



# NATIONAL MASTERS NEWS



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

61st Issue

September, 1983

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## 1900 ENTER WORLD GAMES



Masters sprinters, age 45-49, out of the blocks in the 200 meter dash at Los Gatos, Calif., and on their way to the National Masters T&F Championships in Houston and the World Veterans Games in Puerto Rico.

### WAVA Tells South Africans: "Stay Home"

by AL SHEAHEN

Nearly 1900 veteran athletes from 49 nations will participate in the V World Veterans Games this month in San Juan, Puerto Rico.

But the competition will take place without athletes from South Africa.

The World Association of Veteran Athletes (WAVA) capitulated to demands by Governor Carlos Romero-Barcelo of Puerto Rico that South African athletes be barred from the competition, scheduled for September 23 to October 1 in San Juan.

Don Farquharson, President of WAVA, instructed the Puerto Rican World Games Committee to return the entry fees, with regrets, to each registered South African athlete—both black and white.

"WAVA went as far as we could, short of cancelling the Games," Farquharson said. "We tried brinkmanship, but the Governor and (San Juan) Mayor Padilla wouldn't budge."

Farquharson said too many people have made plans to attend the Games. "We have to get together, and see if we can settle this thing, once and for all. The Games are the only place where we can do it."

(Continued on page 16)

### 500 EXPECTED FOR NATIONALS

Over 500 athletes age-30-and-over are expected to compete in the 16th Annual TAC National Masters Track & Field Championships September 16-18, at Rice University in Houston, Texas.

National championship medals will be awarded in each event for each 5-year men's and women's age group from age 30 through age-80-and-above.

Over 100 foreign athletes, en route to Puerto Rico for the V World Veterans Games the following week, will add an international flavor to the event. Performers from Mexico, Canada, Australia, New Zealand,

(Continued on page 19)

### Wyatt Ups World High Jump Record

Herm Wyatt, 51, raised his age 50-54 world high jump record by  $\frac{3}{4}$ " to 6'1 $\frac{3}{4}$ " at the West Valley Masters Track and Field Meet, July 23-24, in Los Gatos, California.

Ron Whitney, 40, lowered the U.S. 40-44 age-group mark in the 400-meter hurdles (36") to 56.59, breaking Mike DeStefano's 2-year old standard of 57.37.

The West Valley Track Club team of Marion Sanchez, Bruce Springbett, Dick Marlin and Jim Lingel sped to an American 50-54 age-division mark in the 400-meter relay with a time of 46.6, smashing the 6-year old mark of 47.0, set by the Corona Del Mar Track Club.

A large field of sprinters and a windless Saturday resulted in good 100-meter times. Mel Brooks, 42, had the day's best mark of 11.48. Bill Johnson, 38, ran 11.49 to edge Tom Allen, 35, 11.52. Springbett, 50, beat a strong 50-54 field in 11.78. Harry Koppel, 70, took the 70-74 race from Tony Castro, 74, in 13.80.

Giulio de Petra, 72, won his 20K racewalk in 2:07:02, an age world mark, and walked the 5K in 30:00.2, which was better than all times down to age 42—a 24:32.7 by Gary West.

In the throws, Ross Carter, 69, broke age records in the 12 lb. (34'10") and 8 lb. (45'6") shot. John Burns, 42, won the M40 javelin throw from Michael Harriman, 40, by a foot-and-a-half, 194'0" to 192'6". Sandra Stepp, 33, threw the hammer 108'7". □

### AT&T EDGES GE IN CORPORATE CUP

by TOM SHEAHEN

STANFORD, California, July 24. The Corporate Cup Relays are rapidly emerging as a major track meet for Masters, as well as open division, competitors. After a series of regional meets scattered through May and June, this year's national championship took place at Stanford University this weekend.

American Telephone and Telegraph (AT&T) narrowly retained its championship by outscoring General Electric (GE), 133-131. A first in the masters relay (15 pts.) and a third in the masters division of the 10K (10 pts.) were critical to AT&T's win.

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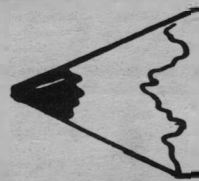
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# Write On!



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

### SOUTH AFRICANS BANNED

Dear Governor Romero-Bacelo:

When the officers of the World Association of Veteran Athletes accepted San Juan, Puerto Rico, as the site of the Fifth World Games in 1983, they had the assurance of the Puerto Rican delegates that no competitor in these games would be barred because of race, religion, ethnic background or national origin.

Now, just days before all final hotel and transportation arrangements are to be completed, we learn that your country will withdraw all support if the competitors from South Africa are to take part in games.

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This, in spite of the fact that the International Amateur Athletic Federation, which is the governing body for international athletics, had decreed any man over 40 or woman over 35 may compete in Veteran events. This includes South Africans.

Certainly by this time you must have received official notice from the International Olympic Committee telling you there is absolutely NO connection between the World Association of Veteran Athletes and the Olympic organization, and that Bruce Kidd's letter of protest is completely out of order.

If, at this late date, your country decides to bar the South African contingent from competition, the only alternative for WAVA is to move the games from Puerto Rico to a more hospitable place. We do trust that you have reconsidered, and that ALL athletes will be welcomed in Puerto Rico.

*Edward and Dorothy Stotsenberg  
Malibu, Calif.*

Dear Governor Romero-Barcelo:

Please rescind your decision immediately, so the 5th World Veteran Games may go on as scheduled. Unless you are willing to honor the WAVA Constitution and lift the ban on South African participation, the Games should be cancelled.

Is there no honor among government officials? You promised to accept the Constitution of WAVA in order to obtain the bid for the World Veterans Games, only to refute it when political pressure is applied. Here is an opportunity to demonstrate the power of true convictions that athletics should not be used for political purposes. Allow the Fifth World Veteran Games to be a positive example of what sportmanship and true competition can and should be.

*Ruth Anderson,  
Oakland, Calif.*

Dear Governor Romero-Barcelo:

Your stand against South African participation in the World Veteran games is appreciated by the active seekers of justice and human understanding throughout the world.

It takes people like you to continue to bring attention to South Africa's crimes against its own citizens. I can only hope that the South African athletes who are involved will openly chastize their own nation in an effort to free all the people in the world who struggle to maintain their human dignity in a sea of oppression.

*Ernest McCray,  
San Diego, Calif.*

To: Don Farquharson,  
President WAVA

The Puerto Rican decision to bar the South Africans from competition comes as a great personal disappointment for me, as the one who conceived these games back in 1975. It has always been my policy that everyone the requisite age, regardless of nationality, race, religion, or political inclination, should be eligible to engage in these competitions. I went to the mat on this issue in Toronto.

Having visited South Africa, I have no love for its racial policies and deplore an economic and social order built on the backs of others. But these competitions are not the proper venue for political reprisals.

The South Africans come as individuals, who—were they from any other country, would be more than welcome. Why sort them out for discriminatory action? As I have stated before, this year it is the South Africans who are barred. Next time it could just as easily be the citizens from the United States or some other country.

The athletes voted in New Zealand to not bar anyone from competition. How come in two short years this has all been forgotten? The Puerto Ricans promised specifically that no one would be barred.

Unless this can be rectified, it would be my recommendation that the games be cancelled, or transferred to another venue.

I should also like to point out the fallacy of accepting government financial support which gives the government leverage over the games management. This happened in Canada and is happening again in Puerto Rico.

If we let Puerto Rico get away with this, the tail will be wagging the dog and WAVA will have lost all credibility to determine its own destiny.

Many people have planned their whole year around this event in Puerto Rico. How can we assume that the next games will not be fraught with the same last-minute threats of cancellation?

I shall find it very difficult in the future, as will, I am sure, Helen Pain, to attempt to organize groups to commit themselves to go to the world games which may be cancelled on a politician's whim.

The world is far from perfect. Are we going to bar the Canadians because their aborigines claim their homelands have been stolen, their fishing grounds poisoned and other ancestral rights seized?

Certainly the World Masters track

(Continued on page 17)

## 340 Compete In Indiana

from BOB COUGHLIN

The Senior Classic Track & Field Meet, June 11 in Indianapolis, was the biggest yet with 340 sub-masters and masters participants. Fifty-six meet records were broken, and two age records set by A.E. Pitcher, 81, in the 100m, and Sheila Evans, 67, in the high jump.

Jo Ann Grissom put in some outstanding performances in her 10 age 40-44 events. The Hoosier TC age 50-54 3200m relay team (Steinrauf, Wilson, Gammie, Bonham) ran a fast 9:16. Bonham and Gammie also ran 4:35 and 4:36 1500m's.

The sprinters were here en masse for some fantastic races: Michael Andrews and Jay Lauer in the 30-34 group; Ted Potts, Caleb Brown, and Pat Booth, 35-39; Harry Tolliver and Leroy McLain, 40-44; and Charles Dudley, 45-49.

Rush Jacobs, pushed by W. Jordan, broke meet records in the 55-59 100m and 200. H. Strassenberg set a meet record in the 60-64 400.

Ernestine Yeomans ran a meet record 60-64 100m, and Florence Reardon, 55-59, broke records in all of the sprints.

The 1500m runners, Spatarn, 30-34; Lutgring, 35-39; Walsh and Watkins, 40-44; Green, 55-59; were outstanding this year.

A big day in Indiana with so many states represented. Next year's meet will be bigger and better! □



Ken Stuart, 35, streaks through the first lap enroute to a 1:57.1, M35-39 800 win, at the SPA/TAC District Championships, Long Beach, July 9.

## 100-MILE RELAY RECORD SET

by WILL RASMUSSEN

A group of Southern California masters men (age 40 and over) observed Father's Day, June 19, by setting a new World Record for the masters 100 X 1-Mile Relay: 100 runners each running one mile in a relay. The new record time of 8:41:04 (5:12.6 per mile) broke the previous WR of 8:45:21 held by a British masters team and lowered the American record of 8:50:28.

The relay was held at Grossmont College near San Diego on a day that turned out to be quite favorable, as the sun finally broke through the overcast. The usual mid-day wind, which lasted only two or three hours, was not nearly as strong as during the last several record-breaking tries.

Despite the last minute loss of three sub-5:00 milers to injuries, including Pete Peterson, who had worked vigorously in helping to coordinate the event, an impressive group of runners participated. There were 19 runners under 5:00. All runners were under 5:45. There were 59 runners who ran faster than the previous WR pace (5:15.2). The first runner got started ahead of the record pace; the lead was never lost, and was as much as 6:12 ahead at one point.

The 50+ age group was represented by 10 runners who averaged 5:24.4, led by Bob Collins, 53, with a 5:07.7. Avery Bryant, the oldest team member at 59, clocked a 5:24.3. Jim Clampett, 50, who has run 80 marathons and one 50-miler since 1975, ran a 5:40.8 despite having had open heart by-pass surgery in 1980. He complained that he's "not in shape" since he had run a 5:13 two years ago. □

## Villaneuva Breaks Peachtree Record

ATLANTA, July 4. Antonio Villaneuva, 41, Jalapa, Mexico, picked the largest-ever Peachtree 10K to set a new masters course record of 30:01.6 today, smashing Dan Conway's 1982 time of 31:17.8. Villaneuva's time earned him a 23rd place in the 28,000 field and a TAC-sanctioned award of \$1,000.

Masters runners were well-represented by Roger Robinson, 43, New Zealand, 2nd in 31:32.2, Don Coffman, 40, Frankfort, VA, 3rd in 31:40, Conway, George Keim, Bill Hall, and Ireland Sloan.

Forty-nine-year old David Dixon, Clemson, SC, was 8th among the masters entrants in 33:03.98.

Cindy Dalrymple, 41, New York, won the women's masters division by a large margin, 36:03.2, and was also awarded \$1,000. Iris Black, 40, Spring Valley, OH, was second age 40-and-over female with a good time of



Erna Kozak, 38, (l.) of Canada and Phil Raschker, 36, of Atlanta, reflect on their record performances at the Hayward Classic, June 25-26. Kozak won the W35 mile in 4:55.6. Raschker provided another of her awesome exhibitions in the W35 100m, 11.89; the 200m, 24.8; and the 400m, 56.73.

38:05.3.

Despite race temperatures in the mid-80's, only 149 runners were treated for medical problems, 29 requiring hospital observation, 2 overnight. The same number were taken to the hospital during a Willie Nelson concert that morning and a baseball game that night.

The race, an Atlanta Track Club event, was directed by Bob Varsha. □

## SHORE AC EASTERN REGIONAL CHAMPS

The Shore AC's winning total of 107 points in the M30-39 division led it to the overall team championship in the TAC Eastern Regional Masters Track and Field Championship, June 25 in E. Stroudsburg, Penn. Shore added a 77 point victory by its M40-49 squad to assure its overall win by 14 points, 271 to 257 for the Philadelphia Masters. New York Masters was third with a 203 total.

In the sprints, Robert Williams, Shore AC, won the 40-44 100m (11.1), and the 200 (22.7). Dr. William Clarke, Phila. Masters, 50-54, took second in the 100m (12.6), and firsts in the 110HH (16.5), the long jump (19'3¼"), triple jump (36'6"), and high jump (5'10").

In the 35-39 1500, Brian Kivlan, Westchester Puma, fought off Edward Daw to win, 4:03.5/4:05.1. Diane Palmason, New Balance TC, won the 45-49 1500 with the day's best women's time of 5:09.0.

Dave Winn, Greater Rochester TC, ran a 33:08.9 10000 for a victory in the 40-44 division. Shore AC's Glen Stone, 30-34, high jumped 6'6".

Giving it the old college try, top racewalker Ron Salvio, 30-34, probably made the difference in the Shore AC's point total and gave walkers a new image, winning the 5000 walk in a fast 27:27.7, long jumping 15'8" for fifth place points, high jumping 5'0" for a fourth, triple jumping 31'6" for a third, throwing the discus 86'9" for another third, and vaulting 8'0" for a first. □

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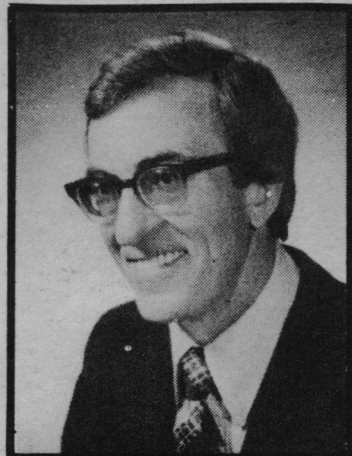
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# FROM THE Editor

by AL SHEAHEN



Sixto Escobar — The main stadium for the V World Veterans Games prior to remodeling work.

Once again, the enthusiasm for the World Veterans Games, which had been building for over two years, has been dulled by the injection of international politics.

Puerto Rican Governor Carlos Romero-Barcelo reneged on the promise his representatives made to veteran athletes in 1981 in New Zealand. The Puerto Ricans guaranteed, then, that all veteran athletes would be welcomed to the competition in San Juan.

But, 80 days before the start of the Games, the Governor arbitrarily ordered government funds and facilities withheld from the Games if black and white athletes from South Africa were allowed to compete.

Despite no direct or implied threat from anyone, he said he feared that, if the South Africans competed, the Puerto Rican Olympic team might be banned from the 1984 Los Angeles Olympics.

Since the Games' organizers were dependent on the use of the state stadium, and on the cooperation of government agencies, the Governor's action was an ultimatum to cancel the Games or tell the South Africans to stay home.

The Executive Committee of the World Association of Veteran Athletes (WAVA), faced with that no-win decision, reluctantly opted for the latter. At press time, the South Africans are out, and the Games will proceed as scheduled.

The Governor's ban not only violates WAVA's Constitution, which

says: "no one shall be banned from competition due to race, religion, ethnic background or national origin," it is directly opposed to Puerto Rico's own Constitution, which specifically prohibits discrimination "on account of race, color, sex, birth, social origin or condition, or political ideas."

The ban also violates Article 2 of the United Nations Declaration of Human Rights: "Everyone is entitled to all the rights set forth in this Declaration, without distinction of any kind, such as race, color, sex, language, religion, political or other opinion, national or social origin, prosperity, birth or other status."

Is the Governor so arrogant that he places himself above the Constitution he has sworn to defend? Does he find the United Nations document boring, to be ignored on a moment's whim? Has he ever read it?

South African athletes have always been an easy target for a headline-seeking politician. It's easier to put on a cowboy hat, talk macho and shoot from the hip, rather than to take a thoughtful stand on a controversial issue. These days, slogans get more votes than statesmanship.

If WAVA had any money, and if masters weren't such a close-knit, friendly community, WAVA might find itself on the losing end of a lawsuit by the South Africans for its action. Its only defense is duress.

But, WAVA is broke. It needs the \$10 fee from each of the 2000 entrants. Its former Treasurer allegedly ran off

with some funds a few months ago, getting himself impeached for his trouble. The \$90,000 profit earned in 1981 by the Fourth World Games Committee in Christchurch has apparently not yet found its way out of New Zealand. Athletes have been training, and their families have been planning, for two years to attend. The show must go on.

Yet many feel the Games should have been cancelled; that the principle involved is too important to abandon; that to go ahead and contribute \$3 million to Romero-Barcelo's economy, after being treated like cattle and told to "like it or lump it," is rubbing salt in the wound.

"Better we should give that \$3 million to WAVA than to the Hilton Corporation," said one runner. "We could put on a hell of a Games, somewhere, with that kind of money."

The V World Games were—and still are—expected to be the best, most well-organized World Veterans Championships ever held. The Games organizers—Rafael Serrati, Miguel Rivera-Veve, Gilberto Gonzalez-Julia, and many others—have been working tirelessly for months to make this an event that everyone will long remember. The South African ban has overshadowed the enormous efforts they have put forth to make the Games a success.

There is an old saying: "Fool me once, shame on you; fool me twice, shame on me." Veteran athletes have now been fooled five times, and are walking around with their tails between their collective legs and their shoulders noticeably drooping. Even a pigeon-drop victim gets the message after being fleeced a couple of times.

The dubious record is now a perfect 5-for-5: At the first World Games in Toronto in 1975, the Canadian government, at the last minute, threatened to withdraw its funds from the Games if the South Africans competed. Dave Pain, the founder of the masters program, went on a three-day radio-TV-newspaper blitz to persuade the authorities to allow everyone to compete. The Canadian World Games Committee courageously voted, 6-5, to give up the money and say to hell with the government. Everyone participated, and masters athletes held their heads high.

At the second World Championships

in Sweden in 1977; the South Africans registered as Americans and kept a low profile.

At the third World Games in Germany in 1979, the South Africans came disguised as Rhodesians.

At the fourth World Games in New Zealand in 1981, they entered on Dutch passports. But the Christchurch press got wind of it. A local group picketed and disrupted the meet. Several protestors were arrested. One wound up in the hospital, pummeled by veteran athletes after he knocked a runner to the track.

The whole thing is bizarre. It's like a sprawling Tolstoy epic where the French keep invading just as you're heading off to the country for the hunt.

It all goes back to 1976, when the IAAF, the world governing body for athletics, expelled the South Africans from membership because of their government's policy of racial apartheid. South African athletes have been ineligible for international open track & field competition—including the Olympics—ever since. Even though the IAAF has said that veteran meets can be open to anyone, trouble has persisted.

Few, if any, masters athletes support the repressive South African policy of apartheid. But to ban an individual from an activity simply because he or she happens to live in a particular place, is unfair to the athlete, ineffective in fighting apartheid, and contrary to the Constitutions of all civilized nations.

Veteran athletes compete as individuals, not as a member of a national team. Other South Africans—in golf, tennis, and boxing—compete on the world scene with barely a ripple of dissent.

The Olympic Games has never solved any political question, rearranged the history of the world, or wrought any great social changes. A sprinter from Russia is no more responsible for the Gulag Archipelago or Lubyanka Prison than Frank Shorter is responsible for Watergate.

Whoever said you could topple a despotic regime by barring it from the high jump? Where does it end? Do we ban the English for denying jury trials to the Irish in Belfast? Do we ban the

(Continued on page 19)



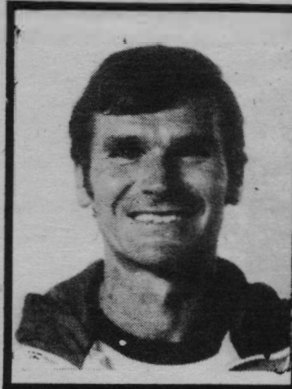
Masters runners handing off batons in Corporate Cup Relays July 24 in Stanford, California.

**ALL SYSTEMS ARE GO!**



**SEPTEMBER 23rd-30th-1983**

**SAN JUAN, PUERTO RICO**



# THE GUN LAP

by MIKE TYMN

## A RUNNER FOR PRESIDENT?

Presidents and presidential candidates usually are thought of as being Democrats or Republicans, liberals or conservatives, hawks or doves, pragmatic or ideological. In his book, "The Presidential Character," Professor James David Barber classifies them, our past presidents, as active-positive, active-negative, passive-positive and passive-negative.

To heck with all that. I'd like to know whether the man I'm voting for is aerobic or anaerobic, slow-twitch or fast-twitch.

I got to thinking about this recently when a syndicated article appeared in the daily paper about presidential can-

**"To heck with liberal or conservative. I'd like to know whether the man I'm voting for is aerobic or anaerobic, slow-twitch or fast-twitch."**

didate Alan Cranston, the senior senator from California. The article was headlined, "A Runner for President." It occurred to me then that some clarification is required. You see, Cranston is not a runner; he is a sprinter. The two are more opposed than Democrats and Republicans.

Of course, there are all kinds of runners. Anyone "running" for president must be a "runner." There are gun-runners, blade-runners, rapids-runners, dope-runners, what have you. Even in the more limited sense of the word, sprinters are runners. But the connotation given the word today, and that probably intended in connection with the Cranston article, is that of a distance runner.

Generally, distance runners are slow-twitch and aerobic. Sprinters are fast-twitch and anaerobic.

The "twitch" part of it has to do with how rapidly the muscles contract. Physiologists tell us that we are different in this respect. Some of us have more fast-twitch muscle fibers than slow-twitch, while others have a preponderance of slow-twitch. Carl Lewis and other top sprinters supposedly have a large percentage of the fast-twitch fibers. Billy the Kid and Wyatt Earp must have been loaded with fast-twitch. On the other hand (or leg), world-class marathoners show a

high percentage of slow-twitch in lab tests.

Few of us are polarized in this respect. There are people who have about equal amounts of fast-twitch and slow-twitch fibers. You'll probably find them running the mile rather than the 100 meters or the marathon. For the most part, heredity determines the balance of fast-twitch and slow-twitch fibers, the physiologists tell us, although to some extent the fibers can be "re-educated."

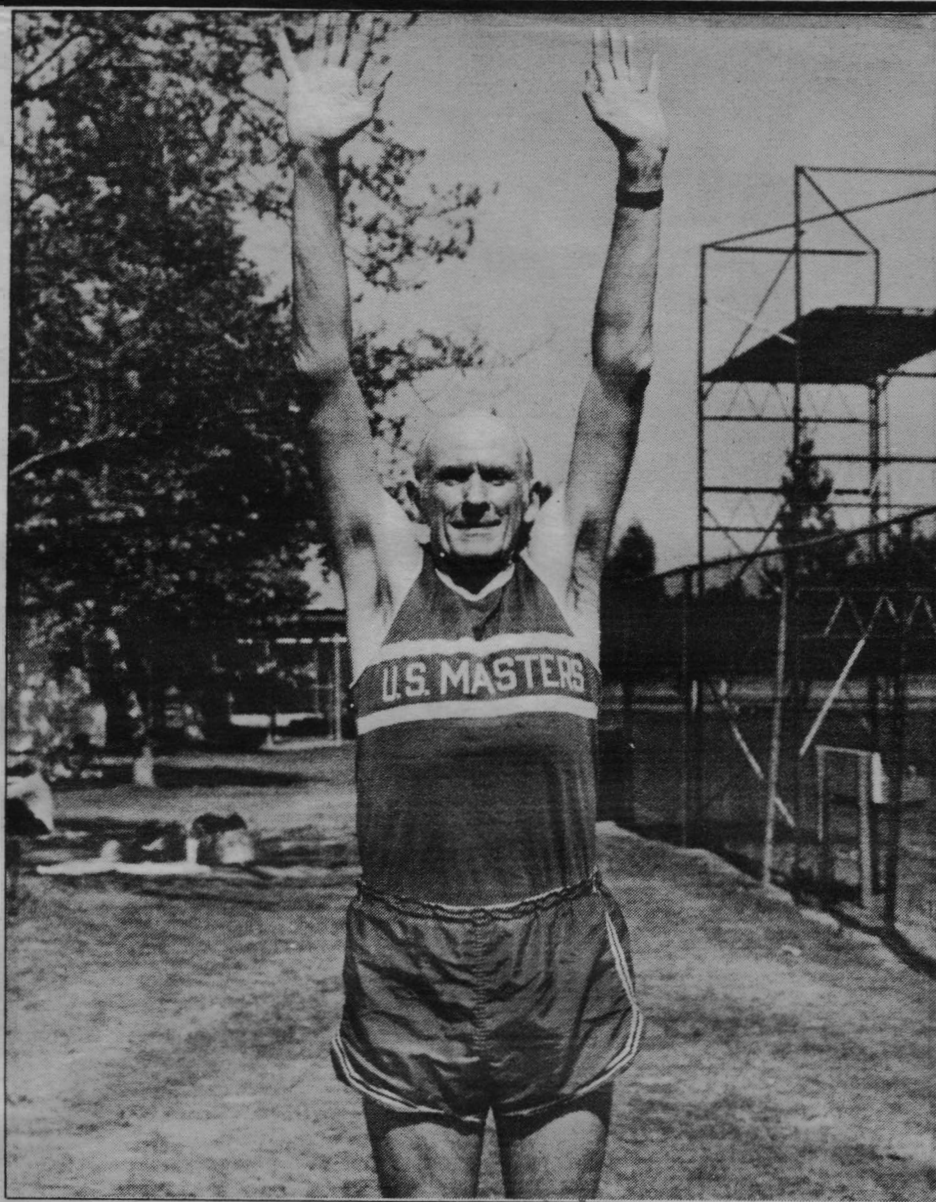
Anaerobic activity is that which is explosive in nature. It demands much oxygen in a short period of time, as in running 100 yards or 100 meters. Aerobic activity demands oxygen but not to the extent of producing an oxygen-debt, as in running a marathon.

The composition of our muscle fibers and the way we go about utilizing oxygen can carry over into many aspects of our daily lives and dictate behavior and life-styles. A recent "Sports Illustrated" article touched upon this. It dealt with the success of Jamaicans in the sprints. Glen Mills, a Jamaican national coach, sees the psyche of the sprinter throughout Jamaican society, or the other way around.

"Life here is hectic," Mills told writer Kenny Moore. "Everything's in short supply. It's understood that there aren't enough jobs, schooling, housing, transport. Forty-two thousand take the exam to get into any high school. Only 9,300 can make it. You can't stand at the back and wait your turn or you'll get left out. In the city we like to regard ourselves as quiet people, but even a small dispute brings out the aggression. Sprinting is built around that dramatic release."

Dennis Johnson, another Jamaican coach, adds, "And there's the style of the people. Jamaicans talk fast. They write fast. They like action. They're jittery. The temper of the society is kind of like a sprinter's."

We can look back in our own society and observe how we have gone from distance runners to sprinters to milers and back to distance runners. In the latter part of the 19th century, when things were relatively peaceful and leisurely, distance running was popular. Then during the technological era and throughout the war years, we were people in a hurry. Is it coinciden-



tal that the 100-yard dash actually was the feature event at track meets during that period? In the 50's and 60's the pace slackened a little and the mile became the glamour event. Now, however, we seem content to cruise along at 10-K or marathon pace.

Sprinters seem to be a lot like the Irish and distance runners like the Scotch, at least in the way that Presi-

**"During the war years, we were people in a hurry, and the 100-yard dash was the feature event. Then society's pace slackened and the mile became the glamour event. Now it's the marathon."**

dent Woodrow Wilson saw those two people. "There are two natures combined in me that every day fight for supremacy and control," Wilson said. "On the one side, there is the Irish in me — quick, generous, impulsive, passionate, anxious always to help and to sympathize with those in distress...and like the Irishman at the Donnybrook Fair, always willin' to raise me shillalah and to hit any head which stands firmst me. Then, on the other side, there is the Scotch — canny, tenacious, cold, and perhaps a little too exclusive. I tell you, that when these two fellows get to quarreling among themselves, it is hard to act as umpire between them."

Wilson must have confused his nationalities with his fibers. He was a miler and didn't know it. You can understand how milers make the most objective presidents, but may be the most indecisive.

As I see it, the worst combination for a presidential candidate would be a fast-twitch temperament and an anaerobic style — a true sprinter, sort of a Type A behavior individual. This person would be too impulsive, too hasty to decide, too fast on the draw, too quick to push the button. Looking back at some of our recent presidents, Lyndon Johnson seems to come closest to filling this mold.

But I don't think I'd want a slow-twitch, aerobic style person either. He'd be something along the lines of a Calvin Coolidge or Jimmy Carter, content to sort of plod along.

What we need, I believe, is a cross-over type person — someone with a fast-twitch temperament and an aerobic style or a slow-twitch temperament and an anaerobic style. This would provide for some necessary checks and balance within the man (or woman).

Senator Cranston, although a top-ranked competitive masters sprinter, runs five miles a day and seems to have an aerobic style about him. President Reagan appears to be an example of the slow-twitch/anaerobic type.

Forget about the campaign trails. I suggest that we put our candidates on the running trails so we can see what they're really made of. □

# 1983 NIKE MASTERS GRAND PRIX FINALS

10 KILOMETERS  
Santa Barbara, California  
September 11, 1983  
Sunday, 8:30 AM

## ELIGIBILITY:

U.S. Masters (Men 40 + /women 35 + ) runners.  
(NOTE: Anyone of any age may run the race, but only U.S. Masters will be eligible for the trip awards and some of the special events.)

## COURSE:

A scenic, moderately rolling course through the affluent community of Montecito, at the eastern end of Santa Barbara. It is accurately-measured and intended to be certified.

## DIRECTOR:

John Brennand, 1983 Avon International Marathon director, and his able crew of Running Systems' staff.

## AWARDS:

All participants receive a beautifully-designed quality tee-shirt for participating.  
(NOTE: Eligible masters will have a reduced entry fee of \$3.00 — open runners pay \$8.00!)

## TRIPS:

Transportation, up to four (4) days' lodging at the race site, and \$150 expense money, will be awarded the first three (3) men over 40 and the first three (3) women over 35 (i.e., international masters or veterans), to the XVI International Distance Running Championships (IGAL) in Perpignan, France, October 15-16, 1983.

## PARTY:

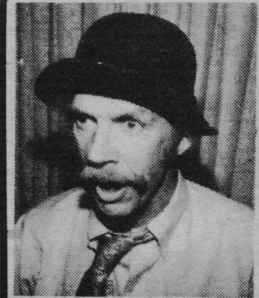
There will be a reception (6-9 pm) on the evening before the race and a gala awards ceremony afterward, at which everybody and his/her uncle/aunt will be recognized, but only some will win the big prizes!  
(NOTE: only eligible masters at these events.)

## ENTRIES:

John Brennand  
P.O. Box 6616  
Santa Barbara, CA 93160  
(SASE please!)

## INFORMATION:

For general info about the NIKE Masters Grand Prix Finals, the IGAL races (10K/25K) in Perpignan, or the 1984 NIKE Masters Race Series, contact Valdemar Schultz, NIKE, Inc., 3900 S.W. Murray Blvd., Beaverton, OR 97005, (503) 641-6453.



# On Approaching Every Problem With an OPEN MOUTH

by W. MacDonald Miller

## COUNTED OUT IN PUERTO RICO

Sport is most certainly sport and politics are most certainly something else again. The two don't belong together because they don't really have anything to do with one another.

Even more specifically, Masters Sports have no teams, no flags, no scoreboards, no national anthems and heaven help us — no religion. This spirit is the very heart of the entire Masters program. If you're over 40 you can compete, period. It was upon this premise that the U.S. Masters decided to become a part of TAC. I must admit, it sounds quite good and it would be nice.

Wake up, Pal, that ain't the way things work. The South Africans should be out with good riddance! Here is a group of intelligent, articulate people who have accepted the safest rationale of all, religion, as a way to keep other people in slavery. Every once in a while they trot out a few blacks at a track meet as a sign of how good things are here on the Cape. I mean, it's a bowl of cherries, Man, come on down. I bet those dudes on Sixty-Third and Cottage Grove are just standing in line to get on over to Capetown for a few

laughs. Don't make me laugh — they're out! Maybe the best way to handle this whole situation is to draw up a fair and honest list of the countries who deserve to be invited.

When I reach this stage of a serious in-depth undertaking, I always resort to a clever research trick I picked up in graduate school. I consult the almanac. Afghanistan, Albania and Algeria — hardly auspicious lands of good clean competition and sport, let alone a little fun. I'm flipping now, past Bangladesh, Cambodia, Ethiopia and Guatemala and now into the "I's." Iran, Iraq, Ireland, Israel, Italy — laughs? It could kill a person.

If a country has North in front of their name, they're automatically out. Pakistan, Panama, Poland. If a country is on the giving or receiving end of war, pestilence, famine, revolution or ass-deep in nuclear reactions — they're too busy to be bothered by some silly running and jumping and trying to pick up women who can't even speak English. This is getting a little discouraging, better try the old start from the back — Zimbabwe, Zambia, Zaire, Yugoslavia and the good 'ol



First 800-meter leg of masters relay (800, 400, 800) in Runner's World Corporate Cup Relays July 24 in Stanford, Calif. Ted Cannon, 40, of AT&T leads pack.

USSR.

This kinda reminds me of drawing up the guest list for my really good friends, it's getting shorter and shorter all the time. It might be the meet for my debut in the High Hurdles — going for gold! Turkey, Uganda and this is going no place fast. I'd better start over and stick with old friends and competitors who understand the value of slinging a shot put around the parking lot.

No list of old friends could possibly start without the Scandinavians. Look at all the things they have given to our country; the dumbest accent the world has ever known, the first color pornographic films and sardines. Well, let's see how many other guests we end up with. France, the Statue of Liberty, Brigett Bardot and Megeve. But you

know, now that I think about it, the guys are all a bunch of sawed-off sissies who eat snails. I mean be serious — snails? They do have a great national anthem, but no, this whole affair has got to be totally without politics. Out! Wait a minute, how could I overlook old friends and former hosts of our great event, the land of my father's ancestors, Germany. Talk about a bunch of fun guys — furthermore, they do it all in a language that isn't a language at all. "I love you" sounds like someone clearing their throat. Pig-Latin has a nicer, more intelligent sound to it. Sorry, Grandpa, God rest your soul, but you're out, too.

