

NATIONAL MASTERS NEWS

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

62nd Issue

October, 1983

\$1.50



The Flying Masters — all airborne! (l to r) Ozzie Dawkins, Bob Jordan, Bob Watanabe, Bob Roemer in M55 100m, Western Regionals, Los Gatos, CA., Aug-20-21.

Green Gets Half-Marathon Record In San Diego

The San Diego "America's Finest City" Half-marathon includes a hill at 11½ miles, which the women's open winner, Nancy Ditz, half-kiddingly suggested should be outlawed by TAC. But, Norm Green, 50, Wayne, Penn., undaunted by the hill, broke the half-marathon age 50-54 record on the course by 38 seconds with a 72:09 on August 21. Hal Higdon held the old mark, set in November, 1982.

Fastest 40+ marathoner (2:22:48) in 1982, Jim Bowers, 43, Santa Rosa, Calif., won the 40-49 race in 70:23. Wayne Zook, 64, San Diego, placed first in the 60+ division, 90:50.

Gabrielle Anderson, 35-39, ran 76:07 to defeat Heather Thomson, 76:45. Thomson, 37, of Keri Keri, New Zealand, was the open winner of the Asbury Park, NJ, 10K, recently and ran a sizzling 16:03 in the Run LA 5K, July 16.

The AFC Half-marathon, the largest in American running history — 6549 — was won by Rick Musgrave, 64:08. □

120 COMPETE IN ROCKY MOUNTAIN GAMES

A quality field of 120 age-30-and-over athletes took part in the annual Rocky Mountain Games Labor Day weekend in the Denver suburb of Aurora.

Competitors flew in from Louisiana, Florida, California, North Carolina, New Mexico, Texas, South Africa, Minnesota and Australia.

In the 3-way team scoring, the Rocky Mountain team (Colorado, Wyoming, New Mexico and Montana) "out-depthed" the East and West teams by a narrow margin.

Over 150 people attended the social, following the events on Sunday. Videotapes of the races were shown. Nike shoes and prizes were awarded.

Outstanding performances were commonplace. Among them:

+ Brendon Wilson, 40, the Australian fireman, continued his mastery of the best U.S. masters sprinters, blasting to wins in the M40 100 (10.8), 200 (22.0) and 400 (53.4). His 100 and 200 times were each only 0.1 seconds off the world veterans records.

+ Kansan Jack Greenwood, 57, once again in top shape, blazed to five strong M55 wins in the 100 (11.9), 200 (24.6), 400 (57.7), 110H (15.8) and 400H (63.4).

+ California's Bruce Springbett, 50, captured the 50-54 100 (11.4) and 200 (23.6), both near-U.S. record times.

+ Danny Thiel of New Orleans garnered the 30-34 100 (11.0) and 200 (22.6). Thiel was honeymooning, and stopped by to show off a bit for his new bride, and managed to impress everyone else, as well.

Polly Clarke, world W70 record holder, held her own in the women's 100 with Shelly Ammons, 53, and Linda Sinclair, 39, clocking a good 16.5.

+ Herb Anderson, 81, the only entrant in the M80 category, turned in an incredible, two-day, 15-event performance with quality marks in the 100, 200, 400, LJ, TJ, HJ, 400H, Shot, Discus, Javelin and Pentathlon.

In recognition of Anderson's outstanding track & field achievements over the years, the pentathlon was named the Herb Anderson Pentathlon. The competitor

Continued on Page 7

350 Compete

Wyatt, Bigelow Set World Marks in Western Regionals

by JERRY WOJCIK

LOS GATOS, California, August 20-21. Three hundred and fifty entrants, some of whom had traveled through harsh weather (thunderstorms, fog, heat) found perfect conditions for record performances this weekend at the 9th Annual TAC Western Regional Masters Track & Field Championships.

Competition was held in 5-year age groups for men and women from age 30-and-above on the fast Los Gatos High School all-weather track, site of the 1981 National Masters T&F Championships.

Herm Wyatt, 51, jumping from the surface he seems to perform best on, upped his world age 50-54 high-jump mark to 6'2", rising to the atmosphere created by probably the best field of high jumpers ever assembled at a masters meet. John Dobroth, 42, went 6'4"; Otis Burrell, 39, also did 6'4"; Reynaldo Brown, 32, jumped 6'10; and Dennis DeLoach, 30, went over the 6'8" bar.

Meanwhile, on the track, Vickie Bigelow, 48, broke the 10000-meter

(Continued on page 15)

Over-The-Hill TC Wins in Cleveland

Cleveland's Over The Hill Track Club won both the men's and women's team titles in the second annual Heights Summer Classic on August 6th at Cleveland Heights High School.

The masters men's team scored 844 points, with runner-up Fitness Track Club of Detroit finishing with 64 points. In the women's meet, Over The Hill amassed 246 points to win over second place Hermes TC and third place Ann Arbor.

Over The Hill's 70-79 relay teams set two pending U.S. records. The team of Herman Mlotek 70, Everett Hosack 81, Jack Siringer 70, and Byron Fike 75, ran the 400 meter relay in 1:09.50 and the sprint medley (100, 100, 200, 400) in 2:32.20. Fike also won the 800 (3:34.5), 400 (1:19.2), 200 (33.64), and 100 (15.53). Over The Hill's Walt Henderson, 32, won the 100m in a blazing 10.30 even though he pulled a hamstring 10 meters from the finish. Earlier, Henderson ran a 20.8 relay split (200) in the sprint medley. Ed Sutton, 51, of the West Penn Track Club

Continued on Page 7

CONTENTS

DEPARTMENTS

Letters to Editor	2
Gun Lap	6
Open Mouth	8
Book Review	9
NRDC	9
Speaker's Corner	10
Profile	11
Running with Marco Polo, M.D. 12	
Masters Scene	13
Schedule	16
1982 Half Marathon Rankings	18
1983 15K Rankings	20
Track and Field Results	21
Long Distance Results	31

FEATURES

British T&F Championships	3
Canadian T&F Championships	3
Northwest Regionals	3
Southeast Masters	4
2 Mile Relay Record	4
Wilson Stars in San Diego	4
Grissom Sets U.S. Marks	7
Report from Britain	7
Knocke Wins Handicap	7
Philadelphia Championship	15
San Diego Meet	15

NATIONAL MASTERS NEWS

62nd Issue
October, 1983

Editor: Al Sheahan
Associate Editors: Jerry Wojcik
Beatrice Palmer
Production
American Publishing Co.
John Dokulil
Kathleen M. Phiffer

The National Masters News (ISSN-07442416) is published monthly by GAIN Publications for \$15 per year from 6200 Hazeltine Ave., Van Nuys CA 91401. Phone 213/785-1895. Second class postage paid at Van Nuys CA 91409.

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

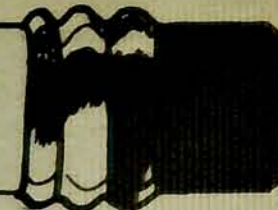
Unsolicited submission to NMN are always welcome. Manuscripts should be typed double spaced, but legibly handwritten material is also acceptable. Please include a stamped, self-addressed envelope if return is desired. Send editorial, advertising, and other correspondence to NMN, P.O. Box 2372, Van Nuys CA 91404.

SUBSCRIPTIONS: A one-year subscription (12 issues) is \$15 (2nd class), \$25 (1st class), or \$30 (overseas). Please send all correspondence on subscriptions to NMN, P.O. Box 5185, Pasadena CA 91107.

POSTMASTER: Send address changes to: National Masters News, P.O. Box 5185, Pasadena CA 91107.



Write On!



Address letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

YOM KIPPUR

I filled out my application and check for the TAC National Masters Championships to be held in Houston, Texas, on September 16 and 17. I started to make a note of it on the calendar. Then I tore up the application form and check.

Two words, "Yom Kippur" were printed by the calendar manufacturer under the number 17. How could you plan a national sports event on Yom Kippur Day, the holiest day of the Jewish calendar? Would you also schedule an event on Christmas Eve

and Christmas Day, on one of the holiest Christian holidays?

May I suggest that all people who are planning a sports event look closely at the date to make sure that it doesn't conflict with anybody's religious holidays.

Ruth Leff
Milwaukee, Wisconsin

SOUTH AFRICAN BAN

A great article in the September issue re the ban on South African participation in the World Veterans Games in Puerto Rico. Good for you. Well done.

Since I am a mature human being, with a great (and growing) distrust of politicians generally, and since the rules have been changed again to hurt athletes for political ends, I have withdrawn from participation in the upcoming Games, to show my support for the South Africans, as well as my non-support for Puerto Rico's leaders.

John MacLachlan
Marble Falls, Texas

and postponed our 5th World Veterans Championships until such time as they could be staged properly.

Harold Chapson
Honolulu

The Masters Olympics should have been postponed and moved elsewhere. WAVA screwed themselves. Their credibility is now zilch. Those jerks who said (in your letters page) that the South Africans should voluntarily stay away are self-righteous, self-centered bastards. That's the same kind of thinking that let 6 million of my people get murdered by the Nazis.

Richard Lee Slotkin
Culver City, California

I read your editorial in the September NMN and would like to congratulate you on your magnificent choice of words and the plain common sense it makes. Well done! It gives one who believes in logic, integrity and common sense some hope for the future.

I would also like to thank those who have expressed similar sentiments in their letters to NMN: Edward and Dorothy Stotsenberg, Ruth Anderson and David Pain. Don Farquharson, Hal Higdon and particularly Bob Fine have also been very positive in their comments in other articles that have been published. Comments by these people and other Americans to whom I have spoken, including Bob Boal and Marilla Salisbury, give me, personally, a warm feeling — a feeling that says: "We hate hypocrisy and we feel for you." I appreciate these kind thoughts. Unfortunately this does not solve the problem.

I write this letter as a South African who has a high regard for your country and one who was looking forward to competing in Puerto Rico — so much so that I took long leave and have come here to train, and to see more of your wonderful land. I do not appreciate the outlook of people like Ernest McCray and Al Guidet. May I point out some facts to these gentlemen:

Within the government policy, track and field in South Africa is as integrated as in any club in the United States and has been for about 6 or 7 years. Mixed sporting events took place for the first time about 12 years ago.

I founded the Western Province

(Continued on page 4)

National Masters Officers Athletics Congress

TRACK & FIELD CHAIRMAN:
Jim Weed, 11672 E. 2nd Ave.
Aurora, CO 80010
(303) 341-2980

LONG DISTANCE CHAIRMAN:
Bob Boal, 121 W. Sycamore Ave.,
Wake Forest, NC 27587

TRACK & FIELD RECORDS:
Pete Mundle, 4017 Via Marina #C-301
Venice, CA 90291, (213) 823-8804

LONG DISTANCE RECORDS:
National Running Data Center,
P.O. Box 42888, Tucson, AZ 85733,
(602) 326-6416

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

INDOOR T&F MEET COORDINATOR:
Ron Salvio, Squan Rd., Clarksburg,
NJ 08510, (609) 259-9268

OUTDOOR T&F MEET COORDINATOR:
Bruce Springbett, P.O. Box 1328,
Los Gatos, CA 95030, (408) 354-7333

WORLD ASSOCIATION OF VETERAN ATHLETES (WAVA)

PRESIDENT
Don Farquharson, 269 Ridgewood Rd.,
West Hill, Ontario, Canada M1C 2x3

NORTH AMERICAN REP:
Bob Fine, 77 Prospect Place,
Brooklyn, NY 11217, (212) 789-6622

TECHNICAL CHAIRMAN:
Ian Hume, R.R.-1, Melbourne,
Quebec, Canada, (819) 826-5418

VICE PRESIDENT
(Road Running and Walking)
Jacques Serruys, "Fit Veteran"
P.O. Box 7, 8000 Brugge 1-Belgium

WOMEN'S DELEGATE:
Irene Obera, 203 Paseo Bernal,
Moraga, CA 94556, (415) 376-8967

Morrell, Gallagher Stand Out in Britain

from ALASTAIR AITKEN

Despite strong headwinds and constant rain, 340 contestants at the 13th Annual British Veterans Track and Field Championships, August 20-21, at Melksham broke eleven national records.

The most notable record breaker was Maurice Morrell, the 50-year-old steeplechaser who twice this year lowered the world mark. Morrell abandoned his specialty because of the weather and won the pentathlon with an age 50-54 world record 2872 points (LJ-4.72; JT-39.26; 200-29.2; DT-26.94; 1500-4:30.3). He won the javelin at 40.90 meters and the 5000 in 16:28 from Derek Wood, who took his third straight M50 10000 title, in 33:20.

Mike Freary set a new British 45-49 10000 mark of 31:11.4. George Leete, a 58-year-old police inspector, long jumped a national 55-59 record 10.40.

The outstanding woman performer was Pat Gallagher, 35-39, who ran away with three events: the 400 (59.7), 800 (2:17.3), and 1500 (4:49.5). Another prominent performance was Lillian Millen's 15:21.2 victory in the

35-39 3000 walk. Millen is a current international walker.

Pat McNab, 40-44, who has done a 12.1 80m hurdles but has a badly swollen achillies that may affect her chances at Puerto Rico, won the shot, 9.49, and high jump, 1.46. Janice Kerr, 35-39, an ex-international, threw the shot 13.7.

Luis Torres, the Puerto Rican P.E. teacher, won three events, all Puerto Rican 55-59 records. □

200 Compete In Canada T&F

by MIKE FREEMAN

TORONTO, August 13-14. Under sunny skies and warm temperatures, the Canadian Masters Track & Field Championships featured close to 200 competitors and at least ten new Canadian age group records.

Taking individual honors was Stan Smith, M65, who nailed down three new Canadian marks in the 800 (2:49), 1500 (5:23) and 5000 (20:21.4). Norm Baum sprinted to an M55 400 mark of 58.62, while George Horton powered to an M45 400 mark of 53.81.

Karl Kinanen, M55, leaped 17'3" to obliterate the long jump record.

Linda Findlay, W35, blazed to an extraordinary 17:30.8 clocking in the 5000. For the first time in the 10-year history of the meet, there were enough entries (10) to make up a separate race in this event. Christine Walker's tireless efforts to bring women into the masters running scene are beginning to show results. □

Runners Dominate Northwest Regionals

GRESHAM, Oregon, July 30-31.

Most of the best marks in the TAC Northwest Regional Masters Track & Field Championships this weekend, were produced by the runners, from the 100m to the 5000.

Paul Dungan, 35-39, had the meet's best marks in the 100m (11.21) and 400 (52.6). Paul Edens, 40-44, won all three of his races: 100m (11.30), 200 (23.33), and 400 (53.1). Bruce Springbett, 50-54, left his No. Calif. turf to conquer in the 100m (11.77), 200 (24.37), and 400 (55.1). Mary Ellen Smith won four of her five 30-34 races.

Vic Bennett, 40-44, won the 800 in 2:05.51 and the 1500 in 4:09.11, just nipping Mike Heffernan, 4:10.13. Heffernan, however, won the 5000 with the best mark of the day — 15:14.45. Ray Hatton, 50-54, had little competition in the 1500 in a fast time of 4:14.15.

In the field events, Connie Wilson had three W45-49 wins: high jump (3'10"), discus (71'5"), and shot (24'9"). Buell Crane hurled the shot 26'4" for an age-83 world record. □



Ursula Schreiber, 45, 2nd in shot, Aug. 20, 25'5", Los Gatos, CA.



Emson Grimm, 100m, Western Regionals, Los Gatos, CA., Aug. 20-21.

Subscribe Now!

The National Masters News is the bible of the Masters (Veterans) movement, the fastest growing segment of the running community. It's a bargain at 12 issues a year for only \$15. Get aboard the publication that's covering the Masters scene more thoroughly than ever. Subscribe now.

- ☐ \$15 for 1 year/12 issues
- ☐ \$28 for 2 years
- ☐ \$25 for 1 year 1st-class air-mail
- ☐ \$30 for 1 year overseas air mail

- ☐ New
- ☐ Renewal
- ☐ Payment enclosed
- ☐ Bill me

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News Subscription Department
P.O. Box 5185 Pasadena, CA 91107

Southeastern Classic Draws 175

Seventy-eight meet records and one American age-group record were recorded by 175 athletes from 12 states at the Southeastern Masters Track Classic, Aug. 13, at Greenville, So. Carolina.

S. Houlton, Atlanta TC, lowered Miki Hervey's W35-39 800m American record of 2:22.0 to 2:21.9. Bob Boal, Stars and Stripes TC, set a new national age-71 3000m steeplechase time with 15:20.3.

A. Craven, 45-49, Greenville TC, out-classed all other 10000m contestants with 35:17.5. S. White, 45-49, had the longest triple jump in the meet, 37'9 3/4". R. Porter, 30-34, threw the 35# weight 46'5 1/2". □

WRITE ON

(Continued from page 2)

Masters (the area around Cape Town) in September 1976 — we had 9 foundation members. We now have about 300 members of whom about 15 are black. Seven of these members were due to travel with the S.A. group of more than 100 persons to Puerto Rico.

On the way to the S.A. Masters Marathon championships in October '82, the W.P. team of 23 individuals travelled together on the same bus and stayed together in the same hotel in Port Elizabeth. Eight of the group were black.

I shared a room with one white and one black runner.

The 2nd sub-master (35-39) finisher was a black runner from the W.P. team. The W.P. team (1 black, 2 white — won this age group competition).

I was a member of the winning 45-49 age group team. I am white, the other two members were black.

All our functions, dinners, races (road and cross country), and track and field events have always been fully integrated.

Honours colours have been awarded to both black and white. Awards take into account only a positive attitude and a high standard over a period of at least two years.

Many South African masters (and other sportsmen) do not necessarily support the policy of the government, but a ban puts everybody into the same category.

As Al Guidet says, "They must solve their problems. We can't." Exactly — please do just that; let the South Africans try to solve their own problems. There are many sportsmen and other non-sports-people who oppose the government. Let these people and the sensible people in the government work out a solution. They are trying.

Why is it that the more integrated sporting, business and social life has become in South Africa, the greater is the opposition to the remaining system? Surely it should have been easier for the South Africans to compete in Puerto Rico than anywhere else before!

The athletes, the vast majority of whom are not involved in politics in any way, are now being discriminated against in spite of the assurance that no competitors would be barred because of race, religion, ethnic background or national origin. Why?

I personally have done all I can to assist master athletes, both black and white, to be happy as members of the W.P. Masters. I receive numerous phone calls and personal visits by athletes, particularly black runners, for



Eddie Lewin, M65, first 60+ runner in 41:23 at the Will Rogers 10K in Southern California.

Photo by Richard Lee Slotkin

advice and assistance — which I give willingly. I certainly do my best and use my energies to change the system where I can.

So I say to Al Guidet — no, we cannot and will not fold our tents, and silently steal away. South Africans are very much like Americans. Our forefathers came from Europe — from Holland, Britain, Scotland, France, Germany and other countries. Please let us work out our salvation and do give us some credit for what good we have done.'

Incidentally, not so long ago, America had a big discrimination problem. I am not sure that it has been completely eradicated. South Africa is in a transition stage America was in years ago.

I have many very good friends all over the world and particularly in the

USA — thank you all for your wonderful hospitality and sincerity. This comradeship is directly due to the Masters or Veterans of the world. Let us all strive to maintain this bond of friendship and stop calling South Africa the

(Continued on page 14)

Wilson Stars In San Diego

The Corona Del Mar Track Club handily won the first annual Tri-Masters T&F meet August 6 in San Diego by amassing 388 points to 177.5 for the Southern California Striders and 64.5 for the San Diego Athletic Association.

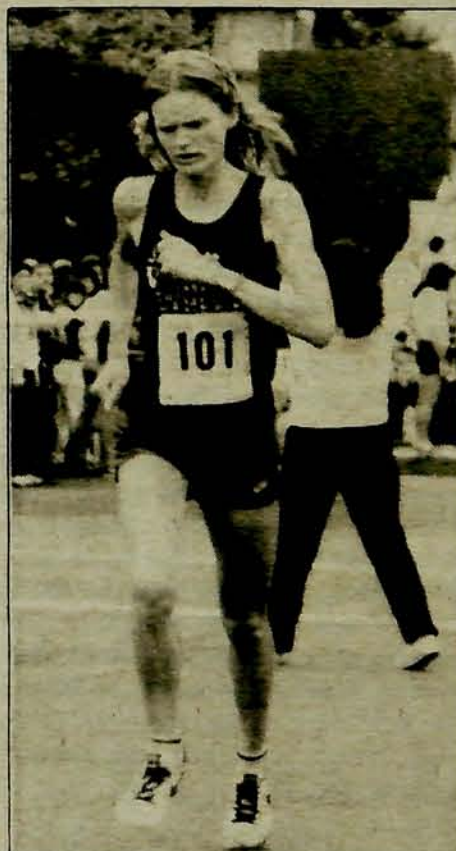
The meet, held at Palomar College, produced several notable performances. Australian sprinter Brendon Wilson, 40, won the 100m in 10.8, the 200 in 22.7 and the 100m Handicap in 11.0 while giving other competitors in this race up to 38m in handicaps.

The appearance of 1968 Olympic gold medal winner Lee Evans in the 800 further enhanced a well-organized meet by director Robin Williams of SDAA. Evans, 36, won comfortably in 1:57. □

Two-Mile Relay Record Set

The Southern California Striders set an American two mile relay record for age 35+ at the Don Palmer Memorial Relays held at Long Beach State, July 30, 1983.

Under sunny skies with a temperature in the high 80s, the team's time was 8:04.9. Mike Collopy, 37, ran 2:00.9 to take a lead on the opening leg, which was never relinquished. Subsequent half-mile legs were run by Ron Jensen, 36, in 2:02.1, John Kennedy, 39, in 2:04.9, and anchor Ken Stuart, 36, in 1:57.0. □



Cindy Dalrymple, New York, setting a national women's age-41 record of 2:44:17 in the San Francisco Marathon.

photo by Richard Lee Slotkin

NOW AVAILABLE Masters Age - Records 1983

Compiled by National TAC Masters T&F Records Chairman Pete Mundle with Lori Maynard and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1983.
- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1983
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 48 pages. Thousands of entries. Lists name, age, state and date of record.

Send \$3 plus \$1 for postage and handling to:

NATIONAL MASTERS NEWS

P.O. Box 2372

Van Nuys, CA 91404

Name _____

Address _____

City _____

State _____

Zip _____

1983 TAC/USA COCA-COLA NATIONAL MASTERS 5K CHAMPIONSHIP RACE

SATURDAY OCTOBER 22, 1983 8:00 a.m.

5K RACE (3.1 miles)

RACE COURSE — CROSSES ARKANSAS RIVER TWICE AND INCLUDES
PARTS OF HISTORIC QUAPAW QUARTER, LITTLE ROCK, ARK.

SPONSORED BY — THE COCA-COLA BOTTLING COMPANY OF ARKANSAS,
SPORTSTOP, COORS DISTRIBUTORS AND NIKE

COURSE DESCRIPTION — FAST WITH FEW HILLS

Trophies awarded to top three overall male and female
finishers and top three finishers in each category.

MALE

40-44

45-49

50-54

55-59

60 and over

FEMALE

40-44

45-49

50-54

55-59

60 and over

Additional awards to oldest male and female finisher.

Coca-Cola Masters Race Tee-Shirts to all entrants.

MAIL ENTRY FEE OF: \$10.00
TO

TAC/USA COCA-COLA NATIONAL CHAMPIONSHIP
POSTAL BOX 3232
LITTLE ROCK, AR 72203

\$10.00 Entry Fee Includes: Registration, Official
Race Tee-Shirt, and information packet.

NAME _____

ADDRESS _____

CITY, STATE, ZIP CODE _____

AGE, BIRTHDAY AS OF 10-22-83 _____

TEE-SHIRT SIZE SMALL MEDIUM LARGE EXTRA LARGE

TAC NUMBER REQUIRED _____

I hereby waive and release any and all rights and claims for damages against the sponsors and officials of the Coca-Cola Masters Race for any and all injuries in connection with this event. I attest and verify that I am at least 40 years of age, physically fit and sufficiently trained for this event. I further agree to immediately withdraw from the race when directed to do so by a race official or medical personnel.

SIGNATURE _____ DATE _____

RACE DIRECTOR — DR. ROBERT MCGOWAN
ASSISTANT RACE DIRECTOR — BOB PLUNKETT



THE GUN LAP

by MIKE TYMN

FACING DEATH

Death is on my mind these days. And, it may be gnawing away inside of me.

It began about two months ago when I went for my annual physical check-up. I had never felt before then that these check-ups were worthwhile for me. After all, when you can run a 10K in around 32 minutes, bench press 220 pounds and do sit-ups all day, what can possibly be wrong? But since my employer paid the doctor's bill, I thought I'd go ahead and give the doctors and nurses a treat.

This exam went like all the others. First I had to tell the nurse that I didn't make a mistake in filling in my year of birth. It is 1937, not 1957 as she seemed to think it should be. And, as usual, the technician operating the electrocardiograph was in awe at my mid-30's heart rate. When they give me the lung capacity test, I really showed my stuff. I left the clinic satisfied that I had given a few medical practitioners something to marvel over.

The following day the doctor phoned to inform me that I was indeed abnormal. My liver enzymes had gone completely off the chart. While the normal count is somewhere around 45 for the two major enzymes in the blood, mine were at 720 and 380. He suggested that I come in for further tests right away.

The doctor said that he suspected hepatitis. I had heard of the disease and knew that it was associated with dirty needles and bad water, but it was news to me that it involved the liver.

In the two or three weeks before the physical exam, I had experienced days of unusual lethargy. I'd go out to run and end up quitting after a few hundred yards. I had taken it to be a sign of over-training. The doctor mentioned, however, that lethargy is a common symptom of liver disease.

The subsequent tests ruled out the common forms of hepatitis (A & B), but the doctor mentioned that there are other types about which little is known. There is no medication, no treatment. You just keep your fingers crossed and hope that those high enzyme numbers reverse themselves. He said to stay away from alcohol, but since I don't imbibe beyond two or three social drinks a year that was no problem. He said that I could continue to exercise if I felt up to it.

To this day the enzyme count has continued to climb, leaving me to wonder if I am destined to be one of that small percentage who never recover and eventually become terminal cases.

I appear to be far from my death bed as I write this and I gather that the odds remain very much in my favor. Still, I don't think there's a life insurance company around that will have anything to do with me.

I like to think that I am prepared for death. As I see it, serious runners rehearse death regularly. To the runner who has conditioned himself or herself to extract every ounce of energy from the body in a supreme effort, the finish line symbolizes death itself. Arriving at the finish in a state of near collapse, the runner forces himself to the very brink of death.

When I envision the finish line, I see a Bannister or a Coe — arms outstretched, head back, face contorted in agony, as if hung on a cross and crying out, "My God, my God, why have you forsaken me?"

I don't consider running a religion, but I do see it as something of a religious experience in the sense that one can see beyond the finish line. I see the entire race as an enactment of the life cycle. The starting gun is birth. The runner bursts from the starting line awkwardly.

The first part of the race is characterized by impulsiveness, perhaps recklessness, and unharnessed energy. Then there is a settling down, a striving for position, a bit of daring, and a more controlled, rhythmic pace.

Beyond the halfway point, the runner begins to sense the strain. The recklessness of youth, the daring of young adulthood now turn to diligence. There is some anxiety, even fear, as the runner anticipates the strain turning into weariness.

As the oxygen is depleted through the last part of the race, the weariness sets in and the awkwardness returns. To overcome these debilitating effects, the runner must rely on wisdom, fortitude and spirit. Diligence gives way to abandon.

"To play like this with pain that is unbearable yet is being borne, to summon up the presence of death itself, is to become a high-wire artist at some lofty place in human existence, one

who balances precariously and triumphantly at the edge of unknown possibilities," George Leonard writes in *The Ultimate Athlete*.

Then the finish line, then death. "The faint line of the finishing tape stood head as a haven of peace after the struggle," writes Roger Bannister of his historic first sub four-minute mile.

Bannister collapsed, almost into unconsciousness, after breasting the tape.

"I felt suddenly and gloriously free of the burden of athletic ambition that I had been carrying for years," he continues. "No words could be invented for such supreme happiness, eclipsing all other feelings. I thought at that moment I could never again reach such a climax of single-mindedness. I felt bewildered and overpowered."

One does not have to be a world-class runner to know of what Bannister writes.

If there is anything to this analogy, then it follows that preparedness is an important factor. The runner who is properly trained and puts his whole heart and soul into the race should ex-

perience the elation that comes after. The runner who does not prepare himself for the race may experience something else.

I go along with what Michel Montaigne, the 16th Century French essayist, wrote: "It is not death, it is dying that alarms me." Oh, those last 80 yards of a hard mile.

I fully expect to recover from my present malady, but if for some reason this turns out to be my final column, I do want to make two requests.

First, to Val Schultz of Nike: Val, I have this fear of being cremated or nailed into a coffin. I'm afraid that because of my slow heart rate a doctor will pronounce me dead when I'm really not and I'll wake up when they slam the oven door shut or drive in the last nail. Therefore, I'd like to be laced up in a giant Nike shoe with large eyelets. Can you help out?

Second, to Wendy Miller, my fellow columnist: Wendy, I've always felt there should be some humor in a publication like this one. I'd appreciate it if you'd make an attempt to fill the void I'm leaving and offer the readers a little humor now and then. □



Frank Kishi, 52, 27.82 for 200m.

Knocke Wins Open 100M Handicap

Masters runners figured prominently among the winners at the Scottish Highland Games Open Handicap Races in San Diego on August 7.

In a thrilling 100m final, 42-year-old Bill Knocke, from a handicap of (11m), held on to win by inches from sprinter Kipperr Bell (1m) and fast-finishing Brendon Wilson (6.5m) from Australia. Only one-half meter separated all 8 finalists and the first three places were all timed in 9.98 secs. Masters middle-distance runner Mel Elliott (16m) also ran in the final.

Later, in the 40 yard Football Players Handicap Race, 40-year-old

Dennis Duffy (4m) took 2nd place, being just beaten at the tape by Bell (scratch). Other masters in the final were Mel Elliott (5m) and R. Wagner (6m). Again, only inches separated all 9 finalists.

Earlier in the day, 50-year-old Graham Parnell, from a handicap of (500m), just held off back-marker and Internationalist Mark Belger in the 1-Mile Run in the fast time of 4:07. Dave Lewis, 61, placed 5th.

The San Diego Athletic Association sponsored the running events, and Rob Hunter of SDAA did the handicapping. □

REPORT FROM BRITAIN

by ALASTAIR AITKEN

Recent results from the U.K. include two world Vets records. Joyce Smith, 45, set a new 45-49 best in the marathon with a 2:34:27, finishing 9th at the World Championships, Helsinki. Maurice Morrell, 50, the Cheshire policeman, reduced his 50-54 steeple-chase best of 10:08.5 to 9:58.2 at Hendon, Aug. 3.

Tim Johnston, 42, was the first Vet in the Tour of Tameside. Dougie Fownes won the Inter Counties Veterans 10K, May 22 in 31:29. Category winners were Alan Hughes (M50) 33:05; Ron Franklin (M55) 35:59; Ray Bott (60+) 43:13; and Libby Pfeiffer (W35), 36:48.

Konstantyn Maksimczyk, who was 69 on June 10 and had competed for Prussia, Scotland, and England as a discus thrower, died in his sleep, after a victory in the discus at the Southern Vet Championships, on July 31 at West London. Maksimczyk holds the 65-69 discus world best and is still the record holder for 40+ in Britain. His sudden demise is a sad loss to world

veteran athletics. He was a surgeon at Bristol and coach with Westbury AC.

Taff Davies, leading U.K. Vets cross-country runner, will be contesting for the "gold" in the 45-49 group in the IGAL 10K/25K Road Races at Perpignan, France, this month. □

120 COMPETE

(Continued from page 1)

scoring the most points, based on the new U.S. masters multi-event scoring tables (developed by meet director and TAC National Masters T&F Chairman Jim Weed) is awarded a photo-engraved plaque. This year, the award went to South Africa's Leo Benning, who tallied 2997 points in the M50 division.

Both Florida's Nate Robinson, representing the East, and the Texas team, representing the West, vowed to win the team title next year. "We're going to bring in more bodies," they both declared. "This is a quality meet, and we want to win that team trophy."



Three of the top women masters athletes in the world, Phil Raschker, Christel Miller and Shirley Kinsey.

Grissom Sets U.S. Marks

Former Olympian Joann Grissom of Indianapolis, threw the javelin 108' in an open T&F meet July 25 in Fort Wayne to set a new American women's age 44 record. The heave was only 3 feet short of her own U.S. age 40-44 mark of 110'9".

Grissom also set age-44 marks in the shot (36'9"), discus (97'), long jump (16'10 3/4"), high jump (4'4") and triple jump (32') in all-comers meets in July.

Turning 45 in August, she then set U.S. 45-49 records in the discus (106'5") and shot (35'5"). □

Over-The-Hill TC Wins in Cleveland

(Continued from page 1)

scored a triple win by snaring the 100 (12.09), 200 (24.90), and 400 (56.02).

In the women's division, 56-year-old Bernice Holland won her specialties, the shot put (27'2"), discus (39'11"), and javelin (78'2"). Nancy Noonan of Hermes won the 35-39 mile in 5:06.6, while Hermes' 3200 meter relay team of Susan Bamberger, Susan Plachy, Mary Wieter, and Marion Beekman won with a time of 11:38.11. □

TAC NATIONAL MASTERS

15-KILOMETER CROSS-COUNTRY CHAMPIONSHIPS

Sunday, October 30, 1983
Penn State University
University Park, Pennsylvania

Age 40-and-over

Two-loops (10K & 5K) on rolling golf course hills
(Site of 1982 10K X-C Championship)

for info, write: Harry Groves

ISC PSU Track

University Park PA 16802

814/863-3147



Herm Wyatt, 51, world-age 50-54 high jump record holder at 6'2".

Robert & Carol Sports Photography



On Approaching Every Problem With an OPEN MOUTH

by W. MacDonald Miller

GOING FOR GOLD

Just about anything worth doing these days is involved in a countdown. We are counting down for Houston, counting down (or out) for Puerto Rico and anyone not capable of lifting a shot put is counting down for a fall marathon.

Here in Chicago recently, an alderman was invited by officials of a neighborhood race to be the official starter. He gave countdowns a new twist by not being able to come up with the next number down from four. How often does a politician get to count backwards anyway. Local racers took it both in stride and in good spirit: "Disgusting," said one, "my husband was so mad he ran his motorized Lazy Boy into the Chronomix clock as a

form of protest." Another called it, "the worst race countdown she had ever heard and that includes the Marine Marathon." (You may recall, three people claimed they were shot and another bayoneted in the unfortunate false start mixup of 1979.) Eunice Tillahash, noted Masters runner said, "It blatantly demonstrates the gross insensitivity and arrogance of race organizers and sponsors to runners and even worse, they were completely out of pineapple yogurt by the time I finished the race."

Irregardless, I would like to go on record as being one of the first Masters hopefuls to be involved in a countdown for the 1984 Olympics in Los Angeles. The keynote for any countdown, of

course, is detailed preparation. An athlete plans their work and then works their plan. (SIC, I think). I have a checklist you wouldn't believe. Nothing is too small or unimportant for consideration. Take music, for instance. I have assembled a tape collection for my training that sends goose bumps up my hamstrings thinking about it. "Chariots of Fire," "Rocky," the soundtrack from "The Sting" and every song ever done by John Denver. I figure if this doesn't make me throw up, a few silly intervals won't bother me a bit. I suppose the thing next in importance to tunes is selecting the right coach. It's a delicate matter and not as simple as you might imagine. Coaching philosophy, like colors in the rainbow, are as different as snowflakes. I considered several different coaching styles before I made my choice. No list of considerations would be complete without starting with the U.S. Olympic coaches for the '84 games, Larry Ellis and Brooks Johnson. Because I'm a record freak, however, I immediately ran into trouble: Princeton hasn't scored a point in open competition since they junked the IC4A. Stanford may have their pick of any high school athlete in the land; they still scored 8 points in the 1983 PAC-10 outdoor meet. I mean these guys don't have time for a longshot like me, they'd better be concentrating on a certain meet coming up in July of '84. It makes one confident when so many of our nation's leaders earned their spurs at fine schools like these where the battle cry, "When the going gets tough, the rich and the smart cut out" is still in force.

I thought seriously about Coach Gil Thorpe at Milford High. Of course he is still having trouble with that damn Milford Booster Club and I just don't know if he'd have the time. Now that I think about it, there are a couple other things that always half-way bothered me about Coach Thorpe. How many guys do you know who still wear a flat top crew cut with the hair long on the

sides? That's even out in Detroit these days. Gil flies his airplane around, visiting friends, he's never been married and you know how that whole thing would eventually come out if I was fortunate enough to win a gold medal. Tell you something else while I'm at it, this was one sorry exhibition by our athletes at the Pan American Games.

