



National Masters Newsletter



38th Issue

October 1981

\$1.25

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

★ Highlights ★

- 1980 Masters Marathon Rankings
- National Pentathlon Championships
- Texas T&F Championships
- All Time Best Women Masters Marathoners
- TAC Convention Preview
- Ways to Improve Master T&F
- Irvine, J.C. Brown, Dobroth, Dixon, Stock, Wright, Trent Set Marks
- North American T&F Results
- Results of 20 Road Races



Bill Fitzgerald, California, leads Archie Messenger, New York, and Lou Schneider, Kentucky, on 1st lap of age 55-59 800 meter run in National Masters Championships in Los Gatos, Calif. Fitzgerald, the U.S. record holder, won in 2:15.5. Schneider was second.

photo by Jerome McFadden

Masters Sports Mushrooming

A new milestone in the mushrooming Masters sports movement will take place in Philadelphia August 12-15, 1982.

The Masters Sports Festival—called an “adult Olympics”—will be held at Fairmount Park and the University of Pennsylvania to celebrate the stunning growth of Masters sports, from zero to 50,000 competitors in 15 years.

“We expect 2000 to 3000 people from around the country to take part in 13 events,” said Philadelphia’s John B. Kelly, Jr., the AAU National Chairman of Masters Sports and the festival chairman.

The Penn Mutual Life Insurance Co., which is spending \$350,000 to \$400,000 this year on sponsorship of Masters sports programs, will be a prime sponsor of the historic event.

Competitions will be held in track & field, long distance running, swimming, rowing, cycling, wrestling, archery, weightlifting, powerlifting, diving, and synchronized swimming.

The masters movement has come a long way, and yet is probably still in its infancy. The first national track & field championships were organized by Dave Pain in San Diego in 1968. The first national rowing competition was held in 1979.

“There were 36 people in the first national swimming championships,” said Jon Buzzard, national administrator for Masters sports. “This year, there were 1209.”

“The first year we had a national Masters regatta, 50 people showed up,” said Kelley, who also is a director of the U.S. Rowing Association. “Last year, we had 250. Next year, maybe 500.”

There were about 1000 people involved in Master sports 10 years ago,” Buzzard said. “Now there are 50,000 athletes registered and that’s only about 20 percent of the total number in the programs. For example, 42% of YMCA’s 11 million members are adults, most of whom are of Masters age. There could be millions of people who’d take part in Masters programs.”

Diving and synchronized swimming are open to 21-year-olds, swimming to those 25, rowing 27, track & field and long distance running 30, and other sports 40.

“What we have here is something we know people want and need,” said Ed-

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Alexander Tops Pentathletes

LOS GATOS, Calif., Aug. 16—John Alexander, 61, of McCamey, Texas scored 3611 points to lead all competitors in the 1981 Penn Mutual/TAC National Masters Pentathlon Championships today.

Gary Miller, 43, of Glendale, Calif. tallied 3453 points to win the 40-44 national title. Other winners were:

- Jack Scott of Joliet, Illinois in the 50-54 division with 3273 points.
- Haig Bohigian, 45, of North Tarrytown, New York in the 45-49 bracket with 3043 points.
- Ray Spencer, 58, of San Diego, with 2953 points.
- W. Reiter, 35, 2907 points
- Herb Anderson, 79, with 2729.
- Mike Davis, 31, of New Lenox, Illinois, 2645.
- A. Puglizevich, 73, 2349.
- Buell Crane, 81, Twin Falls, Idaho, 1146.
- Bob Boal, 69, Wake Forest, NC, 2061

Results in back pages.

Flying Nun Sets 10K Mark

from MARTY POST

SAN FRANCISCO, Sept. 7—Sister Marion Irvine, the 51-year-old Dominican nun from San Rafael, California, today clipped a full 30 seconds off the American 10-kilometer record for women over age 50 with a sparkling 38:16 in the Labor Day Love Run over a certified course.

The old mark was 38:46, set by Margaret Miller of Los Angeles on May 25, 1980.

Irvine sped around the double lap course to finish second out of several dozen women.

Dubbed “the Flying Nun,” the 5-foot, 10-inch wiry phenomenon only began running in 1978. For most of her 34 years as a nun, Sister Marion wasn’t allowed outside the convent without her habit. Vatican II liberalized the dress code, and now there’s nothing to prevent her from wearing running clothes. □

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Write On!



Address letters to:

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NATIONAL CHAMPIONSHIPS

Something is wrong with race walking. At the National TAC meet at Los Gatos, 16 or 17 of the entries were disqualified. As far as I know, these were all the result of the judgment of one judge. Most of these walkers were experienced walkers. Some were novices like myself. It does not seem just that one man should have so much power that he alone can eliminate nearly half the contestants from on 5 Km walk. Such action does nothing to enhance the popularity of race walking or encourage others to take up the sport. When you consider that some of these athletes have spent hundreds of dollars and traveled hundreds of miles to compete in this prestigious event only to have their hopes and aspirations dashed by the questionable judgment of a single person, it seems highly unjust.

I am a novice race walker and this was my fourth 5 Km race. I got into race walking nursing a pulled hamstring and found I could walk but not run. My first time out I bettered the existing 80-84 American record. I have improved every time out and I am closing in on the World mark. I found I liked the event and was well on my way to this goal, when the warning slowed me down. I had asked more experienced runners for help as well as judges and they all told me my technique was OK. So, naturally, I was upset by the warning and about mid-way through the race I lost contact with another walker with whom I was having a nip and tuck battle. I made an honest effort to comply with the rules and thought I was OK when no further word was said until the fatal word on the next to last lap. Naturally I was disappointed, particularly when my time turned out to be a PR by 13 seconds, still short of the world mark, which maybe might have been except for the questionable judgment action of one man.

A more equitable system of judgment must be set up if race walking is to gain the long-delayed popularity that it so justly deserves. I would suggest that all judgment calls should be submitted in writing to the head judge; each call to be independently arrived at without any communication with other judges; the judgment then only to be effective if concurred with by a majority of the entire judging panel. Without a majority of the panel seeing a violation, no penalty occurs. All panels should have an odd number to insure there would be no ties. Such an arrangement would alleviate the sad and I feel unjustified situation we experienced last Sunday.

Paul Spangler
San Luis Obispo, CA

Those National T&F medals have MDCCCCLXXIX on them, presumably standing for 1981. As I recall from grade school, 1981 is MCMLXXXI.

Beverly LaVeck
Seattle, WA

My wife and I just returned from California, where I competed in both the Home Savings Pan-Am Games and the TAC/Penn Mutual Masters Nationals in Los Gatos.

We would like to thank everybody connected with running these two outstanding meets. I'm sure your hours and hours of hard work were greatly appreciated by all who attended.

Feel a tip of the hat and a round of applause should be given for the P.A. work of Al Sheahen at both meets. It was without a doubt the best I've ever heard.

So Ladies and Gentlemen, thanks again for a wonderful two weeks.

Jack Scott
Joliet, Ill.

It is *Thank You time* for the very informative announcements at the meets. I finally paid a little more attention to other people than just the immediate "rivals". What great performances. Besides all the many things going on around me, the Masters Program makes everything so worthwhile. Something that can go on forever or until the good Lord decides the time is up.

Chris Miller
Glendale, CA

REDLANDS MEET

I attended the 2nd annual Redlands T&F meet and recommend it highly. They have a beautiful track and field layout, with all facilities first class. The Meet Director and his staff of officials were courteous, cooperative, and competent. What more can one ask? They

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schedule

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

TRACK & FIELD

SOUTHEAST

October 11-12 (Sun-Mon, Columbus Day): TAC Southeast Masters Decathlon and Pentathlon Fall Championships, Charleston, South Carolina. Send SASE to: Ken Kirk, 3800 Stonewall Terrace, Atlanta GA 30339.

SOUTHWEST

October 3 (Sat): First Texas Masters Handicap T&F Meet, Hanby Stadium, Mesquite, Texas. Joe Murphy (214) 826-9650.

WEST

October 3 (Sat): 8th Annual Santa Barbara Masters Track & Field Meet, Univ. of California at Santa Barbara, Goleta, CA. George Adams, P.O. Box K, Goleta, CA 93017. (805) 687-6323.
Every other Sunday from Oct 11 thru Dec 20: Masters track meets. Kaiser High School, Honolulu, 8 a.m. Edie Leiby (808) 946-5670.
December 4-8: Annual TAC Convention, Reno, Nevada. P.O. Box 120, Indianapolis IN 46206. (317) 638-9155.
December 27 (Sun): Hawaii Masters Christmas T&F Meet. Jack Karbens, c/o Chaminade U., 3140 Waiialae Ave. Honolulu HI 96816.



LONG DISTANCE RUNNING

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

October 3 (Sat): Penn Mutual/TAC National Masters 15K Road Championships, Washington DC (Hains Point). SASE to Larry Noel, 105 Northway Rd., Greenbelt MD 20770. (301) 474-9362.

October 18 (Sun): Penn Mutual/TAC National Masters 5km Road Race

Championships, New Orleans. Danny Thiel, 2609 Canal St., New Orleans LA 70119. (504) 822-9051.

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

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

NEW ENGLAND

October 4 (Sun): Boston Freedom Trail 8-miler, Pro/Am ARRA series. Box 8066. Bost MA 02114. (617) 864-9479.

October 11 (Sun): Eastern Regional Cross-Country Junior, Open, Sub-masters and Masters Cross-Country Championships. Southwick, Mass. 2.5 to 3.75 miles. Walt Childs, PO Box 1484, Springfield MA 01101. (413) 566-3145.

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

November 8 (Sun): Penn Mutual/TAC Eastern Regional Masters 10K Road Championship, Shrewsbury, Mass. Box 2. Worcester MA 01606. (617) 464-2608.

EAST

October 4 (Sun): Fall Foliage 8-mile Run, Delhi, NY, 2 p.m. Delaware County Runners, 36½ Main St., Delhi NY 13753. (607) 746-6555.

October 4 (Sun): 10th Annual Masters Sports Association 10K Cross-Country Championships, 12 Noon, Van Cortlandt Park, Bronx, NY. Mail \$5 entry fee to Masters Sports Association, 77 Prospect Place, Brooklyn NY 11217.

October 10 (Sat): National Jogging Day. Nationwide. To organize or participate in your area, contact Glenn Petherick, NJA, 2420 K St. N.W., Washington DC 20037.

October 17 (Sat): Pepacton Paleface Marathon, Margaretville, NY, 10:30 a.m., Delaware County Runners, 36½ Main St., Delhi NY 13753. (607) 746-6555.

October 17 (Sat): 8th Skylon International Marathon, Buffalo to Niagara Falls. (2000) Box SIM, Bidwell Station, Buffalo NY 14222.

October 25 (Sun): 12th New York City Marathon. (16,000) P.O. Box 1388 GPO, New York NY 10001.

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

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

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

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

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

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

SOUTHEAST

October 25 (Sun): Richmond Newspapers Marathon. (2000). P.O. Box 26971, Richmond, VA 23261.

October 31 (Sat): Goblin Gallop Midnight Run. 10K, 12-hour, 24-hour and 2.5 mile runs. Costumes optional. Gerry Vannoy, Box 40351, Memphis TN 38104. (901) 327-1757.

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

December 12 (Sat): 5th Annual Joe Steele Rocket City Marathon. RRCA

continued on page 4

On Tap for October

TRACK & FIELD

The annual Santa Barbara Masters T&F meet opens the month on the 3rd in the beautiful Pacific Coast town. On the same day, the first Texas Masters handicap T&F event will be held in Dallas. On Columbus Day weekend, the Southeast TAC Masters Decathlon and Pentathlon Fall Championships are in Charleston, South Carolina.

LONG DISTANCE RUNNING

The fall foliage makes running doubly enjoyable this month. The Penn Mutual/TAC National Masters 15K Road Championships kick things off in Washington, DC on the 3rd. The following day in New York sees the 10th Annual Masters Sports Association 10K Cross-Country Championships.

October 10 is National Jogging Day throughout the country with running activities in hundreds of communities. The Dayton half-marathon is the 11th.

The Pepacton Paleface Marathon is a biggie in Delhi, New York the 17th, the same day as Buffalo's Skylon Marathon. The Penn Mutual/TAC National Masters 5K Road Race is set for New Orleans the 18th, as is the Detroit Free Press Marathon.

On the 25th is the big one, the 17,000 runner, nationally-televised New York Marathon. The Richmond, Va. marathon the same day will draw over 2000.

The Tulsa, Oklahoma 15K Run is a major event in the Southwest the 31st, and you can dress up any way you want for the Midnight Halloween Goblin Run in Memphis. □

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.

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continued from page 3

Regional Championship, Huntsville, Alabama. "One of America's top 25 Road Races." Fast course. SASE to Huntsville TC, 8811 Edgehill Dr., Huntsville AL 35802.

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

MIDWEST

October 11 (Sun): Dayton River Corridor Classic-Half Marathon, Daytonian Hotel, 3rd & Ludlow, Dayton OH 45402.

October 17-18 (Sat-Sun): Sportsmed Weekend, South Bend, Indiana. 10K Race, clinics, film, banquet. Bill Rodgers, Dave Costill, Hal Higdon, Ron Gunn Dean Reinke speakers. Limit 2000. (219) 237-7696.

October 18 (Sun): Detroit Free Press Marathon. Ed Kozloff, Box 170, Detroit MI 48231. (313) 222-6415.

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

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

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

MID-AMERICA

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

SOUTHWEST

October 31 (Sat): Tulsa 15K. 2672 E. 26th St. Tulsa, Oklahoma 74114.

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

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

WEST

October 11 (Sun): 10th Berkeley to Moraga Half-Marathon. John Notch,

230 Marlow Dr., Oakland CA (415) 562-2210.

October 31 (Sat): Earthquake Run 10K, Hollister, CA. PO Box 337, Hollister CA 95023.

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

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

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

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

NORTHWEST

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

CANADA

October 3 (Sat): Ontario Masters Cross-Country Championships. Woodbridge, Ontario.

October 10 (Sat): Canada vs. USA Masters Cross-Country Match, Vancouver, British Columbia.

October 12 (Mon): Canadian Masters Cross-Country Championships, Edmonton, Alberta.

October 24 (Sat): Inter-Club Cross-Country Relay, Sunnybrook, Toronto.

INTERNATIONAL

October 14-November 1: Masters Distance Running Tour to China. Sports Travel, P.O. Box 7823, San Diego CA 92107. (714) 225-9555.



Phila. Masters Set 1600 Relay Mark

Rain Fails to Slow North American Meet

from PETE TAYLOR

PHILADELPHIA, July 3-5—A Saturday downpour failed to slow the North American Masters Track & Field Championships, despite field conditions that recalled memories of the Johnstown flood.

Jean Cleator of Canada broke the world 55-59 5000-meter record of 21:57.7 with a sparkling 21:18.5. (Ed. note: Cleator lowered her mark to 20:49.3 in Gresham July 24).

The Philadelphia Masters 4 X 400 relay squad set a new U.S. record of 3:28.7 with a team composed of Dhamiri Abayami, Dawson Pratt, Bob Standord and Jim Burnett.

World veterans 40-44 pole vault champion Wlodzimierz Sokolowski of New York made the trip in vain, as it turned out. Watching fellow competitors take some bad spills in the slippery conditions, Sokolowski perhaps wisely declined the issue to wait for another day. □

Results in back pages.

Lincoln Pentathlon 1981

by HARRY CROCKETT

Lincoln Track Club's Iowa connection does it again. Rex Harvey, 35, from Des Moines accumulated 2,997 points which shattered the previous record by 272 points. In second place was John Warren, 19, the 1980 winner from Ottumwa, Iowa.

Also with an impressive performance was the Masters overall winner Bob Warren, 43, from Ottumwa, Iowa. His total of 2,216 points broke his own meet record of 2,157 points. Bob's two sons John and Brian had totals of 2,859 and 2,672 respectively.

For those not acquainted with it, the Pentathlon is a five event, one-day competition in which each competitor must attempt the long jump, javelin, 200 meter dash, discus, and 1,500 meter run.

The afternoon of August 9, 1981, at Ed Weir Track at the University of Nebraska was relatively cool with a high in the low 80's and a slight breeze from the north.

Results on back pages □



Ed Oleata

Gary Miller

Jim Weed

Nominations for Cranston Award

Nominees for the Annual Senator Alan Cranston Award are now being accepted, Mike Jackson, Chairman of the Southern California Striders Track and Field Club Awards Committee, announced.

The Cranston Award, which represents the Club's highest honor, was established last year in tribute to Senator Alan Cranston (D-California) for his commitment to Masters track and field. Nominations of potential recipients should follow specific criteria established for the Award. This criteria includes:

- An overall demonstrated commitment to the promotion of Masters track and field.
- High marks on specific qualities—leadership, sportsmanship, contribution to program, athletic

achievements, personality and character.

- Resident of the State of California.

Nominations for the Cranston Award should be made in writing and sent to Mike Jackson, Chairman Awards Committee, Southern California Striders, 18750 Oxnard St., Suite 404, Tarzana, CA 91356.

The presentation of the Award to the winner will take place at the Strider's Annual Awards Banquet in November.

The first Cranston Award winner was Hilliard I. Sumner, Jr., past President and active member with the Striders. Sumner was hailed for his outstanding accomplishments in, and promotion of Masters track by none other than Senator Cranston himself, who also made the Award presentation. □

WEIGHT PENTATHLON SCHEDULE 1981

Oct. 10, 1981 Midwest Regional Masters & Submasters Wt Pentathlon
Ware Road and Route 47 Woodstock, Illinois
Entries to Chuck Klehm 2 E. Algonquin Road Arlington Heights, Ill. 60005

Oct. 24, 1981 Great Lakes Masters & Submasters Wt Pentathlon
Ware Road and Route 47 Woodstock, Illinois
Entries to Chuck Klehm 2 E. Algonquin Rd Arlington Heights, Ill 60005

Dec. 13, 1981 West Coast Weight Pentathlon
Glendale College, Glendale, California
Entries to John Tansley 1500 N. Verdugo Rd Glendale, Cal. 91208

Dec. 27, 1981 Holiday Weight & Regular Pentathlon
Atlantic High School Seacrest Blvd Delray Beach, Florida
Entries to Randy Cooper Community School Atlantic H S Delray Beach Fla.

harbor of Auckland and surrounding countryside are available daily. After the Auckland visit, the group will have an enjoyable cross country motor coach trip east to the Pauanui Beach Resort overlooking the Pacific Ocean in one of the most beautiful settings on the New Zealand coast. This will be an unforgettable Christmas! At Pauanui there are modern dining, lounge and cabin facilities and you will have three days to enjoy tennis, fishing, surfing, swimming, river canoeing, rock hounding, motor biking and country-side exploring.

Leaving Pauanui, the group will tour south to Rotorua, again to be hosted by local residents and to enjoy the world's finest sightseeing in the thermal wonderland in and around this bustling city. Geysers of all sizes, pools of boiling mud, crystal springs and glittering silica terraces make this a world famous attraction. And, you will have the opportunity to visit several of New Zealand's best Maori settlements.

On the tenth day of the tour, the group will fly from Rotorua all the way to Christchurch, the largest city on New Zealand's South Island. Christchurch is known as the most English city outside of England and offers much to see including beautiful countryside and sheep shearing demonstrations.

After Christchurch, a flight back to Auckland for a farewell evening, the tour returns to Los Angeles via Honolulu on Sunday, January 3, 1982.

The generous hospitality of the New Zealanders, providing all your accommodations and meals, makes this an exceptionally priced tour. The prices of \$1,899 per person includes just about 99% of your costs ... round trip airfare, accommodations and meals at Pauanui, the jogging clinic, all inter-country transportation, baggage handling.

Of course, friends and family are welcome on the tour. It is an outstanding travel experience and a rare opportunity ... don't miss it.

For additional information, you can contact Merv Smith at (209) 931-0478 or Travel Reps at (714) 973-4844 (call collect). Brochures on the tour are available. Reservations must be made in October—space is limited to only 33 participants.

Joggers Tour to New Zealand

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Judy Fox, 40, leads Janie Duff, 38, in 1st lap of women's 800 meter run in nationals in Los Gatos.
photo by Jerome McFadden





THE Gun Lap

by MIKE TYMN

Albie Thomas "Nothing to Prove"

As the leaders passed by the two mile mark in Hawaii's Pepsi Challenge 10K a few months ago, a young woman spectator took note of a short, mostly grey-haired man. "Look at the old guy up there!" she laughed to her male companion.

"He'll pay for it later," the friend responded, apparently assuming that the "old guy" was inexperienced and had gone out too fast.

The two young observers had no way of knowing that the man they were talking about was a three-time Olympian, at one time the holder of three world records, and one of the early sub-4 minute milers.

The "old guy" was Albert (Albie) Thomas, one of Australia's great middle distance (although it wasn't called middle distance then) of the 50's and early 60's.

Now 46, Thomas, who works as a tour coordinator for Qantas Airlines, had stopped over in Hawaii enroute to Vancouver, B. C. with his wife and daughter for a vacation. After the race,

he was persuaded to talk about his running career and about the now legendary Percy Cerutti.

"Percy wasn't really a coach," Thomas explained. "He was a mentor, a motivator. I spent some time at his weekend retreat in Portsea, but my home is in Sydney, more than 600 miles from there, so we communicated mostly by letter. He didn't lay out any kind of routine for me. It was mostly motivational stuff, like 'difficult things take time, the impossible takes a little longer,' things like that.

"People thought Percy was an old eccentric because he put on a big act to get attention, but he was a brilliant man. He did a lot of reading and could talk to you about literature, music, or any subject you wanted.

When Cerutti's athletes, including—in addition to Thomas—the likes of John Landy and Herb Elliott, began assaulting the record book, rumors spread to distant lands of his unusual methods. One rumor had it that Cerutti would cover the sandy trails around Portsea with burrs and then have his weekend warriors charge over them barefooted. I asked Thomas if it really happened that way.

"He didn't need to place them there himself," he answered with a chuckle. "There were prickly burrs, some with very long needles, all over the place. When you'd step on one of them, you'd really dance. Mental toughness was something that Percy stressed and that was one of the ways he had of toughening you up."

Except for a period of about a year in the mid-60's, the 5'5½", 130 pound Thomas had been running steadily since 1951, although he says that he no longer has the desire to push himself as he once did.

"I never did more than 50 or 60 miles a week," he said, "but it was quality stuff. I may have done 80 or 85 on a couple of occasions, but there didn't seem to be much sense to that. I probably did more track work than most of Cerutti's runners. Of course, we didn't have the cushioned shoes then that we have today, so we didn't run much on the paved roads. If we didn't run on the track, then we'd run on the grass or on the trails in the bush."

A typical workout in his world record days was 12 quarters in 60-62 seconds each or four one-mile runs in around 4:20 each with a 660 yard rest between.

Although Thomas participated in the '56, '60, and '64 Olympic Games, his greatest races were in 1958 at Dublin, Ireland. On June 8, he served as Elliott's rabbit when his fellow Australian shattered the world-record in the mile with a 3:54.5 clocking. Thomas set the pace for the first half and finished in 3:58.6, one of four times he broke the four-minute barrier.

At one time, Thomas was said to be the shortest man to have broken four minutes. He may still be, but such statistics are hard to come by now.

A month later on that same Dublin track, Elliott played rabbit for Thomas in a world-record two mile race.

"He was sort of returning the favor, you know," Thomas mused. "I was shooting for 8:32 and Herb was going to take me through the mile in 4:16. He hit it in 4:22. I said, 'thanks a lot Herb,' then went by him and did the next lap in 61. He came back at me on the sixth lap, which I think went 67, but I finished with 61, 61." Thomas posted an 8:32.2 while Elliott crossed in 8:37.6.

In addition to the two mile, Thomas claimed the world record at three miles, then a standard distance, both outdoors and indoors, with 13:10.8 and 13:24.6 respectively.

The record which gave him the most satisfaction, however, was the Australian national mile mark (best on Australian turf). Landy had established the record in 1956 at 3:58.6, and it had withstood the assaults of Elliott and Merv Lincoln until Thomas broke it in 1964 with a 3:58.3.

Upon turning 40 in 1975, Thomas trained with some of the intensity that resulted in his world records. He competed in the World Veteran Games that year and recorded a 3:58.2 for 1,500 meters and 14:49.8 for 5,000 while winning those events. However, he has not approached those times since.

"I was giving some thought to competing in the World Veteran Games in New Zealand last year and I got my 1,500 time down to 4:11 in a practice session, but then the Achilles tendon started acting up and I had to back off," he said.

