Masters News

P.O. Box 2372

Van Nuys, CA 91404

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.

MARRIOTT FRENCH QUARTER 5K NEW ORLEANS, JULY 25, 1982

Open Mike Keogh	14:26
M40 Larry Fuselier	16:38
Tommy Marti	16:42
M50 Al Lawrence	17:29
Thad Persons	19:19
W40 Sharon McCauley	22:07
Jay Horowitz	22:43

PEPSI CHALLENGE 10K CHARLESTON, WEST VIRGINIA JULY 31, 1982

Open Jerry Dotson	31:31
M40 David Copeland	36:25
Keith Coffee	33:34
James Rogers	33:35
Terry Carmichael	33:37
John Lukens	34:36
W40 Jean Fry	48:32
Betty Young	49:14
Barbara Theierl	50:29
Patricia McClure	54:22
Shirley Durlee	59:15

4TH McCONNELL'S 5-MILE RUN SANTA BARBARA, CALIF. NO DATE SUBMITTED

Open Jim Triplett	25:49
M40 Kemp Aaberg	42 29:21
David Avila	40 31:15
John Patterson	40 32:28
M60 Chuck Seekins	65 36:11
John Schweitzer	64 44:12
Paul Gilbert	68 49:48
W40 Curry Sawyer	45 46:43
Linda McCorkle	41 49:30
Micki Stern	49 58:24
W50 Patty Frankus	55 45:49
W60 Grace Schweit'r	64 58:24
M50 No entrants	
135 finishers	

KENNESAW, GEORGIA 10K RUN AUGUST 14, 1982

Open Kevin Moats	27 33:53
M35 Sam Benedict	35 36:51
Allen McDaniel	39 37:36
Dick Westbrook	35 38:40
M45 Ron Barrie	46 40:22
Bob Pates	46 42:14
Bob Jones	47 43:09
M40 Alan Pilling	40 37:16
Fred Dyer	44 42:20
Rod Spence	42 42:40
M50 Billy Alford	52 41:09
Don Shoup	51 44:30
Kip Sengstock	54 46:27
M55 Thad Persons	55 45:18
Joe Petrolino	55 47:10
Pete Parham	57 54:41
M60 Elliott Galloway	47:14
W35 Karen Thompson	36 56:21
Sue Astley	37 58:09
Mary Bumgarner	37 59:49
W40 Carol Moyses	41 51:56
Shirley Carter	44 53:20
Joan Joesting	44 57:17
W50 Betty Southern	51 58:52
Ann-Marie Gotty	59:53
Susan Ritchie	55 74:24

BOBBY CRIM 10-MILE RUN FLINT, MICHIGAN AUGUST 22, 1982

M35-39	
1 Peter Hallop	51:28.6
2 Tony Mifsud	52:48.3
3 Tyrone Griffin	52:53.2
4 Dave Foley	52:54.7
5 Brian Harris	54:08.8
6 Michael Persak	54:31.3
7 Richard Lampman	54:51.3
8 Paul Deladurantay	54:54.0
9 Bob Frnaklin	55:19.0
10 Ron Ruffin	56:04.8
11 Ray Pihlaja	56:09.9
12 Larry Sundberg	56:19.1
13 Dave Kanners	56:48.6
14 Rich Davis	56:53.4
15 Jim Balkwell	56:56.1
16 Gary Molloseau	56:59.9
17 Walt Herrala	57:22.4
18 Don Balkwell	57:32.9
19 Amerigo Zuccaro	57:36.3
20 Gary Mundy	58:19.6

M40-44	
1 Ken Prior	54:05.6
2 Dave Biddinger	55:36.4
3 Bill Keller	56:05.8
4 Bill Boyd	56:53.9
5 Bill Agresta	57:03.2
6 Bill Deaton	57:24.8
7 Steve Hyder	57:36.9
8 Mark Giles	58:28.9
9 Charlie Blanchard	58:43.1
10 Ray Gross	58:52.3
11 Dick Bloomfield	58:58.0
12 Jim Webb	59:34.9
13 Geoff Crowther	59:55.2
14 Benard Conway	60:10.1
15 Tom McKernan	60:23.6
16 Wayne Anderson	61:04.6
17 Ray Harris	61:54.7
18 Jerry Dick	62:04.4
19 Jim Finlayson	62:11.2
20 Ray Fielder	62:21.3