Sounds like whenever they weren't working on a better deal with one of the other shoe companies, they were freaking out. I mean a couple of beers is one thing, doing stuff is quite another. You're out!

The fact that you're feeling good and don't give a damn is irrelevant. You're out! Sure I've smoked a little dope. I'd be the first to admit that I pick up a little coke when they special it on the weekends. It's all a part of growing up, man, but just the same, hear me and hear me well: Visine, hemorrhoid creams and Sudafed will get you a seat on the red eye heading back to wherever you came from. If you use real drugs — you're out and I agree with Evie and Bill, "Good riddens!"

Meanwhile, back to selecting a coach. Frankly, what I have in mind is much like the guy in "Chariots of Fire." I'll hire the best talent available. I wonder what the price is these days on back patting and name dropping? Probably very high. And that pretty much takes care of Higdon, Tynn and Ratelle. How about Laszlo Tabori? People tell me he could make me a killer. Naw, the country already has too many of those.

Now that I'm getting into this I can see it's no easy process, selecting a coach who can best exploit your talent. I'm going to have to dig deeper. In the meantime I think I'll just use my wife's program. She watches Dr. Johnson on Good Morning America, she listens to Dr. Gabe Mirkin on the radio and reads Jim Fixit every night. What the hell, she dropped her marathon time two hours. Until I get more facts I could do a lot worse. □

TWELFTH ANNUAL EASTERN MASTERS ATHLETIC CONGRESS

10 KILOMETER CROSS COUNTRY CHAMPIONSHIP, VAN CORTLANDT PARK, BRONX, NY

OPEN TO ALL MEN AND WOMEN OVER 30 YEARS OF AGE REGISTERED IN THE ATHLETIC CONGRESS.

SANCTIONED BY THE ATHLETIC CONGRESS. SPONSORED BY THE NEW YORK MASTERS SPORTS CLUB.

ENTRY FEE: \$5.00

DATE: SUNDAY, NOVEMBER 6th, 1983 - 12:00 NOON

PRIZES: CHAMPIONSHIP MEDALS TO THE FIRST FIVE IN EACH AGE DIVISION FOR MEN AND WOMEN. DIVISIONS BY FIVE YEAR GROUPS FROM 30 THROUGH 80.

CHAMPIONSHIP PATCHES: CHAMPIONSHIP PATCHES AWARDED TO THE WINNERS IN EACH AGE DIVISION.

TEAM AWARDS: CHAMPIONSHIP MEDALS TO THE FIRST THREE TEAMS IN EACH TEN YEAR AGE DIVISION FOR 30-39; 40-49; 50-59; 60+. TEAM TROPHIES TO THE WINNING TEAMS AND CHAMPIONSHIP PATCHES TO THE WINNING TEAMS.

TEAM SCORING: FOR MEN: FIVE MEMBER TEAMS. FOR WOMEN: THREE MEMBER TEAMS. AWARDS GIVEN ON THE BASIS OF LOWEST CUMULATIVE TIMES. AN ATHLETE MAY GO DOWN IN AGE TO COMPETE ON A TEAM. AN ATHLETE CAN ONLY COMPETE FOR ONE TEAM. IF A CLUB HAS MORE THAN FIVE MEMBERS IN A GIVEN DIVISION, FOR MEN OR MORE THAN THREE MEMBERS IN A GIVEN DIVISION FOR WOMEN, THE ADDITIONAL TEAM MEMBERS WILL COUNT FOR A "SECOND" TEAM, ETC. IF AN ATHLETE GOES DOWN IN AGE FOR SCORING PURPOSES THE MEET DIRECTOR MUST BE SO ADVISED IN WRITING BEFORE THE START OF THE RACE.

LOCKER FACILITIES ARE AVAILABLE AT THE VAN CORTLANDT PARK STADIUM, BROADWAY AND 242nd STREET.

CHECK IN STARTS AT 11:00 A.M. AT THE FINISH LINE (247th & BROADWAY)



77 Prospect Place, Brooklyn, New York 11217

NAME _____ ADDRESS _____
CITY _____ ZIP _____ PHONE # _____ AGE _____ MALE _____ FEMALE _____
CLUB _____ TAC # _____
SIGNATURE _____ Make checks payable to N.Y. MASTERS
and mail to 77 Prospect Place, Brooklyn, N.Y. 11217 (TAC EM XC)



Payton Jordan, No. Calif. Seniors Classic T&F Meet, UC Berkeley, July 3, 1983, world age-66 record in 100m, 12.7.

National Running Data Center

Manley, Matson Top Half-Marathoners

Mike Manley, 40, of Eugene, Oregon turned in the fastest certified half-marathon by an American age-40-or-over in 1982 with a time of 1:06:31 August 22 in California.

San Diego's Shirley Matson, 41, was the fastest woman master with a clocking of 1:20:47 July 5, also in California.

Both marks established new American masters records, although Manley's received an asterisk for being run on a point-to-point, rather than on a closed loop, course.

This issue of NMN contains the 1982 half-marathon rankings in 5-year age groups for men and women age-35-and-over, as compiled by the National Running Data Center.

California's Sal Vasquez (1:08:14) and New Jersey's Bob Fischer (1:09:26) followed Manley, with California's Karen Scannell (1:22:47) and New York's Nina Kuscsik (1:24:05) runners-up to Matson.

Age-division records were also set by ranking leaders Jim Gallup, Hawaii (who is on the cover of September's Runner's World) M45 (1:11:18); Hal Higdon, Indiana, M50 (1:12:47); Jack Start, New Jersey, M60 (1:21:20); Vernon Geary, Virginia, M70 (1:39:30); Max Popper, New York, M75 (1:58:54); Laurie Binder, California, W35 (1:14:48); Margaret Miller, California, W55 (1:28:39); and Jaclyn Caselli, California, W60 (1:42:23).

New York's Barry Brown led the men's 35-39 contingent in 1:06:18. Californians Jim O'Neil and Paul Reese topped the M55 and M60 groups

in 1:17:48 and 1:25:53, respectively.

Other category leaders were Sandra Kiddy, W45 (1:26:04); Marion Irvine, W60 (1:26:28); Pearl Mehl, W65 (1:58:48); and Bess James, W70 (2:21:33).

Also in this issue is an update of NRDC-approved 10-mile age-records, including age-groups marks by Norm Green, M50 (52:53); Ed Benham, M75 (1:12:47); and Cindy Dalrymple, W40 (58:28).

Also included are the 1983 15-kilometer rankings based on results received by NRDC to August 12, 1983. New 5-year marks okayed: Barry Brown, M35 (46:00); Margaret Miller, W55 (1:04:48); and Josephine Hess, W65 (1:22:06).

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

Runners who feel their marks should have been included, but were not, should first check with the director of the race in question, not NMN, to make sure the complete race results and supporting documentation were sent to NRDC. If still in doubt, runners can direct questions to NRDC, PO Box 42888, Tucson, AZ 85733, or call 602/326-6416. □

Book Review

HOW TO FEEL GREAT 24 HOURS A DAY, By George Sheehan, M.D., Simon & Schuster, 1983, \$13.95.

by B. PALMER

Dr. Sheehan has a devoted following among runners who are inspired by his ultra-positive thinking and philosophy. His previous books, "Running and Being" and "This Running Life" successfully combined the metaphysical and physical aspects of running and earned him the title of Guru of running. In HOW TO FEEL GREAT 24 HOURS A DAY, the 63 year old cardiologist, who began running at 44, ad-

resses the masses. Basically this is a how-to-do-it fitness book. The author identifies common problems in achieving fitness and offers ways to overcome them. His approach is holistic with the belief that health is a state of complete physical, mental and social well-being. Practical advice is presented on exercising, eating, smoking, sleeping and most important, playing. His credo is 'I am man fully functioning. I am the best I can be'. Although some readers may find his positive thinking too simplistic and filled with generalizations, others who agree with him will be inspired. □

10 miles

8	1:09:36	Chuckie Eisele
16	50:11p	John Petherick
27	46:13	Greg Meyer
35	47:40	Bill Rodgers
46	53:47	Darryl Beardall
48	56:43	Ben Hyser
50	52:53AR	Norman Green
52	57:55	Len Thornton
61	1:02:11	Hubert Morgan
75	1:12:47AR	Edward Benham
79	1:29:16	Percy Lee Perry
8P	1:09:18	Tabitha Francks
20P	54:13	Suzanne Girard
23P	54:57	Anne Hird
24P	53:46	Eleanor Simonsick
34P	57:35	Margaret Rosasco
36P	59:35	Mary Ellen Williams
41P	58:28AR	Cindy Dalrymple
45P	1:03:29	Joan Reiss
53P	1:03:46	Marion Irvine
67P	1:32:01	Judy Simon
73P	1:50:40	Felicitas Salazar

Age Record Update

25 Jun 74	Atco	NJ	8 May 83,NY-A
18 Sep 55	Wellesley	MA	9 Jan 83,CA-A
23 Dec 47	Sherborn	MA	27 Mar 83,DC-A
22 Oct 36	Santa Rosa	CA	27 Mar 83,DC-A
14 Mar 35	York	PA	9 Jan 83,CA-A
27 Jun 32	Wayne	PA	27 Mar 83,DC-A
26 Oct 30	Fresno	CA	9 Jan 83,CA-A
20 Mar 22	Sayre	PA	27 Mar 83,DC-A
12 Jul 07	Ocean City	MD	27 Mar 83,DC-A
22 Oct 03	Jersey City	NJ	27 Mar 83,DC-A
24 Nov 74	Sewell	NJ	27 Mar 83,DC-A
30 Nov 62	Johnson City	NY	27 Mar 83,DC-A
8 Apr 59	Providence	RI	27 Mar 83,DC-A
30 Apr 58	Baltimore	MD	27 Mar 83,DC-A
6 Apr 48	Fallston	MD	27 Mar 83,DC-A
17 May 46	Gaithersburg	MD	27 Mar 83,DC-A
5 Mar 42	New York	NY	27 Mar 83,DC-A
11 Jul 37	Sacramento	CA	9 Jan 83,CA-A
19 Oct 29	San Rafael	CA	9 Jan 83,CA-A
8 Nov 15	La Mesa	CA	30 Apr 83,CA-A
7 May 09	San Diego	CA	30 Apr 83,CA-A

AR = Age-group record

SportsAmerica

MASTERS DISCUS SPECIAL

We have heard from a reliable source that Masters Athletes are always looking for a way to save a dollar and are willing to go to great lengths to do so. So, we decided that we would see if this was true.

We have received a shipment of laminated wood discus which were not up to our usual level of appearance. The laminating machine must have developed a nervous disorder, and the usual pattern now has some interesting waves and filled places in it. These unique and unusual designs in no way affect the dimensions or balance of the discus and are still great for competition. (After a few throws, you won't know the difference anyway).

So our loss is your gain, and we are offering these collector's items at 35% off our usual low prices.

2 K \$19.60 1.616K \$18.10 1K \$14.70

Where else can you get a bargain like this? We'll even pay the freight to your door.

Call us toll free at 1-800-633-7777. If the words of the oracle are true, you'd better call now or your museum will lack one of the true wonders of Masters competition.



So. Calif. Striders, age 30-39 2-mile relay team of (l to r) John Kennedy, Ron Jensen, Ken Stuart, and Mike Collopy ran an American M35 record 8:04.9, Don Palmer Relays, Long Beach, Calif., July 30.

Photo by Nanette Bourne



SPEAKER'S CORNER

by BOB FINE

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

Printed below is a telegram sent by Don Miller, Secretary General of the U.S. Olympic Committee, to German Rieckehoff, head of the Puerto Rican Olympic Committee.

Following that is my response to Miller. Both are self-explanatory. I believe that all Masters should write to Mr. Miller condemning his action and indicating that the Masters will not support the efforts of the U.S. Olympic Committee.

July 7, 1983

Attn: Mr. German Rieckehoff

Reference is made to your message of July 7, 1983, concerning USA sports participation with South Africa. Please be advised that the USOC vehemently opposes and takes all possible action to preclude sports participation between representatives from the United States and South Africa. Our action is predicated upon the apartheid policies, the known position of the union of African States, possible irreparable harm to the 1984 Olympic games, and subsequent embarrassment to the United States of America. As a self governing commonwealth in association with the United States, Puerto Rico's participation with South Africa can very realistically have a deleterious impact on the 1984 Olympic games in Los Angeles. It is strongly urged that you exercise every influence at your disposal to preclude South Africa's participation in the World Masters games to be hosted by Puerto Rico.

Warmest Regards,
F. Don Miller
Secretary General
United States Olympic
Committee

August 18, 1983

Mr. F. Don Miller
Secretary General
United States Olympics
Denver, Colorado

Dear Mr. Miller:

I am in receipt of the enclosed telegram that you sent to Mr. Rieckehoff relative to the World Masters Games.

As you noted in our telephone conversation, the International Amateur Federation and the International Olympic Committee have absolutely

no jurisdiction over the World Association of Veteran Athletes.

In addition, the Black Africans have never attempted to interject themselves into the operation of the World Veterans Championship.

In the Athletics Congress, the Masters do not have representation on any of the committees involved with the Olympics. We never raised any objection to this. By the same token, it was clearly indicated that the Athletics Congress would have absolutely nothing to do with the World Championship of the Veterans.

Your telegram, in which you gratuitously interjected yourself into an area that is none of your business, has created a great deal of embarrassment for the organizers of the World Championship and for the Commonwealth of Puerto Rico. At the minimum, you could have had the courtesy to contact the leaders of the Masters program in the United States and throughout the world.

The Masters have contributed to the Olympic program. We served as administrators for the various open committees; we help in coaching; we help sponsor athletic events, we serve as officials; and we have increased participation in the local clubs through which the Olympic athletes come. If we

are to be faced with a situation where the Olympic Committee unnecessarily gets involved in our program, I would certainly recommend to the Masters that we no longer participate in any way with the Olympic program.

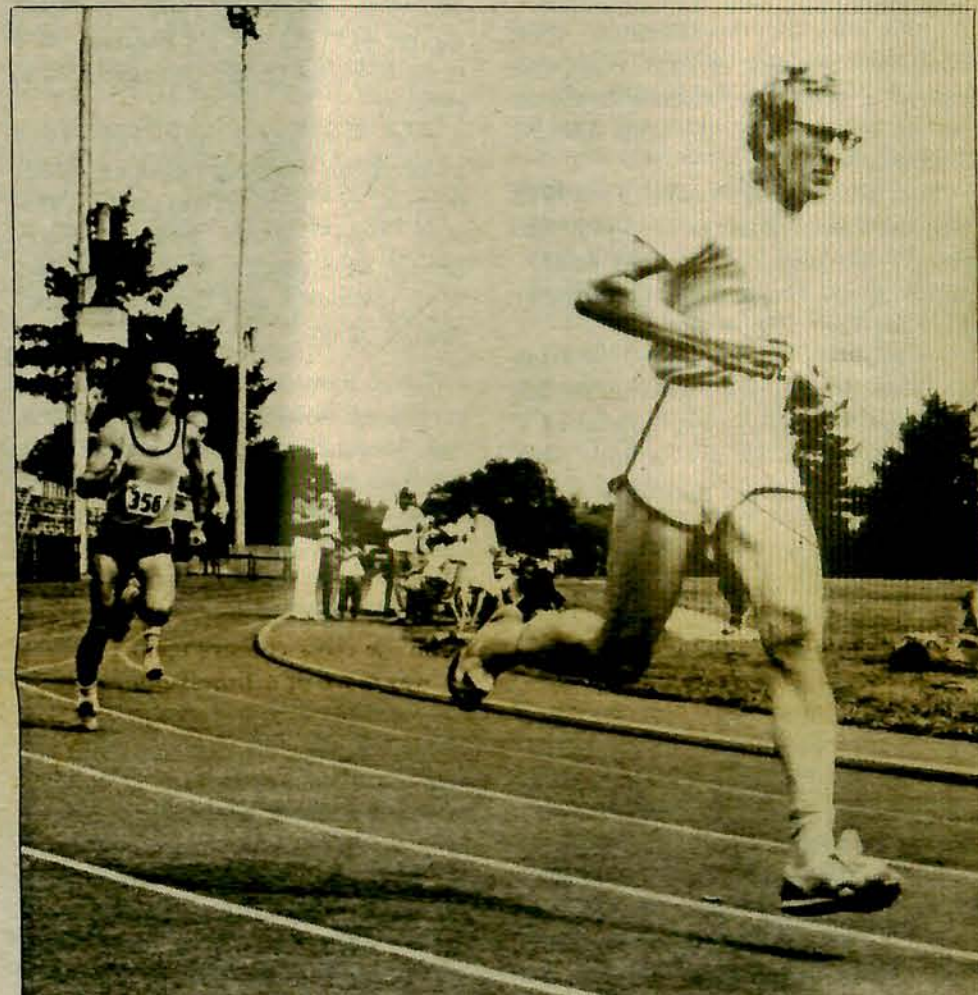
When you spoke last month on the telephone, you agreed that the IOC had no jurisdiction over the Masters. You agreed that the Black Africans did not take any action against our veteran games, and you agreed that if such was taken it would be blatant blackmail. You certainly did not indicate that you took the position as noted in your telegram that Mr. Rieckehoff should use "every influence to preclude South Africa's participation in the World

Masters' Games."

Under these circumstances I would suggest that the proper thing to do would be to write to the Puerto Rican authorities and advise that the International Olympic Committee has no jurisdiction over the Masters, that you have received no complaints from the Black Africans and that the whole composition of your letter was an unfounded supposition. This would go a long way to repair the damage that you have already caused.

Very truly yours,

Robert G. Fine □



Tony Nasralla (356) and Al Sheahen at the first turn in the 50-54 400IH, Western Regionals, Los Gatos, Calif., Aug. 21.



Ross Carter, age-69 shot and discus record holder, July 3, UC Berkeley.
Robert & Carol Sports Photography

MASTERS BOOK STORE

You may now obtain any of the following items directly from NMN. Indicate the number of copies you want of each item, and please add \$1 per item for postage and handling.

QTY.	PRICE	AMOUNT
___ IAAF Men's T&F Scoring Tables	5.00	_____
___ IAAF Women's T&F Scoring Tables ...	5.00	_____
___ Metric Conversion Tables	10.00	_____
___ TAC Lapel Pin	2.50	_____
___ TAC Patch	2.50	_____
Add \$1 per item for postage and handling .		_____
TOTAL		_____

Name _____

Address _____

City _____ State _____ Zip _____

To order: Clip this order form and mail with check or money order to: MASTERS BOOK STORE, PO BOX 2372, VAN NUYS CA 91404.

PROFILE

Johnny Faerber Knows The Meaning of Success

You've heard of Bowerman, Lydiard, Dellinger, Squires, and all those other successful coaches. Well, now meet Faerber.

Johnny Faerber is not exactly what you'd call a "big time" coach, and, unless you consider Cindy Dalrymple as one of his proteges, he has no national or world-class champions that he can lay claim to. Fame and fortune as a coach seem to depend a lot on being in the right place at the right time and getting the right people. When you live in Hawaii—not exactly the hub of top level running activity—as Faerber does, the chances are that you'll go unrecognized.

But fame, fortune, and recognition on the national scene don't seem all that important to Faerber. The 47-year-old native of Romania has never aspired to that kind of thing. And if "making it" in our society means a home in suburbia, two kids, two cars, and two television sets, Faerber might be considered a complete failure. He has resisted a "normal" lifestyle, including marriage, a home, and career goals in favor of one that permits him to run and coach when he feels like it.

When Faerber fills out any form calling for his occupation, he has to stop and think for awhile. His chief employment is as a night dormitory counselor for a private high school in Honolulu. Occasionally, he's called upon to serve as a kitchen supervisor or as a lifeguard. But Faerber prefers to think of himself as a coach. In addition to his part-time job as coach of the women's cross-country and track teams at the University of Hawaii, he commands a group of approximately 80 women who call themselves "Faerber's Flyers".

"I just try and make enough to get by on," Faerber says. "There are times when I feel guilty about letting running play such an important part in my life, but then I look around and see all these so-called prosperous people my age getting divorces, ulcers, heart attacks, pot bellies, and all those other things that go with 'success' and I don't feel so bad. When I used to sell shoes out of my bedroom, I'd have doctors, lawyers, and business executives as customers, and they'd say, 'Faerber, you've really got it made'."

Faerber did give "big business" a try, seven or eight years ago. In the early 70's, as the running boom was just getting underway, he was the sole Tiger and Nike representative in Hawaii, peddling shoes from his small campus cottage. He decided to go into a part-

nership with two friends, and they opened "The Running Room", Hawaii's first shop specializing in running attire. However, as so often happens when friends get together for business, conflicts developed and Faerber cashed out.

Faerber's spartan-like existence had its foundation early in life. He spent much of his childhood in German refugee camps and then lived in post-war Germany for eight years before his family moved to the U.S. in 1952. He graduated from Glendale College in Los Angeles, served as an Army Airborne officer, and then joined the Peace Corps. His Peace Corps duty brought him to Hawaii in 1963, and he has been a Honolulu resident ever since.

No Johnny-come-lately to the running scene, Faerber has been running continuously since his high school days. He wasn't exactly the school standout, commenting that he had to struggle to earn his varsity letter. At Glendale college, he was the seventh man on the cross-country team.

"It was more of a fitness thing with me. I was into weight training, too, and I continued to run after leaving school," Faerber explains.

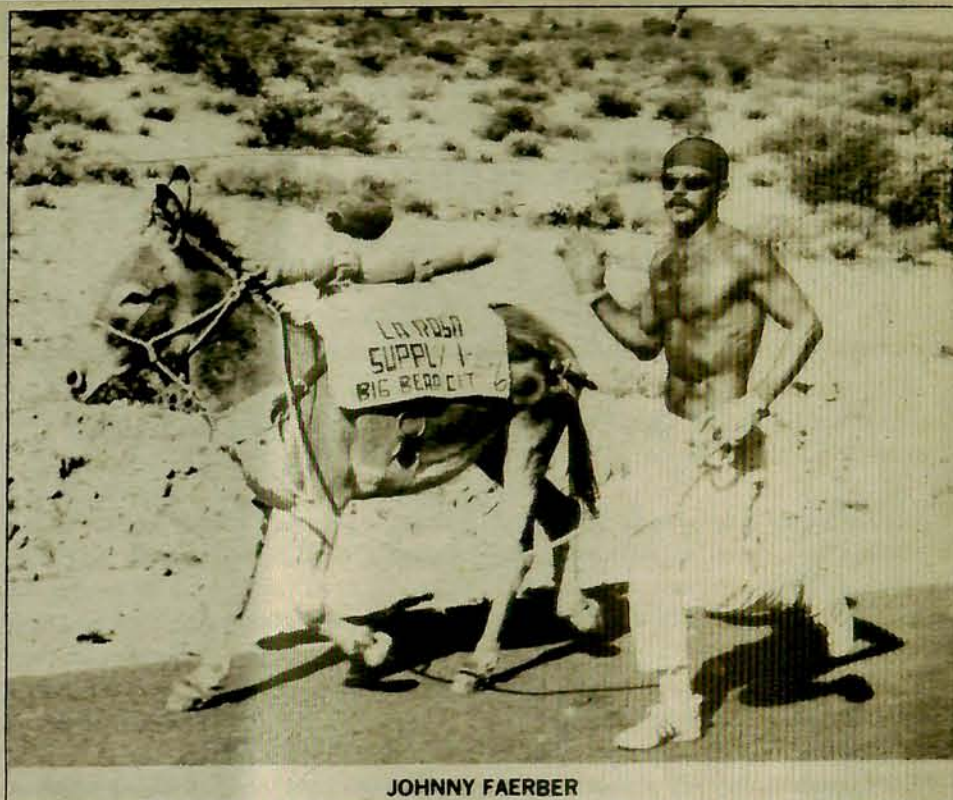
Faerber enjoys long and unusual challenges. He is a three-time winner of the National Burro Derby in Southern California, a 43-mile trek through the desert from Apple Valley to Big Bear Lake. The competitors must take a burro in tow over the entire distance. He first won that race in 1957, then repeated in '60 and '66. He competed four other times, taking a second, a third and failing to finish twice.

Explaining his two dnf's, Faerber says: "I got kicked once and ended up in an emergency ward. The other time I drew a stubborn mule."

In 1978, Faerber won the Run to the Sun, a 37.5 mile race up to the summit of Haleakala crater on Maui.

While running up mountains and across deserts is what Faerber likes best, he competes in plain old road races. A two-time winner of the Hawaiian Marathon (1967 and 1969) and winner of the first Maui Marathon in 1971, he was one of Hawaii's leading competitors in those days. His best pre-masters times were 31:56 for six miles and 2:40 for the marathon.

In his first year as a master, Faerber turned in a 2:39 for third place in the national masters marathon championship of 1976. Then in the 1977 New York City Marathon, which served as the national masters championships, he recorded a 2:38 and was part of the



JOHNNY FAERBER

three man Hawaii team that captured the team championship. Two months later in the Honolulu Marathon, he bettered his 2:38 New York effort with a 2:36:47, which still stands as his personal best.

Due to lower back problems and a "cooling off of the competitive drive," Faerber doesn't race much these days, although in July of this year, he vacationed in Tahiti and placed fourth overall in the Tahiti Marathon with 2:44.

"I find more challenge these days in helping others realize their running potential," he says. "When one of my athletes does well, I feel as much excitement and satisfaction as if I had done it myself."

Prior to taking on the coaching duties at the university, Faerber coached high school track and cross country and developed several state champions. He also helped Dalrymple get started running again after a long layoff.

The Faerber's Flyers running club began about five years ago with a few women who sought advice from Faerber on interval training. After

finishing with his university runners, Faerber would give tips to these women. Gradually the number of women in the group grew, and before long it was an organized club.

Today, the 80 or so women of Faerber's Flyers, ranging in age from 20 to 66, meet every Wednesday evening throughout most of the year to undergo an intense interval session under Faerber's tutelage.

Two years ago, Faerber's Flyers decided to show their appreciation to Faerber and do something for the running community at the same time. They organized and conducted the Johnny Faerber All-Men's 10K race. It was an immediate success and has become an annual event.

No, Faerber is not a "big time" coach, but he is a "small time" coach in a very big way. He doesn't care if he is never recognized outside of Hawaii.

"Hey," he says, "here I am in Hawaii, the greatest place in the world, with all these good lookin' women to coach. I've got it made now. Why do I need recognition?" □

—Mike Tymn

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH OCT 1983

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
L. A. BATT (GB)	10-18-13	70-74
HAROLD ELRICK (NATIONAL CITY, CA)	10-11-18	65-69
WILLIAM FLOERKE (SHAWNEE MISSION, KS)	10-30-43	40-44
JAMES HARTSHORNE (ITHACA, NY)	10-11-23	60-64
JOHN JOHA (HONOLULU, HI)	10-4-18	65-69
PERCY KNOX (EDWARDS, CALIF)	10-28-33	50-54
HANS MEISELBACH (WG)	10-18-28	55-59
JOHN STOWERS (HOUSTON, TEXAS)	10-10-28	55-59
WALTER STREUBEL (WG)	10-12-08	75-79
ANTON TESIJA (AUSTRALIA)	10-29-13	70-74
RAMSEY THOMAS (CANTONSVILLE, MD)	10-29-43	40-44
WILLIAM WALMROTH (SOUTHFIELD, MI)	10-17-23	60-64
MITCH WILLIAMS (LA)	10-19-23	60-64
LINDA BURKE (SAN GABRIEL, CA)	10- -38	45-49
MARIE HENRY (US)	10-6-23	60-64
ANNE JOHNSON (OLIVENHAIN, CA)	10-21-28	55-59
BELVA NORINS (VENTURA, CA)	10- -33	50-54
ANA MARIE PIERCE (US)	10-29-38	45-49
RUTH WATERS (SAN CARLOS, CA)	10-30-33	50-54
BARBARA BROOKES (GB)	10-22-38	45-49
RENATE GUETTLER (WG)	10-28-43	40-44
MAEVE KYLE (EIR)	10-6-28	55-59
M. PETERS (NZ)	10-18-33	50-54



RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

THE NEW WORLD FOR WOMEN

Perhaps the title for this issue is a bit presumptuous. Perhaps this story is better told by a woman. But, as a lifelong observer of women, I have learned a thing or two.

In the New York City Marathon in 1977, I suffered my greatest success and greatest failure in a span of about one hour and ten miles.

Crossing the Queensborough bridge, I overtook Frank Shorter on the bright blue carpeting. He was running with an injury and left the course shortly thereafter. I was substantially buoyed by this singular event, and the next five miles went more easily. Until the twenty mile mark. When a wedge of runners suddenly came abeam and pulled away. To my astonishment this flying phalanx was led by a woman. No question of chauvinism here. My feelings

about women are clearly known in this household. But no woman had ever passed me at the shorter distances, let alone a marathon. I don't recall Grete Waitz' time that day: possibly sub-two-thirty and possibly a new women's record. My own time was 2:35 and I was delighted.

The fatigue that I feel at the finish of a marathon is unlike any other experience I have had with exhaustion. I am drained both physically and mentally. But, even as I shivered and chattered into the microphone of a local TV station, that day in 1977, I observed the battleground: Wounded warriors sitting in clumps in Central Park; faces wreathed in smiles and grins; a universal babble of pleasure at having "gone the route." No sexism here. No divisions by virtue of age, sex, or

religion. Anyone who might have run on the "Marathon Ticket" would have carried New York in the presidential primaries. Today.

On that cold, bleak October day, I had the insight to appreciate that, for me, at least, a new day had arrived. As a physician, I had long recognized the important differences in the physiology of men and women. But working daily in the operating room and the intensive care units of the hospital, the stamina of men and women could not be differentiated. Personal courage and fitness were often critical factors in simple survival.

It comes to this: in performance areas, it is witless and ignorant to invite considerations that revolve on the theme of sexism.

In 1981 I traveled to three continents. I ran with women and men in China, New Zealand, and Sweden. I remember workouts with Min Zse Tron, Allison Roe, Annie Christensen and especially Lorraine Moeller, with

whom I compared U.S. and New Zealand beers at the home of her parents in Putaruru. I have learned much from women runners. And I have enjoyed their company tremendously.

Who are these new women runners? Well, there's Betty Hallee, who has been running for five years. She has run in 140 competitions including six marathons. Since entering a new class two years ago, she has not lost a race.

Six years ago, I was a member of the medical team providing CPR and coronary care for Betty's husband following a diagnosis of myocardial infarction. Sharing this experience, the Hallee and Ratelle families became fast friends. And running became a mutual therapeutic tool. Phil and Betty Hallee attend every possible race as a team. Phil coaches and works the pits. Betty competes. Phil refuses to tell me his age. Betty is 62. Next year we will be competitors in the same age group. Betty, please pass on the left. □

L.A.-VALLEY ATHLETIC CLUB

ANNOUNCES THE FORMATION OF A MASTERS
TRACK & FIELD AND RUNNING CLUB FOR
ATHLETES AGE 30 AND OVER...

OFFICERS & DIRECTORS

BILL ADLER — PRESIDENT/DIRECTOR
SHEILA NEWTON — VICE PRES./DIRECTOR
BARBARA TERHUNE — SEC. TRES./DIRECTOR
PARRY O'BRIEN — DIRECTOR
DEAN SMITH — DIRECTOR

We invite you to come join us & experience the fun & joy of participating in an athletic activity that provides opportunity for camaraderie with others who share a common interest in running & competition.

- Monthly Newsletter
- Relay Participation By Age Group
- Age Group Competition
- Club Uniforms At Near Cost
- Camaraderie
- 1984 Track & Road Racing Schedule

Please Print MEMBERSHIP APPLICATION

Last Name	First Name	Telephone	Age
Street Address	City	State	Zip Code
Date of Birth		INTERESTED IN:	
EVENT		BEST MARK	
YEAR ATTAINED		TRACK & FIELD	
LONG DISTANCE RUNNING		Occupation	

Schedule of Dues: MAKE CHECKS PAYABLE & MAIL TO: L.A.V.A.C.
C/O BILL ADLER
1801 AVENUE OF STARS-SUITE 415
LOS ANGELES, CA 90067

(MEMBERSHIP DUES PAID AFTER AUGUST 31, 1983 WILL APPLY
TO 1983 AND ALL OF 1984)



(L to r) Jeannie Carter, 43, 14.28; Maria Magana, 33, 15.40; Gretchen Snyder, 49, 14.71; in the 100m.

MASTERS SCENE

NATIONAL

• **Joe Henderson**, respected author of numerous books on running (*Run Gently*, *Run Long*, etc.) and current publisher of the informative bi-weekly *Running Commentary*, paid NMN a high compliment in his latest issue. In response to a reader's query as to the most valuable running publications, Henderson praised the *Los Angeles Times*, *USA Today*, the *British Running*, and added: "The *National Masters News* is my special interest favorite."

• How harmful is smog to a runner? A recent UC Irvine study, conducted on rats, suggests a significant increase in short-term lung damage for people who exercise strenuously in smog-filled air. Rats that exercised extensively while breathing polluted air had 14 times as many lung lesions — an abnormal thickening of the lung's air sacs — as rats that merely sat still in the smoggy air. The experiment, conducted by physiologist **William J. Mautz**, said that the lung damage documented by his research is generally applicable to humans. "The benefits of running far outweigh any health risks," Mautz noted. "Rat lung lesions in the study healed completely within eight days. But it would be better to run away from smog or auto exhaust fumes."

• More Smog. A study by **Dr. John Nicholson** of the New York Hospital-Cornell Medical Center found that jogging in an urban area for 30 minutes was roughly equivalent to smoking 20 cigarettes a day. From July 28 to August 12, 1983 (the same dates as the 1984 Olympics), the Los Angeles area was hit with one of the worst smog-heat sieges in recent years.

• Recognizing "the remarkable growth of running as a physical activity," President Reagan has designated October 8, 1983, as American Running and Fitness Day. "Run... For the BEST of Your Life!" is this year's theme for the day, sponsored by the American Running and Fitness Association, and supported by organizations ranging from the YMCA to the American Medical Joggers Assn.

• After a 9 month delay, certification has been made official for the Rosemont, IL, 10K, which **Mike Manley** ran in 29:31, the best masters time ever.

• **Road Race Management** will hold its 1st annual race director's meeting and trade show, Nov. 12-13, Wash., DC. Over 100 RD's, officials, and sponsors will discuss topics from "Getting Your Race on TV" to "Insurance and Legal Issues." SASE to Darman & Associates, 2550 M Street NW, Wash., DC 20037. 202/775-8740.

NEW ENGLAND

• **Bill Toner**, 40, Longmeadow, MA, bettered the Butternut 15K course at Great Barrington, MA, July 24, in 53:00 for masters honors and 18th overall of 347 runners. **Maddy Hamerling**, 38, Merrick, NY, was 1st W30-39 and 1st w/overall in 57:17.

• **Carl Wallin**, set a new national age - 42 shot mark of 55' 3 1/2" and threw the hammer 157'3" at the Dartmouth Invit., Hanover, NH, Aug. 14.

EAST

• **Heather Thomson**, 37, New Zealand, won the women's race in the Asbury Park 10K, NJ, Aug. 13, defeating a tough field (5 women under 35:00) in 33:29 (Laurie Binder has the 35-39 AR, 34:08). **Cindy Dalrymple**, 41, Washington, DC, was 4th woman in 34:43. **Ted Haiman**, 40, Forest Hills, NY, bested the M40-49 field in 31:56, beating George Keim, 40, Waynesboro, NJ, by .02 seconds. **Peter McCordle**, 53, Teaneck, NJ, finished in 33:54 to take the 50+ race. **George Sheehan**, 64, Red Bank, NJ, won the 60+ division in 39:25. The 3100+ finishers included 710 masters.

• The Nike Capital Challenge, Sept. 15 in DC, was limited to teams captained by either a Senator, Representative, Cabinet or Sub-cabinet appointee, or professional journalist.

Among the team front-runners and also rans were (with captains) the Leave It To Bevis team (SEC Commissioner Bevis Longstretch); the Idaho Transpotatoes (Sen. Steve Symms); and Team Boschwitz (Sen. Rudy Boschwitz). The race benefitted the Special Olympics with Nike donating \$2000 in the names of top finishers. Meet director Jeff Darman presided.

• **Bill Hagman**, Lake Hopatcong, NJ, led (26:39) the strong masters field in cool, for August, weather, pulling away from **Dick Haines** (26:58) and **Jeff Martin** (27:02) in the last mile of the Strider 5 Mile, Phillipsburg, NJ, Aug. 13.