When Thomas passed through Hawaii in December 1978, I interviewed him and asked him what he might be able to run a mile in if he went all out. He said that he felt he could get down to 4:10 if he really worked at it.

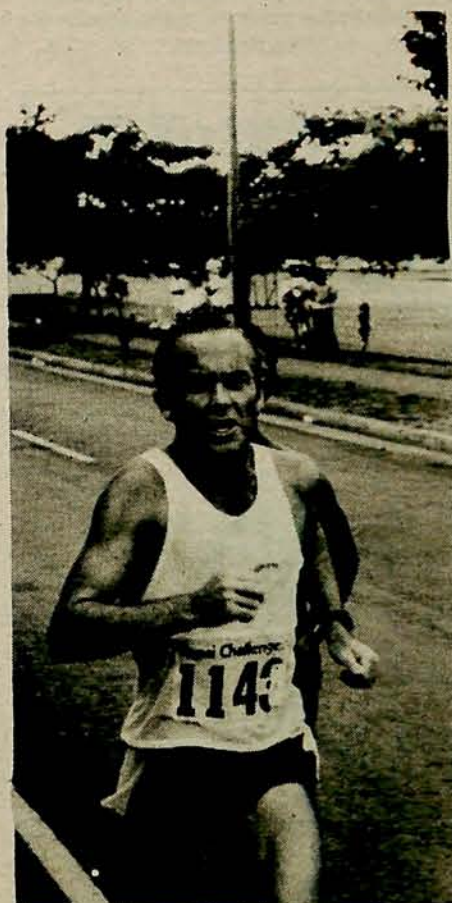
I put the same question to him in the recent interview. He thought about it for awhile, then said: "Maybe 65's, a 4:20; it's hard to say."

Thomas finished the Pepsi Challenge 10K in 11th place overall with a time of 33:24. Two local master runners, Jerry Clark and Jim Gallup had finished in front of him. I suggested to Thomas that he might have easily won the masters race if he had been putting in 80-100 miles a week training as Clark and Gallup had rather than the 35 miles a week that he had been doing.

"What would be the sense of it? I have nothing to prove," he responded. □



Ken Dennis



Albie Thomas,
June 6, 1981,
Hawaii Pepsi Challenge

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National Masters Newsletter



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Here's what you'll find in the National Masters Newsletter:

MAY, 1980

- National Masters T&F Indoor Championships
- National Masters 15K and 30K Championships
- Special supplement on 4th World Veterans Games

JUNE, 1980

- Men's and Women's U. S. 5-year LDR Age Records
- Local Masters T&F Championships

JULY, 1980

- Regional Masters T&F Championships
- North American Masters Marathon Championships

AUGUST, 1980

- National Masters T&F Championships
- National Masters Decathlon

SEPTEMBER, 1980

- Pan-American Masters T&F Championships
- British, Australian, South African Masters T&F Championships
- Results of 21 Road Races
- Schedule and entry forms for World Veteran Games
- Masters/Women Mythical Meet
- 29 World, 21 U.S. marks set

OCTOBER, 1980

- World Veterans Distance Running Championships
- South Africans Banned from World Games
- How to Run a Masters Track Meet
- World and U.S. Men's and Women's 5-year T&F age marks

NOVEMBER, 1980

- National Masters 20K and 50K
- European T&F Championships

DECEMBER, 1980

- National Masters 10K and 10K cross-country
- Brooks 15K and NYC Marathon

JANUARY, 1981

- U.S. Men's and Women's 5-year LDR age marks
- 1980 Masters National LDR Championship winners
- National 15K and 5K cross-country Championships
- Masters Athletes of the Year
- Masters 1980 Postal Winners
- TAC convention report
- 1981 Masters Championships Schedule
- Results of 68 Road Races

FEBRUARY, 1981

- 4th World Veterans Games
- Protests Against South Africans
- 45 World Age Records Set
- World Veterans Distance Running Championships

Here's what they say about the National Masters Newsletter:

The National Masters Newsletter is a great publication for the masters athlete. No other publication can even compare.

Richard Richardson, Decatur, Illinois

The NMN is the finest and most complete periodical on masters athletics available.

Henry Carter, Tucson Arizona

Your newsletter is marvelous to read.

U.S. Senator Alan Cranston, Washington D.C.

You are head and shoulders above every source of information available on the national masters scene. I wholeheartedly encourage anyone interested in masters running to subscribe to your publication.

George Cohen, Los Angeles, California

I want to tell you how much the National Masters Newsletter ad helped our Senior Olympic Track & Field meet in June. We will definitely use that means again for our next affair.

Bob Coughlin, Indianapolis, Indiana

The Newsletter is the most important program we have.

Bob Fine, U.S. Representative to World Veterans, Brooklyn, N.Y.

The Newsletter is a must for masters.

Ruth Anderson, Oakland, Calif.

The Newsletter is far and away the best thing that has happened to the whole masters scene. A highly professional effort with contributors from all parts of the country.

Wendell Miller, Chicago, Illinois

Some of the articles are real eye openers. Being a masters runner and not getting the Newsletter is like running in the Dark Ages.

Herb Lorenz, Willingboro, New Jersey

NMN is the cement that holds the masters program together.

Ken Bernard, National Masters Long Distance Running Chairman, San Diego, California

In the course of a month, it's safe to say I receive dozens of running journals and newsletters from throughout the United States and overseas. There are very few I look forward to reading as much as your National Masters Newsletter. Often the first time I have seen word of some noteworthy achievement has been in the NMN. I hope you don't mind that I pass it along to our readership.

Marty Post, Runner's World, Mountain View, California

The Newsletter is fantastic. It's the basis of the masters program.

Bob Martin, Exec. Director, National Running Data Center, Tucson Ariz.

I would rate NMN very high on the scale in terms of doing the job. It gets the information out. You're right on target.

Hal Higdon, Michigan City, Indiana

I love the National Masters Newsletter. Keep up the good work.

Jan Fleagle, Greensboro, North Carolina

Your New Zealand supplement was fantastic.

Marilla Salisbury, San Diego, California

1st Texas Masters T&F Meet

DALLAS, July 25—J.C. Brown of Gladstone, Missouri broke his own world age 50-54 high jump record today to highlight the 1st Annual Texas Masters Track & Field Championships. Brown's leap of 5'10½" broke his old world standard of 5'9" set July 5, 1980.

Ruben Whitney of San Antonio, blazed to wins in the 35-39 100 (10.64) and 200 (22.42).

World 100-meter record holder in the 40-44 (10.7) and 45-49 (11.0) divisions, Thane Baker of Dallas, captured the 100 in 11.63 and 200 in 24.21.

Jim Vicks of Dallas won the 35-39 400 in 52.08. The Pappas family took home 5 gold medals to Kansas. Alex copped the 100 (12.39), 200 (26.36) and 400 (61.75) in the 50-54 bracket, while Betty notched the 100 (15.13) and 200 (33.30) in the women's 45-49 category.

Competition was held in 5-year age divisions with a special 10-year group added for 20-29 year olds. □

Results in back pages.

Report from Britain

by ALISTAIR AITKEN

Harry Tempan, a 56-year-old bank clerk, set a new U.K. 55-59 record of 2:12.0 in the 800-meter run at the 50th Anniversary Veterans Athletic Club Jubilee Championships in London August 2nd. Roy Harrington, 50, logged 2:09.8.

Alf Beckett, 70, set a new UK mark of 33.7 in the 70-74 200. Jack Searle, 74, ran a good 100 in 17.9. Jack reckoned that the recent 100 meters time of 17.1 by Norman Martin in the 80+ class was more creditable than Duncan Maclean's 16.5, which was almost certainly done in a handicap.

Arthur Kimber, 46, won the 45-49 800 in 2:02.2 and the 1500 in 4:19.8. Laurie O'Hara, now 49, won the over-40 5000 in a respectable 15:40.2. World 200 champ (60-64) Sylvester Stein took the 100 (13.2), 200 (27.7) and 400.

Frank Taylor, 45, won the 40+ 400 in 52.2. Dave Fotheringham won the 5000 walk in 14:58. Dereck Wood, a Stoke Newington Bank Manager, comfortably won both the 50-59 5000 in 16:36.7 and 1500 in 4:34.

National Veterans, 50+ cross-country champion Alan Hughes set two new 50+ UK records: On August 9th, he beat Dereck Wood's 5000 mark with a 16:00.2 at Nottingham. On August 13th at Woodstock, he ran a 4:17.4 1500, taking 5.3 seconds off Colin Simpson's best.

Ex-international cross-country runner Colin Robinson, 40, was a remarkable 4th (4:29:39) in the 7-Stage Tour of Thamside ending July 11th. □

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Masters Sports

continued from page 1

ward Shapson, associate director of public relations for Spiro and Associates, a Philadelphia advertising agency which along with Kelley, brought Penn Mutual into the program in 1979.

"We're a national insurance agency, so we wanted a national program," said George Hatzfeld, Penn Mutual's assistant vice president for sales promotion and corporate communication. "But we wanted one that we could tie in to local events. With 90 agencies around the country, we like to plug in a national program locally. Masters sports fits that concept with national, regional and local meets."

Half of Penn Mutual's 1981 promotional budget is going into the Masters programs. "We're a big company. We rank in the top one percent in the country in assets, with \$3 billion, but the awareness of us around the country is rather low," said Thomas Stengel, the company's vice president of marketing services. "We thought the PR value of Masters sports would help our awareness value. We really don't have any axes to grind. It's pretty much a one-way street right now, and probably will be for a few years."

"We see it as a long term program," Hatzfeld said, "that, in a few years, will result in our share of attention coming our way. Until then, there have been articles in Fortune and the Wall Street Journal, so we're reaching the people we want to reach."

Buzzard was hired by the AAU, with funds provided by Penn Mutual, to aid each sport's Masters chairperson. With

continued page 17

Ordinary Runner

I suppose everyone knew it was going to happen, sooner or later. Maybe we should just be thankful for the modest amount of input and interfacing we somehow maintained in the end. I'm speaking, as if you hadn't already guessed, of the X-rated pornographic film just released about a Masters athlete, "Ordinary Runner—A Shameless Revelation of Firing and Falling Back."

"Ordinary Runner" will make you laugh (the Hee-Hee variety or as a friend of mine said, "I hadn't heard that kind of laughing since my army physical"), probably make you cry (if it does, your wife is right about the effect not having brothers or sisters has had on you) it will no doubt make you mad (to be willing away your life trying to leap over some stupid hurdles while everyone else is out getting into all sorts of mischief) and in the end it might allow you a look at yourself in a different light (maybe my sexual deprivation isn't so unique at that). I keep thinking of Woody Allen's answer when someone asked him if sex was dirty. "Only if you're doing it right," responded Allen.

Actually, there was plenty of agreement and cooperation with the producers of the film. The most serious difficulty broke out over who would portray the life and legend of that serious, loveable philanderer, unctuous as he may be—Stud O'Neil. One producer wanted the part played by a Master's Athlete with acting experience so, they chose Bert Lancaster. I quickly pointed out that this Bert Lancaster is a



On Approaching Every Problem With an Open Mouth

by W. MacDonald Miller

sprinter from Philadelphia and furthermore, he's got a bad hamstring. People among the Eastern power brokers wanted an appeal to their large Jewish audience by using middle distance runner George Cohen. I screamed bloody murder, Ernie Billups is just as good, and if they picked Cohen over Billups, who is black, we'd be ass-deep in civil rights do-gooders before the day was over. The suggestion was made that the lead be played by a low profile, middle-of-the-road type, the kind of guy who really doesn't stand for anything. Again—problems. Bob Fine couldn't be reached on the phone.

Finally, in the end, with a characteristically unselfish gesture, Wendell Miller volunteered to play the lead.

The movie is not without good moments as well as some real bummers. It opens with a wide angle shot through the head board of an antique brass bed. In a playful morning feather event is our star (in new test market Nike spikes) and one of several magnificent young things used in the movie—Linda Something, I didn't get

her last name. Miller did, by the way, solve one gigantic mystery for me. I'm sure you too have wondered how these close contact episodes are filmed without involving certain embarrassment for the actors. In Miller's case, he said he went through some real soul searching before reaching his decision to go ahead with the movie, regardless of the great opportunities afforded by the magic of the silver screen. Only after favorable news of a doctor in Tijuana who claims he can make it grow back, did Miller consent. The dialogue in this opening scene sounded contrived and artificial. It leaped from interval workouts to fartlek (this got a big laugh from the non-running crowd) to the body producing its own narcotic. One existential line has Linda asking, "Can you buy this body-produced blow on the street, Stud?"

Miller in several scenes is difficult to recognize. He's made to appear heavily tanned and quite youthful. I asked Miller about this and he said makeup did magical things throughout the movie. They sprayed his entire body, paying special attention to the extremities, three times a day with Porcelana.

The music at times became repetitious. Rocky is still Rocky even if played with a Bolero beat. Some scenes smacked heavily of crass commercialism. Miller and Linda for instance, showering together in the new \$170 Cortez outfits by New Balance.

Some of the group scenes were confusing. I couldn't tell if it was a statement about the new mud wrestling craze on the left coast or an ad for Preparation H. Much of the conversation in the film was an overt appeal to middle class intellectuals. Frankly I prefer George Sheehan quoting unheard-of poets to someone trying to tell me Proust knew something about life. If you believe that, you believe the guy who says he feels stronger running ten pounds heavy.

On the whole "Ordinary Runner" is fun. I think it's quite harmless on the side of mild perversion. See it and decide for yourself. One world of caution, however, these actors are professional and the scenes portrayed in the movie, especially the trapeze and whip episode, should not be tried at home. If they are, I strongly suggest you both use orthotics, or better yet, have a podiatrist actually present. ☐



Ernie Billups leads John Pittman and Ralph Lee in 1st lap of 40-44 age group 800 at national masters championships.

photo by Jerome McFadden

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From the Track & Field Chairman

by JIM WEED

First I would like to thank Bruce Springbett and all of his crew for the outstanding work in making the 1981 National Masters T&F Championships the best ever.

I would also like to thank Al Sheahen and Pete Mundle for the announcing.

Summary of Meeting of Athletes at Los Gatos

Penn Mutual will again be a sponsor for Masters Athletics in 1982. All meet directors should get their schedule of 1982 meets in to this newsletter as soon as possible to aid in planning of meets throughout the U.S.

TAC CONVENTION—RENO—December 4th thru 8th Masters T&F schedule

December 5th—10 am-1 pm

1) Selection of committees to develop formal motions for changes in Masters rules, to be voted on later in convention. These are: Decathlon/pentathlon, Hurdle standards, men and women, weight games, National & Regional meet directors guide, bids for 1983 National indoor and outdoor T&F championships.

December 5th—2-6 pm

Discussion to give guidance to committees.

December 6th—9-12 noon

Joint T&F and LDR meetings. Items: election of officers, voting on motions pertaining to both LDR and T&F, general business, Penn Mutual sponsorship budget.

December 7th

Committee work and approval of any motions as needed.

December 8th

The Athletics Congress General Meeting.

1. Items that were requested to be discussed in Reno: (a) National meet, number of medals per age group per event, meet directors guide to include when starting blocks are required for sprints, if more than one age group in 10K or 5K being lapped should not require running in second lane the rest of the race. Most competitors at meeting felt starting blocks should be optional unless required for auto timing. Most felt that rules adopted in Reno should be used at all meets in the U.S. including TFA/USA meets.

2. A copy of present Masters rules were handed out to show the work that needs to be done to make them useful.

3. Houston will be bidding on the 1983 National T&F outdoor championship. The Athletes voted to have the Nationals one week prior to world games.

4. A number of comments on hurdle heights, some indicated change causes injury, some were not as concerned about distance apart but wanted one standard throughout the U.S.

17 hurdlers were present at meeting. 13 voted for 10 yard separation until age 70; 4 voted for WAVA; 11 voted for 39" sub-master, 36" 40-49 etc.; 4 voted for 39" 400-49, 36" 50-59, etc.

5. Mr. Tony Castro raised the idea of National uniforms for Puerto Rico, Tom Sturak indicated Nike would also be willing to help. One comment from the floor: We are making an effort to keep National politics out of Masters Athletics so uniforms would be undesirable.

6. The sub-masters identity situation was discussed and will continue in Reno.

Chairman remarks:

1. The plan for Reno is to have all decisions voted on, typed and turned in before leaving Reno.

2. Article 14 (Standing Sport Committees) in the TAC/USA Directory states under Duties "Each Sport Committee shall" (16) "Have the right to establish an Executive Committee to perform its duties between annual meetings. The constituency of such Executive Committee shall be within the discretion of the Sport Committee."

I hope that a number of you coming to Reno would like to be on this committee. Using Association T&F reps as "The Committee" during the year is unworkable. At the very least the 7 Regional Chairmen need to be on this committee.

Room Reservations at Harrah's: Reservations must be made thru Award Travel, Inc. 17191 Bothell Way, N.E. Seattle, Wa. 98155. Attn.: Phil Brehm. Phone: (206) 367-0352.

1. With input from Pete Mundle, we will discuss which records should be kept as U.S. records.

To Weightmen:

There is some controversy concerning the size and weight of implements that should be used by competitors who are 50 years of age and older. Presently the most commonly used by the 50 to 59 age group are the 12-pound shot, the 1.5-kilo discus, the 12-pound hammer, the 800-gram javelin and the 35-pound weight. The 60 and over group toss the 8-pound shot, the 1.0-kilo discus, the 8-pound hammer, the 600-gram javelin and the 25-pound weight.

As you know, WAVA standards are different from these. If anyone has any comments concerning the size and

weight of implements used in the shot, discus, hammer, javelin and weight toss, please forward them to me at 11672 E. 2nd Ave, Aurora, Ca. 80010. I will then bring them to the weight committee at our December convention in Reno. Thank you for your cooperation. □



Jim Schirber, Albuquerque, wins M50 800 meter run in national championships in 2:09.0. photo by Jerome McFadden



Louis Vink, Amsterdam, Holland, edges Bob Packard, Flagstaff, Arizona to win national masters 45-49 1500 meter championship in 4:12.3 in Los Gatos August 16. photo by Hans Bruhner



Boo Morcom and Spotty Hall in the rain at the North American Masters in Philadelphia.



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The following fees are in effect for all Full Convention Package and Registration-only Package (plus Options) reservations postmarked after October 15:
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'I'll Show You Mine, If You'll Show Me Yours.'

by PHIL CONLEY

Wendy Miller

I believe that I now understand why it is that I never seem to appreciate Wendy Miller's column. In reviewing some of the correspondence between Editor Al and Wendy, I note that Editor Al commissioned Wendy to write "an IRREVERENT column", but there was a stain over that phrase (Note: it does appear to be a jelly donut!), and Wendy came to the conclusion that Al was indeed requesting "an IRRELEVANT column."

Sue Slakey

In the June 1981 issue of *NMN*, Sue Slakey wrote an interesting article based upon her first observations of masters track and field competition—a pentathlon in the Fall of 1980 at Sacramento State. I participated in that meet, and was mentioned favorably in Sue's article. I don't believe any of us knew Sue beforehand, or knew she was engaged in gathering data and observations for such an article at that time. I was touted as being "rather guarded", so Sue said she was "unable to ask him much about his motivation."

Me

As an open competitor I always tried to be *very guarded* and tried to focus my intensity during the actual competition. With the informality of masters meets, it is almost impossible to do so now. Regarding Sue's inability to discern my motivation, I'm reminded of the old office story about the revolving executive suite. "If my boss calls, get his or her name!" If Sue can help me determine my motivation, much less embellish it, I'm all for her!

I have tried to examine my own motivation, as well as those aspects of my experience in LDR and track which have been the most and least satisfying. I would like to share them with you in this column.

When one prepares his or her own list (and hopefully each of you will do the same and share them with this column), one immediately wonders how unique one's feelings are. From a sociologic point of view, I would expect almost as many profiles as there are competitors. I'm not sure we will ever be able to draw statistically significant conclusions from the reader input, but I expect that patterns will develop for LDR vs. track and field, younger vs. older, male vs. female, those with prior athletic background vs. tyros, and overachievers vs. underachievers.

As a youth I wanted very much to be "a jock" who did something well, and, by doing so, to differentiate myself from the ordinary. Through dedication, some good fortune, and by enrolling at a small non-athletic college, I was able to indulge myself and satisfy many of my fantasies across a variety of sports. After I got a taste of relative elitism and its rewards, it became like a narcotic, and I needed

more. The rewards of being a national class athlete are unique and fantastic for the ego: meeting important people who know of you, uniforms and other perks, the chance to test yourself against the very best, trips to elite competitions as an insider, and friendship with famous athletes.



by PHIL CONLEY

PHIL THE PHILOSOPHER

I remember my group of six track-athlete roommates at the 1956 Olympics in Melbourne. We were (presumably) paired by sport, age, experience and race in those days. We were all young and unknown, and were the "up and comers". Each of us was making his first international trip, and we were all in our early 20's. We were determined, individually, to be heard from. An analysis of that seven-man group's ultimate Olympic medal count shows 8 Golds, 2 Silvers, and 1 Bronze. Al Oerter, Glenn Davis, Bill Nieder were multi-medalists in multi-games, and Bob Gutowski and Joel Shankle medaled in Melbourne. Only the two javelinists, Garcia and Conley, struck out. It is hard to accept getting "zip" in an important event, and the pain of failure, both personally and nationally, lasted quite awhile. For some, like a Bruce Jenner, it offers an incentive and opportunity for a 4-year disciplined onslaught. For most, however, the fruits of dedication or rededication never mature.

So my greed for a greater "fix" of elitism and for the unique experiences was nurtured, but, as so often happens, the more I found I needed and enjoyed those wins and the status, the more elusive they became.

During those years, I created a self-image of surviving and thriving in a competitive environment, and reveled in my ability to focus my energies on any given throw. I enjoyed testing myself, and the primary satisfaction stemmed from savoring these instances of success.

That is *still* true today, and my primary satisfaction lies in savoring those now-less-frequent-comethroughs. I'm like the roulette player who bets on the *numbers*, or the longshot horse-player who relates more to having the big winner, and who, subconsciously at least, must expect to tolerate a lot of losing efforts as well.

So, competing and testing myself in competition is key for me. The social aspect is less important, although at LDR races and in training it represents a very positive element. I have tried to

use other methods for relief of anxiety and depression and other mid-life crises. As far as health and longevity benefits, I do not consciously use track or LDR as an aid. I guess I'm something of a fatalist. I do enjoy and have always eaten what and when I wanted, and have used alcohol as a fuel, as fluid replenishment and as a reward.

As far as "looking good", and the vanity elements, I like to think that I don't look or feel 47, but it should be noted that it has been a long time since I was asked for an ID! I'm not at all convinced my training or competitions have had any effect on my appearance. My goal when I throw in *open* competition is to be "just another anonymous (mediocre) javelinist", and *not* someone who is 47, a *good* 47 year-old thrower, or even a former Olympian.

In comparing my responses with those from the excellent article by Dr. Keith Johnsgard in the July 1981 *Runner's World*. I find that I'm far from being typical for his sample of over-50 year old LDR-types on the San Francisco Peninsula, just as I would expect. Competitiveness as a motivator and satisfier rated *last* for them. Health, longevity and relief from anxiety were key in his sampling.

The high points of my last 10 years of competition include: 1. finishing my first marathon, 2. winning the 1st World Veterans Pentathlon at Toronto in 1975, and 3. several occasions which involved LDR team/relay in Northern California.

The marathon is explicable to anyone. The pentathlon, a new event for me and one that I'd only tried 8 months earlier, stands out particularly. I had competed my 1500m in an earlier heat, and was able to observe my win as a spectator in the stands as the ultimate silver medalist fell short of my point total with his 1500m. The relay events are all exciting, because they offer added incentive to excel as you carry the baton for the team, and usually provide the opportunity for social camaraderie during and after the race.

The greatest disappointments I've experienced, in the same time framework, involve those areas which indicate that some of our cohorts place emphasis on their masters achievements which transcend honesty, sportsmanship, and good judgment—such as is seen in age-cheating, implement-cheating, short-cutting courses, and in the undue predisposition to focus only on awards and records.

Cheating is always difficult to accept, and I've witnessed people shorting loop courses in order to record 4:10 times in the marathon. And how about the greedy marvelous runner who registered 5 wins in the 40 year old class, when he should have been content to be just as marvelous a 35-year-old-runner. Regarding weights and implements, it is necessary that each meet director impose examination of the implements with accurate scales and templates, **BUT ALSO** to assure that *only* those certified implements be allowed in the competitions. I have only seen that type of control done once in masters meets, at the 1st MTFC meet in Toronto in 1975.