M45-49	
1 Rex Perrine	55:00.9
2 Bob Paklaian	56:31.2
3 Bob Trudgeon	57:43.8
4 Joe Washburn	59:03.9
5 Roger Ritsena	59:21.6
6 Ray Ellis	59:45.2
7 Joe DeLuca	60:22.4
8 Paul Griffin	61:51.0
9 Larry Flagg	62:03.5
10 Bob Binkelman	62:52.2
11 Dick Snell	63:00.1
12 Glen Taylor	63:14.0
13 Marlin Schmidt	63:38.6
14 Dick Tullar	63:52.2
15 Tom Renna	64:12.1

M50-59	
1 Norman Eastman	55:19.5
2 Jim Forshee	58:20.4
3 Ray Riffe	61:08.8
4 Fred Holappa	62:07.3
5 Bob Daly	63:57.4
6 Jerry Heeschen	65:11.0
7 John Staran	65:31.6
8 Bruce Jacobs	66:05.8
9 Bobby Crim	66:13.6
10 Hank Schmitt	66:18.0
M60-69	
1 Fred Gurol	69:51.0
2 Theron Hodge	72:36.1
3 Doug Hooth	73:51.3
4 Lou Milgrom	75:53.1
5 Gu-nar Littrup	79:17.6

M70+	
1 Bill Andberg	73:45.1
2 Jim Ramsey	95:21.5
M35-39	
1 Laurie Binder	55:21.5AR
2 Iris Black	63:52.7
3 Judy Greer	64:06.7
4 Kate Kalb-Russell	65:00.9
5 Pat McKay	66:29.5
6 Ann Munster	68:20.9
7 Barb Cesal	70:01.7
8 Debbie Horning	70:56.4

M40-44	
1 Mary Lund	65:34.9
2 Pat Dancy	70:24.8
3 Marilyn Morehead	70:44.4
4 Bette Kasurak	74:39.0
5 Cathy Detman	74:40.1
6 Jan Delucia	75:29.4
7 Marge Potter	76:11.0
8 Sharon Naughton	78:00.3

M45-49	
1 Karen Holappa	65:09.2
2 Mary Van Camp	72:42.9
3 Peggy Acton	72:46.6
4 Marge Peruski	73:14.7
5 Mary Helms	78:33.1

M50-59	
1 Melba Hatch	71:51.9
2 Eileen Castle	80:04.2
3 Char Williams	83:46.6
4 Bev Rzonca	83:55.6
5 Pat Milligan	84:38.4

M60+	
1 Harriet Wever	82:54.8

DILWORTH JUBILEE 5-MILER CHARLOTTE, N.C. AUGUST 14

Open Jim Cooper	23:46.1
M40 Jim Deni	25:44.5
Chuck Tucker	26:26.7
Bob Maydole	27:59.9
M45 Bill Voight	28:41.4
Alex Coffin	29:11.0
Guy Beretich	29:50.8

M50 Ken Helms	30:05.0
Avery Goode	32:11.0
Charles Moore	32:20.1

M35 Bob Schlau	26:05.0
Ramsey Thomas	26:20.4
Jim O'Neill	27:58.9

W35 Pat Roberts	33:09.7
Anne Williams	33:55.5
Bet Bukovac	35:59.0

W40 Barbara Daye	35:30.1
Barbara Cramer	36:57.7
Sue Boyer	39:56.6

W45 Edith Johnson	40:54.2
Glenva Robinson	43:23.4
Jane McBryde	46:00.2

W50 Betsy Sanders	37:16.0
Nancy Bell	39:14.2
Nancy Ballenger	47:22.2

from Alex Coffin

HONSPORT 30K

HONOLULU - AUGUST 29.