There wasn't a doubt in my mind about inviting the British until this past summer. I love to watch the late, late movie and this summer I've seen about a dozen having to do with World War II. You know I never realized what a 22-karat-jerk Gen. Montgomery was. What an egomaniac and when I learned how he tried to cheat a great Californian like George Patton out of some of the credit, I went berserk. They're out!

What's my point? Well, it goes something like this. Because I'm a light hearted guy, I suppose my stance is somewhat whimsical for so serious a matter. From a light hearted view, you see, not many of us would really deserve attendance in Puerto Rico. Eric Hoffer's old line is perfect, "Brotherhood is easy, it's my damn neighbor whom I hate."

Unfortunately, this kind of conversation, no doubt, misses the point, that being: Puerto Rico is upon us, and, once again, so is the problem of South Africa. Running, jumping and throwing might appear as non-political as politics will ever be. But as someone once said, appearances can be extremely deceiving. The only fair thing to every one involved is for South Africa to stay home. If you don't believe me, ask Bobby Knight. □



West Valley TC Mile Relay team, l to r, Bernie Stevens, Jim Lingel, Bruce Springbett, Hans Bruhner, after new American age 50-59 record 3:48.6, July 21 in Los Gatos, CA.

## Pioneer Masters Running Camp Held

by JOHN COSGROVE

Undeterred by the fact that everyone in our families is too old to go away to camp, Jackson Steffes, a fellow member of the Hughes Aircraft Company Track Club, and I signed up for the first ever Masters camp in Seeley Lake, Montana in July.

The quality of the coaching was what attracted us, since they promised — and delivered — some of the top ranking coaching in the U.S. This included Dr. Ken Foreman, head coach for the U.S. team at the world championships in Helsinki this year, Dr. Paul Ward, Olympic track and field team weight training coach, and Doris Brown Heritage, the distance coach for the Olympic team as well as several other head coaches from universities and high schools who were also excellent.

The program consisted of 4 sessions a day, starting at 9 AM. There was a choice of beginner or intermediate sessions in sprinting, distance, hurdles and the field events. The field events were great for this writer. I had never tried any of them. I learned the discus and shotput, but had to stay away from the jumping, javelin and pole vault because of a pulled hamstring.

The sessions were a mixture of 1) lectures with films, and 2) practice drills with a few intensive sessions in the cross country portion. Three athletic trainers were constantly available.

The other master runners comprised a wide variety of ages and abilities, and were evenly divided between men and women.

Not to be underrated was the beautiful countryside just south of Glacier National Park and the evening social life with the other master runners and the staff. We all had an opportunity to get a lot of detailed help with our specific interests and problems.

Most of the masters stayed at a dude ranch with good meals and accommodations. The social life centered around the ranch, with a hayride and two barbeques at Seeley Lake. The head of the Northwest Sports Medicine Institute, Dr. Peterson, hosted a party at his cabin. We used the opportunity to pick his brain about the latest findings in athletic performance research. His wife, Marilyn, is an expert on sports nutrition and served us a complete lecture on the latest research in this field.

A large number of the runners were from the Seattle area, but every part of the country was represented. Most were in their 40's, but several were in their 30's, 50's, 60's and 70's. One 70+ man (Bert Morrow) was a dynamo in many events and ran and jumped with the best of us. His specialty was the 80 meter high hurdles and he ran with an ability that most 40

year old athletes would have trouble matching.

A real camaraderie developed as the week wore on, and climaxed in the Seeley Lake Olympics on Friday. Unusual distances for the events were chosen to stimulate our creativity, ranging from 60 meters to 2400 meters, plus all of the field events. A rousing awards luncheon topped off the week with a good time had by all, with a lot of new friendships and promises to stay in touch. We certainly know who to watch out for during upcoming masters meets. My teammate took home more first places than I did. Wait until next year. □



So. Calif. Masters who broke the World age 40-and-over 100xOne Mile Relay record in 8:41:04 on June 19 at Grossmont College in San Diego.

Photo by Lisa Rasmussen

No Caffeine  
Never had it. Never will.

Victory Cup

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# SPEAKER'S CORNER

## MASTERS RACE WALKING

by LORI MAYNARD

*(For the first time in the last 25 issues of NMN, this space does not carry the familiar monthly column of Phil the Philosopher.*

*Its author, former Olympian and masters javelin record-holder Phil Conley, has voluntarily ended the column on an ongoing basis.*

*NMN is grateful for the contributions Conley has made to the magazine and to the masters athletic community through his thoughtful columns. Sometimes controversial, often personal, always interesting, Phil's monthly remarks will be missed by NMN readers. We look forward to receiving occasional articles as the spirit moves him.*

*Meanwhile, the space will be occupied by Speaker's Corner — a column written by a different contributor each month, touching a variety of bases in the masters athletic program.*

*This month race walk champion Lori Maynard explores the subject of masters race walking. — Ed.)*

The longest ignored event in track and field is now one of the fastest growing. Each year, the number of TAC registrations in the Race-Walk category increases. Many people seek out race-walk instruction as a fitness exercise, neither intending to compete

or striving to intensify their training. Because of the sudden boom in this sport, many participants are unaware of some of its finer points.

Race walking is a technique event, just as are many of the other track and field events. Olympic development coach Martin Rudow lists the requisites in order: 1) technique, 2) endurance, 3) strength, 4) attitude, 5) speed. If technique is learned well, and all the others are present, then speed will come. It is unfortunate that some masters competitors enter the event without realizing that it must be learned, practiced, and approached with athletic effort.

Two rules form the basis of the event and dictate the technique. 1) Loss of contact (one foot must be on the ground at all times) and 2) bent knee (the knee supporting leg must be straightened as the body passes over it, i.e., as the leg is perpendicular to the ground) are the two possible violations. Either is cause for disqualification.

Now that we are approaching the 1983 national meet in Houston, it is important to keep these elements in mind. The integrity of the sport must be maintained, subject to the rules wherever race-walks are held. As athletes, we must learn the rules, learn

the techniques and understand what the judges are looking for.

It is difficult to locate a judge who has not been, at some time, a competitor. As such, judges are empathetic with the walkers and desire only the best for all competitors. Judges will give benefit of the doubt to the walker. Cautions are given to walkers who are in danger of committing a violation, i.e. demonstrating a flaw in technique which can lead to a rule violation. The walker, while continuing the race, must inventory his techniques from the basics to determine his flaw and proceed to correct it. Judges can and must disqualify a walker upon an obvious violation; whereupon, the walker must leave the track (course).

Masters who would desire to race walk are well advised to seek out other walkers or coaches who are familiar with technique. Just as I would not attempt to compete in a pole vault because I am physically incapable of performing the event, neither should people attempt to race walk competitively if it has been determined that they cannot physically straighten the knee at the required point, or maintain contact.

Once the training determines that one is physically able to perform according to the rules — and this is the most important factor to the sincere competitor — then entry should be made at



Proof positive that Harry Hawke, 54, San Diego, multi-event AR holder, does put his pants on one leg at a time like the rest of us, Anteaters Classic, May 21.

NMN Photo

the local track and field meets. From this level, advancing to regional and/or district meets is logical. Based on the individual's success with the event, he can determine by his placings in these meets, when he is ready to advance to national competition. Of course, a little success breeds determination and more success. So the World Veteran Games could cap the athletic effort.

Race walkers are welcome at all levels. It is necessary to understand that disqualification is a part of the game. When the walker is ready to accept that, along with the rules, he should go for it! □

## MASTERS BOOK STORE

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

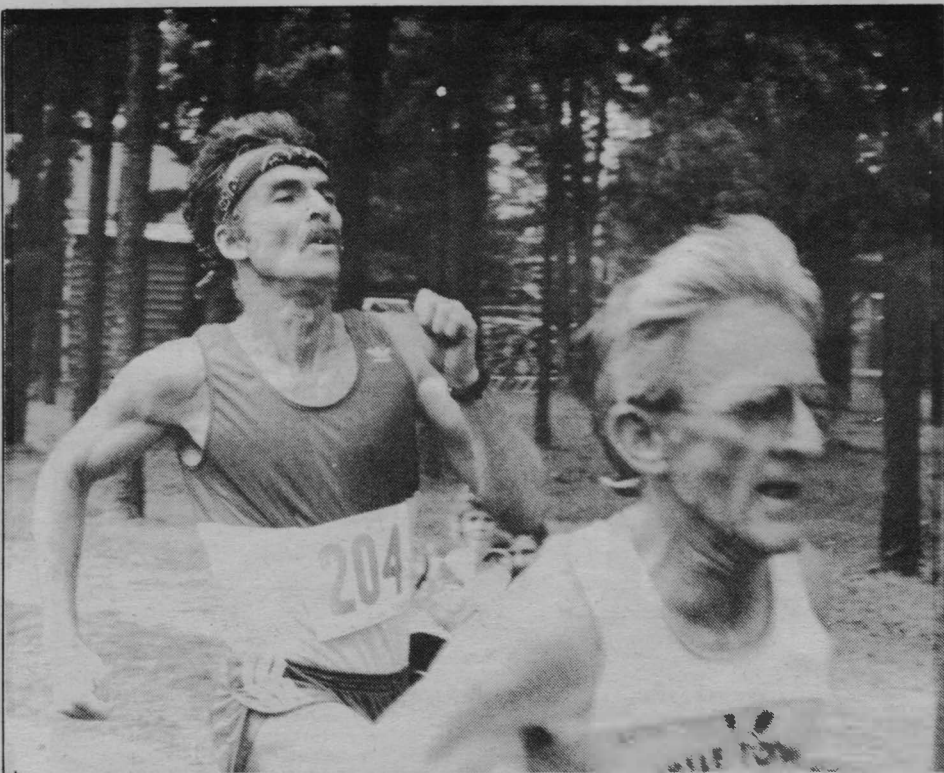
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To order: Clip this order form and mail with check or money order to: MASTERS BOOK STORE, PO BOX 2372, VAN NUYS CA 91404.



Donald Tillotson, 56, sprinting with James Higgins (204), 42, BankEast 5 Mile, July 2, Concord, NH. Tillotson was 1st, both in 33:04.

Photo by Tom Szelog

## Corporate Cup

(Continued from page 1)

Although the Corporate Cup meet includes several events that feature masters mixed with women and open division runners, the masters relay is the only exclusively masters event. A team of three runs legs of ½ mile, ¼ mile and ½ mile, in that order.

AT&T's winning team this year comprised Tom Cannon, 40; Sammy White, 48; and Paul Kerns, 42. Their times of 2:07.1, 54.5 and 2:06.6 combined to yield a new national Corporate Cup masters record. GE took second in 5:12.8 with a team of Andy Urquhart, 43, 2:10; Martyn Adamson, 44, 54.8; and John Krepick, 42, 2:08.

The best single performance of the race was turned in by Don Shockey, 41, of Stanford Research Institute (SRI) with a 2:03 PR final half-mile. Shockey boosted his team from 8th to 4th, seriously challenging Delta Airlines for 3rd on the final turn.

Kerns said this event was a turning point in AT&T's successful bid to retain their title.

"The Masters Relay gave us the encouragement we needed to hold off GE in the remaining open events," he said.

The quality of AT&T's masters runners was underlined by the facts that: Kerns ran a 34:12 10-K to provide half of his 2-man team's third-place finish in the Masters division (along with a sub-33 by Brian Harris, 48); and White competed in the nearby Los Gatos Masters competition this weekend, winning the triple jump on Sunday with a 38'6", and placing second on Saturday in the high jump by clearing 5'8". For GE, Martyn Adamson was the required master in the sprint relay final, and ran the 220 in 23.5, helping to give GE first place in the final event of the meet.

The AT&T trio all come from the southeast. Cannon is with Bell Laboratories Atlanta lab, White works for Western Electric in Atlanta, and Kerns is with Southern Bell in Jacksonville, Florida. Each of them agreed that the moderate temperatures and lower humidity of Palo Alto aided their performances.

The other Masters category event was won by GE. The 10-K road race, combining all male runners, started in sunny 70°F weather at 9:30 Sunday morning. GE's times by Masters Bill Clark (32:53) and Bill Meinhard (32:55) totalled 65:48, enough to win out over IBM's 66:05 and AT&T's 67:08. The race began with a crowded start on a narrow roadway. Many runners were tied up in traffic. The GE, IBM and AT&T leaders went out quickly and then looped the Stanford Campus on a course with only one easy hill. A gentle mile-long downhill with a tailwind contributed to the fast times. The field was so strong that it took an average of 68:52 (two 34:26's) to finish in the top 10



Dave Pogue, 35-39, No. 341, slightly ahead of Mike Radov, 40-44, No. 354, in 800m race at Sacramento Masters Relays. Photo by Steve Yeater

Basil Khouri, 42, a program analyst for the Shaklee Corporation in San Francisco, collapsed midway through the 10K race. Despite CPR treatment from three people on the course, Khouri died, reportedly from cardiac arrest, a short time later at the hospital.

The Masters division of the Corporate Cup provided an opportunity to test our capabilities against those of our peers in similar lifestyles. This year, the key to victory for AT&T and GE was the tremendous depth of their teams in open, masters and women's competition. □

## CASH PRIZES TO MASTERS

The Twin Cities Marathon will award \$70,000 to top finishers in the October 2 race, including \$10,000 on an age-graded basis to age-35-and-over runners.

Tables will be used to assign points to 35+ runners' times, with 1000 points roughly equivalent to the American record in the runner's five-year age/sex division, and 500 points to the median time for runners in that group.

Five masters men and three women will earn age-graded awards. For men: 1-\$1250, 2-\$1000, 3-\$750, 4-\$500, 5-\$250; for women: 1-\$1250, 2-\$1000, 3-\$750.

This will be the first time cash awards have been given on an age-graded basis; permission to do so has been obtained from TAC. □

### CITRACK MASTERS TRACK & FIELD MEET

SEPT. 11, 1983 - CITRUS COLLEGE - AZUSA, CALIF.

- Facilities - 9 lane cinder/dirt track, tartan runways LJ, PV, and HJ. Grass Javelin run-up.  
 Order - Youngest to oldest in running events  
 Field Events - Six tries in each event  
 Divisions - Division A (sub-masters), Division 1 (40-49), Division 2 (50-59), Division 3 (60-69), Division 4 (70 plus). Women limited to field events only.  
 Awards - Three medals per division, depending upon entries. 1st place medals in relays. Four medals if entries permit.  
 Registration - Entry deadline: September 3, 1983. Post entries at meet.

Send entries to: Lloyd Higgins, Citrack, 629 Marie Ave., Los Angeles, CA 90042

- Fees - \$7.00 1st event, \$3.00 each additional event, \$12.00 per relay team. Late fees \$9.00 first event, \$5.00 each additional, \$14.00 relay team.  
 Time Schedule

|      |                                     |
|------|-------------------------------------|
| 3:00 | 400 M. relay - Div. A & 1           |
| 3:10 | 400 M. relay - Div. 2, 3, 4         |
| 3:20 | 1500 M. run - Div. A & 1            |
| 3:30 | 1500 M. run - Div. 2, 3, 4          |
| 3:50 | 110 M. hurdles - Div. A, 1, 2, 3, 4 |
| 4:15 | 400 M. dash - Div. A, 1, 2, 3, 4    |
| 4:45 | 100 M. dash - Div. A, 1, 2, 3, 4    |
| 5:00 | 800 M. run - Div. A, 1, 2, 3, 4     |
| 5:15 | 400 M.I.H. - Div. A, 1, 2, 3, 4     |
| 5:45 | 200 M. dash - Div. A, 1, 2, 3, 4    |
| 6:00 | 5,000 M. run - ALL divisions        |
| 6:30 | 1600 M. relay - All divisions       |

#### Field Events

| Times:    | 3:00                                | 4:30        | 6:00        |
|-----------|-------------------------------------|-------------|-------------|
| Javelin   | Sub & 40-49                         | 50-59       | 60+6 women  |
| L/ Jump   | 60+6 women                          | 40-49 & sub | 50-59       |
| P/Vault   | 60+6 women                          | 50-59       | Sub & 40-49 |
| Shot Put  | 60+6 women                          | Sub & 40-49 | 50-59       |
| Discus    | 50-59                               | 60+6 women  | Sub & 40-49 |
| H/ Jump   | 60+6 women                          | 50-59       | Sub & 40-49 |
| T/ Jump   | All competition at end of Long Jump |             |             |
| No Hammer |                                     |             |             |

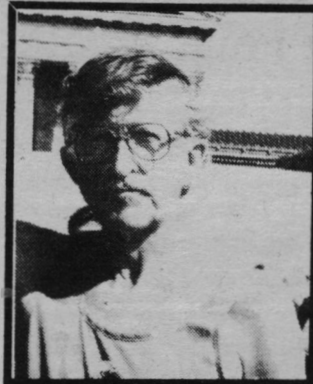
#### DRAWINGS FOR GIFTS

#### CITRACK MASTERS

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Date of birth: \_\_\_\_\_ Age as of Sept. 10, '83: \_\_\_\_\_  
 Events entered & best time 1983: \_\_\_\_\_  
 Club affiliation: \_\_\_\_\_  
 Amount enclosed: \_\_\_\_\_ Circle: Male Female

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Lloyd Higgins, Citrus Community College, Citrus College Track Teams and all associated as well as all sponsors of this meet, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from and while participating in the Citrack Masters Invitational Track & Field Meet held September 11, 1983 at Citrus Community College, Azusa, California.

DATE: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_



## RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

### KNEE PROBLEMS

Among the most chronic and distressing injuries in sports medicine are acute and, subsequently, chronic knee problems.

In contact sports, an athlete moving straight or laterally is vulnerable to concussion injuries aimed directly at the knee joint. The foot-pounds of loading are substantial. And, because the athlete is concentrating on immediate tasks at hand, instantaneous moves to protect the knee are almost impossible. The risks are high, as statistics prove.

Some knee injuries occur abruptly, with no immediate symptoms. The initial damage in contact sports injuries is often modest. The athlete continues performing, unaware that some of the most serious knee ailments occur after the first or second impact. Minor bleeding and swelling become major. The injury grows in magnitude.

Thus, the amount of initial pain and swelling does not always help the diagnosis. When the small, torn vessels continue to bleed, they impede circulation, and can convert a modest concussion or tear into a major problem.

The intense atmosphere of competition, with its attending pressures, makes diagnosis difficult, conclusions suspect, and proper treatment delayed. The juvenile who is injured in either contact or non-contact sports can only pray that the adults in attendance are informed and aware of the potential for tragedy.

A substantial number of my high school and college friends are in sore need of physical activity. Two major pitfalls inhibit them. The first is the bad memory of the punishing workouts and competitive pressures in their youthful sports. The second is residual athletic injuries. I confess that many of these "jocks" use history to cover their sloth. But many have important chronic disorders that limit their potential for physical activities.

Why this for runners? Because I believe that many knee, hip and ankle problems in the middle-aged runner originated at a much earlier time. And they are now being reactivated or excited by a running program. The management of such problems takes on a different approach. Rehabilitation of the past must be combined with prevention and treatment of current problems.

But here's the quandry: who is to manage such sophisticated combinations of juvenile and adult sports injuries? Who is to segregate the exquisite anatomy of little tears and scars and areas of diminished blood flow?

As the number of runners has increased, so has the number of medical and paramedic people with interest, knowledge and experience to deal with the individual runner.

Fortunately, the runner becomes rather a good physiologist and anatomist himself. He is frequently



Don Shockey, 41, of SRI, closes in on Coors runner en route to 2:03 half-mile in Corporate Cup Relays at Stanford July 23.

capable of delivering a good history of injury and he is motivated to reconstruct the elements of training, racing and non-training that led to his present problem.

With an estimated 30 million runners and an equal number in other active sports, medicine is becoming increasingly well informed in the treatment and prevention of specific injuries. In addition, formal investigations are occurring simultaneously that will illuminate the details of running physiology. Many of the things I have done because they have appeared to be "logical," have simply not survived a proper scientific scrutiny.

\*\*\*\*

The "pearl" for this month: Swedish hand warmers.

I suspect you have not heard this term, because I made it up.

In Minnesota we have much more cold than warmth. Hence, for many of our races, we find ourselves with little or no heat conditioning. Over the years, Minnesota runners have learned to accommodate to heat as well as to cold weather. Most of our devices are well known elsewhere. Light clothing, no shirts, wet caps, ice cubes, cold water, electrolyte solutions, etc. The ice cubes handed out at the water stations help a good deal, but they melt too soon. Placed under a white painters cap, ala Ron Daws, they help. But, they too melt too soon.

The solution? The night before a race I fill several styrofoam cups with water and place them in the freezer. I take two of these to the start line and sip lightly as they melt. Once the race begins, I empty the ice out and throw the cups to my waiting fans. These two handfuls of ice last about three miles on a hot day. I also sip on these and rub them on my face and chest. To date they cannot be said to improve my times. But, they do provide me with

both physical and mental comfort. And since core temperature increase can place me at risk, I feel that I also run safer.

Swedish Hand Warmers have not been patented. But if you should try them and they work, please respect the inventor...and pass on the left. □



In front, Diana Smith, 60, won 50/100y at 1st Annual 55-Plus Competition, June 6, Santa Monica.

Photo by Bruce Miller, Santa Monica Hosp. Med. Cntr. photographer

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Southern California Striders (from left, Ferril Montanez, Bill Knocke, Geroge Cohen, Mel Elliot) after setting American age 40-49 3200-meter relay record of 8:11.7 on July 3 at the Northern California Seniors Meet in Berkeley, Calif.

## Weaver, Dalrymple Qualify for Olympic Trials

by VALDEMAR SCHULTZ

Shirley Weaver, 41, became the first masters women to qualify for the Olympic Trials Marathon, and she did it on the Trials course. Later the same day (July 24th), Cindy Dalrymple, 41, easily got under the 2:51:16 Trials time requirement.

Weaver, from Great Falls, Montana, had previously run 2:51:03 as a 39-year-old on a fast NIKE/OTC Marathon course. Could she, nearly two years later, run a near-PR on perhaps a slightly tougher course, and qualify for the history-making Trials? Yes, but just barely.

Running an evenly-paced race throughout, Shirley came by the 23-mile point just 45 seconds ahead of pace. During the next two miles she lost 15 seconds of that, but then roared in the final mile to record a 2:50:42, 34 seconds under the desired time. To say she was happy with her PR is to put it mildly. Will she run the Trials themselves on May 13th, 1984, on the same course? You bet, as the first U.S. Masters runner ever to qualify for an Olympic Trials Marathon!

If you haven't already guessed, Weaver's advantage over Dalrymple for the honor of first was because of the starting time of the race. Olympia's Capital City Marathon began at 7 a.m., while the San Francisco Marathon got under way an hour later. With very little drama, America's best masters woman runner ran one of her customary 2:44+ marathons, finished high among the overall women finishers and, incidentally, qualified for the Trials. Congratulations, Cindy!

A number of women in the 35-39 division had already qualified. It is certain that the masters division will be

getting tougher and tougher.

The list of qualifiers of international masters age (35+):

|                       |         |
|-----------------------|---------|
| Laurie Binder, 35     | 2:40:08 |
| Gabriele Andersen, 38 | 2:43:45 |
| Susan Henderson, 36   | 2:44:14 |
| Barbara Filutze, 36   | 2:48:46 |
| Melinda Carter, 35    | 2:50:13 |
| Jane Millsbaugh, 35   | 2:50:16 |
| Fordie Madeira, 38    | 2:50:38 |
| Maddie Harmeling, 38  | 2:51:09 |

Quite an assemblage. Will one of them make the Olympic team of three? □

## SPRINTERS SMOKE AT BERKELEY

by MARK GRUBI

The Northern California Seniors Classic T&F meet, July 3, Edwards Field, UC Berkeley, produced many records, both American and world. The U.S. 40-49 4x800 meter relay record was broken by both the So. California Striders (Ferril Montanez, Bill Knocke, Mel Elliot, George Cohen), in 8:11.63, and by the West Valley Track Club (Dave Romain, Ron Whitney, Pete Richardson, Harvey Franklin), in 8:13.8.

Walt Butler, (14.3) and Al Guidet, (19.6) set world age hurdles records. Payton Jordan ran a world age-66 record 100m time of 12.7. Harry Koppel broke Frederick Reid's age-70 100m mark with a 13.7. Lamar Johnson, 77, Josiah Packard, 79, and Sing Lum, 79, ran a closely contested 100m, won by Jackson in 15.7.

Jim Hines, coming back at age 36, ran an impressive 100m and anchor leg on a 4x100 relay. George Mason ran 1:55.7 in the 800.

Herm Wyatt established a world record age-53 record high jump of 5'10¾", several inches below his recent record. Jim McCarthy, 69, jumped 4'4' Ross Carter set

an age-69 world record of 37.72 in the discus. Bob Stone, 63, Mark Henderson, 62, and James York, 70, threw American age-records in the discus. Emery Curtice got an age-76 world record of 28.82 in the javelin.

Northern California Seniors TC women, Midge Burrhead, 64, Thelma Rubin, 61, and Josephine Kolda, 65, dominated the 60+ sprints. Gretchen Snyder set American age-49 records in the 200 (29.5), 400 (66.4), and 800 (2:31.9). Irene Obera, 49, won the 400 in 64.4, and Jaclyn Caselli won the 5000 with an impressive age-62 world record time of 22:06.2. Cheri Sherrard ran the 100m hurdles in 15.2, the 100m in 13.7 (an American age-44 record), and established American age-44 records in the discus (25.56) and the shot (10.21). Fran Conley, 42, captured an American age record of 32.86 in the javelin. □

## Report From Britain

by ALASTAIR AITKEN

Taff Davies, who just before his 45th birthday in May, ran a 50:05 10-miles on the road, and then won his fourth National Vets cross-country title, competed in the arduous "The Three Peaks" race, which includes running, sailing and canoeing. Remarkable, he was joint winner of the June event with his Aldershot club-mate, non-vet Mike Woods!

Another remarkable run was by ex-Olympic marathoner and double IGAL World Vets road race champion Tim Johnston, who won the Bruges 25K (see August NMN) for the second year in a row. "It was a harder race for me this year, as I had a fight on my hands till halfway with Germany's Gunter Mielke, but I managed to pull away later." Johnston was 80:36 and Mielke 82:27.

In Brittany in the Pordic Half-marathon, Libby Pfeiffer, 36, of Barnet, was the first veteran lady in a tough race in 1:30:20. Pfeiffer is a back-up for Joyce Smith and Carol Gould for the UK vets team.

Maurice Morrell achieved a world best 50-54 3000 steeplechase of 10:08.5 at Stretford, May 7, to break Arthur Taylor's 10:18.1.

Eighty-six Britons, 65 men and 21 women, will compete in Puerto Rico. Tim Johnston, 42, eighth marathoner in the Mexico Olympics, has entered the 5000, 10000, marathon, and cross-country. Jim Hogan, 50, winner of the European championships marathon, Budapest, 1966, is in the 5000, 10000, and cross-country. □



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0 Months to Go

# COUNTDOWN TO PUERTO RICO

*(Nearly 2,000 veteran athletes and their families, representing 49 nations, will spend nine days in Puerto Rico this month participating in the V World Veterans Games. To help us understand a bit of the island — one with special ties and significance to the United States — NMN presents this capsule summary. — Ed.)*

## THE LAND

Puerto Rico is 1,050 miles southeast of Miami, and 550 miles north of Venezuela on the northeast tip of the Caribbean Sea. Close to the "Bermuda Triangle," it is the fourth largest of 7,000 tropical islands called the West Indies. It is 110 miles long and 36 miles wide. Most of Puerto Rico's cities are small towns, with scattered settlements.

## THE PEOPLE

3.3 million people live on the island, nearly 900 persons-per-square-mile greater than in any of the 50 states.

Puerto Rico is a mixture of the Taino Indians, African and Spanish, with French, Scottish, Chinese, German, Irish and Lebanese mixed in. 50,000 Americans live on the island. Blurred racial lines tend to discourage prejudice and lessen racial tension. Discrimination is forbidden by law. The death penalty is prohibited. Life expectancy is 72 years.

## RELIGION

About 99 percent of Puerto Rico's population is Christian, with about 80 percent Roman Catholic.

## LANGUAGE

Spanish is the major language, but English is spoken on most of the island. "Berlitz Spanish for Travelers" is recommended for a quick introduction to the Spanish language.

## GENERAL INFO

No passports or visas are required for U.S. citizens. Credit cards are widely accepted. Voltage and wall outlets are the same as the USA. 15 percent tipping is standard. The U.S. dollar is the legal currency.

## CLOTHING

Summer clothes are worn year round,

but, at night, women may need a light wrap for air-conditioned places. Short pants are not usually worn, except on very sporty occasions. Informal evening wear is often required at particular establishments, where men should wear jackets and women should avoid sport slacks.

## WEATHER

Temperatures should reach the 90's during the day and dip to 70 at night. Rain is likely sometime during the week. The hurricane season runs from June through November, but only seven have hit the island in this century.

## CHURCHES

Catholic, Jewish and Protestant services are conducted in houses of worship close to San Juan hotels.

## TRANSPORTATION

Taxicabs are metered. Busses operate frequently. Exact change is required for fare. A special \$10 WAVA weekly pass may be purchased — a good buy. Public cars, with letters P or PD following the numbers of the license plate, operate between all towns of the island. Car rental is available. Distances are marked in kilometers; speed limits are given in miles per hour. Cruise ships dock regularly.

## GAMBLING

Although not mentioned in any of the tourist brochures, casino gambling — Las Vegas/Atlantic City style — is reportedly legal and popular.

## CRIME

Like most U.S. cities, crime is a problem. Watch yourself, and, advises one travel agent, "do not walk across the bridge at night."

## CUSTOMS

There are no customs duties on articles bought in Puerto Rico. However, since certain fruits and vegetables are not allowed into the U.S., the U.S. Dept. of Agriculture requires that all baggage be inspected before you leave Puerto Rico. On the way in, your plane may be sprayed.

## FOOD

Supermarkets are well-stocked with U.S. brand items. Typical island foods include rice, beans and fresh fruit. Chicken with rice is popular. Popular snacks are fritters — codfish, meat, cheese or jam. Coffee is stronger than in the USA.

## RADIO/TV

The island has a network of 100 AM and FM radio stations. There are several commercial TV stations, and two public outlets. They are licensed by the FCC. Most broadcast in Spanish.

## SIGHTSEEING

The official visitors guide to Puerto Rico is "Que Pasa," available free at your hotel. The standard offerings of all tour operators include a basic City Tour of Old and New San Juan, a combination tour of the Old City and of Baccardi Rum Distillery, including free rum drinks; either an all-day or half-day to the El Yunque Rain Forest (180 inches per year) and Luquillo Beach, and one-day shopping excursions to St. Thomas. The LeLoLai Festival is a weekly event of shows and other entertainment.

## OLD SAN JUAN

Old San Juan is the seven-square-block area of the city that was once completely enclosed by the city wall and protected by the fortresses of San Felipe del Morro and San Cristobal. Originally intended as a military stronghold, the city of San Juan became a residential and commercial district by the 19th century. Ancient churches and chapels exist here. Some of the oldest streets are paved with bright blue bricks.

## CRAFTS

Foremost among the Puerto Rico's traditional crafts is the carving of santos — small wooden figures. Fashions, rum, art, cigars, ceramics, handwoven fiber articles, lace and jewelry are made by Puerto Rican artisans and manufacturers.

## SPORTS

Swimming, surfing, snorkeling, scuba diving, sailing, deep-sea fishing, tennis golf, horseback riding and, of course, athletics, are available. El Comandante Racetrack holds races on Wednesday, Friday and Sunday at 2:20 p.m.

## SAN JUAN

While Old San Juan retains its atmosphere of a Spanish Colonial city, the rest of San Juan is a modern metropolis, with a cosmopolitan nightlife including discotheques, flamenco clubs, Latin dancing, lounges and casinos. Outside the city, the terrain is diverse. Flat coastal plains mesh into rugged mountains.

## HOLIDAY

Friday, September 23, the first day of the World Veterans Games, is one of nine local Puerto Rican holidays — the anniversary of the 1868 revolt against Spain known as "Grito de Lares." Government offices and schools will be closed. Private banks and businesses may close at noon.

## CELEBRITIES

Menudo is the latest of a long line of Puerto Rican entertainers: Rita Moreno, Jose Ferrer, Erik Estrada, Tony Orlando, Raul Julia. The great cellist Pablo Casals lived his last years in Puerto Rico. Roberto Clemente was one of Puerto Rico's most popular sports heroes. Other baseball major leaguers include Ed Figueroa, John Candelaria, Willie Montanez, Sixto Lescano and the three Cruz brothers.

Sixto Escobar was the first Puerto Rican boxer to win a world championship. Others include Carlos Ortiz, Jose Torres and Wilfredo Benitez. Charlie Pasarell is an international tennis star.



Dr. Flores Vilar, M.D. is the physician of the V World Veterans Games.

## HISTORY

About 30,000 Taino Indians were living on the island when Christopher Columbus landed in 1493 on his second voyage to the Western Hemisphere.

In 1508, Ponce de Leon made it a Spanish colony, renaming it Puerto Rico (rich port). The Indians were forced into slavery mining gold. Those who resisted were killed. African slaves were imported to work in the fields. In time, sugar cane became the prime industry.

To protect its treasures from pirates, Dutch and English, the Spanish built fortresses which today still overlook the sea.

Prosperity in the 1880's helped build many of the Spanish-style homes in Old San Juan.

On July 25, 1898, during its war with Spain, the United States invaded Puerto Rico. At the Treaty of Paris in December, 1898, Spain was forced to give up Cuba, and to cede Puerto Rico, Guam and the Philippines to the U.S.

In 1917, as Puerto Ricans were called on to fight the Kaiser, American citizenship was bestowed on residents of the island, but Puerto Rico was still run by Washington.

After World War II, Puerto Rico achieved the commonwealth status that is still in effect.

## COMMONWEALTH STATUS

Under this set-up, the islanders elect their own governor and legislature, as do the 50 states, but have no representation in Congress, and cannot vote in Presidential elections while living on the island. They do, however, send voting delegates to the Democratic and Republican national conventions.

Puerto Ricans carry U.S. passports. Puerto Rico fields its own international athletic teams, rather than competing for places on U.S. teams. But it conducts international affairs through the U.S. State Department, like any state.

Residents of Puerto Rico pay no federal income taxes (except on federal employees' salaries), but their own commonwealth taxes are often higher than the taxes mainland Americans pay.

## LIVING STANDARD

Puerto Rico used to be one of the poorest islands in the Caribbean. Now its standard of living, while low by U.S. standards, is higher than most countries in Latin or South America.

Unemployment is at a post-World War II high. While the government figures put the unemployment rate at about 20 percent, other sources peg it at 35 to 40 percent. Adding to the problem are the growing

(Continued on page 15)

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(Continued from page 14)

numbers of Haitians, Jamaicans and other job-hungry aliens who slip in each year.