More debate, concern and energy seems to be consumed on the awards and on age records than I can justify. I do pick up each award that I win, and I do admit to having entered an undue multiplicity of events in my early 40's. And I do harbor some resentment about the fact that the winner's awards do not seem to cost as much as the entry fees. (As an investment advisor I have a peculiar feeling that I am not breaking even unless I get at least my investment back if I win.)

Finally, without doubt the most poignant memory I have of the masters scene was at the 1979 AAU Masters X-C meet at Belmont, CA where scores of runners concerned themselves with team points and awards while, not 75 feet away, several physician/runners were attempting, unsuccessfully, to resuscitate a stricken compatriot who was lying at the finish line. □



Jeanne Carter, Ellen Fuller, Al Sheahen and Chris Miller ran together as Sprint Medley Relay Team in Corona Del Mar Relays in Los Angeles.
Photo by Shirley Kinsey

MASTERS SCENE

NEW ENGLAND

● **Omni** Magazine will sponsor Boston's Freedom Trail Road Race October 4 as part of the 1981 ARRA Championship Circuit, the 4th event in the series, following the Cascade Run Off June 28, Nike Marathon Sept. 13 and Virginia 10-miler Sept. 26. All races on the circuit are conducted on an open basis, with amateurs and professionals competing together with prize money to those electing to receive it. \$6,000 will go to the top male and female finishers in Boston.

EAST

● **Sam Monastero** of Norristown, Pa. celebrated his 70th birthday with a 77.5 400-meter-run August 1st in the Philadelphia Masters T&F Championships, taking 7 seconds off the previous mark. The fact that he is able to compete at all is a story of its own. **Don Harris** reports that Monastero was diagnosed as having Paget's disease last year, with severe pain and unable to sit, lie or stand without discomfort. However, treatment with Vitamin D and fluoride and dogged determination have paid off.

● **Al Oerter**, 44, 4-time Olympic champ, threw the discus 225-feet this year, close to his all-time 1980 best of 227 feet. Oerter is aiming for the 1984 Olympics when he'll be 47.

● **Andy Boyajian**, Chairman of the SPA-TAC Officials Committee, invites masters to join the Old Time Athletes Association. "We have banquets and talk about old times," Boyajian says. "Most of our members are past great athletes and it's interesting to hear what they have to say about yesteryear." Apply to Reuben Harrison, 1828 S. Wooster St., Los Angeles CA 90035.

● **Birthe Kirsch**, 42, was first master woman in the Sri Chinmoy 10K in Foster City, CA July 19 in 40:29.

● **Karen Scanell**, 42, was first female master in the Hook and Ladder 10K in San Francisco August 16 in 37:21.

● **Sandy Vernon**, 43, was first master woman in the Gay Day 5K in San Francisco July 26 in 20:25.

● Two 3000-meter American age-division records were set in San Diego June 30. **Jennifer Wright** ran 10:57.0 to break the women's 45-49 mark of 11:35.8, set by **Dorothy Stock** in 1978. **Nicki Hobson** broke the 50-54 standard with a 11:50.8, destroying **Jan Newhart's** 1979 mark of 14:25.0.

● **Stan Thompson**, President of the Hawaii Master Track Club, has accepted a job on Kwajalein for about a year. **Edie Leiby** is the new President. The fall schedule will be reduced. The Christmas meet will be held on Dec. 27.



Don Cheek, 52, of San Luis Obispo, Calif. is all smiles after running superb 53.93 to win 50-54 national masters 400 championship in tough battle with **Bert Lancaster** (54.14).

MID AMERICA

● **Dave Shrader**, 67, who won 10 gold medals at the Midwest T&F Regionals, will have painful gallstones removed soon. Shrader has come back from a heart attack a year ago, where his chances of survival were rated 10,000 to 1. The odds lengthened when he had a death experience. "I felt like I was a small child floating in space," he recalled. "It was so beautiful, like the soul leaving the body. Now I have no fear of death. My ambition is to run the 100-yard-dash when I'm 100 years old."

WEST

● **Dorothy Stock**, 49, isn't letting up. She clocked a 38:50 10K and 53:23 8-miler in San Diego. She covered 9 miles, 374 yards in an hour run, and 3 miles in 18:18. All that in 4 days in August, being 1st woman masters in each. Her 1-hour distance is a new 45-49 record, topping **Margaret Miller's** 7-year-old standard.

● **Helen Dick**, age 55-59 multi-record holder, logged a 1:30:31 half-marathon in Santa Monica August 30. She posted a 41:26 in the Universal 10K August 23.

● An invitational masters indoor track & field meet, pitting masters athletes against high school competitors, will be held at Long Beach Sports Arena January 15, 1982.

"Sparkletts and Marriott have agreed to sponsor the event," **Rod Ferguson** said. "We'll pick the masters athletes. It'll be the submasters against the high school seniors, the 40-44's against the juniors and the 45+ vs. the sophomores." Ferguson said each event will feature 4 masters and 4 students.

NORTHWEST

● We're sorry to report that **Bernie Babbitt** came down with multiple sclerosis in October, 1980. He is in a wheel chair and living in a rest home. **Kathy Babbitt** says "Bernie still loves the sport and promotes it as much as possible." He participated in the National Masters T&F Championships in 1979 in Gresham, Oregon.

● **Marcie Trent**, 63, of Anchorage, Alaska finished 3rd overall in the 50-mile run in 8:15:17, seven minutes faster than she ran two years ago. She finished ahead of several younger male runners.

● **Patricia Dixon**, 62, of Bend, Oregon claimed yet another of **Jaclyn Caselli's** world 60-64 age-group bests. She clocked 47:23.8 in the 10000 meter run in the Canadian Championships in Vancouver August 22 to break Caselli's mark of 47:26.4 set earlier this year. On July 31, Dixon broke Caselli's 1500 meter mark of 6:30.8 with a 6:19.1 in Eugene.

● **Jay Birmingham**, 36, of Jacksonville, Fla. claimed a record for the run from Death Valley, Calif. to the Mt. Whitney summit, 14,495 feet high, in 75 hours, 34 minutes August 19, finishing in a snowstorm at the peak.

● On August 28, at the Shakespeare Festival Masters T&F Meet in Ashland, Oregon (complete results in next issue), Dixon made it a clean sweep of Caselli's marks, running 3:11.4 in the 800 to take 0.3 off the old women's 60-64 record.

INTERNATIONAL

● The Masters tour of **South Africa** is on. **Danie Burger** reports tour members will compete in 4 international T&F meets against athletes from 16 countries. "Besides the bonus of 6239 free kilometers of travel throughout the country," Burger says, "Masters will have the opportunity of meeting dignitaries, leaders and state officials." The tour is from December 12, 1981 to January 6, 1982, and is limited to 203. 81 seats are still left on the luxury buses. Free transport, no entry fees, and lodging in hostels at \$10 per night, or luxury hotels at \$40 per night. Contact Burger at Posbus/PO Box 12066, Benoryn, 1504, South Africa. Phone: 011 849 2018, or contact Sports Travel, 4869 Santa Monica Ave., San Diego, CA 92107, (714) 225-9555.

● The **Eastern Rugby Union of America** was raked over the coals in the U.S. press for accepting \$25,000 from a "Johannesburg businessman who serves as a conduit for secret South African government funds," according to the *Washington Post*. The donation was made to help pay expenses of the South African rugby tour of the U.S. last month, which was met with protests in Chicago, Albany and New York.

● **Bev Shingles**, 40, of New Zealand, placed 9th overall in 2:46:50 to win the masters title in the Avon International in Montreal August 24. **Nancy Konz**, 24, was first finisher in 2:36:46. **Christine Curtis**, 50, Seattle, was 52nd in 3:05:50. **Diane Palmason**, Ottawa, 53rd in 3:05:33. **Ruth Anderson**, 53, logged 3:27. **Ruth Rothfarb**, 80, of Miami Beach, became the oldest woman ever to finish a marathon, (5:40) and appeared on "Good Morning, America." "I was determined," Rothfarb said. "I never had any doubt I'd do it and I know I can do more." She was accompanied through the final miles by a police escort and a growing entourage of cyclists, officials and well-wishers. The final yards were a chaotic din of car horns, sirens, loudspeakers and applause.

● The dates for the 5th **World Veterans Games** in Puerto Rico have been firmed for September 30 to October 7, 1983. The **Sub-Masters World Track & Field Championships** will be held on October 8-9, 1983. For tour and travel arrangements, contact Sports Travel at PO Box 7823, San Diego Ca 92107, (714) 225-9555.



Replies to July Editorial: 10 Ways to Improve Masters T&F Program

The Al Sheahen article on the state of veteran athletics was something I had been waiting for. I am surprised it has taken so long for someone to air these views. Our meetings, particularly the championships, really are too complicated. There are too many age-groups, too many events, and too many meaningless medals awarded in events with only a handful of competitors.

Although the things we read and hear about the veterans scene are generally congratulatory, most of it comes from within our own ranks and it sometime seems as though we are becoming a "mutual admiration society."

Sheahen makes ten suggestions that he says may, "bring new life and new competitors to the masters program."

First of all, the proposition that we should return to ten year age groups. Ever since I entered the vets' in 1975 it has been my belief that this would be a progressive move. It would help to streamline the big championships and in the case of the world championships would mean that most, if not all, finals could be held in the main stadium. It would also make the winning of medals more creditable than it is at present.

The only argument against a move to ten years is that competing with people eight or nine years younger is not a "fair shake." Well generally it isn't a fair shake, but why should it matter? We sometimes forget how marvelous it is for us to be taking part in sport at all at our age. If it bothers us because we have to run "down the field" because we are at the "wrong end" of an age group, we are doing ourselves no credit at all. We are ignoring the true meaning and spirit of veteran athletics. I will

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MOVING?

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

Dobroth Leaps 6'8"

Former world-class high jumper **John Dobroth** of Ventura, Calif. turned 40 in May and proceeded to win all of the major masters competitions. His best effort of the season, however, came in an all-comers meet at Birmingham High in Los Angeles July 8, where he leaped 6'8" to obliterate the U.S. 40+ mark of 6'4", set by **Jim Brown** earlier this year. The leap approached the world veteran's mark of 6'8 3/4" held by Sweden's **Egon Nilsson** since 1966. □

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leave you to define what is meant by true meaning and spirit, but neither, I suggest, has much to do with the winning of medals. We have our fair share of the spoils when we are at the "right end" of an age-group. Why should it matter if we have to take a back seat after a year or two? An athlete surely does not need to take home a handful of medals to impress the missus and the neighbors. If at say 49 he made the final of a world track championship in a ten year age group he would collect plenty of kudos from those within the sport who know a good performance when they see one. That, I suggest, is more creditable than displaying medals to people who know nothing about athletics. Believe me, the number of medals some people are collecting indicate that they are being strewn around like confetti at a wedding. In Christchurch the number of medals awarded almost equalled the number of competitors at the games.

As long ago as 1975 John Hayward, a British statistician, wrote a piece entitled, "Are We on the Right Track?" in the *Veteris* magazine. He had just returned from Toronto and his article was very much along the lines of Sheahan's piece. Unfortunately he struck a raw nerve when he suggested that the solution to an overcrowded world track meeting was the setting of standards—that does not go down at all well. But he did make the valid point that in some events medals were won by performances that would not score even one point on the decathlon table. His view was that there should be some athletic and competitive merit in winning a medal.

I don't think there is a chance of people being asked to achieve a standard performance for entry into the world games. The vast majority don't like the idea, and it adds to the complications. I am also doubtful if any events will be excluded. However, I think there might be a return to 10 year age groups. It's not an issue yet, but in time it may be seen as the most sensible move our organization could make. It could only be achieved by legislation passed by the council meeting of WAVA, held prior to all the world track championships. Whatever form our world championships took would be followed by national bodies I feel sure. My chief concern is that vets' athletics, particularly the world games, should be presented in the best possible light. My worst fear is that it might develop into something people would see as a playground for silly old men.

With regard to our international meetings the charge is made that veteran athletics is a rich man's sport. Well of course most people have to finance their trip to a world championship from their own pocket, only a few are sponsored, so obviously the well heeled have an advantage. There is not much we can do about that. But bearing this mind perhaps the title "World

Track & Field Championship" is stretching things a bit. Lack of finance often means a lot of the top boys are missing. It's different for national championships, even in a big country like the U.S. It's doubtful if many people miss out on financial grounds, so in that case the tag "Championship" is a fair description. But "World Championships"? I'm doubtful. Personally I would prefer something like "World Festival of Veteran Athletics."

Veterans or masters? In Hawaii, on my way back from Christchurch, an American eyed my t-shirt quizzically. I explained that I was in veteran athletics. "Veteran? Of which war, Korea?" he asked. That hurt. Me a youngster of 46 in the Korean War! I nearly hit him. But seriously the business of whether we call ourselves masters, veterans or seniors of no consequence. What does it matter what we call ourselves? As far as I can gather, "masters" makes more sense in the U.S. and "veterans" more sense in Britain. U.S. Masters has a nice ring to it. G.B. Veterans sounds all right to us. Let's agree to be different on this one.

The suggestion about age-handicap competition is interesting. The "Portsmouth start" is a type of event used occasionally in Britain. We call it a "yacht handicap" on the track with

sprinters involved in amateur athletics tend to retire at about thirty when the youngsters start to outstrip them. Although obviously your sub-masters program keeps some of your sprinters active when they might otherwise have retired from the track. We don't have what we call pre-vets races in Britain.

The dropping of some events from the program is a difficult one. I've heard about the campaign for this in the *Track & Field News*. But veteran track & field as a whole takes its lead from the format used at the Olympic Games and any changes would have to be pushed through by the IAAF. Methinks that this would be a long and protracted struggle with little chance of success.

No, all in all I believe 10 year age groups would give our sport a better image. More handicap races would balance things out for people who think they are getting a raw deal. I just hope there are more people than Al Sheahan, George Ker and myself that think so.

Wulf Morgan
London

Some of your observations are very true and it is good that they are brought up for us to examine, but to change our sport, our divisions, our



Harold Chapson, 79, (53) and Mel Shine, 72, (473) dead heat in 2:46.7 in national masters championships. Sid Madden (319) is 3rd in 2:47.9. photo by Jerome McFadden

runners aged between 40 and 60. By the time the 40 year olds started the track was full of runners, some on their second or third laps. For cross-country and road races though it's good fun and a useful addition to the yearly program. It should be used more often. I am surprised to hear that the masters scene does not have a meeting with distance starts for track races up to 800m. Over here the Veterans Athletic Club have had an annual track handicap meeting for many years. You should have seen Duncan McLean battling out a "blanket finish" with the "youngsters" over 100m.

Talking about handicap races, it may not have escaped your notice that a number of Australian sprinters have done well in the world championships. Almost all of them arrived in veteran athletics via the professional circuit. The handicap system is used for all pro races out there and this almost certainly kept them competing through their thirties and forties. Many

way of running races, just so the 'media' won't be so confused, seems like we'd have to "throw away the baby with the bath water!" If the media wants to cover our sport, it is their responsibility to learn what it's all about.

As to the numbers games ... yes, it is a problem at meets, but as far back as the chariots, I've always been told it takes but 2 to make a race, not 4.

Whenever we have directed a meet, I have never had competitors run a race with mixed divisions, without first asking both or all divisions if they objected; if they did, then we separated them, because, after all, nothing is more important than the competitor and some come a long way for their event.

I guess the underlying theme in your article is the concern, "Why isn't the number of track and field competitors getting any bigger?"

I had an idea that I thought might solve this, and when we moved back

from Los Angeles to a small town in Kansas, Betty and I worked out the details. We created a meet that had 2 divisions—Masters, and, so that we could accomplish psychologically what we were after—a Novice.

In every running and field event, we established standards for the Novice category in every age division. For instance, in the 100 yard dash, Men 30-39, 10.9 or over; Men 40-49, 11.0 or over. In other words, competitors entering this division could not run any faster than the performance level indicated on the table. If they did, they would be automatically penalized by having 2 increments of time added to their time for each increment that they went under the minimum allowed. Our purpose in all events (this included field events) was to bring back into competition, all for the 'also-rans', all of the skeptics and all of the beginners who were scared stiff to get in with the normal Masters grouping which would only embarrass them. Did it work? Let me give you some facts: The meet grew to over 500 competitors from 13 states, families planned their vacation around it, all surrounding newspapers covered it, television came each year to cover it, and the little town of 1500 people would have over 1500 people in the stands cheering the competitors on!! Where, even today, when you go to a Regional or National meet, you're lucky if you can get 5 women in the sprints in the 30-39 or 40-49 divisions, we have to run 2 heats, because there are so many! It accomplished exactly what we had aimed for—people were competing with people on their own level. They felt they had a chance. This meet has been going on now for eight years, and what is even more rewarding, is the fact that it has created a 'farm-club' for Masters. People who never dreamed of running, saw people just like themselves competing. So they did too, stuck to it, got better, and now compete in the Masters ranks! It worked like a charm and I feel it could be applied the same way to pick up all of the many, many who feel they would never have a chance in competition or who give up because they get tired of losing to the 'super stars'.

The way it could be applied would be to create a Class 'A' competitor and a Class 'B' all within the different age groups. If a guy 40 years old knows that in his 880 run, no one is going to run faster than 2:30, he feels he has a chance, and that he is in with competitors within his range. You won't lose him, or the dozens like him. In fact, you'll inspire even some non-competitors to jump in and give it a try. It doesn't affect the Class 'A' competitor and if one of the Class 'B' improves and wants to move up, it provides the motivation for becoming a prestigious Class 'A' competitor. In fact you can be a Class 'A' competitor in one event and move to the other division in some event which you may like to learn or one that you are not presently proficient in.

continued on page 17

All-Time World Women Masters Marathoners

by MARTY POST

In the July issue, we published the top 13 all-time world men's masters marathoners.

Since then, Spiridon, the European running magazine, took issue with the following times:

1. Gyorgy Sinko (HUN), #5 on the list, should *not* be listed, as he was only 31, not 41, the day of the race.

2. Wilred Irmen's time (2:19:37 in 10th place) came on a short course.

3. Like many other fine runners from Africa, Mamo Wolde (2:25:09 in 1972 for 2nd place) really has no idea when he was born. Many press guides carry his DOB as 12 June 32. Others 23 June 34. The first one makes him a master at the Olympic marathon of '72, while the 2nd doesn't. There's no definite way to solve this one, except to maybe put an asterisk after his time.

4. Terry Manners popped a spectacular 2:18:08 at Frankfurt May 17, 1981 at age 41, which puts him onto the list in 5th place (or 4th if you drop Wolde) behind Jack Foster, Ron Hill and Eric Austin.

I've also put together an all-time women's masters rankings. If anyone wants to take potshots at it ...well, that's the way we find out the hard way

that there are mistakes that need to be cleaned up.

The list of all-time best women masters marathoners:

1.	2:29:57	Joyce Smith (43,GBR)	29 MAR 81 at GBR
2.	2:39:11	Miki Gorman (41,USA)	24 OCT 76 at USA
3.	2:46:27	Beverly Shingles (41,NZL)	23 AUG 81 at CAN
4.	2:49:23	Maria Pia D'Orlando (45,ITA)	12 OCT 80 at ITA
5.	2:50:53	Eunice Carlson (43,USA)	08 SEP 79 at USA
6.	2:51:56	Valberg Ostberg (48,NOR)	18 NOV 79 at JAP
7.	2:52:23	Diane Palmason (43,CAN)	14 JUN 81 at CAN
8.	2:52:47	Karen Scannell (42,USA)	12 JUL 81 at USA
9.	2:54:05	Sandra Kiddy (43,USA)	07 SEP 80 at USA
10.	2:54:33	Siv Larsson (40,SWE)	08 JUN 80 at SWE



Cliff Pauling, New York, leads Pete Richardson, Berkeley, and Bob Packard, Flagstaff, in age 45-49 800 in national championships in Los Gatos August 16. Pauling won in 2:02.4 with Richardson 2nd, Vink 3rd and Packard 4th. photo by Jerome McFadden

THE OAKLAND MARATHON & HALF MARATHON

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SUNDAY, DECEMBER 6

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

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

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

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



Keeping cool—Josh Culbreath, 48, 1956 Olympic bronze medalist in 400 hurdles and runner-up to Matt Brown in Pan-American and National Masters 45-49 400 hurdle championships. photo by Tim Bradley

1980 MASTERS MARATHON RANKINGS

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

MEN- 35 THRU 39

2:16:11	BARRY BROWN	35	GAINESVILLE	FL	(5 JAN 80,GA-A)
2:19:37A	JEFF GALLOWAY	35	DEL MAR	CA	(12 OCT 80,CA-A)
2:20:38A	RALPH ZIMMERMAN	39	KENMORE	NY	(24 MAY 80,NY-A)
2:22:32	BRUCE MORTENSEN	36	ROCHESTER	MN	(19 OCT 80,MN-A)
2:22:36	BERND HEINRICH	39	WALNUT CREEK	CA	(10 FEB 80,CA-B)
2:22:55A	GARY GOETTELMAHN	37	SAN JOSE	CA	(26 OCT 80,NY-A)
2:24:10	WILLIAM HALL	39	DURHAM	NC	(2 FEB 80,SC-A)
2:26:12	GREG WHITE	35	E-PEORIA	IL	(13 DEC 80,AL-A)
2:26:24	KERRY RAGG	35	ATHENS	OH	(30 MAR 80,OH-A)
2:26:48A	STEVE NAYLOR	37	SANDY	UT	(4 OCT 80,UT-A)
2:26:59A	MICHAEL MAHLER	37	SANTA MONICA	CA	(6 DEC 80,AZ-A)
2:27:25A	DAVID OKUPEZA	35	PHOENIX	AZ	(6 DEC 80,AZ-A)
2:27:46	JARRETT SLAVEN	35	BRANDON	FL	(5 JAN 80,GA-A)
2:27:48	WILLIAM CLARK	36	LOS ALTOS	CA	(4 MAY 80,CA-A)
2:28:16A	MATTEO CUCCHIARA	37	NEW YORK	NY	(10 FEB 80,LA-A)
2:28:23A	ALTON MIGUES	39	PENSACOLA	FL	(10 FEB 80,LA-A)
2:28:32A	CHARLES FRAWLEY	36	SAN ANTONIO	TX	(10 FEB 80,LA-A)
2:28:39	BILL SCOBAY	35	VENTURA	CA	(4 MAY 80,CA-A)
2:28:43A	EDWARD STRABEL	35	WEST PT	NY	(21 APR 80,MA-A)
2:28:43A	WILLIAM E STEWART	37	SAVANNAH	GA	(18 OCT 80,NY-A)
2:29:10	DARYL ZAPATA	35	MILLBRAE	CA	(13 JUL 80,CA-A)
2:29:15A	ROGER GERARD	37	ARVADA	CO	(6 DEC 80,AZ-A)
2:29:16A	FRANK MACNAB	37	ELIZABETH	NJ	(10 FEB 80,LA-A)
2:29:31A	WILLIAM J MARSHALL	35	NORWICH	CT	(21 APR 80,MA-A)
2:29:36	JOHN BOTKE	37		CA	(7 SEP 80,OR-A)
2:29:50	SOL EPSTEIN	39	INDIANAPOLIS	IN	(16 NOV 80,OH-A)
2:30:30A	JOHN H RAVELING	38	LAKEWOOD	CO	(6 DEC 80,AZ-A)
2:30:48	SEPP MATELA				(3 FEB 80,NV-A)
2:30:50	PATRICK BECKER	38			(23 FEB 80,OR-A)
2:31:17	FRANK A BOZANICH	35	BOTHELL	WA	(18 MAY 80,OH-A)
2:31:17	LARRY LENAMON	36		TX	(6 DEC 80,TX-A)
2:31:22	FRANK DUARTE	38	SANTA ANA	CA	(8 MAR 80,CA-A)
2:31:29	JOE VEGA	36	CHICAGO HGTS	IL	(28 SEP 80,IL-A)
2:31:35	GEORGE M KEIM	37	WAYNESBORO	PA	(9 NOV 80,PA-B)
2:31:42A	ANTHONY MIFUD	36	ALLEN PARK	MI	(19 OCT 80,MI-A)
2:31:48A	MIKE MITTELSTAEDT	37	ALBUQUERQUE	NM	(27 JAN 80,AZ-A)
2:31:51	JERRY E SCHMIDT	39	SANTA FE	NM	(2 MAR 80,MO-A)
2:32:26	JEFFREY WALL	38	DALY CITY	CA	(13 JUL 80,CA-A)
2:32:34	RAY CURRIER	36	MANCHESTER	NH	(5 OCT 80,NH-A)
2:32:36	LOU J WAGNER	36	SWANTON	OH	(18 MAY 80,OH-A)
2:32:37	ARTHUR WILLIAMS	37	GREENVILLE	SC	(13 DEC 80,AL-A)
2:33:10A	ROBERT S CONN	37		TN	(21 APR 80,MA-A)
2:33:12	DON COFFMAN	37	FRANKFORT	KY	(9 NOV 80,KY-A)
2:33:17	JONATHAN NOLL	36			(25 NOV 80,WA-A)
2:33:25	JOHN USKOVICH	38	ARGYLE	TX	(7 SEP 80,OR-A)
2:33:28	GEORGE UJA	36			(23 FEB 80,OR-A)
2:33:34A	DONALD M SCHULTZ	36	SALT LK CITY	UT	(4 OCT 80,UT-A)
2:33:39	THOMAS BENEDICT	36	PARK RIDGE	IL	(28 SEP 80,IL-A)
2:33:42	JIM PEAKSON	35	BELLINGHAM	WA	(23 FEB 80,OR-A)
2:33:57A	FRANK HOELZLE			ME	(25 MAY 80,ME-A)