• **Hal Brossman** set an age-51 IAAF world decathlon standard of 1881 at the Reading TC Decathlon, Aug. 6-7, Laureldale, PA. **Claude Hills** upped the age - 71 world total (TAC standards) to 2075. **George Braceland**, 69, set a national mark of 2335, and **Fred Keiser** recorded age - 83 world marks in the decathlon (135 pts) and HJ (3'5 3/4").

• **Clifford Pauling**, 48, was 40+ king of the 5th Ave. Mile Qualifier, Central Park, July 23, with 5:03. **Robin Villa**, 40, was his 35+ female counterpart in 5:46.

• **Art Hall**, 36, was chased by 533 runners as he finished The Chase Is On 10K, Bronx, in 31:54 for 5th overall, and **Elaine Kirchen**, 40, ran 38:25 for 1st over all 75 women finishers.

SOUTHEAST

• **Ireland Sloan**, 41, VA, finished the Natural Light Dilworth 5-Mile in 25:45.9 to cop the masters crown, Aug. 13, Charlotte, NC. **Nancy Lowden**, 41, Charlotte, took the W40-44 division in 35:21, but **Barbara Daye**, was the best 40+ female with 33:32 in the 45-49 group.

MIDWEST

• While **Sandy Farlow**, 39, was conquering a hilly 10K in 47:21 at the Byron (MI) Sports Boosters Road Races for her 1st overall road win, her son David, 20, took the equally hilly 5K race in 15:40, June 19.

• **Jim Ramsey**, 75, one of Michigan's best known black road racers, led 200 entrants in a fund-raising 10K through downtown Detroit for the Afro-American Museum of Detroit to be completed in 1985.

• **Bill Stewart**, 40, Ann Arbor, MI, captured the overall 10K trophy at the Briarwood 5K/10K/20K Road Runs, July 16, Ann Arbor, in 32:39. Race organizers considered cancelling the 20K, which was TAC's open 20K national championship, because of intense heat and humidity. However, the 20K got off as scheduled, and **Brian Harris** beat the heat and all 40+ entrants in 1:09:45. **H. Hanblaricum** was the 1st M40+ to hit the finish line in the 5K, 18:19.

• **Steve Sink** romped to a 21:27 masters victory in the Steamboat Classic 4 Mile, Peoria, IL, and unleashed a 16:43 to take the March of dimes 5K, July 31, Peoria, by almost 1 1/2 minutes over his closest 40+ competitor **Gordon Adams**, 50-54, 18:08.

MID AMERICA

• In one of the rare masters meets where onlookers outnumber competitors, 100 spectators applauded 57 athletes as they set 35 meet records and 2 WR's at the Chillicothe Masters T&F Meet, MO, Aug. 14. **Arling Pitcher**, 81, Greenwood, IN, ran the 100H in 24.6 and vaulted 5'10" to up his old WR (5'7 3/4"). **Clifton Jackson**, 30-34, zipped to 2 strong sprint wins, 100m in 11.25 and 200 in 23.10. The increasingly popular Chillicothe meet was directed by **Joe Shy, Jr.**

SOUTHWEST

• **Wendell Palmer**, 50, Pampa, TX, PR-ed at the TAAF meet, Carrollton, Aug. 13, in the SP (45' 1/2"), JT (130'), and LJ (15'10 1/2"). His other marks weren't bad either: DT (158'), HJ (5'), 50m (6.65), 100m (13.1). Palmer ended his day with a 7' PV and Peter Snell's autograph. Snell lives in Irving, TX, and has been trying to get



Larry Barden, in finishing kick, at Natural Light Dilworth 5 Mile, Charlotte, NC, Aug. 13, in a PR 28:33.

Photo by Vernon Carre.

back into shape but has been hampered by leg trouble.

• **Bob Fletcher**, Houston, TX, ended his 50-Marathon 50th birthday celebration with the Pike's Peak race. Fletcher, who had a pre-trip PR of 2:46, averaged 3:08 with 2 races left, with a range from 2:54 to 3:52, and traveled 36,000 miles since his start on Sept. 1, 1982.

WEST

• **Sal Vasquez**, 43, Alameda, CA, took the 1st place masters medal at the Pepsi Challenge 10K, San Mateo, CA, July 31, with a 31:56. **Sue Johnston**, 41, Oakland, captured the W40+ race in 39:09. Both won trips to the July 1984 Pepsi Challenge Championships, New York City. To erase any doubt (which never existed), Vasquez and Johnston did it again at Seattle's Seafair/Pepsi 10K, Aug. 5, and with better times: Vasquez, 31:18, and Johnston, 38:28.

• **Fran Conley's** javelin throw of 32.86m at the No. Calif. Srs. meet, July 3, was listed as a W40-44 AR in the September NMN. The mark was an error transposed from the event sheet to the official results as received by NMN. The correct distance was 23.86m.

• The San Diego TC 60+ 1600/mile relay team of **Tony Valdivia**, 62, **Ray Spencer**, 60, **Haydn Parks**, 61, and **Chuck Christian**, 64, rolled to record times of 4:26.56/4:28.1 at the SD All Comers T&F Championships, Aug. 13. **R. Saries**, 40, was 3rd overall in the JT, 169'3", and **Don Maurer**, 53, was 4th in the DT, 136'8".

• **Dave Pain** celebrated his 61st birthday on July 27 (his actual birthday was July 31) by beating his law-partner, **Bob Pippin**, 42, in the run-swim biathlon in San Diego. It was the 12th straight time that Dave celebrated with a multisport event. On this 50th birthday, he hosted a swim-run, which is thought to be the 1st multisport ever and gave impetus to today's triathlon rage. Later that week, Pippin got his revenge over Pain when he beat him in the bike segment of the bi/triathlon.

• How they train. **Gunnar Linde**, 55, Western Regional M55 800 (2:19.2) and 1500 (4:39.1) champion, trains with coach **Merle McGee** in Santa Monica. Linde begins tapering off two weeks before a major competition, contrary to many runners — especially younger ones —

who may allow only a day or two for backing off hard training. A solid base, of course, is a necessity to make this work. Linde's success indicates that, prior to racing, less work, rather than more, might be the key to success for older runners.

• "Nike understands athletes," the company says. To deliver that message, it plans to decorate Los Angeles with eight giant murals and 41 billboards of solitary athletes in action. The only advertising on each will be the single word "Nike" with its customary swirl at the bottom. The billboard may then go up around the country. The same low-profile approach will be taken in a TV campaign, to begin in LA and then go national, featuring Moses Malone, Steve Sax, Joan Benoit and John McEnroe. It's Nike's first-ever use of TV.

• **Harry Koppel**, 70, U.S. M70 sprint record-holder, plans to climb Alaska's 19,000-foot Mt. McKinley in 1984.

• Former American W50 5000-meter record-holder **Carol Cartwright** is back in training after a three-year layoff in which she lost interest in running, left her 20-year teaching job, changed her main man four times and went into a major depression. Freely reflecting on her past difficulties, she says life is now "Better than ever." The long-legged, golden-haired Cartwright plans to go after some W55 records in the not-too-distant future.

• In one of the Western Regionals' most dramatic races, **Mel Elliot** lost the lead to **Pete Richardson** with 100 meters to go in the M45 800. Observers felt the race was over as Richardson moved steadily by. But Elliot found a new gear and came back on the inside to edge Richardson at the tape in a fast 2:02.3. Disdaining credit for the impressive triumph, Elliot said: "The credit belongs to Ellen, not me. I wouldn't have won without her." Pressed for more data on this high compliment but strange revelation, Elliot said his friend Ellen Reden had given him the confidence he needed. "I told him that he was physically in perfect shape," she said, "and that he would win if he believed in himself. I've seen him finish second too many times when he should have won. He's the best, and he just has to realize that." Other masters athletes with a proclivity for finishing second

may want to consult Reden for advice and counsel.

•Temperatures over 100°(114° at one point) and a rugged course knocked out almost half of the 71 starters in the California 50 Mile Endurance Run, Aug. 6, but Warren Finke, 41, Portland, OR, prevailed for a 1st place finish in 6:46:58. Marty Maricle, 50, San Francisco, was 2nd female and 15th overall in 10:17:55.

•Bill Adler, M50 hurdler, has formed the new L.A. Valley Athletic Club. He is organizing two T&F meets for 1984. "Both will feature ex-Olympians as a theme," Adler told NMN, "and will be listed as OLYMPIC LEGENDS MASTERS TRACK AND FIELD MEET." One of the meets will be held in Los Angeles, at either UCLA or USC, in April, 1984; and one meet in Las Vegas at the University of Nevada on either April 21 or May 5, 1984. "I hope to have athletes come out from the East and Midwest and take in both meets in a 7-day span," Adler said.

NORTHWEST

•Gilberto Gonzales, 72, Puerto Rico, traveled 4000 miles to The Dalles, OR, to shatter the world 70-74 pentathlon mark with a 1489 total at the Northwest Masters Pentathlon, July 23. The old mark of 1211 was held by Olav Reppen, Norway. In the process, Gonzales had a 15'9 1/2" LJ (another WR), 28.97 200m, 100'9" JT, 108'10" DT, and a DNF 1500m. Steve Thompson took the 30-34 title with 1672. Joseph Physter and Jim Trujillo finished a close 1-2 in the 35-39 bracket, 2100 & 2075. Meet director Buck Gent, 40-44, scored 2141.

•Vickie Aldrich, was 1st W35+ and 9th of 422 runners in the Moving Comfort (w/only) 12K, Redmond, WA, July 17, in 47:07, just a tick ahead of 40-44 winner Carol Flexor, 47:08.

•Gordon Pirie, British former WR holder now coaching in New Zealand, was interviewed for The Nor'wester during a recent visit to the U.S. His responses on topics indicate that Pirie is still "Running Wild" (the title of his autobiography). Here are a couple, as they appeared in Joe Henderson's Running Commentary, Aug. 11. Pirie, on competition: "I run for two reasons: I want to catch that animal; otherwise I'll starve. Or somebody's after me, and they're going to

kill me . . . Running is bashing everybody to hell." On speedwork: "Intervals aren't speedwork. Interval running is what you do when you're trying to get fit. I'm talking about velocity. You run at 25 miles per hour . . . 60 meters full out."

•Herb Kirk, who still teaches ceramics at Montana State U, established world age-87 times in the 400, 800, 1500, mile, and 5000 at the Montana Masters Championships, Aug. 26-27, Bozeman. Edna Berg, 68, the librarian at Bozeman HS, recorded national single-age records in the 1500, 3000 and 5000, as well as running the 200, 400 and 800. In the 40-49 group, Don Poole scored a JT win with 197'1", one of the best 40+ marks of the season, and Tom Gage, doubled in the DT (137'8") and SP (48'2").

•Dick De Kay won the 60+ division and set a course record in the Scandia 10K, Junction City, OR, Aug. 13.

INTERNATIONAL

•Want race bargains? Look to the U.K. British races as listed in the Running Review have entry fees as low as 50p (75c) and 1 pound (\$1.50). The Tour of Tameside in late July consisted of 6 races in 7 days plus free beer at the finale, and cost a "whopping," \$15. The British Veterans T&F Championships this year had an entry fee of 1 pound per event and 2 pounds for the pentathlon. They probably don't have T-shirts.

•The annual World Veterans Distance Running Championships (IGAL) are set for Perpignan, France this month. The 1984 races were awarded to the United States, but are in some jeopardy, as a city has not yet been firm-ed. Blackpool, England is slated for 1985; Vancouver, B.C. in 1986; Israel in 1987; and South Korea (site of the '88 Olympics) in 1988.

•Bad news for the San Diego 100-Mile Relay Squad? The group set a new world record for the masters 100 x 1-mile relay June 19 of 8:41:04 (5:12.6 per mile) to break the British mark of 8:45:21. A report from New Zealand, however, says the Auckland Veterans are awaiting ratification of a time of 8:37:37 run on April 17, 1983.



San Diego TC 60+ Mile Relay Team, (l to r) Tony Valdivia, 62, Ray Spencer, 60, Haydn Parks, 61, Chuck Christian, 64, after setting world record 4:28.1, San Diego, Aug. 13.

Write On —(Continued from page 4)

pole-cat of the world. It is grossly unfair!

Leo Benning
Cape Town, South Africa

I was incensed by the third paragraph of the letter I received from the V World Masters Games signed by Miguel Rivera Vele and Rafael A. Ser-rati dated August 12, 1983, which stated that, "... serious opposition to the participation of South African athletes was presented by several individuals and institutions, including the United States Congress . . ."

I immediately sent a letter to California Senator Pete Wilson in Washington, D.C., asking about the U.S. Congress' opposition to the participation of the South African athletes. On Friday, August 19, 1983, Mike Getto from Pete Wilson's office phoned and assured me that the U.S. Congress had not passed any bills to do with the opposition to the participation of the South African athletes in the V World Masters Games.

Who could think up such a distortion including the United States Congress in serious opposition to the participation of South African athletes in the World Games?

It is one thing for Puerto Ricans not to abide by their own constitution, but another thing for them to try and hang it on the U.S. Congress and write a letter so stating and send it around the world to every Master athlete who is signed up to participate in these upcoming events. I am angered! What hanky-panky foolishness. What an ugly mess. How long will true athletes tolerate such nonsense, trickery, deception and skull-duggery?

I for one am willing to take my stand NOW against such chicanery. What will it take for the Puerto Ricans to realize this is serious business?

Would a \$10,000,000.00 suit get their attention?

WAVA has no money. TOUGH.

WAVA must be built on justice, honesty, commitment, truth and NO

discrimination. If WAVA cannot live by its constitution, and make it work, then WAVA's days are numbered — so why worry about the money?

When did money ever come before justice and honesty?

Think it over.

Marilla Salisbury
San Diego, Calif.

As a track coach at the college and international level over the past 25 years, I am deeply concerned over the recent edict which excludes the participation of athletes with South African passports.

Is it possible for the area of sport, and more particularly, athletics, to become a leader in bringing people of all races and persuasions together for competition and cooperation? Why must we support the political maneuverings within our body?

The problems found in South Africa are immense and often racially motivated, but not dissimilar to the classic cases of discrimination which abound in every communist nation. We, the U.S., in our great wisdom, choose to tell everyone, everywhere, how to operate its government. No wonder nearly every developing country in the world resents our presence and being.

It is quite apparent that the U.S. boycott of the Olympic Games in Moscow accomplished nothing other than crushing the hopes of hundreds of our athletes who have trained long and hard for a chance to compete in the most prestigious athletic activity in the world. And because of this action, many athletes from other nations suffered accordingly.

I think it is about time that we (in athletics) run our own show and provide as many opportunities for people of all nations to communicate through the simple interaction of the running track (and field). Please accept this letter as a most emphatic opposition to denying "anyone" the right to compete in international athletics.

James Crakes
San Diego, Calif.

NATIONAL CHAMPIONSHIP TWELFTH ANNUAL ATHLETIC CONGRESS MASTERS 10 KILOMETER CROSS-COUNTRY CHAMPIONSHIP

VAN CORTLANDT PARK, BRONX NEW YORK

12:00 NOON SUN. NOV. 13, 1983

OPEN TO ALL MEN THIRTY YEARS OF AGE AND OVER AND ALL WOMEN FORTY YEARS OF AGE AND OVER (NOTE: THE WOMEN'S NATIONAL LONG DISTANCE RUNNING COMMITTEE WOULD NOT SANCTION AGE GROUP CHAMPIONSHIPS FOR SUB-MASTER WOMEN, AGES 30 TO 39, WHEREAS THE MEN'S LONG DISTANCE RUNNING COMMITTEE HAS DONE SO)

ALL COMPETITORS MUST BE REGISTERED IN THE ATHLETIC CONGRESS.



THIS EVENT IS SANCTIONED BY THE ATHLETIC CONGRESS AND IS SPONSORED BY THE NEW YORK MASTERS SPORTS CLUB.

PRIZES: CHAMPIONSHIP MEDALS TO THE FIRST FIVE IN EACH AGE DIVISION FOR MEN AND WOMEN UP THROUGH AGE 80. CHAMPIONSHIP PATCHES TO THE WINNERS IN EACH DIVISION AND THE WINNING TEAMS.

TEAM AWARDS: CHAMPIONSHIP MEDALS TO THE FIRST THREE TEAMS IN EACH TEN YEAR AGE DIVISION UP TO 60+. TEAM TROPHIES TO THE WINNING TEAMS.

TEAM SCORING: FOR MEN: FIVE MEMBER TEAMS. FOR WOMEN: THREE MEMBER TEAMS. AWARDS GIVEN ON THE BASIS OF LOWEST CUMULATIVE TIMES. AN ATHLETE MAY GO DOWN IN AGE TO COMPETE ON A TEAM. AN ATHLETE CAN ONLY COMPETE FOR ONE TEAM. IF A CLUB HAS MORE THAN FIVE MEMBERS ON A GIVEN TEAM FOR MEN OR MORE THAN THREE MEMBERS ON A GIVEN TEAM FOR WOMEN, THE ADDITIONAL TEAM MEMBERS WILL COUNT FOR A "SECOND TEAM" ETC. IF AN ATHLETE GOES DOWN IN AGE FOR SCORING PURPOSES, THE MEET DIRECTOR MUST BE SO ADVISED IN WRITING BEFORE THE START OF THE RACE.

LOCKER FACILITIES ARE AVAILABLE AT THE VAN CORTLANDT PARK STADIUM, ROADWAY AND 242nd STREET.

CHECK IN STARTS AT 11:00 A.M. AT THE FINISH LINE (247th STREET & BROADWAY)

NAME _____ ADDRESS _____
CITY _____ ZIP _____ PHONE # _____ AGE _____
CLUB _____ TAC# _____ MALE _____ FEMALE _____
SIGNATURE _____ Make checks payable to N.Y. MASTERS
no mail to 77 Prospect Place, Brooklyn, N.Y. 11217 (TAC 10K XC)

Wyatt, Bigelow Set World Marks

(Continued from page 1)

track world record for women 45-49 with a 38:19.8. Harry Koppel, 70, set two new American age 70-74 records in the 100m (13.84) and 200 (28.99).

At San Jose City College, where the javelin, hammer, and pentathlon were held, Shirley Dietderich, 56, threw the javelin for a new U.S. women's 55-59 record of 65'5 1/2".

The 800 races got everyone's attention. In the 45-49 contest, Mel Elliott, 45, edged Pete Richardson, 48, by one-tenth of a second, 2:02.3/2:02.4, in perhaps the best race of the meet. George Cohen, 43, overtook Dave Romain, 40, to win the M40 race, 1:56.9/1:57.9. Bill Fitzgerald, 58, running and winning in the M50 race, ran 2:14.7. He did it again in the 1500, 4:36.6. And, everybody watched the remarkable Paul Spangler, 84, win the 800, the 1500, and the 5000.

In one of the weekend's most outstanding and versatile performances, Berkeley's Gretchen Snyder set five American women's age-49 records in the 100m (14.71), 200 (29.98), 400 (65.81), 800 (2:32.8) and 1500 (5:20). The Mark Grubi pupil won four gold medals and a silver in her 45-49 division.

In the hurdles, Dave Jackson, 51, won the 110's (33") in 15.85. Jackson also took the triple jump at 41'6 1/4". Ted Cain, 41, returned to masters competition and won the M40 400IH (33") in 60.14. Marion Sanchez, 51, beat a tough field in the M50 lows (30") in 62.39. The Australian from down-under, Brendon Wilson, 40, came up with three fast wins: 100m (11.30), 200 (22.69), and 400 (50.19).

Ex-Olympian Lee Evans, 36, won the 400 in 48.5 and the 800 in 1:55.8, while still-tough Milan Tiff, 35, triple jumped 48' 8 1/2".

In the throws, Ross Carter threw to an American age-69 shot (8#) record, 46'8". Lloyd Higgins, 42, had the best discus (2k), 165'0". Warren Wilke, 35, was the top javelinist, 194'2". Bob Stone hurled the 16# hammer to extend the age-63 American record to 98'4". Gary Kelmenson, 33, out-distanced all hammer throwers with 123'7" (16#).

Hal Smith, 48, and Gary Dawson, 49, hammer-throwers and TAC officials fought it out for the M45 crown with Smith prevailing, 95' to 86'2".

The Western Regionals were well directed by Bruce Springbett with his cadre of much-experienced Los Gatos officials. □

30 Enter 100m Handicap

175 COMPETE IN SAN DIEGO

by ROB HUNTER

SAN DIEGO, August 27. Great facilities and organization, plus the introduction of the first U.S. Championship Masters Handicap Races, spelled success for the 1st Annual Southern California Masters Track & Field Championships today at Southwestern College.

During the NIKE- and SDAA-sponsored event, about 175 competitors overcame high temperatures to turn in fine performances.

The U.S. Handicap Championship 100-meters drew 30 entrants from all age groups. Back-marker was Brendon Wilson, 40, of Australia (scratch), while front markers included Willard Benson, 79, (49 meters), and Bess James, 74 (43 meters). In a thrilling finish where one meter separated all ten finalists, Herb Miller, 67, (28 meters), just held off fast-closing Ken Dennis (5 meters) with Wilson a close third and Reggie Davis (3.5 meters) in fourth. The winning time was 10.7 seconds.

N. Chappel, 44, travelled from Las Vegas to compete in the 800-meter Handicap Championship, and won the race from a handicap of 100m, just surviving a strong finish by sub-master T. Marshall (75 meters) and Bill Knocke, 43 (35 meters). Back-marker Ken Stuart, 36 (scratch) turned in a fine 1:57.7 to finish fourth. □



From outside lane: Bernie Stevens, Dick Marlin, Bruce Springbett, and Spencer Letcher, at start of 100m.

Robert & Carol Sports Photography

ONE LAPPERS HIGHLIGHT PHILADELPHIA MEET

by PETER TAYLOR

COLLEGEVILLE, PA, August 13. Ursinus College was the site today of the 10th Annual Philadelphia Masters Track and Field Association Outdoor Championships.

The 400-meters was the focal point for some of the day's sharpest performances. Dhamiri Abayomi (known as Donald Council in his undergraduate days at Temple University) bettered Gary Miller's listed M43 mark of 51.7

with a scalding 51.2. Dhamiri helped pull M45-49 winner Larry Colbert to a fine 52.3 clocking.

In M65-69, Florida's Jay Sponseller scampered to a nice 64.7 win, while New Jersey's Manfred d'Elia got the honors in M75-79 with 78.0.

In the M50 400-hurdles, Bill Clark and ex-Olympian Josh Culbreath hooked up in another fierce duel, with "Clarkie" prevailing narrowly — 61.6 to 62.1. □

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width Height
52	Full page	250	10" 13"
39	3/4 page	210	10" 9 3/4"
26	1/2 page	160	5" 13"
13	1/4 page	100	5" 6 1/2"
7	1/8 page	60	5" 3 1/4"
3 1/2	1/16 page	50	2 1/4" 3 1/4"
1		25	2 1/4" 1"

2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions	10%
6 to 12 insertions	15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES

50% discount for race and meet notices. No frequency discounts or agency commissions.

5. TERMS

Net 10 days from billing date.

6. CLASSIFIED RATES

50 cents per word. Count name and address as 5 words. Race notices are 25 cents per word. Prepayment required with copy.

7. MECHANICAL REQUIREMENTS

- See display rates for ad sizes.
- Photo offset printing.
- Negative ok. No mats, cuts or plates.
- No color ads.

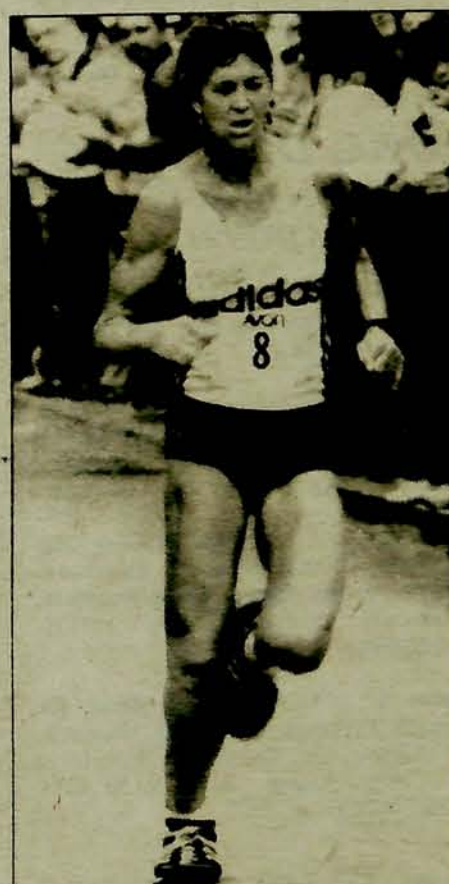
8. CLOSING DATES

The 10th of month before date of issue.

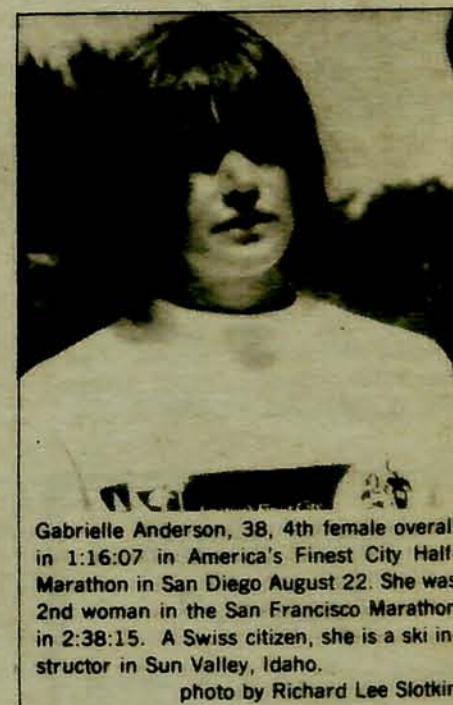
9. CIRCULATION (Dec. 1981)

Paid: 2425. Distribution: 4000
Published monthly. Subscriptions \$12/year.

Mail order to: National Masters News
P.O. Box 2372
Van Nuys, Calif. 91404
(213) 785-1895



Laurie Binder, 36, finishing Avon International Marathon, Los Angeles, June 5, 2:40.
•1983 Photo by Richard Lee Slotkin



Gabrielle Anderson, 38, 4th female overall in 1:16:07 in America's Finest City Half-Marathon in San Diego August 22. She was 2nd woman in the San Francisco Marathon in 2:38:15. A Swiss citizen, she is a ski instructor in Sun Valley, Idaho.

photo by Richard Lee Slotkin

**Among the disabled
are talented actors,
physicians, sculptors
and business people.
The talent is there.
Use it.**

schedule

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



TRACK & FIELD NATIONAL

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

SOUTHEAST

October 2. Masters Weight Pentathlon. Delray Beach, Florida. Phil Partridge, 337 SW 14th Ave., Boynton Beach FL. 33435.

November 6. 2nd Annual Running Pentathlon. On the track at Clearwater HS, FL. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33516. 813/447-7161.

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

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

MIDWEST

October 2. 3rd Annual Chicago Corporate Classic for men, women and masters. CCC, 1423 W. Fullerton Ave., Chicago IL 60614. 312-348-1724.

October 8. Great Lakes Masters Weight Pentathlon Woodstock, Illinois. Chuck Klehm, 2 East Algonquin Road, Arlington Heights IL 60005. 312/437-2880.

October 22. Midwest Masters Weight Pentathlon and Highland Games, Woodstock, Illinois. Chuck Klehm, above.

WEST

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

December 3-4. Winter Decathlon, Long Beach, CA. John Tansley, CSU-Long Beach, Long Beach, CA 90840

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

HAWAII

December 4. 7th Hawaii International Masters T&F Meet, includes pentathlon. Kaiser HS, Honolulu. Stan Thompson, 1549 Ipukula St., Honolulu, HI 96821. 808/373-4181.

December 10-11. 7th Hawaii International Masters T&F Meet No. 2, includes decathlon. Kaiser HS, Honolulu. Stan Thompson, above.

December 24. 8th Hawaii Regional Senior Olympics Christmas Track Meet. Kaiser HS, Honolulu. Stan Thompson, above.

INTERNATIONAL

September 23-October 1. V World Veterans Games, San Juan, Puerto Rico. Men 40+. Women 35+. Late Entries accepted for some events. GPO Box 336, San Juan PR 00936. 809/783-3113.

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

LONG DISTANCE RUNNING NATIONAL

October 1. TAC National Masters 15K Road Championships, El Paso, Texas. John Hinshaw, 6848 Pino Real, El Paso TX 79912. 915/755-1381.

October 2. TAC National Masters 25K Championships, Central Park, New York City. Vince Chiappetta, 3400 Corlear Ave., Bronx, NY 10463. 212/796-5189.

October 2. TAC National Masters 20K Racewalk Championships, Dearborn, Michigan. Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127. 313-322-0913.

October 9. TAC National Masters 40K Racewalk Championships, Ft. Monmouth, New Jersey. E. Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764. 201-222-9213.

October 22. TAC National Masters 5K Road Championships, Little Rock, Arkansas. Dr. Robert McGowan, P.O. 3232, Little Rock, AR 72203. Entry form on page 5.

ON TAP FOR OCTOBER

TRACK AND FIELD

The Club West Masters Meet at Goleta, CA is set for the 1st.

Three weight pentathlons are offered. On the 2nd is the Masters Weight Pentathlon at Delray Beach, Florida. The 8th finds the Great Lakes Masters Weight Pentathlon at Woodstock, Illinois. On the 22nd, Woodstock hosts the Midwest Masters Weight Pentathlon and Highland Games, as the 1983 masters track & field season comes to a close.

LONG DISTANCE RUNNING

The cool weather and beautiful fall foliage make running doubly enjoyable this month. On the 1st is the TAC National Masters 15K Road Championships at El Paso and the Avon Half-Marathon at New York. The 2nd offers the TAC National Masters 25K Road Championships at New York, the TAC National Masters 20K Racewalk Championships at Dearborn, Michigan, and the Saucony Freedom Trail 8-Mile at Boston. The RRCA National 100K/50 Miles Championships at Chicago on the 3rd finish off an action-packed week.

The Maupintour Fall Classic 10K

at Lawrence, Kansas is on the 8th. The TAC National Masters 40K Racewalk Championships at Ft. Monmouth, New Jersey, and the Columbus&Bank One Marathon, Columbus, Ohio, are on the 9th. For women only, on the 10th is the Bonnie Bell 10K National Championships at Boston.

On the 15th are two big Canadian offerings, the Canadian Masters Cross-Country Championships at Vancouver and the USA vs Canada Masters Cross-Country Championships at Ontario. For the international set, on the 15th and 16th is the International XVI World Veterans (IGAL) 10K and 25K Championships at Perpignan, France. The Skylon International Marathon, Buffalo, is on the 16th.

The TAC National Masters 5K Road Championships take place on the 22nd in Little Rock, Arkansas.

On the 23rd is the 16,000-runner, nationally televised New York City Marathon.

Two races highlight the 30th. The TAC National Masters 15K Cross-Country Championships at Penn State U, and the Macy's Marathon and 10K in Kansas. □

October 30. TAC National Masters 15K Cross-Country Championships, Penn State Univ. Harry Groves, Penn State U., University Park PA 16802. 814/863-0237.

November 13. TAC National Masters 10K Cross-Country Championships, Van Cortlandt Park, Bronx, N.Y. Bob Fine, 77 Prospect Place, Brooklyn NY, 11217.

November 25. TAC National Masters 5K Cross-country Championships, Raleigh, N.C. Bob Baxter, 800 Purdue St., Raleigh NC 27609. 919/876-5674.

Thru November 30. TAC National Postal One-Hour Racewalk. (Masters in at least 3 categories, (40-44, 45-49, & 50+) Ray Somers, Box 123, R.D. 5, Flemington, NJ 08822.

December 3. TAC National Masters 8K Championships, Indianapolis (at TAC Convention).

December 18. TAC National Masters 30K Championships, Central Park, New York City. Vince Chiappetta, 3400 Corlear Ave., Bronx NY 10463. 212/796-5189.

December 24. TAC National Masters 10K Road Championships, Phoenix, Arizona. Pete Fairman, 2200 N. Scottsdale Rd., Suite N; Scottsdale AZ 85257.

January 22, 1984. TAC National Masters 20K Road Championships, Sacramento, CA.

(Continued on page 17)

Need Back Issues?

Most back issues of the *National Masters News* are available for \$1.50 each, plus 50¢ postage and handling for each order.

Send to:

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



(L to r) Joe Packard, 79, Sing Lum, 79, and Lamar Jackson, 77, winner, in 100m.

Robert & Carol Sports Photography

(Continued from page 16)

February 5, 1984. TAC National Masters 5K Road Championships, Clearwater, FL. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33519

September 8, 1984. TAC National Masters 10K Road Championships, North Creek, NY.

NEW ENGLAND

October 2. Saucony Freedom Trail 8-Mile, Boston, Mass. Greater Boston TC, 90 Hampshire St., Cambridge, MA 02139. 617-864-9479.

October 10. Bonne Bell 10K National Championship, Boston, Mass. Conventures, Inc., 45 Newbury St., Boston, MA 02116. 617-267-0055.

EAST

October 1. Avon Half-Marathon, New York, NY. W/only. NYRRC, Box 881, FDR Station, NY, 10150. 212/860-4455.

October 16. Skylon International Marathon, Buffalo, NY. Skylon Marathon, Box SIM, Birdwell Station, Buffalo, NY 74222. 716-883-8141.

October 23. New York City Marathon. NY City Marathon, PO Box 1388, GPO, New York, NY 10116. 212-860-4455.

November 6. Marine Corps Marathon, Washington, DC. MC Marathon, PO Box 188, Quantico, VA 22134. 703/640-2225.

November 6. 12th TAC Eastern Masters 10K Cross-country Championship, Van Cortlandt Park, Bronx, N.Y. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

November 27. Philadelphia Independence Marathon. Chris Tatreau, Memorial Hall, Phila., PA 19131.

December 12. Maryland's Marathon, Baltimore, MD. Maryland Marathon Commission, Box 11354, Baltimore, MD 21239. 301/882-5455.

SOUTHEAST

November 24. Atlanta Marathon. Royce Hodge, 3097 E. Shadowlane Ave., Atlanta, GA 30305. 404/231-9064.

December 3. Moving Comfort 5000, Jacksonville, FL. Susan Duss, PO Box 515, Jacksonville, FL 32201.

MIDWEST

October 3. RRCA National 100K/50 miles Championships, Chicago, Noel Nequin, Swedish Covenant Hospital, 5145 N. California Ave., Chicago, IL 60625.

October 9. Columbus/Bank One Marathon, Columbus, Ohio. Dr. William DeJong, 7645 Foxboro Court, Worthington, OH 43220. 614/889-9070.

November 12. Wendy's 10K Classic, Bowling Green, KY. David L. Mason, 2530 Scottsville Rd., Suite 8, Bowling Green, KY 42101. 502/781-2834.

November 20. Midwest Masters TAC 5-Mile Cross-Country, Crystal Lake, IL. Wendell Miller, 180 N. LaSalle, Chicago, IL 60601. 312-236-1315.

December 18. RRCA National 50K Championships, East Peoria, IL. Paul Appel, RR, Alton, IL 61414.

MID-AMERICA

August-November. Oklahoma Grand Prix Races. Harry L. Deupree, Allied Oklahoma Bank, PO Box 75250, Oklahoma City, OK 73147. 405/943-5711.

October 8. Maupintour Fall Classic 10K. Lawrence, KA. Lawrence Track Club, P.O. Box 3743, Lawrence, Kansas 66044.

October 30. Macy's Marathon and 10K, Kansas City, MO. Macy's Midwest, c/o Kathleen Waugh, 1034 Main St., Kansas City, MO 64105. 816/881-5383.

November 5. Omaha Riverfront Marathon and 1983 RRCA National Championship for Men, Women & Masters. Kathy Loper, 3177 Golden Blvd., Omaha NE 68123, 402/291-1895.

WEST

November 6. Central Avenue Stampede 10K, Phoenix, AZ. Harvey Beller, 4602 N. 16th St., Phoenix, AZ 85016. 602/264-9806.

December 4. Beverly Hills/Perrier 10K, Beverly Hills, CA. Beverly Hills Rec. & Parks, 450 N. Crescent Dr., Beverly Hills, CA 91210. 213/550-4864.

December 4. Sub-4/Caprolan 8K, Newport Beach, CA. Glenn Rouse, 11615 Coley River Circle, Fountain Valley, CA 92708. 714/754-0385.

December 10. Las Vegas Classic Half Marathon, 10K, 2M, Las Vegas, NV. Las Vegas Classics, Hacienda Hotel, 3950 Las Vegas Blvd., Las Vegas, NV 89119. 800/634-6611.

December 11. TAC/SPA 8K Championships, San Pedro, CA. Ronald Watson, 1809 John St., Manhattan Beach, CA 90266. 213/546-3659 (before 9 p.m.)