Open Steve Sobaje	1:41:29
Candas Weise	2:01:05

M40 Mike LaPierre	1:54:43
Jerry Anderson	2:00:39
Walker Chapman	2:06:18

M45 Don Leopoldo	1:57:43
Jack Carzal	2:04:45
Don Boardman	2:08:13

M50 Carl Ellsworth	1:58:52
Jesse Baker	2:15:55
Jack Wyatt	2:17:10

M55 Joe Goo	2:14:34
Joe Ezak	2:24:45
Ed Fishman	2:27:35

M60 Naoto Inada	2:16:05
Edison Kitchen	2:23:35
Martin Sherman	2:25:32

M65 Bill Hodge	3:25:01
Ken Sato	4:00:17

M70 Mojato Shibijaki	3:12:02
W40 Joan LaPierre	2:19:31
Liz Hennessey	2:37:02
Linda Gallano	2:37:25

W45 Patti Buholm	2:29:43
Carol Okozaki	2:38:38
Betty Nahasone	2:52:53

W50 Jan Newhart	2:33:45
Violet Tjuchid'a	3:00:33
Lorraine Frenza	3:15:59

W55 Ruby Imada	3:51:24
W60 Margaret Lee	3:02:40
Groyce Miji	4:00:43

from Mike Tymn

7TH ANNAPOLIS 10-MILE RUN ANNAPOLIS, MARYLAND AUGUST 29, 1982

Open Gary Siriano	48:43
M40 Mike Sabino	53:59
Don Davis	54:13
Grif Balthis	55:53

M50 Steve Rosasco	59:19
Ivan Dooley	60:17
Herb Chisholm	60:39

M60 Oscar Fox	65:26
Joe Holland	68:18
Fletcher Hanks	68:31

W40 Sylvia Shriner	70:60
Frances Adams	74:47
Anne Barnett	75:51

W50 Rachel Bourne	73:51
San Chastain	79:00
Betty Moore	83:00

2ND SIMI WINERY 10K SANTA ROSA, CALIF.

Open Ed Bomber	32:39.8
M40 Bill Morris	35:26.6
Leigh Forsberg	36:12.3
Zack Taylor	37:26.6

M50 Morton Gray	35:26.6
Hank Fragoza	38:45.8
Leo Steneck	40:22.0

W40 Janet Buckendahl	40:52.1
Karen Eberhardt	42:09.8
Carmel Gordon	47:22.8

W50 Jackie Leach	54:57.6
Phyllis Ennis	60:21.6
Shirley Segar	60:41.3

3RD ANNUAL AMERICAN CANCER SOCIETY 10K SANTA BARBARA, CALIF. AUGUST 29, 1982

Open Ed Callaway	20 32:09
M40 John Brennand	46 35:39
Kemp Aaberg	42 36:11
Gerald McManigal	38:01

M50 Ray Gil	57 40:40
Owen Patmor	51 40:42
Rudy McIntosh	53 43:39

M60 John Holoubek	66 40:46
Edwin Bishop	61 42:18
Charles Seekins	65 43:31

W40 Ginger Beebe	40 49:13
Ruth Adams	44 52:12
Addie Greene	40 58:06

W50 Pat Frankus	55 53:46
-----------------	----------

POWAY SOCCER CLUB 10K SAN DIEGO, SEPT. 4, 1982

Open Wally Buckingham	31:09
M40 Jack Tuttle	34:52
John Meyer	37:20
James Metts	38:04

M50 Silver Macias	41:19
Frank Morris	41:22
Bill McAuliffe	42:24

M60 Wayne Zook	42:03
Casey Poole	44:37
Sef Torres	46:21

W40 Judy Splitgerber	42:29
Carol Teall	49:02
Judy Hooper	49:11

W50 Ann Priddy	48:11
Shirley Tobin	51:32
Barbara LaCroix	60:30

W70 Chata Thomson	77:12
-------------------	-------

D.C. ROAD RUNNERS 15K WASHINGTON, D.C. SEPT. 5

1 Lou Patterson	30 47:07
19 Bernie Gallagher	41 56:35
31 Floyd Sandlin	50 60:03
24 Fred Dosik	41 58:15
29 R J Oliver	43 59:49
43 Ed Singleton	51 62:04
44 Keith Olson	51 62:51
127 Nancy Imhof	42 80:06
128 Eliz Hickman	40 80:12
132 Al Gutttag	64 83:26
142 Bill Patten	63 92:16

146 finishers

LABOR DAY 10-MILER SANTA ROSA, CALIF. SEPT. 6.