MEN- 40 THRU 44

2:22:23	JAMES BOWERS	41	SANTA ROSA	CA	(12 OCT 80,CA-B)
2:24:58A	GARY MUHCKE	40	HUNTINGTON	NY	(26 OCT 80,NY-A)
2:25:25A	BERND HEINRICH	40	WALNUT CREEK	CA	(21 APR 80,MA-A)
2:27:12A	JOE BURGASSER	41	RNCHO PLS VDS	CA	(10 FEB 80,LA-A)
2:28:38A	WILLIAM C HALL	40	DURHAM	NC	(26 OCT 80,NY-A)
2:28:46	JOHN BRENNAND	44	SANTA BARBARA	CA	(7 SEP 80,OR-A)
2:28:59A	KEN WINN	42	STONE MTN	GA	(10 FEB 80,LA-A)
2:32:51A	KENNETH SCHEI	40	ENGLEWOOD	CO	(6 DEC 80,AZ-A)
2:33:15A	BRIAN HARRIS	44	ROYAL OAK	MI	(21 APR 80,MA-A)
2:34:01	TOM MOTA		OAKLAND	CA	(8 JUN 80,CA-A)
2:34:06A	ROBERT E JENKINS	40	SALEM	VA	(21 APR 80,MA-A)
2:34:09	CHARLES N BOLTON		W LIBERTY	OH	(16 NOV 80,OH-A)
2:34:11A	PETER JEFFERS	41	HOMER	NY	(21 APR 80,MA-A)
2:34:23A	HERB CLEMENS	41	SALT LK CITY	UT	(4 OCT 80,UT-A)
2:34:33	MICHAEL HEFFERNAN	40	LK OSWEGO	OR	(25 NOV 80,WA-A)
2:34:46	MIKE SABINO	40	BALTIMORE	MD	(17 FEB 80,MO-A)
2:34:52	LEN DUEY	41	NEW YORK	NY	(7 DEC 80,NJ-A)
2:34:55	THOMAS MAYFIELD	41		TX	(6 DEC 80,TX-A)
2:35:06	ROGER ROULLIER	42	LOCKPORT	IL	(28 SEP 80,IL-A)
2:35:13A	DICK HIPP	41	COLUMBIA	MD	(26 OCT 80,NY-A)
2:35:14	RAY STEVENS	40	LINCOLN	NE	(2 NOV 80,IA-A)
2:35:33	JERRY E SCHMIDT	40	SANTA FE	NM	(25 NOV 80,WA-A)
2:35:36	REED MILLER	41		WA	(23 FEB 80,OR-A)
2:35:48A	DAVID PEELE	42	ANN ARBOR	MI	(19 OCT 80,MI-A)
2:35:50A	JEREMY CLARK	43		VA	(21 APR 80,MA-A)
2:35:51	BRUCE NYSTROM		RICHMOND	VA	(26 OCT 80,VA-A)
2:36:08A	MYRON ANDERSON	43	COON RAPIDS	MN	(21 JUN 80,MN-A)
2:36:21	FRED BEST	43	MILLBURN	NJ	(7 DEC 80,NJ-A)
2:36:28	FREDRICK C HAGERMAN	44	ATHENS	OH	(18 MAY 80,OH-A)
2:36:38E	ARTHUR DOYLE	41	ASHLAND	MA	(21 APR 80,MA-A)
2:36:38E	DUANE FJELSTAD	42	CHETEK	WI	(21 APR 80,MA-A)
2:36:38E	RICHARD JAMBORSKY	43	RESTON	VA	(21 APR 80,MA-A)
2:36:41	ARDEL BOES		GOLDEN	CO	(4 MAY 80,CO-A)
2:36:50	HAROLD KNUTSON	40	OAKLAND	CA	(30 NOV 80,CA-A)
2:36:59A	ROGER N BRYAN	44	FOSTER CITY	CA	(6 DEC 80,AZ-A)
2:37:14A	TONY BAYLIS	43	BERKELEY HGTS	NJ	(26 OCT 80,NY-A)
2:37:24	EDWIN GEISENDAFFER	40	FALLSTON	MD	(9 NOV 80,PA-B)
2:37:29A	JOSEPH GASSMANN	41	HAWTHORNE	CA	(6 DEC 80,AZ-A)
2:38:01	DICKIE JOE SIMPSON	40	LAKEWOOD	OH	(22 NOV 80,MA-A)
2:38:11A	EDWIN FRY	40	INDIANA	PA	(10 FEB 80,LA-A)
2:38:14	RICHARD WALTZ	41		WI	(19 OCT 80,MN-A)
2:38:18A	DAVID PEARCE	43	NEW HARTFORD	NY	(26 OCT 80,NY-A)
2:38:22A	LEE WILCOX	42	TROY	NY	(26 OCT 80,NY-A)
2:38:29A	JEFF CHEUVRONT	41	LINCOLN	NE	(21 JUN 80,MN-A)
2:38:44	JOSEF FODOR		HINCKLEY	OH	(16 NOV 80,OH-A)
2:38:51A	HARTLEY VEZINA	44	ROSEVILLE	MI	(19 OCT 80,MI-A)
2:38:53A	JAMES MCGUINNESS	41	MERRICK	NY	(26 OCT 80,NY-A)
2:38:54	ROLAND WAECHTER	44			(25 NOV 80,WA-A)
2:38:55	JIM STREEBY		OTTUMWA	IA	(2 NOV 80,IA-A)
2:39:00E	KEN MUELLER	43	BELLINGHAM	MA	(21 APR 80,MA-A)
2:39:00A	BOBBY STEPTOE	43	STATESBORO	GA	(26 OCT 80,NY-A)

MEN- 45 THRU 49

2:32:43	WILLIAM FOULK	47	BOZEMAN	MT	(7 SEP 80,OR-A)
2:33:04	PAUL NOREEN	45	PLYMOUTH	MN	(19 OCT 80,MN-A)
2:35:02A	WILLIAM F HOSS	45	HOUSTON	TX	(6 DEC 80,AZ-A)
2:36:54	JIM KNERR	46	SIMI VALLEY	CA	(24 AUG 80,CA-A)
2:37:31	HAL HIGDON	48	MICHIGAN CITY	IN	(23 FEB 80,TX-A)
2:37:34A	ROBERT TRUDGEON	46	DETROIT	MI	(19 OCT 80,MI-A)
2:37:40	BEN HYSER	45	YORK	PA	(9 NOV 80,PA-B)
2:38:15	EARL BRADLEY	46	COLUMBUS	OH	(15 JUN 80,OH-A)
2:38:46A	DAVID SEILER	49	PENSACOLA	FL	(10 FEB 80,LA-A)
2:38:50	HANS HARTMANN	45	JACKSON HGTS	NY	(7 DEC 80,NJ-A)
2:39:18	GEO ANAGNOSTOPOULOS	46	CHICAGO	IL	(27 SEP 80,MI-A)
2:39:23	BRUCE HOLTZMAN	45			(25 NOV 80,WA-A)
2:39:41	FRED KIDDY	46	PALM SPGS	CA	(7 SEP 80,OR-A)
2:39:43	JOHN D FORREST	47	HUDSON	OH	(18 MAY 80,OH-A)
2:39:46	NORMAN MCABEE	47	SAN FRANCISCO	CA	(1 JUN 80,CA-B)
2:39:47	COLIN BEER	47	ENGLEWOOD	NJ	(7 DEC 80,NJ-A)
2:40:20	THOMAS R OVERTON	45			(25 NOV 80,WA-A)
2:40:21	VICTOR GILLILAND	45	WA		(23 FEB 80,OR-A)
2:41:47	TRUMAN CLARK	45	PT HUENEME	CA	(30 NOV 80,CA-A)
2:42:00	GERALD KOCH	46	CLARKSVILLE	TN	(13 DEC 80,AL-A)
2:42:44A	DON W ROUNDS	46	ALBUQUERQUE	NM	(6 DEC 80,AZ-A)
2:42:59A	VERNE CARLSON	47	SEDALIA	CO	(6 DEC 80,AZ-A)
2:43:07	ARLEN SUNN	46	COLUMBIA HGTS	MN	(19 OCT 80,MN-A)
2:43:15	CHARLES G CLARK	45	PRINCETON	NJ	(7 DEC 80,NJ-A)
2:43:18	ROBERT E GREENE	45	LONGMONT	CO	(4 MAY 80,CO-A)
2:43:21	ROBERT H COLDREN		DELAWARE	OH	(16 NOV 80,OH-A)
2:43:30A	JACK CHASE	45	BAY CITY	MI	(19 OCT 80,MI-A)
2:43:56A	NORMAN EASTMAN	49	LANSING	MI	(19 OCT 80,MI-A)
2:44:10	GERALD WARKNOCK	45	PORTLAND	OR	(23 FEB 80,OR-A)
2:44:15A	KAYE FRED NELSON	48	SALT LK CITY	UT	(4 OCT 80,UT-A)
2:44:24	BUFORD HARRIS	46			(8 MAR 80,CA-A)
2:44:36	JEROME LEWIS	45	MTN VIEW	CA	(30 NOV 80,CA-A)
2:45:08A	JOHN PISTUNE	47	BOSTON	MA	(26 OCT 80,NY-A)
2:45:20	JAMES SLATER	48			(23 FEB 80,OR-A)
2:45:21	GUENTER ERICH	47	PEQUANNOCK	NJ	(9 NOV 80,PA-B)
2:45:37	CHRISTOPHER DELGADO	46	FRESNO	CA	(8 NOV 80,CA-A)
2:45:37	DAVID LONG	49			(25 OCT 80,NC-A)
2:45:39	LUWELL MONTGOMERY	45	GLOVERSVILLE	NY	(22 NOV 80,MA-A)
2:45:40	GEORGE R MAINE	48	LISBON	CT	(2 NOV 80,RI-A)
2:45:48	RICHARD T GOTTSCHALL	45	PA		(9 NOV 80,PA-B)
2:45:48	KEITH KAHL	49	OAK RIDGE	TN	(10 FEB 80,TN-A)
2:45:56	BILL BUGLER	45	BURLINGAME	CA	(30 NOV 80,CA-A)
2:46:04	ALLYN SCHWINKENDORF	46	WA		(23 FEB 80,OR-A)
2:46:09	JAMES NICKLE	47	ROSS	CA	(30 NOV 80,CA-A)
2:46:23	BOB CREIGHTON	46	ATWOOD	KS	(6 DEC 80,TX-A)
2:46:45	JACK MORAN	46	EDINA	MN	(7 SEP 80,OR-A)
2:47:01	MIKE KERINS	45	N WEYMOUTH	MA	(28 SEP 80,CT-A)
2:47:02A	BOB DICARLO	46	DENVER	CO	(6 DEC 80,AZ-A)
2:47:19E	DAVID C LEVIN	45	MA		(21 APR 80,MA-A)
2:47:24	JOHN BOHNET	45			(23 FEB 80,OR-A)

MEN- 50 THRU 54

2:36:58A	JOHN STOWERS	51	HOUSTON	TX	(10 FEB 80,LA-A)
2:39:36E	HERB CHISHOLM	53	ALEXANDRIA	VA	(21 APR 80,MA-A)
2:42:01A	AL BECKEN	51	SAN ANTONIO	TX	(19 OCT 80,MI-A)
2:44:05E	KENNETH D HELMS	54	CHARLOTTE	NC	(21 APR 80,MA-A)
2:45:09A	RUNALD G BAKER	50	ALLEN PARK	MI	(19 OCT 80,MI-A)
2:45:26E	DON DIXON	52	HASTINGS/HUDSON	NY	(21 APR 80,MA-A)
2:46:38	THOMAS HOVEY	51	UTICA	NY	(23 NOV 80,MA-A)
2:46:41	ROBERT GEHL	51	SAN MATEO	CA	(10 FEB 80,CA-B)
2:47:10	TOM BAILEY	50	DENVER	CO	(4 MAY 80,CO-A)
2:47:24	LEN THORNTON	50	FRESNO	CA	(8 NOV 80,CA-A)
2:47:29	BILL MCCHESENEY	52	OR		(7 SEP 80,OR-A)
2:47:52A	MELVIN SMITH	52	SALT LK CITY	UT	(4 OCT 80,UT-A)
2:47:54A	ALBERT TREICHEL	51	MILWAUKEE	WI	(19 OCT 80,MI-A)
2:48:05	HOWARD MILLER	54	MERCER ISLAND	WA	(25 NOV 80,WA-A)
2:48:09	SAMUEL HAMILTON	50	ME		(19 OCT 80,ME-A)
2:49:09	NORM ALSOBROOK	50	TX		(6 DEC 80,TX-A)
2:49:23A	WILFRED POTTER	50	SCOTTSDALE	AZ	(6 DEC 80,AZ-A)
2:49:27	TRACY BROWN	51	LOS ALAMITOS	CA	(13 JUL 80,CA-A)
2:50:22E	CHARLES H HANSON	51	CA		(21 APR 80,MA-A)
2:50:26A	DALE GOERING	50	SANTA FE	NM	(6 DEC 80,AZ-A)
2:50:27A	MICHAEL J SULLIVAN	50	MA		(26 OCT 80,NY-A)
2:50:55	ROBERT MALAIN	53	SACRAMENTO	CA	(13 JUL 80,CA-A)
2:50:59A	CHARLES F ANDERSON	50	SAN DIEGO	CA	(12 OCT 80,CA-A)
2:51:14	CLYDE BAKER	50	EVANSTON	IL	(28 SEP 80,IL-A)
2:51:25	ROLAND ANSPACH	53	SPRINGBORO	OH	(10 FEB 80,TN-A)
2:51:30	BRIAN FREEMAN	54	LA MESA	CA	(1 MAR 80,CA-B)
2:51:33A	MAURICE SCHEPERS	52	PHILADELPHIA	PA	(26 OCT 80,NY-A)
2:51:39	DAVID PARKER	50	SYLMAR	CA	(7 SEP 80,OR-A)
2:52:20E	TONY DIAMOND	50	WASHINGTON	DC	(21 APR 80,MA-A)
2:52:28A	JOSEPH BURNS	51	BOGOTA	NJ	(26 OCT 80,NY-A)
2:52:43A	GAYLON JORDENSEN	51	HIGHLAND	UT	(24 JUL 80,UT-A)
2:52:45A	WILLIAM MCCAFFREY	54	CROTON/HUDSON	NY	(26 OCT 80,NY-A)
2:52:52A	THAD PERSONS	52	METAIRIE	LA	(10 FEB 80,LA-A)
2:53:05A	CHARLES LEHRMANN	50	METAIRIE	LA	(10 FEB 80,LA-A)
2:53:34A	ARCHIE ATTARIAN	51	GRAND BLANC	MI	(19 OCT 80,MI-A)
2:54:10	BOB BARTLING	53	BROOKINGS	SD	(11 MAY 80,NE-A)
2:54:14	THOMAS WAKFEL	51			(28 SEP 80,CA-A)
2:54:22	GAYLON JORGENSEN	51	HIGHLAND	UT	(28 SEP 80,IL-A)
2:54:28	JUNEUS KENDALL	50	NEVADA CITY	CA	(30 NOV 80,CA-A)
2:54:45	DONALD SHOUP	50	ATLANTA	GA	(13 DEC 80,AL-A)
2:54:46A	PAUL NANCE	50	BRIGHAM CITY	UT	(4 OCT 80,UT-A)
2:54:49	GILBERT HICKS	52	HONOLULU	HI	(7 DEC 80,HI-A)
2:54:59	EDWARD DIBBLE	50	SYLVANIA	OH	(16 NOV 80,OH-A)
2:55:14	HANS ROENAU	52	MILL VALLEY	CA	(30 NOV 80,CA-A)
2:56:01	ROBERT R BAKON	50			(19 OCT 80,MN-A)
2:56:04	CONRAD EROEN	51	MANHATTAN BCH	CA	(24 AUG 80,CA-A)
2:56:05A	JESSE KREGAL	50	BUFFALO	NY	(18 OCT 80,NY-A)
2:56:06	GENE PICKERING	50			(7 JUN 80,CA-B)
2:56:12	K D NELSON	51	SAN DIEGO	CA	(13 JUL 80,CA-A)
2:56:22A	ROBERT FIGULI	52	MARQUETTE	MI	(6 SEP 80,MI-A)

MEN- 55 THRU 59

2:35:05A	ALEX RATELLE	55	EDINA	MN	(21 JUN 80,MN-A)
2:43:57A	EVAN KANE	55	NEW PROVIDENCE	NJ	(10 FEB 80,LA-A)
2:48:43	ED ALMEIDA	57	SAN DIEGO	CA	(1 MAR 80,CA-B)
2:50:01A	JIM FORSHEE	55	ANN ARBOR	MI	(19 OCT 80,MI-A)
2:51:36	FLOKY ROOD	57	SAN FRANCISCO	CA	(30 NOV 80,CA-A)
2:52:09A	GERALD MORRISON	57	PARKVILLE	MO	(9 NOV 80,MO-A)
2:52:44A	MAX NEMAZI	55	LIVONIA	MI	(19 OCT 80,MI-A)
2:54:09	HUBERT MORGAN	58	SAYRE	PA	(13 APR 80,MO-A)
2:57:39A	HARRY BERNER	56	LYNDHURST	NJ	(26 OCT 80,NY-A)
2:58:46A	BOB MULLER	55	BROOKLYN	NY	(26 OCT 80,NY-A)
2:59:10A	HUGH SHORT	58	CHITTENDEN	VT	(4 MAY 80,MA-A)
2:59:35E	HAROLD A KNAPP	56	GERMANTOWN	MD	(21 APR 80,MA-A)
2:59:54A	BERNARD D KEEFE	56			(21 JUN 80,MN-A)
3:00:06	EUGENE D NEILL	55	STATEN ISLAND	NY	(7 DEC 80,NJ-A)
3:01:16A	WILLIAM H PECK	56	NEW YORK	NY	(26 OCT 80,NY-A)
3:01:42	CHARLES E MERKELZ	58			(6 DEC 80,TX-A)
3:03:53E	FRED NAGELSCHMIDT	55	VENTURA	CA	(21 APR 80,MA-A)
3:03:53	STANLEY BELDRY	56			(23 FEB 80,OR-A)
3:04:07	CONNIE MURPHY	55	DORCHESTER	MA	(23 NOV 80,MA-A)
3:04:13E	PAUL H JERNSTROM	58	ROLLING HILLS	CA	(21 APR 80,MA-A)
3:04:19A	MAC ELLIOTT	55	SCOTTSDALE	AZ	(6 DEC 80,AZ-A)
3:04:20	FRANCIS DIMARCO	58	S WINDSOR	CT	(2 NOV 80,RI-A)
3:04:35	GORDON ENGLISH	55			(23 NOV 80,AL-A)
3:05:02	WALTER E BROWN	55	HOWARD BCH	NY	(4 MAY 80,NY-A)
3:05:09	KEITH ANDERSON	56	CAANGWIN	CA	(30 NOV 80,CA-A)
3:05:16	THEODORE S KOLZAK	58	W HARTFORD	CT	(23 NOV 80,MA-A)
3:05:35	BOB BRUCE	58	LAKE BLUFF	IL	(28 SEP 80,IL-A)
3:06:05	GILBERT LUM	55	HONOLULU	HI	(7 DEC 80,HI-A)
3:06:05	JACK MOSES		DENVER	CO	(4 MAY 80,CO-A)
3:06:25	CONRAD J CARR	55			(19 OCT 80,MN-A)
3:06:27	ROBERT J WRIGHT	57	MONTEREY	CA	(4 MAY 80,CA-A)
3:06:28E	DOMINICK A TAUDONIO	56	LIVONIA	MI	(21 APR 80,MA-A)
3:06:55	JOSEPH GOO	56	HONOLULU	HI	(7 DEC 80,HI-A)
3:07:01	KEITH ALBRIGHT	55			(8 MAR 80,CA-A)
3:07:03A	ROBERT FIGULI	57			(21 JUN 80,MN-A)
3:07:07	GUS HANNICKEL	56	LOOMIS	CA	(28 SEP 80,CA-A)
3:07:11A	JOSEPH G JANICEK	56	SUGARLOAFF	NY	(26 OCT 80,NY-A)
3:07:15	GEORGE OGARA	58	NOVATO	CA	(30 NOV 80,CA-A)
3:07:37	JOHN LOPEZ	55	RENO	NV	(7 DEC 80,HI-A)
3:08:12E	JOSEPH E HOLLAND	58			(21 APR 80,MA-A)
3:08:19A	GARY RECH	55	PENFIELD	NY	(18 OCT 80,NY-A)
3:08:20	ELIJAH GALLAWAY	59			(23 FEB 80,OR-A)
3:08:33	HARRY ROBERTS	57	HOMERWOOD	IL	(28 SEP 80,IL-A)
3:08:33E	JACK F START	59			(21 APR 80,MA-A)
3:08:40	NOGUS MCINTOSH	55			(6 DEC 80,OK-A)
3:08:43A	BOB MARTIN	59	TUCSON	AZ	(27 JAN 80,AZ-A)
3:09:39	BILL MAY	58	SAN FRANCISCO	CA	(13 JUL 80,CA-A)
3:09:48	ROBERT CHRISTIANSEN	56	CHICAGO	IL	(28 SEP 80,IL-A)
3:09:58A	DICK WALSH	57	LAS VEGAS	NV	(4 OCT 80,UT-A)
3:10:04A	DENNIS EGLEY	56	LOS ALTOS	CA	(24 JUL 80,UT-A)