About two million Puerto Ricans have left the island to find work on the mainland.

With it all has come a growing disenchantment with the neither-fish-nor-fowl commonwealth status.

#### POLITICAL PARTIES

The New Progressive Party (NPP), led by current Governor Carlos Romero-Barcelo, favors statehood with the USA. Only 15 years old, the NPP has no formal links with either the U.S. Democratic or Republican parties.

The Popular Democratic Party (PDP) controls the legislature. It lost the governorship in 1980 by the thinnest of margins. It favors the present Commonwealth status.

At present, a near-balance exists between the pro-statehood and pro-commonwealth forces.

Two small parties favor independence, the Puerto Rican Independence Party (PIP), which supports democratic socialism, and the Puerto Rican Socialist Party (PSP), which follows the Marxist-Leninist doctrine. Combined, both parties generally poll less than seven percent of the vote.

#### ELECTIONS

More than 80 percent of Puerto Rico's eligible voters regularly take part in the island's elections every four years, compared to 55 percent of eligible Americans.

#### STATEHOOD

Romero-Barcelo argues that statehood would give Puerto Rico the political clout it now lacks. But even if he wins his battle in Puerto Rico, he must then convince Congress and mainland Americans to accept Puerto Rico. He proposes that federal taxes be phased in over a period of years, but he suggests that Puerto Rico become eligible for all federal spending programs immediately on statehood — an approach unlikely to appeal to Congress.

Another problem is his insistence that Puerto Rico remain officially bilingual after statehood, which, in practice, would leave Spanish as the primary language. Romero feels that would improve U.S. relations with Central America.

#### COMMONWEALTH

Pro-statehood people concede that a consensus in their favor is hard to achieve, not because Puerto Ricans are satisfied with the status quo, but because people know what to expect from commonwealth status, while

statehood carries with it the terrors of the unknown.

#### INDEPENDENCE

Independence advocates believe U.S. domination has been bad for their culture, and responsible for many social and economic problems. They feel independence is the people's inalienable right. PIP's President, Ruben Berrios Martinez, accuses multinational pharmaceutical corporations of conducting a "beautiful racket" by taking \$5 billion a year in tax-free profits out of Puerto Rico, then letting American taxpayers send back \$4 billion in aid.

While pro-independence advocates are given slim chance of winning control of the government, they could end up with enough power to keep statehood at bay forever.

"It is an explosive issue that begs to be settled, once and for all," says U.S. News & World Report. "If not, this island of luxury hotels, cruise ships and extreme poverty could be plunged into a period of political turmoil, especially if the economy continues to unravel."

#### SOCIAL UNREST

For Washington, the concern is that any instability could trigger a wave of violence from Puerto Rican nationalists operating in the U.S. as the FALN and on the island as the Macheteros.

"It is despair and a sense of hopelessness," Governor Romero said, "that lead people to form guerilla armies and to riot in the street."

The mostly mainland-educated executives in the capital's high-rise banking district talk of statehood as the answer for mounting problems. Less convinced are the poor in San Juan's teeming Barrio Tokyo and a slum known as "the Pearl," sad places where joblessness and despair are epidemic.

"Statehood, commonwealth — I am tired of all that talk by politicians with big offices and fancy cars," says Carlos Ramirez, 34, an unemployed laborer. "Those things are nothing to me. You get me a better life, and then you talk to me. My future is very dark."

Signs of social unrest are cropping up. Rioting broke out at the University of Puerto Rico in 1981 during a violent student strike that shut down the school for six weeks. Bombs destroyed nine U.S. jet fighters at the National Guard Air Base at Isla Verde.

#### ECONOMY

An effort to industrialize the island paid



AT&T's winning masters relay team of Tom Cannon, Sammy White and Paul Kerns accept applause from GE (first two on left) and Delta (far right) at Corporate Cup Relays in Stanford, Calif. July 24.

off with a half-million new factory jobs. Exports to the mainland currently exceed 5 billion dollars a year. But Puerto Rico imports most of its food from the U.S. mainland, which provides for 150,000 jobs in the U.S.

The economy has begun to sour, and times are much leaner than on the mainland. U.S. federal government spending on the island, which quintupled from 1968 to 1976, has suffered from the Reagan budget cuts. Puerto Rico receives federal welfare, but far less than Congress allows the 50 states. Still, Medicaid, food benefits and other federal transfer payments equal 30 percent of Puerto Rico's gross product to the tune of \$2.6 billion a year.

Big U.S. military bases on the island keep America a dominant Caribbean military presence. But the Pentagon pays nothing for the use of land for key military installations.

The government is phasing out a once-thriving sugar industry because it can no longer compete with cheaper sugar from Asia and the rest of the Caribbean. The tourism industry is also suffering, and some big hotels are going broke.

"In villages and towns all across southeastern Puerto Rico," William Chaze reports, "groups of able-bodied men can be found idling away in plazas and taverns. Etched on their faces is the look of hopelessness."

San Juan blames the Reagan administration for adding to the island's current economic plight. Federal budget cuts wiped out 25,000 public-service jobs. Welfare benefits were severely slashed.

Baltasar Corrado del Rio, the island's resident federal commissioner, warns that unless relief is forthcoming, "there will be great pressure on hundreds of thousands of Puerto Ricans to migrate to the U.S. mainland."

#### DISSENT

The New Movement in Solidarity with the Puerto Rican Revolution claims Puerto Rico is nothing but a U.S. colony. "Vast, open-pit mines, mountains of waste material, a genocidal depopulation scheme and sulphuric acid poured into the island's fresh water supply are some of the consequences of the U.S. government's 2020 Plan for Puerto Rico," it claims.

"The plan, already underway with the construction of huge dams and

superhighways and the implementation of a massive sterilization program, is designed to exploit Puerto Rico's rich mineral resources — copper, nickel, manganese and oil — which are essential for the construction of nuclear weapons."

The group maintains that the 2020 plan proposes to "reduce the remaining population of the island by 50 percent through forced emigration and sterilization, and to turn the island into a barren fortress of strip mines, industrial zones and military bases, a science-fiction wasteland by the year 2020."

The movie "La Operacion" (the operation) claims Puerto Rican women are "pressured by the government, the church hierarchy, the corporations and the family-planning organizations to 'choose' sterilization."

"Some women are sterilized without their knowledge or consent," the film charges.

The New Movement group cites a 1973 government study showing "of the 485,948 women of reproductive age living in Puerto Rico, except in the area of San Juan, 160,363 (33 percent) were sterilized." It claims that is "defacto forced sterilization."

The group also claims the U.S. is attacking the independence movement through Grand Juries. "Activists in the U.S. and Puerto Rico are called before the Grand Juries and, when they refuse to testify, are jailed."

The Governor's office says it has never heard of a "2020 Plan" and that all sterilizations are voluntary.

★ ★ ★ ★

Despite the problems which Puerto Rico, like all communities, faces, it offers the visitor a rich intermingling of cultures which has produced one of the warmest and most hospitable of the world's peoples.

"The ideal climate, endless beaches and flowered hills are treasures we all cherish," Governor Romero says, "and which we are delighted to be able to share with you."

San Juan Mayor Hernan Padilla says "we hope your visit to San Juan will enable you an opportunity to become better acquainted with our city and its people. We look forward to seeing you during the V World Veterans Games." □



Josh Culbreath, '56 Olympics bronze medalist, displays winning form (64.05) in his specialty on the "cinders", Chariots of Fire Meet, Atlantic City, June 11, while judges in white duck pants, blue blazers, and skimmers officiate.

Photo from Circulation Expert LTD.

## World Games

(Continued from page 1)

The decision was a 180-degree turn from the initial reaction of the WAVA Executive Committee. When the Governor, last month, declared he would forbid the use of the main stadium and withdraw government funds if the South Africans took part, the Committee voted to cancel the Games unless the Governor relented.

"But a number of people have contacted me," Farquharson said, "and I feel there is too much opinion that the Games must go on."

Hannes Booysen, President of the South African Masters, cabled Miguel Rivera Veve, Director of Operations of the World Games: "South African Masters Team withdraws from Fifth World Masters Games."

The San Juan Star headlined: "Masters Gets Go! South Africans Out," reporting that "Mayor Hernan Padilla said the 'voluntary' action puts an end to the controversy over the games."

Farquharson, however, said Danie Burger, South African Representative to WAVA, was not satisfied.

As NMN went to press, Burger was planning to fly to San Juan to see the Mayor to explore what could be done to enable South Africans to compete. If everything fails, Burger said he may



The president of the European Masters Association, Cesare Becalli, the Mayor of San Juan, Dr. Hernan Padilla, and Miguel Rivera-Veve, director of operations of the V World Veterans games.

consider a lawsuit against the Puerto Ricans for violating the terms agreed upon in New Zealand when San Juan was awarded in Games.

"I don't know what Danie can do,"

Farquharson said, "but it's in his hands now."

Farquharson said that because the South Africans were initially promised that they could compete, and had entered the Games in good faith, they cannot enter now as residents of another country (as they did in prior years) "because the government has their names on a list."

"The whole thing is a mess," said Bob Fine, North American Representative to WAVA. "Who's going to police whether someone is a citizen of a particular country?"

Fine said it was critical to meet, talk and "get some money into WAVA's treasury." With 2000 entrants each contributing \$10 to WAVA, cancelling the Games would have cost WAVA \$20,000 and, some felt, left it in an organizational shambles.

"This kind of blackmail can go on forever," Fine said. "The problem is, if you use any kind of government facility, or ask for any government financial support, they have the power to lock you out of the track. Even if we tried to hold the Games in New York, I couldn't promise anything if I relied on public facilities."

Masters travel agent Helen Pain said several athletes cancelled their plans to attend when they learned of the South African ban.

Rafael Serrati, Administrative Officer of the Games, said that, after the withdrawal of the South Africans, 1899 entries remain. This is a drop from the 3126 competitors in Germany in 1979 and the 2000 in New Zealand in 1981.

Serrati, Rivera-Veve, Gilberto Gonzalez-Julia and many others have been working full time for many mon-

ths to make these World Games the finest ever held.

"We were caught in the middle of this controversy," Serrati said. "Sources other than ourselves created this problem forcing the withdrawal of the South African athletes."

Rivera-Veve said the repair of the main track will be completed in time for the Games. "We are only resurfacing lanes one and two," he said. "Then we'll lay down a thin coating over the whole track. The secondary track has been completely resurfaced, and is in first-class shape."

Rivera-Veve said he was disappointed that only 400 Americans had signed up. "We had planned for over 1000 masters athletes from the USA."

The cost and time of year might be a factor. "Not many teachers can get away," said English professor/hammer thrower Jerry Wojcik. Even business people find it hard to take a vacation that late in the year.

Nevertheless over 10,000 people are expected to be in the stands at the opening ceremonies at 3 p.m. Saturday, September 24. Participants will march into the stadium, not by nation, but by age-group, in keeping with the Masters tradition that people compete as individuals. A special gala ceremony is promised.

The bi-annual meetings will get under way on Friday, the 23rd, with the Technical and Women's Meetings both at 9 a.m. Saturday, 9 a.m.—Council Meeting. Sunday, 9 a.m.—General Meeting. Monday, 9 a.m.—Site-selection Meeting. Sites will be chosen for both the 1985 and 1987 World Games. The subject of South Africa will be a major discussion point.

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## Write On

(Continued from page 2)

and field movement is no place to attempt to resolve such problems.

As progenitor of the master's movement in athletics, I request that you take every possible step to obtain a reversal of this arbitrary and capricious ruling by the governor of Puerto Rico.

*David H.R. Pain  
San Diego, Calif.*

Something must be done about the South African problem or there won't be any more World Veterans Games.

We have gone out of our way for eight years to help the South Africans take part in the World Championships. We said "no" to the government, but, not once have they, of their own volition, offered to withdraw from these Games.

There are three alternatives: 1) Tell the South Africans that when their country is once again accepted as a member of the civilized world, they will be able to compete with us; 2) Disband WAVA, because it can't enforce its own rules. 3) Award the 1985 Games to South Africa.

We cannot let a few control the destinies of the many. They must solve their problem. We can't. If the South African athletes used their energies at home to work to change their system, we would all be the better for it.

So I say, let them "fold their tents like the Arabs and silently steal away."

*Al Guidet  
California City, Calif.*

### OPEN MOUTH

I have actually seen your oracle, Wendell Miller (though since his mouth was closed, a positive sighting cannot be claimed). It was immediately following his startlingly early-season fast Chicago Distance Classic which he allegedly completed at a 6:50 pace. He was very slender; skinny might be more apt.



H.H. Jackson, 87, shown with Josh Culbreath (pointing), after Jackson set an amazing age-80+ world record for the 100y dash in the time of 14.47, Chariots of Fire Meet, Atlantic City, June 11, breaking Herb Anderson's 15.1, set in July '82.

Now close readers of his column (possibly as many as two: Marlene Miller and I) will have noted a curious repetition of such names as Deacon, Chapson and Irvine; this phenomenon doubtless revolves around the egregious fact that the columnist recently turned 50 and wishes to be considered in the same league as those other real veterans.

Watch him closely, for his early season's speed and shape probably presage a secret goal to become one of those not-so-rare-any-more oldsters who have run Mike Tynn's least favorite distance in 3 hours.

Meanwhile he should be complimented for putting together some real zingers in his May column of memorabilia.

*Neil King  
Skokie, Illinois*

### KAY ATKINSON

Another 60+ lady who is sidelined at the present time, is the "Master" of them all, Kay Atkinson.

Last December she found out that she had cancer. Being the gallant and gutsy lady she is, she is bound and determined to fight this "interloper" AND WIN! In spite of the fact that she is undergoing weekly chemotherapy, she is still running, almost every day.

When Kay isn't running, she is helping Walt Stack and the DSE runners with races, and almost anyone else in the San Francisco area who needs help with a race. She is also constantly encouraging other 60+ ladies to get off their duffs and join the rest of us who have discovered there is more to being old(er) than sitting around and complaining.

*Jaclyn Caselli*

### SMITH REPLIES

I read and enjoyed your newsletter as always. Mike's column was great, the mouth was superb as usual, Phil, oh well, I never did understand him anyway. He tried for four years to teach me to throw the javelin. I still

can't keep it in the sector!

It's a funny thing that five or six years later, Bob Fine is still bad-talking someone. Hal Smith and Hilliard Sumner have been out of sight and I see that he's on Phil Partridge now.

Several years back I had the privilege and pleasure to compete with, chat with and socialize with Partridge. I never found him to be one who was on an ego trip.

*Hal W. Smith  
Tarzana, Calif.*

### BARBI BENTON

Barbi Benton's picture in NMN! And it looks like she won a medal, too. Maybe Jim Weed could get Benton to model the USA Masters uniform. I'm getting tired of looking at that chubby guy.

*Jim Brown  
Buffalo, New York*

## RELAY ENTRY FORM

TO: USMITT

P.O. Box 7479  
San Diego, CA 92107

Please include me in the relays for the World Vets Games in Puerto Rico.

40-49 \_\_\_\_\_ 50-59 \_\_\_\_\_ 60 & over \_\_\_\_\_

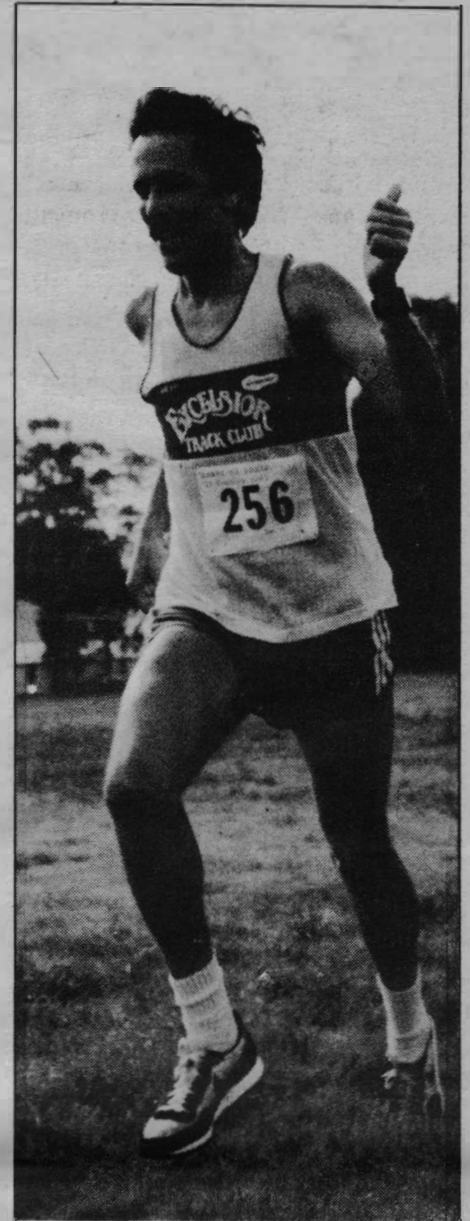
4x100 \_\_\_\_\_ 4x400 \_\_\_\_\_ 4x800 \_\_\_\_\_

Name: \_\_\_\_\_

Address \_\_\_\_\_

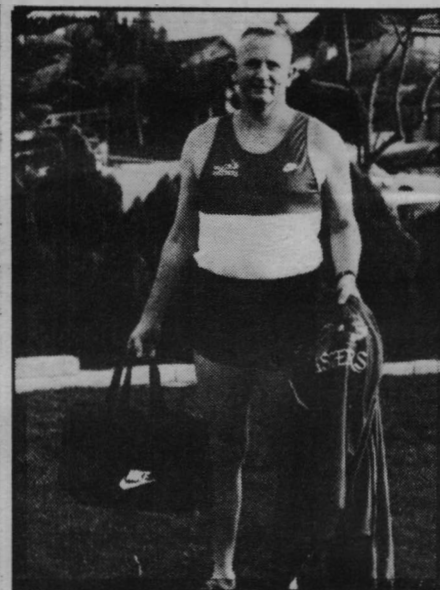
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Robert Darling, 1st 30-39, Baker to Baker 10 Mile.

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Uniform Package Includes: Sweat suit, singlet, trunks, stuffer bag. Men's & womens are royal blue. Womens do not have white ribs on sleeve. Women singlet all blue no white mesh. To Order: Send check or money order made out to "Jim Weed" and send to Masters Uniforms, Jim Weed, 11672 E. 2nd Ave., Aurora, Co. 80010.

Mens \$50 Womens \$45 including shipping in U.S.

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# PROFILE

## NORMAN GREEN— ON A MISSION OF DESTRUCTION

by MIKE TYMN

Since when does a man of the cloth go about "demolishing" things?

Norman Green, a Doctor of Ministry and Director of the Office of Planning Resources for American Baptist National Ministries at Valley Forge, Penn., says that he hopes to demolish a number of age-group records.

Actually, the 51-year-old native of Oakland, Calif., has already begun his personal demolition derby. He has broken five American age-group records this year, the last one a 1:05:50 effort for 20 kilometers in the national masters championship race in Washington, D.C. Not only did Green break Ray Hatton's 50-54 mark, but he outran some of the top 40-year-olds in the country, including Herb Lorenz, Bill Hall, George Keim, and Tony Gerity.

Prior to that race, Green had broken the 50-54 records at five miles (25:59), 15K (50:06), 10 miles (52:53), and 25K (1:25:54). The 15K time has been approved, but the others are pending approval as records.

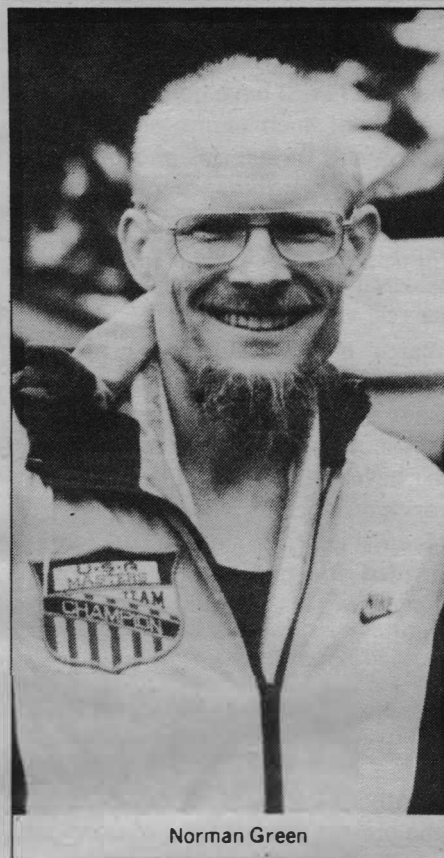
In the Philadelphia Marathon last November, Green recorded a 2:29:53, an age-group best for a point-to-point course.

Considering the fact that Green didn't begin running seriously until 1980, one has to wonder how much faster he will be after a few more years of adaptation.

Like so many other top masters, Green is a "born-again" runner. As a student at Piedmont High School in the Oakland hills, Green broke the California North Coast Sectional mile record in 1950, his senior year, with a 4:31.6.

"I recall being thought of as the 'machine,'" Green laughs. "Other students would relay the pacing while I just ground out the miles. I think I was undefeated in dual meets during my junior and senior year."

At the University of California at Berkeley, Green achieved his personal best mile of 4:24.0. He also ran a 9:43.4 for two miles and lettered in cross-country. Due to a heavy study load and a part-time job, he gave up running after his sophomore year.



Norman Green

Upon earning his Bachelor's degree, Green went on to study for three more years at Berkeley Baptist Divinity School and was then ordained into the Baptist ministry. He married his high school sweetheart and they raised four children.

"I didn't return to regular exercise of any kind until 1968," he says. "Something turned on a switch inside of me that year and I started running again, beginning with about one mile at a time. After moving to Pennsylvania, I shifted most of my running to the track at a neighboring high school, at least when the weather permitted. I thought of running on the roads as something that one does only when ice, snow, or rain prevent track workouts. I ran more regularly in 1970 and finally achieved what I thought of as quite an accomplishment for an occasional jogger, my first 1,000 mile year."

Green says that he remembers someone telling him about the Mid-Atlantic Road Racing Club, but that he was not motivated to shift from a fitness runner to a competitor. After his big 1,000 mile year, the mileage dropped to the 300-500 range for most other years in the 70's decade. In all of 1979 he ran only 203 miles.

"I suppose it was around Christmas of 1979 that my brother Ron and his family visited us for a week and made daily training runs a pattern to follow. I remember going to Herman's Sporting Goods over at King of Prussia to buy a 'good' pair of training flats at my brother's insistence. I then ran with him throughout the week of his visit and maintained consistent training throughout the winter. My mileage in 1980 jumped tenfold to 2,130," Green relates.

It wasn't until the Labor Day weekend of 1981, when Green visited his brother in San Francisco, that he returned to racing.

"I thought it would be fun to be in a race with Ron," he explains. "We entered a 7.6 mile race put on by Walt Stack and his South End Dolphin Club. Jost Schmidt of West Germany won the race and I placed second in a time of 41:28. That was my first competition in 29 years, and did it ever feel good."

Bitten by the bug, Green returned to Pennsylvania and turned in a 33:35 for 10K just a few weeks later. The following month he entered the Philadelphia Independence Marathon and placed third among the masters with a 2:35:31. "My brother suggested that I put in a 20-mile run every week in preparation for my first marathon, and I had seven of them behind me for that race," Green says. "I thought I was ready for it, but I hit the wall about 22 miles. I barely made it over the last four miles. The only reason I had an acceptable time was that I had passed 21 miles in just over two hours."

Perhaps just as amazing as Green's times and rapid progress is his training regimen. While most top ranked masters find it necessary to log 350-400 miles a month to be truly competitive, Green's running diary shows that he averages roughly 225 a month.

"I guess one would call my training quality workouts," he says. "I seek to do one long run each week, usually 15 miles. For a marathon I shift up to 20. I'll do one short run of five miles and the other days include one 10 miler and the rest sevens. I try to do one and possibly two days of intervals on the track, normally alternating half-miles for a distance of six miles, doing a fast one of 2:30 and a slow one of 3 minutes."

Green keeps track of his average monthly training pace, right down to the tenth of second. For the first six months of 1983, it ranged from 5:53.0 down to 5:38.8.

"I feel I am strongest in the 15K to 25K range where my strength overcomes whatever loss of speed I once had," says Green, who carries 150 pounds on a 5'10" frame.

"I'm still improving and expect to improve at least for the next two or three years. Just wait until I hit the 55-59 age group. I hope to demolish those records." □



### HIT & RUN SPORTS

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Hal Wallace, 55, psyching up for the PV, 10'6", Anteaters Classic, May 21.

NMN Photo

# 500 Expected

(Continued from page 1)

Japan and other nations will challenge America's top masters athletes.

It's the first time the National Championships have been held in Houston. Action will begin on Friday evening. The weather should be hot on Saturday, so a three-hour mid-day break is scheduled, during which the annual masters T&F meeting will be held. A get-together for all athletes and officials takes place at Roy and Mary Cullen's Saturday night.

The TAC Masters T&F Committee voted, 9-8, at the TAC Convention last December to award championship medals only to Americans and resident aliens. Foreign athletes, however, will receive non-championship medals and will be included in the results and in

any victory-stand presentations.

There are no qualifications needed to enter the meet, except to be at least age 30, but entries must be postmarked by September 1st. U.S. TAC hurdle and weight standards will be used.

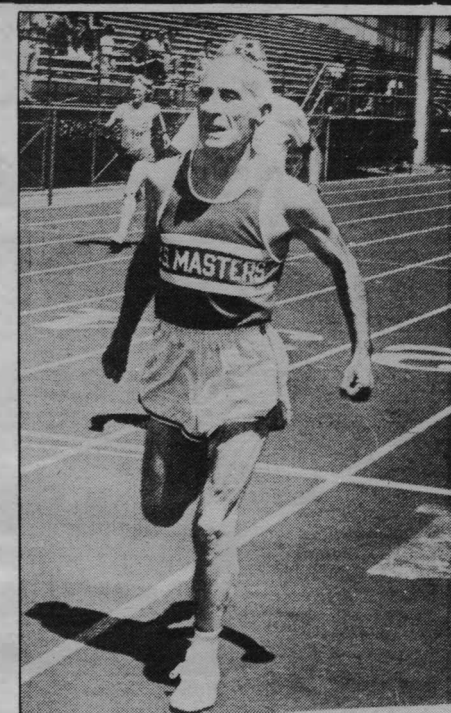
The city of Houston is well-known for its oil and high-flying life style, but, lately, its woman mayor, Kathy Whitmire, has generated most of the city's publicity. Elected in 1981 on a campaign to reform the Police Department (tarnished by a series of violent actions against citizens, particularly blacks and Latinos), Whitmire named a black, Lee Brown, to head the 3200-officer Houston Police Department.

According to reports, Brown has established himself as a firm, reform-minded administrator, dedicated to br-

ing the troubled department under control.

Whitmire has spread the word to the advertising agencies to stop portraying Houston as "a bunch of cowboys." She favors something more urbane. "It's our belief," Whitmire said, "that Houston's image should accurately reflect the city's diversity."

Houston is feeling the harsh effects of the worldwide drop in oil prices. After years of prosperity, it is barely staving off deficits. Unemployment has doubled and tax receipts have nosedived. Whitmire is hustling tourist business to help the city's economy, so masters athletes and their families can feel more than welcome. □



Joe Caruso, 70-74, 100m in 15.07 at TAC/Pacific Assoc. Masters Championships, Los Gatos, Ca.

## HURDLE/WEIGHT STANDARDS

There is still confusion regarding the different weights, hurdle heights and distances used by TAC and WAVA in some age groups. On this page are both WAVA and TAC measurements. Each is expressed in both metric and English.

The International (WAVA) standards will be used at the V World Veterans Games. The U.S. (TAC) standards will be used at the TAC National Masters T&F Championships.

All of the TAC measurements are listed in the TAC Competition Rules Book on page 117. The book contains one error: it lists the men's 50-59 hammer at 16 lb. It should read 12 lb.

The TAC Masters T&F Committee has proposed that WAVA adopt the U.S. standards (which seem to attract more participants). WAVA will make its decision in San Juan. □

## EDITOR

(Continued from page 4)

Americans for threatening Nicaragua?

Sport as an instrument of international policy is a spitball against a battleship. If barring Danie Burger from the hurdles will free one South African black from the pass laws, I'll stand in Burger's lane. If kicking Winifred Reid out of the 100-meter-dash will cause Pretoria to integrate one drinking fountain, I'll lock her in her room. Can anyone tell me what sense it makes to ban the 14 black South Africans who were scheduled to compete, and, who, now, will stay home? Or, for that matter, what sense it makes to ban some of the white South Africans, who are trying to work within the South African system to bring about social change?

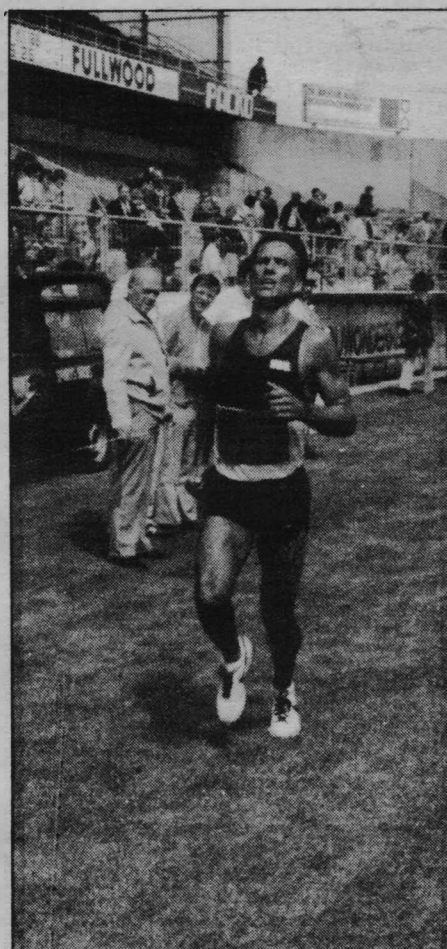
Did Queen Elizabeth lock up Wimbledon when Kevin Curran and Johann Kriek showed up? Did President Reagan call out the National Guard when Gary Player teed up?

I wonder how many of the people who piously oppose South African participation have a few Kruggerands stashed away in their safety deposit boxes. Or own stock in corporations which make healthy profits out of South Africa.

Our options are rapidly closing. It seems we must either: 1) Change WAVA's Constitution and throw the South Africans out; 2) Try to find a track that isn't owned by a public institution; 3) Hold all the World Games in South Africa; 4) Arrange for a new South African disguise every other year; 5) Wait for the IAAF to readmit South Africa to membership. (Don't hold your breath). 6) Sign a binding contract with a nation that keeps its promises and has some guts.