December 31. Fiesta Bowl 10K, Scottsdale, AZ. Bob Wallich, 4015C N. 16th St., Phoenix, AZ 85016. 602/277-4333.

January 15. Mission Bay Marathon, San Diego, CA. SASE to Jeff Broido, 8811 Robinhood Lane, La Jolla, CA 92037.

NORTHWEST

November 26. Seattle Marathon, Seattle, WA. Laurel James, 7210 E. Green Lk. Dr. N. Seattle, WA 98115. 206/522-7711.

HAWAII

December 11. Honolulu Marathon. David Benson, Box 27244, Chinatown Station, Honolulu, HI 96827. 808/734-7200.

CANADA

October 15. Canadian Masters Cross-Country Championships, Vancouver, B.C. Shirley Smith, 965 Poirier St., Coquitlam, B.C. V3J 6C4.

October 15. USA vs. Canada Masters Cross-Country Championships, Ottawa. Danny Daniels, 1145 Ambleside Drive, Ottawa, Ontario K2B 8E2.

INTERNATIONAL

October 15-16. XVI World Veterans (IGAL) 10K and 25K Championships, Perpignan, France. Maurice Nozerand, ASPPT Perpignan 66020, France. 68/61-66-11.



Carl Ellsworth, 51, drives for the finish line in the Hawaii RRCA 10K championship, on August 14. Ellsworth topped the 50+ runners, recording a 36:54 under warm conditions.

Next month in NMN

Stories and results of the:

- TAC National Masters T&F Championships in Houston
- V World Veterans Games in San Juan, Puerto Rico
- Nike Grand Prix 10K Championships in Santa Barbara, California
- TAC National Masters 15K Road Championships in El Paso
- North American T&F Championships in New York City
- TAC National Masters Half-marathon Championships in Dayton
- 1982 Masters 25K Rankings

And more . . .

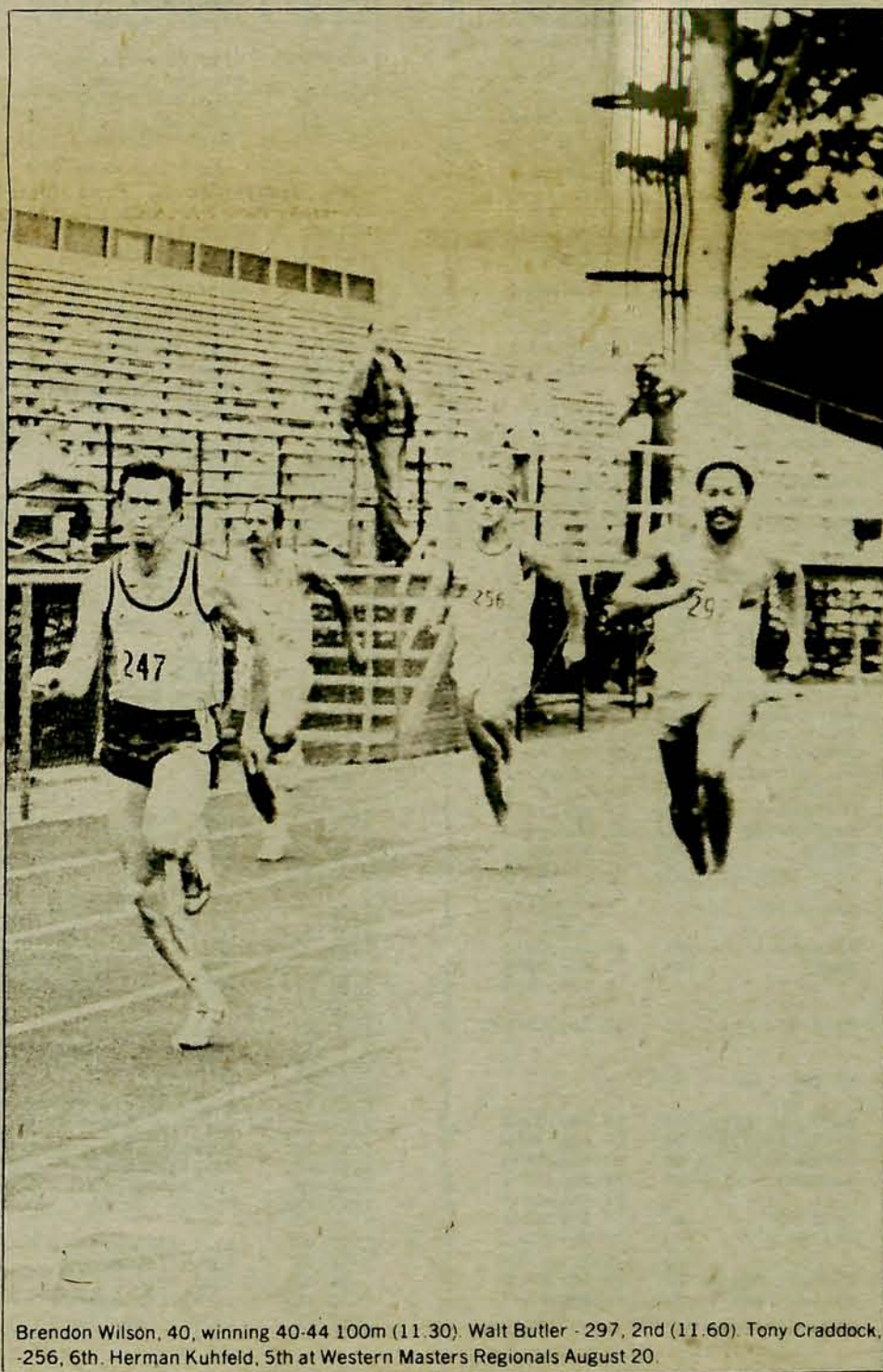
If you aren't already a subscriber to NMN, send in your order now. That way, you'll keep on top of all the exciting masters action for the next year. The regular U.S. rate is \$15.

The November issue will be mailed to readers October 21. First class subscribers should receive their issues by the 26th. Regular subscribers should allow two weeks.

NATIONAL MASTERS NEWS
PO Box 5185
Pasadena CA 91107

DEADLINE

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



Brendon Wilson, 40, winning 40-44 100m (11:30). Walt Butler - 297, 2nd (11:60). Tony Craddock, -256, 6th. Herman Kuhfeld, 5th at Western Masters Regionals August 20.

1982 MASTERS HALF MARATHON RANKINGS

Top 25 in each 5-year age group from age 35 up. Compiled by the National Running Data Center exclusively for the National Masters News. Now available in the book U.S. Distance Rankings, 1982, Vol. II.

half marathon		Men- 35 thru 39	
1:06:18	Barry Brown	38	Glens Falls NY 19 Sep, VT-A
1:07:55	Tony Mifsud	38	Allen Park MI 14 Nov, MI-A
1:08:07	Jerry Jobski	38	S Lake Tahoe CA 7 Nov, CA-B
1:08:09	Laurence Olsen	35	Medway MA 21 Mar, MA-A
1:09:24	Richard Myers	36	Voorhees NJ 19 Sep, PA-A
1:09:41a	Dan Murray	37	Modesto CA 22 Aug, CA-A
1:09:50	Lou Putnam	36	Short Hills NJ 19 Sep, PA-A
1:10:10a	Charley Perez	35	Thornton CO 3 Oct, CO-A
1:10:27	Ricardo Martinez	35	Las Vegas NV 5 Jul, CA-A
1:10:33	Tony Gerrity	39	Devon PA 19 Sep, PA-A
10			
1:10:36a	David Foley	35	Cadillac MI 29 May, MI-A
1:10:58	Thomas Donnelly	35	Ardmore PA 19 Sep, PA-A
1:11:01	Bill Clark	38	Los Altos CA 24 Oct, CA-A
1:11:03a	Tom Heinonen	37	Eugene OR 17 Jul, OR-A
1:11:19	Michael Ryan	35	CA 20 Jun, CA-A
1:11:20	David Storey	39	Orlando FL 11 Dec, FL-A
1:11:29	Stephen Lester	39	Magna UT 11 Dec, NV-A
1:11:51	Brian Bonner	35	Livermore CA 24 Oct, CA-A
1:11:56	John Hawkins	35	3 Oct, NE-A
1:11:57	Lowell Paul	38	Lawrence KS 6 Jun, MO-A
20			
1:12:00	Neil Coville	37	Albany CA 24 Oct, CA-A
1:12:16	F Robert Clay	35	Kelseyville CA 24 Oct, CA-A
1:12:26	Robert Hempton	35	Wilmington DE 19 Sep, PA-A
1:12:28a	Norbert Sander	39	Bronx NY 13 Jun, NY-A
1:12:28	Kirk Simpson	38	St Louis MO 19 Sep, PA-A
1:12:28	Rod Lechtenberger	39	Lincoln NE 9 Oct, NE-A
half marathon		Men- 40 thru 44	
1:06:31a	Mike Manley	40	Eugene OR 22 Aug, CA-A
1:08:14	Sal Vasquez	42	Alameda CA 24 Oct, CA-A
1:09:26	Bob Fischer	42	Newark NJ 19 Sep, PA-A
1:09:41a	Michael Heffernan	41	Portland OR 17 Jul, OR-A
1:10:54	Jim Ewing	43	Jackson MS 11 Dec, FL-A
1:11:55	Doug White	40	Newark DE 19 Sep, PA-A
1:12:10	Kirk Randall	41	Wellesley MA 19 Sep, VT-A
1:12:11	Ken Prior	41	Vandalia OH 19 Sep, PA-A
1:12:30	William Meinhardt	41	Los Gatos CA 24 Oct, CA-A
1:12:38	Tim Rostegge	42	San Jose CA 11 Dec, NV-A
10			
1:13:19	Clyde Davidson	44	Emporia KS 6 Jun, MO-A
1:13:19a	Joseph Beal	40	Longmont CO 3 Oct, CO-A
1:13:22	Morgan Looney	40	Birmingham AL 11 Dec, FL-A
1:13:25	Gabriel Bernal	43	Woodside NY 29 Aug, NY-A
1:13:29	Sol Epstein	41	Newtown Square PA 19 Sep, PA-A
1:13:47	Edwin Geisendaffer	42	Fallston MD 19 Sep, PA-A
1:13:56	Bill Fuller	43	Livonia NY 19 Sep, PA-A
1:14:09	Joe Moore	41	Urbana OH 19 Sep, PA-A
1:14:13	Colin Rogers	40+	Atlanta GA 31 Jan, GA-A
1:14:39	John Maynard	40	Mechanicsburg PA 19 Sep, PA-A
20			
1:14:41a	Dave Wilson	44	East Northport NY 13 Jun, NY-A
1:14:41	Dave Noble	41	2 Oct, VA-A
1:14:53	Eino Rompannen	40+	Malibu CA 6 Feb, CA-A
1:14:54	Lou David	40	Baltimore MD 19 Sep, PA-A
1:15:01	Tom Pollard	40	Baltimore MD 19 Sep, PA-A
half marathon		Men- 45 thru 49	
1:11:18	James Gallup	46	Honolulu HI 16 May, HI-A
1:11:38	Bill Olrich	47	Lexington KY 26 Sep, OH-A
1:12:01a	Brian Harris	47	Royal Oak MI 29 May, MI-A
1:13:38	Mike Tynn	45	Kailua HI 16 May, HI-A
1:13:46a	Bill Foulk	49	Tempe AZ 22 Aug, CA-A
1:14:24	Rusty Lamade	45	Staten Island NY 21 Nov, NY-A
1:14:51	J P Greer	47	Easton PA 19 Sep, PA-A
1:14:54	Robert Clerk	45	Purchase NY 29 Aug, NY-A
1:15:04	Albert Wick	49	New Britain PA 19 Sep, PA-A
1:16:00	Alexander Kasten	47	Bridgewater NJ 19 Sep, PA-A
10			
1:16:07a	Raul Varela	47	S San Gabriel CA 22 Aug, CA-A
1:16:11	Karl Killingstad	45	Ft Monroe VA 2 Oct, VA-A
1:16:23	Rich Hanagan	48	Philadelphia PA 19 Sep, PA-A
1:16:43	Michael Hayngy	45	Camden NJ 19 Sep, PA-A
1:17:00	William Koehn	46	Des Moines IA 11 Dec, NV-A
1:17:05a	Bob Trudgeon	47	Detroit MI 29 May, MI-A
1:17:12	Frank Wick	49	Narberth PA 19 Sep, PA-A
1:17:20	Anthony Spore	45	Wrightwood CA 11 Dec, NV-A
1:17:46	Cahit Yeter	47	Bronx NY 21 Nov, NY-A
1:18:29	Jerome Lewis	47	Mtn View CA 24 Oct, CA-A
20			
1:19:07	Ian MacInnes	46	San Diego CA 5 Jul, CA-A
1:19:11	Rob Smith	45+	11 Dec, FL-A
1:19:13	Charles M Roy	49	Sicklerville NJ 28 Mar, DE-A
1:19:20	Ben Hyser	46	York PA 13 Mar, PA-A
1:19:23	Paul Holmes	46	3 Oct, CA-A
resident foreigner			
1:15:36a	Fred Kiddy	48	Palm Springs PA 22 Aug, CA-A/L
half marathon		Men- 50 thru 54	
1:12:47	Hal Higdon	51	Michigan City IN 14 Nov, MI-A
1:15:54	Bernie Rubinsky	52	Philadelphia PA 19 Sep, PA-A
1:17:42	Jim Sutherland	50	Larchmont NY 29 Aug, NY-A
1:18:09	Gerald Barney	50	Swanton VT 19 Sep, VT-A
1:18:26	Bruce Harrison	52	22 May, WA-A
1:18:29	Norman Eastman	51	Lansing MI 14 Nov, MI-A
1:19:18	Carl Ellsworth	51	Kailua HI 16 May, HI-A
1:19:24	Everett Riggle	50	Chico CA 24 Oct, CA-A
1:19:25	Patrick Nutt	52	Kennett Square PA 19 Sep, PA-A
1:19:41	Jim Blount	53	Winter Park FL 11 Dec, FL-A

10			
1:19:54	John L Sullivan	50	Holliston MA 19 Sep, VT-A
1:20:39	David Long	50+	11 Dec, FL-A
1:20:51a	Fred Holappa	54	Plymouth MI 29 May, MI-A
1:20:53	Cornelius Pierce	51	17 Jul, OR-A
1:20:56	Marshall Haraden	51	Del Mar CA 7 Feb, CA-A
1:21:20	John M Sullivan	54	Sunnyside NY 21 Nov, NY-A
1:21:22	George Stillman	50	Bronx NY 29 Aug, NY-A
1:21:22	Richard Spare	51	Pottstown PA 19 Sep, PA-A
1:21:29	Hank Fragoza	52	28 Mar, CA-A
1:21:39	Homer Rhoads	53	Oceanside CA 5 Jul, CA-A
20			
1:21:50a	Henderson Cleaves	51	Princeton NJ 13 Jun, NY-A
1:22:03	William Johnson	51	Philadelphia PA 19 Sep, PA-A
1:22:14	Joe Burns	53	Bogota NJ 29 Aug, NY-A
1:22:16	Jerry Faulkner	50	El Cerrito CA 3 Oct, CA-A
1:22:19	Sid Balick	50	Wilmington DE 19 Sep, PA-A
1:22:21	Dale Goering	52	Santa Fe NM 11 Dec, NV-A
half marathon		Men- 55 thru 59	
1:17:48	Jim O'Neil	57	San Diego CA 11 Dec, NV-A
1:20:42a	Jim Forshee	56	Ann Arbor MI 29 May, MI-A
1:23:21	Bart Holm	56	Wilmington DE 28 Mar, DE-A
1:23:40	Gerry Morrison	58	Parkville MO 6 Jun, MO-A
1:23:56	Harry Berner	58	Lyndhurst NJ 29 Aug, NY-A
1:24:40	Joe King	55	Alameda CA 6 Mar, CA-A
1:25:16	John Rouse	55	San Leandro CA 24 Oct, CA-A
1:25:19	Bob Muller	57	Brooklyn NY 29 Aug, NY-A
1:25:23	Walter Brown	57	Howard Beach NY 21 Nov, NY-A
1:25:25a	Jim Stoltzfus	55	Greenwich CT 13 Jun, NY-A
10			
1:25:56	George Thompson	57	New York NY 21 Nov, NY-A
1:26:35a	Chuck Davey	57	29 May, MI-A
1:26:56	Ted Burrow	55	NY 29 Aug, NY-A
1:27:12	Berman Grotheer	56	Savannah GA 9 Jan, GA-A
1:27:13	John Clark	55	Philadelphia PA 19 Sep, PA-A
1:28:37	George Ishiki	55+	16 May, HI-A
1:28:42	Tommy Hodges	55	Las Vegas NV 11 Dec, NV-A
1:29:08	Dominick Taddonio	58	Livonia MI 14 Nov, MI-A
1:29:44	Jules Silk	55	Cheltenham PA 19 Sep, PA-A
1:30:05	Gilbert Duran	55	3 Oct, CA-A
20			
1:30:50	Bill Ullenbruch	56	Marlette MI 14 Nov, MI-A
1:31:06	Stanley Edelman	57	New York NY 19 Sep, PA-A
1:31:29	Jack Pennington	59	Pennington NJ 19 Sep, PA-A
1:31:36	John Nyser	57	Pittsburg CA 24 Oct, CA-A
1:31:51	Oliver Spotts	56	Kansas City MO 6 Jun, MO-A
half marathon		Men- 60 thru 64	
1:21:20	Jack Start	61	Trenton NJ 19 Sep, PA-A
1:25:12	Thomas Gibbons	61	Bellerose NY 29 Aug, NY-A
1:25:46	Paul Reese	64	Sacramento CA 6 Mar, CA-A
1:26:10	Hugh Short	60	Chittenden VT 19 Sep, VT-A
1:28:29	Carlton Mendell	60	Portland ME 21 Mar, MA-A
1:29:33a	Robert Rogan	60	Shrub Oak NY 13 Jun, NY-A
1:29:33a	John Fredette	62	Bloomfield NJ 13 Jun, NY-A
1:29:35	Joseph Mulligan	60	York PA 19 Sep, PA-A
1:29:46	Michael Bertolini	61	Bridgeton NJ 28 Mar, DE-A
1:30:11	Joseph Holland	60	Baltimore MD 19 Sep, PA-A
10			
1:31:00	Dick Bartholomew	62	Seattle WA 22 May, WA-A
1:31:09	Rod Mariott	60+	13 Nov, TN-A
1:31:38	William Coyne	60	New York NY 29 Aug, NY-A
1:32:13	Peter Mahta	60	New York NY 29 Aug, NY-A
1:32:16	George E Lewis	62	Swarthmore PA 28 Mar, DE-A
1:32:54a	Casey Poole	60	San Diego CA 20 Mar, CA-A
1:33:05	Dan Biele	63	Ft Lauderdale FL 11 Dec, FL-A
1:33:43	Carl Agriesti	60+	Johnson City TN 31 Jan, GA-A
1:34:12	William Van Buskirk	62	Philadelphia PA 19 Sep, PA-A
1:34:40a	Douglas Hooth	61	Grand Ledge MI 29 May, MI-A
20			
1:34:41	Joe Anholt	62	Cedar Rapids IA 31 May, IA-A
1:35:25	Ed Gianelli	60	22 May, WA-A
1:35:34a	Robert Graham	60	Bronx NY 13 Jun, NY-A
1:35:57	Howard Jaffe	63	Amherst MA 19 Sep, VT-A
1:36:15	Dudley Zappettini	60+	San Francisco CA 6 Mar, CA-A
half marathon		Men- 65 thru 69	
1:25:53	Paul Reese	65	Sacramento CA 3 Oct, CA-A
1:27:01	John Boloubek	65	Lompoc CA 20 Jun, CA-A
1:29:27a	Wilfredo Rios	65	Bellerose NY 13 Jun, NY-A
1:30:18a	Wayne Zook	65	San Diego CA 20 Mar, CA-A
1:33:56	Robert Kroger	66	Riverside CA 7 Nov, CA-A
1:35:27	Reg Rollason	66	Satsuma FL 11 Dec, FL-A
1:39:53a	Don Bradley	66	Encinitas CA 20 Mar, CA-A
1:41:44	Louis Preys	65	Poynette WI 14 Mar, VA-A
1:42:09	Vernon Geary	69	Williamsburg VA 14 Mar, VA-A
1:42:51	Charles Feldman	66	New York NY 29 Aug, NY-A
10			
1:43:56	Clem Green	65	3 Oct, CA-A
1:44:23	Thomas Talarowski	65	Wilmington DE 28 Mar, DE-A
1:45:59	Roberto Renny	65	Staten Island NY 29 Aug, NY-A
1:46:22	Roy George	65	Woodlawn Hills CA 11 Dec, NV-A
1:47:27	George Jaffe	67	Brooklyn NY 29 Aug, NY-A
1:48:03a	Harry Murphy	69	Brooklyn NY 13 Jun, NY-A
1:48:08	Robert Hull	65	Basking Ridge NJ 19 Sep, PA-A
1:48:27	Morris Kadish	65	San Francisco CA 24 Oct, CA-A
1:48:59	Val Atencio	65	San Leandro CA 24 Oct, CA-A
1:49:09a	Carmine Gengo	66	New Rochelle NY 13 Jun, NY-A
20			
1:49:41	Burt Simonsen	65	Las Vegas NV 11 Dec, NV-A
1:51:53	Robert Crawford	67	Wilmington DE 28 Mar, DE-A
1:52:00	John Thun	65	22 May, WA-A
1:52:39a	Richard Bergath	68	San Diego CA 22 Aug, CA-A
1:52:56	Virgil Dameron	69	3 Oct, CA-A

half marathon		Men- 70 thru 74			
1:39:30	Vernon Geary	70	Williamsburg VA	2 Oct,VA-A	
1:40:56a	Carl Stroud	74	Rncho Santa Fe CA	22 Aug,CA-A	
1:42:15	Rudolf Nilsen	70	Ardmore PA	19 Sep,PA-A	
1:49:55	Bud Deacon	71	Honolulu HI	16 May,HI-A	
1:51:52	Luis Martin	71	Upr Montclair NJ	19 Sep,PA-A	
1:54:13	Alberto Sevillano	71	Philadelphia PA	19 Sep,PA-A	
1:57:33	Leon Hayward	70	Philadelphia PA	19 Sep,PA-A	
1:57:50a	Henry Rumble	70	San Diego CA	22 Aug,CA-A	
1:58:09	John Pianfetti	74	Jekyll Island GA	9 Jan,GA-A	
1:59:57	Edward Lancaster	70	Macon GA	9 Jan,GA-A	
10					
2:02:14	Damon Hieronymus	73	Sedalia MO	6 Jun,MO-A	
2:03:06	Howard Calkin	71	Oregon MO	6 Jun,MO-A	
2:06:36	Wade Lebold	71	Phoenix AZ	13 Mar,AZ-A	
2:10:16	Champ Morris	70	Wilmington DE	28 Mar,DE-A	
2:12:05	Kenny King	72		3 Oct,CA-A	
2:14:15	Alphonse Janis	70	Philadelphia PA	19 Sep,PA-A	
2:37:13	Mark Sternberg	71		20 Feb,GA-A	

half marathon		Men- 75 thru 79			
1:58:54	Max Popper	79	Flushing NY	29 Aug,NY-A	
2:15:58	Nat Pisciotta	78	Whittier CA	7 Nov,CA-A	
2:25:40	Laurence Davis	76	Grand Island NE	9 Oct,NE-A	

half marathon		Women- 35 thru 39			
1:14:48	Laurie Binder	35	Oakland CA	11 Dec,NV-A	
1:19:29	Madeline Harmeling	37	Merrick NY	2 Oct,NY-A	
1:21:05a	Bobbi Rothman	36	Miller Place NY	13 Jun,NY-A	
1:21:09	Juana Stavolone	36	San Jose CA	28 Mar,CA-A	
1:22:17	Iris Black	39	Spring Valley OH	26 Sep,OH-A	
1:23:22	Judy Dodge	36	San Diego CA	5 Jul,CA-A	
1:23:47	Rena Hart	35	Philadelphia PA	19 Sep,PA-A	
1:23:49a	Bette Poppers	39	Littleton CO	24 Jan,AZ-A	
1:23:53	Eileen Portz	35	Mertstown PA	19 Sep,PA-A	
1:25:26	Hilary Naylor	36	Oakland CA	24 Oct,CA-A	
10					
1:25:28	Judy Kewley	38	Simi Valley CA	11 Dec,NV-A	
1:25:40	Judy Greer	36	Orlando FL	11 Dec,FL-A	
1:26:02	Judi Richardson	37	El Cajon CA	7 Nov,CA-A	
1:27:04	Margaret Dessau	35	New York NY	2 Oct,NY-A	
1:27:25	Hideko Pirie	37	Fairfax VA	14 Mar,VA-A	
1:27:54	Karen Lanterman	38	Hillsborough CA	24 Oct,CA-A	
1:28:38	Sue Ellen Trapp	36	Lehigh FL	11 Dec,FL-A	
1:28:59	Andrea Hatch	38	Braintree MA	21 Mar,MA-A	
1:29:10	Danielle Mooney	36		2 Oct,NY-A	
1:29:15	Sue Covey	35		3 Oct,NE-A	
20					
1:29:19a	Elaine Kirchen	39	New York NY	13 Jun,NY-A	
1:30:22	Jane Hoopes	35	Hammonton NJ	19 Sep,PA-A	
1:31:13	Betty Williams	37	Collingswood NJ	19 Sep,PA-A	
1:31:14	Sophia Oakes	36	New York NY	2 Oct,NY-A	
1:31:22	Kristine Morrella	38	San Jose CA	24 Oct,CA-A	
resident foreigners					
1:21:19	Angella Hearn	36	New York NY	2 Oct,NY-A/U	
1:24:19	Christine Grenning	36	New York NY	2 Oct,NY-A/U	

half marathon		Women- 40 thru 44			
1:20:47	Shirley Matson	41	Solana Beach CA	5 Jul,CA-A	
1:22:47	Karen Scannell	43	San Francisco CA	28 Mar,CA-A	
1:24:05	Nina Kuscsik	42	Huntington Stn NY	2 Oct,NY-A	
1:24:21	Tina Hayward	41	Vicksburg MI	14 Nov,MI-A	
1:24:51	Sandra Folzer	43	Wyncote PA	19 Sep,PA-A	
1:25:43	Christa Romppanen	42	Malibu CA	6 Feb,CA-A	
1:25:43	Anne Bing	43	Franklin Lakes NJ	2 Oct,NY-A	
1:26:26	Elfrieda Wyner	40	Jacksonville FL	11 Dec,FL-A	
1:26:38	Sue Johnston	41	Oakland CA	24 Oct,CA-A	
1:26:44	Irma Lorenz	40	Willingboro NJ	19 Sep,PA-A	
10					
1:27:00	Erlene Michener	40	Oxford PA	19 Sep,PA-A	
1:28:00	Gloria Jenkins	44	Mount Holly NJ	19 Sep,PA-A	
1:28:41	Joan Ulyot	41	San Francisco CA	6 Mar,CA-A	
1:29:04	Mary Lund	42	Novi MI	14 Nov,MI-A	
1:29:31a	Anna Thornhill	41	New York NY	13 Jun,NY-A	
1:29:35a	Patsy Margolin	41	New York NY	13 Jun,NY-A	
1:30:52	Mary Cullen	43	Houston TX	9 Jan,TX-A	
1:31:02a	Lona Monte	40	New York NY	13 Jun,NY-A	
1:31:02	Harriet Oster	40	Philadelphia PA	2 Oct,NY-A	
1:31:23	Mimi Meyers	40	Brooklyn NY	2 Oct,NY-A	
20					
1:31:37	Sue Stricklin	44	San Francisco CA	3 Oct,CA-A	
1:31:43	Robin O'Brien	42	Ridgewood NJ	2 Oct,NY-A	
1:31:50	Anna McLaughlin	40		2 Oct,NY-A	
1:32:13	Joan Mehl	42	Newark NJ	19 Sep,PA-A	
1:32:40	Hildegard Vetter	41	New York NY	2 Oct,NY-A	
resident foreigner					
1:32:28	Jill Martin	44	Brooklyn NY	2 Oct,NY-A/U	

half marathon		Women- 45 thru 49			
1:26:04	Sandra Kiddy	45	Palm Springs CA	20 Jun,CA-A	
1:26:37	Heidi Skaden-Poyser	45	Sacramento CA	3 Oct,CA-A	
1:29:05	Janet Buckendahl	48	Petaluma CA	3 Oct,CA-A	
1:29:10	Nancy McCormick	47	Omaha NE	3 Oct,NE-A	
1:29:20a	Karen Holappa	45	Plymouth MI	29 May,MI-A	
1:29:54a	Dorothy Stock	49	La Mesa CA	22 Aug,CA-A	
1:30:11	Nancy Parker	45	Atlanta GA	31 Jan,GA-A	
1:30:15	Eve Pell	45		3 Oct,CA-A	
1:30:56	Margarete Deckert	49	Lagrangeville NY	2 Oct,NY-A	
1:31:31	Phyllis Heaton	49	Manchester VT	19 Sep,VT-A	
10					
1:32:07	Wen-Shi Yu	47	Kew Gardens NY	2 Oct,NY-A	
1:33:04	Guhrun Philips	46	New York NY	2 Oct,NY-A	
1:33:51	Joyce Fletcher	47	New York NY	2 Oct,NY-A	
1:35:00	Sylvia Shriner	45	Lancaster PA	19 Sep,PA-A	
1:35:22	Mary Van Camp	45	Ann Arbor MI	14 Nov,MI-A	
1:35:43	Joyce Momita	45		7 Nov,CA-A	
1:37:01	Lisa Praskins	48	Staten Island NY	21 Nov,NY-A	
1:37:06a	Judy Martin	46	Mission Viejo CA	22 Aug,CA-A	
1:37:13	Nancy Hellyer	46		22 May,WA-A	
1:37:38	Alma Kunes	49	Levittown PA	2 Oct,NY-A	

20					
1:37:40	Laurette Rindlaub	48	Riverside CT	2 Oct,NY-A	
1:38:13	Maryanne McCambridge	45	Allentown PA	19 Sep,PA-A	
1:38:20	Suzanne Patton	46	Newark DE	28 Mar,DE-A	
1:39:07	Joanne Jordan	46		20 Feb,GA-A	
1:39:18	Ray Collins	46	NJ	2 Oct,NY-A	

half marathon		Women- 50 thru 54			
1:26:28	Marion Irvine	52	San Rafael CA	28 Mar,CA-A	
1:26:51	Toshiko D'Elia	52	Ridgewood NJ	2 Oct,NY-A	
1:31:31	Anne Johnson	53	Olivenhain CA	7 Feb,CA-A	
1:33:20	Alicia Moore	52	New York NY	2 Oct,NY-A	
1:35:54	Melba Hatch	54	Canton MI	14 Nov,MI-A	
1:36:09	Ruth Anderson	53	Oakland CA	24 Oct,CA-A	
1:36:42	Ann Kahl	53	Apopka FL	11 Dec,FL-A	
1:37:39	Patricia Hurst	50	Fresno CA	6 Feb,CA-A	
1:39:19	Anny Stockman	50	Rensselaer NY	19 Sep,VT-A	
1:39:31	Darrah Ellerson	52	Montpelier VT	19 Sep,VT-A	
10					
1:39:56	Bunny Franco	51	New York NY	2 Oct,NY-A	
1:42:25	Elizabeth Lathrop	53		22 May,WA-A	
1:43:29	Alene Park	54	Huntsville AL	9 Jan,GA-A	
1:43:35a	Eileen Castle	51	Muskegon MI	29 May,MI-A	
1:43:52	Beverly Rzonca	51	Plymouth MI	14 Nov,MI-A	
1:44:41	Liz DeMonte	50+	Fresno CA	6 Feb,CA-A	
1:44:49	Mary Dasen	51	Perry MI	14 Nov,MI-A	
1:44:57	Elizabeth Ross	50+	Los Gatos CA	6 Mar,CA-A	
1:45:28a	Stephanie Harrison	51	Detroit MI	29 May,MI-A	
1:46:35	Ann Priddy	54	Arcadia CA	11 Dec,NV-A	
20					
1:47:19	Bea Dolan	50		2 Oct,NY-A	
1:47:22	Harriet Locke	50	Bristol TN	13 Nov,TN-A	
1:47:31	Ruth Bortz	51		28 Mar,CA-A	
1:47:42a	Helen Palmer	54	Los Angeles CA	22 Aug,CA-A	
1:48:09	Patricia Brown	50		2 Oct,VA-A	

half marathon		Women- 55 thru 59			
1:28:39	Margaret Miller	56	Thousand Oaks CA	20 Jun,CA-A	
1:39:10	Mary Storey	58	Riverside CA	7 Nov,CA-A	
1:41:32a	Edna Moody	55	Grosse Isle MI	29 May,MI-A	
1:41:40	Billie Murphy	55	Tacoma WA	22 May,WA-A	
1:42:54	Janet Grenda	56	Stone Ridge NY	2 Oct,NY-A	
1:42:57	Anne Trigg	58	St Petersburg FL	11 Dec,FL-A	
1:46:30	Pepper Davis	56	Orlando FL	11 Dec,FL-A	
1:49:11a	Adele Milicevic	55	Scottsdale AZ	24 Jan,AZ-A	
1:50:54	Pearl McKee	58	Caliente NV	11 Dec,NV-A	
1:59:45	Evelyn Arnold	57		13 Mar,AZ-A	
10					
2:01:11	Doris Marks	57		20 Jun,CA-A	
2:01:29	Po Adams	58		3 Oct,CA-A	
2:03:05	Angela Saldana	55	Cocoa Beach FL	28 Nov,FL-A	
2:04:42	Marguerite Glynn	56		2 Oct,NY-A	
2:06:33	Irene Horn	59	Stony Brook NY	2 Oct,NY-A	
2:07:57	Betty Fuzek	58	Kingsport TN	13 Nov,TN-A	
2:08:10	Peg Sparrow	57	El Cerrito CA	24 Oct,CA-A	
2:08:59	Florence McTaggart	59		9 Jan,TX-A	
2:09:10a	Ruby Taki	57	La Habra Hgts CA	22 Aug,CA-A	
2:09:37a	Alice Scott	56	Spring Valley CA	22 Aug,CA-A	
20					
2:11:12	Daisy Klein	56	New York NY	2 Oct,NY-A	
2:11:46	Frances Bradford	58		28 Mar,CA-A	
2:11:46	Joyce Hauer	55	Pennsauken NJ	19 Sep,PA-A	
2:13:39	Dorothy Kennedy	56	West Reading PA	19 Sep,PA-A	
2:14:30	Elaine Hironaka	55		3 Oct,CA-A	

half marathon		Women- 60 thru 64			
1:42:23	Jaclyn Caselli	61	San Jose CA	28 Mar,CA-A	
1:49:08	Harriet Wever	60	Okemos MI	14 Nov,MI-A	
1:51:40	Althea Wetherbee	63	Huntington Stn NY	2 Oct,NY-A	
1:51:43	Margaret Wright	60	Folly Beach SC	9 Jan,GA-A	
1:53:53a	Gerry Davidson	61	Fallbrook CA	22 Aug,CA-A	
1:58:23	Mary Rodriguez	60	Rego Park NY	2 Oct,NY-A	
2:00:58	Victoria Small	60		28 Mar,CA-A	
2:01:08	Lil Rollason	61	Satsuma FL	11 Dec,FL-A	
2:04:11	Marybelle Russell	60	Las Vegas NV	11 Dec,NV-A	
2:10:02	Elsie Sato	60+		16 May,HI-A	
10					
2:11:42	Sara Perego	60+	Oroville CA	6 Mar,CA-A	
2:16:36	Ruth Chun	60		3 Oct,CA-A	
2:17:44	Helen Keim	60	New York NY	2 Oct,NY-A	
2:20:50	Mary Conley	64		3 Oct,NE-A	
2:23:24	Virginia Martin	60	CA	6 Feb,CA-A	
2:35:06	Dorothy Pifer	60	Melbourne FL	28 Nov,FL-A	
2:38:44	Anne O'Connor	64	Newark NJ	2 Oct,NY-A	
2:38:50	Althea Jureidini	64	Brooklyn NY	2 Oct,NY-A	

half marathon		Women- 65 thru 69			
1:58:48a	Pearl Mehl	68	Boulder CO	3 Oct,CO-A	
2:09:21	Evelyn Havens	66	New York NY	19 Sep,PA-A	
2:40:19	Hilda Richardson	66	Honolulu HI	27 Mar,HI-A	

half marathon		Women- 70 thru 74			
2:21:33a	Bess James	72	San Jacinto CA	22 Aug,CA-A	
2:33:24a	Felicita Salazar	73	San Diego CA	22 Aug,CA-A	