MEN- 65 THRU 69

3:16:45A	WILLIAM A BROBSTON	67	SAUGERTIES	NY	(10 FEB 80,LA-A)
3:26:52	HARRISON THOMSON	65	CARMEL	CA	(30 NOV 80,CA-A)
3:28:45E	JOHN A ARCHER	65	OCONOMOWOC	WI	(21 APR 80,MA-A)
3:29:07	GEORGE VEZMAR		WEIRTON	WV	(16 NOV 80,OH-A)
3:30:04	CLEO CASADY	66	SPRINGFIELD	MO	(30 MAR 80,MO-A)
3:34:19	DON LUNDBERG	65	WATERFORD	CA	(7 DEC 80,HI-A)
3:34:39A	JOHN HARTLEY	65			(12 OCT 80,CA-A)
3:34:48	STEVE COLE	66	SAN FRANCISCO	CA	(30 NOV 80,CA-A)
3:37:20A	EARL B WERT	66	MOBILE	AL	(10 FEB 80,LA-A)
3:37:33	TROY W ORGAN	67	ATHENS	OH	(18 MAY 80,OH-A)
3:39:26	VERNON GEARY	68	WILLIAMSBURG	VA	(7 DEC 80,NJ-A)
3:39:28	ALBERT GAYNOR	68	MENLO PARK	CA	(13 JUL 80,CA-A)
3:39:33A	GRANT THOMAS	66	OREM	UT	(4 OCT 80,UT-A)
3:45:01	JOSEPH R GOODMAN	68	LOS ALTOS HILL	CA	(4 MAY 80,CA-A)
3:46:57A	JOHN W HAMPTON	65	JACKSONVILLE	FL	(10 FEB 80,LA-A)
3:50:14	DON LOGAN	65	PARADISE VLY	CA	(4 MAY 80,CA-A)
3:51:21A	RICHARD BERGATH	66	SAN DIEGO	CA	(12 OCT 80,CA-A)
3:51:43	CLYDE VILLEMEZ	68			(1 MAR 80,TX-A)
3:52:29	BOB VANN	65	SILVERTON	CO	(12 OCT 80,CO-A)
3:54:40A	HERBERT WRIGHT	66	SALT LK CTY	UT	(4 OCT 80,UT-A)
3:55:34	NATHANIEL HEFNER	69	PARKERSBURG	WV	(25 OCT 80,WV-A)
3:57:15	TOM BASKETT	66	CHARLESTON	SC	(5 JAN 80,GA-A)
3:56:15	NORMAN LOCKSLEY	65	SILVER SPRING	MO	(13 JUL 80,CA-A)
3:56:49A	JOHN MUNTOYA	68	COLTON	CA	(12 OCT 80,CA-A)
3:57:15	HUGH BRYSON	65	SAN DIEGO	CA	(4 MAY 80,CA-A)
4:01:37	BOB STERLING	67	SAN LUIS OBSPD	CA	(1 JUN 80,CA-B)
4:03:09A	PAUL L ZUMWALT	68	PEORIA	IL	(4 OCT 80,UT-A)
4:03:15	JOHN J WILLIAMS	66	PARK FOREST	IL	(28 SEP 80,IL-A)
4:03:30A	PAUL A SZABO	66			(19 OCT 80,HI-A)
4:03:45	HARRY MURPHY	66			(11 MAY 80,NY-A)
4:04:56	BOB FLEMING	66	HONOLULU	HI	(7 DEC 80,HI-A)
4:05:12A	DICK INGLIS	67	AMHERST	MA	(4 MAY 80,MA-A)
4:06:20	CARL NOSCHKA	68	ALAMEDA	CA	(13 JUL 80,CA-A)
4:07:18	BILL VAN FLEET	65	EUREKA	CA	(4 MAY 80,CA-A)
4:07:33	ANDREW MCKEVITT	68	GREAT NECK	NY	(4 MAY 80,NY-A)
4:09:30	MASATO SHIBASAKI	68	HONOLULU	HI	(7 DEC 80,HI-A)
4:10:46	LUIS F MARTIN	68	UPR MONTCLAIR	NJ	(4 MAY 80,NY-A)
4:10:51A	JAMES E LUX	69	LINCOLN PK	MI	(19 OCT 80,MI-A)
4:11:29A	THOMAS W CHAMPNEYS	65	SALT LK CTY	UT	(4 OCT 80,UT-A)
4:12:05A	JOHN BENKOVICH	65			(4 JUL 80,IL-A)
4:12:13	BILL MURRAY	67	MEDFORD	MA	(2 NOV 80,RI-A)
4:12:32	ERNEST H KLANN	65	BIG PINE	CA	(31 AUG 80,NV-A)
4:13:27	TETSUI WATANABE	66	HONOLULU	HI	(7 DEC 80,HI-A)
4:13:39	BUZZ FARWELL	67			(7 JUN 80,CA-B)
4:14:38	LORNE BARTLING	65	BROOKINGS	SD	(2 NOV 80,SD-A)
4:15:03	TERTIUS CHANDLER	65	CABERKELEY	CA	(30 NOV 80,CA-A)
4:15:46A	ALFRED SCHLESINGER	66	SANTA MONICA	CA	(26 OCT 80,NY-A)
4:20:42	CARMINE GENGO	65	NEW ROCHELLE	NY	(26 OCT 80,NY-A)
4:20:42	GIB BLACK	65			(23 FEB 80,TX-A)
4:20:51A	WOODROW B SIGLEY	66	COLORADO SPGS	CO	(6 DEC 80,AZ-A)

MEN- 60 THRU 64

2:46:19A	CLIVE DAVIES	64	PORTLAND	OR	(27 JAN 80,AZ-A)
3:00:25A	STEPHEN RICHARDSON	60	RIVERSIDE	CT	(26 OCT 80,NY-A)
3:02:22	PAUL REESE	63	SACRAMENTO	CA	(28 SEP 80,CA-A)
3:02:57A	MANUEL A RIVAS	60	TODELE	UT	(4 OCT 80,UT-A)
3:05:55	FRANK GREY JR	60	POULSB	WA	(23 FEB 80,OR-A)
3:09:45	BUB KROGER	64			(8 MAR 80,CA-A)
3:11:07	MELVIN ANDERSON	62			(7 SEP 80,OR-A)
3:11:30	JOE MCGINNESS	62	CHATTANOOGA	TN	(10 FEB 80,TN-A)
3:11:52	HOWARD W JAFFE	61	AMHERST	MA	(2 NOV 80,RI-A)
3:11:56A	DON LONGENECKER	63	SILVER CTY	NH	(27 JAN 80,AZ-A)
3:12:23	ELIJAH N GALLAWAY	60			(25 NOV 80,WA-A)
3:12:51	WILFRED RIOS	64	QUEENS	NY	(7 DEC 80,NJ-A)
3:13:24A	WILLIAM KOOPMAN	60	KENMORE	NY	(18 OCT 80,NY-A)
3:14:10	JOHN HOLDOBEK	64	LOMPOC	CA	(19 OCT 80,CA-A)
3:14:47	JOHN MCCARTHY		WESTMONT	NJ	(17 MAY 80,DE-A)
3:15:46	CHARLES D OGILVIE	62	FT WORTH	TX	(23 FEB 80,TX-A)
3:17:05	ARNOLD JOHNSON	60	ROCKFORD	IL	(28 SEP 80,IL-A)
3:19:13	LOUIS R F PREYSZ JR	64	POYNETTE	WI	(28 SEP 80,IL-A)
3:19:17	LEON G DOBRINDIA	60	BRISTOL	RI	(2 NOV 80,RI-A)
3:21:11	JAMES MORGAN	60	HONOLULU	HI	(7 DEC 80,HI-A)
3:21:33	JOHN WHYTE	62	LONG BEACH	NY	(7 DEC 80,NJ-A)
3:21:34	RALPH PAVEK	60	ST PAUL	MN	(6 DEC 80,NV-A)
3:21:42	HAROLD COPELAND	60	RICHLAND	WA	(4 MAY 80,CA-A)
3:22:57	PHIL CASTLE	62			(8 MAR 80,CA-A)
3:23:08	EDSON SOWER	64	MADISON	WI	(2 MAR 80,MO-A)
3:23:12	RICHARD BARTHOLOMEW	60			(7 SEP 80,OR-A)
3:23:18	HUGO R HANSEN	60			(23 FEB 80,TX-A)
3:23:51A	WOODROW W DERBY	62	SAN DIEGO	CA	(6 DEC 80,AZ-A)
3:24:47	FRANKLIN MANN	61			(19 OCT 80,MN-A)
3:25:30	ALBERT GOLOSTEIN	60	BROOKLYN	NY	(4 MAY 80,NY-A)
3:25:36A	GEORGE BOYLE	61			(12 OCT 80,CA-A)
3:25:41A	STUART B JARDINE	63	SALT LK CTY	UT	(4 OCT 80,UT-A)
3:25:51	DUKE BARRETT	60			(6 DEC 80,TX-A)
3:26:22	WILLIAM PEA	61	HONOLULU	HI	(7 DEC 80,HI-A)
3:26:32A	PAUL W PIXLER	60	DURANGO	CO	(6 DEC 80,AZ-A)
3:26:43A	DONALD P DILWORTH	61			(12 OCT 80,CA-A)
3:26:51A	NURTON DAVEY	62	PLAYA DEL REY	CA	(26 OCT 80,NY-A)
3:27:01E	LLOYD W LUNDIN	60			(21 APR 80,MA-A)
3:27:54A	THOMAS WOLF	63			(4 JUL 80,IL-A)
3:27:59	SAMUEL FREEMAN	60	NEW YORK	NY	(7 DEC 80,NJ-A)
3:28:11A	CLIFTON E WILSON	60	TUCSON	AZ	(27 JAN 80,AZ-A)
3:28:50	THOMAS V QUINN	62	ELIZABETH	NJ	(7 DEC 80,NJ-A)
3:29:21	WENDELL PARSON	60	ANDERSON	IN	(9 NOV 80,KY-A)
3:29:24A	HAROLD GREENBERG	61	WESTFIELD	NJ	(26 OCT 80,NY-A)
3:29:55A	CHALMER GRUSSNICKLE	62	CHESTERTOWN	MD	(26 OCT 80,NY-A)
3:30:03	ALEXANDER ROTH	61	HONOLULU	HI	(7 DEC 80,HI-A)
3:30:06A	LEO L LEONARD	60			(12 OCT 80,CA-A)
3:30:17A	PAUL A ROBERTSON	61	ROCHESTER	NY	(18 OCT 80,NY-A)
3:30:18	ED BURKE	62	SAN FRANCISCO	CA	(4 MAY 80,CA-A)
3:30:24	DOUGLAS J WATTS	62	MCGADDRE	OH	(18 MAY 80,OH-A)

MEN- 70 THRU 74

3:50:38	GURDON SHERBECK	74	VANCOUVER	WA	(12 OCT 80,OR-A)
3:55:32A	JIM BOLE	73	LONG BEACH	CA	(6 DEC 80,AZ-A)
3:55:33	ED V WIBERG	72	FLINT	MI	(18 MAY 80,OH-A)
3:58:52A	L L DABY	70	PRESCOTT	AZ	(6 DEC 80,AZ-A)
4:03:40A	JOSEPH E GALABURRI	70	NEW YORK	NY	(26 OCT 80,NY-A)
4:04:04	BERNARD DATHE	74	PLEASANT HILL	CA	(7 DEC 80,HI-A)
4:24:30	CARL STROUD	72	RANCHO SANTA F	CA	(7 DEC 80,HI-A)
4:26:06A	GEORGE A JACOBS	73	JAMAICA	NY	(26 OCT 80,NY-A)
4:26:31	JAMES M MURPHY	70	BELLPORT	NY	(23 NOV 80,MA-A)
4:34:18A	KNUD KNUDSEN	72	ESCONDIDO	CA	(6 DEC 80,AZ-A)
4:39:06	JOHN NEWDORP	70	OAKTON	VA	(11 MAY 80,NY-A)
4:40:09	ALEX CORPACIUS	72	HONOLULU	HI	(7 DEC 80,HI-A)
4:43:16	WALT STACK	72	SAN FRANCISCO	CA	(4 MAY 80,CA-A)
4:48:32A	JOE MARINUCCI	71	NEWBURGH	NY	(26 OCT 80,NY-A)
4:49:23A	GORDON P PARKER	70	WAYNE	NJ	(26 OCT 80,NY-A)
4:51:17	CONSTANTIN KOTTEAKOS	72	NEW YORK CTY	NY	(11 MAY 80,NY-A)
4:53:03	CHARLES ESPY	70	DUNEDIN	FL	(7 DEC 80,FL-B)
5:07:31A	CLIFTON W WOLLEY	70	MEMPHIS	TN	(26 OCT 80,NY-A)
5:10:32	DAMON HIERONYMUS	71	SEDALIA	MO	(30 MAR 80,MO-A)
5:12:22	LOUIS COX	73	DAYTON	OH	(7 DEC 80,HI-A)
5:24:25A	HENRY V BERLIN	70	SCOTTSDALE	AZ	(6 DEC 80,AZ-A)
5:29:36	GLENN DITTON	70	ALVA	OK	(24 MAY 80,OK-A)
6:17:17A	NICK FELDMAN	74			(19 OCT 80,MI-A)

MEN- 75 THRU 79

4:28:51	BEN MOSTOW	77	SKOKIE	IL	(28 SEP 80,IL-A)
4:44:14	DENNIS MOOD	77	CASTRO VLY	CA	(13 JUL 80,CA-A)

MEN- 80 AND OVER

4:50:00	PAUL E SPANGLER	81	SAN LUIS OBSPD	CA	(4 MAY 80,CA-A)
5:55:11	IVOR WELCH	85	PACIFICA	CA	(1 JUN 80,CA-B)



WOMEN- 35 THRU 39

2:45:03	SUE PETERSEN	36	LAGUNA BCH	CA	(28 SEP 80, IL-A)
2:48:23F	CINDY DALRYMPLE	38	SEATTLE	WA	(3 AUG 80, UK-A)
2:49:47	FUDRU MADEIRA	35	SHERBORN	MA	(22 NOV 80, MA-A)
2:54:27	MADELINE HARKNELING	35	HERICK	NY	(7 DEC 80, NJ-A)
2:58:20	MARY A JONES	36	DALLAS	TX	(6 DEC 80, TX-A)
2:58:24	SUSAN JOHNSTON	38	DAKLAND	CA	(1 JUN 80, CA-B)
2:59:14	SHIRLEY WEAVER	38	DAKLAND	CA	(1 JUN 80, CA-B)
2:59:26A	JUAN ULLYOT	39	SAN FRANCISCO	CA	(1 JUN 80, OR-A)
3:00:26A	ARLENE WEEKS	35	LOS ALAMOS	NM	(6 DEC 80, AZ-B)
3:01:19	LOUISE BOHL	37	PHOENIX	AZ	(6 DEC 80, AZ-A)
3:01:19	DIANE SIMS PAGE	36	HOUSTON	TX	(4 MAY 80, CA-A)
3:01:19	MOLLY THAYER	37	HIGHLAND PK	IL	(28 SEP 80, IL-A)
3:02:07	ANNE WRIGHT	35	MACON	GA	(13 JUL 80, CA-A)
3:02:26A	MAUREEN BATEMAN	37	NEW YORK	NY	(26 OCT 80, NY-A)
3:02:35	VICKI FOLTZ	36	MONROE	LA	(7 SEP 80, OR-A)
3:02:42	PATRICIA THOMAS	39	SEATTLE	WA	(23 FEB 80, OR-A)
3:03:09	SUZANNE HUNTER	37	LINCOLN	MA	(2 NOV 80, RI-A)
3:04:17A	LINDA THURSTON	38	SOMERVILLE	NJ	(26 OCT 80, NY-A)
3:05:14	BONNIE STORM	35	WOODSIDE	CA	(12 OCT 80, CA-B)
3:05:19	BRENDA HON	38	MARIETTA	TX	(6 DEC 80, TX-A)
3:05:22A	VICKI BLANKENSHIP	39	HIGHLAND PK	NJ	(26 OCT 80, NY-A)
3:06:33	SHAKON MARTIN	36	SAN FRANCISCO	CA	(30 NOV 80, CA-A)
3:07:39A	VICKI JOHNSON	37	EVERGREEN	CO	(6 DEC 80, AZ-A)
3:07:49	CATHERINE FARRELL	35	STAMBERY PLN	TN	(6 DEC 80, SC-A)
3:08:17E	GUNHILD MORLAN	35	MA	MA	(21 APR 80, MA-A)
3:08:24	DONNA MAKI	38	DERBY	NH	(25 NOV 80, MA-A)
3:08:29A	MARYANN ZOUNES	37	SAN DIEGO	CA	(18 OCT 80, NY-A)
3:08:58A	JANET DELUCIA	38	LIVONIA	MI	(12 OCT 80, CA-A)
3:09:05A	VICTORIA ALDRICH	35	NEW YORK	NY	(19 OCT 80, MI-A)
3:09:15	ANDREA HAICH	37	HINGHAM	MA	(23 NOV 80, MA-A)
3:09:22	CHERYL S MARTIN	36	MARIETTA	GA	(21 APR 80, MA-A)
3:09:36E	PENNY KAISER	38	MINSDOR LOCKS	CT	(10 FEB 80, LA-A)
3:10:10A	RUTH A BLAKESLEE	35	NEW YORK	NY	(26 OCT 80, NY-A)
3:10:14A	ANNA THORNHILL	35	NEW YORK	NY	(26 OCT 80, NY-A)
3:10:33	BETTE PUPPERS	37	DENVER	CO	(1 MAR 80, MD-A)
3:11:15	DONNA ANDRES	39	HILL VALLEY	CA	(4 MAY 80, CO-A)
3:11:56	JEANIE BLAIR	39	NEW ORLEANS	LA	(6 DEC 80, TX-A)
3:13:08A	SARA LESEIGNEUR	35	LAKEWOOD	CA	(10 FEB 80, LA-A)
3:13:29	NANCY MCCARTHY	36	SAN FRANCISCO	CA	(1 JUN 80, CA-B)
3:14:10E	RAGNA ZANGER	37	SARATOGA	CA	(7 SEP 80, OR-A)
3:14:16	DIANE YOUNG	36	LOS ALAMOS	NM	(13 JUL 80, CA-A)
3:14:33	DEANNA BARRETT	37	VICKSBURG	MI	(23 FEB 80, OR-A)
3:14:56A	JACKIE MACFARLANE	39	VICKSBURG	MI	(6 DEC 80, AZ-A)
3:15:03A	TINA HAYWARD	37	VICKSBURG	MI	(19 OCT 80, MI-A)
3:15:06	GINNY MURANE	37	VICKSBURG	MI	(7 JUN 80, CA-B)

WOMEN- 40 THRU 44

2:50:13	KAREN SCANNELL	42	SAN FRANCISCO	CA	(30 NOV 80, CA-A)
2:54:05	SANDRA KIDDY	43	PALM SPRGS	CA	(7 SEP 80, OR-A)
2:57:46	ACATHA-SUE LEE	40	NEW YORK	NY	(23 FEB 80, OR-A)
2:58:32A	JUDY LUTTER	40	NEW YORK	NY	(12 JUN 80, MN-A)
3:00:34A	HERMINE BAKTEE	41	NEW YORK	NY	(26 OCT 80, MN-A)
3:01:07	MARY SCHWABEL	42	NEW YORK	NY	(19 OCT 80, TX-A)
3:02:06	MARY KENNARD	41	FRANKLIN LKS	NJ	(7 DEC 80, NJ-A)
3:02:42	ANNE BING	41	N LAS VEGAS	NV	(6 OCT 80, UT-A)
3:03:47A	ANNA THORNHILL	42	MARTINEZ	CA	(26 OCT 80, NY-A)
3:04:18	MARLYNN HARBIN	42	MARTINEZ	CA	(10 FEB 80, CA-B)
3:04:22	JOANNE WICHARY	44	ST JAMES	CA	(7 DEC 80, NJ-A)
3:04:24	MIMI LERNER	43	SAN FRANCISCO	CA	(7 SEP 80, NJ-A)
3:06:04E	SUZANNE STRICKLAND	42	HUNTINGTON STN	VA	(21 APR 80, MA-A)
3:06:32A	NINA KUSCIST	41	ALEXANDRIA	VA	(26 OCT 80, NY-A)
3:07:29	TRUDY RAPP	40	DAKLAND	CA	(13 JUL 80, CA-A)
3:07:41	JUDY GROOMBRIDGE	40	SEATTLE	WA	(23 FEB 80, OR-A)
3:08:12A	DIANE STOCKLIN	41	SEATTLE	WA	(6 DEC 80, AZ-A)
3:09:10A	HENNY VOLPE	41	NORTHBRIDOK	IL	(10 FEB 80, LA-A)
3:09:10	CHRISTINE CURTIS	43	SEATTLE	WA	(25 NOV 80, MA-A)
3:10:12A	BRIGITTE WILLIAMS	40	DALLAS	TX	(26 OCT 80, NY-A)
3:10:15	JOAN REISS	43	SACRAMENTO	CA	(28 SEP 80, CA-A)
3:11:10	CINDY MCELVAIN	41	HARVARD	MA	(2 NOV 80, RI-A)
3:11:19	NUEL MURCHIE	44	HONOLULU	HI	(7 DEC 80, HI-A)
3:11:38A	MAKARET PERUSKI	44	DEARBORN	MI	(19 OCT 80, MI-A)
3:13:48F	MARGARET DAKES	40	DETROIT	MI	(19 OCT 80, MI-A)
3:14:21	PATRICIA THOMAS	44	SEATTLE	WA	(3 AUG 80, UK-A)
3:14:49A	POLLY SCHONFELD	41	HEADSBURG	CA	(12 OCT 80, CA-B)
3:15:12	HEIDI SKAEN	42	NEW YORK	NY	(26 OCT 80, NY-A)
3:15:24A	MARLENA ATMANIUK	42	SACRAMENTO	CA	(13 JUL 80, CA-A)
3:16:05	PAULINE STUASAD	43	TOSFIELD	MA	(2 NOV 80, RI-A)
3:16:10	BARBARA TAKR	40	SCOTTSDALE	AZ	(6 DEC 80, AZ-A)
3:16:44A	ROSEMARY D BRIEN	40	MENLO PK	CA	(30 NOV 80, CA-A)
3:16:47	JUAN ULLYOT	40	RIDGEWOOD	NJ	(26 OCT 80, NY-A)
3:17:103	LUCY KAPLAN	42	SAN FRANCISCO	CA	(13 JUL 80, CA-A)
3:17:36	RITA PINZINO	43	BERKELEY	CA	(30 NOV 80, CA-A)
3:17:41	ROSE GARDNER	43	NEW PROVIDENCE	NJ	(7 DEC 80, NJ-A)
3:17:48A	PATRICIA PASTORE	41	LA JOLLA	CA	(25 NOV 80, VA-A)
3:18:10A	KAREN HOLAPPA	44	PLAKNOUTH	MI	(12 OCT 80, CA-A)
3:18:10A	LIZ RAY	41	DAKLAND	CA	(19 OCT 80, MI-A)
3:18:10A	PHYLLIS KAHN	43	MINNEAPOLIS	MN	(1 JUN 80, CA-B)
3:18:30	ALMA JABS	41	POUGHKEEPSIE	NY	(19 OCT 80, MN-A)
3:18:34	MALTRAUD MACK	44	ROCHESTER	MI	(7 DEC 80, NJ-A)
3:18:37A	PEGGY ACTON	44	STERLING HGTS	MI	(19 OCT 80, MI-A)
3:18:56E	SHAKON SOWELL	40	STERLING HGTS	MI	(21 APR 80, MA-A)
3:19:13	ANN DIAZ	40	STATEN IS	NY	(28 SEP 80, IL-A)
3:19:14U	BARBARA HOURI	44	STATEN IS	NY	(7 DEC 80, NJ-A)
3:19:45A	LINDA BURKE	41	RNCHD PLS VOS	CA	(10 FEB 80, LA-A)