It's not much of a choice. If you have any other suggestion, be sure to come to Puerto Rico and let us in on it.

| COMPARISON OF WAVA AND USA IMPLEMENT AND HURDLE STANDARDS            |   |                  |                                 |                          |  |                  |                                 |                          |                          |                                     |
|--|---|------------------|---------------------------------|--------------------------|--|------------------|---------------------------------|--------------------------|--------------------------|-------------------------------------|
| Age Group  | INTERNATIONAL COMPETITION (IAAF & WAVA) |                  | UNITED STATES COMPETITION (TAC) |                          | INTERNATIONAL COMPETITION (IAAF & WAVA)  |                  | UNITED STATES COMPETITION (TAC) |                          |                          |                                     |
|  | KILOS                                   | POUNDS           | KILOS                           | POUNDS                   | KILOS  | POUNDS           | KILOS                           | POUNDS                   |                          |                                     |
| <b>SHOT PUT</b>  |   |                  |                                 |                          | <b>JAVELIN</b>   |                  |                                 |                          |                          |                                     |
| <b>MEN</b>   |   |                  |                                 |                          | <b>MEN</b>   |                  |                                 |                          |                          |                                     |
| 14-17  | ---                                     | ---              | 5.44K                           | 12 lb.                   | 14-17  | ---              | ---                             | 800 gm.                  |                          |                                     |
| 18-39  | 7.26K                                   | 16 lb.           | 7.26K                           | 16 lb.                   | 18-39  | 800 gm.          | ---                             | 800 gm.                  |                          |                                     |
| 40-49  | 7.26K                                   | 16 lb.           | 7.26K                           | 16 lb.                   | 40-49  | 800 gm.          | ---                             | 800 gm.                  |                          |                                     |
| *50-59   | 5.50K                                   | 12 lb. 2 oz.     | 5.44K                           | 12 lb.                   | 50-59  | 800 gm.          | ---                             | 800 gm.                  |                          |                                     |
| *60+   | 4.00K                                   | 8 lb. 13 oz.     | 3.63K                           | 8 lb.                    | 60+  | 600 gm.          | ---                             | 600 gm.                  |                          |                                     |
| <b>WOMEN</b>   |   |                  |                                 |                          | <b>WOMEN</b>   |                  |                                 |                          |                          |                                     |
| 14-17  | ---                                     | ---              | 4.00K                           | 8 lb. 13 oz.             | 18-34  | 600 gm.          | ---                             | 600 gm.                  |                          |                                     |
| 18-34  | 4.00K                                   | 8 lb. 13 oz.     | 4.00K                           | 8 lb. 13 oz.             | 35-49  | 600 gm.          | ---                             | 600 gm.                  |                          |                                     |
| 35-49  | 4.00K                                   | 8 lb. 13 oz.     | 4.00K                           | 8 lb. 13 oz.             | 50+  | 400 gm.          | ---                             | 400 gm.                  |                          |                                     |
| 50+  | 3.00K                                   | 6 lb. 10 oz.     | 3.00K                           | 6 lb. 10 oz.             |  |                  |                                 |                          |                          |                                     |
| <b>DISCUS</b>  |   |                  |                                 |                          | <b>400 METER HURDLES</b>   |                  |                                 |                          |                          |                                     |
| <b>MEN</b>   |   |                  |                                 |                          | <b>MEN</b>   | Meters           | Inches                          | Meters                   | Inches                   |                                     |
| 14-17  | ---                                     | ---              | 1.616K                          | 3 lb. 6 1/2 oz.          | 14-17  | ---              | ---                             | .914m                    | 36"                      |                                     |
| 18-39  | 2.00K                                   | 4 lb. 6 1/2 oz.  | 2.00K                           | 4 lb. 6 1/2 oz.          | 18-39  | .914m            | 36"                             | .914m                    | 36"                      |                                     |
| 40-49  | 2.00K                                   | 4 lb. 6 1/2 oz.  | 2.00K                           | 4 lb. 6 1/2 oz.          | *40-49   | .914m            | 36"                             | .840m                    | 33"                      |                                     |
| *50-59   | 1.50K                                   | 3 lb. 5 oz.      | 1.616K                          | 3 lb. 9 oz.              | *50-59   | .840m            | 33"                             | .762m                    | 30"                      |                                     |
| 60+  | 1.00K                                   | 2 lb. 3 1/2 oz.  | 1.00K                           | 2 lb. 3 1/2 oz.          | 60+  | .762m            | 30"                             | .762m                    | 30"                      |                                     |
| <b>WOMEN</b>   |   |                  |                                 |                          | <b>Women</b>   | .762m            | 30"                             | .762m                    | 30"                      |                                     |
| 14-17  | ---                                     | ---              | 1.00K                           | 2 lb. 3 1/2 oz.          |  |                  |                                 |                          |                          |                                     |
| 18-34  | 1.00K                                   | 2 lb. 3 1/2 oz.  | 1.00K                           | 2 lb. 3 1/2 oz.          |  |                  |                                 |                          |                          |                                     |
| 35+  | 1.00K                                   | 2 lb. 3 1/2 oz.  | 1.00K                           | 2 lb. 3 1/2 oz.          |  |                  |                                 |                          |                          |                                     |
| <b>HAMMER</b>  |   |                  |                                 |                          | In all above age groups, the distance to the first hurdle is 45 meters (49'2 1/2"); the distance between hurdles is 35 meters (38'3 1/2"); the distance from the last hurdle to the finish is 40 meters (43'9"). |                  |                                 |                          |                          |                                     |
| <b>MEN</b>   |   |                  |                                 |                          | *Age-groups where WAVA and TAC Measurements differ.  |                  |                                 |                          |                          |                                     |
| 14-17  | ---                                     | ---              | 5.44K                           | 12 lb.                   |  |                  |                                 |                          |                          |                                     |
| 18-39  | 7.26K                                   | 16 lb.           | 7.26K                           | 16 lb.                   |  |                  |                                 |                          |                          |                                     |
| 40-49  | 7.26K                                   | 16 lb.           | 7.26K                           | 16 lb.                   |  |                  |                                 |                          |                          |                                     |
| *50-59   | 7.26K                                   | 16 lb.           | 5.44K                           | 12 lb.                   |  |                  |                                 |                          |                          |                                     |
| *60-69   | 6.00K                                   | 13 lb. 4 oz.     | 5.44K                           | 12 lb.                   |  |                  |                                 |                          |                          |                                     |
| *70+   | 4.00K                                   | 8 lb. 13 oz.     | 5.44K                           | 12 lb.                   |  |                  |                                 |                          |                          |                                     |
| <b>INTERNATIONAL COMPETITION (IAAF &amp; WAVA) 110 METER HURDLES</b> |   |                  |                                 |                          | <b>UNITED STATES COMPETITION (TAC) 110 METER HURDLES</b>   |                  |                                 |                          |                          |                                     |
| Age Group  | Dis- tance of race                      | Height of Hurdle | distance to first hurdle        | distance between hurdles | distance from last hurdle to finish  | Distance of race | Height of Hurdle                | distance to first hurdle | distance between hurdles | distance from last hurdle to finish |
| <b>MEN</b>   | ---                                     |                  |                                 |                          |  | 110m             | .991m                           | 13.72m                   | 9.14m                    | 14.02m                              |
| 14-17  | ---                                     |                  |                                 |                          |  | 120              | 39"                             | 45'                      | 30'                      | 46'                                 |
| 18-29  | 110m                                    | 1.067m           | 13.72m                          | 9.14m                    | 14.02m   | 110m             | 1.067m                          | 13.72m                   | 9.14m                    | 14.02m                              |
|  | 120y                                    | 42"              | 45'                             | 30'                      | 46'  | 120y             | 42"                             | 45'                      | 30'                      | 46'                                 |
| *30-39   | 110m                                    | 1.067m           | 13.72m                          | 9.14m                    | 14.02m   | 110m             | .991m                           | 13.72m                   | 9.14m                    | 14.02m                              |
|  | 120y                                    | 42"              | 45'                             | 30'                      | 46'  | 120y             | 39"                             | 45'                      | 30'                      | 46'                                 |
| *40-49   | 110m                                    | .991m            | 13.72m                          | 8.7m                     | 17.98m   | 110m             | .914m                           | 13.72m                   | 9.14m                    | 14.02m                              |
|  | 120y                                    | 39"              | 45'                             | 28'6"                    | 59'  | 120y             | 36"                             | 45'                      | 30'                      | 46'                                 |
| *50-59   | 110m                                    | .914m            | 13.72m                          | 8.7m                     | 17.98m   | 110m             | .840m                           | 13.72m                   | 9.14m                    | 14.02m                              |
|  | 120y                                    | 36"              | 45'                             | 28'6"                    | 59"  | 120y             | 33"                             | 45'                      | 30'                      | 46'                                 |
| *60-69   | 100m                                    | .840m            | 13.00m                          | 8.5m                     | 10.50m   | 110m             | .762m                           | 13.72m                   | 9.14m                    | 14.02m                              |
|  | 109y                                    | 33"              | 42'8 1/2"                       | 27'10 1/2"               | 34'5"  | 120y             | 30"                             | 45'                      | 30'                      | 46'                                 |
| *70+   | 80m                                     | .762m            | 12.00m                          | 8.0m                     | 12.00m   | 100m             | .762m                           | 13.00m                   | 8.50m                    | 10.50m                              |
|  | 87y                                     | 30"              | 39'4"                           | 26'3"                    | 39'4"  | 109y             | 30"                             | 42'8 1/2"                | 27'10 1/2"               | 34'5"                               |
| <b>WOMEN</b>   | ---                                     |                  |                                 |                          |  | 100m             | .762m                           | 13.00m                   | 8.50m                    | 10.50m                              |
| 14-17  | ---                                     |                  |                                 |                          |  | 109y             | 30"                             | 42'8 1/2"                | 27'10 1/2"               | 34'5"                               |
| 18-34  | 100m                                    | .840m            | 13.00m                          | 8.5m                     | 10.50m   | 100m             | .840m                           | 13.00m                   | 8.5m                     | 10.50m                              |
|  | 109y                                    | 33"              | 42'8 1/2"                       | 27'10 1/2"               | 34'5"  | 109y             | 33"                             | 42'8 1/2"                | 27'10 1/2"               | 34'5"                               |
| *35-39   | 100m                                    | .762m            | 13.00m                          | 8.5m                     | 10.50m   | 100m             | .762m                           | 13.00m                   | 8.5m                     | 10.50m                              |
|  | 109y                                    | 30"              | 42'8 1/2"                       | 27'10 1/2"               | 34'5"  | 109y             | 30"                             | 42'8 1/2"                | 27'10 1/2"               | 34'5"                               |
| *40-49   | 80m                                     | .762m            | 12.00m                          | 8.0m                     | 12.00m   | 100m             | .762m                           | 13.00m                   | 8.5m                     | 10.50m                              |
|  | 87y                                     | 30"              | 39'4"                           | 26'3"                    | 39'4"  | 109y             | 30"                             | 42'8 1/2"                | 27'10 1/2"               | 34'5"                               |
| 50-59  | 80m                                     | .762m            | 12.00m                          | 8.0m                     | 12.00m   | 80m              | .762m                           | 12.00m                   | 8.0m                     | 12.00m                              |
|  | 87y                                     | 30"              | 39'4"                           | 26'3"                    | 39'4"  | 87y              | 30"                             | 39'4"                    | 26'3"                    | 39'4"                               |



A 2:22:48 by California Jim Bowers, 43, was the fastest age-40-and-over marathon in the U.S. in 1982.

# National Running Data Center

## DALRYMPLE, BOWERS TOP MARATHONERS IN 1982

Jim Bowers of Santa Rosa, Calif turned in the fastest certified marathon by an American age 40-or-over in 1982 with a time of 2:22:48 at age 43 October 10 in California.

New York City's Cindy Dalrymple was the fastest woman master with a clocking of 2:43:36 at age 40 in Chicago September 26.

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

North Carolina's Bill Hall (2:23:08) and Virginia's Bob Jenkins (2:24:08) followed Bowers as 15 masters runners broke 2:30, including Utah's Bill Johnston, who set an American age 45-49 mark of 2:26:45; and Pennsylvania's Norman Green, who set a U.S. 50-and-over record of 2:29:54.

Montana's Shirley Weaver (2:53:03) and Illinois' Ann Diaz (2:53:08) were runners-up to Dalrymple as 11 masters women broke three hours, including California's Sandra Kidd, who set a

U.S. women's age 45-49 standard of 2:53:22; and Marion Irvine, who established a new official 50-54 mark of 2:59:55.

Nevada's Ricardo Martinez led the men's 35-39 bracket in 2:21:07. NMN columnist (see page 12) Alex Ratelle of Minnesota topped the 55-59 division in 2:35:51, with newcomer Frank Grey's 2:53:14 the best of the 60-64 group.

Oregon's Clive Davies led the 65-69 contingent in 2:54:13, with Vern Geary, 70, (3:26:20), Kenji Mat-

sumoto, 75, (4:28:03), and Noel Johnson, 83, (6:07:36) topping their divisions.

California's Laurie Binder set a U.S. women's 35-39 record of 2:33:51 in Oregon September 12 (which she lowered by 15 seconds on Jan. 16, 1983).

Margaret Miller of Thousand Oaks, California sped to a women's 55-59 record of 3:07:21. Other division leaders were Els Tuinzing, 60, (3:51:02); Kay Atkinson, with a U.S. 65-69 record of 4:21:07; Mavis Lindgren, 74 (4:42:15); Veallon Hixson, 75, (5:01:12) and Ruth Rothfarb, with a new 80-and-over mark of 5:28:33.

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. □

## ON THE VICTORY STAND AT THE 4th World Games In New Zealand in 1981



### NATIONAL ATHLETIC CONGRESS POSTAL RELAY CHAMPIONSHIPS FOR MASTERS.

SPONSORED BY THE ATHLETIC CONGRESS: PENN MUTUAL; AND, NIKE.

The following relays will be held in two age divisions: Division I (40-49) & Division II (50+) for both men and women. All distances will be metric. 4 x 100; 4 x 200; 4 x 400; 4 x 800; 4 x 1600; Distance Medley (1200, 400, 800, 1600); Sprint Medley (400-200-200-800). Adjustments will be made if run in yards. PLEASE TRY TO RUN THE RELAYS IN METERS. There will also be an age medley at 4 x 400 with a leadoff of a 40-49 year old; 2nd leg, 50-59; 3rd leg 40-49; anchor leg 60+.

These relays can be run as part of any track meet or on a time trial basis. We will operate on the honor system. The following rules will govern:

1. All times must be run from Jan. 1st to Sept. 15th.
2. An individual can run in more than one relay but not more than once in any one particular relay event.
3. An athlete can go down in age but not up in age.
4. A separate entry form must be used for each relay.

#### NO ENTRY FEES

PRIZES: Official TAC Championship medals to the first three teams in each relay plus TAC National Championship patches to the winning team. The results will be published in the National Masters Newsletter. The awards will be sent out before April 1st.

#### PROCEDURE TO ENTER:

RUDY ENDERS, 10101 COLEBROOK AVE., POTOMAC, MD. 20854 will coordinate these postal championships. All entries must be received by Oct. 1st.

ALL TEAM MEMBERS MUST BE REGISTERED IN THE ATHLETIC CONGRESS.

\*\*\*\*\*

RELAY EVENT \_\_\_\_\_ TEAM NAME \_\_\_\_\_

MAILING ADDRESS FOR PRIZE: NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

TEAM MEMBERS:

1st LEG: NAME \_\_\_\_\_ TAC # \_\_\_\_\_ AGE: \_\_\_\_\_

2nd LEG: NAME \_\_\_\_\_ TAC # \_\_\_\_\_ AGE: \_\_\_\_\_

3rd LEG: NAME \_\_\_\_\_ TAC # \_\_\_\_\_ AGE: \_\_\_\_\_

4th LEG: NAME \_\_\_\_\_ TAC # \_\_\_\_\_ AGE: \_\_\_\_\_

TIME: \_\_\_\_\_ TIME OF EACH LEG (OPTIONAL) \_\_\_\_\_

MEET DIRECTOR: NAME \_\_\_\_\_ CHIEF TIMER: NAME \_\_\_\_\_

ADDRESS: \_\_\_\_\_ ADDRESS \_\_\_\_\_

Mail form to RUDY ENDERS, 10101 COLEBROOK AVE., POTOMAC, MD. 20854

# 10,000 RUN SAN FRANCISCO MARATHON

SAN FRANCISCO, July 24. The familiar names of Jim Bowers, 43, and Cindy Dalrymple, 41, topped the list of age-40-and-over finishers today in the annual San Francisco Marathon.

Ten thousand runners competed in foggy, misty, cold conditions—"perfect weather for a marathon,"—in one of the nation's major long distance road races.

Bowers, who led the 1982 masters marathon rankings with a clocking of 2:22:48, nearly equaled that time today with a blazing 2:23:15. The time gave him a 8-minute edge on masters runner-up Jeff Wall (2:31:05).

Dalrymple easily qualified for the Women's Olympic Marathon Trials next year (qualifying time: 2:51:16) with a steady 2:44:17, thirteen minutes ahead of Joan Reiss of Sacramento, who captured the women's 45-49 title in 2:57:02.

Dave Salo, 50, turned in one of the most impressive performances of the day by churning to a 2:32:43, third master behind Bowers and Wall and 17 minutes ahead of his nearest 50-and-over challenger, Everett Riggle.

Marion Irvine picked off the women's 50-59 award in 3:13:43.

Peter Pfitzinger (2:14:45) and Janice Klecker (2:35:43) won the open divisions.

The race began and ended in Golden Gate Park, traversing most of the city.

## MASTERS GLOSSARY OF TERMS

**T&F:** Track and field

**LDR:** Long distance running

**RW:** Race walking

**Athletics:** The sports of track & field, long distance running and race walking.

**Masters:** Men and women age 40 or over.

**Sub-masters:** Men and women age 30-39.

**Veterans:** The international term for "masters," with the exception that "veterans" also include women age 35-39. (The term "veterans" is also unofficially used in some LDR races to define runners age 50-59.)

**Seniors:** A word of many meanings: 1) A TAC competitor age 20 or over; 2) Unofficially used in some LDR events to define runners age 60 and over; 3) Sometimes unofficially used by the media and others as a substitute for "masters."

**AR:** American record

**WR:** World record

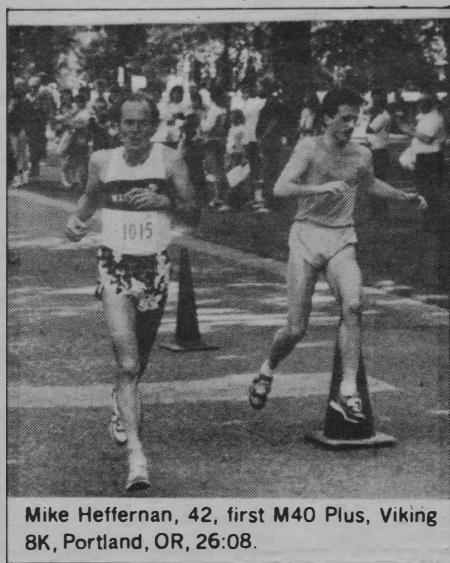
**PR:** Personal record

**The Athletics Congress (TAC):** The "national governing body" (NGB) for athletics in the USA. TAC is the exclusive U.S. member of the IAAF. TAC's home office is in Indianapolis, with district (local) offices throughout the nation. TAC is composed of various committees, including the Masters T&F and Masters LDR committees. The committees meet each December at the TAC Convention.

**International Amateur Athletic Federation (IAAF):** The international governing body for athletics.

**World Association of Veteran Athletes (WAVA):** The official international veterans governing body for athletics. WAVA stages a World Veterans Games every odd-numbered year for men 40+ and women age 35+.

**IGAL:** An official international veterans LDR organization. IGAL holds an annual World Veterans Distance Running Championship (10K & 25K in odd-numbered years; 10K & Marathon in even-numbered years.).



Mike Heffernan, 42, first M40 Plus, Viking BK, Portland, OR, 26:08.

**National Masters Sports Association (NMSA):** A coalition of 14 masters sports which held a Masters Sports Festival in 1982, and is planning future Festivals with national sponsorship.

**Age-groups:** Masters and sub-masters competition is divided into 5- or 10-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). Your date of birth (not year of birth) determines your age.

**Masters competition:** Every event from the 100-yard dash to the pole vault to the marathon is available. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

**Local masters T&F:** All Masters T&F meets feature competition for anyone age 30 or over. Masters meets are generally directed by a single individual or club. Some local meets are "sanctioned" by TAC; some are not.

**Local masters LDR:** Local LDR races are generally open to all ages, with masters awards for each 10-year age group.

**TAC Regional and National Masters T&F Championships:** The TAC Masters T&F Committee sponsors and supervises annual national and regional indoor and outdoor masters and sub-masters T&F Championships.

**TAC National Masters LDR Championships:** The TAC Masters LDR Committee sponsors and supervises several nation LDR championships (10K, 15K, etc.) each year, as well as a few Regional LDR championships.

**TAC Membership:** It is not necessary for a participant to become a member of TAC (\$6 per year) to compete in non-sanctioned masters events or in international competition. It is officially necessary to become a TAC member to compete in TAC-sanctioned events (although this rule is not always followed by event directors). It is not necessary for a foreign competitor to become a TAC member to compete in TAC events. (A TAC member is automatically insured against injury while competing in, or traveling to, a TAC-sanctioned competition.)

**Eligibility:** There are no other requirements needed to enter masters athletics competition, except to be at least the minimum age. (One should also be reasonably fit.) An athlete may generally compete in a younger age group if he or she so chooses, but one may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from TAC masters competition for a period of two years.

**Standards:** There are no entry or award standards in TAC Masters competition.

**World Veterans Games:** There are no re-

quirements needed to compete in the bi-annual World Veterans Games, except to be at least age 40 (men) or age 35 (women). "Travel permits" are not needed. No one is banned because of occupation, race, religion, national origin or any other reason.

**Uniforms:** Some masters athletes compete in their club uniform; some in simple T-shirt and shorts. In the World Games, each participant competes as an individual, not as a representative of any nation. Thus national uniforms are entire-

ly optional. USA uniforms are available for \$50 (men) or \$45 (women) from Jim Weed, TAC Masters T&F Chairman, 11672 E. 2nd Ave., Aurora, CO 80010.

**Sponsorship:** Masters events are sometimes supported by local or national sponsors. There is not single national sponsor at the moment.

**Senior Olympics:** A program unrelated to the TAC Masters program. Open to age 25+ or 55+, depending on the area, and featuring (Continued on page 29)

NORTH AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIPS FOR MEN OVER FORTY AND WOMEN OVER THIRTY FIVE, PLUS A CONCURRENT NON-CHAMPIONSHIP MEET FOR MEN, THIRTY TO THIRTY NINE AND WOMEN, THIRTY TO THIRTY FOUR.

SEPTEMBER 10th AND 11th, 1983 - RANDALL'S ISLAND, NEW YORK CITY.

SANCTIONED BY THE NORTH AMERICAN COUNCIL OF THE WORLD ASSOCIATION OF VETERAN ATHLETES, AND THE METROPOLITAN ATHLETIC CONGRESS.

SPONSORED BY THE NEW YORK MASTERS SPORTS CLUB AND THE METROPOLITAN ATHLETIC CONGRESS.

AWARDS TO THE FIRST THREE IN EACH EVENT. AGE CATEGORIES BY FIVE YEAR GROUPINGS FROM THIRTY TO EIGHTY.

BANQUET, ACCOMMODATIONS & TRANSPORTATION. WE ARE PLANNING TO OBTAIN REDUCED RATE HOTEL ACCOMMODATIONS, WITH FREE TRANSPORTATION FROM THE HOTEL TO THE TRACK, PLUS A LOW COST, PAY AS YOU GO BANQUET ON SATURDAY, SEPT. 10th (ABOUT \$15 PER PERSON). DETAILS WILL BE SENT TO ALL ENTRANTS UPON REQUEST. WE ARE STILL NEGOTIATING

SCHEDULE & EVENTS ALL DISTANCES IN METERS

SATURDAY, SEPT. 10th

10:00 A.M. 10,000  
12:00 Noon 110 Hurdles  
1:00 P.M. 5K walk  
2:00 P.M. 100 heats  
3:00 P.M. 1500  
4:30 P.M. 100 finals  
5:00 P.M. 400

SUNDAY, SEPT. 11th

10:00 A.M. 400 hurdles  
11:00 A.M. 5000  
1:00 P.M. 200 - heats  
2:00 P.M. 3000 steeplechase  
3:00 P.M. 800  
4:00 P.M. 200 - final  
4:30 P.M. 4 x 800 relay  
5:00 P.M. 4 x 200 relay

FIELD EVENTS

10:00 A.M. HAMMER THROW  
10:00 A.M. LONG JUMP  
12 noon 35lb. WEIGHT THROW  
2:00 P.M. JAVELIN  
2:00 P.M. POLE VAULT

10:00 A.M. DISCUS  
10:00 A.M. HIGH JUMP  
12 noon SHOT PUT  
12 noon TRIPLE JUMP

NOTE: THESE ARE ESTIMATED TIME SCHEDULES. ALL COMPETITORS SHOULD BE READY TO COMPETE PRIOR TO THE TIMES LISTED. WE WILL PERIODICALLY ANNOUNCE, AT THE TRACK, HOW THE MEET IS PROGRESSING IN RELATION TO THE SCHEDULE.

IN THE FIELD EVENTS EACH AGE GROUP WILL COMPOSE ONE FLIGHT. THE ORDER WILL BE FIRST WOMEN, THEN YOUNGEST TO OLDEST. SEEDING SECTIONS MAY BE USED AT THE DISCRETION OF THE MEET DIRECTOR. DIFFERENT AGE CATEGORIES MAY COMPETE IN THE SAME SECTION.

NUMBERS ARE TO BE PICKED UP AT THE TRACK.

PLEASE PRE ENTER. IT WILL SPEED UP THE MEET, PERMIT BETTER SEEDING, MEAN LESS WORK FOR THE OFFICIALS AND MAKE THE MEET DIRECTOR VERY HAPPY. THE MEET DIRECTOR RESERVES THE RIGHT TO REJECT POST ENTRIES. NO SWITCHING EVENTS AND NO REFUNDS

ENTRY FORM - NORTH AMERICAN MASTERS CHAMPIONSHIPS, 1983

ENTRY FEE: \$4.00 per event. \$12.00 per relay (relays may be declared up to post time)  
\$5.00 North American Council Fee (Our only source of income)

ESTIMATED TIME & EVENT(S) ENTERED (Estimated times for 100 through 1500

|               |                             |         |             |
|---------------|-----------------------------|---------|-------------|
| 100           | 5000                        | STEEPLE | JAVELIN     |
| 200           | 10,000                      | SHOT    | LONG JUMP   |
| 400           | 5K WALK                     | DISCUS  | TRIPLE JUMP |
| 800           | HIGH H.                     | WEIGHT  | HAMMER      |
| 1500          | 400 HURDLES                 | POLE V. | HIGH JUMP   |
| 4 x 200 RELAY | AGE OF YOUNGEST TEAM MEMBER |         |             |
| 4 x 800 RELAY | AGE OF YOUNGEST TEAM MEMBER |         |             |

NAME \_\_\_\_\_ CLUB \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

ZIP # \_\_\_\_\_ PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

In consideration of the acceptance of this entry I certify that I am in good health and I hereby release the meet sponsors, organizers and officials from any and all responsibility in respect of any claim for injuries and damages occasioned by my participation in the 1983, North American Masters Track and Field Championships.

DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_

Make checks payable to: N. Y. MASTERS. Mail to 77 Prospect Place, Brooklyn, N.Y. 11217, USA.

NORTH AMERICAN COUNCIL FEE \$5.00 \$5.00  
ENTRY FEE (\$4 per event) \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

I will attend a Banquet (at the estimated cost of \$15 per person) \_\_\_\_\_

Please send me information about accommodations. \_\_\_\_\_

## REPORT FROM THE LDR CHAIRMAN

by BOB BOAL,

TAC Masters  
Long Distance Running  
Chairman

To all masters long distance runners: This is the critical time of the year for you to make your personal input to the governing of your sport.

Following are the proper procedures for amending TAC's 1) Competition rules; and 2) Operating Rules and By-Laws. Please note and follow carefully. You can have an effective impact in helping build TAC to the force intended when it was created by the Act of Congress. Just complaining will not do the job. Make your voice heard in your local TAC and at the annual convention December 1-4 in Indianapolis. □

## 200 Compete in Midwest Regionals

by WENDELL MILLER

On a day when many people almost had to take back some things they've said about the great BREADBASKET OF OUR LAND, the Ninth Annual Midwest Masters Regional T&F Meet was held. It was 100 degrees on Friday and Sunday but on Meet Day, Sat. July 30, it was beautiful. Humid and warm but for all but an hour, a thin cloud cover graced the entire proceedings and what proceedings!

Two-hundred athletes from 16 states and a star of any show, Marie Smythe. This is no Morganna, mind you, falling out of the stands to kiss some baseball player on national T.V. This is the sweetest, down home 38-26-37 Miss Everything that Allegan, Michigan or for that matter — the entire Mid West, ever produced.

Some of the younger contestants did get a bit silly. E. Ron Fox, posing as a

Doctor of Nutrition said, "Marie, if you so much as lose an ounce from anywhere, I will report you to the proper authorities."

Tom Langenfeld suggested we send several action photographs of Marie to the NMN. He felt it would be excellent for circulation because it certainly had been good for his. Dick Richardson asked to stop yelling "stay abreast" at Marie throughout every race. I mean it was funny the first few times. When Marie finished her events and retired to a nearby Penny's for a quick lunch, most of us accompanied her. Unfortunately there were still several events remaining on the schedule. As one of the officials remarked, however, "to hell with it, athletes have to take care of themselves once in a while."

Ian Cummings, of San Diego, started things rolling with a solid effort in the Steeple. Ken Carman continued his weekly age-group record assault with a driving 11:06. Butch Kincaid, Louisville, sparkled in the dashes as did veterans Charlie Dudley, Dayton, in a dog fight with Pete Stoppelis,

Moline: likewise between Rush Jacobs and Harry Guth, Perryville, Mo. Jack Tuttle, Columbus, looked ready for all comers in both the 100 and 200. Mike Andrews and Lamar Miller led the subs, both under eleven. Harry Toliver led Jim Burnett in the 400 for all but the last two meters in 50.72.

The new track of York High School proved worth waiting for. Joe Newton, Pan American games manager and the most successful high school cross country coach in the land, has indeed put together a facility. The best part of the whole deal is the Masters relationship; the track is ours whenever we need it. Way to go, Joe! □

(Results next month)



SUBJECT: Proposed Amendments to Sport Rules

Pursuant to the By-Laws and Operating Rules of The Athletics Congress, amendments to the Rules of Competition for athletics (track and field, race walking, and long distance running, including Youth Athletics, Junior Olympics, and Masters) must be made at the annual convention, which will be held in December, 1983, in Indianapolis.

Proposed amendments may be submitted by members of each National Sports Supervising Committee and/or the Sports Committees of each local TAC Association to the Chairman of the Rules Committee of The Athletics Congress

Please take notice that all proposed amendments to the Rules of Competition must be submitted to the Rules Chairman, Heliodoro Rico, 89 Lexington Drive, Croton-on-Hudson, New York 10520, by August 20, 1983.

Proposals should be submitted in the same style and form as in the current rulebook, with new language underlined and ((double parentheses)) around material or sections to be deleted. Each proposal should be submitted on a separate sheet of paper. Failure to comply with the foregoing and the deadline may result in rejection of your proposal.

Only proposals relating to amending the rules of competition and not general administration or jurisdictional rules or changes to the By-Laws should be forwarded.

Remember: 1. Only those proposals submitted to and processed by the Rules Committee of The Athletics Congress may be considered at the annual convention.

2. The deadline for the submission to the chairman is August 20, 1983.

SUBJECT: Submission of Proposed Amendments to By-Laws and Operating Rules

1. Article 30 of our By-Laws (and Rule 16 of our Operating Rules) provide for the submission of proposed amendments at least ninety (90) days prior to our meeting. For your reference, both documents are available for \$6.00 from the National Office by obtaining The 1983 Directory.

2. This year's annual meeting at Indianapolis, IN, to be convened November 30 through December 4, 1983, means that all proposed amendments must be in my hands by August 31, 1983.

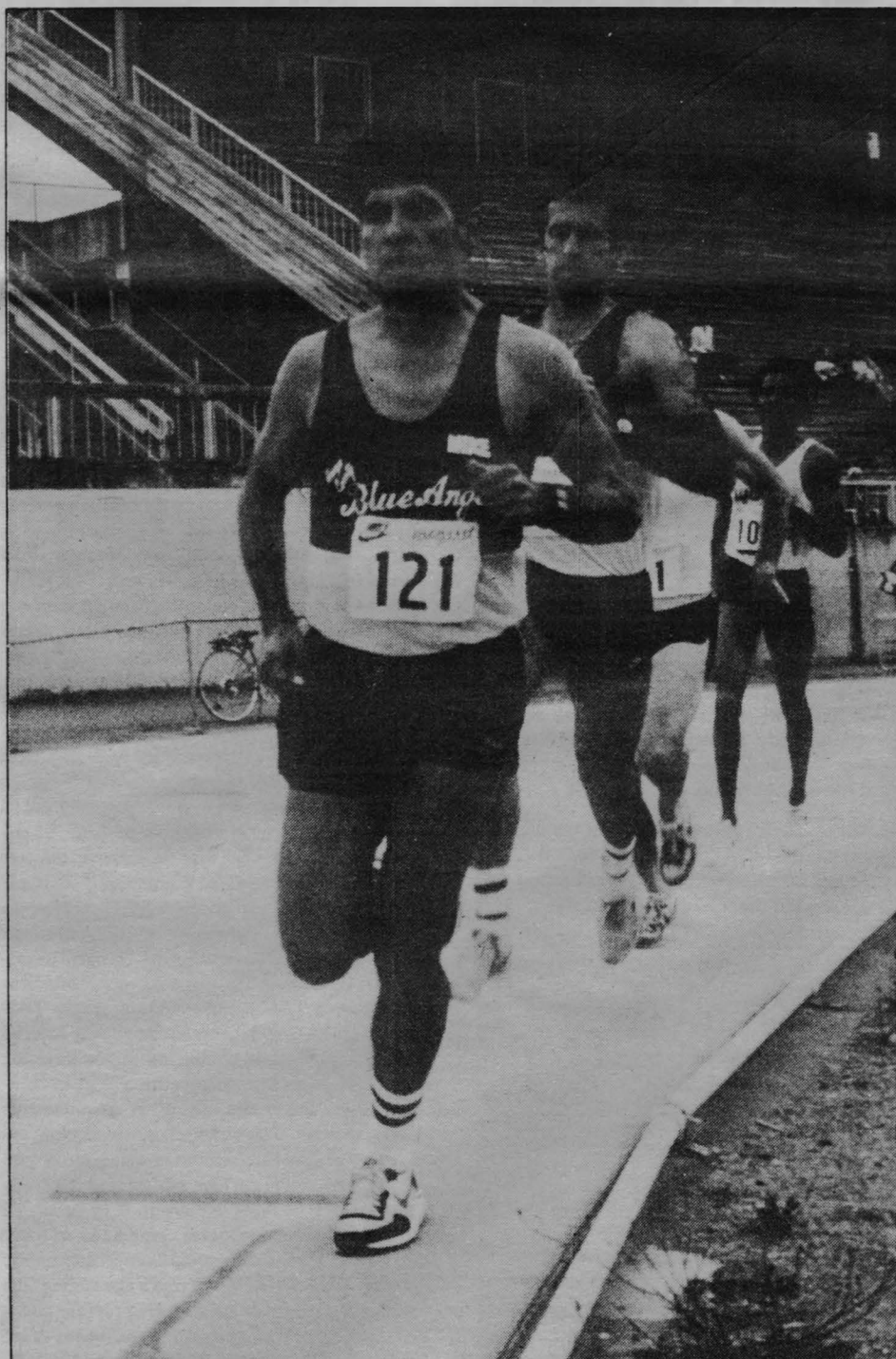
3. We encourage every submission to include, at the end, a paragraph entitled "Reason(s)" which should fully explain the reason(s) for the change from existing form.

4. We ask that you use the continuing policy on form by underlining new wording and using ((double parentheses)) around deleted sections.

NOTE: Please remember that in order for an amendment proposal to be considered, on the proposal itself must appear the recommendation by someone other than the submitter, who is the Chairman of any standing committee, any member of the Law and Legislation Committee; the President of any Association, any national member organizations, or any officer of this Congress.

All proposals should be mailed to:

Frank E. Greenberg, Chairman  
Law & Legislation Committee  
1715 PSFS Building  
Philadelphia, PA 19107



Frank Duarte, 41, leads Norm Oyler, 40, and Harvey Franklin, 40, through a hot-paced, M40-44, 5000m at the Hayward Classic, June 26. Duarte's winning time was 15:26.63 to Oyler's 15:32.0 and Franklin's 15:45.95.

# MASTERS SCENE

## NATIONAL

• In a major corporate shakeup at Nike headquarters in Beaverton, Oregon, National Promotion Director Tom Sturak is out. Sturak first came to Nike in 1978, creating the position of masters promotion director, a spot now held by Valdemar Schultz, whom Sturak hired when he moved up the corporate ladder in 1981. Sturak has been active in the masters program since its beginnings in 1968. He recently was one of four Southern California Striders on an American record-setting age 50-59 3200-meter relay team (9:07.8). Sturak has been a major force in Nike's outstanding and crucial support of masters athletics over the past several years. After years of 50% increases-in-sales, however Nike "fell off" this year to a 25% rise, causing some belt tightening within the firm as the price of its stock dropped. Sturak's co-workers are in various states of shock, disbelief and anger. His departure may even have repercussions for masters. Sturak, one of the most honest, compassionate and knowledgeable executives in the shoe business, said he will do some consulting work for a while before announcing his future plans.

• The TAC National Masters 10K Road Championships have been switched from Troy, New York on October 9 to Phoenix, Arizona on December 24.

## NEW ENGLAND

• Despite hot, humid weather, 165 participants broke 20 meet records at the Waltham TC's Masters Invitational, Waltham, MA, June 18. **Joe Kopka**, set records in the 30-39 100y (10.4) and 440 (52.0). **Fred Doyle** zipped to a 4:21.2 30-39 mile record. **John Whelan** tripled in the 100y (11.2), 220 (26.2), and a LJ record 16'9". **Pam Bidwell** won the 30-39 880 in a photofinish over **Linda Upton**, 2:35.8 to 2:35.9. **Cindy Fulenwinder** unwound a 27'0" SP 50-59 win.