1983 15-KILOMETER RANKINGS, AS OF AUGUST 12, 1983

15 kilometers					15 kilometers				
Men- 35 thru 39					Men- 75 thru 79				
46:00AR	Barry Brown	38	Glens Falls	NY 19 Jun, NY-A	1:26:52i	Gordon Sherbeck	76	Vancouver	WA 26 Jun, OR-A
46:58	Steve Flanagan	35	Boulder	CO 26 Jun, OR-A	1:27:13	John Pianfetti	75	Charleston	WV 12 Mar, FL-A
48:18	Wes Wessely	35	Stone Mtn	GA 26 Jun, OR-A	1:37:01	Edward Root	75		12 Mar, FL-A
48:38	Randy Taylor	35	Little Rock	AR 5 Feb, FL-A	2:22:08	Theodore Hyde	79	The Dalles	OR 26 Jun, OR-A
48:41	Richard Myers	37	Voorhees	NJ 5 Feb, FL-A	15 kilometers				
49:12	Robert Pratte	38	Albuquerque	NM 5 Feb, FL-A	Men- 80 and over				
49:45	David Thomas	35	Aloha	OR 26 Jun, OR-A	1:29:04	Cyril Woods	81	Lake Oswego	OR 26 Jun, OR-A
49:59	David Storey	39	Orlando	FL 5 Feb, FL-A	1:52:31	Everett Amos	81	Knox	IN 19 Jun, IN-A
50:12	Steven Jones	35	Spokane	WA 26 Jun, OR-A	13 kilometers				
50:35	Tom Dooley	38		12 Mar, FL-A	Women- 35 thru 39				
resident foreigners					51:59	Laurie Binder	35	Oakland	CA 5 Feb, FL-A
46:21	Tony Brien	35	Albuquerque	NM 13 Mar, AZ-A/	54:53	Madeline Harmeling	37	Merrick	NY 5 Mar, DC-A
46:35	James Kamau	35	Memphis	TN 26 Jun, OR-A/	55:05	Jane Millsbaugh	35	Ft Lauderdale	FL 12 Mar, FL-A
15 kilometers					56:13	Patricia Hurl	35	San Diego	CA 28 May, CA-A
Men- 40 thru 44					57:32	Susan Josselson	37	Minnetonka	MN 8 May, MN-A
45:58	Bill Stewart	40	Ann Arbor	MI 5 Feb, FL-A	57:58	Beverly Lambert	39	Ocala	FL 5 Feb, FL-A
47:38	Jerry Crouse	40	Orlando	FL 5 Feb, FL-A	58:01i	Dawn Welch	35	Grants Pass	OR 26 Jun, OR-A
48:19	Kirk Randall	41	Wellesley	MA 5 Feb, FL-A	58:22	Judy Greer	36	Orlando	FL 5 Feb, FL-A
48:44	George Keim	40	Waynesboro	PA 5 Feb, FL-A	58:33	Patricia Sher	35	Jacksonville	FL 12 Mar, FL-A
48:55i	Jim Bowers	44	Santa Rosa	CA 26 Jun, OR-A	58:33	Pat McKay	36	Portage	IN 19 Jun, IN-A
48:59	Dan Conway	44	Chetek	WI 8 May, MN-A	resident foreigners				
49:38i	Michael Heffernan	42	Portland	OR 26 Jun, OR-A	52:47	Heather Thomson	36	Boulder	CO 26 Jun, OR-A/NZ
49:49	Richard Trickel	42	Apple Valley	MN 8 May, MN-A	57:19	Juana Stavolone	37	San Jose	CA 10 Apr, CA-A/SP
49:54	Jerry A Smith	40	Syracuse	NY 12 Mar, FL-A	57:25	Wendy O'Donnell	39	Portland	OR 26 Jun, OR-A/CN
50:11	Larry Fox	40	Castalia	OH 5 Feb, FL-A	15 kilometers				
15 kilometers					Women- 40 thru 44				
Men- 45 thru 49					55:40	Cindy Dalrymple	41	New York	NY 5 Mar, DC-A
50:04	Ken Winn	45	Stone Mtn	GA 5 Feb, FL-A	56:51i	Bette Poppers	40	Littleton	CO 26 Jun, OR-A
51:06	Al Huff	45	Seattle	WA 19 Mar, WA-A	58:37	Christa Romppanen	44	Malibu	CA 28 May, CA-A
51:16	Bob Paklaian	46	Detroit	MI 5 Feb, FL-A	58:50	Elfrieda Wyner	40	Jacksonville	FL 12 Mar, FL-A
51:21i	William Johnston	45	Salt Lake City	UT 26 Jun, OR-A	59:45	Ann Diaz	42	Glencoe	IL 8 May, MN-A
51:23	Robert Packard	46	Flagstaff	AZ 13 Mar, AZ-A	1:00:05	Sue Johnston	41	Oakland	CA 10 Apr, CA-A
52:23	John Weldy	48	Scottsdale	AZ 13 Mar, AZ-A	1:00:49i	Charlotte Swanson	41	Spokane	WA 26 Jun, OR-A
53:21	Rob Smith	47	Belleair	FL 5 Feb, FL-A	1:00:55i	Denise Bruce	40	Portland	OR 26 Jun, OR-A
53:39	Arlen Sunn	48	Minneapolis	MN 8 May, MN-A	1:01:00	Lolitia Bache	40	Annandale	VA 5 Mar, DC-A
53:51	George Savanick	45	Apple Valley	MN 8 May, MN-A	1:01:35i	Letha Figg-Hoblyn	42	Portland	OR 26 Jun, OR-A
53:51i	Robert Ruggeri	47	Walla Walla	WA 26 Jun, OR-A	15 kilometers				
15 kilometers					Women- 45 thru 49				
Men- 50 thru 54					1:00:35	Marilyn Harbin	45	Martinez	CA 10 Apr, CA-A
50:07	Norman Green	50	Wayne	PA 5 Feb, FL-A	1:01:07	Laura Tingle	46	Bradenton	FL 5 Feb, FL-A
53:00	Hal Higdon	52	Michigan City	IN 19 Jun, IN-A	1:01:38	Trudy Rapp	46	Eden Prairie	MN 8 May, MN-A
54:45	Al Treichel	54	Milwaukee	WI 8 May, MN-A	1:03:01	Linda Sippelle	48	APC Miami	FL 8 May, MN-A
55:26	Jim Volk	50	Seattle	WA 19 Mar, WA-A	1:03:30i	Nancy Hellyer	47	Steilacoom	WA 26 Jun, OR-A
55:55	Joe Cary	50	Sierra Vista	AZ 13 Mar, AZ-A	1:04:29	Sue Stricklin	45	San Francisco	CA 10 Apr, CA-A
57:00	Bill Fraser	53	Edina	MN 8 May, MN-A	1:06:02	Joanne Mallet	49	Rockville	MD 5 Mar, DC-A
57:53	John Forrest	50	Maple Heights	OH 5 Feb, FL-A	1:06:38	Grace Rome	45	Tucson	AZ 13 Mar, AZ-A
58:03	Ray Carey	51	Knox	IN 19 Jun, IN-A	1:07:12	Evelyn Blair	46	Oakland	CA 10 Apr, CA-A
58:07	Norman Horns	50	Edina	MN 8 May, MN-A	1:07:43	Ruth Waters	49	San Carlos	CA 10 Apr, CA-A
58:12	Jim Baisden	52	St Petersburg	FL 5 Feb, FL-A	15 kilometers				
foreign resident					Women- 50 thru 54				
55:33i	Gordon Pirie	52	Sumner	WA 26 Jun, OR-A/	1:01:22	Marion Irvine	53	San Rafael	CA 10 Apr, CA-A
15 kilometers					1:05:44	Ann Kahl	53	Apopka	FL 5 Feb, FL-A
Men- 55 thru 59					1:06:20	Patricia Hurst	51	Fresno	CA 13 Mar, AZ-A
53:29	Alex Ratelle	58	Edina	MN 8 May, MN-A	1:06:46	Ruth Anderson	53	Oakland	CA 10 Apr, CA-A
57:01	Ruben Vigil	55	Albuquerque	NM 5 Feb, FL-A	1:08:08	Mickey Armstrong	52	Edina	MN 8 May, MN-A
59:37i	Len Ramp	56	Grants Pass	OR 26 Jun, OR-A	1:08:11	Rachel Bourn	53	Fairfax	VA 5 Mar, DC-A
1:00:05	Herman Grotheer	57	Savannah	GA 5 Feb, FL-A	1:08:20	Fran Adams	50	Virginia Beach	VA 5 Mar, DC-A
1:00:36	Herb Williams	57	Tempe	AZ 20 Feb, AZ-A	1:10:35	Sally Wolfer	51	Kensington	CA 10 Apr, CA-A
1:01:56	Thomas MacKenzie	56	Portland	OR 26 Jun, OR-A	1:11:36i	Alice Taggares	52	Bellevue	WA 26 Jun, OR-A
1:01:57	Robert Waldron	55	Tucson	AZ 13 Mar, AZ-A	1:11:43	Sharon Sashonchik	50	Eugene	OR 5 Feb, FL-A
1:02:30	James Costa	55	Flushing	NY 5 Feb, FL-A	15 kilometers				
1:02:31	Jack Herring	55	Seattle	WA 19 Mar, WA-A	Women- 55 thru 59				
1:03:05i	Theodore Lehman	56	Lake Oswego	OR 26 Jun, OR-A	1:04:48AR	Margaret Miller	57	Thousand Oaks	CA 28 May, CA-A
15 kilometers					1:11:19	Anne Trigg	58	St Petersburg	FL 5 Feb, FL-A
Men- 60 thru 64					1:12:58	Mary Storey	58	Riverside	CA 20 Feb, AZ-A
59:21	Jim McCown	61	San Diego	CA 28 May, CA-A	1:14:48	Irene Herberston	57	Jacksonville	FL 12 Mar, FL-A
59:50	Hubert Morgan	61	Sayre	PA 20 Mar, NY-A	1:15:00	Babs Dalsheimer	55	Gainesville	FL 5 Feb, FL-A
1:01:20	Art Holzman	60+		28 May, CA-A	1:16:38	Pepper Davis	56	Orlando	FL 5 Feb, FL-A
1:02:16	John Burton	60	Wayzata	MN 8 May, MN-A	1:17:29	Dorothy Laker	55	Tampa	FL 12 Mar, FL-A
1:02:18	Millard Shumate	61	Tampa	FL 5 Feb, FL-A	1:18:20	Jessie Lasinsky	56	Thatcher	AZ 20 Feb, AZ-A
1:02:38	Bart Ross	60	Casselberry	FL 5 Feb, FL-A	1:19:10	Mary Lou Carlson	55	Minneapolis	MN 8 May, MN-A
1:04:05	Leif Odmark	61	Ketchum	ID 16 Jul, ID-A	1:19:20	Nancy Beward	57	Sarasota	FL 5 Feb, FL-A
1:04:39i	Irving Weiss	64	Boulder	CO 26 Jun, OR-A	15 kilometers				
1:04:41	Norman Fernee	62	Jacksonville	FL 12 Mar, FL-A	Women- 60 thru 64				
1:04:42i	George Sheehan	64	Red Bank	NJ 26 Jun, OR-A	1:15:06	Jaclyn Caselli	62	San Jose	CA 10 Apr, CA-A
15 kilometers					1:19:01	Betty Haleen	60	Minnetonka	MN 8 May, MN-A
Men- 65 thru 69					1:22:28	Lillian Rollason	61	Satsuma	FL 12 Mar, FL-A
57:29	Clive Davies	67	Tillamook	OR 26 Jun, OR-A	1:23:01	Althea Wetherbee	64	Huntington Stn	NY 12 Mar, FL-A
58:36	Don Longenecker	66	Silver City	NM 13 Mar, AZ-A	1:24:07	Virginia Reinhardt	60	Mill Valley	CA 10 Apr, CA-A
1:02:44	Fleetwood Fesmire	66	Middleburg	FL 12 Mar, FL-A	1:28:02	Frances Bradford	60	Corvallis	OR 26 Jun, OR-A
1:05:41	Reg Rollason	66	Satsuma	FL 12 Mar, FL-A	1:30:42	Jane Brown	60	Summit	NJ 26 Jun, OR-A
1:06:55i	Charles Pereida	65	Oregon City	OR 26 Jun, OR-A	1:33:30	Juanita Goldman	60	San Bruno	CA 10 Apr, CA-A
1:08:06i	Grant Valentine	65	Olympia	WA 26 Jun, OR-A	1:35:21	Arlene Fitzgerald	62		12 Mar, FL-A
1:08:18	Don Bradley	67	Encinitas	CA 28 May, CA-A	1:38:40	Patricia Griffin	62		
1:08:33i	Bill Lauderback	66	Portland	OR 26 Jun, OR-A	15 kilometers				
1:08:56	Ed Stotsenberg	68	Malibu	CA 20 Feb, CA-A	Women- 65 thru 69				
1:11:35	Mauray Cummings	66	Kelso	WA 19 Mar, WA-A	1:22:06iAR	Josephine Hess	65	Selah	WA 26 Jun, OR-A
15 kilometers					1:32:19	Ann Snyder	66	Sun City	AZ 20 Feb, AZ-A
Men- 70 thru 74					1:35:53	Ada Thomas	69	San Francisco	CA 10 Apr, CA-A
1:08:16	William Andberg	71	Anoka	MN 8 May, MN-A	1:36:41	Helen Reiter	65	Edina	MN 8 May, MN-A
1:14:17	Urban Miller	71	Bellingham	WA 19 Mar, WA-A	15 kilometers				
1:14:19	Arne Johnson	70	Mesa	AZ 20 Feb, AZ-A	Women- 70 thru 79				
1:22:24i	Murray Birenbaum	71	Portland	OR 26 Jun, OR-A	1:41:59	Felicita Salazar	74	San Diego	CA 28 May, CA-A
1:27:54	Dick Whittemore	72	Coquille	OR 26 Jun, OR-A	2:17:17	Helen Stout	72	Seattle	WA 19 Mar, WA-A
1:28:32i	Edward McKean-Smith	73		28 May, CA-A					
1:28:35	E E Lancaster	71		26 Jun, OR-A					
1:36:46	Neal Carpenter	70		12 Mar, FL-A					
1:38:12	John Stout	71	Seattle	WA 19 Mar, WA-A					
1:49:11	N Fuller	74		12 Mar, FL-A					

TRACK & FIELD RESULTS

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

Mile Relay-Springbett,
Lingel, Stevens, Bruhner
3:48.6*

220-Varty 25.7
2 Mile-Laris 10:05.2
HJ-Dvorak 5'2"
LJ-Dvorak 17'7 1/2"
TJ-Dvorak 34'10"
* World & American 50-59
Record

NORTHERN OHIO MASTERS WEIGHT PENTATHLON STRONGSVILLE, OHIO, JULY 17, 1983

	SP	DT	JT	HT	35#W	TOTAL
Norm Bower (34)	38'8"	122'11"	123'1"	139'0"	45'9"	3090
Dave Morgan (34)	35'8 1/2"	103'2"	142'8"	75'2"	29'5"	2309
Jeff Gerson (36)	21'2"	66'0"	69'6"	54'6"	20'1"	916
Dick Mann (50)	38'4"	114'0"	103'0"	128'1"	36'7"	2694
Jack Siringier (70)	29'5"	75'1"	67'9"	59'0"	21'0"	1152
Evert. Hosack (81)	21'7 1/2"	54'9"	25'6"	36'6"	13'0"	374
B. Siringier (W69)	13' 1/2"	34'5"	25'3"	26'8"	8'1 1/2"	0

POTOMAC VALLEY SRS. DEVELOP. MEETS; YORKTOWN HS

June 19

400m	53.8 Kevin Sherlock 38
53.86 Larry Colbert 46	
54.3 Al Silverman 34	
54.6 Kirt Vener 40	
56.16 Jim Demma 43	
59.65 Don McCarten 53	
61.33 Gene Williams 32	
62.91 H.W. Carle 51	
63.01 Jim Larkin 34	
63.09 Logan Williams 41	
64.67 Tom Kurihara 47	
65.4 Jim Stormes 41	
69.49 Lolitia Bache 41	
74.07 Ines Kerch	

200m

23.44 Lemuel Talley 32	
24.19 Larry Colbert 46	
25.11 Kirt Vener 40	
26.09 Jim Demma 43	
26.26 Doug Guzman 31	
26.91 Joel Holman 52	
27.15 Gene Williams 32	
28.81 H.W. Carle 51	

100m

11.21 Lemuel Talley 32	
11.30 Al Silverman 34	
11.68 Larry Colbert 46	
12.08 Kirt Vener 40	
12.14 Doug Guzman 31	
12.86 Don McCarten 53	
12.95 H.W. Carle 51	
13.39 John Wall 51	
13.33 Joel Holman 52	
13.65 James Stormes 41	
16.55 Ines Kerch 43	

800m

2:02.6 Mike Riddle 34	
2:04.3 Ernest Garner 31	
2:08.7 Alan Lichtman 36	
2:13.3 Jim Verdier 41	
2:18.4 Randy Washburn 38	
2:20 Jim Larkin 34	
2:22.3 Chuck Phillips 54	
2:23.1 Tom Kurihara 47	
" Tony Diamond 54	
2:42 John Wall 51	
2:53 Ines Kerch 43	
4:19 Dot Michaels 56	

1500m

4:13 Dave Shilling 38	
4:17 Chuck Vehorn 36	
4:27 Bill Legat 43	
4:31 Jim Verdier 41	
4:36 Jim Larkin 34	
4:39 Joe Paradiso 32	
4:45 Kevin Sherlock 38	
4:47 Tom Kurihara 47	
4:53 Chuck Phillips 54	
4:58 Bob McCahill 30	
5:08 Tony Diamond 54	
5:11 Don McCarten 53	

3K

10:26 Joe Paradiso 32	
10:42 Peter Reams 34	
10:37 Jim Larkin 34	
10:58 Tom Kurihara 47	
11:13 Tony Diamond 54	
11:14 Lolitia Bache 41	
15:13 Sal Corrallo 52 RW	
17:26 Joel Holman 53 RW	
17:41 Gary Goubeau 39 RW	
18:01 Peter Ulrich 45 RW	

1500mRW

6:37 David King 34	
6:57 Sal Corrallo 52	
8:01 Joel Holmann 52	
8:11 Peter Ulrich 45	
8:25 Gary Goubeau 39	
9:36 Dot Michaels 56	

Discus

97'6" Kirt Vener 40	
95'6" Doug Guzman 31	
87'6" M. McReynolds 43	
79'3" Doug Hinkle 41	
73'6" H.W. Carle 51	

Weight Throw

43'3" M. McReynolds 43	
43'2" Doug Guzman 31	
28'3" Stan Laski 66	

Hammer

121' Stan Laski 66	
106' M. McReynolds 43	
106' Doug Guzman 31	

Shot

39'10" S. Laski 66	
22'8" H.W. Carle 51	

Javelin

138'5" D. Guzman 31	
129'3" K. Vener 40	
94'6" H.W. Carle	

Long Jump

19'6" K. Vener 40	
-------------------	--

July 3

1500m

Chuck Vehorn 36	4:17
Bill Legat 43	4:25
K. Sherlock 38	4:35
J.J. Wind 33	4:35
Irvin Heath 42	4:44
T. Kurihara 47	4:50
Chuck Phillips 54	4:51
Roland Elliott 47	5:02
Ellis Martin 33	5:02
Tom Bache 40	5:13

3000m

Doug Bulcao 41	9:58.5
Ellis Martin 33	11:29.7
Charles Levy 44	14:58
K. van Orman F38	16:54
Wes Mathews 46	18:42RW
Gary Goubeau 40	19:24RW

1500mRacewalk

Wes Mathews 46	7:45
Joel Holman 50	8:04
Gary Goubeau 40	8:32
Patricia Willis 47	9:09
Dot Michaels 56	9:25

800m

Larry Washington 32	2:01.3
David Shilling 38	2:07.7
Irvin Heath 42	2:21
Roland Elliott 47	2:24
Tom Kurihara 47	2:24
Chuck Phillips 54	2:27
Ines Kerch 43	2:54

100m

Larry Colbert 45	12.25
Irvin Heath 42	12.3
Jim Demma 43	12.7
Don McCarten 53	12.85
Roger Parker 50	13.32
Ines Kerch 43	16.6
Patricia Willis 47	19.3

200m

Al Silverman 34	23.86
Doug Guzman 31	26.85
Roger Parker 50	27.76
Tom Kurihara 47	30.1

400m

Kevin Sherlock 38	52.47
Larry Colbert 46	52.86
Al Silverman 34	52.16
Robin Ficker 40	53.68
Jim Demma 43	56.96
Rudy Enders 51	57.5
Don McCarten 53	59.16
John Martin 56	63.8
Ray Gordon 65	64.5
Tom Kurihara 47	64.74
Lolitia Bache 41	68.84
Roger Parker 49	72.0
Ines Kerch 43	77.23
Patricia Willis 47	62.04

Shot Put

C. van Orman 42	35'1.75"
William Garthune 74	34'1.5"
Stan Laski 66	29'3.5"
Chuck Levy 44	26'7"
Mike McReynolds 43	25'9"

Discus

Mike McReynolds 43	92'1"
Doug Guzman 31	85'5"
C. van Orman 42	83'8.5"
Stan Laski 66	74'7"
W. Garthune 74	67'3"

35# Weight Throw

Doug Guzman 31	37'2.5"
M. McReynolds 43	36'4.5"
Stan Laski 66	30'4"

Javelin

D. Guzman 31	139'9"
C. van Orman 42	136'8"

Hammer

Stan Laski 66	126'6"
M. McReynolds 43	111'6"
D. Guzman 31	107'0"

July 17, 1983

1500m

Chuck Vehorn 36	4:21.5
Jim Verdier 41	4:32.2
J.J. Wind 33	4:33
Randy Washburn 38	4:51
Tom Kurihara 47	4:53
Chuck Phillips 54	4:57.9
Lynda Durfee 32	6:00
Patricia Willis 47	7:31

100m

Kevin Sherlock 38	12.3
Rudy Enders 51	12.51
G. Fitzgerald 37	12.58
Don McCarten 53	13.5
H. Carle 51	13.65
P. Willis 47	18.83
Anne Nauman 55	18.9

200m

Rudy Enders 51	25.05
J. Holman 53	27.5
d. McCarten 53	27.72
H. Carle 51	28.6
J. Maxwell 39	34.89
P. Willis 47	44.28

800m

L. Washington 32	2:05.8
B. Legat 43	2:11
J. Verdier 41	2:18
T. Kurihara 47	2:43
Lynda Durfee 32	3:09
Anne Nauman 55	3:25

1500mRW

David King 33	7:13
J. Holman 53	8:25
P. Willis 47	11:01
Dot Michaels 56	n/t

3000m

Lynda Durfee 32	13:11
Alan Price 36	16:10RW
David King 33	16:40RW
P. Willis 47	24:30RW

25# Weight Throw

M. McReynolds 43	44'3"
Phil Scudieri 47	43'4"
Doug Guzman 31	43'0"
Palmer Sweet 39	37'5"
Stan Laski 66	33'5"

Javelin

D. Guzman 31	139'11"
P. Sweet 39	126'7"
P. Scudieri 47	116'11"
H. Carle 51	77'10"

Shot Put

Nick Byrne 35	38'5"
P. Scudieri 47	38'0"
Bill Garthune 74	34'2.75"
P. Sweet 39	33'9.5"
S. Laski 66	29'9"
M. McReynolds 43	25'3.5"
A. Morris 31	20'9.5"

Discus

P. Scudieri 47	104'6"
N. Byrne 35	101'2"
P. Sweet 39	95'2"
D. Guzman 31	94'4"
S. Laski 66	87'7"
M. McReynolds 43	81'6"
B. Garthune 74	76'5"
H. Carle 51	72'6"
A. Morris 31	62'6"

400m

Robert Brown 39	53.8
K. Sherlock 38	53.8
Robin Ficker 40	55.29
William Legat 43	58.2
Joel Holman 52	61.52
H. Carle 51	65.3
T. Kurihara 47	68.54
David King 33	70.0
Lynda Durfee 32	85.0
A. Nauman 55	87.67
P. Willis 47	1:45.79

ALL-OMERS MEETS

LOS GATOS, CALIF.

June 30, 1983

880-Krepick	2:10.0
100-Gordon	11.7
440-Latorre	55.3
Mile-Meinhardt	4:41.0
220-Latorre	24.4
2 Mile-Meinhardt	9:58.1
LJ-Gordon	20'3"*
TJ-Dvorak	35'34"
HJ-Dvorak	5'0"
SP-Mulkey	44'4"

* Field Record

July 7, 1983

880-Rankin	2:13.0
100-Latorre	11.5
440-Springbett	55.0
Mile-Martin	5:09.0
220-Springbett	24.36
LJ-Dvorak	17'2"
TJ-Dvorak	34'11"
HJ-Dvorak	5'0"

July 14, 1983

880-Krepick	2:07.5
100-Anexter	11.4
440-Fambrini	54.9
Mile-Meinhardt	4:39.5
220-Latorre	23.8
2 Mile-Meinhardt	9:51.0

July 21, 1983

880-Van Zant	2:26.0
440-Green	55.2
Mile-Laris	4:38.9

Northwest Regional

Masters & Sub-Masters

Track & Field

Championships

Mt. Hood CC

Gresham, OR

July 29, 30, 1983

100 M Men

30-34

1-Stephen Heilman

2-D. Pietka

35-39

1-Paul Dungan

40-44

1-Paul Edens

2-Ron Toombs

3-Dick Ferron

4-Jack Allen

5-Jack Jensen

6-Robert Gent

1-Robert Miller

2-Jim Cullen

1-Springbett

2-Nasralla

3-Stevens

4-Afremow

5-Milliman</

45-49	1-Don Tretheway	16:15.4
50-54	1-Ray Hutton	15:42.40
	2-William Cupp	18:36.57
	3-Bob Burd	18:46.2
55-59	1-Bill McChesney	17:18.36
	2-Harry Perry	21:32.2
60-64	1-Joe Mallon	21:09.9
75-79	1-Fred Hauger	28:28.0

Women's 3000

35-39	1-Mary Peterson	10:39.76
40-44	1-Charlotte Swanson	11:25.73
	2-Lori Schutt	12:11.10
	3-Wendy Smith	13:13.86
30-34	1-Suze Simas	11:37.20
50-54	1-Susan Means	13:10.20
	2-Marcia McChesney	13:15 (?)
55-59	1-Harriet Wilson	13:42.60
75-79	1-Marilla Salisbury	26:12.77

110 HH - Men

30-34	1-Dennis Simas	15.56
	2-Robert Buhl	15.89
	3-Stephen Heilman	16.39
35-39	1-Josef Pfister	16.80
	2-Courtney Taylor	19.71
40-44	1-Jim McAbie	16.25
	2-Robert Gent	17.94
45-49	1-Don Gray	19.36
50-54	1-Tony Nasralla	18.33
	2-Bob Flaherty	20.18

55-59

	1-B. Higgenbotham	18.04
	2-D. Nordquist	18.05
70-74	1-Bert Morrow	21.44
	2-Bud Deacon	24.93

400 IH - Men

30-34	1-Dennis Simas	58.01
35-39	1-Eldon Garner	1:06.58
55-59	1-Dick Nordquist	1:10.84

3000 Steeple - Men

30-34	1-Mike Herness	10:13.0
40-44	1-Paul Hall	10:20.1
45-49	1-Don Tretheway	10:42.0
70-74	1-R.M. McTarnahan	13:05.9

Long Jump - Men

30-34	1-David Pietka	21' 10"
	2-Paddy Reddaway	10' 3"
35-39	1-Jim Trujillo	18' 5 1/2"
	2-Courtney Taylor	17' 10"
40-44	1-Allen Phillips	18' 3 1/2"
	2-Robert Gent	18'
	3-Johnny Edwards	17' 10"
45-49	1-Rick Hartley	16' 9 1/2"
50-54	1-Rick Hartley	16' 9 1/2"
	2-Tony Nasralla	16' 1"
	3-Charles Milliman	14' 2"
65-69	1-John Satti	14' 5"
	2-Don Stitt	13' 8"
	3-Carl Oates	13' 1 1/2"
70-74	1-Leon Joslin	10' 8"
80+	1-Buell Crane	9' 11"
	2-Collister Wheeler	7' 10"

Long Jump - Women

45-49	1-Laura Allhands	8' 3"
-------	------------------	-------

Men's Triple Jump

30-34	1-Joe Corcoran	42' 3"
40-44	1-Joe Corcoran	37' 6"
	2-John Edwards	32' 9"
55-59	1-Hal Buck	29' 5"
65-69	1-John Satti	25' 3"

Pole Vault - Men

30-34	1-Stuart Jones	15'
	2-Dennis Simas	13' 6"
35-39	1-Josef Pfister	13' 6"
40-44	1-Gary Isham	9' 6"
	2-Allen Phillips	9' 6"
	3-Don McCrea	9' 6"
45-49	1-Don Gray	10'
	2-Allen Morris	9' 6"
55-59	1-Dick Nordquist	9' 6"
60-64	1-O.B. Gillett	8'

Men's High Jump

30-34	1-Stephen Heilman	5' 10"
35-39	1-Josef Pfister	5' 6"
40-44	1-Michael Akerman	5' 8"
	2-Allen Phillips	5' 6"
	3-Don McCrea	5' 4"
45-49	1-Rick Hartley	4' 10"
	2-Donald Gray	4' 8"

50-54	1-Bob Flaherty	4' 10"
	2-Warren Jackson	4' 4"
	3-Charles Milliman	4'
55-59	1-Hal Buck	4' 8"
	2-Harvey Williams	4' 4"
60-64	1-Glen Ethier	4' 4"
	1-O.B. Gillett	4' 4"
65-69	1-Don Stitt	4' 6"
70-74	1-Bert Morrow	4'
	2-Leon Joslin	3' 10"

Women's High Jump

45-49	1-Connie Wilson	3' 10"
	2-Charlotte Swanson	3'

Mens Hammer

45-49	1-Frank Miller	149' 8"
55-59	1-Harvey Williams	77' 6"
6-64	1-Walter Jenkins	134' 3"
	2-Bob Stone	113' 5"
70-74	1-Jim York	91' 8"
	2-Leon Joslin	49' 11"

Men's Javelin

30-34	1-Robert Buhl	194' 9"
	2-Kent Molander	185' 11"
35-39	1-Courtney Taylor	197' 1"
	2-Ladd Zastoupil	162' 8"
40-44	1-Allen Phillips	180' 7"
	2-Lee Clark	118'
	3-Gary Isham	90' 8"
45-49	1-Don Gray	124' 3"
50-54	1-Hiram Crane	154' 5"
	2-Bob Flaherty	140'
	3-Charles Milliman	84'
55-59	1-Harvey Williams	111'
60-64	1-Bob Stone	118' 6"
80+	1-Collister Wheeler	53' 3"

Women's Javelin

30-34	1-Nedra Taylor	71' 6"
	2-Sarah Kerr	65' 2"
35-39	1-Paddy Reddaway	82' 6"
50-54	1-Marilyn Gray	40' 3"

Discus - Men

30-34	1-John Slovinc	104' 1/2"
35-39	1-Jim Trujillo	118' 7 1/2"
40-44	1-Robert Roy	135' 9 1/2"
	2-John Gambill	119' 3"
	3-Robert Gent	111' 5 1/2"
	4-Lee Clark	106' 1/2"
	5-Sam Fort	96' 10 1/2"
	6-Allen Phillips	76' 2 1/2"
45-49	1-Dave Gould	93' 5"
	2-Frank Miller	84' 9 1/2"
50-54	1-Sherrel Sears	114' 9"
	2-Bob Flaherty	105' 7"
	3-Darold Skarotvedt	92' 4 3/4"
	4-Warren Jackson	86' 10"
55-59	1-Dick Nordquist	97' 9 3/4"
	2-Hal Buck	93' 8"
	3-Jim Holland	86' 6 1/2"
	4-Harvey Williams	85' 7 1/2"
	5-Joseph Black	84' 7"
60-64	1-Bob Stone	134' 10 1/2"
	2-Walter Jenkins	111' 1"
	3-O.B. Gillett	90' 1/2"
65-69	1-Ross Carter	124' 1 1/2"
70-74	1-Leon Joslin	106' 4 1/2"
	2-James York	104' 1/2"
80+	1-Buell Crane	70' 5"
	2-Collister Wheeler	49' 1"

Discus - Women

30-34	1-Nedra Taylor	63' 8 3/4"
40-44	1-Sharon Scheffield	57' 11"
	2-Marilyn Osgood-Knight	43' 2 1/2"
45-49	1-Connie Wilson	71' 5 1/2"
50-54	1-Marilyn Gray	51' 4 1/2"

Shot Put - Men

30-34	1-John Slovinc	33' 10"
35-39	1-Jim Trujillo	37' 4 1/2"
40-44	1-John Gambill	40' 8 3/4"
	2-Lee Clark	37' 6 1/2"
	3-Robert Roy	34' 10"
45-49	1-Doug Smart	54' 11 1/2"
	2-Frank Miller	29' 3 1/2"
50-54	1-Bob Flaherty	38' 1 1/2"
	2-Sherrel Sears	36' 4 1/2"
	3-Jack Coy	30' 7"

55-59

	1-Jim Holland	37' 10"
	2-Harvey Williams	35' 11"
	3-Dick Nordquist	32' 2 1/2"
60-64	1-Bob Stone	41' 9 1/2"
	2-Walter Jenkins	37' 10"

65-69	1-Ross Carter	43' 7 1/2"
70-74	1-James York	41' 2 1/2"
	2-Leon Joslin	32' 2"
80+	1-Buell Crane	26' 4"

Shot Put - Women

30-34	1-Nedra Taylor	27' 8"
40-44	1-Marilyn Osgood-Knight	16' 0"
45-49	1-Connie Wilson	24' 9"
	2-Laura Allhands	18' 6 1/2"
	3-Nadine Whitehall	16' 11"

10th ANNUAL CDM "DON PALMER MEMORIAL" RELAYS, LONG BEACH, CALIF.; JULY 30, 1983

44-Relay	
30-39	
Rockwell (Shorts, Hicks, Priey, Valentine)	43.7
So. Calif. Striders	44.9
Converse West	45.9
Corona Del Mar	47.2

40-49	
CDM(Henry, Smith, unk, unk)	45.2
SCS-"B"(Simmons, Butler, Newton, King)	46.5
SCS(Duffy, DeWitt, Knocke, Smith)	dnf
50-59	
CDM(Radford, Jackson, Robinson, Clayton)	50.5
60-69	
CDM	50.7

4 Mile Relay	
30-39	
Trojan Masters	21:38.1
40-49	
SCS	19:08

50-59	
Santa Monica(Mundle, McGreedy, Alexander, Lindley)	22:17
CDM(Noble, Bryant, Lewis, A. Noble)	26:06.02

2 Mile Relay	
30-39	
SCS(Collop, Jensen, Kennedy, Stuart)	8:04.9
40-49	
CDM(Webb, Henry, Edwards, Miller)	9:33.46

50-59	
SCS(Withers, Athinson, Sturak, Fitzgerald)	9:07.8
Santa Monica(Linde, Mundle, Alexander, McCloud)	9:55.5
CDM(Sheahan, Bryant, J. Noble, A. Noble)	11:28

Mile Relay	
30-39	
CDM(Harvey, G. Johnson, W. Johnson, Main)	3:34.2
40-49	
SCS(Duffy, Scurria, Butler, Lewis)	3:46.44

CDM(Smith, Webb, Henry, Miller)	4:02.68
50-59	
SCS(Fitzgerald, Dawkins, Withers, Sturak)	4:04.18
CDM(Harte, Beadle, Harper, Sheahan)	4:04.44
CDM(Robinson, Avery, Ganahl, D. Lewis)	4:38.29

Distance Medley Relay	
(440-880-1320-Mile)	
50-59	
CDM(Gist, Lewis, J. Noble, Bryant)	14:10.23

880 Relay	
30-39	
Rockwell(Pulley, Shorts, Valentine, Hicks)	1:30.9

CDM(Curtis, Roberson, Johnson, Harvey)	1:31.87
SCS(Missouri, Morris, Robinson, Black)	1:34.8
Converse(McTear, Levi, Dettman, Gordon)	1:36.2
40-49	
SCS(Knocke, Duffy, Butler, L. Smith)	1:35.33
SCS(Simmons, Kerrington, Keddinton, Newton)	1:39.15
CDM(Hunt, Edwards, Walker, Smith)	1:43.1