Open Ed Bomber	53:28
M40 Daryl Beardall	56:50
Dan Preston	58:41
Bruce Denner	63:52

M50 Morton Gray	58:28
Leo Steneck	65:53
Frank Lorey	67:04

M60 Bill Redmond	83:46
W40 Janet Buckendahl	66:37
Caron Schaumburg	76:20
Shirley Howe	81:17

W50 Shirley Segar	1:46:01
Phyllis Ennis	1:46:03

COW HARBOR 10K NORTHPORT NY. SEPT. 11.

Open Steve Binns	29:03
Laura DeWald	34:57

M40 Dave Wilson	44 32:40
Lance Hugelmayer	33:49
Bob Baumer	48 35:29

M50 Gordon McKenzie	55 34:24
Bert Jablon	55 40:20
Jim Costa	56 40:22

M60 Joe Latino	61 41:11
W40 Anna Thornhill	42 39:42
Mimi Lerner	45 40:28
Annette Frisch	41 43:11

W50 Alicia Moore	51 43:52
Jeanne Offenloch	53 40:23
Dianne Schwartz	57 51:24

W60 Althea Wetherbee	50:19
----------------------	-------

from Geza Feld

HYDE PARK-KENWOOD COMMUNITY 5-MILE RUN. CHICAGO. SEPTEMBER 11, 1982

M40 Ernie Billups	26:34
8K (M45-49 AR)	26:26.8
Leroy Doyle	34:00
Alberto Goldberg	35:03

W40 Rosie Henderson	36:07
Janet Voss	36:17
Rosa Frazier	40:18

M50 Hal Higdon

PHILADELPHIA DISTANCE RUN
HALF-MARATHON; SEPT. 19.Open Mike Musyoki 1:01:35
Judi St. Hilaire 1:13:12

TIME	NAME	AGE
1:09:25	FISCHER, BOB	42
1:11:54	WHITE, DOUG	40
1:12:10	PRIOR, KEN D.	41
1:13:28	EPSTEIN, SOL	41
1:13:46	GEISENDAFFER, EDWIN	42
1:13:55	FULLER, BILL A.	43
1:14:08	MOORE, JOE	41
1:14:38	MAYNARD, JOHN W.	40
1:14:50	GREER, J. P.	47
1:14:53	DAVID, LOU J.	40
1:15:00	POLLARD, TOM D.	40
1:15:03	WICK, ALBERT W.	49
1:15:30	BARVICK, EDWARD J.	41
1:15:58	WITHROW, RICHARD C.	40
1:15:59	KASTEN, ALEXANDER	47
1:16:00	GANLEY, THOMAS F.	42
1:16:03	RIGG, GARY K.	42
1:16:04	DEATON, BILL	41
1:16:05	SCALIA, MANNIE	42
1:16:22	HANAGAN, RICH F.	48

1:15:53	RUBINSKY, BERNIE	52
1:19:24	NUTT, PATRICK A.	52
1:21:21	SPARE, RICHARD N.	51
1:22:02	JOHNSON, WILLIAM	51
1:22:18	BALICK, SID	50
1:23:19	MULLIN, WILLIAM	51
1:23:23	ZUCKER, PHILIP	53
1:23:39	DELANEY, GEORGE V.	53
1:26:00	GROVES, WILLIAM G.	53
1:26:09	RHODES, RALPH	53
1:26:17	CARTER, CLAUDE G.	54
1:26:41	PRATER, BILL	53
1:26:58	MALONEY, JACK J.	52
1:27:09	FOSTER, LOU F.	51
1:27:12	CLARK, JOHN J.	55
1:27:39	BLOOD JR., JOHN	51
1:27:45	DAVID, JOSEPH N.	53
1:28:28	AQUINO, RALPH J.	53
1:28:36	SANTORO, JOHN P.	53
1:28:45	WRIGHT, WALLY	53