• **Helen Hamilton**, 52, Concord, NH, reeled off a strong 21:54 in the BankEast 5K in her hometown, July 2.

## EAST

• The Philadelphia Masters 60+ team of **Pierson, Hills, Sponseller, and Hall** put together a 1:57.7 4x200 relay for a U.S. age 60-69 record at the NYM's Relays, July 17, Randall's Island. College chums and throwers (Yale '55) **Stew Thomson** and **John Henderson**, throwing

for Shore AC, won the 50-59 discus (274'9") and shot (90'1 1/2"). Although, 50, Thomson has stayed with the 16# shot and hammer and 2k discus this season.

• **Norman Green**, 50, Valley Forge, PA, covered the Philadelphia Bar Diabetes 10K, June 19, in 32:35 for 7th overall 1000+ runners. **Marie Chartland**, 35, was 1st W35+ in 40:45.

• **Gloria Brown**, 51, turned in a 63:20 15K, July 10, at Utica, NY.

• **H.H. Jackson**, 87, ran a 14.47 for a new 100y world age-80-and-over record on the "cinders" while 39 qualified Olympic judges, resplendent in straw hats, blue blazers, and white duck trousers, officiated the 1st Annual Chariots of Fire Track Meet, Atlantic City, June 11. **Len Olsen** took all three 50-54 throws, and submaster **Dr. Ivan Black** garnered 6 medals. Participants and officials were feted to a barbeque after the meet, coordinated by **Bert Lancaster**, and co-sponsored by 7-UP, Atlantic City's Dept. of Special Events, and Le Coq Sportif.

• The Philadelphia Masters "Blues" relay team recorded one of the fastest 4x100m masters times ever, 43.79, at the Jumbo Elliott Invitational Meet, June 12, Villanova. **Larry Wilson, Dhamiri Abayomi, James Bantum, and Edwin Roberts** made up the "Blues", which outran the Potomac Valley Srs., 46.70, the NY Pioneer Masters, 46.75, and a guest Phila. '76ers team, 49.9.

• **Michael Collopy**, 37, Angola, NY, sailed thru 800 in Buffalo in 1:56.92.

• **Seth Kaminsky**, pulled off a masters rarity, winning the open mile at the Hempstead Scholarship run, May 15, Long Island, in 4:55. In the 5-Mile "main event," **Joe Cordero**, was 1st 40-49 in 28:14.

## SOUTHEAST

• **Leonard Jones** bolted to a 4:50 masters victory in the 1st Tryon Street Mile Race, July 15, Charlotte, NC. **Bill Voight** took 2nd in 4:53 and **Bill Harrington** was 3rd in 4:58; all three times were PR's.

• **John Devlin**, 33, Fairfax, VA, posted the fastest time (4:29) of all entries at the DC RRC's 13th Meet of Miles at Fairfax, barely nipping **Chuck Vehora** (4:30.8) 36, Arlington, for 30-39 honors. **Mike Davison**, 41, Fairfax, took his division in 4:59.9, and **Bill Osburn**, 59, Fairfax, won with a 5:45. It was Fairfax again when **Jin-**



James Thomas, 45, Los Gatos All-Comers Series, 1983.

**ny Beyer**, 41, hit the tape in 6:00 to be the 40-49 winner and fastest female on the track at George Mason U. on June 26.

• **Jerry Gilman**, perennial 45-49 winner of Memphis area races, has moved to Cincinnati.

• **Susan Houlton**, 35, blazed to a fast 2:23.8 880y at the Harry Williams All-Comers, July 9, Huntsville, AL. **Ralph Summerline**, 48, defeated all M30+ competitors twice, in the 220 (24.63) and 440 (55.37).

• **Alex Coffin**, 46, snuck in a 40+ win (18:01) while local top masters runners **Bob Maydole** and **Sterling Martin** were busy putting on the Summer Classic 5K, July 31, Davidson, NC. **Bruce Crouse** was 2nd in 19:17; **Bill Smith**, 3rd in 19:26. **Ken Helms** captured the 50+ crown in 19:07. **Sue Boyer** was the fastest W40+, 24:06. But, Coffin had shown his true mettle the day before when running with his own race promoter's burden, caught John Warner, 30, for top spot overall in the John Warner Wing-Ding Six, Charlotte, NC., 36:44 to 37:18.

• "A hand carved stone trophy will be awarded to the top scorer" and "classy awards go to all who complete the five events" at the masters weight pentathlon, Oct. 2, Delray Beach, FL, according to meet director, **Phil Partridge**.

• Atlanta's **Charlie Polhamus**, 39, top submasters pole-vaulter the past few seasons, was featured on national TV July 24. He has quit his regular job and is training for a spot on the U.S. Olympic team, when he'll be 40. "You only go around once in life," Polhamus told millions of viewers. "I think I have a fair shot at it."

## MIDWEST

• Thirty-seven meet records fell at the Wisconsin United AC T&F Meet, June 18,

Madison, WI. Californian **Bob Roemer**, 58, helped with three wins: 100m (12.6), 200 (27.3), and JT (121'6"). **John Dick**, 71, Dousman, WI, competed in nine events, and **Arling Pitcher**, 81, Indianapolis, participated in eight. **Patrick Burns**, 30, Oak Creek, WI, won the SP with 51'5".

• **Marilyn Sculin**, 42, was 1st female overall in 33:06 in the V-8 Rocky River 5M, Ohio.

• Parish pastor **Father Clore** came in 4th in his age group, 40-49, and won a pair of running shoes in the raffle after the Christ the King 4-Mile, Detroit.

• **Tina Hayward**, 42, Vicksburg, Mich., W40+ winner of Boston Marathon, was 1st w/overall in the Beech Leaf 10K, June 4, Kalamazoo, MI, in 38:55, and 2nd w/overall in the Kalamazoo Klassic 10K, June 18, with a faster 37:57.4.

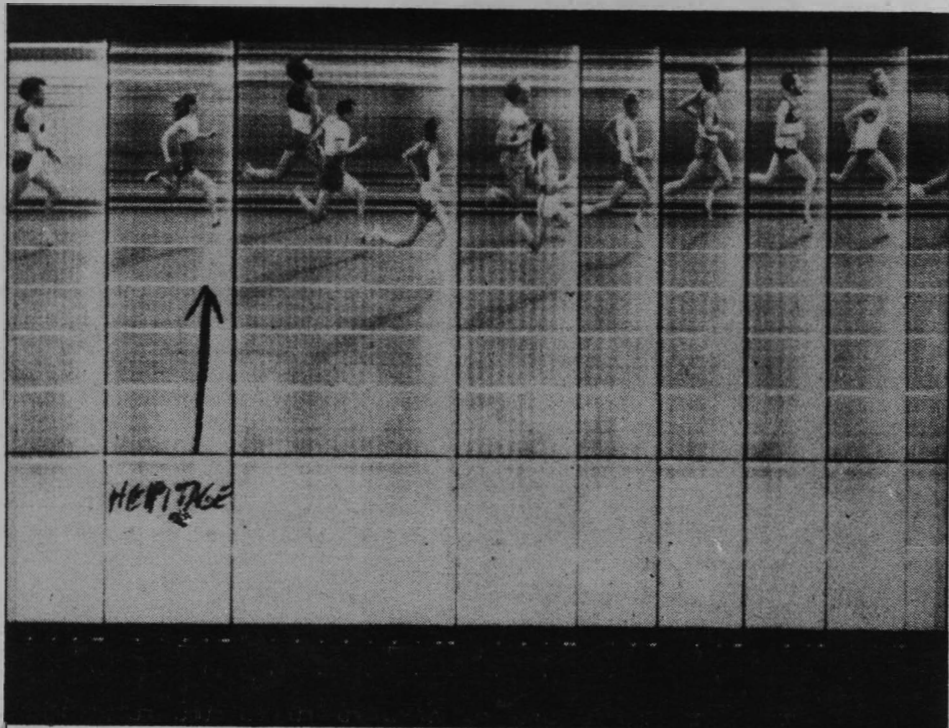
• In the Wolfpack T&F Meet, May 7, Columbus, OH, **R. Christoph**, 30-34, Clifton TC, HJ-ed 6'2" and PV'ed 14' for 2 wins. **J. Reardon**, 30-34, OTH, threw the discus an eye-popping 195'11". **Tim Walter**, 30-34, AIA, totaled 2789 (681 pt. 23.6 200) at the Wolfpack Pentathlon, May 29, Columbus. **Charles Kincaid**, 40-44, Mason-Dixon TC, rang up 2441 (599 pt. 24.5 200). In the same meet in the weight pentathlon, **Norm Bower**, 30-34, OTH, flung for 3045 (717 pt. 41.62 DT), and **Dick Mann**, 50-54, OTH, amassed 2624 (637 pt. 38.82 HT).

## MID-AMERICA

• **Al Maxey**, 45, ran a 4:48.6 1500 in scoring 4039 at the Lincoln TC Decathlon, June 22. **Forest Doring**, 52, clipped off a 62.7 400 in compiling his 3460 total.

• The Boulder Boulder 10K (17,000 runners)

(Continued on page 24)



Accutrak photo showing Doris Heritage, 2nd from left, setting world record in Seattle, April 23, 1983, for women 40-44 in the mile, in 4:54.68.

Photo courtesy of Bill Roe and Carole Langenbach, Pacific Northwest Athletics Congress

(Continued from page 23)

offered three medals for men and three for women in the masters division, which was 40 and up. Despite this fact, nearly 2000 40+ men and women ran the race. In the light of recent discussion about the lack of awards for older runners, the 1983 Boulder Boulder poses some interesting questions ranging from "Why so few?" to "Have awards become secondary to participation." **Ardell Boes**, 45, was 1st M40+, 32:48.5, and **Cindy Dalrymple**, 41, took the W40+ race, 36:36.0.

• **Bob Bartling**, 56, was 1st master in the Bobcat 8K, July 24, Brookings, SD, in 30:04. **Bob Ritter**, 41, Brookings, was 2nd in 30:29. First W40+ **Lu Holwerda**, 46, made it a 40+ Brookings sweep when she finished in 36:40.

• **Danny Field**, 30-39, streaked to the best times of the day in the 100m (11.3) and 200 (22.9) at the Lincoln (NB) TC All-Comers, July 5. In the Lincoln TC Championships, July 16, Fields lost out in the 100m to **Fred Booker**, 11.1 to 11.5, and the 200, 22.8 to 23.2, but took Booker in the 400, 51.5 to 53.6. **Al Petroff** (2:10.1) battled **Bob Elwood** (2:11.7) for the 40-49 800 crown. **Jerry Donley** ran a 17.8 110m H and vaulted 13' for 50-59 wins.

• **Lennie Harrison** won the 30-39 800 (1:56) and the 1500 (4:02) at the St. Louis Metropolitan T&F Championships, July 30. **Bob Steel** took the 40-49, 100m (11.4) and 200 (24.4). **Vince Johnson** was 40-49 SP champ, 40'11". **Lee Blount**, 50-59, turned in a 57.7 400 victory. **Dottie Gray**, a one-person track team, won all four W50-59 events.

**SOUTHWEST**

• **Nick Greco**, 43, Austin, TX, doubled in the 1600 (5:00.73) and 5000 (17.48) at the Hill Country Classic, Mason, TX, June 18. Roy

**Turner**, 43, Richardson, TX, recorded three wins: 100m (11.60), 200 (23.95), and 400 (51.87). **Margie Ranc**, 42, El Paso, had a busy day, winning the 100m (18.29), 200 (38.21), 1600 (7:29), and the 10000m X-C (53:06), an added event, in which **Norman Pittenger**, El Paso, was the 1st M40+ in 41:47. Over 130 athletes from 44 Texas cities participated in 353 events, plus the X-C.

• Runners who run more than about 15 miles a week are "getting more exercise than they need," **Dr. Kenneth Cooper**, a founder of the running boom, said at his aerobics clinic in Dallas. "More than that will greatly increase the incidence of joint and bone injuries." His comments may be challenged by masters long distance runners who put in 80-100 miles a week.

**WEST**

• **Gary Campbell**, 30-34, was 1st submaster at the Bud Light Cal Classic 8K in 26.26. Gary, '81 and '82 winner of Central Calif. TAC LD ratings for submasters, has bests of 25.33 (8K), 31:54 (10K), and 1:11:54 (half-marathon).

• **Gilberto Gonzalez-Julia** of Puerto Rico set an age 69 WR of 3064 for the IAAF decathlon at the Hawaii Masters T&F Decathlon Championships, May 21-22, Honolulu. **Stan Thompson**, 72, topped the IAAF decathlon world age total with 987 and lengthened the U.S. age 72 LJ mark to 4.01.

• **Margaret Miller**, 57, Thousand Oaks, CA, churned out a 33:35 at the Trudgers 8K, San Pedro, CA, June 26, for a new 55-59 AR, breaking **Mary Storey's** 34:45. **Evelyn Chandler**, 71, Riverside, CA, set a new age time with 70:37.

• **Liz Horney's** 2:08:47 at the Russian River Half-marathon, Ukiah, CA, broke **Evelyn**

**Havens'** age 66 record of 2:09:21.

• **Shirley Kinsey** set four age 54 U.S. marks at the SPA/TAC district meet, July 9, Long Beach, CA: 12'2½" LJ, 85'1" DT, 15.2 100m, and 32.1 200m. With less than a year's participation in racewalking, **Lenore Nicholson**, Pasadena, set a W65 record for the 5000m walk of 37:58.1. The old mark of 38.15 was held by **Bonnie Kolson**, Hawaii.

• **Frank Duarte**, 41, covered the Butte to Butte 10K course, Eugene, in 31:53 to place in the top 12.

• **Harold Chapson**, on the cover of **Masters Age Records 1983**, broke **Herbert Anderson's** 400 80+ WR of 77.7 when he ran 75.4 on July 9, in Honolulu.

• **Bill Adler**, long time So. Calif. masters activist and competitor, has founded the Los Angeles-Valley Athletic Club for 30+athletes: LA-VAC, 1801 Avenue of Stars, Suite 415, Los Angeles, CA 90067.

• **Jesse Cook**, 1st M40+, toured the Conejo TC 20K in 1:18:05, July 17, Westlake Village, CA. **Margaret Miller**, 1st W40+, turned in a 1:28:34, and **Jack Thomas** was top M50+, 1:23:06.

• **Morton Gray**, 51, was overall victor in the Sweet Tooth 5.2 Miles over a tough, hilly course, in 95', at Sebastopol, CA. **Judy Vetch**, 34, took 1st w/overall in 44:06.

• **Ruth Anderson**, 53, Oakland, whose two previous attempts were halted by back injuries, finished the Western States Endurance 100-Miler, June 25, Squaw Valley, CA, in 28 hours, 11 minutes, over the "slipperiest, wettest, snowiest" course she had ever run. There was so much snow at one of the aid stations, water had to be flown in by helicopter. Altitude ranged from 7000' to a peak of 9000'. **Douglas Latimer**, 45, Redwood City, CA, 1st M40+, 8th/overall, in 18:15. **Bjorg Austrheim-Smith**, 41, Sacramento, 1st woman, 13th/overall in an amazing 19:11. **Judy Milkie**, 34, Anaheim, CA, 15th/overall, followed, 19:31. **Doss Floyd**, 63, Los Angeles, the oldest runner of the 83 masters out of 196 finishers (42%) ran the grueling race in a 29:18. One hundred starters did not finish.

• **Diana Smith**, 60, Corona del Mar TC, won the W/55-62 50/100y in the Santa Monica Hosp. Med. Cntr.'s 1st 55-Plus Competition, June 6. Not to be outdone, **Bo Smith**, 63, CDMTC, also won 50/100y in M63-70. The meet's purpose was to publicize and encourage physical fitness. Many competitors, like **Diana**, had made remarkable recoveries from major illness or medical treatment.

• The Southern California Striders set a new age 50-59 3200-meter /2-mile relay record of 9:07.8 at the Corona Del Mar Relays July 30 in Long Beach. The team of **Walt Atcheson**, **Jerry Withers**, **Tom Sturak** and **Bill Fitzgerald** broke SCS own mark by over 7 seconds.

• Are you a gambler? Bet the house on **Billy Hicks**, 31, in the National Masters T&F Championships in Houston this month. Hicks, like many other 30-34 year-olds, has his eye firmly on the 1984 Olympic trials. He burned a 20.53 in an all comers 200-meter race July 30 in Los Angeles. Later that day, he sizzled to a 19.9 leg on the Corona Del Mar TC 30-34 800-meter relay team in the CDM Relays in Long Beach.

• **Dorothy Stock**, 50, was the first age-40-and-over finisher in the Blue Jacket 10K in San Diego, clocking 39:30.

• **Gary Novak** (1:13:22) and **Sharon Gretner** (1:31:01) were the top age-40-and-over finishers in the Coronado Half-Marathon July 4 in San Diego. **Bess James** set an age-74 women's mark of 2:20:15, edging **Felicita Salazar**, 73, by only 5 seconds. **Jim O'Neil** (1:18:09) and **Anne Johnson** (1:33:46) captured the 50-59 titles.

**NORTHWEST**

• **Karl Geis** was the 40+ winner in the Pepsi-Challenge 10K, Great Falls, MT, 38:10.76, July 16. **Susan Avery** was 1st W40+, 43:52.83.

• **Steve Lester**, 40, Magna, UT, broke the state 4-Mile Masters record when he won the Magna 4M, July 4, in 20:03. In Salt Lake Classic 10K, Lester was 1st 40+ in 34:28 (PR for 4200' alt.); **Bill Johnston**, 45, followed in 33:14 (also an alt. PR); and **Robert Nelson**, 43, was 3rd in the PR 34:30. In the very hilly Desert News Marathon, July 25, S. L. City, Lester won the 40-44 division in 2:32:03, 5th/overall; Nelson took 2nd in 2:37:19. Johnston was the class of the 45-49 group in a good 2:33:03 for 7th/overall. **Robin Lockwood**, 30-34, was 1st woman in 2:47:37.

**INTERNATIONAL**

• W. German pentathlete, **Hans Bitter**, 63, writes that "a numerous and efficient German team is looking forward" to Puerto Rico. Among them will be **Bitter**, who had a 5.28 EJ and 1790(IAAF)/3324(WAVA) pentathlon at Nuremberg, July 17; **Adolf Koch**, 66, who totaled a 1788(IAAF)/4246(WAVA) pentathlon; and **Lotte Seuberlich**, 56, who LJ-ed 4.52 in the Nuremberg meet. **Bitter's** marks are world age bests, as is **Koch's**. **Seuberlich's** jump is an age-group record.



Irma Lorenz, 2nd 40-44 in 84:40 in TAC National Masters 20K Championships in Washington, D.C. May 29.

**U.S. MASTERS RELAY RECORDS**

as of August 10, 1983

|              |       |         |   |          |
|--------------|-------|---------|---|----------|
| 400 meters/  | 40-49 | 43.1    | CDM (Dennis, Smith, Segal, Miller)                | 6/ 7/80  |
| 440 yards    | 50-59 | p46.6   | WVTC (Sanchez, Springbett, Marlin, Lingel)        | 7/23/83  |
|              |       | 47.0    | CDM (Ambrose, Jordan, Fetter, Stolpe)             | 6/18/77  |
|              | 60-69 | 50.9    | CDM (Morales, Jordan, Killion, Guidet)            | 6/24/78  |
| 800 meters/  | 40-49 | 1:32.0  | SCS (Newton, Knocke, Cohen, Butler)               | 8/ 8/81  |
| 880 yards    | 50-59 | 1:43.4  | CDM (Ambrose, Clayton, Fetter, Guidet)            | 6/14/75  |
|              | 60-69 | p1:57.7 | PM (Pierson, Hills, Sponseller, Hall)             | 7/17/83  |
|              |       | 2:09.5  | CDM (Poloynis, Mercurio, Burke, Miller)           | 5/15/82  |
| 1600 meters/ | 40-49 | p3:25.4 | PM (Abayomi, Stanford, Burnett, Roberts)          | 4/30/83  |
| mile         |       | 3:28.7  | PM (Abayomi, Pratt, Stanford, Burnett)            | 7/ 5/81  |
|              | 50-59 | p3:48.6 | WVTC (Bruhner, Stevens, Lingel, Springbett)       | 7/21/83  |
|              |       | 3:51.4  | STC (Bryant, Kleinsasser, Puterbaugh, Fitzgerald) | 6/29/75  |
|              | 60-69 | 4:32.9  | PM (Hollis, Harris, Hall, Sponseller)             | 5/15/83  |
| 3200 meters/ | 40-49 | p8:11.7 | SCS (Montanez, Knocke, Elliot, Cohen)             | 7/ 3/83  |
| 2-mile       |       | 8:22.2  | WVTC (Cathcart, Donaldson, Knebel, Richardson)    | 9/ 6/80  |
|              | 50-59 | 9:07.8  | SCS (Withers, Atcheson, Sturak, Fitzgerald)       | 7/30/83  |
|              | 60-69 | None    |   |          |
| Sprint       | 40-49 | 3:36.1  | SCS (Knocke, Edens, L. Smith, Cohen)              | 8/14/82  |
| medley       | 50-59 | 4:04.1  | RTC (Cole, Green, Chernock, Johnson)              | 6/19/80  |
|              | 60-69 | None    |   |          |
| Distance     | 40-49 | 10:53.8 | PM (Huckel, Abayomi, Zwolak, Engleman)            | 7/11/82  |
| medley       | 50-59 | 12:24.6 | FWRC (Stayton, Talley, Widener, Coffee)           | 8/28/82  |
|              | 60-69 | None    |   |          |
| 4-mile       | 40-49 | 18:33.4 | WVTC (Richardson, Knebel, Cathcart, Wellck)       | 9/15/79  |
|              | 50-59 | 20:47.8 | SC (O'Brian, Irland, Bodine, Stabler)             | 12/12/81 |
|              | 60-69 | 27:29.8 | SC (Kent, Hore, Deschambault, White)              | 12/12/81 |

CDM - Corona Del Mar Track Club SC - Syracuse Chargers  
 FWRC - Fort Worth Running Club SCS - Southern California Striders  
 PM - Philadelphia Masters STC - Seniors Track Club of So. California  
 RTC - Richmond Track Club WVTC - West Valley Track Club (No. California)

p = pending. Compiled by Peter Mundle, TAC National Masters T&F Records Chairman. All relay runners must be members of same club.

# 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

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

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

### EAST

**September 3.** Potomac Valley Masters Games, George Mason U., Fairfax, VA. Sal Corrallo, 5351 N. 37th St., Arlington, VA 22207. 703-241-1854.

**September 10-11.** North American Championships, New York City, Bob Fine, 77 Prospect Place, Brooklyn NY 11217. 212/789-6622.

### 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.

### MID-AMERICA

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

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

### WEST

**September 10-11.** 14th Senior Olympics, Cal State U at Los Angeles. Senior Olympics, 5726 Wilshire Blvd., Los Angeles, CA 90036. 213/938-5548.

**September 11.** Citrack Masters Meet, Citrus College, Azusa, Calif. Lloyd Higgins, 629 Marie Ave., Los Angeles CA 90042. Entry form in this issue.

**September 17.** Northern Senior Olympics IV (50+), Laney College, Oakland, CA. Oakland Office, Parks & Rec., 1520 Lakeside Dr., Oakland, CA. 94612. 415-273-3791.

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

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

### HAWAII

**December 4.** 7th Hawaii International Masters T&F Meet, includes pentathlon. Kaiser HS, Honolulu. Stan Thompson, 1549 Ipuhula 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.

### CANADA

**September 4.** Canadian Masters Weight Pentathlon, Stofville, Ontario. Jackson Tovell, 183 Duncan Road, Thornhill, Ontario L3T 3N7. 416/889-3392.

### 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.

## ON TAP FOR SEPTEMBER

### TRACK AND FIELD

This is the month everyone's been waiting for. All the major 1983 meets are crammed into September, with each one leading to a bigger one the following week.

The action begins on the Labor Day weekend with the Rocky Mountain Games in Denver and the Potomac Valley Masters Games in Washington, D.C.

The North American Championships are set for New York City the following weekend, as are two Los Angeles meets — the Senior Olympics and the new Citrack Masters Meet.

Then the biggies: the Nationals in Houston on the third weekend, followed by the 9-day V World Veterans Games in Puerto Rico. (See separate stories on page one).

### LONG DISTANCE RUNNING

The 10-K finals of the Nike Masters Grand Prix Series highlights LDR action in Santa Barbara, Calif. on the 11th. Three men and three women will win free trips to France next month for the World Veterans Distance Championships.

The 5th Annual Women's Masters 5K takes place in Toronto on the 24th.

Top open races include the Black Hills, South Dakota 10K/Marathon, and the Charleston, W.V. 15-miler, on the 3rd; the Washington National 10K Fitness Classic in Evanston, Illinois on the 11th; the Nike/OTC Marathon in Oregon on the 11th; the Philadelphia Half-Marathon on the 18th; America's Marathon in Chicago, and the Virginia 10-miler in Lynchburg on the 24th; and the Dayton River Corridor Half-Marathon on the 25th. □

## LONG DISTANCE RUNNING NATIONAL

**September 11.** NIKE Masters Grand Prix 10K Finals, Santa Barbara, Calif. John Brennand, PO Box 6616, Santa Barbara CA 93160.

**September 25.** TAC National Masters Half Marathon Championships, Dayton, Ohio. Steve Barr, Miami Valley Pro Health Center, 3700 Far Hills Ave., Kettering, OH 45429. 513/298-2391.

**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 15.** TAC National Masters 5K Road Championships, Searcy, Arkansas. Cliff Sharp, Harding U., Searcy AR 72143. 501/268-6161.

**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.

**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.

### NEW ENGLAND

**September 4.** Jim Kelly "Over 30" 10 Mile Run, Snow School, Middletown, Conn. Bernie O'Rourke, PO Box 1300, Middletown, CT 06457. 203-344-3400.

**September 5.** American National Bank New Haven 10K. New Haven Road Race, Box 1893, New Haven, CT 06508.

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

**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

**September 15.** 3rd Annual NIKE Capital Challenge 3-Mile, Washington, D.C. Jeff Darman, 2550 M. Street, Washington, D.C. 20037. 202-775-8740.

**September 18.** Philadelphia Half-Marathon. Bill Jackson, Central YMCA, 1421 Arch St., Philadelphia, PA 19102.

**September 24.** MCP 5-Miler, Philadelphia, PA. Pete Taylor, The Medical College of Pennsylvania, 3300 Henry Ave., Philadelphia, PA 19129. 215-842-4108.

**September 25.** Great Race 10K, Pittsburgh, Penn. Great Race 10K, Public Info. Office, Parks & Rec., 400 City County Bldg., Pittsburgh, PA 15219. 412-391-5539.

**October 1.** Avon Half-Marathon, New York, NY. W/only. NYRRRC, 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 27.** Philadelphia Independence Marathon. Chris Tatreau, Memorial Hall, Phila., PA 19131.

(Continued on page 26)

## 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



Bill Knocke wins 200 meters at West Coast Masters Classic, Visalia, May 7th.

Photo by G. Cohen

## CLASSIFIEDS

If you are promoting a race meet, or offer a service or product or wish to place a personal ad, the rate is 25¢ a word. Payable with copy. Deadline is the 10th of the month prior to issue date. Send NMN, PO Box 2372, Van Nuys, CA 91404.

### PERSONALS -

**MID 30's SAN DIEGO** female sprinter seeking male companionship. Must have sense of humor. Enjoy interval workouts and cheap beer. Law Office. PO Box 7479, San Diego, CA 92017.

Mid-west master female (runner & biker would like to write/meet 35-45 white male with same interests; write S.L., Box 241014, Omaha, Nebraska 68124.

M45 runner wants to write/meet fit, sensitive, adventurous, intelligent woman for companionship, support, love, fun and games. Write R.J., Box 33182, Granada Hills, CA 91344.

Aging, slow, balding, fat, broke, injured, boring, depressed male shot-putter, 56, desires young, beautiful, sincere, slim, healthy, well-to-do, exciting female. No weirdos, please. Box 2204, Van Nuys CA 91404.

**INVENTIONS, IDEAS, TECHNOLOGY WANTED:** Industry presentation/national exposition. 1-800-528-6050; X831.

### RACES

September, 10. California Vintage Run Tour, San Martin Winery, Gilroy, CA. October 2, McDowell Valley Vineyards, Ukiah, CA. CVRT, 25108-B Marguerite Prkwy, Suite 209, Mission Viejo, CA 92692. 714/859-8644.

September 24. 4th Annual Great Expectations/YMCA 10K, Minneapolis. Women and girls only. 2M Fun Run for women, men, children. Chris Foley, Minneapolis YWCA, 1130 Nicollet Mall, Minneapolis, MN. 612/332-0501.

September 25. Mrs. Thurber's 10000 (Women only, Lincoln, NE 5K (M&W). PO Box 94871, Lincoln, NE 68509.

September 25. Wolfpack Survival Run, Whet-

stone HS, Columbus, OH. Flat, fast, accurate course. John White, 4865 Arthur Pl., Columbus, OH. 43220. 614/424-7011 (d); 459-2547 (e).

September 25. Wolfpack Throwing Festival, Columbus, OH. Jim Pearce, 1882 N. Devon Rd., Columbus, OH. 43212. 614/294-4606 (d).

October 1. Pepsi Heritage Day 10K & 2 Mile, Waterford City Park, CA, 8 AM. Don Lundberg, 12607 Lone Oak Rd., Waterford, CA 95386. 209/874-2229.

October 2. Dinny Dawson Memorial 10K, Worcester, MA. Rich Riley Jr., 61 Paine St., Worcester, MA 01605. 617/799-6381.

October 8. Walker/North Country Marathon and 10K, Walker, MN. Winds through Chippewa National Forest North Country Trail. 74 awards crafted by local artisans, live broadcast, KLLR Radio. Leech Lake Chamber of Commerce, Box G, Walker, MN 56484.

October 8. Moving Comfort 8K, San Diego, CA. Ginger Baldwin, 12855 Caminito De Las Olas, Del Mar, CA 92014. Enclose SASE.

October 9. 2nd Annual Jay Dirksen 25K; October 30, 3rd Annual Sue Thomas 30K, Brookings, SD. Certified races. 8 am. SDSU, Brookings, SD 57007. 605/688-5526.

October 23. Modesto Natural light 10K Championships and 2 Mile Run, Modesto, CA. TAC & RRCA certified course is flat, fast, and scenic. Local TV coverage. Jeff Highiet, 229 Charlemagne Way, Modesto, CA 95350. 209/527-7597.

October 29. Bison Stampede 10K, Harding U., Searcy, Arkansas. Cliff Sharp, Box 665, Harding U., Searcy AR 72145.

October 30. Great Pumpkin Race 5/10K, Mason Park, Irvine, CA. Costumes invited. SCRA, 3857 Birch, No. 442, Newport Beach, CA 92660. 714/646-3452.

### BOOKS

**DON'T:** What not to do and say in polite society. A witty, charming, timeless book of proper manners. Reprinted from the 1920's British edition. Now available for \$4.95. Cal. residents add 6% sales tax. WIMSEY HOUSE, PO BOX 33182, GRANADA HILLS, CA 91344.

(Continued from page 25)

### SOUTHEAST

September 3. Charleston Distance Run 15-Mile. Charleston, WV. Tony Gallo, Box 2749, Charleston, WV 25330.

September 24. Virginia 10 Miler, Lynchburg, Virg. Marilyn Straub, 3030 Canehill Dr., Lynchburg, VA. 24503.

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

### MIDWEST

September 11. Washington National 10K Fitness Classic, Evanston. Illinois. Fitness Classic, 1630 Chicago Ave., Evanston IL. 60201.

September 25. America's Marathon, Chicago, IL. Mary McCall, 1676 N. La Salle, Chicago, IL. 60610. 312/951-0660.

Sept. 25. Dayton River Corridor Half-marathon, Dayton, Ohio. Stephen A. Barr, 3700 Far Hills Ave., Dayton, OH 45429. 513/298-2391.

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.

September 3-4. Black Hills 10K and Marathon, Rapid City, SD. PO Box 9243, Rapid City, SD 57709.

September 5. 3rd Annual Garry Bentley 20K, Brookings, So. Dak. SDSU, Brookings, SD 57007. 605/688-5526.

September 11. RRCA National 25K Championships, Minneapolis. Jeff Winter, 3515 Holmes, Minneapolis, MN 55408.

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.

### NORTHWEST

September 11. Nike-OTC Marathon, Eugene, OR. Deadline mid-June. Jerry Settelmeyer, Box 10412, Eugene, OR 97440. 503-687-2477.

September 17. Prefontaine Memorial Run 10K, Coos Bay, Ore. Bob Huggins, PO Box 1019, Coos Bay, OR 97420. 503/269-1103.

### HAWAII

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

### CANADA

September 4. Montreal International Marathon, Quebec, Serge Arseneault, President, Box 1570, Station B, Montreal, Quebec, Canada H3B-3L2.

September 24. 5th Annual Women's Masters 5K Road Championships, Sunnyside Park, Toronto. 1:30 p.m. Christine Walker, 34 Rodda Blvd. West Hills, Ontario M1E 2Z6.

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.

## KNIFTON, BOCCI WIN NATIONAL 10K WALK

Hot (80°+) and humid weather did not slow the winners of the TAC National Masters 10K Racewalk Championships, July 16, in Niagara Falls, N.Y.

John Knifton, NYAC, won the 40-49 race from William Cressman, Niagara RWC, by over three minutes, 50:49/54:02. Sal Corrallo, Potomac Valley Srs., finished about two minutes ahead of Jack Boitano, NY Masters SC, 51:59/53:55, in the 50-59 groups. Max Gould had little competition in winning the 60-69 division in 58:22.

Jeanne Bocci, Motor City Striders, took the masters women's race in 55:16 over Dorothy Kelly, Island TC, 59:47. Ernestine Yeomans, 64, Clifton TC, finished in 1:14:59.