50-59	
CDM(Radford, Jackson, Robinson, Clayton)	1:47.6
CDM(Dawkins, Pedivilla, Harte, Beadle)	1:50.22

Sprint Medley Relay	
(440-220-220-880)	
30-39	
SCS(L. Smith, Mission, Knocke, Sumner)	3:45.43

CDM(Harvey, Roberson, Johnson, Williams)	3:53.96
40-49	
SCS(Butler, Lewis, Duffy, Kerrington)	4:01.89

50-59	
CDM(Beadle, Harte, Pedivilla, Harper)	4:25.7
CDM(Noble, Ganahl, Lewis, Bryant)	4:54.7

MIDWEST MASTERS REGIONAL ELMHURST, ILLINOIS JULY 30, 1983

100m	
M30-34	
Mike Andrews MI	10.89
Ron Murphy MI	11.09
Chas. Stallworth MI	11.25
Dallas Gaines IN	11.45
Frank Crawford OH	11.66

M35-39	
Lamar Miller MI	10.88
Clarence Ray MI	11.04
Michael Ellis	11.23
Ted Potts	11.26
Roger Phillips IL	11.73
M40-44	
Butch Kincaid KY	11.92
Tom Von Vores MN	11.95
Mal McGruder MI	12.56
Tom Allen	12.94
Dave Ynavor IL	12.97

M45-49	
Chas. Dudley OH	12.42
Pete Stopolis IL	12.48
Reggie Smith OH	12.78
Jim Lipsky IL	13.07
Wm. White OH	13.41

M50-54	
Joe Kelly NY	13.09
Robt. Jones OH	13.66
Ron Serenian WI	13.76
Bud Jackson IL	13.84

M55-59	
Rush Jacobs MI	13.07
Harry Guth MO	13.08
R.G. Wolf MN	13.98
Chuck Olson MN	13.99
Bob Novak IL	14.27

M60-64	
Jack Tuttle OH	13.91
Merle Knox WI	15.03
M65-69	
Ray Treadway IL	18.87
James Nixon IL	18.91

M80-84	
A.E. Pitcher	16.89
W30-34	
Vickie Tolliver OH	13.91
W40-44	
Jo Ann Grissom IN	14.66

W55-59	
Florence Reardon IL	16.08

200m	
M30-34	
Mike Andrews	22.29
Eugene Thomas MI	22.85
Dallas Gaines	23.29

James Crucher MI	24.90
Richard Norvill OH	25.64
M35-39	
Lamar Miller	22.74
Hank Furlong OH	24.76
Bill Black OH	24.83
Paul Skubic IL	26.10
John Losser IL	26.80

M40-44	
Butch Kincaid	24.48
Dave Ynavor	27.06
Bob Boyd OH	27.44
Gordon Beckman IL	28.00
Jim Vandenberg IN	28.33

M45-49	
Chas. Dudley	24.76
Jim Lipsky	26.14
Jim Peterson MN	27.17
Terry Pliner WI	27.47
Ray Almada IL	28.10

[illegible]

55-59 MEN

1. Hal Robinson - Findlay RR.....1:05.90
2. Stan Tolliver - Over The Hill.....1:13.57

60-64 MEN

1. Jack Tuttle - Brookhaven.....1:08.62

65-69 MEN

1. Bill Weinacht - Over The Hill.....1:10.64

75-79 MEN

1. Byron Fike - Over The Hill.....1:19.20

30-34 WOMEN

1. Susan Plachy - Hermes.....1:27.37

45-49 WOMEN

1. Joan Gibson - Over The Hill.....1:41.00

50-54 WOMEN

1. Sallie Stiegelmeier - Over The Hill.....1:16.98

800 METER RUN

30-34 MEN

1. Charles Johnson - Motor City TC.....2:03.97
2. Rich Shriner - Hermes.....2:15.89

35-39 MEN

1. Bill Stross - Hermes.....2:10.27
2. Famous Caver - Cobra.....2:19.55

40-44 MEN

1. Bill Masuck - Pawtucket TC.....2:09.92
2. James Saul - un.....2:12.13
3. John Martinich - un.....2:27.35

50-54 MEN

1. Carl Dahlstrom - Motor City.....2:56.26

75-79 MEN

1. Byron Fike - Over The Hill.....3:24.80

45-49 WOMEN

1. Joan Gibson - Over The Hill.....3:39.87

50-54 WOMEN

1. Sallie Stiegelmeier - Over-Hill.....3:01.62

MILE RUN

30-34 MEN

1. Dan Barnes - un.....4:52.7
2. Charles Johnson - Motor City TC.....4:52.8

35-39 MEN

1. Wayne Vaughn - Tri-State.....4:41.1
2. Bill Stross - Hermes.....4:46.8
3. Larry Lindberg - Pack Mule.....5:06.3
4. Bryan Scott - Hermes.....5:11.0

40-44 MEN

1. Robert Beyer - Southeast RC.....4:56.2
2. Norman Browne - Motor City TC.....5:05.1
3. Ken Gailley - Strongsville.....5:45.2
4. Bob Wisner - Cleve. West RRC.....5:45.9

45-49 MEN

1. Jon Bixler - Over The Hill.....5:08.4

55-59 MEN

1. Ken Carman - Motor City Strider.....5:08.4

30-34 WOMEN

1. Susan Plachy - Hermes.....6:54.35

35-39 WOMEN

1. Nancy Noonan - Hermes.....5:06.6

45-49 WOMEN

1. Joan Gibson - Over The Hill.....7:47.93

50-54 WOMEN

1. Sallie Stiegelmeier - Over Hill.....6:42.32

3000 METER RUN

30-34 MEN

1. Dan Barnes - un.....9:32.73

35-39 MEN

1. Bryan Scott - Hermes.....10:20.80

40-44 MEN

1. Robert Beyer - SERC.....9:38.01
2. Keith Alley - un.....9:44.36
3. Norman Browne - Motor C.....9:54.30
4. Bob Wisner - CWRR.....11:51.27

45-49 MEN

1. E. Robert Premo - un.....12:47.84

110 METER HURDLES

35-39 MEN

1. Bill Black - Clifton TC.....17.63

40-44 MEN

1. Alonzo Littlejohn - AA.....20.03

45-49 MEN

1. Tom Ragland - Over-Hill.....22.72

50-54 MEN

1. Carl Dahlstrom - MC.....24.10

55-59 MEN

1. Fred Hirsimaki - un.....21.68

SPRINT MEDLEY RELAY

30-39 MEN

1. Over The Hill(Dave Morgan, Bernard Derricoat, Owen Henderson, Alvin Williams).....1:51.32

40-49 MEN

1. Over The Hill(Tom Ragland, Paul Williams, LeRoy McClain, Grover Coats).....1:46.42

70-79 MEN

1. Over The Hill(Herman Mlotek, Everett Hosack, Jack Siringer, Byron Fike).....2:32.20

30-39 WOMEN

1. Over The Hill(Datha Cotten, Layne Nichols, Essie Kea, Sallie Stiegelmeier).....2:24.85

400 METER RELAY

30-34 MEN

1. Over The Hill(Dave Morgan, Bernard Derricoat, Alvin Williams, Owen Henderson).....45.45
2. Second Time Around(Mike Burns, Leroy Burfitt, Cortland Buggs, Mike Smith).....46.77

40-49 MEN

1. Over The Hill(Tom Ragland, Paul Williams, LeRoy McClain, Grover Coats).....51.31
2. Lake Erie Comets(John Kasprisin, Al Morgan, Tom Good, Bob Hiti).....52.10

70-79 MEN

1. Over The Hill(Herman Mlotek, Everett Hosack, Jack Siringer, Byron Fike).....1:09.50

40-49 WOMEN

1. Over The Hill(Bernice Holland, Joan Gibson, Mary Rynes, Essie Kea).....1:09.45

1600 METER RELAY

30-39 MEN

1. Over The Hill(Norman Thomas, Nick Salupo, Dave Morgan, Grover Coats).....3:46.81

3200 METER RELAY

30-39 MEN

1. Over The Hill(Jeff Gerson, Jon Bixler, Nick Salupo, Norm Thomas).....8:51.05
2. Hermes 'A'(Rich Shriner, Jim Shlemi, Bryan Scott, Bill Stross).....9:09.84
3. Pack Mule.....9:30.23
4. Hermes 'B'(Gary Easter, Evan O'Malley, Rich Lawhun, Ron Brown).....9:53.76

30-39 WOMEN

1. Hermes 'A'(Susan Bamberger, Susan Plachy, Mary Wieter, Marion Beekman).....11:38.11
2. Hermes 'B'(Arlene Hart, Teri Wieder, Kathy Littell, Nancy Snyder).....11:50.81

40-49 WOMEN

1. Hermes(Caryn Holbrook, Annette Johnson, Winkie Goyette, Marilyn Scullin).....12:07.3

HIGH JUMP

30-34 MEN

1. Dave Morgan - Over The Hill.....5'2"

35-39 MEN

1. Stan Allen - Fitness.....6'2"
2. Pete Terpstra - un.....5'8"
3. Presley Yates - Fitness.....5'2"
4. Jack Thornton - Warren Strid.....5'0"

40-44 MEN

1. Alonzo Littlejohn - Ann Arbor.....5'10"
2. Grover Coats - Over The Hill.....4'6"

45-49 MEN

1. Tom Ragland - Over The Hill.....4'6"

50-54 MEN

1. Clarence Johnson - Over-Hill.....4'0"

55-59 MEN

1. Fred Hirsimaki - un.....4'6"

70-74 MEN

1. Jack Siringer - Over The Hill.....3'10"
2. Don Erskine - un.....3'2"

40-84 MEN

1. Everett Hosack - Over The Hill.....3'4"

45-49 WOMEN

1. Essie Kea - Over The Hill.....3'10"

POLE VAULT

30-34 MEN

1. Dave Morgan - Over The Hill.....7'0"

40-44 MEN

1. Grover Coats - Over The Hill.....7'0"

45-49 MEN

1. Ed Hoyle - West Penn.....13'0"

35 POUND WEIGHT

30-34 MEN

1. Steve Kaye - Wolfpack.....40'6 1/2"

50-54 MEN

1. Joe Chadbourne - Over The Hill.....40'3 1/2"
2. Dick Mann - Over The Hill.....34'8"

70-74 MEN

1. Jack Siringer - Over The Hill.....25'10 1/2"

80-84 MEN

1. Everett Hosack - Over The Hill.....15'11 1/2"

35-39 WOMEN

1. Mary Chadbourne - Over The Hill.....25'4"

70-74 WOMEN

1. Beryl Chadbourne - Over The Hill.....9'7 1/2"

HAMMER

30-34 MEN

1. Steve Kaye - Wolfpack.....99'10"

50-54 MEN

1. Joe Chadbourne - Over The Hill.....148'9"
2. Dick Mann - Over The Hill.....115'2"

70-74 MEN

1. Jack Siringer - Over The Hill.....53'2"

80-84 MEN

1. Everett Hosack - Over The Hill.....34'9"

35-39 WOMEN

1. Mary Chadbourne - Over The Hill.....70'9"

70-74 WOMEN

1. Beryl Siringer - Over The Hill.....28'3"

SHOT PUT

30-34 MEN

1. Steve Kaye - Wolfpack.....41'1"
2. Dave Morgan - Over The Hill.....36'1 1/2"

35-39 MEN

1. Bourbon Ziegler - un.....31'3"

40-44 MEN

1. George Mirka - Over The Hill.....40'1 1/2"

45-49 MEN

1. Rick Deere - NY Pioneers.....35'10 1/2"
2. Tom Ragland - Over The Hill.....27'3"

50-54 MEN

1. Rudy Bredenbeck - Over The Hill.....39'5"
2. Dick Mann - Over The Hill.....38'11"

55-59 MEN

1. Fred Hirsimaki - un.....29'11 1/2"

70-74 MEN

1. Jack Siringer - Over The Hill.....30'3 1/2"

80-84 MEN

1. Everett Hosack - Over The Hill.....22'5"

JAVELIN

30-34 MEN

1. Bob Kouvolio - OCTC.....255'7"

35-39 MEN

1. Presley Yates - Fitness.....152'1"
2. Jay Hunt - Over The Hill.....119'6"
3. Jessie Washington - Fitness.....106'9"

45-49 MEN

1. Tom Ragland - Over The Hill.....100'
2. E. Robert Premo - un.....81'0"

50-54 MEN

1. Dick Mann - Over The Hill.....112'7"
2. Rudy Bredenbeck - Over The Hill.....97'9"

55-59 MEN

1. Fred Hirsimaki - un.....78'2"

70-74 MEN

1. Jack Siringer - Over The Hill.....75'7"
2. Don Erskine - un.....59'2"

45-49 WOMEN

1. Datha Cotten - Over The Hill.....60'11"

55-59 WOMEN

1. Bernice Holland - Over The Hill.....78'2"

70-74 WOMEN

1. Beryl Siringer - Over The Hill.....29'0"

DISCUS

30-34 MEN

1. Steve Kaye - Wolfpack.....136'0"
2. Dave Morgan - Over The Hill.....108'1"

35-39 MEN

1. Bourbon Ziegler - un.....88'6"

40-44 MEN

1. George Mirka - Over The Hill.....143'9"

45-49 MEN

1. E. Robert Premo - un.....70'1"

50-54 MEN

1. Rudy Bredenbeck - Over The Hill.....109'3"
2. Dick Mann - Over The Hill.....107'7"
3. Joe Chadbourne - Over The Hill.....92'10"

55-59 MEN

1. Fred Hirsimaki - un.....97'11"

70-74 MEN

1. Jack Siringer - Over The Hill.....81'8"

45-49 WOMEN

1. Datha Cotten - Over The Hill.....64'0"

55-59 WOMEN

1. Bernice Holland - Over The Hill.....89'11"

70-74 WOMEN

1. Beryl Siringer - Over The Hill.....33'4"

LONG JUMP

30-34 MEN

1. Bernard Derricoat - Over The Hill.....19'2 1/2"
2. Dave Morgan - Over The Hill.....18'10 1/2"

35-39 LONG JUMP

1. Bill Black - Clifton TC.....19'1 1/2"
2. Jack Thornton - Warren Striders.....17'0"
3. Presley Yates - Fitness.....16'5"
4. Bill Stross - Hermes.....16'3 1/2"
5. Jessie Washington - Fitness.....15'4 1/2"

40-44 MEN

1. LeRoy McClain - Over The Hill.....18'4"
2. Grover Coats - Over The Hill.....17'8"
3. Don Durrah - Over The Hill.....17'1"
4. Alonzo Littlejohn - Ann Arbor.....16'4 1/2"
5. John Martinich - un.....15'9"

45-49 MEN

70-74 MEN

1. Don Erskine - un.....12'0"
 2. Jack Siringer - Over The Hill.....10'8"
 3. Herman Mlotek - Over The Hill.....9'8"

80-84 MEN

1. Everett Hosack - Over The Hill.....9'2"

30-34 WOMEN

1. Jami English - Ann Arbor TC.....12'4"

45-49 WOMEN

1. Essie Kea - Over The Hill.....10'3"

70-74 WOMEN

1. Beryl Siringer - Over The Hill.....4'4"

TRIPLE JUMP

30-34 MEN

1. Dave Morgan - Over The Hill.....34'11"

35-39 MEN

1. Stan Allen - Fitness.....40'5"
 2. Jack Thornton - Warren Striders.....35'1"
 3. Presley Yayas - Fitness.....35'0"

40-44 MEN

1. Grover Coats - Over The Hill.....33'3"
 2. Alonzo Littlejohn - Ann Arbor TC.....33'1"

55-59 MEN

1. Fred Hirsimaki - un.....28'1"

65-69 MEN

1. Bill Weinacht - Over The Hill.....22'3"

70-74 MEN

1. Don Erskine - un.....22'11"
 2. Jack Siringer - Over The Hill.....21'4"

30-34 WOMEN

1. Jami English - Ann Arbor TC.....27'5"

TEAM SCORES

MASTERS MEN

- Over The Hill.....844
 Fitness.....64
 Hermes.....58
 Ann Arbor.....52

MASTERS WOMEN

- Over The Hill.....246
 Hermes.....60
 Ann Arbor.....40

OFFICIAL RESULTS

MASTERS

SOUTHEASTERN TRACK CLASSIC
 GREENVILLE, SOUTH CAROLINA
 AUGUST 13, 1983

100 METERS:

- Women: 55-59: 1. Reardon, F. TR 16.3*
 50-54: 1. Calhoun, D. GTC 16.5*
 35-39: 1. Moore, A. CE 16.6*
 30-34: 1. Harris, P. ATC 15.6

Men:

- 70-74: 1. Walker, P. UNA 17.8
 60-64: 1. Ille, T. UNA 16.1
 55-59: 1. Seifert, G. BTC 13.2
 2. Grey, J. CTC 14.5
 50-54: 1. McKendry, E. CG 13.5
 2. Gentry, B. WF 13.7
 45-49: 1. Rivas, M. ATC 12.0*
 2. Baggett, J. UNA 13.3
 40-44: 1. Kincaid, C. MD 12.1
 2. Galbraith, F. UNA 12.4
 tie 3. Palmer, F. ATC 12.4
 3. Fields, G. ATC 12.4
 5. Utley, R. ATC 12.4
 6. Carter, N. UNA 12.4
 7. Jeffery, B. UNA 12.8
 8. Valle, M. GP 13.2
 35-39: 1. Young, J. UNA 11.5*
 2. Gist, M. UTC 11.6
 3. Purinton, M. UNA 11.6
 4. Branch, W. UNA 11.7
 5. Payne, J. GSTC 12.3
 6. Liles, J. CE 12.3
 7. Cawthon, UNA 13.1
 8. Fisher, R. GSTC 13.1
 30-34: 1. Gibson, A. SI 11.1*
 2. Roberson, N. BB 11.2
 3. Green, B. GTC 11.9
 4. Poindexter, UNA 12.5

200 METERS:

- Women: 55-59: 1. Reardon, F. TR 34.3*
 35-39: 1. Houlton, S. ATC 29.3*
 30-39: 1. Seward, J. ATC 30.7

Men:

- 70-74: 1. Walker, P. UNA 39.0
 60-64: 1. Rice, J. WF 29.7
 2. Futrell, C. WF 31.6
 55-59: 1. Grey, J. CTC 34.0*
 50-54: 1. McKendry, F. CG 27.8

45-49:

1. White, S. ATC 26.4*
 2. Winn, K. ATC 28.5
 40-44: 1. Kincaid, C. MD 25.0
 2. Fields, G. ATC 25.5
 3. Galbraith, F. UNA 25.9
 4. Snedden, H. ATC 25.9
 5. Jeffery, B. UNA 26.0
 6. Sabella, J. UNA 27.8
 7. Valle, M. GP 28.4
 35-39: 1. Purinton, M. UNA 23.3*
 2. Branch, W. UNA 24.5
 tie 3. Brown, C. UNA 25.2
 3. Liles, J. CE 25.2
 5. Payne, J. GSTC 25.6
 30-34: 1. Lipscomb, A. UNA 24.4
 2. Poindexter, T. UNA 27.9

400 METERS:

- Women: 55-59: 1. Reardon, F. TR 87.7*
 45-49: 1. McKendry, K. CG 94.5
 30-34: 1. Harris, P. ATC 78.1

Men:

- 60-64: 1. Rice, J. WF 66.8*
 2. Futrell, C. WF 79.0
 55-59: 1. Seifert, G. BTC 60.8*
 50-54: 1. Bartenfield, ATC 1:50.4
 45-49: 1. White, S. ATC 54.4*
 40-44: 1. Kincaid, C. MD 55.1
 2. Utley, R. ATC 56.9
 3. Snedden, H. ATC 59.9
 4. Jeffery, B. UNA 60.0
 5. Sabella, J. UNA 60.6
 6. Valle, M. GP 64.2
 35-39: 1. Purinton, M. UNA 53.5*
 2. Payne, J. GSTC 56.3
 3. Liles, J. CE 59.6
 30-34: 1. Green, B. GTC 53.3
 2. Anderson, J. UNA 53.9
 3. Dawkins, B. CE 56.3

800 METERS:

- Women: 45-49: 1. McKendry, K. CG 3:45.8*
 35-39: 1. Houlton, S. ATC 2:21.9*
 30-34: 1. Seward, J. ATC 2:31.7
 2. Lempeis, C. UNA 2:40.5

Men:

- 60-64: 1. Rice, J. WF 2:35.9*
 2. Futrell, C. WF 3:12.2
 55-59: 1. Johnson, L. ATC 2:40.4
 2. Sondov, G. GTC 2:44.6
 50-54: 1. McKendry, E. CG 2:19.7*
 45-49: 1. Winn, K. ATC 2:13.9
 40-44: 1. Holder, H. UNA 2:23.4
 2. Sabella, J. UNA 2:37.0
 35-39: 1. Fisher, R. GSTC 2:37.0
 30-34: 1. Embler, M. GTC 1:57.3*

1500 METERS:

- Women: 50-54: 1. Calhoun, D. GTC 6:32.1
 2. Bell, N. GTC 6:34.0
 35-39: 1. Moore, A. CE 5:37.2*
 30-34: 1. Seward, J. ATC 5:10.3
 2. Lempeis, C. UNA 5:23.1

Men:

- 55-59: 1. Johnson, L. ATC 5:51.2
 2. Grey, J. CTC 7:06.5
 50-54: 1. McKendry, E. CG 4:53.2*
 2. Glatz, R. UNA 5:14.2
 40-44: 1. Williams, A. GTC 4:40.4
 2. Sabella, J. UNA 5:13.8
 35-39: 1. Weeks, R. GNAC 4:09.5*
 30-34: 1. Bayne, D. GTC 4:18.3
 2. Aycock, D. UNA 4:45.2
 3. Richards, R. GTC 5:06.6

110 METER HURDLES:

- Men: 50-54: 1. Gentry, B. WF 19.2
 45-49: 1. Gilmore, J. GTC 17.9
 40-44: 1. Utley, R. ATC 17.8
 30-34: 1. Roberson, N. BB 14.2*
 2. Lipscomb, A. UNA 16.2

400 METER HURDLES:

- Men: 40-44: 1. Utley, R. ATC 67.6
 2. Holder, H. UNA 68.2
 30-34: 1. Lipscomb, A. UNA 63.4
 2. Fri, S. WRR 63.6
 3. Dawkins, B. CE 64.6

5000 METERS:

- Women: 50-54: 1. Embler, G. GTC 24:15.3
 35-39: 1. Moore, A. CE 21:06.5
 30-34: 1. Holdridge, C. UNA 21:06.2
 2. Carter, S. UNA 23:20.0
 3. Hertling, D. UNA 24:52.7

Men:

- 50-54: 1. Black, E. GTC 19:51.6
 35-39: 1. Winkler, J. UNA 21:02.1
 30-34: 1. Aycock, D. UNA 17:30.5

10,000 METERS

- Women: 55-59: 1. Rush, A. SAC 52:27.0

Men:

- 70-74: 1. Forwood, B. GTC 56:02.0
 50-54: 1. Petroline, J. ATC 42:06.8
 45-49: 1. Craven, A. GTC 35:17.5
 2. Kuyendall, J. STC 41:41.4
 40-44: 1. Baker, E. UNA 52:34.5
 35-39: 1. Ashe, C. UNA 47:14.8
 2. Pepitone, J. UNA 49:01.0
 30-34: 1. Richards, R. GTC 38:46.6
 2. Compton, M. UNA 42:37.2
 3. Spradlin, W. UNA 49:13.0

4X100 RELAY:

- Women: 30-39: 1. UNA (Harris, Johnson Moore, Utley) 67.1

Men:

- 40-49: 1. ATC (Johnson, Utley, White, Rivas) 48.7
 2. UNA (Carter, Jeffery, Liles, Keesling) 49.4
 30-39: 1. UNA (Lipscomb, Roberson Young, Gibson) 44.1*
 2. GSTC (Payne, Green, Lewis, Poindexter) 47.7

4X400 RELAY:

- Men: 40-49: 1. ATC (Johnson, Palmer, Utley, White) 4:02.3
 2. UNA (Carter, Holder, Jeffery, Sabella) 4:21.7
 30-39: 1. GSTC (Embler, Fisher, Dawkins, Payne) 4:00.9

3000 STEEPLE CHASE:

- Men: 70-74: 1. Boal, R. SS 15:20.3*
 45-49: 1. Johnson, L. ATC 14:49.4*
 40-44: 1. Williams, A. GTC 11:01.0*

POLE VAULT:

- Men: 70-74: 1. Hummel, D. MTC 8'6"
 45-49: 1. Hamilton, R. UNA 9'
 40-44: 1. Eubanks, W. UNA 8'6"
 35-39: 1. Jordan, T. UNA 11'6"
 30-34: 1. Dye, J. OM 12'6"
 2. White, B. UNA 8'6"

HIGH JUMP:

- Women: 55-59: 1. Hummel, B. MTC 3'2"
 Men: 75+: 1. Hosack, E. UNA 3'4"
 70-74: 1. Hummel, D. MTC 4'
 60-64: 1. Ille, T. UNA 4'
 55-59: 1. Seifert, G. BTC 5'1/2"
 2. Davenport, M. UNA 4'7"
 50-54: 1. Gaskins, D. UNA 4'9"
 2. Gentry, B. WF 4'9"
 3. Clark, A. ATC 4'5"
 45-49: 1. White, S. ATC 5'8 1/2"
 2. Smith, F. UNA 5'7"
 3. Gilmore, J. GTC 5'2 1/2"
 4. Hamilton, R. UNA 4'5"
 Men: 40-44: 1. Galbraith, F. UNA 5'2"
 2. Carter, N. UNA 5'1/2"
 3. Eubanks, W. UNA 4'10"
 4. Valle, M. GP 4'9"
 35-39: 1. Jordan, T. UNA 5'7"
 2. Liles, J. UNA 4'10"
 3. Payne, J. GSTC 4'9"
 30-34: 1. Anderson, J. UNA 5'6 1/2"
 2. White, B. UNA 5'2 1/2"
 3. Dye, J. OM 5'1/2"

LONG JUMP:

- Women: 40-44: 1. Johnson, S. ATC 10'
 35-39: 1. Moore, A. CE 10'5 1/2"
 2. Utley, M. ATC 4'8 1/2"
 30-34: 1. Harris, P. ATC 11'7"
 Men: 75+: 1. Hosack, E. UNA 7'9"
 60-64: 1. Ille, T. UNA 12'7 1/2"
 55-59: 1. Seifert, G. BTC 15'4 1/2"
 2. Davenport, UNA 11'3 1/2"
 50-54: 1. Clark, A. ATC 15'1"
 2. Gentry, B. WF 13'7 1/2"
 3. Bartenfield, AT 13'5 1/2"
 45-49: 1. Gilmore, J. GTC 17'1 1/2"
 2. Hamilton, UNA 14'2 1/2"
 40-44: 1. Carter, N. UNA 17'10 1/2"
 2. Valle, M. GP 15'10 1/2"
 3. James, J. CTC 15'8 1/2"
 4. Eubanks, W. UNA 15'1 1/2"
 35-39: 1. Liles, J. CE 18'10 1/2"
 30-34: 1. Lewis, J. GTC 17'8"
 2. White, B. PAG 17'7 1/2"

TRIPLE JUMP:

- Men: 70-74: 1. Hummel, D. MTC 24'7"
 60-64: 1. Ille, T. UNA 27'1"
 55-59: 1. Seifert, G. BTC 30'10 1/2"
 2. Davenport, UNA 27'
 50-54: 1. Gentry, B. WF 31'10 1/2"
 2. Bart'field, ATC 31'1 1/2"
 45-49: 1. White, S. ATC 37'9 1/2"
 2. Hamilton, R. UNA 32'10"
 3. Smith, F. UNA 32'
 40-44: 1. Carter, N. UNA 36'3"
 2. Valle, M. GP 30'1"
 35-39: 1. Liles, J. CE 34'3"
 30-34: 1. Anderson, J. UNA 37'4"

PENTATHLON:

- Men: 55-59: 1. Deprano, S. 4.34m 34.98m 52.40 25.46m 6:29.6
 ATC 477 629 0 355 283 1744*
 50-54: 1. Clark, A. 4.83m 31.52m 26.20 25.74m -----
 ATC 532 435 770 322 0 2059*
 40-44: 1. Keesling, B. 5.25m 32.42m 28.33 27.60m 5:19.44
 GTC 495 308 400 352 523 2078*
 30-34: 1. Green, B. 5.87m 43.22m 23.46 34.92m 4:52.88
 GTC 575 538 691 582 448 2834*
 2. Lipscomb, A. 5.37m 34.88m 24.40 31.00m 5:17.67
 UNA 460 441 608 317 2293
 3. Dawkins, B. 4.94m 34.86m 25.70 27.54m 4:46.24
 356 411 499 417 487 2170

JAVELIN

- Men: 75+: 1. Hosack, E. UNA 21'11"
 70-74: 1. Hummel, D. MTC 31'
 2. Schanzle, R. UNA 28'3 1/2"
 65-69: 1. Faison, W. UNA 32'2"
 2. Accardi, R. HTC 29'5 1/2"
 3. Lesner, F. RTC 28'9"
 4. Reardon, C. TR 26'6 1/2"
 55-59: 1. Seligman, B. RTC 38'5 1/2"
 50-54: 1. Gaskins, D. UNA 39'6 1/2"
 2. Bartenfield, ATC 27'9"
 45-49: 1. Twomey, T. ChTC 35'9"
 2. Rivas, M. ATC 32'3 1/2"
 3. Smith, F. UNA 28'10 1/2"
 40-44: 1. Valle, M. GP 38'1 1/2"
 35-39: 1. Bianchi, T. ChTC 37'2 1/2"
 30-34: 1. Accardi, T. HTC 41'1 1/2"
 2. Porter, R. UNA 40'4 1/2"
 3. Eberhardt, R. GSTC 32'1 1/2"

DISCUS:

- Women: 55-59: 1. Hummel, B. MTC 46'8 1/2"
 35-39: 1. Utley, M. ATC 43'8 1/2"
 Men: 75+: 1. Hosack, E. UNA 60'10"
 70-74: 1. Hummel, D. MTC 92'5 1/2"
 2. Schanzle, R. UNA 83'8 1/2"
 65-69: 1. Faison, W. UNA 85'10"
 2. Lesner, F. RTC 82'5 1/2"
 3. Reardon, C. TR 77'5 1/2"
 55-59: 1. Seligman, B. RTC 108'9 1/2"
 2. Davenport, M. UNA 72'7"
 50-54: 1. Gaskins, D. UNA 116'3 1/2"
 2. Bart'field, ATC 92'2"
 3. Trevonow, J. HAC 90'10"
 45-49: 1. Gilmore, J. GTC 101'8"
 2. Rivas, M. ATC 101'8"
 3. Twomey, T. ChTC 99'3 1/2"
 4. Smith, F. UNA 81'9 1/2"
 40-44: 1. Valle, M. GP 115'3 1/2"
 2. Galbraith, F. UNA 109'10"
 3. James, J. CTC 98'6 1/2"
 35-39: 1. Bianchi, T. ChTC 121'8"
 30-34: 1. Porter, R. UNA 112'9 1/2"
 2. Accardi, T. HTC 102'10"
 3. Eberhardt, R. GSTC 81'3"

NEW MEET RECORDS

- Men: 55-59: 1. Deprano, S. 4.34m 34.98m 52.40 25.46m 6:29.6
 ATC 477 629 0 355 283 1744*
 50-54: 1. Clark, A. 4.83m 31.52m 26.20 25.74m -----
 ATC 532 435 770 322 0 2059*
 40-44: 1. Keesling, B. 5.25m 32.42m 28.33 27.60m 5:19.44
 GTC 495 308 400 352 523 2078*
 30-34: 1. Green, B. 5.87m 43.22m 23.46 34.92m 4:52.88
 GTC 575 538 691 582 448 2834*
 2. Lipscomb, A. 5.37m 34.88m 24.40 31.00m 5:17.67
 UNA 460 441 608 317 2293
 3. Dawkins, B. 4.94m 34.86m 25.70 27.54m 4:46.24
 356 411 499 417 487 2170

NORTH COAST DECATHLON CHAMPIONSHIPS

AMHERST, OHIO; AUGUST 13-14, 1983

1st day: 100m, LJ, SP, HJ, 400m
2nd day: 110mH, DT, PV, JT, 1500m

Dave Morgan, 34, 4852 (12.2/540; 18'5 1/2"/540; 36'10 1/2"/548; 5'2 1/2"/463; 58.4/484; 19.0/512; 100'6"/485; 8'6"/400; 173'9 1/2"/672; 5:37/229)

Robert Pridgen, 35, 3786 (12.8/426; 16'5 1/2"/373; 31'3 1/2"/426; 5'0 1/2"/414; 61.1/399; 22.3/326; 94'5 1/2"/446; 8'6"/400; 133'/499; 6:16.4/77)

Jeff Gerson, 36, 1837 (13.6/290; 13'10 1/4"/172; 22'7"/211; 3'8 1/2"/0; 61.5/387; DNF/5; 55'8"/135; 5'9"/9; 68'5"/156; 4:47.9/477)

Matti Kilpilainen, 37, 5105 (12.0/580; 18' 1/2"/491; 33'6 1/2"/475; 5'5 1/2"/550; 59.2/458; 18.1/575; 106'11"/535; 10'6"/587; 162'9"/628; 5:37.1/229)

Henry Hopkins, 40, 5016 (12.9/408; 16'10 1/2"/403; 34'9"/503; 5'3 1/2"/493; 60.4/420; 17.4/629; 103'6"/509; 12'/717; 137'10"/521; 4:59.2/413)

Grover Coats, 44, 3514 (12.2/540; 17'8 1/2"/463; 22'4"/204; 4'6 1/2"/263; 56.3/555; 18.8/526; 59'9"/172; 7'/244; 71'4"/175; 5:06.8/372)

Don Zimmerman, 46, 3034 (13.3/339; 14'3 1/2"/206; 26'7"/314; 4'4"/210; 64.4/306; 21.5/366; 86'9"/390; 9'6"/495; 74'11"/197; 5:41.3/211)

Robert Peters, 59, 666 -1st day only (16.7/0; 10'4 1/2"/0; 32'7 1/2"/456; 4'4"/210; 2:16/0)

Ham Morningstar, 66, 1621 (27.6/0; 9'4 1/2"/0; 40'10"/628; 4'4"/210; 2:14/0; DNF; 99'11"/484; 5'/9; 91'/290; DNF)

MONTANA MASTERS T&F CHAMPIONSHIPS; BOZEMAN; AUGUST 14, 1983

Men

50-59

100 — 1. Dick Schroeder (Bozeman) 12.1; 2. Glen Goverson (Missoula) 12.1; 3. Denny Hulfard (Billings) 12.2; 4. Russ Wilson (Savage) 12.8; 5. Dennis Semprini (Bozeman) 13.3; 6. Bill Murdoch (Bozeman) 13.4.
100 hurdles — 1. Barry Mortenson (Helena) 16.2 (new meet record); 2. Rob Stark (Bozeman) 17.2; 3. Dennis Semprini (Bozeman) 21.8.
200 — 1. Glen Goverson (Missoula) 24.7; 2. Dick Schroeder (Bozeman) 24.8; 3. Denny Hulfard (Billings) 25.2.

25.2; 4. Ed Darlier (Helena) 25.3; 5. Russ Wilson (Savage) 27.7; 6. Dennis Semprini (Bozeman) 28.7; 7. Mike Nevada (Billings) 28.8.

400 — 1. Denny Hulfard (Billings) 54.0; 2. Glen Goverson (Missoula) 54.5; 3. Terry Boos (Bozeman) 55.0; 4. Rob Stark (Bozeman) 55.3; 5. Barry Mortenson (Helena) 56.1; 6. Bill Murdoch (Bozeman) 1:00.8; 7. Dennis Semprini (Bozeman) 1:01.2; 8. Steve Salusso (Divide) 1:01.8.

400 hurdles — 1. Rob Stark (Bozeman) 1:03.5 (new meet record); 2. Terry Boos (Bozeman) 2:05.2; 3. Roger Fischer (Dickinson, N.D.) 2:13.6; 4. Dennis Semprini (Bozeman) 2:37.6.

1500 — 1. Terry Boos (Bozeman) 4:14.0; 2. Jerry Schwartz (Dickinson, N.D.) 4:16.0; 3. Leon Klingartner (Dickinson, N.D.) 4:26.0; 4. Roger Fischer (Dickinson, N.D.) 4:39.4; 5. Bill Murdoch (Bozeman) 4:50.0; 6. Dennis Semprini (Bozeman) 5:13.1.
3000 steeplechase — 1. Steve Salusso (Divide) 5:00.0; 2. Jerry Schwartz (Dickinson, N.D.) 5:10.2; 3. Terry Boos (Bozeman) 5:41.0; 4. Leon Klingartner (Dickinson, N.D.) 5:45.1; 5. Gaylen Black (Miles City) 5:46.7; 6. Steve Salusso (Divide) 5:47.8; 7. Lee Ory (Billings) 5:49.8; 8. Dave French (Billings) 5:52.8; 9. Bill Murdoch (Bozeman) 5:53.2; 10. Dennis Semprini (Bozeman) 5:53.2.