WOMEN- 45 THRU 49

3:06:18	MARGARET DECKERT	47	LAGRANGEVILLE	NY	(7 DEC 80, NJ-A)
3:13:11	MARYS HAYDEN	47	KENTFIELD	CA	(4 MAY 80, CA-A)
3:14:11	MAILEE CHRISTIAN	49	DES PLAINES	IL	(28 SEP 80, IL-A)
3:14:57A	BEVERLY ANDERSON	47	DORSET	VT	(21 JUN 80, MN-A)
3:16:58A	PHYLLIS HEATON	46	DORSET	VT	(26 OCT 80, NY-A)
3:17:14	MAE HORNS	46	DORSET	VT	(21 JUN 80, MN-A)
3:17:36	REINA HART	45	BARTLESVILLE	OK	(23 NOV 80, CA-A)
3:17:36	DUNNA K WRIGHT	45	SAN CARLOS	CA	(6 DEC 80, TX-A)
3:18:10	RUTH MATERS	46	SAN CARLOS	CA	(1 JUN 80, CA-B)
3:18:10	SALLY WOLFER	48	KENSINGTON	CA	(30 NOV 80, CA-A)
3:18:10	SUE MEDAGLIA	45	NEW YORK	NY	(13 SEP 80, NY-A)
3:22:143A	SALLY GUDHUE	46	MEADON	MA	(22 NOV 80, MA-A)
3:22:28	SHIRLEY TAYLOR	46	TOLEDO	OH	(16 NOV 80, OH-A)
3:27:13	NATALIE BUZZELL	47	MT AIRY	MO	(21 APR 80, MA-A)
3:27:22E	ERIKA EMMONS	48	W SEDONA	AZ	(4 OCT 80, UT-A)
3:29:09	JEAN DICESE	46	SALT LK CITY	UT	(9 NOV 80, PA-B)
3:29:11A	CAROL SIMMONDS	46	BAY VLG	OH	(4 OCT 80, UT-A)
3:29:11A	WILMA MADDOCK	45	SANTA MONICA	CA	(8 MAR 80, OH-A)
3:31:12	SHIRLEY A DUYLE	48	BERKELEY	CA	(6 DEC 80, NY-A)
3:31:52	NICKI LEWIS	47	BERKELEY	CA	(7 SEP 80, OR-A)
3:32:28	KATHARINE BRIEGER	46	BERKELEY	CA	(30 NOV 80, CA-A)
3:33:146	LAUREL KEYNOLDS	46	BERKELEY	CA	(26 OCT 80, CA-A)
3:33:15A	BARBARA CARLSON	49	DRINDA	CA	(30 NOV 80, CA-A)
3:34:124	NANCY TIGHE	49	NEW YORK	NY	(26 OCT 80, NY-A)
3:35:102A	HELENE BEDROCK	46	CLIFFSIDE PK	NJ	(7 DEC 80, NJ-A)
3:36:122	KATHERINE KNIGHT	45	CLIFFSIDE PK	NJ	(7 DEC 80, NJ-A)
3:36:133A	LOUISE MCGILL	45	TUCSON	AZ	(26 OCT 80, NY-A)
3:37:09A	JOYCE HANNA	46	ATHERTON	CA	(26 OCT 80, NY-A)
3:37:112A	JOAN DE BUDER	47	ITHACA	NY	(26 OCT 80, NY-A)
3:37:155A	LAURETTE RINDLAUB	46	RIVERSIDE	CT	(26 OCT 80, NY-A)
3:38:142A	LASSIE BRAUTIGAM	47	S NORWALK	CT	(26 OCT 80, NY-A)
3:39:145	ELINOR SHERMAN	47	KANEHNE	HI	(7 DEC 80, HI-A)
3:41:151	ROSE FUSHIKOSHI	47	BOLDER	CO	(6 DEC 80, AZ-A)
3:42:155A	VICT DEHAAN	46	MARAROCK	NY	(26 OCT 80, NY-A)
3:43:133A	GERALDINE LAUER	46	CONCORD	MA	(4 MAY 80, MA-A)
3:44:135A	CYNTHIA FULENWIJDER	47	CONCORD	MA	(4 MAY 80, MA-A)
3:44:144	ONEITA HEDGECOCK	47	DRINDA	CA	(30 NOV 80, CA-A)
3:44:158	EILEEN KLATSKY	49	KANSAS CITY	MO	(9 NOV 80, MO-A)
3:45:110A	NANCY HAMAKER	48	METAIRIE	LA	(10 FEB 80, LA-A)
3:46:123A	ADELE JURGELSKY	45	KEM GARDENS	NY	(26 OCT 80, NY-A)
3:46:125A	WEN-SHI YU	45	BROOKLYN	NY	(10 FEB 80, LA-A)
3:47:150A	GUILLENNNA BORDUNABA	47	CORVALLIS	OR	(23 FEB 80, OR-A)
3:47:521	JEAN IREVIN	49	LOGAN	UT	(4 OCT 80, UT-A)
3:48:121A	JULIA BARKETT	45	SAN DIEGO	CA	(6 DEC 80, AZ-A)
3:48:131A	DULORES POWELL	47	SAN FRANCISCO	CA	(31 AUG 80, NY-A)
3:48:145	LIZ KLITZKE	47	HONOLULU	HI	(7 DEC 80, HI-A)
3:50:102	MARTHA MARICLE	47	HONOLULU	HI	(7 DEC 80, HI-A)
3:50:110	CAROL UKAZAKI	45	HONOLULU	HI	(7 DEC 80, HI-A)

WOMEN- 50 THRU 54

3:02:01	MARION IRVINE	50	SAN FRANCISCO	CA	(4 MAY 80, CA-A)
3:09:07E	TOSHIKO D ELIA	50	RIDGEWOOD	NJ	(21 APR 80, MA-A)
3:10:128E	MARGARET MILLER	54	THOUSAND OAKS	CA	(21 APR 80, MA-A)
3:17:50	RUTH ANDERSON	50	DAKLAND	CA	(11 MAY 80, NE-A)
3:22:103A	ANNE JOHNSON	51	OLIVENMAIN	CA	(12 OCT 80, CA-A)
3:24:127	HELEN PALMER	52	LOS ANGELES	CA	(4 MAY 80, CA-A)
3:25:124E	BLANCHE PALME	50	WATERLOO	MA	(21 APR 80, MA-A)
3:33:117	JANET GRENDIA	54	STONE RIDGE	NY	(7 DEC 80, NY-A)
3:38:143	ELVIRA BAUER	51	EATENTOWN	NJ	(7 DEC 80, NY-A)
3:38:153	JOANITA REED	52	FRESNO	CA	(8 NOV 80, CA-A)
3:38:153	ALICE TURONSKI	51	SCOTTSDALE	AZ	(6 DEC 80, AZ-A)
3:39:149	DONNA J DOWNS	54	BERKLEY	MI	(25 NOV 80, MA-A)
3:40:100	ERNA BAKER	51	ANGWIN	CA	(8 JUN 80, MA-A)
3:40:104	NOLA BRUN	52	SEATTLE	WA	(25 NOV 80, MA-A)
3:40:122A	PHYLLIS REGIS	51	VENTURA	CA	(6 DEC 80, AZ-A)
3:42:152	MELBA DEAN	52	MORRISVILLE	PA	(26 OCT 80, NY-A)
3:43:105	ALIX GRAVENSTEIN	54	FRESNO	CA	(8 NOV 80, CA-A)
3:45:122A	FLORENCE HOLZMAN	50	SCOTTSDALE	AZ	(6 DEC 80, AZ-A)
3:50:135	LIZ DEMONTE	54	CHICAGO	IL	(28 SEP 80, IL-A)
3:52:103A	ADELE MILICEVIC	52	W HARTFORD	CT	(26 OCT 80, NY-A)
3:52:120	MAUDNNA BUDER	50	BERKLEY	MI	(19 OCT 80, HI-A)
3:52:158A	DOROTHY RUSSELL	54	BERKLEY	MI	(19 OCT 80, HI-A)
3:52:28	PAULINE VIGIL	50	DENVER	CO	(4 MAY 80, CO-A)
3:55:118	GERALDINE JUNG	50	HONOLULU	HI	(7 DEC 80, HI-A)
3:55:147	ROSE NAKAMURA	52	HONOLULU	HI	(7 DEC 80, HI-A)
3:57:10A	JOAN FLYNN	52	DUBUQUE	IA	(27 SEP 80, NY-A)
3:58:140	NANCY J REIDER	54	MARIETTA	GA	(10 FEB 80, LA-A)
3:59:106	MAGDA HERZBERGER	54	CHICAGO	IL	(28 SEP 80, IL-A)
4:00:137A	CHARLOTTE TANNER	51	CHICAGO	IL	(28 SEP 80, IL-A)
4:00:139	ROSEANN SALVADORI	52	W HARTFORD	CT	(26 OCT 80, NY-A)
4:01:13A	TEDDY G PAUL	52	BERKLEY	MI	(19 OCT 80, HI-A)
4:01:15A	PHYLLIS B SOLBERG	52	BERKLEY	MI	(19 OCT 80, HI-A)
4:01:15A	DIANE GOULETT	51	HOUSTON	TX	(6 DEC 80, TX-A)
4:01:56	LIDA ASKEW	54	WANTAUGH	NY	(4 MAY 80, NY-A)
4:02:100	RENNE KUNINSHINE	50	SARATOGA	CA	(1 JUN 80, CA-B)
4:03:102	ETTA PALMER	52	MEGA	AZ	(6 DEC 80, AZ-A)
4:03:142A	GRACE GAMMILL	50	HONOLULU	HI	(7 DEC 80, HI-A)
4:06:113	VIOLET TSUCHIDAN	50	BROOKLYN	NY	(26 OCT 80, NY-A)
4:06:132A	CLAIR PAINE	50	EIGHTY FOURTY-	WI	(28 SEP 80, IL-A)
4:07:122	GUILLENNNA BORDUNABA	50	GLENDALE	AZ	(6 DEC 80, AZ-A)
4:09:150A	FRAN GREEN	51	LOS ALTOS	CA	(4 MAY 80, CA-A)
4:15:123	SYLVIA STEAD	51	DENVER	CO	(23 FEB 80, OR-A)
4:15:135	HARRIET WILSON	50	LOS ANGELES	CA	(9 NOV 80, PA-B)
4:15:148	BETTY M RUBINSON	50	LOS ANGELES	CA	(26 OCT 80, NY-A)
4:18:136	MARY J KELLER	54	LAURENCEVILLE	NJ	(26 OCT 80, NY-A)
4:18:151A	AUDREY M HARRIS	50	LAURENCEVILLE	NJ	(26 OCT 80, NY-A)
4:18:157	NANDA M RHODES	50	LAURENCEVILLE	NJ	(26 OCT 80, NY-A)
4:19:146A	MARDORY E FISH	51	LAURENCEVILLE	NJ	(26 OCT 80, NY-A)

WOMEN- 55 THRU 59

3108148	HELEN DICK	56	LOS ANGELES	CA	(28 SEP 80, IL-A)
3124104	MARY STOREY	56	RIVERSIDE	CA	(6 DEC 80, NV-A)
3143117	EMILY WEBER	55	BROADVIEW	IL	(28 SEP 80, IL-A)
3145142	ALENE PARK	55	HUNTSVILLE	AL	(13 DEC 80, AL-A)
3151118	ELS TUINZING	58	MILL VALLEY	CA	(4 MAY 80, CA-A)
4103116A	LYNN A EDWARDS	57		OH	(19 OCT 80, HI-A)
4104139A	VIRGINIA H TERRY	56	LONG BEACH	CA	(26 OCT 80, NY-A)
4115144A	MARY RODRIGUEZ	58	REGO PARK	NY	(26 OCT 80, NY-A)
4120136	ANNABEL MARSH	57	CASAN FRANCISCO		(30 NOV 80, CA-A)
4120156A	LUCILLE TOFTE	59		MN	(21 JUN 80, MN-A)
4124110	MARY DTLEY	57	BURNS	OR	(23 FEB 80, OR-A)
4125132	JANET ISHIKAWA	55	HONOLULU	HI	(7 DEC 80, HI-A)
4139136	LEE TAYLOR	59	TOLEDO	OH	(15 JUN 80, OH-A)
4142121	REGINA SCHATNIK	55	CHICAGO	IL	(28 SEP 80, IL-A)
4144117	MARJORIE LAWSON	55	ELK GROVE	CA	(1 JUN 80, CA-B)
4151155A	LUCY RUSSELL	57		MI	(19 OCT 80, HI-A)
4152146	ESTHER WRIGHT	56	MONTEREY	CA	(13 JUL 80, CA-A)
4156144	JANE BROWN	57		OR	(7 SEP 80, OR-A)
4158155A	EVELYN ARNOLD	56	SUN CTY	AZ	(6 DEC 80, AZ-A)
5101104	BETTY HALEEN	58	MINNETONKA	MN	(6 DEC 80, NV-A)
5101143	REGINA KIRCHNER	57	HONOLULU	HI	(7 DEC 80, HI-A)
5111151	MARY L BOITANO	57	SAN FRANCISCO	CA	(13 JUL 80, CA-A)
5136130	JEAN HAMM	59	ANNANDALE	VA	(7 DEC 80, HI-A)
5138147	LILLIAN FISHMAN	55	HONOLULU	HI	(7 DEC 80, HI-A)
5141118A	TESS GREENQUIST	57	TEANECK	NJ	(26 OCT 80, NY-A)
6108152	GRAYCE O MIJI	58	HONOLULU	HI	(7 DEC 80, HI-A)
6136110	DOROTHY DAVIES	56	HONOLULU	HI	(7 DEC 80, HI-A)
6144129	ELIZABETH HARKER	57	KOLDA	HI	(7 DEC 80, HI-A)
6148113	ELIZABETH CLARK	56	HONOLULU	HI	(7 DEC 80, HI-A)

WOMEN- 60 THRU 64

3130106A	MARCIE TRENT	62	ANCHORAGE	AK	(6 DEC 80, AZ-A)
3152102A	ALTHEA WETHERBEE	61	HUNTINGTON STN	NY	(26 OCT 80, NY-A)
3158119	KAY ATKINSON	63	SAN FRANCISCO	CA	(1 JUN 80, CA-B)
4100138	JOSEPHINE HESS	61	SELAH	WA	(23 FEB 80, OR-A)
4116117	PATRICIA DIXON	61	BEND	OR	(7 SEP 80, OR-A)
4128126	MARGARET LEE	61	HONOLULU	HI	(7 DEC 80, HI-A)
4139142A	EDNA K LAFLIN	62	SUN CITY	AZ	(6 DEC 80, AZ-A)
4152137	GRACE SCHWEITZER	62	SANTA BARBARA	CA	(7 SEP 80, OR-A)
5104116A	ELEANOR R WAITE	61	OCEANSIDE	NY	(26 OCT 80, NY-A)
5119140	MARGARET KEGLEY				(2 NOV 80, CA-A)
5141104	MARION EPSTEIN	62	NEW YORK	NY	(22 NOV 80, MA-A)
5145144	MARJORIE ZIMMERMAN	63	BISHOP	CA	(7 DEC 80, HI-A)
6100140	MARIE FUJII	61	HONOLULU	HI	(7 DEC 80, HI-A)
6105110	RUTH HASENSTAB	63	HONOLULU	HI	(7 DEC 80, HI-A)
6106133A	MURIEL F NOLL	60	BROOKLYN	NY	(26 OCT 80, NY-A)
6115156	DOCKIS PUGH	60	KANEBOHE	HI	(7 DEC 80, HI-A)
6121134	HILDA RICHARDSON	64	HONOLULU	HI	(7 DEC 80, HI-A)
7118128	RUTH YIH	60	HONOLULU	HI	(7 DEC 80, HI-A)

WOMEN- 70 AND OVER

4141119	MAVIS LINDGREN	73	CAORLEANS		(30 NOV 80, CA-A)
4148135	IDA MINTZ	74	GLENCOE	IL	(28 SEP 80, IL-A)
5118141A	BESS JAMES	71	SAN JACINTO	CA	(12 OCT 80, CA-A)
5125157A	VEALLON HIXSON	73	SUN CITY	AZ	(6 DEC 80, AZ-A)

WOMEN- 65 THRU 69

None Next month: 1980 20K rankings.

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Masters Sports

an office and secretary at the AAU House in Indianapolis, Buzzard says "Penn Mutual doesn't tell the chairmen how to spend the money, but it does have the right to review how they propose to spend it. So far, they haven't rejected a single proposal. That's very rare. In all my work with the AAU, I've never heard of another sponsor who would do that."

Penn Mutual's money has created a ripple effect. Masters competitions are being added to existing open events.

"In this country, at age 25, there's nothing left to compete in," Shapson said. "The best you can say is, 'Hey Joe, want to play for a beer?' Masters sports is changing that."

1968 Olympic decathlon gold medalist Bill Toomey is Penn Mutual's Masters spokesperson. His wife, the former Mary Rand, also boosts the programs. In the 1964 Olympics, she won the gold medal in the long jump, the silver in the pentathlon and the bronze in the 400-meter relay.

Toomey dropped out of physical fitness for years, but began competing last year in the javelin, high jump and shot put. "I don't want to run until

I'm ready," he said. "But I'm working on it, and I'll be hurdling soon."

Kelly was twice winner of the Diamond Sculls and 8-time U.S. singles rowing champion. He also had stopped participating. "I didn't row from 1960-78," he said. "Then, at age 50, I entered my first serious race since 1960."

In 1979, he won his first national masters title. And won again in 1980. "It's more relaxed in the masters program," he continued. "There's more camaraderie than when we were young."

"It's not as intense," Buzzard agreed. "Masters have learned there are things more important than winning."

"The first meet I entered," Toomey said, "I tried to do everything just like I never stopped. Well, I pulled a muscle and had to sit out 6 months. The message I got from one of the guys is: 'Come back, but come back slowly and enjoy it.'"

(The above article was excerpted from a story by Theodore Rogers in the Philadelphia Bulletin June 29, 1981)

10 Ways to Improve

continued from page 12

We know it works, we have set up all the tables, and I sincerely believe that something along this line would increase our number of competitors far greater and faster than doing away with medals, changing the name to Seniors or what-have-you, or cutting out a number of events that some of us so look forward to competing in now that we have all these meets.

My goodness ... we have, so many of us, stuck by this Masters program for so many years because we loved the idea and the potential. Now that it has become what it is today, offering so many of us so many opportunities to try our skill and abilities, let us not go backwards, by eliminating all those things we now have in the form of many meets, 5-year brackets, a national sponsor, nice awards and a terrific organization served and informed by a great Newsletter!

*Alex Pappas
El Dorado, Kansas*

Your article made sense. I was against going to 5-year age groups when they originally were proposed. I thought it diluted the impact of many events, and maybe we needed a slight rest from competition as we neared the end of our 10-year age group. One proposal I suggested around the time of the first world championships was to keep the 10-year age groups and have only a few key events in 5-year groups—such as 400, 1500, high jump, shot put. I'm not sure the steeplechase is a proper event for masters since there are too few people who know how to run it properly—and maybe that is true of all hurdle events. Do we need a full Olympic schedule? Probably not, but we've got one and I doubt if we'll turn the clock backwards and go to 10-year categories either.

*Hal Higdon
Michigan City, Indiana*

It was with great interest and almost total agreement that I read your editorial concerning the dearth of new competitors in the higher age groups and especially your comments regarding the "problems" associated with the giving and receiving of medals.

In my opinion this editorial should be reprinted and this time be headlined on the first page and it should also be required reading for all masters T&F athletes.

*Phil Schlegel
Corona del Mar, Calif.*

Thousands of guys and gals regulate their lives and thoughts to training for the various events and travel hundreds or thousands of miles to compete in them at their own expense.

If there are spectators, that's just dandy. But we can get along without them.

Would we like to have 50,000 people in the stands? Then admission will be charged, subsidies, bonuses, en-

dorsements will be paid.

The pros will take over. And then the fun will be gone out of it.

In the meantime we are pushing back the frontiers of what was thought possible for aging humankind. Much good will come of it.

Let's leave it as it is.

*Phil Partridge
Holland, Mich.*

We are all concerned about the lack of participation in several age groups and several events in track and field. I have two suggestions.

1) I recommend that the intermediate hurdles be shortened to 300M for the 50 and over age groups. Competition is very slim in this event and a change may help.

2) We must also publicize the program in our local newspapers. A publicity program using the achievements of local athletes and the many benefits derived from track and field could entice many former and new athletes to participate. I urge all Masters athletes to initiate a publicity campaign in their local areas. We may find it could be very beneficial.

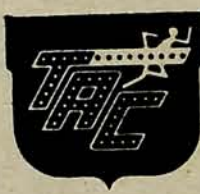


*Bob Higginbotham
Visalia, Calif.*

As usual, you're right on target. Age-handicapping interests me right now because a guy in Allentown, Pa. is offering his \$56,000 house as a prize in a road race in which he says everybody will have a chance to win for a \$35 entry fee. He hasn't yet announced details. The way I see it, the only way everybody will have chance is by using age and sex handicapping. My question is: Is there an age and sex handicapping table and if not, why not? The National Running Data Center seems like the logical supplier for such a table, which could be used for all events. You noted that Pete Mundle had devised handicaps by using a computer. We need a list that will be generally accepted and regarded as the standard for all events. Maybe Pete and the NRDC can come up with it.

*Ed Gildea
Lansford, Pa.*

Mundle has computerized tables for the 100 and 1500, and can do the same for other events. A note of interest: On October 3, the 1st Masters Handicap T&F Meet in Texas history will be held in Dallas. Handicaps will be determined, not by age, but by 1981 best performance. All ages and sexes will compete in the same race with different starting points. "You will have a great time if you try it," reports Les Tiedtke, Editor of the Dallas Masters Newsletter. "This may be the coming thing in Masters Track & Field."



M40 W. Kline 1:03.25 J. Littlejohn 1:10.00	M55 R. Mimm 26:23 H. Sanderson 30:42 D. Johnson 31:01 T. Choy 31:13	4 X 100 RELAY M30-39 All Stars 44.2 Philadelphia Masters 46.3	HIGH JUMP M30 G. Stone 6'0" A. Zacharka 5'10" R. Sobel 5'8"	TRIPLE JUMP M30 J. Dickerson 13.45m 44'1 1/2" R. Beale 12.93m 42'5" I. Black 10.86m 35'7 1/2"	DISCUS M30 P. Corrigan 45.30m 148'7" N. Bower 36.54m 119'10"
M45 R. Enders 59.72 M. Brown 59.80 J. Culbreath 61.50 W. Clark 62.24 J. Bradley 62.28 L. Benning 66.57 J. Barrie 76.12	W30 L. Wells 34:47 J. Salvio 35:24	M40-49 Philadelphia Masters A 46.0 Philadelphia Masters B 50.1	M35 M. O'Neare 5'10" J. Littlejohn 5'8"	M35 R. Bury 12.37m 40'7" R. Ficker 10.95m 33'11 1/2"	M35 J. Cashion 39.84m 130'8" L. Watson 37.56m 123'3" J. Anderson 30.40m 99'9"
M50 R. Wolf 71.50 E. Kelly 72.05	W35 S. Schreck 31:18 M. Hayden 35:24	M50-59 Richmond 51.7 Philadelphia Masters 51.9	M40 G. Counihan 1.73m 5'8" R. Ross 1.73m 5'8" P. Dorsey 1.73m 5'8" B. Kline 1.68m 5'6" G. Krow 1.53m 5'0" S. Weeks 1.53m 5'0"	M40 G. Krow 12.24m 40'2"	M40 L. Pratt 43.54m 142'9" C. Klehm 34.68m 113'9" B. King 29.28m 96' 3/4"
M55 D. Harris 78.59	W70 M. Salisbury 39:39	M60-69 Philadelphia Masters 62.9	M45 L. Benning 1.37m 4'6"	M45 J. Washington 11.60m 38' 3/4" R. Enders 11.45m 37'6 3/4" B. Keyes 11.18m 36'8 1/2"	M45 G. Fraundorfer 39.26m 128'10" L. Olson 39.14m 128'5" Spear 35.34m 115'11"
M60 C. Hills 83.26	20K WALK M30 A. Price 1:44:18 B. Savilonis 1:48:12 I. Black 2:23:44	W30-39 Manhattan Flight Kings 57.8 Philadelphia Hawks 58.9	M50 R. Wolf 1.30m 4'3 1/2"	M50 H. Colen 8.91m 29'2 3/4" R. Wolf 8.78m 28'9 3/4"	M50 E. Terranova 34.12m 111'11" R. Thomsen 32.42m 106'4" R. Wolf 21.02m 68'11 1/2"
3000 STEEPLECHASE M30 N. Gordon 9:53 W. Dawkins 10:37 K. Daws 11:31 I. Black 12:21 T. Haider 13:45	M35 R. Jennings 2:20:54	4 X 400 RELAY M30-39 Potomac Valley Seniors 3:30.3 Philadelphia Masters 3:34.7 All Stars 3:43.2	M55 S. Hall 1.50m 4'11"	M55 I. Hume 9.94m 32'7 1/2" C. Hills 7.63m 25'0 1/2"	M55 W. Walmroth 36.80m 120'9" H. Cantor 36.72m 120'6" R. Hassman 30.76m 100'11" P. Flournoy 21.84m 71'7 3/4"
M35 A. Jennings 10:11 D. Gingras 12:17 J. Mannis 12:56 K. Beely 19:59	M40 W. Preston 1:56:18 J. Arnold 1:57:24 J. Stefanowicz 2:03:41 P. Robertson 2:05:23 B. Gallagher 2:07:58	M40-49 Philadelphia Masters A 3:28.2 Philadelphia Masters B 4:24.9	M60 R. Morcom 1.50m 4'11" G. Nordgren 1.30m 4'3 1/2"	M60 S. Burho 7.02m 23'0 1/2"	M60 T. McDermott 38.52m 126'4" B. Morcom 37.88m 124'3" G. Nordgren 33.66m 110'5" M. Oguss 30.50m 100'1" W. Coleman 30.36m 99'7 1/2"
M40 A. Boyajian 12:20 A. Belfiglio 12:56	M45 J. Boitano 1:50:55 M. Natale 2:16:58 B. Kaufman 2:24:47 J. Lash 2:26:48 P. Walkovic 2:51:19	4 X 800 RELAY M30-39 Philadelphia Masters 8:23.7	M65 I. Hume 1.43m 4'8 1/2" W. Eipel 1.33m 4'4 1/2" C. Hills 1.15m 3'9 1/2"	M65 J. Boas 1.04m 3'5"	M65 W. Eipel 32.34m 106'1 1/2" G. Gonzalez 30.84m 101'2" G. Braceland 28.26m 92'8 1/2" F. Lesner 24.40m 80'0 3/4" B. Detweiler 22.62m 72'8 1/2"
M45 B. Oxley 12:02 D. Deutsch 12:14 E. Fitzgerald 12:49	M50 S. Corrallo 1:48:57 R. Fine 1:58:24 J. Holman 2:03:05 C. Croneberg 2:05:05 J. MacLachlan 2:08:43 R. Valiente 2:18:48 T. Costigian 2:35:43	LONG JUMP M30 J. Dickerson 6.88m 22'7" K. Brinker 6.53m 21'5" R. Beale 6.06m 19'10 1/2" L. Long 5.96m 19'6.75"	POLE VAULT M30 R. Salvio 2.64m 8'8"	M65 L. Watson 14.13m 46'4 1/2" J. Cashion 11.84m 30'10 1/2" J. Anderson 10.96m 35'11 1/2"	M65 W. Eipel 32.34m 106'1 1/2" G. Gonzalez 30.84m 101'2" G. Braceland 28.26m 92'8 1/2" F. Lesner 24.40m 80'0 3/4" B. Detweiler 22.62m 72'8 1/2"
M55 R. Anspach 11:47 G. Taylor 13:38 D. Farquharson 13:40	M55 R. Mimm 2:14:01	M40 G. Krow 5.75m 18'10 1/2" L. Abney 4.91m 16'1 1/2"	M65 R. Ayton 3.51m 11'6" B. Willis 3.35m 11'0"	M65 L. Olson 12.48m 40'11 1/2" C. Fraundorfer 11.43m 37'6" L. Spear 11.13m 36'6 1/2"	M65 H. Jackson 33.33m 109'4" J. Cashion 31.60m 103'8"
5000 WALK M30 B. Savilonis 24:31 W. Norton 25:40 R. Salvio 30:11 P. Santos 30:49	M60 D. Johnson 2:04:14	M45 B. Keyes 5.87m 19'3 1/2" J. Washington 5.74m 18'10" R. Enders 5.72m 18'9 1/2" W. Clark 5.57m 18'3 1/2" H. Bohigian 5.07m 16'7 3/4"	M40 G. Counihan 3.81m 12'6" E. Zuraw 3.35m 11'0"	M40 E. Terranova 11.25m 36'11" T. Brooks 11.03m 36'2 1/2" R. Thomsen 10.32m 33'10 1/2" R. Wolf 9.29m 30'5 3/4"	M40 C. Klehm 39.50m 129'7" B. King 19.24m 63'1 1/2"
M35 R. Jennings 30:28	W30 L. Wells 2:43:05	M50 R. Chernock 5.23m 17'2" E. Terranova 4.69m 15'4.75" H. Colen 4.40m 14'5 1/2"	M45 H. Davenport 2.74m 9'0" J. Bankert 2.29m 7'6" J. Welbourn 2.29m 7'6" Harper 2.29m 7'6"	M50 G. Taylor 2.13m 7'0"	M45 C. Fraundorfer 41.22m 135'3" H. Brossman 40.96m 134'4" L. Olson 39.82m 130'8"
M40 J. Stefanowicz 26:58 B. Gallagher 28:13	W45 D. Kelley 1:59:45	M55 O. Harris 4.28m 14' 1/2" W. Jordan 4.06m 13'3 3/4"	M55 T. DeVaughn 2.29m 7'6"	M55 T. McDermott 13.53m 44'4 3/4" W. Coleman 12.91m 42'4 1/2" M. Aquas 12.84m 42'1 1/2" B. Morcom 11.10m 36'5" E. Wood 10.10m 33'1 3/4"	M55 L. Mozhaev 38.56m 126'6" H. Cantor 28.04m 92'0" R. Hassman 22.82m 74'10 1/2"
M45 J. Boitano 24:31 E. Denman 29:24 M. Natale 30:37 B. Kaufman 32:45 P. Walkovic 34:04		M60 I. Hume 4.52m 14'10" C. Hills 3.91m 12'10"	M60 B. Morcom 3.66m 12'0"	M60 W. Eipel 12.72m 41'8 3/4" G. Braceland 9.29m 30'5 3/4" F. Lesner 8.63m 28'3 3/4"	M60 G. Nordgren 34.60m 113'6" P. Eberhardinger 31.40m 103'0"
M50 S. Corrallo 24:30 R. Fine 26:28 C. Rooney 27:30 J. Holman 28:19 J. MacLachlan 28:28 C. Croneberg 29:06 R. Valiente 30:04 T. Costigian 35:02		M70 J. Gaines 3.77m 12'4 1/2" C. Tompkins 3.39m 11'1 1/2"	M65 I. Hume 2.92m 9'7" G. Braceland 2.29m 7'6"	M70 S. Burho 2.59m 8'6"	M65 B. Detweiler 38.96m 127'10" F. Lesner 18.75m 61'6 1/2"
		W70 P. Raschker 5.67m 18'7 1/2" B. Holmes 4.20m 13'9 1/2" G. Johnson 4.15m 13'7 1/2"	M70 L. Leib 7.11m 23'4"		M70 S. Burho 25.82m 84'8 1/2" C. Tompkins 21.53m 70'7 3/4"