Eighty-eight of the 90 starters finished, the last in 1:20:46. □

## 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.*

## 1982 MASTERS 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.

| marathon            |                     | Men- 35 thru 39 |                |    |                 |
|---------------------|---------------------|-----------------|----------------|----|-----------------|
| 2:21:07a            | Ricardo Martinez    | 35              | Las Vegas      | NV | 2 Oct, UT-A     |
| 2:22:08a            | Nick Barton         | 38              | Salt Lake City | UT | 2 Oct, UT-A     |
| 2:22:17             | Frank Shorter       | 35              | Boulder        | CO | 12 Dec, HI-A    |
| 2:23:31             | Bill Scobey         | 37              | Ventura        | CA | 2 May, CA-A     |
| 2:24:10a            | Ray Currier         | 38              | Manchester     | NH | 19 Sep, NH-A    |
| 2:24:13             | Gary Tuttle         | 35              | Ventura        | CA | 16 Dec, CA-A    |
| 2:25:05a            | Bill Sevald         | 36              | San Francisco  | CA | 24 Oct, NY-A    |
| 2:25:10a            | Dave Foley          | 35              | Cadillac       | MI | 28 Nov, PA-A    |
| 2:25:12a            | Bruce Mortenson     | 38              | Rochester      | MN | 19 Jun, MN-A    |
| 2:25:22             | Bob Wolfe           | 35              | Winchester     | MA | 7 Nov, RI-A     |
| 2:25:39             | Wallie Jones        | 35              | Sumter         | SC | 11 Dec, SC-A    |
| 2:25:42a            | Stephen Lester      | 39              | Magna          | UT | 2 Oct, UT-A     |
| 2:25:45a            | Tony Mifsud         | 39              | Allen Park     | MI | 28 Nov, PA-A    |
| 2:26:31             | Greg Jewett         | 35              | Berkeley       | CA | 11 Jul, CA-A    |
| 2:26:34             | Gary Goettelmann    | 38              | San Jose       | CA | 12 Sep, OR-A    |
| 2:26:57             | Charles Frawley     | 39              | San Antonio    | TX | 12 Sep, OR-A    |
| 2:27:03             | Don Coffman         | 39              | Frankfort      | KY | 11 Dec, AL-A    |
| 2:27:28             | Bob Schlau          | 35              | Isle of Palms  | SC | 11 Dec, SC-A    |
| 2:27:56a            | Ken Harper          | 36              | Provo          | UT | 2 Oct, UT-A     |
| 2:27:56             | Carl Hatfield       | 35              | Morgantown     | WV | 7 Nov, DC-A     |
| 2:27:56a            | David Oropeza       | 37              | Phoenix        | AZ | 4 Dec, AZ-A     |
| 2:28:05a            | William Nelson      | 35              | Muskego        | WI | 10 Oct, WI-A    |
| 2:28:05             | Robert Gordon       | 35              |                | TX | 4 Dec, TX-A     |
| 2:28:11             | Robert Franklin     | 36              | Riga           | MI | 11 Dec, AL-A    |
| 2:28:22             | Greg White          | 37              | East Peoria    | IL | 10 Oct, IL-A    |
| resident foreigners |                     |                 |                |    |                 |
| 2:15:09             | Demetrio Cabanillas | 35              | N Salt Lk City | UT | 16 Jan, FL-A/MX |
| 2:25:45a            | Bernie Allen        | 36              | Boulder        | CO | 24 Oct, NY-A/UK |

| marathon |                   | Men- 40 thru 44 |                |    |              |
|----------|-------------------|-----------------|----------------|----|--------------|
| 2:22:48  | Jim Bowers        | 43              | Santa Rosa     | CA | 10 Oct, CA-A |
| 2:23:08  | William Hall      | 42              | Durham         | NC | 12 Sep, OR-A |
| 2:24:08a | Robert Jenkins    | 42              | Salem          | VA | 24 Oct, NY-A |
| 2:24:35  | Ralph Zimmerman   | 40              | N Tonawanda    | NY | 16 Jan, FL-A |
| 2:26:02a | Dan Conway        | 43              | Chetek         | WI | 19 Jun, MN-A |
| 2:27:53  | Skip Shaffer      | 43              | Fullerton      | CA | 17 Jan, CA-A |
| 2:28:01  | Michael Heffernan | 42              | Portland       | OR | 12 Sep, OR-A |
| 2:28:30a | Alton Miguez      | 41              | Pensacola      | FL | 7 Feb, LA-A  |
| 2:29:29  | Thomas Mayfield   | 43              | San Angelo     | TX | 24 Jan, TX-A |
| 2:29:57a | Herbert Clemens,  | 43              | Salt Lake City | UT | 2 Oct, UT-A  |
| 2:30:00a | Ken Schei         | 41              | Englewood      | CO | 24 Jan, AZ-A |
| 2:30:18  | Roger Rouiller    | 44              | Lockport       | IL | 26 Sep, IL-A |
| 2:30:20  | Frank Duarte      | 40              | Santa Ana      | CA | 6 Jun, OR-A  |
| 2:30:21  | Jim Gray          | 40              | Nth Providence | RI | 7 Nov, RI-A  |
| 2:30:23  | Don Davis         | 40              | Woodbridge     | VA | 7 Nov, DC-A  |
| 2:30:29  | Skip Houk         | 40              | Reno           | NV | 11 Jul, CA-A |
| 2:30:30  | Joe Burgasser     | 43              | St Petersburg  | FL | 16 Jan, FL-A |
| 2:30:37  | Roger Pflugfelder | 40              | Greensburg     | PA | 7 Nov, DC-A  |
| 2:30:51a | Sol Epstein       | 41              | Indianapolis   | IN | 19 Apr, MA-A |
| 2:31:09a | James O'Connell   | 41              | Red Bank       | NJ | 24 Oct, NY-A |
| 2:31:11  | Warren Finke      | 40              | Portland       | OR | 12 Sep, OR-A |
| 2:31:13a | Rolland Rust      | 42              | Fargo          | ND | 3 Oct, MN-A  |
| 2:31:23  | Fay Bradley       | 44              | Washington     | DC | 6 Jun, OR-A  |
| 2:31:30a | Robert D Nelson   | 40+             |                |    | 2 Oct, UT-A  |
| 2:32:09  | Jeffrey Wall      | 40              | Daly City      | CA | 11 Jul, CA-A |

| marathon            |                    | Men- 45 thru 49 |                |    |                 |
|---------------------|--------------------|-----------------|----------------|----|-----------------|
| 2:26:45a            | William A Johnston | 45              | Salt Lake City | UT | 2 Oct, UT-A     |
| 2:28:58a            | Jerry McNeal       | 45              | Minnetonka     | MN | 3 Oct, MN-A     |
| 2:29:05a            | Ernest Billups     | 45              | Chicago        | IL | 19 Jun, MN-A    |
| 2:29:30a            | Ardel Boes         | 45              | Golden         | CO | 3 Oct, CO-A     |
| 2:30:18             | David Salo         | 49              | La Jolla       | CA | 11 Jul, CA-A    |
| 2:30:45             | Jim Knerr          | 48              | Simi Valley    | CA | 29 Aug, CA-A    |
| 2:32:09a            | John Brennand      | 46              | Santa Barbara  | CA | 19 Apr, MA-A    |
| 2:33:42a            | Norman Green       | 49              | Wayne          | PA | 19 Apr, MA-A    |
| 2:34:17             | James Gallup       | 47              | Honolulu       | HI | 12 Dec, HI-A    |
| 2:34:28             | Frederick Hagerman | 46              | Athens         | OH | 16 May, OH-A    |
| 2:34:51             | Bill Foulk         | 49              | Bozeman        | MT | 6 Jun, OR-A     |
| 2:34:59a            | Brian Harris       | 47              | Royal Oak      | MI | 3 Oct, MI-A     |
| 2:35:30             | Andre Tocco        | 46              | San Pedro      | CA | 13 May, CA-A    |
| 2:35:32             | Maurice Pratt      | 45              | Federal Way    | WA | 27 Nov, WA-A    |
| 2:36:31a            | Merl Glauser       | 46              | Northridge     | CA | 2 Oct, UT-A     |
| 2:37:49             | William Hoss       | 47              | Houston        | TX | 24 Jan, TX-A    |
| 2:37:53             | Frank Delgado      | 45+             |                |    | 6 Feb, CA-A     |
| 2:38:44             | Richard Jamborsky  | 46              | Reston         | VA | 7 Nov, DC-A     |
| 2:39:21a            | Ben Hyser          | 47              | York           | PA | 19 Apr, MA-A    |
| 2:40:25             | Robert Landry      | 45              | Groton         | CT | 26 Sep, CT-A    |
| 2:40:25             | Aldor Lanctot      | 46              | San Antonio    | TX | 4 Dec, TX-A     |
| 2:40:57             | David Bloor        | 46              | Staunton       | VA | 7 Nov, DC-A     |
| 2:41:13a            | Jack Blakely       | 46              | Ithaca         | NY | 19 Apr, MA-A    |
| 2:41:24a            | Jerome Riordan     | 48              | Syracuse       | NY | 19 Apr, MA-A    |
| 2:42:01a            | Bob Trudgson       | 48              | Detroit        | MI | 11 Sep, MI-A    |
| resident foreigners |                    |                 |                |    |                 |
| 2:26:39             | Frits Mueller      | 46              | New York       | NY | 12 Sep, OR-A/WG |
| 2:35:28             | Fred Kiddy         | 48              | Palm Springs   | CA | 12 Sep, OR-A/UK |

| marathon |                  | Men- 50 thru 54 |                |    |              |
|----------|------------------|-----------------|----------------|----|--------------|
| 2:29:54a | Norman Green     | 50              | Wayne          | PA | 28 Nov, PA-A |
| 2:37:38  | Marvin Dunn      | 50              | San Antonio    | TX | 24 Jan, TX-A |
| 2:39:40a | Edward Schafer   | 53              | Duluth         | MN | 19 Jun, MN-A |
| 2:39:41  | Tom Bailey       | 52              | Denver         | CO | 21 Feb, AZ-A |
| 2:40:23a | Eliahu Comay     | 50              | Ann Arbor      | MI | 3 Oct, MI-A  |
| 2:40:30a | Gaylon Jorgensen | 52              | Highland       | UT | 15 May, UT-A |
| 2:40:39  | Al Lawrence      | 52              | Houston        | TX | 4 Dec, TX-A  |
| 2:41:58a | Kaye Fred Nelson | 50              | Salt Lake City | UT | 2 Oct, UT-A  |
| 2:44:46  | Thomas Barclay   | 51              | Yorktown Hgts  | NY | 7 Nov, DC-A  |
| 2:44:55  | John L Sullivan  | 50              | Holliston      | MA | 7 Nov, RI-A  |

|          |                    |    |                |    |              |
|----------|--------------------|----|----------------|----|--------------|
| 2:45:35  | Hal Higdon         | 51 | Michigan City  | IN | 12 Dec, HI-A |
| 2:46:20  | Philip Watson      | 51 | Simsbury       | CT | 7 Nov, RI-A  |
| 2:46:22  | David Schertz      | 50 | Lombard        | IL | 26 Sep, IL-A |
| 2:46:30a | Don Dixon          | 54 | Hastings/Hudsn | NY | 19 Apr, MA-A |
| 2:46:39  | Edward Dibble      | 51 | Sylvania       | OH | 26 Jun, MI-A |
| 2:47:06  | George Etherington | 53 | Madison        | CT | 7 Nov, RI-A  |
| 2:47:41  | Ephraim Romesberg  | 51 | San Jose       | CA | 11 Jul, CA-A |
| 2:48:09a | Eugene Silver      | 51 | San Jose       | CA | 14 Mar, CA-A |
| 2:48:34  | George Studzinski  | 50 | Wynnewood      | PA | 7 Nov, DC-A  |
| 2:48:38a | David Salo         | 50 | La Jolla       | CA | 21 Nov, CA-A |
| 2:48:47  | Edward Stabler     | 52 | Syracuse       | NY | 17 May, NY-A |
| 2:49:06  | Bob Farrington     | 51 | San Jose       | CA | 10 Oct, CA-A |
| 2:49:25a | Michael J Sullivan | 52 | Norwood        | MA | 24 Oct, NY-A |
| 2:49:46  | Tracy Brown        | 53 | Los Alamitos   | CA | 13 May, CA-A |
| 2:49:49a | Buck Levy          | 51 | Sun Valley     | ID | 4 Dec, AZ-A  |

| marathon |                    | Men- 55 thru 59 |                |    |              |
|----------|--------------------|-----------------|----------------|----|--------------|
| 2:35:51a | Alex Ratelle       | 58              | Edina          | MN | 3 Oct, MN-A  |
| 2:42:18a | Herb Chisholm      | 55              | Alexandria     | VA | 19 Apr, MA-A |
| 2:47:59a | James Glidewell    | 55              | Fairborn       | OH | 24 Oct, NY-A |
| 2:50:15a | Jim Forshee        | 57              | Ann Arbor      | MI | 3 Oct, MI-A  |
| 2:51:46  | William Heinbockel | 55              | Port Jefferson | NY | 7 Nov, DC-A  |
| 2:53:05  | Jordan Bisceglia   | 56              | Pittsburgh     | PA | 16 May, OH-A |
| 2:53:39a | Tim Klinges        | 55              | Wilkes-Barre   | PA | 28 Nov, PA-A |
| 2:53:46  | Gerald Morrison    | 59              | Parkville      | MO | 12 Sep, OR-A |
| 2:55:22  | Glenn Coleman      | 59              | Alexandria     | VA | 7 Nov, DC-A  |
| 2:56:18  | Ruben Vigil        | 55              | Albuquerque    | NM | 12 Dec, HI-A |
| 2:57:44  | Bruce Clark        | 56              |                |    | 16 May, OH-A |
| 2:58:00  | Walter Bauer       | 57              | University Cty | MO | 7 Nov, MO-B  |
| 2:58:39a | Elsworth Harger    | 56              | Munising       | MI | 11 Sep, MI-A |
| 2:59:01  | Myron Meyer        | 55              | Ft Wayne       | IN | 18 Jul, IN-A |
| 2:59:34a | John Brooks        | 55              | Edina          | MN | 3 Oct, MN-A  |
| 2:59:36a | Harry Berner       | 58              | Lyndhurst      | NJ | 24 Oct, NY-A |
| 3:00:17  | Ian Sussex         | 55              | Guilford       | CT | 7 Nov, RI-A  |
| 3:00:24  | Bob Bartling       | 56              | Brookings      | SD | 6 Nov, NE-A  |
| 3:00:30a | Jerome Kerkhof     | 55              | Silver Spring  | MD | 19 Apr, MA-A |
| 3:01:36  | Gus Hannickel      | 57              | Loomis         | CA | 6 Mar, CA-A  |
| 3:02:20  | Vere Bellian       | 55              | Hudson         | OH | 10 Oct, OH-A |
| 3:02:26a | Harry Roberts      | 58              | Homewood       | IL | 19 Apr, MA-A |
| 3:02:47a | Max Nemazi         | 56              | Livonia        | MI | 19 Apr, MA-A |
| 3:03:32  | Bart Holm          | 57              | Wilmington     | DE | 14 Nov, NJ-A |
| 3:04:14  | Fred Nagelschmidt  | 58              | Ventura        | CA | 29 Aug, CA-A |

| marathon |                    | Men- 60 thru 64 |               |    |              |
|----------|--------------------|-----------------|---------------|----|--------------|
| 2:53:14  | Frank Grey         | 62              | Poulsbo       | WA | 12 Dec, HI-A |
| 2:57:11a | Leif Odmark        | 60              | Sun Valley    | ID | 2 Oct, UT-A  |
| 2:57:47  | Francis DiMarco    | 60              | South Windsor | CT | 7 Nov, DC-A  |
| 2:59:53a | Jack Start         | 62              | Trenton       | NJ | 28 Nov, PA-A |
| 3:00:40a | Thomas Gibbons     | 61              | Bellerose     | NY | 28 Nov, PA-A |
| 3:01:07  | John K Arthur      | 60              | Portland      | OR | 27 Feb, OR-A |
| 3:03:58a | Stephen Richardson | 62              | Riverside     | CT | 24 Oct, NY-A |
| 3:04:53  | Jim Parker         | 60              | Monterey      | MA | 11 Dec, OK-A |
| 3:04:54  | Manuel Slate       | 60              | Belmont       | MA | 7 Nov, RI-A  |
| 3:06:02  | Charles Ogilvie    | 64              | Ft Worth      | TX | 4 Dec, TX-A  |
| 3:06:13  | Wayne Zook         | 64              | San Diego     | CA | 17 Jan, CA-A |
| 3:06:27a | James McCown       | 60              | Everett       | WA | 19 Apr, MA-A |
| 3:06:29  | Gerald Horton      | 60              | Kula          | HI | 12 Dec, HI-A |
| 3:06:38a | Robert Haugh       | 61              | Dallas        | TX | 24 Oct, NY-A |
| 3:07:54  | Warren Utes        | 62              | Park Forest   | IL | 26 Sep, IL-A |
| 3:09:23  | Hubert Morgan      | 60              | Sayre         | PA | 14 Nov, PA-A |
| 3:09:24  | Rudy Nimmons       | 61              | Seneca        | SC | 13 Feb, SC-A |
| 3:11:40a | Ralph Pavek        | 61              | Little Canada | MN | 19 Jun, MN-A |
| 3:12:28  | Dom Rinaldi        | 61              | Old Forge     | PA | 7 Nov, DC-A  |
| 3:13:06a | Harold Daughters   | 60              | Blue Jay      | CA | 19 Apr, MA-A |
| 3:13:20a | Carlton Mendell    | 60              | Portland      | ME | 17 Jul, ME-A |
| 3:14:23  | Joe Cusic          | 60              | Portland      | OR | 12 Sep, OR-A |
| 3:14:39a | George Boyle       | 63              | Los Angeles   | CA | 21 Nov, CA-A |
| 3:15:37a | Manuel Rivas       | 60+             | Tooele        | UT | 2 Oct, UT-A  |
| 3:16:02a | Phil Hodge         | 61              | Minneapolis   | MN | 3 Oct, MN-A  |

| marathon |                   | Men- 65 thru 69 |                |    |              |
|----------|-------------------|-----------------|----------------|----|--------------|
| 2:54:13  | Clive Davies      | 66              | Tillamook      | OR | 28 Mar, OR-A |
| 3:11:25  | Paul Reese        | 65              | Sacramento     | CA | 11 Jul, CA-A |
| 3:16:04a | John Archer       | 67              | Oconomowoc     | WI | 19 Apr, MA-A |
| 3:16:33a | Wilfredo Rios     | 65              | Bellerose      | NY | 19 Apr, MA-A |
| 3:16:57  | Reg Rollason      | 65              | Satsuma        | FL | 21 Feb, FL-A |
| 3:17:03a | Donald Lundberg   | 66              | Waterford      | CA | 14 Mar, CA-A |
| 3:17:37  | Robert Kroger     | 66              | Riverside      | CA | 2 May, CA-A  |
| 3:23:47  | Richard Bergath   | 67              | San Diego      | CA | 17 Jan, CA-A |
| 3:24:18a | Stuart Jardine    | 65              | Salt Lake City | UT | 24 Jul, UT-A |
| 3:26:20  | John Benkovic     | 65              | Beloit         | WI | 16 Oct, WI-A |
| 3:27:18a | Don Bradley       | 66              | Encinitas      | CA | 4 Dec, AZ-A  |
| 3:27:53  | Cleo Casady       | 68              | Springfield    | MO | 28 Feb, MO-A |
| 3:29:17  | Edson Sower       | 67              | Milwaukee      | WI | 7 Nov, DC-A  |
| 3:30:23  | Holcomb Marshall  | 65              | Decatur        | GA | 25 Nov, GA-A |
| 3:31:55  | Warren Steckmest  | 67              | Rumney         | NH | 31 Oct, NH-A |
| 3:35:53  | Vernon Geary      | 69              | Williamsburg   | VA | 20 Mar, VA-A |
| 3:36:43  | Louis Preysz      | 66              | Madison        | WI | 26 Sep, IL-A |
| 3:38:54  | Edward Adams      | 67              |                |    | 16 May, OH-A |
| 3:39:10  | Bill Van Fleet    | 67              | Eureka         | CA | 2 May, CA-A  |
| 3:40:50  | Carroll Heatwolf  | 68              | Hershey        | PA | 14 Nov, PA-A |
| 3:41:20  | Oscar Hartmann    | 65              | Lemay          | MO | 7 Nov, MO-B  |
| 3:42:42  | Merrill Barnebey  | 65              | Holmen         | WI | 26 Jun, WI-A |
| 3:43:30a | Vincent Bresnahan | 67              | Rockville Cntr | NY | 24 Oct, NY-A |
| 3:43:48a | Henry Laffer      | 66              | Brooklyn       | NY | 24 Oct, NY-A |
| 3:44:30  | Robert Hutchins   | 65              | Coronado       | CA | 17 Jan, CA-A |

| marathon |                  | Men- 70 thru 74 |                   |             |  |
|----------|------------------|-----------------|-------------------|-------------|--|
| 3:26:20  | Vernon Geary     | 70              | Williamsburg VA   | 24 Oct,VA-A |  |
| 3:32:39a | Carl Stroud      | 74              | Rncho Santa Fe CA | 21 Nov,CA-A |  |
| 3:42:33  | Luis Martin      | 71              | Upr Montclair NJ  | 14 Nov,NJ-A |  |
| 3:54:24  | Clyde Villemez   | 70              | Port Arthur TX    | 24 Jan,TX-A |  |
| 3:55:51  | Norman Bright    | 72              | Seattle WA        | 27 Feb,OR-A |  |
| 3:59:04  | Nathaniel Hefner | 71              | Parkersburg WV    | 28 Feb,PA-A |  |
| 4:01:33  | Einar Pitkanen   | 72              | Astoria OR        | 27 Feb,OR-A |  |
| 4:04:03  | James Murphy     | 72              | Huntington NY     | 7 Nov,RI-A  |  |
| 4:07:10  | Masato Shibasaki | 70              | Honolulu HI       | 12 Dec,HI-A |  |
| 4:13:28  | James Lux        | 70              | Yale MI           | 26 Jun,MI-A |  |
| 4:17:09  | Donald Iwahashi  | 70              | Daly City CA      | 3 Oct,CA-A  |  |
| 4:20:58  | Ernest Lyons     | 73              |                   | 13 May,CA-A |  |
| 4:23:13  | Samuel Fass      | 71              | Richmond VA       | 24 Oct,VA-A |  |
| 4:23:14  | Howard Calkin    | 71              | Oregon MO         | 10 Oct,MO-A |  |
| 4:28:07a | Leon Hayward     | 70              |                   | 28 Nov,PA-A |  |
| 4:30:46  | Glenn Ditton     | 72              | Alva OK           | 29 May,OR-A |  |
| 4:38:16  | Thomas Cullen    | 70              | Danville CA       | 2 May,CA-A  |  |
| 4:44:47  | John Newdorp     | 72              | Oakton VA         | 24 Oct,VA-A |  |
| 4:49:09a | John Childs      | 72              | New York NY       | 24 Oct,NY-A |  |
| 4:49:43  | Walt Stack       | 74              | San Francisco CA  | 11 Jul,CA-A |  |
| 4:52:56a | Joe Marinucci    | 73              | Newburgh NY       | 24 Oct,NY-A |  |
| 4:58:34  | Willard Roberts  | 70              | Phoenix MD        | 7 Nov,DC-A  |  |
| 4:59:31  | James Cobb       | 71              | Falls Church VA   | 7 Nov,DC-A  |  |
| 4:59:54a | Clifton Woolley  | 72              | Memphis TN        | 24 Oct,NY-A |  |
| 5:01:44a | Knud Knudsen     | 74              | Escondido CA      | 4 Dec,AZ-A  |  |
| 5:07:03a | James Ramsey     | 74              | Detroit MI        | 3 Oct,MI-A  |  |

| marathon |                 | Men- 75 thru 79 |                  |             |  |
|----------|-----------------|-----------------|------------------|-------------|--|
| 4:28:03  | Kenji Matsumoto | 75              | Honolulu HI      | 12 Dec,HI-A |  |
| 4:30:07  | Louis Cox       | 75              | Dayton OH        | 12 Dec,HI-A |  |
| 4:37:03  | Gordon Sherbeck | 75              | Vancouver WA     | 6 Jun,OR-A  |  |
| 4:40:44  | Bernard Dathe   | 76              | Plesant Hill CA  | 12 Dec,HI-A |  |
| 4:50:07  | Robert Strauss  | 76              | Mayfield Hgts OH | 16 May,OH-A |  |
| 5:22:20  | Ben Mostow      | 79              | Skokie IL        | 26 Sep,IL-A |  |
| 6:44:38  | Theodore Hyde   | 78              | The Dalles OR    | 11 Jul,CA-A |  |

| marathon |              | Men- 80 and over |              |             |  |
|----------|--------------|------------------|--------------|-------------|--|
| 6:07:36a | Noel Johnson | 83               | San Diego CA | 24 Oct,NY-A |  |
| 6:48:44  | Ivor Welch   | 87               | Pacifica CA  | 11 Jul,CA-A |  |

| marathon |                      | Women- 35 thru 39 |                  |                |  |
|----------|----------------------|-------------------|------------------|----------------|--|
| 2:33:51  | Laurie Binder        | 35                | Oakland CA       | 12 Sep,OR-A    |  |
| 2:44:30  | Cindy Dalrymple      | 39                | New York NY      | 24 Jan,TX-A    |  |
| 2:45:03a | Susan Henderson      | 36                | Boulder CO       | 4 Dec,AZ-A     |  |
| 2:46:37a | Barbara Filutze      | 36                | Erie PA          | 28 Nov,PA-A    |  |
| 2:46:53a | Charlene Groet       | 35                | Demotte IN       | 24 Oct,NY-A    |  |
| 2:48:19a | Madeline Harmeling   | 37                | Merrick NY       | 24 Oct,NY-A    |  |
| 2:50:35  | Sue Petersen         | 37                | Laguna Beach CA  | 11 Jul,CA-A    |  |
| 2:51:08  | Patricia Sher        | 35                | Jacksonville FL  | 7 Nov,DC-A     |  |
| 2:52:16a | Kathy Kapalin        | 35                | Green Bay WI     | 19 Jun,MN-A    |  |
| 2:52:52a | Betty Hite           | 36                | North Webster IN | 25 Apr,IL-A    |  |
| 2:55:00  | Gabriele Andersen    | 37                | Sun Valley ID    | 30 Oct,ID-A    |  |
| 2:55:12  | Kathleen Beebee      | 36                | West Medford MA  | 20 Nov,MA-A    |  |
| 2:55:40a | Bobbi Rothman        | 37                | Miller Place NY  | 28 Nov,PA-A    |  |
| 2:55:55a | Eileen Portz         | 35                | Mertztown PA     | 24 Oct,NY-A    |  |
| 2:55:59a | Ford Madeira         | 37                | Sherborn MA      | 19 Apr,MA-A    |  |
| 2:56:23  | Nelly Wright         | 36                | Monterey CA      | 11 Jul,CA-A    |  |
| 2:56:25  | Polly Peacock        | 38                | St Louis MO      | 7 Nov,MO-B     |  |
| 2:57:28a | Judy Kewley          | 37                | Simi Valley CA   | 14 Feb,CA-A    |  |
| 2:57:58a | Bette Poppers        | 39                | Littleton CO     | 24 Jan,AZ-A    |  |
| 2:58:08a | Gail Scott           | 36                | Durango CO       | 4 Dec,AZ-A     |  |
| 2:58:20  | Diane Fournier       | 35                |                  | 17 Oct,ME-A    |  |
| 2:59:15  | Kathy Cesaro         | 35                | Pompano Beach FL | 16 Jan,FL-A    |  |
| 2:59:29  | Anne Reed            | 36                | Charleston SC    | 11 Dec,SC-A    |  |
| 2:59:46a | Judith Richardson    | 38                | El Cajon CA      | 4 Dec,AZ-A     |  |
| 2:59:48  | Hilary Naylor        | 35                |                  | 12 Sep,CA-A    |  |
| 2:45:52  | Wendy O'Donnell      | 39                | Portland OR      | 27 Nov,WA-A/CN |  |
| 2:53:59a | Angella Hearn        | 36                | New York NY      | 24 Oct,NY-A/UK |  |
| 2:54:08a | Christine Grenning   | 36                | New York NY      | 24 Oct,NY-A/UK |  |
| 2:57:24a | Ragna Rokevag-Zanger | 38                | San Francisco CA | 6 Jun,CA-A/NW  |  |

| marathon |                       | Women- 40 thru 44 |                   |             |  |
|----------|-----------------------|-------------------|-------------------|-------------|--|
| 2:43:36  | Cindy Dalrymple       | 40                | New York NY       | 26 Sep,IL-A |  |
| 2:53:03  | Shirley Weaver        | 40                | Great Falls MT    | 12 Sep,OR-A |  |
| 2:53:38  | Ann Diaz              | 42                | Glencoe IL        | 11 Dec,AL-A |  |
| 2:56:08a | Anne Bing             | 43                | Franklin Lakes NJ | 24 Oct,NY-A |  |
| 2:56:42a | Linda Thurston        | 40                | Somerville NJ     | 24 Oct,NY-A |  |
| 2:57:25a | Joan Reiss            | 44                | Sacramento CA     | 14 Mar,CA-A |  |
| 2:58:15a | Nina Kuscsik          | 43                | Huntington Stn CA | 24 Oct,NY-A |  |
| 2:58:38a | Marilyn Harbin        | 44                | Martinez CA       | 14 Mar,CA-A |  |
| 2:58:56a | Patricia Thomas       | 42                | Seattle WA        | 19 Apr,MA-A |  |
| 3:00:05a | Jane Arnold           | 41                | Bloomfield CT     | 24 Oct,NY-A |  |
| 3:02:33a | Sue Stricklin         | 44                | San Francisco CA  | 24 Oct,NY-A |  |
| 3:02:56a | Agatha-Sue Lee        | 42                | Lafayette CA      | 6 Jun,CA-A  |  |
| 3:03:24  | Rose Gardner          | 43                | Tacoma WA         | 3 Oct,WA-A  |  |
| 3:05:33a | Krista Rompanen       | 42                | Malibu CA         | 14 Feb,CA-A |  |
| 3:06:17a | Heidi Skaden-Poyser   | 44                | Sacramento CA     | 6 Jun,CA-A  |  |
| 3:06:23a | Patricia Whittingslow | 42                |                   | 6 Jun,CA-A  |  |
| 3:06:44  | Sue Johnston          | 40                | Oakland CA        | 11 Jul,CA-A |  |
| 3:07:17  | Charlotte Swanson     | 40                | Spokane WA        | 3 Oct,WA-A  |  |
| 3:07:34  | Sue Patterson         | 40+               | Fargo ND          | 25 Apr,IA-A |  |
| 3:07:40a | Tina Hayward          | 41                | Vicksburg MI      | 3 Oct,MI-A  |  |
| 3:07:42  | June Hubbard          | 41                | Boise ID          | 30 Oct,ID-A |  |
| 3:07:52  | Lolitia Bache         | 40                | Annandale VA      | 7 Nov,DC-A  |  |
| 3:08:18a | Julia Emmons          | 40                | Atlanta GA        | 19 Apr,MA-A |  |
| 3:08:32a | Lynne Lauck           | 43                | Pittstown NJ      | 28 Nov,PA-A |  |
| 3:08:44a | Joan Uliyot           | 41                | San Francisco CA  | 19 Apr,MA-A |  |

| marathon |                    | Women- 45 thru 49 |                   |             |  |
|----------|--------------------|-------------------|-------------------|-------------|--|
| 2:53:22  | Sandra Kiddy       | 45                | Palm Springs CA   | 11 Jul,CA-A |  |
| 2:56:49a | Joan Reiss         | 45                | Sacramento CA     | 24 Oct,NY-A |  |
| 3:00:21a | Trudy Rapp         | 45                | Eden Prairie MN   | 3 Oct,MN-A  |  |
| 3:01:24  | Nancy Parker       | 46                | Atlanta GA        | 11 Dec,AL-A |  |
| 3:02:42a | Helen Bedrock      | 46                | Cliffside Park NJ | 19 Apr,MA-A |  |
| 3:08:59a | Karen Holappa      | 46                | Plymouth MI       | 3 Oct,MI-A  |  |
| 3:09:06  | Gloria Jenkins     | 45                | Mount Holly NJ    | 7 Nov,DC-A  |  |
| 3:12:33  | Carolyn Cappetta   | 46                | Concord MA        | 7 Nov,RI-A  |  |
| 3:14:15a | Phyllis Heaton     | 49                | Dorset VT         | 6 Jun,CA-A  |  |
| 3:14:56  | Nancy McCormick    | 47                | Omaha NE          | 6 Nov,NE-A  |  |
| 3:14:59a | Mae Horns          | 48                | Edina MN          | 3 Oct,MN-A  |  |
| 3:15:04a | Mimi Lerner        | 45                | St James NY       | 24 Oct,NY-A |  |
| 3:15:47  | Maria Johnston     | 45                | Dallas TX         | 4 Dec,TX-A  |  |
| 3:15:58  | Helen Reed         | 46                | Murfreesboro TN   | 11 Dec,AL-A |  |
| 3:16:22  | Laura Tingle       | 46                | Bradenton FL      | 26 Sep,IL-A |  |
| 3:17:08a | Phyllis Kahn       | 45                | Minneapolis MN    | 3 Oct,MN-A  |  |
| 3:17:21  | Barbara Robinson   | 49                | Nahant MA         | 7 Nov,RI-A  |  |
| 3:17:30a | Mary McCambridge   | 46                |                   | 28 Nov,PA-A |  |
| 3:17:40a | Marnie O'Brien     | 45                | Durango CO        | 4 Dec,AZ-A  |  |
| 3:18:02a | Suzi Harmon-Gillis | 48                | San Diego CA      | 4 Dec,AZ-A  |  |
| 3:18:21  | Margarete Deckert  | 49                | Lagrangeville NY  | 19 Sep,NY-A |  |
| 3:20:06a | Holly Fuchs        | 46                | Ames IA           | 19 Jun,MN-A |  |
| 3:20:07a | Lynn Lipetzky      | 45                |                   | 21 Nov,CA-A |  |
| 3:20:38  | Jane Rasmussen     | 46                | Concord MA        | 7 Nov,DC-A  |  |
| 3:21:13  | Wen-Shi Yu         | 47                | Kew Gardens NY    | 7 Nov,DC-A  |  |