5000 — 1. Rob Stark (Bozeman) 15:51.1; 2. Dave Jennison (Billings) 15:51.1; 3. Rob Stark (Bozeman) 15:51.1; 4. David Jennison (Billings) 15:51.1; 5. Glen Goverson (Missoula) 15:51.1.

Shot put — 1. Rob Workman (Butte) 42-3; 2. David Jennison (Billings) 40-8 1/2.
Long jump — 1. Denny Hulfard (Billings) 17-3; 2. Dick Schroeder (Bozeman) 16-0.

High jump — 1. Ed Darlier (Helena) 5-10; 2. Allan Simari (Bozeman) 4-9.

Women

30-39

100 — 1. Riley Payne (Bellingham, Wash.) 11.9; 2. John Laramie (Butte) 12.6; 3. James Nikodym (Billings) 13.2; 4. George Carson (Green River, Wyo.) 13.2; 5. Richard Schardt (Laurel) 13.7; 6. Art Daniel (Billings) 13.9.
100 hurdles — 1. Earl King (Bozeman) 20.0; 2. John Laramie (Butte) 21.9.

200 — 1. David Wistey (Livingston) 27.7; 2. George Carson (Green River, Wyo.) 27.7; 3. Richard Schardt (Laurel) 28.1; 4. James Nikodym (Billings) 29.5.
400 — 1. Dean Reiz (Helena) 1:00.6; 2. James Nikodym (Billings) 1:01.2; 3. Dave Wistey (Livingston) 1:01.2.

400 hurdles — 1. Earl King (Bozeman) 1:15.0 (new meet record); 2. David Wistey (Livingston) 2:16.9 (new meet record); 3. Dean Reiz (Helena) 2:17.6; 4. Larry Rafferty (Dickinson, N.D.) 2:23.4.

1500 — 1. Dean Reiz (Helena) 4:49.9; 2. David Wistey (Livingston) 5:03.0; 3. Larry Rafferty (Dickinson, N.D.) 5:03.0.
3000 steeplechase — 1. Earl King (Bozeman) 5:03.0.

5000 — 1. Bill Crum (Gardiner) 18:06.6 (new meet record); 2. Dean Reiz (Helena) 17:00.2.

Javelin — 1. Don Poole (Belgrade) 197-1 (new meet record); 2. Jim Nikodym (Billings) 201-9.

Discus — 1. Tom Gage (Billings) 137-8; 2. Earl Jensen (Greybull, Wyo.) 125-9.
Shot put — 1. Tom Gage (Billings) 43-2 (new meet record); 2. Earl Jensen (Greybull, Wyo.) 42-3; 3. Don Poole (Belgrade) 39-3.

Long jump — 1. Riley Payne (Bellingham, Wash.) 17.1 (new meet record); 2. James Nikodym (Billings) 16.1; 3. George Carson (Green River, Wyo.) 16.9; 4. Larry Rafferty (Dickinson, N.D.) 14-5.

High jump — 1. Earl King (Bozeman) 4-11; 2. Art Daniel (Billings) 4-9.

Triple jump — 1. Riley Payne (Bellingham, Wash.) 33-4 (new meet record); 2. Earl King (Bozeman) 31-5.
Pole vault — 1. John Laramie (Butte) 9-1.

50-59
100 — 1. Bob Graham (Laurel) 13.4; 2. Jeremiah LeHane (Alamogordo, N.M.) 14.1; 3. Jim Cordal (Missoula) 15.0; 4. Frank Peterson (Laurel) 15.5.
100 hurdles — 1. Bob Graham (Laurel) 15.9.

200 — 1. Jeremiah LeHane (Alamogordo, N.M.) 30.7; 2. Frank Peterson (Laurel) 32.3.
400 — 1. Frank Peterson (Laurel) 1:07.4; 2. Jeremiah LeHane (Alamogordo, N.M.) 1:12.2; 3. Bob Hayes (Bozeman) 1:21.0.

400 hurdles — 1. Bob Graham (Bozeman) 1:09.7 (new meet record); 2. Frank Peterson (Laurel) 2:40.6.
800 — 1. Frank Peterson (Bozeman) 2:40.6.

1600 — 1. Frank Peterson (Bozeman) 5:13.5; 2. Ron Litton (Billings) 6:05.7; 3. Bob Hayes (Bozeman) 6:00.4.

4000 steeplechase — 1. Frank Peterson (Bozeman) 13:35.1; 2. Bob Hayes (Bozeman) 14:11.2.
5000 — 1. Frank Peterson (Bozeman) 19:25.6 (new meet record); 2. Bob Hayes (Bozeman) 20:02.6.

Javelin — 1. Bob Hayes (Bozeman) 82-6.
Discus — 1. Jim Cordal (Missoula) 131-9.

Long jump — 1. Bob Graham (Laurel) 15-2 1/2; 2. Frank Peterson (Laurel) 12-11; 3. Bob Hayes (Bozeman) 11-7.

Triple jump — 1. Bob Graham (Laurel) 29-2 (new meet record); 2. Frank Peterson (Laurel) 22-4 1/2.
High jump — 1. Ron Litton (Billings) 3-9.

60-69
100 — 1. Bill Knuppel (Big Arm) 15.8.
100 hurdles — 1. Ben Tyvand (Missoula) 23.6.

200 — 1. Bill Knuppel (Big Arm) 30.3; 2. Lloyd Berg (Bozeman) 35.1.
400 — 1. Bill Knuppel (Big Arm) 1:10.2; 2. Lloyd Berg (Bozeman) 1:16.8.

800 — 1. Bill Knuppel (Big Arm) 2:02.5; 2. Tom Regan (Billings) 3:07.5; 3. Lloyd Berg (Bozeman) 3:02.2.

1600 — 1. Tom Regan (Bozeman) 5:31.0 (new meet record); 2. Anne Hovn (Bozeman) 5:50.2; 3. Tom Regan (Billings) 6:25.7; 4. Lloyd Berg (Bozeman) 7:41.1.

3000 steeplechase — 1. Tom Regan (Billings) 14:36.0 (new meet record); 2. Ed Anacker (Bozeman) 17:04.0.
5000 — 1. Al Funk (Bozeman) 20:51.0 (new meet record); 2. Tom Regan (Billings) 21:45.2; 3. Anne Hovn (Bozeman) 22:33.1; 4. Ed Anacker (Bozeman) 26:05.6.

5. Lloyd Berg (Bozeman) 26:00.2.
Discus — 1. Ross Carter (Eugene, Ore.) 127-4; 2. Ben Tyvand (Missoula) 105-6.

Shot put — 1. Ross Carter (Eugene, Ore.) 45-10; 2. Ben Tyvand (Missoula) 37-5 1/2.
Long jump — 1. Gene Hahn (Billings) 11-4.

High jump — 1. Tom Regan (Billings) 4-11 (new meet record); 2. Ben Tyvand (Missoula) 3-9; 3. Gene Hahn (Billings) 3-9.

30-39

400 — 1. Herb Kirk (Bozeman) 2:17.6.
800 — 1. Herb Kirk (Bozeman) 6:08.6.

1500 — 1. Herb Kirk (Bozeman) 11:33.2 (new meet record); 2. Herb Kirk (Bozeman) 45:30 (new meet record).

Women

30-39

100 — 1. Terry Kennedy (Bozeman) 13.4 (new meet record); 2. Jenny Tuthill (Bozeman) 14.3; 3. Kathy McLees (Bozeman) 16.3; 4. Bonnie Lesnik (Bozeman) 16.3; 5. Joan Salusso (Divide) 16.9.

100 hurdles — 1. Joan Salusso (Divide) 20.6 (new meet record); 2. Terry Kennedy (Bozeman) 23.0 (new meet record); 3. Kathy McLees (Bozeman) 28.7; 4. Kathy McLees (Bozeman) 34.1.

200 — 1. Terry Kennedy (Bozeman) 1:03.4 (new meet record); 2. Bonnie Lesnik (Bozeman) 1:15.6.
400 — 1. Bonnie Lesnik (Bozeman) 2:59.8 (new meet record); 2. Jenny Tuthill (Bozeman) 5:28.1.

800 — 1. Jenny Tuthill (Bozeman) 1:20.8 (new meet record); 2. Jenny Tuthill (Bozeman) 1:20.8; 3. Kathy McLees (Bozeman) 2:12.7.

Javelin — 1. Bonnie Daniel (Billings) 79-7.
Discus — 1. Bonnie Daniel (Billings) 91-1 (new meet record); 2. Joan Salusso (Divide) 63-10 1/2.

Shot put — 1. Bonnie Daniel (Billings) 32-1 1/2.
Long jump — 1. Bonnie Daniel (Billings) 12-9 1/2.

High jump — 1. Bonnie Daniel (Billings) 4-7 (new meet record); 2. Joan Salusso (Divide) 3-6.

40-49

200 — 1. Beth Browning (Forsyth) 36.5.
400 — 1. Beth Browning (Forsyth) 1:19.9; 2. Kay Newman (Bozeman) 1:36.0.

800 — 1. Beth Browning (Forsyth) 3:02.2 (new meet record); 2. Kay Newman (Bozeman) 3:02.2.

1500 — 1. Beth Browning (Forsyth) 5:08.1.
3000 — 1. Kay Newman (Bozeman) 14:57.5 (new meet record); 2. Kay Newman (Bozeman) 25:42.7.

50-59

200 — 1. Edna Berg (Bozeman) 43.1.
400 — 1. Edna Berg (Bozeman) 1:58.2.

800 — 1. Edna Berg (Bozeman) 4:19.0 (new meet record); 2. Edna Berg (Bozeman) 4:19.0.

1500 — 1. Edna Berg (Bozeman) 3:49.2.
3000 — 1. Edna Berg (Bozeman) 17:38.8 (new meet record); 2. Edna Berg (Bozeman) 31:40.6.

CHILLICOTHE MASTERS TRACK and FIELD MEET

Chillicothe, MO.
August 14, 1983

110m hurdles

M30-34 (39")
Neal Combs 15.7

M40-44 (36")
George Labelle 18.4

M45-49 (36")
Lawrence Bybee 19.5

M50-54 (33")
Earl Ventura 19.70
Bill Butterworth 19.71

M55-59 (33")
Ernie Hammond 23.4

M80-84 (100m 30")
Arling Pitcher 24.6

100m dash

M30-34
Clifton Jackson 11.25
William Womack 13.10

Ed Douglas 13.40
Phillip Griffith 13.41
Tim Barlow 14.40

M35-39
Ross Jensen 12.30
Butch Shaffer 13.90

M40-44
Bob Steel 12.40
Charles Marriott 13.00
Lyman Rate 13.20

M45-49
Stan Giles 13.30
Lawrence Bybee 13.50
William Duanne 14.20
Ron Lusby 14.40

M50-54
Earl Ventura 13.00
Bill Butterworth 14.80
Bill Clark 17.40

M55-59
Ernie Hammond 16.20

M70-74
Cecil Sommer 16.90

M80-84
Arling E. Pitcher 16.99

M30-34
Ella Barlow 15.90
Lou Cowherd 17.20

M40-44
Sherry March 17.10

200m dash

M30-34
Clifton Jackson 23.10
Ed Douglas 27.00
Tim Barlow 27.10
William Womack 27.50
Bari Garner-Holman 27.70

M35-39
Ross Jensen 25.20

M40-44
Charles Marriott 26.10
Lyman Rate 28.60
George Labelle 28.80

M45-49
Stan Giles 28.00
William Duanne 28.60
Ron Lusby 29.40

M50-54
Earl Ventura 26.48
Don Nail 31.30

M55-59
Ernie Hammond 50.10

M70-74
Cecil Sommer 37.40

M80-84
Arling E. Pitcher 37.53

400m dash

M30-34
Tim Barlow 61.10
Ed Douglas 62.10

M35-39
Tom Ashbrook 63.20

M40-44
Lyman Rate 70.10

M45-49
William Duanne 62.50
Stan Giles 63.00
Donald Baskett 64.70

M50-54
Don Nail 69.20

800m run

M35-39
Larry Richards 2:25.8
Tom Ashbrook 2:27.5

M40-44
Ken Winters 2:33.1
Lyman Rate 2:40.0

M50-54
Don Nail 2:28.3

1500m run

M30-34
Richard Crane 4:18.9

M35-39
Larry Richards 5:12.4

M40-44
Ed Martens 5:30.5

M45-49
Donald Baskett 5:33.2
Dave Shinneman 6:12.0

M50-54
Don Nail 5:30.7

M30-34
Lou Cowherd 6:52.0

M40-44
Sherry March 7:02.0

1500m walk

M30-34
Bari Garner-Holman 7:48.4

M40-44
George LaBelle 11:14.6

M45-49
Carl Gladstone 7:57.1

M50-54
Bill Clark 10:44.5

M55-59
Ernie Hammond 10:47.3

M70-74
Cecil Sommer 11:31.3

M40-44
Judy Wilson 12:46.4

M50-54
Delores Melte 13:45.3

M60-64
Marjorie Sommer 12:19.4

M30-34
Clifton Jackson 5' 4"

Dennis Littrell 5' 2"

Doug Long 4' 6"

M40-44
Ken Winters 5' 4"

George Labelle 4' 8"

M45-49
Lawrence Bybee 5' 0"

Dave Shinneman 4' 6"

Ron Lusby 4' 2"

M50-54
Bill Butterworth 4' 4"

Earl Ventura 4' 8"

M55-59
Ernie Hammond 4' 2"

M70-74
Cecil Sommer 4' 0"

M30-34
Gary Banks 31 5'1"

Palmer Sweet 39 4'6 1/2"

M40-44
Barry Kline 43 5'6 1/2"

LJ
M30+ P. Sweet 15'4 1/2"

TJ
M30+ S. Thornsley 31 41'5"

M40+ P. Sweet 31'7 3/4"

PV
M30+ Sam Prentice 32 14'0"

M40+ Ed Zuraw 44

200m	
M30+ S. Thornsley	23.5
G. Banks	23.7
M40+ B. Kline	24.9
Robin Flicker	24.9
Jim Bradley	25.4
H. Davenport	29.15

800m	
M30+ J. Showers	1:58.16
C. Prebish	2:26.59
M40+ R. Flicker	2:08.8
R. Ocker	2:11.5

120 HH	
M40+ B. Kline	16.94

400mIH	
M40+ B. Kline	62.7
J. Bradley	65.11

400m	
M30+ S. Thornsley	54.2
G. Banks	56.1
C. Prebish	60.2
M40+ R. Flicker	55.3
J. Bradley	59.1

WOMEN	
SP 4k	
Ann Morris	32
DT 1k	
A. Morris	65'8"

200m	
Debie Page	32
800m	
Susan Prebish	36
400m	
S. Prebish	72.9
D. Page	75.2

13th BRITISH T&F CHAMPIONSHIPS; MELKSHAM; AUGUST 20-21, 1983	
100m	
M40 B. Green	11.7
M45 R. Taylor	12.2
M50 C. Williams	12.8
M55 S. Brooks	13.3
M60 L. Williams	13.3
M70 S. Busby	16.1
M75 S. Searle	19.2
W35 C. Vaughn	13.7
W40 B. Brown	15.1
W45 U. Gore	13.8
W50 E. Knowles	17.6
W55 H. Farmer	15.8
W60 M. Wixley	16.6
W65 M. Williams	19.1
200m	
M40 I. Foster	24.7
M45 C. Derritt	25.0
M50 A. Blackman	24.8
M55 S. Brookes	26.3
M60 L. Williams	28.0
M70 S. Busby	32.0
W35 J. Roscoe	27.1
W40 B. Brown	30.7
W45 U. Gore	29.6
W50 H. Brindley	38.5
W65 M. Williams	41.5
400m	
M40 J. McNamee	53.8
M45 R. Anderson	52.8
M50 P. Higgins	55.4
M55 S. Brookes	58.9
M60 L. Brown	64.5
M70 S. McSweeney	74.1
W35 P. Gallagher	59.7
W40 B. Brown	68.9
W45 H. Boggett	66.6
W50 H. Brindley	85.0
800m	
M40 J. Wood	1:57.9
M45 R. Anderson	2:07.5
M50 P. Allen	2:09.5
M55 L. Torres	2:12.3
M60 B. Nielson	2:24.2
M65 H. Taylor	2:50.5
M70 R. Evans	3:39.6
M75 R. White	4:21.4
W35 P. Gallagher	2:17.3
W40 Y. Miles	2:37.8
W45 A. Prowse	2:44.5
W50 H. Ryder	2:56.0
1500m	
M40 M. Wrenn	4:11.7
M45 B. Bartholomew	4:19.2
M50 L. O'Hara	4:28.5
M55 L. Torres	4:39.1
M60 B. Neilson	4:56.6
M65 H. Taylor	5:43.2
M70 G. Oxbury	5:59.9
M75 W. Ross	7:21.1
W35 P. Gallagher	4:49.5
W40 Y. Miles	5:20.5
W45 E. Joyce	5:33.7
W50 H. Ryder	6:12.8

10000m	
M40 M. Turner	31:46.5
M45 M. Freary	31:11.4
M50 J. Wood	35:20.6
M55 C. Charlton	35:07.1
M60 K. Hall	38:28.0
M65 R. Hopcroft	44:13.2
110mH	
M40 D. Barrington	18.2
M45 J. Howell	19.7
M50 J. Dixon	18.9
M55 I. Steedman	19.8
100mH	
W35 C. Taylor	17.8
80mH	
W55 H. Farmer	17.0
Steeplechase	
M40 D. Davies	10:56.6
M45 G. Blackburn	10:29.9
M55 G. Brindley	12:40.1
Long Jump	
M40 J. Parish	5.95
M45 J. Darlington	5.69
M50 J. Cross	4.92
M55 J. Leete	4.69
M60 P. Munn	4.01
M70 S. McSweeney	3.97
High Jump	
M40 S. Power	1.75
M45 J. Darlington	1.70
M50 G. Hickey	1.60
M55 G. Brindley	1.20
M60 L. Williams	1.40
M70 S. McSweeney	1.15
M75 J. Searle	1.05
W35 R. Howell	1.49
W40 P. McNab	1.46
W50 W. Feldmanis	1.11
W55 H. Farmer	1.08
Womens Shot	
35 J. Kerr	13.17
40 P. McNab	9.49
50 G. Charman	8.44
55 H. Farmer	6.70
Discus	
M40 J. Walters	39.21
M45 H. Richardson	38.52
M50 J. Watson	37.15
M55 I. Briggs	38.44
M60 D. Van Hegan	37.82
M65 H. Karlsson	23.90
M70 S. McSweeney	25.32
W35 J. Kerr	37.28
W40 D. Samuels	21.80
W50 G. Charman	27.50
W55 H. Farmer	22.20
Hammer	
M40 J. Scott	42.90
M45 H. Richardson	41.86
M50 P. McEvoy	41.28
M60 D. Van Hagen	39.00
Pole Vault	
M40 K. Hands	3.20
M45 G. Trmal	3.60
M50 J. Day	3.00
M55 A. Woods	2.50
Javelin	
M40 W. Bushnell	47.14
M45 J. Ross	44.98
M50 M. Morrell	40.94
M55 A. Woods	34.98
M60 H. Trafford	27.32
M65 H. Karlsson	28.60
M70 S. McSweeney	21.06
W35 A. Barham	28.68
3000mWalk	
M40 R. Dobson	14:11.8
M45 P. Markham	14:28.3
M50 P. Worth	15:28.2
M55 C. Ball	15:41.9
W35 L. Millen	15:21.2
W40 P. Wilson	18:10.1
W45 A. Sayer	17:08.6
W55 M. Worth	16:52.0
5000mWalk	
M40 R. Dobson	23:15.2
M45 P. Markham	24:06.6
M50 D. Fotheringham	24:58.9
M55 C. Ball	26:52.9
M60 D. McMullen	29:19.8
M65 A. Poole	30:22.1
M70 N. Hopkinson	33:43.5
Pentathlon	
M40 B. Loten	2772
R. Charnock	2183
M45 J. Ross	2900
T. Hanley	2604
C. Derrett	2143
B. Charles	2124
B. Gregory	1806
L. Thomas	453
M50 M. Morrell	2872
C. Poole	1577
J. Drummond	637
M55 I. Steedman	2319
M60 H. Trafford	2296
M70 S. McSweeney	3027

100m	
M40 B. Green	11.7
M45 R. Taylor	12.2
M50 C. Williams	12.8
M55 S. Brooks	13.3
M60 L. Williams	13.3
M70 S. Busby	16.1
M75 S. Searle	19.2
W35 C. Vaughn	13.7
W40 B. Brown	15.1
W45 U. Gore	13.8
W50 E. Knowles	17.6
W55 H. Farmer	15.8
W60 M. Wixley	16.6
W65 M. Williams	19.1
200m	
M40 I. Foster	24.7
M45 C. Derritt	25.0
M50 A. Blackman	24.8
M55 S. Brookes	26.3
M60 L. Williams	28.0
M70 S. Busby	32.0
W35 J. Roscoe	27.1
W40 B. Brown	30.7
W45 U. Gore	29.6
W50 H. Brindley	38.5
W65 M. Williams	41.5
400m	
M40 J. McNamee	53.8
M45 R. Anderson	52.8
M50 P. Higgins	55.4
M55 S. Brookes	58.9
M60 L. Brown	64.5
M70 S. McSweeney	74.1
W35 P. Gallagher	59.7
W40 B. Brown	68.9
W45 H. Boggett	66.6
W50 H. Brindley	85.0
800m	
M40 J. Wood	1:57.9
M45 R. Anderson	2:07.5
M50 P. Allen	2:09.5
M55 L. Torres	2:12.3
M60 B. Nielson	2:24.2
M65 H. Taylor	2:50.5
M70 R. Evans	3:39.6
M75 R. White	4:21.4
W35 P. Gallagher	2:17.3
W40 Y. Miles	2:37.8
W45 A. Prowse	2:44.5
W50 H. Ryder	2:56.0
1500m	
M40 M. Wrenn	4:11.7
M45 B. Bartholomew	4:19.2
M50 L. O'Hara	4:28.5
M55 L. Torres	4:39.1
M60 B. Neilson	4:56.6
M65 H. Taylor	5:43.2
M70 G. Oxbury	5:59.9
M75 W. Ross	7:21.1
W35 P. Gallagher	4:49.5
W40 Y. Miles	5:20.5
W45 E. Joyce	5:33.7
W50 H. Ryder	6:12.8

100m	
M40 B. Green	11.7
M45 R. Taylor	12.2
M50 C. Williams	12.8
M55 S. Brooks	13.3
M60 L. Williams	13.3
M70 S. Busby	16.1
M75 S. Searle	19.2
W35 C. Vaughn	13.7
W40 B. Brown	15.1
W45 U. Gore	13.8
W50 E. Knowles	17.6
W55 H. Farmer	15.8
W60 M. Wixley	16.6
W65 M. Williams	19.1
200m	
M40 I. Foster	24.7
M45 C. Derritt	25.0
M50 A. Blackman	24.8
M55 S. Brookes	26.3
M60 L. Williams	28.0
M70 S. Busby	32.0
W35 J. Roscoe	27.1
W40 B. Brown	30.7
W45 U. Gore	29.6
W50 H. Brindley	38.5
W65 M. Williams	41.5
400m	
M40 J. McNamee	53.8
M45 R. Anderson	52.8
M50 P. Higgins	55.4
M55 S. Brookes	58.9
M60 L. Brown	64.5
M70 S. McSweeney	74.1
W35 P. Gallagher	59.7
W40 B. Brown	68.9
W45 H. Boggett	66.6
W50 H. Brindley	85.0
800m	
M40 J. Wood	1:57.9
M45 R. Anderson	2:07.5
M50 P. Allen	2:09.5
M55 L. Torres	2:12.3
M60 B. Nielson	2:24.2
M65 H. Taylor	2:50.5
M70 R. Evans	3:39.6
M75 R. White	4:21.4
W35 P. Gallagher	2:17.3
W40 Y. Miles	2:37.8
W45 A. Prowse	2:44.5
W50 H. Ryder	2:56.0
1500m	
M40 M. Wrenn	4:11.7
M45 B. Bartholomew	4:19.2
M50 L. O'Hara	4:28.5
M55 L. Torres	4:39.1
M60 B. Neilson	4:56.6
M65 H. Taylor	5:43.2
M70 G. Oxbury	5:59.9
M75 W. Ross	7:21.1
W35 P. Gallagher	4:49.5
W40 Y. Miles	5:20.5
W45 E. Joyce	5:33.7
W50 H. Ryder	6:12.8

100m	
M40 B. Green	11.7
M45 R. Taylor	12.2
M50 C. Williams	12.8
M55 S. Brooks	13.3
M60 L. Williams	13.3
M70 S. Busby	16.1
M75 S. Searle	19.2
W35 C. Vaughn	13.7
W40 B. Brown	15.1
W45 U. Gore	13.8
W50 E. Knowles	17.6
W55 H. Farmer	15.8
W60 M. Wixley	16.6
W65 M. Williams	19.1
200m	
M40 I. Foster	24.7
M45 C. Derritt	25.0
M50 A. Blackman	24.8
M55 S. Brookes	26.3
M60 L. Williams	28.0
M70 S. Busby	32.0
W35 J. Roscoe	27.1
W40 B. Brown	30.7
W45 U. Gore	29.6
W50 H. Brindley	38.5
W65 M. Williams	41.5
400m	
M40 J. McNamee	53.8
M45 R. Anderson	52.8
M50 P. Higgins	55.4
M55 S. Brookes	58.9
M60 L. Brown	64.5
M70 S. McSweeney	74.1
W35 P. Gallagher	59.7
W40 B. Brown	68.9
W45 H. Boggett	66.6
W50 H. Brindley	85.0
800m	
M40 J. Wood	1:57.9
M45 R. Anderson	2:07.5
M50 P. Allen	2:09.5
M55 L. Torres	2:12.3
M60 B. Nielson	2:24.2
M65 H. Taylor	2:50.5
M70 R. Evans	3:39.6
M75 R. White	4:21.4
W35 P. Gallagher	2:17.3
W40 Y. Miles	2:37.8
W45 A. Prowse	2:44.5
W50 H. Ryder	2:56.0
1500m	
M40 M. Wrenn	4:11.7
M45 B. Bartholomew	4:19.2
M50 L. O'Hara	4:28.5
M55 L. Torres	4:39.1
M60 B. Neilson	4:56.6
M65 H. Taylor	5:43.2
M70 G. Oxbury	5:59.9
M75 W. Ross	7:21.1
W35 P. Gallagher	4:49.5
W40 Y. Miles	5:20.5
W45 E. Joyce	5:33.7
W50 H. Ryder	6:12.8

100m	
M40 B. Green	11.7
M45 R. Taylor	12.2
M50 C. Williams	12.8
M55 S. Brooks	13.3
M60 L. Williams	13.3
M70 S. Busby	16.1
M75 S. Searle	19.2
W35 C. Vaughn	13.7
W40 B. Brown	15.1
W45 U. Gore	13.8
W50 E. Knowles	17.6
W55 H. Farmer	15.8
W60 M. Wixley	16.6
W65 M. Williams	19.1
200m	
M40 I. Foster	24.7
M45 C. Derritt	25.0
M50 A. Blackman	24.8
M55 S. Brookes	26.3
M60 L. Williams	28.0
M70 S. Busby	32.0
W35 J. Roscoe	27.1
W40 B. Brown	30.7
W45 U. Gore	29.6
W50 H. Brindley	38.5
W65 M. Williams	41.5
400m	
M40 J. McNamee	53.8
M45 R. Anderson	52.8
M50 P. Higgins	55.4
M55 S. Brookes	58.9
M60 L. Brown	64.5
M70 S. McSweeney	74.1
W35 P. Gallagher	59.7
W40 B. Brown	68.9
W45 H. Boggett	66.6
W50 H. Brindley	85.0
800m	
M40 J. Wood	1:57.9
M45 R. Anderson	2:07.5
M50 P. Allen	2:09.5
M55 L. Torres	2:12.3
M60 B. Nielson	2:24.2
M65 H. Taylor	2:50.5
M70 R. Evans	3:39.6
M75 R. White	4:21.4
W35 P. Gallagher	2:17.3
W40 Y. Miles	2:37.8
W45 A. Prowse	2:44.5
W50 H. Ryder	2:56.0
1500m	
M40 M. Wrenn	4:11.7
M45 B. Bartholomew	4:19.2
M50 L. O'Hara	4:28.5
M55 L. Torres	4:39.1
M60 B. Neilson	4:56.6
M65 H. Taylor	5:43.2
M70 G. Oxbury	5:59.9
M75 W. Ross	7:21.1
W35 P. Gallagher	4:49.5
W40 Y. Miles	5:20.5
W45 E. Joyce	5:33.7
W50 H. Ryder	6:12.8