JAVELIN			PENTATHLON			M50		
M30			M30			T. Brooks		
S. Dixon	52.04m	203'6"	L. Sigler	Club East	2,939	Long Jump	4.21m 13'9.3/4"	284
J. Caldwell	54.58m	179'1"	Long Jump	6.22m 20'5"	653	Javelin	30.88m 101'4"	416
M35			Javelin	44.50m 146'0"	557	200 Meters	25.7s	830
M. McGruder	53.08m	174'2"	200 Meters	24.2 s	626	Discus	21.40m 70'2 1/2"	192
J. Cashion	42.24m	138'7"	Discus	36.00m 118'1"	604	1500 Meters	5:46.1	724
M40			1500 Meters	4:44.1	499	G. Taylor		
P. Conley	41.80m	137'2"	M35			B. Belleville		
F. Illuzzi	41.08m	134'9"	R. Kumor	Unattached	1,994	D. Ross		
M45			Long Jump	5.26m 17'3"	434	M55		
R. Youngs	51.82m	170'0"	Javelin	29.26m 96'0"	317	D. Harris		
L. Olson	43.20m	141'9"	200 Meters	25.6s	506	Long Jump	4.35m 14'3 1/2"	481
L. Benning	31.94m	104'9"	Discus	28.04m 92'0"	429	Javelin	31.14m 102'2"	505
M50			1500 Meters	5:19.7	307	200 Meters	28.1s	690
H. Graham	35.06m	115'0"	M40			Discus	22.58m 74'1"	257
M55			J. Littlejohn	Philadelphia Masters	1,626	1500 Meters	dnf	0
F. Simmons	44.60m	146'4"	Long Jump	4.20m 13'9 1/2"	180	O. Harris		
H. Cantor	37.82m	124'1"	Javelin	30.08m 98'8 1/2"	274	E. Cunningham		
W30			200 Meters	27.1s	530	M65		
A. Mapps	18.84m	61'9 3/4"	Discus	24.74m 81'2"	272	G. Gonzalez-Julia		
M. Jones	17.40m	57'1"	1500 Meters	5:45.0	430	Long Jump	4.52m 14'10"	836
M. Winters	14.16m	46'5 1/2"	M45			Javelin	34.04m 111'8"	681
W40			R. Enders	Potomac Valley Seniors	2,988	200 Meters	29.1s	890
K. Riss	10.56m	67'5 1/2"	Long Jump	5.52m 18'1 1/2"	672	Discus	31.95m 104'9"	610
L. Leib	20.54m	67'4 3/4"	Javelin	40.84m 134'0"	596	1500 Meters	7:20.8	276
			200 Meters	24.1s	890	C. Hills		
			Discus	22.90m 75'1 1/2"	252	B. Clair		
			1500 Meters	5:20.4	578	Long Jump	4.30m 14'1 1/2"	502
			M45			Javelin	18.64m 61'2"	370
			H. Bohigian	New York Masters	2,631	200 Meters	28.5s	578
			W. Crigler	Reading Athletic Attic	1,715	Discus	19.21m 63' 1/2"	298
			R. Noreen	Philadelphia Masters	902	1500 Meters	5:41.1	458

1st ANNUAL TEXAS MASTERS TRACK & FIELD CHAMPIONSHIPS
Dallas
 Mesquite, Texas July 25, 1981

JAVELIN			440 YARDS		
M30-34			M20-29		
1. Buhl, Robert	187-5		1. Rigby, Bobby	53.56	
2. Bennett, Bill	133-4		2. Contreras, Mitchell	53.85	
M35-39			M30-34		
1. Rawls, Ronnie	149-3*		1. Haggerty, J.B.	50.59	
2. Locke, Darl	139-9		2. Spencer, Doug	54.93*	
3. Young, Mike	103-0		3. Buhl, Robert	55.65	
4. Tiedtke, Les	98-11		4. Smith, Willie	55.84	
M40-44			5. Talbot, Jim	58.84	
1. Jurden, Charles	127-9*		M35-39		
M45-49			1. Vicks, James	52.08*	
1. Palmer, Wendell	124-0		2. Mount, Lester	54.05	
M50-54			3. Eisenhut, Torrey	55.28	
1. Brown, J.C.	136-1		4. Malone, Jim	55.68	
2. Thomas, Joe	92-5*		5. Young, Paul	58.38	
3. Wolf, R.G.	72-4		6. Schoenig, Richard	58.58	
M55-59			7. Wimbrey, Johnny	59.84	
1. Richards, Bob	121-4*		M40-44		
100 METERS			1. Turner, Roy	54.99*	
M20-29			2. Campbell, Terry	56.18	
1. Smith, Shedric	10.81		3. White, Fred	56.60	
2. Thomas, Richard	10.90		M45-49		
3. Holland, Dexter	11.15		1. Clark, Randall	63.29	
4. Mitchell, Vincent	11.19		M50-54		
5. Burton, Mike	11.77		1. Pappas, Alex	61.75	
6. Herron, Mark	12.42		2. Connell, Joe	70.45*	
M40-44			3. Murdock, Jack	70.84	
1. Deatherage, Tony	12.03*		4. Brock, Gene	75.22	
2. Jurden, Charles	12.23		M50-54		
3. Smith, Charles	12.94		1. Drake, Lynda	1:51.11	
4. Cecil, Don	13.74		880 YARDS		
M55-59			M20-29		
1. Goldsmith, Max	12.97*		1. Jeffrey, Jim	1:53.65	
2. Studdard, Chester	13.53		2. Gabriel, Gary	1:59.66	
W35-39			3. Pugh, Tim	2:08.53	
1. Dixon, Judy	19.12		4. Campbell, Mike	2:09.10	
M30-34			5. Partridge, David	2:23.92*	
1. Haggerty, J.B.	22.34		M40-44		
2. Perkins, Leon	23.10		1. Lancaster, Jerry	2:09.92	
3. Henderson, Abe	23.41		2. Tindle, Jim	2:12.19	
4. Spencer, Doug	24.31*		3. Herring, Marvin	2:19.15	
5. West, Atwell	24.49		4. Campbell, Terry	2:21.19	
6. Mariani, Victor	25.92		W20-29		
7. McAdams, Jerry	25.94		1. Wise, Annie	2:36.73	
M45-49			2. Doelz, Lois	2:57.68	
1. Baker, Thane	24.21*		W35-39		
2. McGlashan, Bob	25.84		1. Hervey, Miki	2:43.99*	
3. Clark, Randall	27.16		MILE		
4. Yanez, Adolfo	27.36		M20-29		
M50-54			1. Dean, John	4:50.23	
1. Pappas, Alex	26.36		2. Partridge, David	5:21.44*	
2. Mahler, Charles	28.31*		3. Regan, Tim	6:10.26	
3. Holloway, Bud	28.95		M30-34		
4. Kendro, John	31.51		1. Stebbings, Chris	4:28.66	
5. Thomas, Joe	31.71		2. Floyd, Russell	4:49.86*	
M55-59			3. Fortin, Thomas	4:53.21	
1. Goldsmith, Max	27.64*		4. Lofye, Jack	4:58.34	
2. Studdard, Chester	29.06		5. Morales, Victor	5:00.53	
M65-69			6. Mariani, Victor	5:21.26	
1. White, Fred	29.59*		M40-44		
W45-49			1. Lancaster, Jerry	4:51.97*	
1. Pappas, Betty	33.30		2. Garza, Dan	5:00.85	
			3. Thruston, James	5:09.39	

THREE MILES

M20-29 1. Banovic, Steve 2. Hellman, Kevin 3. Johnson, Gary	16:27 18:02 23:11	M30-34 1. Feris, Greg 2. Marshall, Robert	19:23 19:57	M35-39 1. Delany, Tom 2. Barber, Luke	18:32* 21:05
M40-44 1. McCain, J.C.	24:46	M45-49 1. Weadock, Ed	19:55	M50-54 1. Zetnick, Don	24:23
W35-39 1. Barber, Joan 2. Rose, Joan	23:39 45:42				

10,000 METERS

M20-29 1. Ostrovich, Ed 2. Dark, Mike	34:28 43:24	M30-34 1. Propeck, Tim	38:30	M35-39 1. Burris, John 2. Goggins, Patrick	40:52 52:41
M45-49 1. Ridsdale, Lynn 2. Richards, James	43:17 56:31	M50-54 1. Zetnick, Don	43:16	W20-29 1. Voelz, Lois	47:18

110 METER HURDLES

M30-34 1. Couch, Clayton 2. Overton, James 3. Buhl, Robert	15.25 16.01 16.03	M35-39 1. Locke, Darl	17.37	M50-54 1. Murphy, Joe 2. Wolf, R.G. 3. Thomas, Joe	NT NT NT
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330 YARD HURDLES

M20-29 1. Stull, Ernie	40.56	M30-34 1. Couch, Clayton	40.57	M50-54 1. Wolf, R.G. 2. Thomas, Joe	54.88* 64.81
M55-59 1. Studdard, Chester	55.61				

HIGH JUMP

M35-39 1. Eisenhut, Torrey 2. Tiedtke, Les 3. Young, Mike	4-8 4-6* 3-8	M40-44 1. Jurden, Charles	4-8*	M45-49 1. Palmer, Wendell 2. McGlashan, Bob	5-0 4-10
M50-54 1. Brown, J.C. 2. Thomas, Joe	WR: 5-10 5/8 ** 3-8*	M55-59 1. Richards, Bob	4-8*	M60-64 1. Nordgren, Gordon	4-1

POLE VAULT

M20-29 1. Smith, Jeff	13-6	M35-39 1. Young, Mike	10-6*	M40-44 1. Wiley, Charles	14-6
M50-54 1. Thomas, Joe	5-6*				

LONG JUMP

M20-29 1. Thomas, Richard 2. Contreras, Mitchell	22-5 19-8	M30-34 1. Perkins, Leon 2. Buhl, Robert	20-8* 19-8*	M35-39 1. Jones, Edward 2. Linscomb, Ron 3. Young, Mike 4. Eisenhut, Torrey 5. Tiedtke, Les	20-2 18-11* 17-4 14-3* 12-7*
M40-44 1. Deatherage, Tony 2. Jurden, Charles	17-5* 16-9*	M45-49 1. Palmer, Wendell	13-9*	M50-54 1. Brown, J.C. 2. Thomas, Joe 3. Holloway, Bud	16-7* 13-4* 12-8*
M55-59 1. Richards, Bob 2. Studdard, Chester	14-8* 13-11	M65-69 1. White, Fred	15-2*		

TRIPLE JUMP

M40-44 1. Jurden, Charles	32-2*	M50-54 1. Brown, J.C. 2. Thomas, Joe	35-6* 25-5*	M55-59 1. Goldsmith, Max	30-6*
M65-69 1. White, Fred	26-4*				

* DALLAS MASTERS TRACK & FIELD CLUB RECORD

SHOT PUT

M30-34 1. Overton, James 2. Bennett, Bill	38-10* 31-2	M35-39 1. Locke, Darl 2. Tiedtke, Les	37-*	M40-44 1. Griffin, Dan 2. Jurden, Charles	36-1* 33-5*
M45-49 1. Palmer, Wendell 2. Compton, Leon	36-9 23-11*	M50-54 1. Wolf, R.G. 2. Thomas, Joe	31-5* 31-3	M55-59 1. Richards, Bob	40-8*
W20-29 1. Rodda, Rox Ann	22-6*				

DISCUS

M30-34 1. Bennett, Bill	115-6	M35-39 1. Locke, Darl 2. Tiedtke, Les	114-9 50-0*	M40-44 1. Ryckman, Rick 2. Griffin, Dan 3. Jurden, Charles	152-1* 113-9* 81-11
M45-49 1. Palmer, Wendell 2. Compton, Leon	113-7 80-0*	M50-54 1. Thomas, Joe 2. Wolf, R.G.	89-3* 72-10	M55-59 1. Richards, Bob	120-9*
M60-64 1. Alexander, J.E. 2. Nordgren, Gordon	135-6* 121-5	W20-29 1. Rodda, Rox Ann	82-*		

1981 PENN MUTUAL/TAC NATIONAL MASTERS PENTATHLON CHAMPIONSHIPS. LOS GATOS, CALIFORNIA. AUGUST 16, 1981.

M30-34	Age	LJ	JAV	200	DISC	1500	PTS.
M. Davis	31	5.99 602	40.98 505	25.10 548	31.91 517	4:50.3 463	2645
S. Lipscomb	34	5.67 557	26.90 274	23.77 665	34.91 582	4:58.3 418	2486
G. Marshall	31	6.32 657	26.90 274	22.89 750	27.95 426	5:11.4 349	2474

M35-39	Age	LJ	JAV	200	DISC	1500	PTS.
W. Reiter	35	6.02 608	42.58 528	24.22 624	33.96 561	4:30.5 586	2907
D. Shaw	35	6.09 624	51.58 654	24.99 557	36.20 609	5:07.9 366	2816
J. Karbens	39	4.61 274	36.90 623	26.18 462	30.56 487	5:06.3 374	2320

M40-44	Age	LJ	JAV	200	DISC	1500	PTS.
G. Miller	43	6.10 750	46.45 589	23.0 940	31.40 459	4:47.5 715	3453
E. Oleata	44	5.24 492	35.90 378	24.20 820	32.45 488	4:47.6 715	2893
L. Weed	44	4.99 417	39.43 448	25.97 643	34.41 543	5:23.9 497	2548
W. Mitchell	41	5.17 471	27.15 203	25.00 740	18.18 89	4:54.9 672	2175
D. Branning	40	5.05 435	32.85 317	27.04 536	17.33 65	4:41.6 751	2104
G. LaBelle	42	4.60 300	30.25 265	27.40 500	28.11 367	DNF 0	1432

M45-49	Age	LJ	JAV	200	DISC	1500	PTS.
H. Bohigian	45	5.44 644	38.85 546	24.69 831	28.45 403	5:13.5 619	3043
L. Means	44	5.07 514	36.55 488	26.39 661	27.81 384	4:38.0 832	2879
H. Smith	45	5.21 563	42.61 640	26.80 620	35.78 623	6:43.3 81	2527
E. Martin	48	4.85 437	33.45 411	26.89 611	28.34 400	5:42.1 448	2307
D. Douglass	49	4.65 367	31.00 350	27.81 519	28.22 396	5:58.9 348	1980
M. Bodley	47	4.73 395	33.06 401	26.91 609	25.64 319	5:35.7 486	2210
P. Conley	46	5.34 609	Withdrew				

M50-54	Age	LJ	JAV	200	DISC	1500	PTS.
J. Scott	50	4.97 588	40.73 711	27.56 644	37.90 732	5:27.0 598	3273
A. Brenda	53	5.50 800	29.60 378	27.36 664	29.95 478	5:55.8 426	2746
P. Schlegel	51	3.64 856	30.91 417	26.22 778	20.04 161	5:24.1 616	2728
E. Terranoun	51	4.92 568	32.40 462	27.66 634	34.38 620	DNF 0	2284
L. Olson	50	4.20 280	38.75 652	29.51 449	39.78 792	DNF 0	2073
J. Thomas	52	4.92 568	32.40 462	27.66 634	34.38 620	DNF 0	2284

M55-59	Age	LJ	JAV	200	DISC	1500	PTS.
R. Spencer	58	5.28 900	26.14 319	27.27 773	22.63 259	5:19.9 702	2953
R. Wigginton	55	4.58 585	32.75 551	27.51 749	27.38 420	5:40.6 577	2882

M60-64	Age	LJ	JAV	200	DISC	1500	PTS.
J. Alexander	61	4.91 995	29.30 430	27.08 892	34.82 673	5:30.5 621	3611

M65-69	Age	LJ	JAV	200	DISC	1500	PTS.
B. Boal	69	3.90 450	20.95 138	33.50 450	21.42 231	5:53.2 800	2061

M70-74	Age	LJ	JAV	200	DISC	1500	PTS.
A. Puglizevich	73	3.04 282	24.65 434	35.20 480	26.28 451	7:50.2 702	2349
S. Thompson	70	3.61 624	19.35 195	35.84 416	18.55 142	8:02.4 577	1944

M75-79	Age	LJ	JAV	200	DISC	1500	PTS.
H. Anderson	79	3.20 441	23.81 540	35.00 700	21.48 373	7:14.2 675	2729

M80+	Age	LJ	JAV	200	DISC	1500	PTS.
B. Crane	81	3.16 413	19.82 341	DNF 0	21.92 392	DNF 0	1146

LINCOLN TRACK CLUB PENTATHLON, LINCOLN, NEBRASKA
AUGUST 9, 1981.

DIVISION: 30-39:						
Place	Competitor (age)	Long Jump	Javelin	200 Meter	Discus	1500 Meter
1.	Rex Harvey (35) Des Moines, IA	6.34M (680) 20'-10"	49.90M (632) 163'-9"	23.2 (720)	37.07M (627) 121'-7 1/2"	5:13.0 (338)
DIVISION: 40-49:						
Place	Competitor (age)	Long Jump	Javelin	200 Meter	Discus	1500 Meter
1.	Bob Warren (43) Ottumwa, IA	5.68M (553) 18'-8"	40.35M (496) 132'-4 1/2"	25.0 (556)	37.27M (631) 122'-3"	dnf
2.	Chas. Sass (41) Lincoln, NE	0	21.75M (175) 71'-4"	29.9 (212)	20.55 (238) 67'-5"	5:50.0 (175)
DIVISION: 50-59:						
Place	Competitor (age)	Long Jump	Javelin	200 Meter	Discus	1500 Meter
1.	Forrest Dohling (50) (tie) Lincoln, NE	4.21M (169) 13'-10"	2.172M (289) 71'-3"	29.0 (266)	30.23M (479) 99'-2"	5:48.0 (183)
1.	J. Robert Chado (53) (tie) Denver, CO	3.86M (74) 12'-8"	36.23M (453) 118'-10 1/2"	29.1 (260)	31.25M (502) 102'-6"	6:05.0 (117)
DIVISION: 60+:						
Place	Competitor (age)	Long Jump	Javelin	200 Meter	Discus	1500 Meter
1.	Phillip Henn (67) Blanchard, IA	21.80M (176) 71'-6"	21.80M (176) 71'-6"	30.03M (475) 98'-6"	30.03M (475) 98'-6"	651

McDONALD'S ALL-COMERS T&F
MEET. GREENSBORO, N.C.
(No date submitted)

800		
M30 D Aycock		2:18
M40 J Fleagle		2:34
1500		
M30 D Aycock		4:44
M40 R Calhoun		5:37
5000		
M30 R Mason		17:06
M40 R Calhoun		20:52
M50 D Mackenzie		19:51
LONG JUMP		
M30 R Hayden		16-5
M40 N Carter		16-1
HIGH JUMP		
M40 N Carter		5-3
3000 WALK		
M30 E Bigham		16:49
M40 J Fleagle		17:43
M50 A Briggs		16:58
M60 W Schmidt		23:21
M30 J Bausser		24:12
M40 F Widmann		18:07
M50 J Capperella		18:43
SHOT PUT		
M40 M Valle		34.10



George Mason (332) Richmond, Calif. wins photo from Gary Carr (63), Mascoutah, Ill. in 35-39 800 meters in national championships. Both were timed in 1:55.0.

LONG
DISTANCE
RESULTSPlease send masters race
results to: National Masters
Newsletter, P.O. Box 2372, Van
Nuys, CA 91404. Please include
date, distance and city.GRANDMA'S MARATHON
DULUTH, MINNESOTA
JUNE 20, 1981

Open Dick Beardsley	2:09:36
M40 Dan Conway	2:28:17
Ron Goudreau	2:36:18
Paul Noreen	2:36:19
M50 Alex Ratelle	2:30:40
Al Treichel	2:45:30
Forrest Miller	2:54:15
W40 Judy Lutter	3:01:16
Carolyn McKasy	3:12:46
Phyllis Kahn	3:20:03

WESTCHESTER HALF-MARATHON
NEW ROCHELLE, N.Y., JUNE 28.