| marathon |                   | Women- 50 thru 54 |                |             |  |
|----------|-------------------|-------------------|----------------|-------------|--|
| 2:59:55a | Marion Irvine     | 52                | San Rafael CA  | 6 Jun,CA-A  |  |
| 3:08:42a | Toshiko D'Elia    | 52                | Ridgewood NJ   | 24 Oct,NY-A |  |
| 3:18:14a | Janet Glassman    | 53                | Allentown PA   | 19 Apr,MA-A |  |
| 3:18:29a | Ruth Anderson     | 52                | Oakland CA     | 6 Jun,CA-A  |  |
| 3:20:42a | Patricia Hurst    | 51                | Fresno CA      | 2 Oct,UT-A  |  |
| 3:21:46a | Alicia Moore      | 52                | New York NY    | 24 Oct,NY-A |  |
| 3:22:33  | Beverly Lampe     | 50                | Monona WI      | 26 Jun,WI-A |  |
| 3:22:46  | Alice Turowski    | 53                | Portland OR    | 27 Feb,OR-A |  |
| 3:24:31  | Margaret Norris   | 51                | Jasper IN      | 14 Nov,KY-A |  |
| 3:25:48a | Matilee Christman | 51                | Des Plaines IL | 25 Apr,IL-A |  |
| 3:26:28a | Donna Downs       | 50+               |                | 2 Oct,UT-A  |  |
| 3:26:59  | Patricia Johnson  | 50                |                | 25 Sep,WA-A |  |
| 3:27:21a | Christa Curtis    | 50                | Durham NH      | 30 May,ME-A |  |
| 3:27:34  | Blanche Paine     | 52                | Watertown MA   | 7 Mar,MA-A  |  |
| 3:30:12  | Anne Johnson      | 53                | Olivenhain CA  | 17 Jan,CA-A |  |
| 3:31:29  | Sally Wolfer      | 50                | Kensington CA  | 11 Jul,CA-A |  |
| 3:32:24a | Ruth Webber       | 53                | Longmeadow MA  | 19 Apr,MA-A |  |
| 3:33:12  | Elisabeth Ross    | 51                | Los Gatos CA   | 12 Sep,OR-A |  |
| 3:36:00a | Peggy Ann Steig   | 52                | Ypsilanti MI   | 6 Jun,CA-A  |  |
| 3:37:06  | Darragh Ellerson  | 52                | Montpelier VT  | 31 Oct,NH-A |  |
| 3:37:28a | Erma Baker        | 53                | Angwin CA      | 14 Mar,CA-A |  |
| 3:38:20a | Eileen Klatsky    | 50                | Orinda CA      | 14 Mar,CA-A |  |
| 3:39:46a | Nancy Tighe       | 51                | New York NY    | 6 Jun,CA-A  |  |
| 3:42:03  | Elizabeth Lathrop | 53                | Gig Harbor WA  | 27 Feb,OR-A |  |
| 3:43:45  | Geraldine Jung    | 51                | Pasadena CA    | 6 Mar,CA-B  |  |

| marathon |                      | Women- 55 thru 59 |                  |             |  |
|----------|----------------------|-------------------|------------------|-------------|--|
| 3:07:21  | Margaret Miller      | 56                | Thousand Oaks CA | 11 Jul,CA-A |  |
| 3:14:56a | Helen Dick           | 58                | Los Angeles CA   | 24 Oct,NY-A |  |
| 3:28:56a | Mary Storey          | 58                | Riverside CA     | 4 Dec,AZ-A  |  |
| 3:31:19a | Janet Grenda         | 56                | Stone Ridge NY   | 24 Oct,NY-A |  |
| 3:33:40  | Billie Murphy        | 55                | Tacoma WA        | 27 Nov,WA-A |  |
| 3:39:55  | Alene Park           | 57                | Huntsville AL    | 11 Dec,AL-A |  |
| 3:40:53a | Adele Milicevic      | 55                | Scottsdale AZ    | 6 Jun,CA-A  |  |
| 3:44:30a | Joanita Reed         | 55                | San Antonio TX   | 6 Nov,TX-A  |  |
| 3:44:34  | Dorothy Russell      | 56                | Berkey OH        | 7 Nov,DC-A  |  |
| 3:48:49a | Maeann Garty         | 55                | San Diego CA     | 4 Dec,AZ-A  |  |
| 3:54:26  | Grace Gammill        | 55                | Mesa AZ          | 21 Feb,AZ-A |  |
| 4:01:25  | Emily Weber          | 57                | Broadview IL     | 26 Sep,IL-A |  |
| 4:06:09  | Helen Todd           | 55                | Elmhurst IL      | 26 Sep,IL-A |  |
| 4:09:24a | Donna Cornelius      | 57                | Toledo OH        | 3 Oct,MI-A  |  |
| 4:10:48a | Polly Dryburgh       | 56                | Berkeley Hgts NJ | 24 Oct,NY-A |  |
| 4:14:25a | Cindy Balgaard       | 55                | Burnsville MN    | 19 Jun,MN-A |  |
| 4:15:16  | Lida Askew           | 55                | Houston TX       | 24 Jan,TX-A |  |
| 4:15:32  | Lynn Edwards         | 59                | Sylvania OH      | 7 Nov,DC-A  |  |
| 4:15:37  | Pepper Davis         | 55                | Orlando FL       | 21 Feb,FL-A |  |
| 4:15:37  | Jan Ishikawa-Fullmer | 57                | Honolulu HI      | 12 Dec,HI-A |  |
| 4:17:03a | Mary Lou Carlson     | 55                | Minneapolis MN   | 3 Oct,MN-A  |  |
| 4:17:25a | Loretta Shehan       | 59                | West Seneca NY   | 16 Oct,NY-A |  |
| 4:18:16  | Dorothy Dreyfus      | 56                | Sacramento CA    | 10 Oct,CA-A |  |
| 4:18:51  | Ursula Steinberg     | 56                | Edison NJ        | 7 Nov,DC-A  |  |
| 4:19:36a | Pat Hale             | 55                | Sunnyvale CA     | 6 Jun,CA-A  |  |

| marathon |                  | Women- 60 thru 64 |                   |             |  |
|----------|------------------|-------------------|-------------------|-------------|--|
| 3:51:02  | Els Tuinzing     | 60                | Mill Valley CA    | 11 Jul,CA-A |  |
| 3:54:10  | Josephine Hess   | 64                | Selah WA          | 23 Oct,WA-A |  |
| 3:55:22  | Rita Tomassini   | 61                | Avondale Ests GA  | 25 Nov,GA-A |  |
| 3:55:48  | Marcie Trent     | 64                | Anchorage AK      | 9 May,AK-A  |  |
| 3:57:58a | Gerry Davidson   | 61                | Fallbrook CA      | 6 Jun,CA-A  |  |
| 4:06:23  | Phyllis Schwandt | 60                | Decatur IL        | 10 Oct,IL-A |  |
| 4:06:43a | Jaelyn Caselli   | 61                | San Jose CA       | 6 Jun,CA-A  |  |
| 4:06:49a | Althea Wetherbee | 63                | Huntington Stn NY | 24 Oct,NY-A |  |
| 4:13:37a | Lucille Tofte    | 60                | Duluth MN         | 19 Jun,MN-A |  |
| 4:22:25a | Betty Haleen     | 60                | Minnetonka MN     | 3 Oct,MN-A  |  |
| 4:23:49  | Margaret Lee     | 63                | Honolulu HI       | 12 Dec,HI-A |  |
| 4:31:53  | Fuji Inoue       | 63                | Honolulu HI       | 12 Dec,HI-A |  |
| 4:32:05  | Helen Klein      | 60                | Hopkinsville KY   | 11 Dec,AL-A |  |
| 4:39:56a | Mary Varani      | 64                | Detroit MI        | 3 Oct,MI-A  |  |
| 4:45:26a | Margaret Mullen  | 62                | Detroit MI        | 3 Oct,MI-A  |  |
| 4:46:11  | Elsie Sato       | 62                | Honolulu HI       | 12 Dec,HI-A |  |
| 4:48:59  | Evelyn Irvin     | 60+               | Spokane WA        | 23 Oct,WA-A |  |
| 4:50:52  | Grayce Miji      | 60                | Honolulu HI       | 12 Dec,HI-A |  |
| 4:55:39a | Eve Barnes       | 61                | Bloomfield Hls MI | 3 Oct,MI-A  |  |
| 4:58:23  | Victoria Small   | 60                | Palo Alto CA      | 2 May,CA-A  |  |
| 5:02:54  | Doris Pugh       | 62                | Kaneohe HI        | 12 Dec,HI-A |  |
| 5:18:59a | Marie Stover     | 61                | Keansburg NJ      | 24 Oct,NY-A |  |
| 5:20:10  | Edith Dalton     | 62                | Seal Beach CA     | 12 Dec,CA-A |  |
| 5:21:32a | Helen Keim       | 60                | New York NY       | 24 Oct,NY-A |  |
| 5:35:27  | Helen Kuziara    | 62                | Santa Rosa CA     | 11 Jul,CA-A |  |

## THE 1982 MASTERS T&amp;F RANKING BOOK

by HAIG BOHIGIAN

It now looks as if the 1982 Ranking Book will continue, thanks to a group of dedicated athletes who have volunteered to take over individual events and rank them. If you have 1982 marks that did not appear in NMN or you did not send to me already, then you should send marks to the person in charge of that event. The deadline is September 30. Three volunteers are needed for women's events.

William Benson, BIRTHDATES  
6 Eton St.  
Valley Stream, NY 11581

Charles Mercurio TRIPLE JUMP  
4927 West 123 Place  
Hawthorne, CA 90250

Vic Cook POLE VAULT  
23111 Cumorah Crest Drive  
Woodland Hills, CA 91364

Gary Miller JAVELIN  
1740 Grandview Ave.  
Glendale, CA 91201

Bob Deitweiler SHOT PUT  
11 Amherst Avenue  
Swarthmore, PA 19081

Robert Mulliken RELAYS  
31 River St. P.O. Box 186  
Kingston, MA 02364

Rudy Enders LONG JUMP  
10101 Colebrook Ave.  
Potomac, MD 20854

Phil Partridge WEIGHT PENT  
2060 West 32 St.  
Holland, MI 49423

Bill Forsyth PENT, DEC  
P.O. Drawer 65  
Pecos, NM 87552

Larry Patz 200M  
RFD #1, Box 133  
Contoocook, NH 03229

Peter Gulgin HAMMER  
155 Eagle Point  
Punta Gorda, FL 33950

Larry R. Pratt WEIGHT  
2109 Armour Dr.  
Wilmington, DE 19808

Barry Kline 110H, 400H, SC  
1245 Alamae Lakes Road  
Washington, PA 15301

Max Quackenbos 5K & 5K WALK  
1778 NW Palmetto Terrace  
Stuart, FL 33494

Jim Manno 400M  
792 Schaefer Ave.  
Oradell, NJ 07649

Ron Salvio HIGH JUMP  
Squan Road  
Clarksburg, NJ 08510


Enver Mehmedbasich 800M  
275 Duperu Drive  
Crockett, CA 94525

Jack Scott DISCUS THROW  
321 N. Gougar Rd. - RR 2  
Joliet, IL 60432

R.D. Steep LIST OF MEETS  
Dept. of Physics  
Humboldt St. U.  
Arcata, CA 95521

Larry Steinrauf 100M  
Indiana Univ., Dept. of Biochem  
635 Barnhill Drive  
Indianapolis, IN 46223

Dick Suggs 1500M  
792 W. Crescent Ave.  
Allendale, NJ 07401



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Mill Valley, CA 94941  
(415) 388-4611**

| marathon |                  | Women- 65 thru 69 |                              |
|----------|------------------|-------------------|------------------------------|
| 4:21:07  | Kay Atkinson     | 65                | San Francisco CA 11 Jul,CA-A |
| 4:56:53  | Pearl Mehl       | 68                | Boulder CO 2 May,CO-A        |
| 5:12:31  | Grace Schweitzer | 65                | Santa Barbara CA 7 Nov,DC-A  |
| 5:21:55  | Rikue Kimoto     | 65                | Wahiawa HI 12 Dec,HI-A       |
| 5:22:32a | Evelyn Havens    | 66                | New York NY 24 Oct,NY-A      |
| 5:25:29  | Ada Thomas       | 68                | San Francisco CA 11 Jul,CA-A |
| 5:44:27  | Mary Skinner     | 66                | Troy PA 12 Dec,HI-A          |
| 5:58:53  | Bonnie Kolsom    | 65                | Honolulu HI 12 Dec,HI-A      |
| 6:39:43  | Ruth Hasenstab   | 65                | Honolulu HI 12 Dec,HI-A      |

| marathon |                | Women- 70 thru 74 |                           |
|----------|----------------|-------------------|---------------------------|
| 4:42:15a | Mavis Lindgren | 74                | Orleans CA 14 Mar,CA-A    |
| 5:06:26a | Margaret Lopez | 71                | Middletown NJ 24 Oct,NY-A |
| 5:21:33  | Anne Clarke    | 73                | Glen Ellyn IL 26 Sep,IL-A |
| 7:37:23  | Anita Pereira  | 71                | Waianae HI 12 Dec,HI-A    |
| 7:47:03  | Ethel Lane     | 70                | Loma Linda CA 12 Dec,HI-A |

| marathon |                | Women- 75 thru 79 |                        |
|----------|----------------|-------------------|------------------------|
| 5:01:12a | Veallon Hixson | 75                | Sun City AZ 4 Dec,AZ-A |

| marathon |               | Women- 80 and over |                            |
|----------|---------------|--------------------|----------------------------|
| 5:28:33  | Ruth Rothfarb | 80                 | Miami Beach FL 16 Jan,FL-A |

(Continued from page 21)

athletics, swimming, softball, etc.

**Masters Clubs:** Most areas have local running clubs, some of which cater to the masters performer.

**Age Records:** An annual book of masters age records for each T&F event is available for \$4 from NMN, PO Box 2372, Van Nuys CA 91404; and for each LDR event for \$9.95 from NRDC, PO Box 42888, Tucson AZ 85733.

**Rankings:** An annual book of masters rankings by event and age-group, is available for \$10 (T&F) from NMN, above; and for \$9.95 (LDR) from NRDC, above.

**Implements:** Lighter implement weights are used in the older age-groups.

**Hurdles:** The height of the hurdles is lowered for older age-groups.

**Rule Books:** The IAAF Rule Book (\$10), the IAAF Men's Scoring Tables (\$5), the IAAF Women's Scoring Tables (\$5), and the TAC Rule Book (\$6) are available from TAC, Box 120, In-

dianapolis IN 46204.

**WAVA Standards:** WAVA hurdle and implement standards and multi-event scoring tables are available from Ian Hume, RR #1, Melbourne, Quebec, Canada (please enclose postage).

**Weight Tables:** Age-group factoring tables are available for \$1 from Phil Partridge, 337 S.W. 14th Ave., Boynton Beach FL 33435.

**IA, IB, etc.** Codes which refer to various age-groups, as follows: OA=30-34; OB=35-39; IA=40-44; IB=45-49; 2A=50-54; 2B=55-59; 3A=60-64; 3B=65-69; 4A=70-74; 4B=75-79; 5A=80-84.

**Road Runners Club of America (RRCA):** An organization of over 400 clubs throughout America which promotes long distance running.

**National Masters News (NMN):** The bible of the Masters athletics program. NMN is an official publication of TAC. Each month, it delivers 24 to 40 pages of results, schedules, entry blanks, age records, rankings, photos, articles, training tips and all the inside scoops and information that affect the world of masters athletics competition. NMN welcomes contributions from its readers — results, schedule info, photos, letters and opinions. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters section. A one-year subscription (12 issues) is \$15 (2nd class), \$25 (1st class), or \$30 (overseas). Sen to NMN, PO Box 5185, Pasadena CA 91107.

## RACE DIRECTORS &amp; COACHES

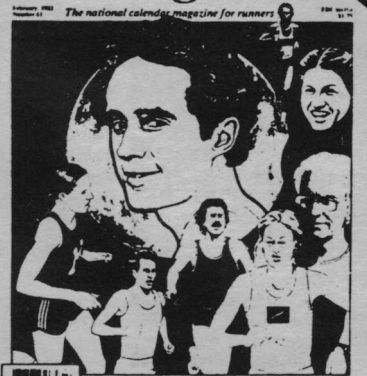
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**Running Times**  
The national calendar magazine for runners



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## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH SEP 1983

| ATHLETE (RESIDENCE)               | BIRTHDATE | AGE GROUP |
|-----------------------------------|-----------|-----------|
| MAL ANDREWS(CA)                   | 9-11-33   | 50-54     |
| R. BAXTER(RALEIGH, NC)            | 9-15-38   | 45-49     |
| ALAN BEARDALL(LAKE OSWEGO, ORE)   | 9-20-38   | 45-49     |
| CHARLES BEAUDRY(EDINBURG, TX)     | 9- 4-18   | 65-69     |
| WARREN BLANEY(LOS ANGELES)        | 9-10-03   | 80 +      |
| GEORGE BRACELAND(DREXEL HILL, PA) | 9-22-13   | 70-74     |
| DON BRODIE(AUSTRALIA)             | 9- 4-28   | 55-59     |
| HARRY BRYCE(LA JOLLA, CALIF)      | 9-16-08   | 75-79     |
| JOE BURGASSER(PALOS VERDES, CA)   | 9-13-38   | 45-49     |
| BILL BURKE(SAN GABRIEL, CA)       | 9-23-18   | 65-69     |
| ANDREW CRICHTON(MAMARONECK, NY)   | 9- 2-23   | 60-64     |
| RAY EDWARDS(US)                   | 9- 1-13   | 70-74     |
| CLEM FIELDS(GUY)                  | 9-21-28   | 55-59     |
| DAVID FOWLER(SAN DIEGO, CALIF)    | 9-19-98   | 80 +      |
| VINCENT GODFREY(LA MESA, CA)      | 9- 2-13   | 70-74     |
| LAWRENCE HARVEY(POTTSTOWN, PA)    | 9-22-13   | 70-74     |
| PHIL HENN(BLANCHARD, FL)          | 9-21-13   | 70-74     |
| RON HILL(GB)                      | 9-25-38   | 45-49     |
| ALFONS IDA(WG)                    | 9-20-33   | 50-54     |
| BEN MOSTOW(SKOKIE, IL)            | 9- 5-03   | 80 +      |
| VANDOLPH PARISH(MENLO PARK, CA)   | 9-23-33   | 50-54     |
| ROBERT PETERS(CHAPEL HILL, NC)    | 9- 3-23   | 60-64     |
| CHARLES POLHAMUS(FITZGERALD, CA)  | 9- 1-43   | 40-44     |
| PHIL PRESBER(BELVEDERE, CA)       | 9-18-33   | 50-54     |
| WERNER SCHALLAU(WG)               | 9- 8-38   | 45-49     |
| GEORGE SMITH(CAN)                 | 9- 3-43   | 40-44     |
| PERCY STEPHENS(ESCONDIDO, CA)     | 9- 6-03   | 80 +      |
| DAVID STEVENSON(PALO ALTO, CA)    | 9- 6-28   | 55-59     |
| TOIVO VIKMAN(FIN)                 | 9-10-23   | 60-64     |
| JOHN WALL(BALTIMORE, MD)          | 9- 6-13   | 70-74     |
| HERBERT WORTMANN(WG)              | 9- 1-23   | 60-64     |
| DARLEEN ANDERSON(SPRINGFIELD, MO) | 9-21-33   | 50-54     |
| RUTH CHRISTIAN(CORONA, CA)        | 9-24-23   | 60-64     |
| MARGE ALLISON(NZ)                 | 9-13-43   | 40-44     |
| ELIZABETH DWENGER(WG)             | 9-25-33   | 50-54     |
| J. KIMBER(GB)                     | 9-19-43   | 40-44     |
| HELGA MITSCHKE(WG)                | 9-27-13   | 70-74     |

# 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.

|   |         |
|---|---------|
| Wolfpack Invitational Track and Field Meet<br>May 7, 1983<br>Columbus, Ohio |         |
| <u>100 m. Dash</u>  |         |
| 30-34 Men   |         |
| W. Roberts, PB  | 11.1    |
| J. Huzum, UNAT  | 11.4    |
| A. Williams, OTH  | 11.7    |
| R. Trotter, PB  | 12.6    |
| 35-39 Men   |         |
| M. Lloralph, OTH  | 11.8    |
| J. Gerson, OTH  | 13.0    |
| 40-44 Men   |         |
| L. McClain, OTH   | 12.1    |
| 50-54 Men   |         |
| J. Barrett, OTH   | 12.2    |
| 55-59 Men   |         |
| V. Phillips, WPN  | 13.8    |
| 70-74 Men   |         |
| J. Siringer, OTH  | 18.2    |
| 55-59 Women   |         |
| F. Reardon, TRR   | 15.9    |
| <u>200 m. Dash</u>  |         |
| 30-34 Men   |         |
| A. Williams, OTH  | 24.4    |
| 35-39 Men   |         |
| N. Salupo, OTH  | 24.6    |
| J. Gerson, OTH  | 27.4    |
| 40-44 Men   |         |
| L. McClain, OTH   | 25.8    |
| 45-49 Men   |         |
| R. Premo, WPK   | 31.1    |
| 50-54 Men   |         |
| J. Barrett, OTH   | 26.4    |
| 70-74 Men   |         |
| J. Siringer, OTH  | 39.5    |
| <u>400 m. Dash</u>  |         |
| 30-34 Men   |         |
| M. Marter, WPK  | 63.0    |
| 35-39 Men   |         |
| N. Salupo, OTH  | 56.7    |
| J. Gerson, OTH  | 61.6    |
| 50-54 Men   |         |
| J. Barrett, OTH   | 61.6    |
| <u>800 m. Run</u>   |         |
| 35-39 Men   |         |
| N. Salupo, OTH  | 2:21.1  |
| 45-49 Men   |         |
| R. Premo, WPK   | 2:47.7  |
| <u>3000 m. Run</u>  |         |
| 35-39 Men   |         |
| B. Brooks, WPK  | 20:17.0 |
| <u>110 m. H. H.</u>   |         |
| 30-34 Men   |         |
| D. Morgan, OTH  | 19.3    |
| 40-44 Men   |         |
| T. Rosenbusch, WPK  | 22.1    |

|                         |             |
|-------------------------|-------------|
| <u>300 m. L. H.</u>     |             |
| 30-34 Men               |             |
| D. Morgan, OTH          | 44.4        |
| 45-49 Men               |             |
| R. Premo, WPK           | 55.3        |
| <u>4 x 100 m. Relay</u> |             |
| 30 and over Men         |             |
| Over the Hill           | 50.5        |
| <u>Long Jump</u>        |             |
| 30-34 Men               |             |
| R. Marinello, PB        | 18' 4 1/2"  |
| D. Morgan, OTH          | 18' 2"      |
| G. Price, UNAT          | 16' 1/2"    |
| 40-44 Men               |             |
| T. Rosenbusch, WPK      | 17' 3"      |
| L. McClain, OTH         | 13' 11 1/2" |
| 45-49 Men               |             |
| R. Premo, WPK           | 12' 3"      |
| 55-59 Men               |             |
| V. Phillips, WPN        | 14' 4"      |
| 70-74 Men               |             |
| J. Siringer, OTH        | 10' 3"      |
| 65-69 Women             |             |
| B. Siringer, OTH        | 4' 9 3/4"   |
| <u>Triple Jump</u>      |             |
| 30-34 Men               |             |
| D. Morgan, OTH          | 34' 6"      |
| G. Price, UNAT          | 32' 6"      |
| 35-39 Men               |             |
| R. Marinello, PB        | 37' 5"      |
| 70-74 Men               |             |
| J. Siringer             | 20' 6 1/2"  |
| <u>High Jump</u>        |             |
| 30-34 Men               |             |
| R. Christoph, CL        | 6' 2"       |
| D. Morgan, OTH          | 5' 4"       |
| D. Orwig, UNAT          | 5' 0"       |
| S. Vagnier, UNAT        | 5' 0"       |
| 35-39 Men               |             |
| M. Johnson, WPK         | 5' 0"       |
| 45-49 Men               |             |
| R. Boyd, WPN            | 3' 3"       |
| 50-54 Men               |             |
| J. Siringer             | 20' 6 1/2"  |
| <u>High Jump</u>        |             |
| 30-34 Men               |             |
| R. Christoph, CL        | 6' 2"       |
| D. Morgan, OTH          | 5' 4"       |
| D. Orwig, UNAT          | 5' 0"       |
| S. Vagnier, UNAT        | 5' 0"       |

|                         |             |
|-------------------------|-------------|
| <u>35-39 Men 16 lb.</u> |             |
| J. Pearce, WPK          | 29' 6 1/2"  |
| 40-44 Men 16 lb.        |             |
| F. Busch, WPK           | 34' 8"      |
| 50-54 Men 12 lb.        |             |
| J. Scott, UNAT          | 36' 4"      |
| 65-69 Men 4 kg.         |             |
| C. Reardon, TRR         | 25' 11 1/4" |
| 70-74 Men 4 kg.         |             |
| J. Siringer, OTH        | 31' 2"      |
| 55-59 Women 6 lb.       |             |
| F. Reardon, TRR         | 16' 11 1/4" |
| 65-69 Women 6 lb.       |             |
| B. Siringer, OTH        | 11' 10 1/2" |
| <u>Discus Throw</u>     |             |
| 30-34 Men 2 kg.         |             |
| J. Reardon, OTC         | 195' 11"    |
| N. Bower, OTH           | 127' 5"     |
| S. Kaye, WPK            | 125' 10"    |
| D. Morgan, OTH          | 106' 9"     |
| G. Price, UNAT          | 101' 9"     |
| 35-39 Men 2 kg.         |             |
| J. Pearce, WPK          | 113' 0"     |
| J. Gerson, OTH          | 62' 10"     |
| 40-44 Men 2 kg.         |             |
| C. Strack, WPK          | 91' 1"      |
| 45-49 Men 2 kg.         |             |
| J. Vegso, UNAT          | 81' 5"      |
| R. Premo, WPK           | 55' 1"      |
| 50-54 Men 1.6 kg.       |             |
| J. Scott, UNAT          | 110' 6"     |
| 65-69 Men 1.0 kg.       |             |
| C. Reardon, TRR         | 74' 4"      |
| 70-74 Men 1.0 kg.       |             |
| J. Siringer, OTH        | 88' 9"      |
| 35-39 Women 1.0 kg.     |             |
| M. MacDonald, WPK       | 48' 3"      |
| 55-59 Women 1.0 kg.     |             |
| F. Reardon, TRR         | 45' 11"     |
| 65-69 Women 1.0 kg.     |             |
| B. Siringer, OTH        | 29' 1"      |
| <u>Javelin Throw</u>    |             |
| 30-34 Men 800 gm.       |             |
| S. Shulin, UNAT         | 179' 5"     |
| D. Morgan, OTH          | 157' 3"     |
| R. Christoph, CL        | 145' 8"     |
| N. Bower, OTH           | 119' 10"    |
| 35-39 Men 800 gm.       |             |
| J. Pearce, WPK          |             |
| 40-44 Men 800 gm.       |             |
| F. Busch, WPK           | 107' 10"    |
| 45-49 Men 800 gm.       |             |
| J. Vesco, UNAT          | 95' 7"      |
| R. Premo, WPK           | 82' 7"      |
| 50-54 Men 800 gm.       |             |
| J. Scott, UNAT          | 108' 7"     |

|                            |             |
|----------------------------|-------------|
| 70-74 Men 600 gm.          |             |
| J. Siringer, OTH           | 66' 11"     |
| 65-69 Women 600 gm.        |             |
| B. Siringer, OTH           | 21' 2"      |
| <u>Hammer Throw</u>        |             |
| 30-34 Men 16 lb.           |             |
| N. Bower, OTH              | 138' 0"     |
| S. Kaye, WPK               | 96' 8"      |
| D. Morgan, OTH             | 73' 2"      |
| 35-39 Men 16 lb.           |             |
| J. Pearce, WPK             | 107' 9"     |
| J. Gerson, OTH             | 58' 9"      |
| 70-74 Men 4 kg.            |             |
| J. Siringer, OTH           | 60' 6"      |
| 65-69 Women 4 kg.          |             |
| B. Siringer, OTH           | 25' 6"      |
| <u>35 lb. Weight Throw</u> |             |
| 30-34 Men                  |             |
| N. Bower, OTH              | 45' 0"      |
| S. Kaye, WPK               | 35' 3"      |
| D. Morgan, OTH             | 32' 11"     |
| 35-39 Men                  |             |
| J. Pearce, WPK             | 35' 5"      |
| 45-49 Men                  |             |
| J. Vegso, UNAT             | 25' 3"      |
| 50-54 Men                  |             |
| J. Scott, UNAT             | 32' 2"      |
| 70-74 Men                  |             |
| J. Siringer, OTH           | 18' 11 1/2" |
| 65-69 Women                |             |
| B. Siringer, OTH           | 7' 2"       |
| <u>56 lb. Weight Throw</u> |             |
| 30-34 Men                  |             |
| N. Bower, OTH              | 28' 0"      |
| S. Kaye, WPK               | 24' 6"      |
| 35-39 Men                  |             |
| J. Pearce, WPK             | 18' 0"      |

|   |        |
|---|--------|
| HAWAII MASTERS T&F/Decathlon CHAMPIONSHIPS; HONOLULU MAY 21, 22 1983          |        |
| <u>100m</u>   |        |
| 65 G. Gonzalez, 69 AR   | 13.9   |
| 60 Bo Smith, 63   | 17.6   |
| 40 Jack Karbens, 41   | 13.0   |
| 35 Ted West, 35   | 11.9   |
| 30 John Zirckel, 32   | 12.8   |
| 60W Diana Smith, 60   | 19.9   |
| <u>110HH</u>  |        |
| 65(30") Gonzalez, WR  | 19.6   |
| 40(36") Karbens   | 22.4   |
| 35(42") West  | 22.7   |
| 30(42") Zirckel   | 24.0   |
| <u>400m</u>   |        |
| 65 Gonzalez WR  | 68.3   |
| 60 Smith  | 1:45.2 |
| 40 Karbens  | 60.8   |
| 35 West   | 56.6   |
| 30 Zirckel  | 62.6   |
| 60W D. Smith  | 1:49.6 |
| <u>1500</u>   |        |
| 65 Gonzalez   | 7:27.8 |
| 40 Karbens  | 5:11.6 |
| 35 West   | 5:50.6 |
| 30 Zirckel  | 5:47.6 |
| <u>Pole Vault</u>   |        |
| 70 Stan Thompson, 72  | 2.44   |
| 65 Gonzalez   | 2.44   |
| 35 West   | 1.80   |
| 30 Zirckel  | 1.63   |
| <u>High Jump</u>  |        |
| 70 Thompson Ties WR   | 1.28   |
| 65 Gonzalez   | 1.28   |
| 40 Karbens  | 1.25   |
| 30 Zirckel  | 1.63   |
| <u>Long Jump</u>  |        |
| 70 Thompson US  | 4.01   |
| 65 Gonzalez WR  | 4.58   |
| 40 Karbens  | 5.03   |
| 35 West   | 5.59   |
| 30 Zirckel  | 5.80   |
| <u>Shot Put</u>   |        |
| 70(16#) Thompson  | 6.21   |
| 65(4k) Gonzalez   | 10.65  |
| 40(16#) Karbens   | 9.84   |
| 35(16#) West  | 8.63   |
| 30(16#) Zirckel   | 11.80  |
| <u>Discus</u>   |        |
| 70(2k) Thompson   | 16.21  |
| 65(1k) Gonzalez   | 33.05  |
| 40(2k) Karbens  | 30.67  |
| 35(2k) West   | 19.96  |
| 30(2k) Zirckel  | 29.20  |
| <u>Javelin</u>  |        |
| 70(800g) Thompson   | 17.80  |
| 65(600g) Gonzalez   | 28.70  |
| 40(800g) Karbens  | 36.00  |
| 35(800g) West   | 28.91  |
| 30(800g) Zirckel  | 34.04  |
| <u>Decathlon</u>  |        |
| 70 Thompson (International Decathlon: 16#, 2k, 800g, 42"110H) WR72 IAAF 987   |        |
| 65 Gonzalez (WAVA Decathlon: 4k, 2k, 600g, 30"110H) WR69 IAAF 3064; WAVA 7060 |        |
| 40 Karbens (WAVA Decathlon: 16#, 2k, 800g, 36"110H) IAAF 3345; WAVA 4148      |        |
| 35 West (Inter. Decathlon: 16#, 2k, 800g, 42"110H) IAAF 3148                  |        |
| 30 Zirckel (Inter. Decathlon: 16#, 2k, 800g, 42"110H) IAAF 4216               |        |

|  |       |
|--|-------|
| HOOSIER TC SUB-MASTERS/MASTERS TRACK MEET; INDIANAPOLIS MAY 11, 1983 |       |
| <u>50 Meter Dash 0-14</u>  |       |
| 1. Stewart Brown   | 6.00  |
| 2. Dallas Gaines   | 6.16  |
| 3. Charles Stallwortz  | 6.23  |
| 4. Jerry Allen   | 6.24  |
| 5. James Corpus  | 6.25  |
| 6. Tom Gunnell   |       |
| <u>5-12</u>  |       |
| 1. Teddy Potts   | 5.83  |
| 2. Caleb Brown   | 6.01  |
| 3. Bill Black  | 6.10  |
| 4. Larry Barker  | 6.25  |
| 5. Pat Booth   | 6.36  |
| 6. David Williams  | 6.77  |
| <u>40-44</u>   |       |
| 1. LeRoy McClain   | 6.58  |
| 2. Larry Ryan  | 7.27  |
| 3. Dave Herron   | 7.28  |
| 4. Randy Boling  | 7.78  |
| <u>45-49</u>   |       |
| 1. Charles Dudley  | 6.53  |
| 2. Bill Case   | 6.60  |
| 3. Jim Lipsky  | 6.66  |
| 4. Harold Glaeze   | 6.67  |
| 5. Thomas McNeal   | 6.87  |
| 6. Brooks Carver   | 6.87  |
| <u>50-54</u>   |       |
| 1. Troy Banks  | 6.38  |
| 2. Robert Jones  | 7.04  |
| 3. Norman Brown  | 7.08  |
| 4. Roger Hocker  | 7.18  |
| 5. Anthony Miles   | 7.46  |
| 6. Don Holst   | 7.86  |
| <u>Female 50 Meter</u>   |       |
| <u>40-44</u>   |       |
| 1. JoAnn Grissom   | 7.64  |
| <u>45-49</u>   |       |
| 1. Essie Kea   | 7.94  |
| <u>100 METERS FEMALE</u>   |       |
| <u>40-44</u>   |       |
| 1. JoAnn Grissom   | 14.50 |
| <u>45-49</u>   |       |
| 1. Essie Kea   | 14.74 |
| 2. Datha Cotten  | 16.76 |
| 3. Joanne Andrews  | 17.35 |
| <u>100 METERS MEN 30-34</u>  |       |
| 1. Michael Andrews   | 10.83 |
| 2. Dallas Gaines   | 11.45 |
| 3. Donnie Hardy  | 11.52 |
| 4. Charles Stallwortz  | 11.65 |
| 5. James Corpus  | 11.72 |
| 6. Herbert Henry   | 11.79 |
| <u>35-39</u>   |       |
| 1. Teddy Potts   | 11.58 |
| 2. Caleb Brown   | 11.77 |
| 3. Bill Black  | 11.86 |
| 4. Larry Barker  | 11.98 |
| 5. Edwin Larson  | 12.86 |
| 6. Don Wise  | 13.77 |

|                                   |                  |      |       |      |       |           |
|-----------------------------------|------------------|------|-------|------|-------|-----------|
| Wolfpack Pentathlon, May 29, 1983 |                  |      |       |      |       |           |
| 30-34                             | Tim Walter       | 6.07 | 42.30 | 23.6 | 34.94 | 5:05.1    |
|                                   | ATA              | 620  | 525   | 681  | 583   | 381 2,789 |
| 30-34                             | David Morgan     | 5.69 | 49.30 | 26.3 | 33.4  | 6:09.0    |
|                                   | Over The Hill    | 535  | 623   | 452  | 549   | 103 2,264 |
| 35-39                             | Jeff Gerson      | 3.32 | 20.54 | 28.5 | 19.38 | 4:46.2    |
|                                   | Over The Hill    | 3    | 150   | 298  | 206   | 487 1,141 |
| 40-44                             | Charles Kincaid  | 5.51 | 42.04 | 24.5 | 26.68 | 4:55.7    |
|                                   | Mason-Dixon T.C. | 493  | 521   | 599  | 396   | 432 2,441 |
| 40-44                             | Ken Young        | 4.76 | 37.00 | 26.6 | 22.46 | 5:15.5    |
|                                   | Glen Elyn        | 311  | 445   | 430  | 290   | 328 1,804 |
| 40-44                             | Dan Hysell       | 3.59 | 24.50 | 33.3 | ----- | 5:21.4    |
|                                   | Wolfpack T.C.    | 0    | 229   | 32   | 0     | 299 560   |
| 45-49                             | David Morris     | 4.73 | 40.42 | 26.0 | 33.72 | 5:44.8    |
|                                   | Latvian T.C.     | 304  | 497   | 475  | 556   | 196 2,028 |

|  |               |       |       |       |           |
|--|---------------|-------|-------|-------|-----------|
| Wolfpack Weight Pentathlon, May 29, 1983 |               |       |       |       |           |
|  | JT            | DT    | SP    | HT    | WT        |
| 30-34                                    | Norm Bower    | 39.96 | 41.62 | 11.51 | 40.50     |
|  | Over The Hill | 444   | 717   | 566   | 663       |
|  |               |       |       |       | 655 3,045 |
| 30-34                                    | Steve Kaye    | 37.74 | 39.36 | 12.41 | 32.34     |
|  | Wolfpack T.C. | 456   | 673   | 626   | 530       |
|  |               |       |       |       | 584 2,869 |
| 35-39                                    | Jim Pearce    | 29.60 | 34.14 | 10.11 | 39.04     |
|  | Wolfpack T.C. | 323   | 565   | 468   | 641       |
|  |               |       |       |       | 549 2,546 |
| 50-54                                    | Dick Mann     | 30.84 | 34.44 | 11.53 | 38.82     |
|  | Over The Hill | 344   | 572   | 568   | 637       |
|  |               |       |       |       | 493 2,624 |
| 55-59                                    | Bob Peters    | 22.36 | 30.48 | 9.79  | 30.44     |
|  |               | 187   | 485   | 444   | 496       |
|  |               |       |       |       | 363 1,975 |