W55 H. Farmer	15.8
W60 M. Wixley	16.6
W65 M. Williams	19.1
200m	

Age Group: 50-54		4X440 RELAY		POLE VAULT		Age Group: 50-54	
1. Bill Fitzgerald, 58	4:36.6	Men		MEN		1. Ted Wassam, 51	43' 4 1/2"
2. Michael Murphy, 52	4:39.5	Age Group: 30-39		Age Group: 65-69		2. Dave Douglass, 51	34' 8"
3. James Jacobs, 50	4:49.2	1. Light Force Track Club		1. Jim Vernon, 66	10' 6"	3. Jerry Wojcik, 53	29' 6 1/2"
4. Everett Riggie, 51	4:51.3	(Coleman, Hicks, Burrell, Evans)		Age Group: 60-64		Age Group: 45-49	
5. John Harper, 50	4:54.7	4X880 RELAY		1. Dave Brown, 60	9' 6"	1. Hal Smith, 47	38' 3"
6. Bob Holmes, 54	5:07.3	Men		2. Jim Johnson, 61	7' 10"	Age Group: 40-44	
7. Enver Mehmedbasich, 51	5:34.4	1. NorCal Seniors		Age Group: 55-59		1. David Welty, 40	31' 10"
8. Steve Geraghty, 51	6:11.3	(R. Moody, Mason, Rogers, Kay)		1. Al Brenda, 55	11'	Age Group: 35-39	
Age Group: 45-49		100 METER HURDLES		2. Hal Wallace, 55	10'	1. Randy Rothman, 39	40' 3"
1. Glynn Wood, 49	4:21.3	Women		Age Group: 50-54		2. Bill Henderson, 36	36' 9"
2. Pete Richardson, 48	4:23.1	Age Group: 50-54		1. Dave Douglass, 51	10'	3. Thomas Bailey, 37	34' 10 1/2"
3. John Weldy, 49	4:26.0	1. Shirley Kinsey, 54		Age Group: 45-49		Age Group: 30-34	
4. Cliff Bedell, 45	4:28.8	Age Group: 40-45		1. Jerry Stanners, 48	10' 6"	1. Gary Kelmenson, 33	34' 9"
5. Ken Allen, 49	4:51.2	1. Cherrie Sherrard, 44		Age Group: 40-44		DISCUS	
Age Group: 40-44		110 METER HURDLES		1. Warden Connelly, 41	14'	Women	
1. Harvey Franklin, 40	4:07.1	Men		2. Dee DeWitt, 44	11' 6"	Age Group: 50-54	
2. George Cohen, 43	4:07.2	Age Group: 60-64 30"		Age Group: 35-39		1. Shirley Kinsey, 54	81' 7"
3. Richard Schubach, 42	4:15.9	1. Bob Hunt, 63		1. Roger Werne, 39	12'	Age Group: 45-49	
4. Nick Winter, 40	4:17.1	2. Burl Gist, 63		2. Richard Ying, 36	10'	1. Christel Miller, 48	78' 5 1/2"
5. Fred Martin, 40	4:35.1	3. Jim Johnson, 61		Age Group: 30-34		2. Ursula Schreiber, 45	75' 8"
6. Steve Donovan, 41	4:42.2	Age Group: 55-59 33"		1. Steve Hardison, 33	15'	Age Group: 40-44	
Age Group: 35-39		1. Bob Roemer, 58		2. James McCray, 30	14'	1. Cherrie Sherrard, 44	86' 7"
1. Dennis Tracy, 37	4:05.6	2. Al Brenda, 55		3. Jim Schmidt, 30	12'	Men	
2. David Himmelberger, 37	4:16.8	3. Al Guidet, 65		Age Group: Open (Exhibition Vault)		Age Group: 75-79	
3. James Thomas, 36	4:34.2	Age Group: 50-54 33"		1. Greg Woepse	17' 7"	1. Red Doms, 76	111' 2"
Age Group: 30-34		1. Dave Jackson, 51		LONG JUMP		2. Ken Carnine, 75	108' 2"
1. Derek McIver, 33	4:09.1	2. Marion Sanchez, 51		Women		3. A.J. Puglizevich, 75	76' 1"
2. George Erving, 30	4:12.3	3. Dave Douglass, 51		Age Group: 50-54		Age Group: 70-74	
5 K RUN		Age Group: 45-49 36"		1. Shirley Kinsey, 54	11' 11"	1. Jim York, 70	104' 5"
Women		1. Al Henry, 45		Age Group: 35-39		2. Bill Walker, 71	97' 3"
Age Group: 60-64		2. James Thomas, 45		1. Annelies Steekelenburg, 35	16' 2"	3. Ward Parker, 70	88' 2"
1. Jaclyn Caselli, 62	22:19.4	3. Jerry Stanners, 48		Men		Age Group: 65-69	
2. Diane Ogilvie, 64	24:48.3	Age Group: 40-44 36"		Age Group: 65-69		1. Ross Carter, 69	134' 11"
Age Group: 55-59		1. Walt Butler, 42		1. John Satti, 69	14' 1 1/2"	2. Jack Thatcher, 67	124' 6"
1. Elizabeth Nolan, 55	33:21.1	2. Dee DeWitt, 44		Age Group: 60-64		3. Hy Booth, 65	118' 0"
Age Group: 50-54		110 METER HIGH HURDLES 39"		1. Jim Johnson, 61	15' 9 1/4"	Age Group: 60-64	
1. Ruth Anderson, 54	21:13.9	Men		2. Chas. Mercurio, 63	13' 11 1/2"	1. George Ker, 60	151' 3 1/2"
Age Group: 40-44		Age Group: 35-39		Age Group: 55-59		2. Mike Castaneda, 64	137' 9"
1. Molly Thayer, 40	19:34.0	1. Leon Coleman, 37		1. Al Brenda, 55	17' 7 1/2"	3. Bob Stone, 63	107' 11"
Age Group: 30-34		2. Cornelius McCormick, 39		Age Group: 50-54		4. Belton Wolf, 60	84' 10"
1. MaryLou Nicoletti, 34	20:55.4	3. Fred Johnston, 37		1. Dave Jackson, 51	18' 8 3/4"	Age Group: 55-59	
Age Group: 80-84		4. James Hollister, 38		2. Darrold Skartvedt, 52	18' 3 1/2"	1. Hal Wallace, 55	115' 5"
1. Paul Spangler, 84	27:33.8	Age Group: 30-34		Age Group: 45-49		2. Bob Chado, 57	122' 8"
Age Group: 70-74		1. Don Roberts, 33		1. Al Henry, 45	20' 4 1/2"	3. Emson Grimm, 57	52' 3"
1. Martin Rudnick, 70	28:55.8	400 METER INTERMEDIATE HURDLES		2. Roger Tsuda, 48	17' 5 3/4"	Age Group: 50-54	
Age Group: 65-69		Men		3. Jerry Stanners, 48	16' 7 1/2"	1. Ted Wassam, 51	120' 4"
1. John Holoubek, 67	19:12.7	Age Group: 60-64 30"		Age Group: 40-44		2. Dave Douglass, 51	106' 1"
2. Ed Preston, 66	20:05.6	1. Bob Hunt, 63		1. Darrell Horn, 44	19' 10 1/2"	3. Stan Dowell, 53	106' 1"
Age Group: 55-59		Age Group: 50-54 30"		2. Dee DeWitt, 44	17' 11 1/2"	4. Jerry Wojcik, 53	96' 4"
1. Pete Mundie, 55	19:35.1	1. Marion Sanchez, 51		3. Don Dvorak, 41	17' 1 1/2"	Age Group: 45-49	
2. Ray Gil, 58	19:57.9	2. Tony Nasralla, 51		4. Ricardo Luisen, 40	15' 8 1/2"	1. Bob Humphreys, 47	154'
3. Chuck Holmes, 56	22:04.4	3. Al Sheahan, 51		Age Group: 35-39		2. Hal Smith, 47	114' 2"
Age Group: 50-54		4. Will Robinson, 52		1. Rufus Morris, 38	22' 6"	3. Jerry Stanners, 48	81' 7"
1. Everett Riggie, 51	17:36.0	5. Bob Holmes, 54		2. Louis Christensen, 38	19' 1 1/2"	Age Group: 40-44	
2. Patrick Devine, 54	17:43.9	Age Group: 40-44 33"		3. James Hollister, 38	18' 9 1/2"	1. Lloyd Higgins, 42	165' 9"
3. James Jacobs, 50	18:06.1	1. Ted Cain, 41		4. Bill Yoskewitz, 37	18' 3/4"	2. Dave Welty, 40	96' 5"
Age Group: 45-49		2. Phil Agostini, 41		5. Rick Powers, 36	15' 7 1/2"	Age Group: 35-39	
1. Jon Baumgartner, 48	19:48.6	Age Group: 40-44 36"		Age Group: 30-34		1. Cornelius McCormick, 39	137' 2"
2. Robert Ploos, 47	21:51.6	1. Ron Whitney, 40		1. Stan Urmann, 30	21' 1 1/2"	2. Thomas Bailey, 37	124' 8"
Age Group: 40-44		2. Bill Knocke, 43		TRIPLE JUMP		3. Murray Millson, 37	112' 5"
1. Jerry Lynch, 41	15:50.2	Age Group: 35-39 36"		Men		4. Randy Rothman, 39	111' 10"
2. Bill Meinhardt, 42	15:59.2	1. George Smith, 39		Age Group: 65-69		5. Bill Henderson, 36	98' 2"
Age Group: 35-39		2. Gary Laine, 35		1. John Satti, 69	27' 1 1/2"	Age Group: 30-34	
1. Bill Clark, 39	15:48.7	Age Group: 30-34 36"		Age Group: 60-64		1. Gary Kelmenson, 33	109' 8"
2. Peter Day, 38	15:53.2	1. Don Roberts, 33		1. Chas. Mercurio, 63	29' 5 1/2"	HAMMER	
3. Steve deLaet, 35	18:22.0	STEEPLECHASE		2. Jim Johnson, 61	31' 2 1/2"	Men	
Age Group: 30-34		Men		Age Group: 50-54		Age Group: 70-74 121b	
1. Jim Bordoni, 30	15:59.0	Age Group: 70-74		1. Dave Jackson, 51	41' 6 1/2"	1. Jim York, 70	90' 10"
2. Floyd Fisk, 31	16:27.3	1. Wilfred Bigelow, 72		2. Tony Nasralla, 51	30' 7 3/4"	Age Group: 60-64 12Lb	
3. Robby Jacobs, 32	17:59.5	Age Group: 45-49		Age Group: 45-49		1. Bob Stone, 63 (161b)rec.	98' 4"
10 K RUN		1. Kent Guthrie, 46		1. Al Henry, 45	41' 1 1/2"	2. Belton Wolf, 60	62' 9"
Women		2. Dan Halvorsen, 49		2. Jerry Stanners, 48	32' 3 1/2"	Age Group: 55-59 12 LB	
Age Group: 50-54		3. James Thomas, 45		Age Group: 40-44		1. Emson Grimm, 57	49' 7 1/2"
1. Ruth Anderson, 54	41:59.6	Age Group: 30-34		1. Don Dvorak, 41	36' 5 1/2"	Age Group: 50-54 12 LB	
Age Group: 45-49		1. Joe Rust, 30		Age Group: 35-39		1. Dave Douglass, 51	122' 9"
1. Vicki Bigelow, 48 (WR)	38:19.8	HIGH JUMP		1. Milan Tiff, 35	48' 8 1/2"	2. Jerry Wojcik, 53	100' 9"
Men		Women		2. Rufus Morris, 38	40' 7 1/2"	Age Group: 45-49 16LB	
Age Group: 70-74		Age Group: 45-49		3. Louis Christensen, 38	34' 3"	1. Hal Smith, 48	95' 0"
1. Mel Shine, 74	47:39.6	1. Christel Miller, 48		SHOT PUT		2. Gary Dawson, 49	86' 2"
2. John McGee, 74	48:07.2	2. Sheila Newton, 46		Women		Age Group: 35-39	
Age Group: 50-54		Age Group: 35-39		Age Group: 50-54		1. William Henderson, 36	73' 2"
1. Patrick Devine, 54	36:35.0	1. Annelies Steekelenburg, 35		1. Shirley Kinsey, 54	29'	Age Group: 30-34	
2. Ephraim Romsberg, 52	38:55.5	2. Latanya Glass, 36		Age Group: 45-49		1. Gary Kelmenson, 33	123' 7"
Age Group: 45-49		Men		1. Christel Miller, 48	25' 7 1/2"	JAVELIN	
1. Jerry Lewis, 48	38:08.8	Age Group: 65-69		2. Ursula Schreiber, 45	25' 5"	Women	
Age Group: 40-44		Age Group: 60-64		Age Group: 40-44		Age Group: 55-59	
1. Nick Winter, 40	33:53.1	1. Burl Gist, 63		1. Cherrie Sherrard, 44	33' 1 1/2"	1. Shirley Dietderich, 56 (AR)	65' 5 1/2"
2. Mark Gallo, 40	37:42.4	2. Fritz Meyers, 61		Age Group: 35-39		Age Group: 45-49	
3. Frank Juran, 43	43:38.3	3. Jim Johnson, 61		1. Latanya Glass, 36	28'	1. Christel Miller, 48	100'
Age Group: 35-39		4. Dave Brown, 60		2. Sondra Schumacher, 36	23' 1"	2. Ursula Schreiber, 45	71' 4"
1. Bill Clark, 39	32:44.7	Age Group: 55-59		Men		Age Group: 40-44	
Age Group: 30-34		1. Hal Wallace, 55		Age Group: 75-79		1. Fran Conley, 43	82' 10"
1. Steve Selbrede, 32	34:24.4	Age Group: 50-54		1. Red Doms, 76	37' 5 1/2"	2. Faye Jacobs, 42	59' 5 1/2"
2. Robby Jacobs, 32	37:17.1	1. Herm Wyatt, 51 (WR)		2. A.J. Puglizevich, 75	31' 10"	Age Group: 35-39	
4X100 RELAY		2. Dave Douglass, 51		Age Group: 70-74		1. Sondra Schumacher, 36	65' 8"
Men		Age Group: 45-49		1. Jim York, 70	40' 2 1/2"	Men	
Age Group: 50-59		1. Nick Newton, 49		2. Ward Parker, 70	34' 7 1/2"	Age Group: 75-79	
1. West Valley Track Club	47.01	2. Don Rose, 48		3. Bill Walker, 71	31' 2"	1. Red Doms, 76	93' 10"
(Marlin, Lingel, Springbett, Sanchez)		Age Group: 40-44		Age Group: 65-69		2. A.J. Puglizevich, 75	87' 9"
2. Corona Del Mar Track Club	47.99	1. John Dobroth, 42		1. Ross Carter, 69 (69 record)	46' 8"	Age Group: 60-64	
(Jackson, Cheek, Robinson, Nasralla)		2. Dee DeWitt, 44		(weight verified)		1. Bob Stone, 63	118' 10"
Age Group: 40-49		3. Don Dvorak, 41		2. Jack Thatcher, 67	42' 10"	Age Group: 55-59	
1. So-Cal Striders	44.61	Age Group: 35-39		3. Hy Booth, 65	38' 1"	1. Ed Chynoweth, 59	147' 2"
(Butler, Duffy, Knocke, Smith)		1. Otis Burrell, 39		Age Group: 60-64		2. Bob Chado, 57	97' 6"
2. West Valley Track Club	47.89	Age Group: 30-34		1. George Ker, 60	51' 7"	3. Emson Grimm, 57	53' 4"
(Grippio, Hansen, Stevens, Brooks)		Age Group: 30-34		2. Mike Castaneda, 64	47' 1 1/2"	Age Group: 50-54	
Age Group: 30-39		1. Reynaldo Brown, 32		3. Bob Stone, 63	42' 5"	1. Jerry Wojcik, 53	115' 2"
1. L.A. All Stars	43.26	2. Dennis DeLoach, 30		4. Bill Toasperm, 60	31' 7 1/2"	Age Group: 45-49	
(R. Moody, Beadle, Johnson, McCoy)		3. Paul Sullivan, 30		5. Eelton Wolf, 60	30' 7"	1. Phil Conley, 49	184' 8"
2. Light Force Track Club	44.16	4. Steve Lang, 31		Age Group: 55-59		2. Don Rase, 48	158'
(Christensen, Evans,)			1. Hal Wallace, 55	38' 3 1/2"	3. Hal Smith, 48	126'
				2. Emson Grimm, 57	24' 0"	4. Jerry Stanners, 48	100' 1"

Age Group: 40-44		
1. Lloyd Higgins, 42	184' 7"	
2. Barton Gale, 44	172' 1"	
3. David Welty, 40	148' 7"	
Age Group: 35-39		
1. Warren Wilke, 35	194' 2"	
2. Bill Henderson, 36	129'	
Age Group: 30-34		
1. Kent Molander, 31	193' 3"	
2. Gary Kelmerson, 33	122' 6"	

Pentathlon		
M30-34		
1. Steve Kemp, 30	IAAF	3023
M35-39		
1. James Hollister, 38	2493	
2. Goldberg, 39	2365	
3. James Ball, 37	1849	
M45-49		
1. Gary Miller, 45	2770	3741
2. Dan Halverson, 49	1468	1913
M55-59		
1. Al Brenda, 55	1744	3072
2. Hal Wallace 55	1541	2755
3. Bob Chado, 57	1322	2336

New Mexico TAC Pentathlon Los Alamos (7300' elev.), August 27

Open	Brian Lyerly, 29	2701	(6.19	35.57	22.7	25.07	4:37.9)
30-39	Bill Forsyth, 37	2444	5.90	45.40	26.6	32.68	5:15.2
	Marshall Macz, 38	1717	5.41	32.26	26.6	17.04	5:17.2
IAAF/WAVA							
40-44	Larry Wangen, 41	1409/1557	4.88	27.17	27.7	23.11	6:01.2
	Dave Bailey, 41	1054/1045	4.34	26.66	31.0	23.02	6:02.4
45-49	Wayne Morris, 46	1906/2765	4.94	49.86	27.9	31.50	6:17.3
	Ron Kirkpatrick, 45	1049/1390	3.76	20.36	24.9	15.42	5:45.5
50-54	Gordon Albury, 54	1281/1929	4.69	24.41	27.4	21.84	6:05.7

HEADING TRACK CLUB DECATHLON August 6-7, 1983, Laureldale, Pa.

Age Group	Name	100	LJ	SP	HJ	400	800	1500	5000	10000	Total
30-39	Rick Kumor	12.8	4.90	8.96	1.42	58.9	20.2	27.08	2.74	29.74	5:21.5
	Dave Rathman	13.2	5.14	7.14	1.62	65.8	18.3	21.02	NH	30.08	5:51.8
	Steve Lehman	14.1	4.12	8.12	1.37	62.6	23.6	22.40	1.50	27.56	4:59.9
40-49	John Bankert	15.3	3.76	6.96	1.22	76.0	24.2	21.41	2.44	25.04	7:56.5
50-59	George Taylor	14.7	3.78	8.38	1.17	71.4	21.7	21.63	2.28	31.50	DNF
	Hal Brossman*	DNF	4.22	8.93	1.32	DNF	DNF	28.72	2.28	32.88	DNF
60-69	George Braceland	15.6	3.86	10.03	1.32	74.2	21.0	30.33	2.28	30.06	7:26.0
70 plus	Claude Hills	15.1	4.00	8.59	1.27	72.1	21.2	26.11	2.13	25.64	DNF
	Fred Keiser	21.7	2.32	5.99	1.06	2:13.1	DNF	12.95	NH	10.56	13:12.3

*International Standards. All others TAC Standards.
Meet Director-Rick Kumor; Statistics by Mrs. Rick Kumor

(Continued from page 30)

WOMEN'S FIELD EVENTS

JAVELIN		
35-39	S. Schumacher	CDM 70'11"
40-44	Catie Burke	Trojans 48'3"
45-49	Christal Miller	CDM 101'4"
50-54	Shirley Kinsey	CDM 88'2"
	Magda Kuehne	SCS 55'6"
	Katie Joocy	SDAA 48'6"
SHOT PUT		
35-39	S. Schumacher	CDM 24'1-1/2"
40-44	Catie Burke	Trojans 19'5-1/2"
45-49	Christal Miller	CDM 27'8-3/4"
50-54	Shirley Kinsey	CDM 28'10-1/2"
	Katie Joocy	SDAA 22'7-1/4"

LONG JUMP

50-54	Magda Kuehne	SCS 10'5-1/2"
HIGH JUMP		
50-54	Alice Leicht	SDTC 3'8"

DISCUS

40-44	Catie Burke	Trojans 53'3"
45-49	Crystal Miller	CDM 74'0"
50-54	Shirley Kinsey	CDM 84'11"
	Katie Joocy	SDAA 54'11"
	Magda Kuehne	SCS 47'4"

TRIPLE JUMP

50-54	Magda Kuehne	SCS 21'11-1/2"
-------	--------------	----------------

ROCKY MOUNTAIN MASTERS GAMES 1983 September 3rd & 4th 80° clear calm

100M		
1. Dan Thiel	LA	11.0 34
2. Nate Robinson	FL	11.1 31
3. Dan Radiff	CO	11.4 31
4. Art Boley	CO	12.2 31
1. Dave Simons	CO	11.2 37
2. Ross Jensen	KS	11.6 38
3. Jerry Stevens	CO	11.7 36
4. Jack Ramos-Needham	KS	12.2 37
5. Tim McGough	OK	13.0 38
1. Brendon Wilson	Austra	10.8 40
2. Earl Broten	CO	11.4 40
3. Tom VanVoorhis	MN	11.5 42
4. Tom Pojar	CO	12.2 41
5. Walt Gibson	CO	12.5 41
6. Gene Hoskovec	NE	12.8 40
1. Hugo Hartenstein	CO	11.4 48
2. Dale Lance	OK	11.8 45
3. Ron Kirkpatrick	NM	11.9 45
4. Woody Grover	CA	12.5 49
5. Firooz Zadeh	CO	13.1 45
6. Tom Oleson	NM	14.1 48
1. Bruce Springbett	CA	11.4 50
2. Tony Nasralla	CA	12.3 51
3. Leo Benning	So. Af	12.4 50
4. H. Fischer	CO	13.4 54
5. Bill Gaedke	NM	12.4
6. G Albury	NM	54
1. Jack Greenwood	KS	11.9 57
2. Charles Olson	MN	13.3 57
3. Norm Katzman	CO	13.3 58
4. R.G. Wolf	MN	13.4
5. J. Lehane	NM	14.4 57
6. G Dody	CO	14.5 59
1. Herb Anderson	CO	16.6 81
1. Polly Clarke	CO	16.5 73
1. Shelly Ammons	CO	16.3 53
1. Linda Sinclair	CO	16.3 39

200M		
1. Dan Thiel	LA	22.6 34
2. Dan Radiff	CO	23.3 31
3. Art Boley	CO	25.6 31
1. Dave Simons	CO	23.0 37
2. Jerry Stevens	CO	24.3 36
3. Ross Jensen	KS	24.4 38
4. J. Ramos-Needham	KS	26.7 37
5. Tim McGough	OK	28.9 38
1. B Wilson	Australia	22.0 40
2. Earl Broten	CO	24.1 40
3. Tom VanVoorhis	MN	24.5 42
4. Tony Craddock	CA	24.5 41
5. Rod VanVelson	CO	25.6 43
6. Gene Hoskovec	NE	27.1 40
1. Hugo Hartenstein	CO	23.8
2. Ron Kirkpatrick	NM	24.1 45
3. Paul Johnson	TX	24.4 48
4. Dale Lance	OK	24.6 45
5. Woody Grover	CA	24.6 49
6. J. Whittaker	CO	27.3
1. Bruce Springbett	CA	23.6 50
2. Tony Nasralla	CA	25.2 51
3. Leo Benning	So. Af	26.2 50
4. H. Fischer	CO	27.1 54
5. Bill Gaedke	NM	29.6
1. Jack Greenwood	KS	24.6 57
2. Glen Dody	CO	31.8 59
3. Jerry Lehane	NM	36.1 57
1. Herb Anderson	CO	36.2 81
1. Polly Clarke	CO	36.4 73
1. S. Ammons	CO	34.4

400M		
1. Brian Janssen	CO	50.8
2. Herston Hall	TX	51.1 31
3. Dan Radiff	CO	52.0 31
4. Russell Floyd	TX	54.1
5. J Underwood	CO	61.2 32
1. Dave Simons	CO	53.9 37
2. Dave Binkley	CO	54.3 35
3. Jerry Stevens	CO	56.0 36
4. Rick Dudley	CO	59.8 35
5. J. Ramos-Needham	KS	67.7 37
1. Brendon Wilson	Aus	53.4 40
2. Jerry Dunn	Tx	54.6 42
3. Jud Hart	CO	56.3 41
4. Terry Campbell	OK	57.7 42
5. Tony Craddock	CA	62.6 41
1. Ron Kirkpatrick	NM	53.4 45
2. Paul Johnson	TX	56.0 48
3. Firooz Zadeh	CO	61.8 45
4. Dick Sutton	CO	62.0 47
1. Tony Nasralla	CA	59.5 51
2. Bill Gaedke	CO	60.1
1. Jack Greenwood	KS	57.7 57
2. Ernie McDonald	CO	66.1 58
3. R.G. Wolfe	MN	67.4
1. Herb Anderson	CO	85.4 81
1. Polly Clarke	CO	85.7 73
1. Shelly Ammons	CO	82.1

400IM			
1.	R. Jensen	65.1	KS 38
1.	W. Gibson	71.0	CO 41
1.	T Nasralla	68.0	CO 51
1.	J. Greenwood	63.4	KS 57
1.	Bob Boal	97.8	NC 71
1.	H. Anderson	2:02.6	CO 81
Sprint Medley Relay			
Phipps-Brotten-Gibson-Gaedke			4:05.7
30	40	40	50

HIGH JUMP		
1. John Green	5'8"	CO 32
2. D. Schull	4'10"	CO
1. B. Knipmeyer	5'2"	CO 35
2. G. Eiding	5'0"	NM 37
3. T. McGough	4'6"	OK 38
1. T. Pojar	5'4"	CO 41
1. T. Langenfeld	5'9"	MN 48
2. D. Lance	5'0"	OK 45
3. J. Weed	4'8"	CO 46
1. J.C. Brown	5'4"	MO 53
2. L. Benning	5'0"	SoAf 50
3. B. Butterworth	4'8"	KS 52
1. R.G. Wolf	4'6"	MN 58
2. F. Hirsimaki	4'2"	OH 58
1. F Bowles	4'8"	CO 62
1. B. Boal	4'0"	CO 71
1. H. Anderson	3'10"	CO 81
1. S. Ammons	3'8"	CO

POLE VAULT		
1. E. Nickerson	14'0"	CO 32
2. J. Singley	14'0"	CO 31
3. M. Mattivi	12'0"	CO 31
1. C. Mitchell	12'0"	CO 42
1. D. Lance	11'6"	OK 45
2. J. Weed	10'0"	CO 46
1. B. Butterworth	8'6"	KS 52

Long jump		
1. D. Schull	17'53/4"	CO
2. J. Hernandez	15'8"	IL 30
1. J.R. Needham	18'73/4"	KS 37
2. B. Knipmeyer	18'7"	CO 35
3. Eric Hunter	16'3"	CO 36
4. Tim McGough	15'4"	OK 38
1. R. VanVelson	17'14"	CO 43
2. John Tate	16'10"	CO 42
3. G. Hoskovec	15'10"	NE 40
1. D. Lance	18'7"	OK 45
2. J. Whittaker	16'14"	CO 47
1. J. Donley	17'0"	CO 53
2. G. Albury	14'8"	NM 54
1. R.G. Wolfe	16'24"	MN
2. F. Hirsimaki	14'8"	OH 58
3. M. Katzman	13'24"	CO 58
1. E. Hewitt	12'93/4"	CO 64
1. H. Anderson	9'4"	CO 81

TRIPLE JUMP

1. J.R. Needham	36'84"	KS 37
2. G. Eiding	31'63/4"	NM 37
1. J. Tate	33'103/4"	CO 42
2. T. Nasralla	32'94"	CA 51
3. B. Butterworth	31'24"	KS 52
1. J.C. Brown	35'8"	53
1. R.G. Wolf	33'8"	MN 57
2. C. Olson	32'14"	MN 57
3. F. Hirsimaki	31'13/4"	OH 58
1. E. Hewitt	25'8"	CO 64
1. H. Anderson	22'24"	CO 81

SHOT PUT

1. J. Green	42'34"	CO 32
2. D. Dunnigan	37'33/4"	CO
3. D. Schull	36"	CO
4. J. Twiford	30'6"	CO
1. J. ROEHR	50'0"	KS 35
2. T. McGough	28'114"	OK 38
1. E. Hill	46'3"	GA 40
2. R. Hambrick	32'104"	CO
1. T. Wesselowski	40'6"	KS 48
2. J. Weed	32'34"	CO 46
3. V. Spencer	28'5"	CO 48
1. J. Eighmy	37'114"	CO 52
1. F. Hirsimaki	33'5"	OH 58
2. R.G. Wolf	33'14"	MN
1. F. Bowles	37'14"	CO 62
2. E. Hewitt	31'8"	CO 64
1. Ross Carter	44'10"	OR 69
Ross Carter	37'34"	OR 69
H. Anderson	26'64"	CO 81

DISCUS

1. Bob Pfeiffer	146'0"	CO 34
2. John Green	148'5"	CO 32
3. Dave Dunnigan	117'0"	CO
4. G. Schmidt	105'9"	CO 32
5. D. Schull	103'2"	CO
1. J. Roehr	132'4"	KS 35
2. T. McGough	72'10"	OK 38
1. Phil Brady	139'6"	CO
2. Jim Weed	109'2"	CO 46
3. Tom Wesselowski	105'	KS 48
4. Dale Lance	99'10"	OK 45
5. Vern Spencer	85'4"	CO 48
1. Leo Benning	83'104"	S.A. 50
2. J. Eighmy	81'8"	CO 52
3. G. Albury	80'74"	NM 54
1. F. Hirsimaki	93'23/4"	OH 58
2. C. Olson	91'74"	MN 57
3. R.G. Wolf	81'3"	MN
1. F. Bowles	100'9"	CO 62
2. E. Hewitt	100'6"	CO 64
1. Ross Carter	123'6"	OR 69
2. Paul Fanning	111'3/4"	WA 68
1. H. Anderson	70'84"	CO 81

HAMMER

M30 Bob Pfeiffer	49.34
Tony Pizzichini	37.11
Doug Schull	17.61
Jim Hernandez	14.40

4X100 relay

30-39	1. RM Green-Stevens-Radiff-Simons	44.7
	2. E Ramos-Robinson-Hall-McGough	45.8

40-49	1. RM Pojar-VanVelson-Hartenstein-Brotten	46.7
	2. E. Campbell-Lance-Johnson-Dunn	48.4
	3. W D.Q.	

65-69	2916-1/25
65-69	2811-1/25

A black silhouette of a person in a dynamic, expressive pose, possibly dancing or performing, set against a light background. The figure is captured in a moment of movement, with one leg extended upwards and outwards, and the arms bent in a way that suggests a dance or theatrical gesture. The overall style is minimalist and graphic.

(Continued on page 29)

PHILA MASTERS T&F ASSOC
10th ANNUAL OUTDOOR
CHAMPS - Ursinus College
Collegeville, PA
August 13, 1983

100m

M30	Alfonzo Walton	11.2
	D. Bridges	12.2
	Jesse Langley	12.2
M35	Bill Sherwin	12.7
	George Majors	13.1
M40	D'miri Abayomi	11.7
	Jim Bantum	12.1
	Jay Katz	12.7
	Jim Hodge	12.7
M45	Larry Colbert	11.6
	Ira Davis	12.3
	P. Richards	12.4
	Matt Brown	13.1
	John Snell	13.2
M50	Jack Barrie	14.5
M55	Oscar Harris	13.5
	A. Hunter	14.4
M60	Jim Manno	13.7
	Walker Pierson	14.0
	Don Harris	14.9
M65	Dave Hall	14.7
	Jay Sponseller	14.7
M70	Claude Hills	15.3
	G. Richards	16.8
M75	Manfred D'Elia	16.3
M85	Harry Jackson	22.2

200 m

M30	Alfonzo Walton	22.6
	Ellis Martin	23.4
	D. Bridges	24.1
	Jesse Langley	24.7
	Brian Jones	27.4
M35	Bill Sherwin	25.3
	George Majors	26.9
M40	D'miri Abayomi	23.6
	Jim Bantum	24.2
	Jim Hodge	25.4
	Fred Mannis	26.5
M45	Larry Colbert	24.3
	Ira Davis	25.3
	Jim Bradley	27.2
M50	Jack Barrie	29.8
M55	Oscar Harris	27.2
	A. Hunter	28.8
M60	Jim Manno	27.6
	Walker Pierson	28.1
	John McCarthy	30.8
M65	Jay Sponseller	29.2
M70	Claude Hills	31.4
	G. Richards	38.9
M75	Manfred D'Elia	33.1

Pole Vault

M45	Richards	13'0"
M50	George Taylor	6'6"
M70	Claude Hills	7'0"

Shot Put

M30	Corrigan	12.71m
	Angel Valentin	8.57
M35	Jim Keys	13.39
M40	Jay Katz	7.34
M50	Henderson	13.13
	R. Feick	12.72
M45	Moore	10.88
	Harry Holm	9.89
	Reider	9.34
M65	Gene Wood	10.34
	Bob Detweiler	9.88

Discus

M30	T. Williams	50.10m
	Corrigan	42.70
M35	John Abbott	38.97
M45	Harry Holm	32.45
	Moore	24.97
	Leon Trout	none
M50	Henderson	36.99
	R. Feick	33.44
	George Taylor	21.93
M60	Don Harris	28.74
	Paul Eberhard	23.51
M65	Bob Detweiler	28.61
	Gene Wood	27.31

Javelin

M30	Scott Hagy	60.46
	D. Sponseller	20.02
M35	Keeler	46.50
M40	Fred Mannis	34.20
M45	Reider	42.88
M50	R. Feick	39.06
	George Taylor	25.82
M60	Don Harris	29.70
	Paul Eberhard	24.20
M65	Bob Detweiler	23.02
	Gene Wood	17.92
M70	Claude Hills	25.40

35-lb weight throw

M30	Corrigan	8.85m
M45	Moore	8.72
M50	Henderson	11.40
	R. Feick	10.85
M60	Paul Eberhard	11.75
M65	Bob Detweiler	10.14
	Gene Wood	7.75

1 mi walk

M30	Briggs	9:48.6
M35	Tom Radlovacki	7:39.5
	Peter Taylor	10:21.1
M70	M. Sabaroff	13:19.2

110 m hurdles

M30	John Paul Jones	14.9
	Robert Rudrow	15.8
	A. Bedford	20.1
	D. Sponseller	22.4
M40	Jim O'Hara	16.4
M45	Leon Trout	18.0
	Jim Bradley	20.8
M50	Bill Clark	17.1
	Jack Barrie	20.7
	George Taylor	21.7
M55	Gene Kelley	19.9
M60	Don Harris	21.4
M70	Claude Hills	21.6

400 m hurdles

M30	John Paul Jones	58.7
	Robert Rudrow	58.9
M45	Jim Bradley	1:05.1
M50	Bill Clark	1:01.6
	Josh Culbreath	1:02.1
M55	Gene Kelly	1:12.0

High Jump

M30	Robert Rudrow	5'4"
	A. Bedford	no ht.
M35	Dickerson	5'6"
M40	Jay Katz	3'8"
M45	Leon Trout	5'0"
M50	Walt Hutchins	5'4"
M60	Paul Eberhard	3'8"
M65	Bob Detweiler	3'8"
M70	Claude Hills	4'2"

Long Jump

M35	Dickerson	6.35 m
M40	Jay Katz	5.04
	Fred Mannis	5.01
M45	Ira Davis	6.49
	John Snell	5.04
	D. Maloney	5.01
M50	Bill Clark	5.36
	Josh Culbreath	5.17
	Scott	4.57
M55	Oscar Harris	4.19
	Hunter	3.59
M60	Don Harris	3.82
M65	Stradley	3.26
	Gene Wood	2.84
	Bob Detweiler	2.69
M70	Claude Hills	3.65

400 m

M30	Ellis Martin	53.3
	Angel Valentin	1:02.5
M35	Bill Sherwin	57.8
M40	Dhamiri Abayomi	51.2
	Tom O'Hara	53.0
	Jim Hodge	57.3
M45	Larry Colbert	52.3
	D. Maloney	56.9
M55	A. Hunter	1:10.9
M60	Jim Manno	1:06.4
	John McCarthy	1:07.9
	Don Harris	1:14.6
M65	Jay Sponseller	1:04.7
M75	Manfred D'Elia	1:18.0

800 m

M30	Doug Mayers	2:04.8
	A. Bedford	2:38.4
M35	Suggs	2:13.2
M40	Larry Harvey	2:09.2
	Bob Bennett	dnf
M45	Ken Baker	2:05.4
	D. Maloney	2:37.9
M50	Jim Sutton	2:14.0
	Joe Gaffney	2:17.3
	John Blood	2:28.4
M55	Bob Parsons	2:45.9
M60	Ev Newell	2:47.9
M65	Jay Sponseller	2:39.8

1500 m

M30	Doug Mayers	4:22.3
M45	Henry Glyde	4:24.4
	R. Feick	4:47.8
M50	Jim Sutton	4:25.6
	G. Jackson	5:13.6
	John Blood	5:15.0
M55	Bob Parsons	5:34.9
	Hal Sanderson	5:58.8
M60	Ev Newell	5:35.1

3000 m

M35	Suggs	11:19.5
M40	Bob Bennett	10:04.6
M45	Henry Glyde	9:57.4
	R. Feick	10:19.0

10,000 m

M50	Larry Dickerson	41:27
M55	Hal Sanderson	42:41



LONG DISTANCE RESULTS

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

STEAMBOAT CLASSIC 4M & 15K PEORIA, ILLINOIS JUNE 18, 1983

4 MILE

M40-49	Steve Sink	21:27
	Al Monts	22:21
	Eugene Smith	23:34
M50-59	Gordon Adams	23:38
	Tom Edwards	24:15
	Windy Childs	26:13

M60+

	Earl Cole	29:53
	Ruben Redard	35:15
	Joseph Settler	37:08

W40-49

	Sue Adams	29:45
	Pearl Folkens	29:53
	Clara Swan	32:11

W50+

	Vera Whiteside	34:15
	Myra Linden	35:02
	Shirley Greene	35:20

15K

	Gerald Koch	53:48
	Fred Hammond	54:49
	Gaylon Dodson	55:35

M50-59

	John Betsche	58:45
	Rolla Colson	1:00:24
	Roger Mulholland	1:05:58

M60+

	Robert Schwandt	1:07:35
	Willis Weaver	1:16:22
	Russell Buster	1:20:43

W40+

	Diane Humphrey	1:07:23
	Louise Tinsley	1:10:52
	Martha Reese	1:16:27
	Phyllis Schwandt	1:18:22
	Sandy Cummings	1:22:51

from Dan Shea

BUTTERNUT 15K ROAD RACE GREAT BARRINGTON, MASS. JULY 24, 1983

1st Overall

	Stephen Bugbee	28	48:18
	Mady Hammeling	38	57:17

MEN

30-39	Steve Allen	30	50:34
	Rick Ladwig	34	50:53
	Mark Pringle	31	51:45
	R. Colantuono	31	52:30
	Gene Caligari	30	52:36
40-49	Bill Toner	40	53:00
	D. Reichert	47	53:35
	Dick Ashley	42	53:49
	Tom Stanley	44	54:41
50-59	C. Baxley	52	56:42
	Dana Summer	51	56:48
60+	M. Vigneron	60	1:10:36
	B. Ryan	64	1:12:22

WOMEN

30-39	M. Harmerling	57:17
	B. Dean 32	1:05:38
	S. Sykes 35	1:07:46
	E. Pessetto39	1:08:03
	G. Mohrien 31	1:08:24
40-49	Mimi Meyers41	1:04:35
	M. Martin 41	1:07:18
	H. Vetter 42	1:07:43
	F. Bett 43	1:11:38
50-59	Susan Haupt50	1:16:54
	F. Rose 53	1:20:31

MARCH OF DIMES MINI-MASTERS 5K; PEORIA, ILL. JULY 31, 1983

M40-44

	Steve Sink	16:43
	Doug Braasch	18:13
	Eugene Smith	18:23

M45-49

	Robert Conley	18:43
	Lou Jones	19:18
	Ron Achterberg	19:28

M50-54

	Gordon Adams	18:08
	Tom Edwards	18:33
	Norm Kelly	21:00

W40-44

	Martha Reese	22:32
	Judy Everson	23:00
	Edith Albright	24:36

W45-50

	Carol Blevins	23:11
	Jan Balzer	23:17

from Dan Shea

SEAFAR/PEPSI CHALLENGE 10K SEATTLE, WASHINGTON AUGUST 5, 1983

1st Overall

	Paul Cummings	28:21.2
	Lisa Martin	33:15.9

M40-49

	Sal Vasquez	31:18.9
	Richard Woelk	33:50.1
	Doug Erwin	34:49.4

M50-59

	Jim Volk	35:38.5
	Robert Hunt	37:02.9
	James Ganley	37:11.5

M60+

	Bernard Shults	42:43.8
	Fred Jaffe	43:10.2
	Norman Bright	46:21.1

W40-49

	Sue Johnston	38:24.1
	Julie Stiles	38:36.6
	Carol Flexor	39:09.4

W50-59

	Sister Buder	44:04.5
	Nola Bruhn	46:27.6
	Owen Brown	46:49.8

W60+

	Betty Miller	1:01:25.7
	Anne Hytinen	1:05:02.4



MOVING COMFORT WOMEN'S 12K REDMOND, WASHINGTON JULY 17, 1983

1st: Adrienne Lorvick 43:22

35-39	Vickie Aldrich	47:07
	Diane Pentilla	48:08
	Terry Demierre	50:42

40-44

	Carol Flexor	47:08
	Pat Thomas	47:26
	Julie Stiles	47:36

45-49

	Christine Curtis	47:48
	Janet Bevier	48:35
	Nancy Hellyer	48:37

50+

	Billie Murphy	54:04
	Leah Brown	55:20
	Chloe Parr	1:01:24

The Chase is On Bronx, NYC

Sponsored by Chase Manhattan Bank
and The Coca-Cola Bottling Company
Under the auspices of the



PUT AN END TO WOMEN'S SUFFERAGE.

There is no such thing as the gentle sex.

When it comes to battering the body, women runners are every bit men's equal. With each step, they send a shock wave roaring through the bones of their foot, up the skeleton to the brain—at over 200 miles per hour.

And you wonder why proper cushioning is so important? Without it, runners are flirting with stress fractures, tendinitis, lower back pain and migraine headaches.

If you're the female of the species, the best place to cool your heels may well be in our new Aurora.

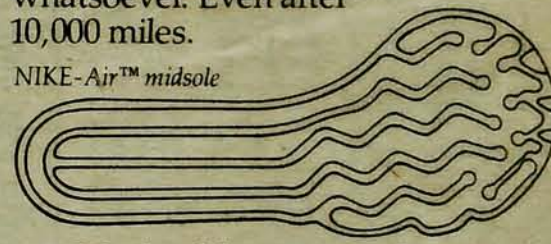
It is the only woman's shoe that features the full-length NIKE-Air™ midsole.

In tests at our Sport Research Lab, we found the simple addition of the NIKE-Air midsole will automatically increase a shoe's cushioning ability a full 12 percent.

And the Aurora will take all the abuse you can dish out. Whereas most EVA midsoles can lose a good fourth of their cushioning after just 500 miles, the NIKE-Air midsole shows no loss

whatsoever. Even after 10,000 miles.

NIKE-Air™ midsole



We should point out, however, that this shoe discriminates on the basis of sex. It is strictly for women. Made on our new woman's curved last. Compared to its male counterpart, the Columbia, the new Aurora is more narrow in the forefoot, more trim at the instep and more snug at the heel.

Of course, that doesn't mean the Aurora is functionally superior to the men's Columbia. We don't think women want those sort of special favors.

We just want to make sure they're on equal footing.

NIKE
Beaverton, Oregon