1:21:19	START, JACK	61
1:29:34	MULLIGAN, JOSEPH	60
1:30:10	HOLLAND, JOE E.	60
1:34:11	VAN BUSKIRK, WILL	62
1:36:55	LATZ, JIM	62
1:41:26	BELL JR., ABE	61
1:41:38	DREHER, LEON	61
1:42:14	NILSEN, RUDOLF	70
1:43:44	COX, FRED	63
1:44:54	WATKINS, TOM	61
1:45:08	SMALL, WALTER J.	60
1:45:51	SYKES, GEORGE C.	62
1:47:45	MC CARTHY, JOHN J.	60
1:48:07	HULL, ROBERT W.	65
1:48:55	CARSON, JOHN	60

TIME	NAME	AGE
1:24:50	FOLZER, SANDRA M.	43
1:26:43	LORENZ, IRMA M.	40
1:26:59	MICHENER, ERLINE	40
1:27:59	JENKINS, GLORIA J.	44
1:31:30	OSTER, HARRIET	40
1:32:12	MEHL, JOAN M.	42
1:34:59	SHRINER, SYLVIA E.	45
1:37:49	JOHNSON, MARILYN	42
1:37:50	HARRIS, MARY A.	43
1:38:12	MCCAMBRIDGE, MARY	45

1:52:18	AMERMULLER, NANCY	51
1:53:22	MINNICK, PATRICIA	51
1:55:05	ZIMMARD, HELEN	50
1:55:12	CEPHUS, LORRAINE	52
2:11:26	RIZZO, MARIE R.	51
2:11:45	HAUER, JOYCE A.	55
2:13:38	KENNEDY, DOROTHY	56
2:18:32	GOLDMAN, JUANITA	59
2:19:46	KELLY, ELLEN L.	57

1:51:40	WETHERBEE, ALTHEA	63
2:09:20	HAVENS, EVELYN	66

POPPA JAY'S RUN FOR MY
HOUSE 4-MILER
SEPTEMBER 25, 1982

Open Jerry Crouse 19:39

M35 Don Hollingsworth	21:23
Gary Cadle	21:57
Larry Mathews	22:33

M40 Pete Augusto	22:22
Frank Jozsa	22:29
Jan Grigsby	23:31

M45 Everett Crum	22:28
Bill Gordon	23:04
John Wescott	24:18

M50 Victor Doig	24:50
Harley Hoffman	25:37
Merle Crouse	25:52

M60 Reg Rollason	27:03
Ed Root	36:27
Fred Steadman	37:28

W35 Judy Greer	24:55
Rissie Thielen	27:55
Betty Nowvskie	29:53

W40 Donna Hiatt	28:11
Ineke Frey	28:47
Mary Hillis	30:17

W50 Pepper Davis	30:54
Carolyn Hoffman	32:19
Bernie Scherrer	32:40

W60 Lil Rollason	33:11
------------------	-------

2ND ANNUAL SUE THOMAS 30K
BROOKINGS, SOUTH DAKOTA
SEPTEMBER 26, 1982

1 Bob Bartling	56 2:01:46
2 Patty Struve	26 2:11:23
3 Jack Meyer	31 2:12:07
4 Jeff Pierce	23 2:16:17
5 Marc Rhoades	43 2:17:54