M40 Sid Howard	1:14:32
M50 Don Dixon	1:20:15
M60 Bill O'Connor	1:33:44
W40 Sue Medaglia	1:30:26
W50 Toshiko d'Elia	1:32:13
W60 Evelyn Havens	2:27:52

LINCOLN, NEBRASKA
Pepsi Challenge 10,000 Meter

Men 35-39		
1. Lewis, Jim	34	36:37.5
2. Katsar, Ken	39	37:15.7
3. Luckey, Gary	36	37:32.8
4. Vasina, John	39	37:58.2
5. Bestul, Tom	38	38:24.4
Men 40-49		
1. Stevens, Ray	40	33:18.0
2. Gaither, Lowell	43	34:22.4
3. Chauvront, Jeff	42	34:57.4
4. Elwood, Bob	46	35:53.3
5. Endacott, Richard	42	37:13.9
Men 50+		
1. Stear, Bob	55	42:00.0
2. Brown, Bob	50	42:28.8
3. Weston, Irving	50	42:52.8
4. Weaver, Elmer, Jr.	52	43:08.9
5. Johnson, Keith	57	43:54.1
Women 35-39		
1. Adkins, Barb	38	44:00.7
2. Platts, Nancy	39	45:12.4
3. Fulton, Marie	37	48:51.7
4. Isenberg, Susan	36	48:55.7
5. Leggiero, Dianne	36	49:32.5
Women 40-49		
1. McCormick, Nancy	46	42:49.1
2. Bellitz, Mary	40	49:50.2
3. Brennforder, Jean	43	51:16.2
4. Doman, Carol	40	52:58.6
5. Gamel, Barbara	41	58:40.8
Women 50+		
1. Brown, Ann	50	53:31.3

SPA 15K CHAMPIONSHIPS
SANTA BARBARA, CALIF.
JULY 4, 1981.

M40 Gabriel Bernal	51:41
Bart Coventry	52:43
Ron Wise	54:50
M45 Andre Tocco	51:23
John Brennand	53:17
John Starr	56:59
M50 Patrick Devine	58:01
Owen Pathor	62:16
Bill Winstanley	63:27
M55 Ray Gil	61:21
Jim Rowe	62:08
Bruce Robinson	62:47
M60 Charles Seekins	66:49
Ed Bishop	67:39
John Schweitzer	85:27
W40 Shirley Saunders	67:57
Fay Hobbs	72:53
Alma Paige	83:58
W50 Joyce Boedecker	1:38:35
Patty Frankus	1:42:46
Grace Schweitzer	1:44:37
PEPSI CHALLENGE 10K NEW YORK, NY, JULY 5, 1981.	
M40 Jeff Martin	35:02
M50 Kenneth Jones	35:26
M60 Bill O'Connor	41:28
W40 Anna Thornhill	38:28
W50 Toshiko d'Elia	41:48
W60 Adrienne Salmini	61:31

BUCKEYE 10K
FAIRBORN, OHIO
JULY 5, 1981

M40 Joe Moore	34:12
Ken Pryer	35:40
Bob Schul	35:50
M50 Don Williams	36:14
James Glidewell	36:38
Dick Howaller	37:07

AMERICAN CANCER SOCIETY 15K
HUNTSVILLE, ALABAMA
JULY 25, 1981

M40 Jim Oaks	53:44
Alton Dickerson	54:55
Larry Rousell	55:03

BEACH RUNNING 10K
SAN DIEGO, AUGUST 1, 1981.

M40 Dan McCaskill	33:19
M50 Bill Stock	35:50
M60 Wayne Zook	41:33
W40 Dorothy Stock	38:49
Shirley Matson	39:06
W50 Patricia Morris	47:36
W60 Gerry Davidson	49:52

Deseret
News
Marathon

SALT LAKE CITY, JULY 24.

Men's 30-34		
1. Tim Loftis, S. Miami, Fla.	2:34:11	
2. Ron Nehring, Salt Lake	2:37:14	
3. Charles Perez, Greeley, Colo.	2:40:23	
Men's 35-39		
1. Guy Gertsch, Salt Lake	2:38:21	
2. John Holland, Yonkers, N.Y.	2:39:57	
3. Donald Shultz, Salt Lake	2:40:35	
Men's 40-44		
1. Darryl Beardsley, Santa Rosa, Calif.	2:41:21	
2. Robert D. Nelson, Holladay	2:43:39	
3. Edwin Hagerman, Park City	2:47:16	
Men's 45-49		
1. Dewitt Paul Jr., San Marino, Ca.	2:44:22	
2. Kaye Fred Nelson, Salt Lake	2:48:20	
3. Mark Glauser, Northridge, Calif.	2:48:47	
Men's 50-59		
1. Gaylon Jorgensen, Highland	2:42:13	
2. Paul Nance, Brigham City	2:53:18	
3. Melvin Smith, Salt Lake	3:04:04	
Men's 60-over		
1. Stuart Jardine, Salt Lake	3:16:20	
2. Thomas L. Howard, Salt Lake	3:44:48	
3. Gerald Klemm, Salt Lake	3:57:27	
Women's 30-34		
1. Carolyn Oster, Salt Lake	3:16:43	
2. Olivia Moreton, Salt Lake	3:26:32	
3. Linda K. Williamson, Murray	3:29:24	
Women's 35-39		
1. Margaret C. Fee, Englewood, Colo.	3:28:03	
2. Endi Rust, Sandy	3:30:18	
3. Wilma Crane, Salt Lake	3:36:57	
Women's 40-44		
1. Florence Steadman, Sandy	3:29:14	
2. Yvonne Monssaurat, Riverside, Calif.	3:41:41	
3. Kaye M. Dornigard, Salt Lake	3:50:06	
Women's 45-49		
1. Carol Simmonds, Salt Lake	3:25:52	
2. Ethel Schmitt, Sandy	3:49:04	
3. Betty J. Wright, Salt Lake	4:38:23	
Women's 50-over		
1. Edith S. Glauser, Salt Lake	4:42:10	

INSIDE TRACK 10K
VENTURA, CALIF.
AUGUST 1, 1981

M40 John Allen	34:47
Ted Yazaguirre	35:07
M50 Fred Nagelschmidt	39:37
W40 Ingrid Hanifine	44:32

4TH BIG AVOCADO 4-MILE RUN
CARPENTERIA, CALIF.
AUGUST 9, 1981

M40 John Brennand	20:48
M50 Dick Durand	23:42
Ray Gil	23:51
Bob Carmen	24:26
M60 Ed Bishop	25:59
W40 Shirley Sanders	27:07
W50 Patty Frankus	34:36

27TH ANNUAL BALBOA 8-MILE
RUN, SAN DIEGO, AUGUST 8.

M40 Dan McCaskill	46:01
Dale Larabee	47:54
Ray Sabian	48:10
M50 Jim O'Neil	49:16
Marsh Haraden	50:20
Bill Stock	51:09
M60 Wayne Zook	57:07
Don Dilworth	59:19
Casey Poole	60:49
W40 Dorothy Stock	53:22
Judy Splitberger	59:13
Una Marie Pierce	62:04
W50 Anne Johnson	56:03
Nicki Hobson	56:27
Mae Ann Garty	68:28
W60 Gerry Davidson	69:54

COUPLES RUN 10K
UNIV. OF ROCHESTER
ROCHESTER NY, AUGUST 16.

(Each person runs 3.1 mile)

70-79 Pam Mortensen	39:06
Rob Matusiak	
80-89 Cheryl Ward	41:19
Bruce Brideman	
90-99 Beryl Skelton	39:30
Mel Levinson	
100-109 Shirley Baker	50:20
Ed Stabins	
110-119 Clara Linke	52:53
Charles Linke	

Pikes Peak Marathon

Male	
1-14	1. Jeff Hart, 7:01:49; 2. Gary Loyd, 7:29:28.
15-19	1. Mike Mosier, 4:19:35; 2. Bob Reardean, 4:35:11; 3. Dennis Steeves, 4:38:07; 4. Craig Wagner, 4:49:02; 5. Randy Hessong, 4:52:39.
20-29	1. Ed Overend, 3:46:10; 2. David Bingham, 3:50:23; 3. Steven Warshawer, 3:56:07; 4. Rob Koteiman, 4:07:22; 5. Jeff Cowling, 4:07:23.
30-34	1. Al Waqule, 3:26:17; 2. Al Grimmer, 3:58:02; 3. Keith Woodward, 3:59:38; 4. Nick Farmery, 4:05:31; 5. Douglas Godfrey, 4:07:53.
35-39	1. John Cappis, 4:05:14; 2. John Gerber, 4:19:26; 3. Joseph Beal, 4:24:19; 4. Dave Bradley, 4:27:44; 5. David Hansen, 4:30:10.
40-49	1. Allyn Cureton, 4:03:25; 2. Brian Goodfellow, 4:14:24; 3. Gene McKelvie, 4:16:31; 4. Verne Carlson, 4:36:16; 5. John Mare, 4:40:28.
50-59	1. Hal Winton, 5:01:28; 2. Jim Dixon, 5:18:45; 3. Arthur Waggoner, 5:23:55; 4. Lionel Ortega, 5:33:55; 5. Clifford Doughty, 5:37:14.
60-69	1. Cleo Cassidy, 5:40:36; 2. Robert Vann, 6:37:22; 3. Early Werl, 6:43:20; 4. Floyd Doss, 6:50:43; 5. Richard Kegley, 6:51:43.

Female	
14-under	None.
15-19	None.
20-29	1. Lynn Bjorklund, 4:15:18; 2. Linda Quintisk, 4:31:17; 3. Judy Harrison, 5:30:18; 4. Lolly Hess, 5:36:26; 5. Sally Munoz, 5:38:35.
30-34	1. Sue Gladney, 4:43:40; 2. Margie Loyd, 4:52:55; 3. Sandra Stepp, 5:49:03; 4. Carol Hewitt, 5:53:45; 5. Diane Smith, 6:02:21.
35-39	1. Roelia Gehling, 5:07:59; 2. Donna Allenbaugh, 5:09:33; 3. Gail Scott, 5:15:36; 4. Arlene Weeks, 5:23:00; 5. Barbara Rasmussen, 5:32:24.
40-49	1. Viole Phillips, 5:40:33; 2. Julia Wiley, 6:01:44; 3. Marcia Martyn, 6:03:52; 4. Skip Gibbs, 6:47:37; 5. Phyllis Slinker, 7:21:18.
50-59	1. Mary Storey, 6:00:56; 2. Meide Dean, 6:41:16; 3. Erma Baker, 7:14:59.
60	None.

AMERICA'S FINEST CITY HALF
MARATHON, SAN DIEGO, CALIF
AUGUST 22, 1981.

Open Kirk Pfeffer	62:55
M40 Dan McCaskill	73:42
Bill Gookin	76:40
Dave Holland	76:56
M50+Marsh Haraden	82:00
Dick Robinson	82:21
Don Graessle	82:29
W40 Shirley Matson	88:25
Jo Anne Wichary	99:59
Barbara Woods	99:15
W50 Anne Johnson	89:28
Nicki Hobson	93:14

"THE CHASE IS ON"
Lehman College—Bronx, NYSponsored by Chase Manhattan Bank
Under the auspices of NYARC
Date: August 23, 1981 10:00 AM
Distance: 10 Km (6.2 miles)
Check-In: Men-595, Women-102
Total-695
Finishers: Men-539 and 3 racewalkers,
Women-85 and 2 racewalkers.
Total-629
Weather: Clear and warm, high 70's

Subvet (30-39)	
1. Murray, Dan, 36-WRR	32:58
2. Placido Cruz, Martin, 30-WSY	33:06
3. Franco, John, 30-WSY	33:58
4. Baez, Carlos, 33-CT	34:02
5. Stokes, James, 33-VCI	34:56
Vel (40-49)	
1. Gooden, Robert, 43-Mill	36:01
2. Anderson, Ricard, 40-NY	36:11
3. Epstein, Henry, 41-NY	36:42
4. Kellner, Peter, 42-WSY	36:48
5. Newton, James, 41-VCI	37:27
Masters (50-59)	
1. Burns, Joe, 52-Mill	36:12
2. Fortune, Bill, 53-NY	36:39
3. Johnson, Charles, 50-CPTC	37:26
Seniors (60 and over)	
1. Rios, Wilfredo, 65-LNTC	42:30
2. Renny, Roberto, 64-SI	44:10
Racewalkers	
1. Floriani, Ray, 29-SAC	49:25
2. Wilson, Lon, 34-ESTC	1:00:44
3. Feicien, Edwin, 29-Bronx	1:04:30
Bronx Winners	
1. Williams, Jonathan, NYP	32:37
2. Montenegro, Rene, CNW	34:00
3. Atkins, Jimmy, Bronx	34:08

Seniors (60 and over)	
1. Rios, Wilfredo, 65-LNTC	42:30
2. Renny, Roberto, 64-SI	44:10
Racewalkers	
1. Floriani, Ray, 29-SAC	49:25
2. Wilson, Lon, 34-ESTC	1:00:44
3. Feicien, Edwin, 29-Bronx	1:04:30
Bronx Winners	
1. Williams, Jonathan, NYP	32:37
2. Montenegro, Rene, CNW	34:00
3. Atkins, Jimmy, Bronx	34:08

CLASSIFIEDS

As a public service to the masters community, *NMN* 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

ANNOUNCEMENTS

Bob Booth urges walkers to write to George Adams, director of the October 3 Santa Barbara meet, asking him to include a 5000 meter walk on the program. Adams will do so if enough requests are received. Send to: P.O. Box K, Goleta CA 93017, or call Adams at (805) 687-6323.

PUBLICATIONS

MASTERS AGE RECORDS 1981. 44-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. 15, 1981. Includes 4th World Veterans Games results. Plus walking and championship records. 44 pages. Lists name, age, state and date of record. Send \$3 plus \$1 postage and handling to *NMN*, PO Box 2372, Van Nuys CA 91404.

SUBSCRIBE NOW to the *National Masters Newsletter*, the bible of the masters movement and the only national publication devoted exclusively to track & field and long distance running for men and women over age 30. \$12 for 12 issues a year. *NMN*, PO Box 2372, Van Nuys CA 91404.

As a coach, Bud Winter had many winners at the National Masters T&F Championships in Los Gatos. His new book "Relax and Win" is now available from A.S. Barnes & Co., 11175 Flintkote Ave. San Diego CA 92121. "I think it will fulfill a need for masters in helping them prepare mentally for competition," Winters said.

The 1st six issues of the Health newsletter "Nutritional Nuggets" can be had for only \$3. Each issue contains features on nutrition. The 1st issue, *On Regulating Your Weight* is free (with stamp). Others are 50 cents each. Send to: Alan Wood, Regency House, Rm. 255, Pompton Plains NJ 07444.

Two books by Hall-of-Famer Bud Winter, head track coach at San Jose State College and assistant track coach of the 1960 Olympic team, can be had by writing Winter Enterprises, 1430 Cherrydale Dr., San Jose CA 95125. 1) So You Want to be a Sprinter, and 2) The Jet Sprint Relay Pass.

MOVING?

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

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 Newsletter*, P.O. Box 2372, Van Nuys, CA 91404.

Write On!

also plan to continue having 5 year age brackets, which is good news to most competitors.

Stan Hermann
Santa Barbara, CA

FIELD EVENTS

Many participants were very disappointed with the weight events in this years Eastern TAC Championship. They ran 2½ hours behind schedule. A breakdown of participants by event illustrated the weight throws were the second most popular events. The short sprints were the most entered events.

These delays can be avoided by using a simple schedule which should be used by any club sponsoring a big meet. Most facilities have separate shot and discus circles and an infield for the javelin. All 3 areas should be used concurrently. The following schedule is therefore adaptable to any track meet.

Time	Age Group	Event
10:00	30-39	Discus
	40-49	Shot
	50 +	Jav.

Time	Age Group	Event
10:45	50 +	Discus
	40-49	Jav.
	30-39	Shot

Time	Age Group	Event
11:30	30-39	Jav.
	40-49	Discus
	50 +	Shot

Time	Age Group	Event
12:15	30-44	Hammer
	45 +	Wt. Throw

Time	Age Group	Event
1:00	45 +	Hammer
	30-44	Wt. Throw

Officiating is never a problem. The participants and their friends are usually willing and eager to help. People enjoy track meets that are well organized and on time and I hope these suggestions will become standard procedures in masters track meets. I'd also schedule the jumping events using these procedures.

I further recommend Randall's Island in New York for masters track meets since it has 5 throwing areas, 2 jumping pits and an outstanding track, or a facility of equal status for large events, such as the Easterns.

Jim Barber
Stony Point, NY



PHIL THE PHILOSOPHER

I learned to know Phil the Philosopher twenty-five years ago. Then he achieved fame as a javelin phlinger, but had less success in the philosophy department; now he is better at phlinging philosophy than phirring the spear. His aging body grows stiphph, while the brain continues to phunction.

As to competitive sports in middle age, my reaction is: PHOOEY!! I would rather play golph and watch Monday night phootball like the average phan, instead of phawning around on the athletic phield trying to recapture a phading phountain of youth.

With phond memories of phriendly competition, but no phire for phuture phaceophphs,

Sincerely,
Arcadia Arnie Kalm
Arcadia, CA

WORLD GAMES RESULTS

Have not received my copy of results for the Christchurch 1981 World Meet. At least two other locals are still waiting for their copies.

Also, I have yet to receive my certificate for age 70-74 pentathlon third place. The track office at QEII Stadium said that there had been a foul-up with the pentathlon certificates, and that we would receive them by mail.

Your comments will be appreciated.

Fred Bierlein
Berkeley, CA.

We have written several letters to the World Games Committee, asking when the official results would be ready, but have received no reply. (—Ed.)

WAVA SCORING

The WAVA Point Scale is not satisfactory for scoring Weight Pentathlons for several reasons.

1. July 1981 N.M. Newsletter "A new WAVA scale is made each 2 years...." Half the fun in Weight Pentathlons is competing against past records, one's own and others. This is impossible if the scoring system changes every 2 years.

A scoring system should be good for 20 years or more. This can be done by plotting curves of World Record performances of all ages. Then design the 1200 point curve at a level that even the most super future athlete in each age bracket will not exceed.

2. The WAVA Point Scale gives the same point reward for a one meter improvement regardless of the level of competition. This is why WAVA is far out of line with IAAF Olympic Scoring. Example:

Here is how IAAF Olympic scoring rewards a one meter improvement by a 30 meter discus thrower and a 60 meter thrower.

The 30 meter thrower improves to 31 meters, or 3.33 percent and gains 22.5 points. The 60 meter thrower improves to 61 meters, or 1.67 percent, and gains 16 points. The 30 meter thrower improved twice as much percentage-wise as the 60 meter thrower but gains only 40 percent more in points, a compromise.

In other words, the IAAF Olympic scoring system is designed for everyone, not just superstars. It acknowledges the fact that it is a greater achievement for a well-conditioned 30 meter thrower to improve one meter than for a well-conditioned 60 meter thrower.

At the North American Weight Pentathlon at Stouffville, near Toronto in 1980—a superbly run meet, courtesy of the Latvian T&F Club—the WAVA Point Scale was used for scoring.

This gave 5 age division winners 395, 236, 728, 526, 669 additional points over what IAAF Olympic scoring would have given them, an average of 507 points per man.

But for the low scorers including the age 40-45 group the story was different. Seven men in this category averaged 178 points per man less than IAAF scoring would have given them.

The total average spread between what WAVA gave the high scorers and took away from the low scorers was 507 + 178 equals 685 points per man as compared with IAAF Olympic scoring.

When you try to project WAVA scoring down into the sub-masters age groups, you run into even greater disasters.

3. The WAVA Point Scale and IAAF Olympic scoring have one shortcoming in common. They were designed for one set of implement weight standards only. Seven different sets of implement weight standards have been used since Weight Pentathlons were started at SEUS Masters in Raleigh, 1974. Four different implement weight standards are in use at the present time. It is impossible under either of these scoring systems to evaluate and compare the various Weight Pentathlons with differing implement standards.

4. Low scorers under the WAVA Point Scale become discouraged and drop out. We need more entries, not less.

A new scoring system is needed that will score for each masters age division, and according to weight of implement thrown for men over 50 where the variations in implement weights occur. And that can be easily adapted by straight line interpolation to new and different implement weights used in international competition. Age Factor Scoring has been designed for this purpose.

Phil Partridge
Holland, Mich.



ALL FEET ARE NOT CREATED EQUAL.

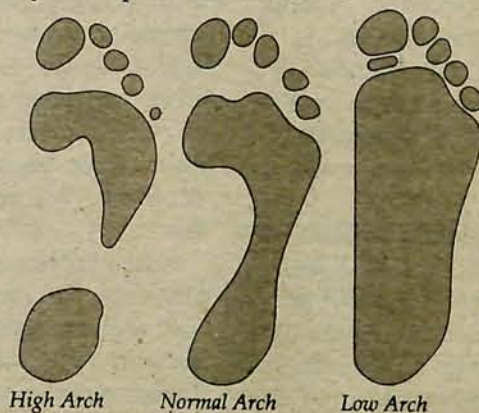
Those little footprints on your birth certificate aren't there for decoration. They were the best way you had of saying — I'm an individual; I'm unique.

And the moment you start treating your feet like they belong to someone else, they're going to let you know about it. Via blisters, shin splints, stress fractures or any number of other ailments.

No one has done more to get on an intimate basis with feet than Nike. We built one of the most sophisticated sports research labs in the world — the only one in the shoe industry — and staffed it with researchers in biomechanics, anatomy and exercise physiology.

Feet, we've found, can be pretty articulate. But you have to know how to listen.

First, pay attention to their prints. There are three basic types, and you can spot yours the next time you step out of the shower.



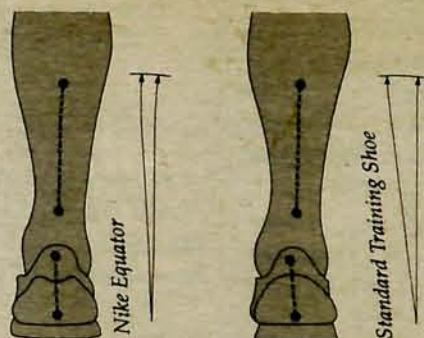
High Arch Normal Arch Low Arch

According to our ongoing anatomy study, nearly four runners

out of ten have something other than a normal arch.

Those with extremely low arches may take solace in the fact they share this trait with Henry Rono and Patti Catalano.

Unfortunately, some low arched feet overindulge. They're so flexible, they love to pronate. A little pronation is a good thing because it absorbs shock. Too much of a good thing, however, can lead to various knee and foot problems.



Two rear views of pronation, taken from high speed film. Although runner and speed are identical, angle between lower left leg and rearfoot is less in Nike Equator than standard training shoe.

To give them a bit of self-discipline, we designed the Equator. Through computer analysis of high speed film, our lab reports show this shoe reduces rearfoot motion up to five degrees, or slightly less than a hard orthotic.

The high arched foot has its own story to tell. And frequently, it's a shocker. If this foot is also rigid, as is often the case, it will do little to absorb impact.

That's why for the likes of Steve Ovett, Joan Benoit and Herb Lindsay, cushioning is everything.

We want shoes that do more than "feel" soft in the store. So we

check out materials with dynamic load displacement tests. And run prototypes across force platforms to judge their shock attenuation.

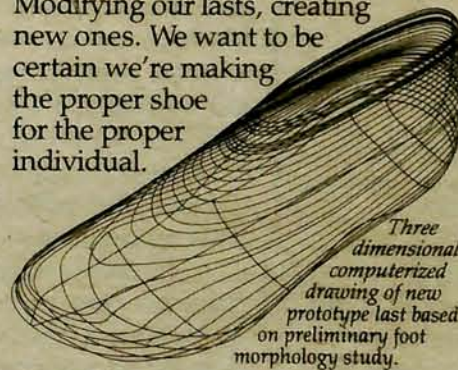
But don't think because you're blessed with a normal arch that you can give your feet just anything to wear.

After your next shower make two sets of footprints, one while sitting, one standing. If the second set is much flatter than the first, your feet are flexible. Look for a shoe with good motion control. If there's little difference, go for cushion.

Best of all, take your feet to an expert. A knowledgeable dealer can put you into the shoe your foot was created for. And if you have persistent health problems, don't mess around. See an orthopedist or podiatrist.

For our part, we're seeing runners. In the lab, at the schools, in meets and races all over the country.

We're compiling information. Modifying our lasts, creating new ones. We want to be certain we're making the proper shoe for the proper individual.



Three dimensional computerized drawing of new prototype last based on preliminary foot morphology study.

Of the thousands of runners we've seen so far, we've never met a foot we didn't like. Or couldn't help.

NIKE
Beaverton, Oregon