CANADIAN MASTERS 4TH ANNUAL
5K ROAD RACE CHAMPIONSHIPS
FOR MASTER WOMEN
TORONTO, SEPT. 25, 1982

35-39	
Heather Clemenson	17:46
Cecilia Carter-Smith	18:36
Judith Barton	18:41

40-44	
Diane Palmason	18:06
Christine Walker	19:14
Carol Kemp	20:41

45-49	
Audrey McCabe	18:55
Wendi Hanger	20:09
Joanne Castle	20:28

50+	
Rayma Dixon	20:07
Ruth Carrier	20:57
Leise Lowe-Wylde	22:02

from Christine Walker

PEPSI CHALLENGE 10K
COOKEVILLE, TENNESSEE
SEPTEMBER 25, 1982

Open Charles Crabb 31:22.8

M40 Gerald Koch	34:43.4
Steven Vance	36:31.9
Robin Hines	36:48.9

M50 Ron Mariott	43:54.8
Harold Dittler	44:52.9
Ken Robinson	45:54.5

W40 Charlene Marq's	51:06.5
Jane Hubbard	57:11.8
Gail Hines	58:22.4

DAYTON RIVER CORRIDOR
CLASSIC HALF-MARATHON
DAYTON, OHIO
SEPTEMBER 26, 1982

Open Dave Murphy 1:03:00

M35 Dan Dusch	1:11:40
Ken Dahms	1:13:08
Jim Gossett	1:13:10

M40 Ken Prior	1:13:10
Charles Bottom	1:15:18
Bill Deaton	1:16:52

M45 Bill Olrich	1:11:36
Norm Roof	1:19:53
J E Ogden	1:20:47

M50 Ray Riffe	1:16:59
Jim Glidewell	1:17:21
Don Williams	1:21:56

W33 Jane Buch	1:16:13
Iris Black	1:22:00
Gwen English	1:32:18

W40 Felicia Lewis	1:34:00
Marilyn Agnew	1:36:07
Mitzi Henscheid	1:37:08

W50 Scott Odette	1:42:43
Dorothy Kuthera	2:04:00
Gloria Johnson	NT

BEIJING, CHINA MARATHON
SEPTEMBER 26, 1982

1 Li Jong-Hyong	KOR 2:14:44
2 R Alessandri	ITA 2:15:51
3 So Changsik	KOR 2:16:56
4 P Prlando	ITA 2:17:10
5 A Arioukov	USSR 2:17:11
6 Mike Manley	USA 2:17:32
7 L Plechkov	USSR 2:17:34
8 K Hikima	JPN 2:17:43
9 Henryk Lupa	POL 2:17:55
10 C Julian	BEL 2:18:14

15 G Mason	USA 2:20:35
20 Ron Tabb	USA 2:23:50

140 Chinese Runners plus
53 from 18 countries1982 MASTERS SPORTS ASSOCIATION
CROSS-COUNTRY CHAMPIONSHIPS
VAN CORTLANDT PARK, NEW YORK CITY
OCTOBER 3, 1982

NAME	AGE	TIME
1 TOM ROBINSON	38	37:30.55
1 ROBERT CLERK	45	38:17.40
1 MIKE MOLOSZE	30	38:22.12
2 JERRY KRAUTHAMER	32	41:24.89
1 JACK SEXTON	43	41:30.06
2 HENRY EPSTEIN	43	41:45.36
3 JIM O'ROURKE	40	42:15.12
4 JORGE COLON	42	42:22.91
7 BILL JOHN	31	43:08.91
4 DONALD HODGE	32	44:45.61
5 LEWIS SCHNEIDERMAN	42	45:03.28
1 JOE HANDELMAN	52	45:32.95
2 JOE BLANCH	37	46:26.70
2 ROBERT HOWARD	47	47:14.26
1 JOHN HUBBARD	63	47:48.33
1 AARON FIALKOW	71	48:34.22
3 RANDAL CASTLEMAN	34	49:24.22
2 JOE KERNAN	52	51:32.12
1 WALT WESTERHOLM	68	57:36.61
1 AUGUSTIN TORRES	44	58:07.23
1 AUDREY JACOBSON	54	61:35.27
1 ADRIENNE SALIMINI	66	68:10.11

RANDOLPH COUNTY FALL
FESTIVAL 10K
ASHEBORO, N.C. OCTOBER 2.

Open Alvin Everhart 33:17

M40 Alex Coffin	37:28
Arzie Brown	39:04
Goodman Griffin	NT

M50 Arnold Hecht	46:50
W40 Joyce Spoon	NT

UNITED WAY CORPORATE CUP
5K ROAD RACE
CHARLOTTE, N.C. OCT. 3.

Open John McKay 14:51.3

M40 Sterling Martin	16:15.5
Bob Maydole	16:19.9
Leonard Jones	17:28.8

M50 Hal Paullin	20:42.1
Russ Robinson	22:22.9
Dewey Lowder	22:41.2

W40 Edith Johnson	24:43.1
Joyce Hipp	NT

W50 Beverley Paullin	26:47.1
Sue Boyer	28:33.5

from Alex Coffin

SAUCONY FREEDOM TRAIL 8 MILE
BOSTON, OCTOBER 3, 1982

Open George Malley 37:16

M40 Terry Manners	39:37
Kirk Randall	41:42
Ken Mueller	42:24

Lawson Noyes	43:05
Paul McCarthy	43:09
Joe McCusker	43:28

Harold Hatch	43:32
Roland Cormier	43:46
Robert Clarke	43:50

Martin Duffy	44:15
W40 Carrie Parsi	51:08
Donna Maki	55:18

Susan Redfield	55:55
Karen Monsen	59:04
Carolyn Sunderman	59:07

Patricia Tomkins	60:26
Beverly Smith	61:16
Judy Mendelson	62:32

Joanne Frolich	62:52
Margie Haffer	64:52

3500 runners

SOUTH DAKOTA SECTION 1 OF
TAC POSTAL ONE-HOUR RUN
BROOKINGS, S.D. OCT. 3.

1-hr Bob Bartling	56 9-79
Bill Jurs	50 8-644

2-hr Bob Bartling	56 18-310
Lorne Bartling	67 15-396

10mi Bob Bartling	56 66:19
Lorne Bartling	67 78:22

CLASSIFIEDS

AS A PUBLIC SERVICE to the masters community, National Master News will publish all announcements free of charge.

If you are promoting a race meet, or offer a service or product, the rate is 25¢ a word. Payable with copy.

Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

WHERE ARE YOU, RUTH ROTHFARB? If anyone knows, send NMN her address. We have her 1981 outstanding athlete trophy.

T&F PENTATHLON AGE RECORDS. Detailed lists, ages 17-80. IAAF & WAVA, reference charts, etc. \$1.50 (stamps OK). Bill Forsyth, P.O. Drawer 65, Pecos NM 87552.

OXFORD THANKSGIVING TRIATHLON

RUN 20 MILES • BIKE 51 MILES • ROW 8.5 miles. Open to individual, two-person and three person teams. Awards for all age groups, including 60 and over, men and women.

NOVEMBER 28

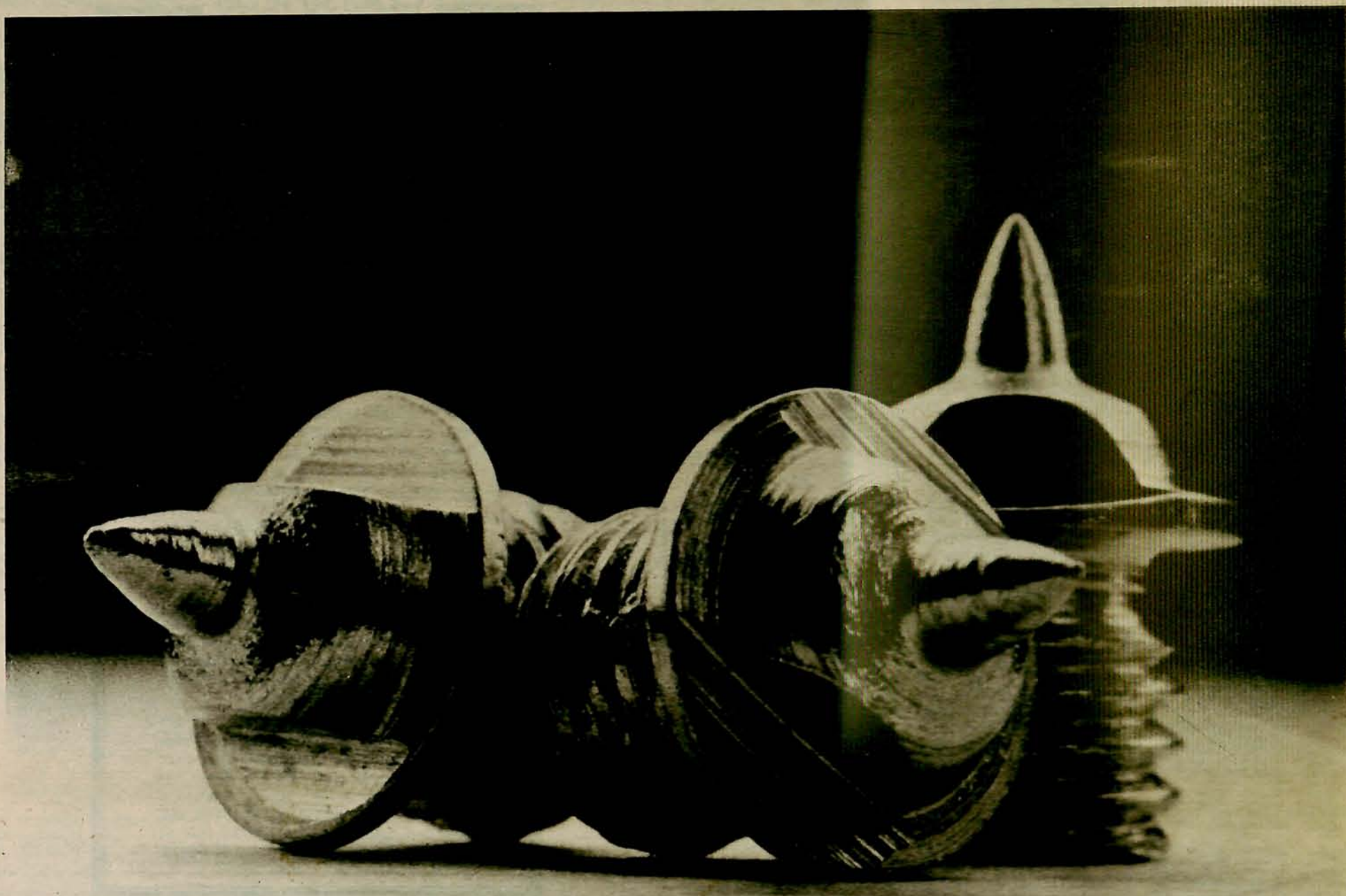
Write Box 268, Oxford, MD. 21654 or Phone 302-226-5494 (On the Eastern Shore of the Chesapeake Bay)

MEET DIRECTORS

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

MASTERS AGE RECORDS 1982. 48-page booklet contains men's and women's world and U.S. age bests for all track & field events, age 35 and up, as of Jan. 1, 1982. Plus walking and national championship records. List name, age, state and date of record. Send \$3 plus \$1 postage and handling to NMN, PO Box 2372, Van Nuys CA 91404.





OUR NEW SPIKE SHOE HAS A FEW MISSING PARTS.

Namely, the spikes. You won't find them in our new Waffle Racer. You won't even find a place to screw them in.

That was no oversight, however. We designed the Waffle Racer to take you where spikes fear to tread. Into the fiercest indoor competition. And the most grueling cross-country races.

And it will take you there with a lightness and fit that you thought only possible in a world-class spike.

The reason is simple. We built the Waffle Racer on the same last as our Zoom series—those revolutionary spikes that ran to victory in the Pan American Games, the Olympic Trials and even Moscow itself.

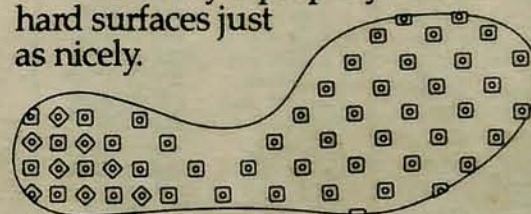
And now, with the Waffle Racer, you don't have to give up the thing that matters most.

Traction.

Those independent waffles

like nothing better than biting into grass, mud, loose dirt and gravel.

And they'll propel you over hard surfaces just as nicely.



That goes for concrete, asphalt, and wooden indoor tracks. In fact, if you didn't know better, you'd swear you were running in spikes.

So if you want a racing flat that doesn't fit like a normal racing flat, that doesn't act like a normal racing flat, pick up the new Waffle Racer.

The shoe with a spike in its heart.



Beaverton, Oregon