**40-44**

|                  |       |
|------------------|-------|
| 1. Harry Toliver | 11.57 |
| 2. LeRoy McClain | 12.12 |
| 3. Robert Boyd   | 13.21 |
| 4. Brandon Adams | 13.32 |
| 5. Randy Boling  | 13.93 |
| 6. Larry Ryan    | 14.66 |

**45-49**

|                     |       |
|---------------------|-------|
| 1. Charles Dudley   | 12.19 |
| 2. Jim Lipsky       |       |
| 3. Harold Glaze     | 12.65 |
| 4. Thomas McNeal    | 12.65 |
| 5. Rodger Zimmerman | 13.74 |
| 6. Bill Case        | 13.24 |
| 5. Brooks Carver    | 12.87 |

**50-54**

|                   |       |
|-------------------|-------|
| 1. James Barrett  | 12.15 |
| 2. Troy Banks     | 12.65 |
| 3. Richard Turner | 12.71 |
| 4. Roger Hocker   | 13.59 |

**140 METER HURDLES**

**30-34**

|                 |       |
|-----------------|-------|
| 1. Tim Walters  | 14.58 |
| 2. Dolan Street | 14.72 |
| 3. Ron Street   | 16.40 |

**35-39**

|                   |       |
|-------------------|-------|
| 1. David Williams | 19.57 |
| 2. Russ Worman    | 19.58 |

**40-44**

|                   |       |
|-------------------|-------|
| 1. Henry Hopkins  | 18.20 |
| 2. Bruce Mills    | 18.38 |
| 3. Jim Vandembark | 20.27 |

**45-49**

|                 |       |
|-----------------|-------|
| 1. Harold Glaze | 18.95 |
|-----------------|-------|

**50-54**

|              |       |
|--------------|-------|
| 1. Don Walsh | 19.59 |
|--------------|-------|

**200 METERS 30-34**

|                    |       |
|--------------------|-------|
| 1. Michael Andrews | 22.50 |
| 2. Jay Lauer       | 23.3  |
| 3. Gerald Woolfolk | 23.69 |
| 4. Tim Walters     | 24.61 |
| 5. Larry Rodenbeck | 24.97 |
| 6. James Corpus    | 26.6  |

**35-39**

|                   |       |
|-------------------|-------|
| 1. Pat Booth      | 24.16 |
| 2. Caleb Brown    | 24.62 |
| 3. Bernie Dare    | 25.63 |
| 4. Russell Worman | 26.7  |
| 5. Eben Graves    | 28.62 |

**40-44**

|                  |       |
|------------------|-------|
| 1. Harry Toliver | 23.5  |
| 2. LeRoy McClain | 25.46 |
| 3. Don Harmon    | 26.0  |

**45-49**

|                   |       |
|-------------------|-------|
| 1. Charles Dudley | 25.5  |
| 2. Jim Lipsky     | 26.25 |
| 3. Don Zimmerman  | 29.2  |
| 4. Ken Brooks     | 33.23 |

**50-54**

|                   |       |
|-------------------|-------|
| 1. James Barrett  | 25.45 |
| 2. Harryl Brown   | 25.6  |
| 3. Roger Hocker   | 27.1  |
| 4. Richard Turner | 28.78 |

**FEMALE 45-49**

|              |       |
|--------------|-------|
| 1. Essie Kea | 30.57 |
|--------------|-------|

**400 METERS 30-34**

|                  |       |
|------------------|-------|
| 1. Jay Lauer     | 50.77 |
| 2. Kevin Gilbert | 53.77 |
| 3. Tom Eby       | 55.80 |
| 4. John Yantiss  | 57.20 |
| 5. Floyd Wisdom  | 60.10 |
| 6. Billy McGuire | 61.80 |

**35-39**

|                 |       |
|-----------------|-------|
| 1. Donnie Hardy | 54.07 |
| 2. Bill Keller  | 56.42 |
| 3. Terry Daley  | 56.95 |
| 4. Bernie Dare  | 57.81 |
| 5. Bill Wilham  | 63.18 |

**40-44**

|                     |       |
|---------------------|-------|
| 1. Harry Toliver    | 51.51 |
| 2. Brian Winchester | 52.64 |
| 3. Ken Young        | 57.39 |
| 4. Floyd Romack     | 58.90 |
| 5. John Shaw        | 61.40 |

**45-49**

|                   |       |
|-------------------|-------|
| 2. Charles Hall   | 65.69 |
| 1. Charles Dudley | 58.15 |

**50-54**

|                  |       |
|------------------|-------|
| 1. James Barrett | 59.49 |
| 2. Harry Brown   | 59.88 |
| 3. Don Gammie    | 62.21 |
| 4. Don Walsh     | 67.84 |
| 5. Roger Hocker  | 68.14 |
| 6. Bill Farney   | 74.09 |

**FEMALE 30-34**

|                   |       |
|-------------------|-------|
| 1. Leslie Friesen | 65.48 |
|-------------------|-------|

**40-44**

|                     |       |
|---------------------|-------|
| 1. Katherine Gilkey | 87.93 |
|---------------------|-------|

**45-49**

|                   |       |
|-------------------|-------|
| 1. JoAnna Andrews | 96.90 |
|-------------------|-------|

**400 Hurdles 30-34**

|                 |       |
|-----------------|-------|
| 1. Dolan Street | 54.67 |
| 2. Tim Walters  | 60.65 |

**40-44**

|                   |       |
|-------------------|-------|
| 1. Ken Young      | 64.11 |
| 2. Bruce Mills    | 67.01 |
| 3. Jim Vandembark | 74.68 |

**45-49**

|                 |       |
|-----------------|-------|
| 1. Harold Glaze | 67.54 |
|-----------------|-------|

**800 METERS 30-34**

|                    |         |
|--------------------|---------|
| 1. Dennis Williams | 2:07.40 |
| 2. Billy McGuire   | 2:24.0  |
| 3. Terry Moore     | 2:33.0  |

**35-39**

|                |         |
|----------------|---------|
| 1. Currins     | 2:01.0  |
| 2. Kripmeyer   | 2:12.93 |
| 3. Bill Wilham | 2:24.5  |

**40-44**

|                 |         |
|-----------------|---------|
| 1. Floyd Romack | 2:13.74 |
|-----------------|---------|

**45-49**

|                 |         |
|-----------------|---------|
| 1. Charlie Hall | 2:29.28 |
| 2. Bill Ehert   | 2:31.79 |
| 3. Ken Brooks   | 2:48.0  |

**FEMALE 30-34**

|                   |         |
|-------------------|---------|
| 1. Leslie Friesen | 2:38.74 |
| 2. Currins        | 2:41.50 |

**40-44**

|                     |         |
|---------------------|---------|
| 1. Katherine Gilkey | 3:31.27 |
|---------------------|---------|

**50-54**

|           |         |
|-----------|---------|
| 1. Keeton | 4:09.22 |
|-----------|---------|

**RACEWALK (MEN) 45-49**

|                 |         |
|-----------------|---------|
| 1. Charlie Hall | 9:57.15 |
|-----------------|---------|

**(FEMALE) 40-49**

|                 |          |
|-----------------|----------|
| 1. Nancy Dennie | 12:48.67 |
|-----------------|----------|

**45-49**

|                   |          |
|-------------------|----------|
| 1. Lola Hall      | 12:09.09 |
| 2. Joanne Andrews | 12:26.65 |
| 3.                | 13:58.34 |

**JAVELIN Female 40-44**

|                  |       |
|------------------|-------|
| 1. JoAnn Grissom | 87'0" |
|------------------|-------|

**45-49**

|                      |        |
|----------------------|--------|
| 1. Datha Cotten      | 70'3"  |
| 1. Richard Christoph | 151'9" |
| 2. John Yantiss      | 148'9" |
| 3. Ron Street        | 108'8" |

**35-39**

|                 |        |
|-----------------|--------|
| 1. Gerald Pagac | 158'6" |
| 2. Bernie Dare  | 140'9" |
| 3. Russ Worman  | 101'9" |

**40-44**

|                  |        |
|------------------|--------|
| 1. Henry Hopkins | 127'9" |
| 2. Jake Porter   | 101'0" |
| 3. Kenneth Young | 96'5"  |
| 4. Carl Klehm    | 93'0"  |

**45-49**

|                  |        |
|------------------|--------|
| 1. Craig Gosling | 111'5" |
| 2. Brooks Carver | 104'4" |
| 3. Dave Thomas   | 95'7"  |
| 4. Don Zimmerman | 80'9"  |

**50-54**

|                    |          |
|--------------------|----------|
| 1. Larry Steinrauf | 107'0"   |
| 2. Jack Scott      | 106'2"   |
| 3. Don Holst       | 104' 11" |
| 4. Russ Bonham     | 70'3"    |

**DISCUS Female 40-44**

|                  |             |
|------------------|-------------|
| 1. JoAnn Grissom | 44 91' 1/2" |
|------------------|-------------|

**45-49**

|                 |          |
|-----------------|----------|
| 1. Datha Cotten | 67'23/4" |
|-----------------|----------|

**30-34**

|                 |            |
|-----------------|------------|
| 1. John Yantiss | 107'4 3/4" |
| 2. John May     | 100'11"    |

**35-39**

|                |       |
|----------------|-------|
| 1. Ron Duncan  | 141'  |
| 2. Russ Worman | 87'3" |

**40-44**

|                  |            |
|------------------|------------|
| 1. Chuck Klehm   | 108'6 1/2" |
| 2. Henry Hopkins | 93'9 1/2"  |

**45-49**

|              |                    |
|--------------|--------------------|
| 3. J. Porter | Jake In. 81'4 3/4" |
|--------------|--------------------|

**50-54**

|                  |          |
|------------------|----------|
| 1. Craig Gosling | 85'4"    |
| 2. Dave Thomas   | 82'1"    |
| 3. Don Zimmerman | 81' 1/2" |

**40-44**

|                    |         |
|--------------------|---------|
| 1. Jack Scott      | 122'2"  |
| 2. Don Holst       | 114'11" |
| 3. Larry Steinrauf | 96'9"   |

**12' SHOT PUT (35-39)**

|               |       |
|---------------|-------|
| 1. Ron Duncan | 50'7" |
|---------------|-------|

**40-44**

|               |     |
|---------------|-----|
| 1. Carl Klehm | 43' |
|---------------|-----|

**45-49**

|                  |           |
|------------------|-----------|
| 1. Harold Glaze  | 36'7"     |
| 2. Craig Gosling | 35'5 1/2" |
| 3. Don Zimmerman | 31'1 1/2" |

**50-54**

|                    |            |
|--------------------|------------|
| 1. Jack Scott      | 40'8"      |
| 2. Don Holst       | 36'9 1/2"  |
| 3. Larry Steinrauf | 35'10 1/2" |

**Female 40-44 4K**

|                  |        |
|------------------|--------|
| 1. JoAnn Grissom | 33'10" |
|------------------|--------|

**45-49**

|                   |           |
|-------------------|-----------|
| 1. Datha Cotten   | 23'11"    |
| 2. Essie Kea      | 22'8 1/2" |
| 3. Joanne Andrews | 20'9 1/2" |

**MALE 40-44 (Shot)**

|                |       |
|----------------|-------|
| 2. Jake Porter | 33'9" |
|----------------|-------|

**POLE VAULT 30-34**

|                   |       |
|-------------------|-------|
| 1. Rick Christoph | 15'0" |
| 2. Bill Keller    | 12'0" |

**40-44**

|                  |       |
|------------------|-------|
| 1. Henry Hopkins | 12'0" |
| 2. Jake Porter   | 8'0"  |

**45-49**

|                  |      |
|------------------|------|
| 1. Don Zimmerman | 9'0" |
|------------------|------|

**HIGH JUMP Female 40-44**

|                  |      |
|------------------|------|
| 1. JoAnn Grissom | 4'4" |
|------------------|------|

**45-49**

|              |       |
|--------------|-------|
| 1. Essie Kea | 3'10" |
|--------------|-------|

**30-34 Male**

|                      |      |
|----------------------|------|
| 1. Richard Christoph | 6'2" |
| 2. John McKinney     | 5'8" |
| 3. Don Hardey        | 4'8" |

**35-39**

|                   |      |
|-------------------|------|
| 1. Pete Terpstna  | 5'6" |
| 2. David Williams | 5'4" |

**40-44**

|                  |      |
|------------------|------|
| 1. Gareth Gilkey | 5'2" |
| 2. Henry Hopkins | 5'0" |
| 3. Larry Ryan    | 5'0" |
| 4. Jake Porter   | 4'6" |
| 5. Randy Boling  | 4'4" |

**45-49**

|                  |      |
|------------------|------|
| 1. Don Zimmerman | 4'6" |
|------------------|------|

**50-54**

|                     |      |
|---------------------|------|
| 1. Jack Scott       | 4'8" |
| 2. Clarence Johnson | 4'6" |
| 3. Robert Jones     | 4'4" |
| 4. Norman Brown     | 4'0" |

**LONG JUMP (Female) 40-44**

|                  |       |
|------------------|-------|
| 1. JoAnn Grissom | 15'0" |
|------------------|-------|

**Men 30-34**

|                    |            |
|--------------------|------------|
| 1. Larry Rodenbeck | 22'1 3/4"  |
| 2. Tim Walters     | 20'5 1/2"  |
| 3. Gerald Woolfolk | 19'10 3/4" |
| 4. John Butera     | 19'5 1/2"  |
| 5. Bill Keller     | 18'10"     |
| 6. Tom Gunnell     | 18'7 1/2"  |

**35-39**

|                 |           |
|-----------------|-----------|
| 1. Bill Black   | 19'11"    |
| 2. Larry Barker | 18'1 1/2" |

**40-44**

|                  |           |
|------------------|-----------|
| 1. Larry Ryan    | 16'5"     |
| 2. Kenneth Young | 16'2 1/2" |
| 3. John Shaw     | 16'1"     |
| 4. LeRoy McClain | 15'2 3/4" |
| 5. Henry Hopkins | 17'5"     |

**50-54**

|                     |           |
|---------------------|-----------|
| 1. Clarence Johnson | 16'0"     |
| 2. Robert Jones     | 15'11"    |
| 3. Richard Turner   | 15'1 1/2" |
| 4. Bill Farney      | 11'11"    |

**TRIPLE JUMP (Female) 40-44**

|                  |       |
|------------------|-------|
| 1. JoAnn Grissom | 31'9" |
|------------------|-------|

**Male 30-34**

|                    |          |
|--------------------|----------|
| 1. Larry Rodenbeck | 44'4"    |
| 2. John Butera     | 39' 3/4" |

**35-39**

|                   |       |
|-------------------|-------|
| 1. David Williams | 40'1" |
| 2. Eben Graves    | 22'2" |

**50-54**

|                 |       |
|-----------------|-------|
| 1. Robert Jones | 30'0" |
|-----------------|-------|

**50 Meter Dash**

|       |                  |         |
|-------|------------------|---------|
| 55-59 | Rush Jacobs      | 58 6.56 |
|       | W. Jordan        | 57 6.59 |
|       | Charles Clippard | 57 6.85 |

**60-64**

|                   |         |
|-------------------|---------|
| Charles Northrup  | 64 7.38 |
| Lawton McClintock | 63 7.67 |
| Mel Buschman      | 62 7.76 |

**65-69**

|                 |         |
|-----------------|---------|
| Chris Christy   | 66 7.97 |
| Wilbur Ragland  | 66 8.02 |
| Charles Whitney | 65 8.22 |

**70-74**

|              |         |
|--------------|---------|
| Cecil Sommer | 71 7.98 |
| J. Siringer  | 70 8.46 |
| D. Erskine   | 73 9.03 |

**75-80**

|               |         |
|---------------|---------|
| Frank Furniss | 76 8.69 |
|---------------|---------|

**80-Up**

|                |         |
|----------------|---------|
| A.E. Pitcher   | 81 8.33 |
| Everett Hosack | 81 9.67 |

**100 Meter Dash**

|       |             |          |
|-------|-------------|----------|
| 55-59 | Rush Jacobs | 58 12.40 |
|       | W. Jordan   | 57 12.57 |
|       | D. Norwood  | 55 13.02 |

**60-64**

|                   |          |
|-------------------|----------|
| G. Dunn           | 60 14.59 |
| Lawton McClintock | 63 15.22 |
| Robert Craig      | 62 15.60 |

**65-69**

|                 |          |
|-----------------|----------|
| Chris Christy   | 66 15.03 |
| Wilbur Ragland  | 66 15.23 |
| Charles Whitney | 65 15.55 |

**70-74**

|             |          |
|-------------|----------|
| J. Siringer | 70 17.16 |
| Dane Pugh   | 74 21.48 |

**75-79**

|               |          |
|---------------|----------|
| Frank Furniss | 76 16.26 |
|---------------|----------|

**80-Up**

|                |              |
|----------------|--------------|
| A.E. Pitcher   | 81 16.61     |
| Everett Hosack | 81 2nd 19.16 |

**70-74**

|             |          |
|-------------|----------|
| J. Siringer | 70 17.16 |
| Dane Pugh   | 74 21.48 |

**75-79**

|               |          |
|---------------|----------|
| Frank Furniss | 76 16.26 |
|---------------|----------|

**80-Up**

|                |              |
|----------------|--------------|
| A.E. Pitcher   | 81 16.61     |
| Everett Hosack | 81 2nd 19.16 |

**200 Meter Dash**

|       |              |          |
|-------|--------------|----------|
| 55-59 | Rush Jacobs  | 58 25.79 |
|       | W. Jordan    | 57 26.17 |
|       | Duane McCall | 56 28.58 |

**60-64**

|                   |          |
|-------------------|----------|
| Bob Coughlin      | 60 30.46 |
| G. Dunn           | 60 30.69 |
| Lawton McClintock | 63 34.15 |

**80+ A.E. Pitcher**

|    |      |
|----|------|
| 81 | 35.3 |
|----|------|

**400 Meter Dash**

|       |                |            |
|-------|----------------|------------|
| 55-59 | Brad Glen      | 58 1:03.30 |
|       | Carl Mays      | 57 1:08.87 |
|       | Arnie Erickson | 56 1:21.56 |

**60-64**

|                 |            |
|-----------------|------------|
| H. Strassenburg | 63 1:06.87 |
| Bob Coughlin    | 60 1:07.13 |
| Charles Smith   | 60 1:21.74 |

**65-69**

|                 |            |
|-----------------|------------|
| Leland Erickson | 66 1:17.16 |
|-----------------|------------|

**70-74**

|           |            |
|-----------|------------|
| Dane Pugh | 74 1:45.82 |
|-----------|------------|

**80-Up**

|             |            |
|-------------|------------|
| Tom Cureton | 81 1:57.01 |
|-------------|------------|

**800 Meter Run**

|       |               |            |
|-------|---------------|------------|
| 55-59 | Glenn Bradd   | 58 2:35.56 |
|       | Billy Sedam   | 55 2:44.88 |
|       | Carl Brungard | 57 2:45.96 |

**60-64**

|               |            |
|---------------|------------|
| Bob Coughlin  | 60 2:47.28 |
| Charles Smith | 60 3:17.36 |
| Eugene Levitt | 61 3:23.84 |

**65-69**

|                 |            |
|-----------------|------------|
| Leland Erickson | 66 3:07.96 |
| Hugh Yeomans    | 67 3:42.08 |

**80-Up**

|             |            |
|-------------|------------|
| Tom Cureton | 81 4:56.77 |
|-------------|------------|

|                          |                    |                |     |
|--------------------------|--------------------|----------------|-----|
| 75-79                    | Frank Furniss      | 76 69' 9 3     | **  |
| 80-Up                    | A.E. Pitcher       | 81 54' 11      | * i |
| <u>Pole Vault</u>        |                    |                |     |
| 55-59                    | Billy Sedam        | 55 7' 6"       |     |
|                          | Ernie Hammond      | 56 5' 7"       |     |
| 60-64                    | Eugene Taylor      | 60 6' 6"       |     |
|                          | Lawton McClintock  | 63 5' 1"       |     |
| 75-79                    | Frank Furniss      | 76 5' 1"       |     |
| 80-Up                    | A.E. Pitcher       | 81 4' 7"       |     |
| <u>Softball Throw</u>    |                    |                |     |
| 55-59                    | P. Brummit         | 55 190' 10"    |     |
|                          | Duane McCall       | 56 173' 6"     |     |
|                          | Marshall Davenprot | 58 169' 8"     |     |
| 60-64                    | George Dunn        | 60 168' 2"     |     |
|                          | Hewitt             | 62 150' 10"    |     |
|                          | Lawton McClintock  | 63 143' 6"     |     |
| 65-69                    | Leland Erickson    | 66 126' 10"    |     |
|                          | Charles Whitney    | 65 126' 1"     |     |
|                          | Cyril Reardon      | 66 93' 7"      |     |
| 70-74                    | Ward Parker        | 70 144' 5"     |     |
|                          | Cecil Sommer       | 71 140' 4"     |     |
|                          | Wayne Griffith     | 70 125'        |     |
| 75-79                    | Fred Armentrout    | 78 77' 9"      |     |
| 80-Up                    | Gene Moll          | 81 92' 10"     |     |
|                          | Tom Cureton        | 81 86' 4"      |     |
|                          | A.E. Pitcher       | 81 84' 2"      |     |
| <u>Shot Put</u>          |                    |                |     |
| 55-59                    | Phil Brummit       | 55 29' 6"      |     |
|                          | Carl Brungard      | 57 28'         |     |
|                          | Duane McCall       | 56 27' 5"      |     |
| 60-64                    | John Merrill       | 62 35' 2 1/2"  |     |
|                          | Mel Buschman       | 62 34' 1"      |     |
|                          | John Adams Adams   | 62 33' 6 3/4"  |     |
| 65-69                    | Hugh Yeomans       | 67 27' 8 1/2"  |     |
|                          | Chris Chrstity     | 66 27' 8 1/2"  |     |
|                          | Cyril Reardon      | 66 26' 3 3/4"  |     |
| 70-74                    | Ward Parker        | 70 34' 7 1/2"  |     |
|                          | Woody Faison       | 70 32' 1 1/2"  |     |
|                          | Jack Siringier     | 70 30' 4 1/2"  |     |
| 75-79                    | Fred Armentrout    | 78 24' 9"      |     |
| 80-Up                    | Everett Hosack     | 81 26' 4"      |     |
|                          | Tom Cureton        | 81 22' 6 1/2"  |     |
| <u>Running Long Jump</u> |                    |                |     |
| 55-59                    | Merle Nickell      | 56 15' 6 1/2"  |     |
|                          | Rush Jacobs        | 58 15' 8"      |     |
|                          | William Jordan     | 57 14' 4 3/4"  |     |
| 60-64                    | Lawton McClintock  | 63 10' 10 1/2" |     |
|                          | Eugene Levitt      | 61 10' 7"      |     |
| 65-69                    | Leland Erickson    | 66 9' 2"       |     |
| 70-74                    | Don Erskine        | 73 11' 3 1/2"  |     |
|                          | Wayne Griffith     | 70 10' 2 1/2"  |     |

|                                |                   |                |
|--------------------------------|-------------------|----------------|
| 75-79                          | Frank Furniss     | 76 11' 7"      |
| 80-Up                          | A.E. Pitcher      | 81 9' 8 1/2"   |
|                                | Tom Cureton       | 81 7' 6"       |
| <u>Standing Broad Jump</u>     |                   |                |
| 55-59                          | Rush Jacobs       | 58 8' 3"       |
|                                | Merle Nickell     | 56 7' 8 1/2"   |
|                                | Charles Clippar   | 57 7' 6 1/2"   |
| 50-64                          | Mel Buschman      | 62 7' 6 1/2"   |
|                                | George Dunn       | 60 7' 4 3/4"   |
|                                | Dick Henderson    | 62 6' 11"      |
| 65-69                          | Leland Erickson   | 66 5' 10"      |
| 70-74                          | Cecil Sommer      | 71 7' 2"       |
|                                | Beryl Siringier   | 70 6' 7"       |
|                                | Don Erskine       | 73 6' 4"       |
| 75-79                          | Fred Armentrout   | 78 4' 2 1/2"   |
| 80-Up                          | Everett Hosack    | 81 5' 10"      |
|                                | Tom Cureton       | 81 5' 1"       |
| <u>Triple Jump</u>             |                   |                |
| 55-59                          | Merle Nickell     | 56 28' 11"     |
|                                | Ernie Hammond     | 56 22' 1"      |
| 60-64                          | George Dunn       | 60 22' 10"     |
| 70-74                          | Don Erskine       | 73 21' 10 3/4" |
| <u>TRACK &amp; FIELD WOMEN</u> |                   |                |
| <u>50 Meter Dash</u>           |                   |                |
| 55-59                          | F. Reardon        | 57-8.30        |
|                                | Laverne Meier     | 55-9.67        |
| 65-69                          | Sheila Evans      | 67 8.64        |
|                                | Portia Cureton    | 66 9.70        |
|                                | Kay Fine Hout     | 68 15.54       |
| <u>100 Meter Dash</u>          |                   |                |
| 55-59                          | Florence Reardon  | 57 15.71       |
|                                | Barb Houston      | 56 18.00       |
| 60-64                          | Ernestine Yeomans | 64 20.13       |
|                                | Clara Leftridge   | 63 22.34       |
| 65-69                          | Portia Cureton    | 66 20.66       |
|                                | Kay Fine Hout     | 68 31.21       |
| <u>200 Meter Dash</u>          |                   |                |
| 55-59                          | Florence Reardon  | 57 35.31       |
| 60-64                          | Clara Leftridge   | 63 50.54       |
| 65-69                          | Mary Bowermaster  | 65 35.39       |
|                                | Kay Fine Hout     | 68 1:33.66     |
| <u>400 Meter Run</u>           |                   |                |
| 55-59                          | Barb Houston      | 56 1:38.29     |
| 60-64                          | Ernestine Yeomans | 64 1:42.67     |
|                                | H. Quanstrum      | 63 1:45.44     |
| 65-69                          | Portia Cureton    | 66 1:49.78     |

|                           |                                |
|---------------------------|--------------------------------|
| <u>800 Meter Run</u>      |                                |
| 60-64                     | Helen Quanstrum 63 3:55.28     |
| 55-59                     | Laverne Meier 55 3:52.84       |
|                           | Barb Houston 56 3:59.71        |
| 70-74                     | Mitzi Probst 73 5:45.57        |
| <u>1500 Meter Run</u>     |                                |
| 60-64                     | Helen Quanstrum 63 8:00.13     |
| 70-74                     | Mitzi Probst 73 12:04.04       |
| <u>Mile Walk</u>          |                                |
| 55-59                     | LaVerne Meier 55 12:47.26      |
| 60-64                     | Martha Catlett 63 12:34.33     |
|                           | Clara Leftridge 63 12:35.86    |
| <u>Discus</u>             |                                |
| 55-59                     | Bernice Holland 56 86' 1/2"    |
|                           | Florence Reardon 57 45' 9"     |
| 60-64                     | Marjorie Sommer 60 41' 11"     |
|                           | Dorothy Davenport 62 41'       |
| 65-69                     | Portia Cureton 66 39' 5 1/2"   |
|                           | Kay Fine Hout 68 30' 1 1/2"    |
|                           | Amy Robinson 68 29' 7"         |
| 70-74                     | Beryl Siringier 70 32' 8"      |
|                           | Mitzi Probst 73 28' 2"         |
| <u>JAVELIN</u>            |                                |
| 55-59                     | Bernice Holland 56 69'         |
| 65-69                     | Kay Fine Hout 68 27' 5"        |
| 70-74                     | Deryl Siringier 70 28' 3"      |
|                           | Mitzi Probst 73 26' 1"         |
| <u>Softball Throw</u>     |                                |
| 55-59                     | LaVerne Meier 55 69' 9"        |
| 60-64                     | Dorothy Davenport 62 61' 3"    |
| 65-69                     | Mary Bowermaster 65 90' 4"     |
|                           | Portia Cureton 66 80' 0"       |
|                           | Kay Fine Hout 68 55' 7"        |
| 70-74                     | Mitzi Probst 73 39' 4"         |
| <u>Shot Put</u>           |                                |
| 55-59                     | Bernice Holland 56 32' 1 1/2"  |
|                           | Florence Reardon 57 20' 1 1/2" |
| 65-69                     | Mary Bowermaster 65 25' 10"    |
|                           | Amy Robinson 68 19' 4 1/2"     |
|                           | Beryl Siringier 69 12' 2 1/2"  |
| 70-74                     | Mitzi Probst 73 16' 2 1/2"     |
| <u>High Jump</u>          |                                |
| 60-64                     | Ernestine Yeomans 64 3' 1"     |
| 65-69                     | Sheila Evans 67 3' 5"          |
| <u>Standing Long Jump</u> |                                |
| 55-59                     | Florence Reardon 57 6' 6 1/2"  |
|                           | B. Holland 56 6' 5 1/2"        |
|                           | Laverne Meier 55 5' 7 1/2"     |
| 60-64                     | Ernestine Yeomans 64 5' 1 3/4" |
| 65-69                     | Mary Bowermaster 65 6' 4"      |
|                           | Portia Cureton 66 5' 1 1/2"    |

|                                     |  |
|-------------------------------------|--|
| <u>Running Long Jump</u>            |  |
| 55-59                               | Florence Reardon 57 10' 1 1/2"                             |
|                                     | LaVerne Meier 55 8' 6 1/2"                                 |
| 60-64                               | Ernestine Yeomans 64 5' 9"                                 |
| 65-69                               | Mary Bowermaster 65 9' 11"                                 |
|                                     | Kay Fine Hout 68 2' 8"                                     |
| 70-74                               | Beryl Siringier 70 4' 5"                                   |
| <u>Triple Jump</u>                  |  |
| 55-59                               | LaVerne Meier 55 16' 6"                                    |
| 60-64                               | Ernestine Yeomans 64 13' 10"                               |
| <u>1500 Meters</u>                  |  |
| Men 35-34                           | 1st. Dave Spatarn, Ind. 4:27                               |
|                                     | 2nd. Rick Cox, Ind. 4:39                                   |
|                                     | 3rd. Jackie Stewart, Indpls. 4:40                          |
|                                     | 4th. Terry Moore, Hoosier TC. 5:30                         |
| Men 35-35                           | 1st. Joan Lutgring, Hoosier TC 4:36                        |
|                                     | 2nd. Mike Morris, Ky. 4:33                                 |
|                                     | 3rd. Bill Wilham, Hoosier TC. 4:52                         |
| Men 40-44                           | 1st. Dennis Walsh, Ohio. 4:28                              |
|                                     | 2nd. Ken Watkins, Ky. 4:29                                 |
|                                     | 3rd. Floyd Rowack, Hoosier TC. 4:25                        |
|                                     | 4th. Gene Lausch, Indpls. 4:57                             |
|                                     | 5th. Henry Hopkins, Hoosier TC. 5:21                       |
|                                     | 6th. Dave Herron, Hoosier TC. 5:42                         |
| Men 45-49                           | 1st. Jim Steele, Ohio. 4:54                                |
| Men 50-54                           | 1st. Russ Bonham, Hoosier TC. 4:35                         |
|                                     | 2nd. Don Gaurie, Hoosier TC. 4:35                          |
|                                     | 3rd. Ray Riffe, Ohio. 4:46                                 |
| Women 45-49                         | 1st. Sue Jent, Indpls. 7:46                                |
|                                     | 2nd. Lola Hall, Ohio. 7:52                                 |
|                                     | 3rd. Joanne Andrews, Ill. 8:55                             |
| Women 50-54                         | 1st. Joann Keaton, Indpls. 8:30                            |
| Men Exhibition 4 x 200 meters relay | Larry Steinauf, Dick Wilson, Don Gaurie, Russ Bonham, 9:16 |

|                                    |                          |
|------------------------------------|--------------------------|
| <u>CHARIOTS OF FIRE TRACK MEET</u> |                          |
| ATLANTIC CITY, NEW JERSEY          |                          |
| JUNE 11, 1983                      |                          |
| <u>100y</u>                        |                          |
| M30-34                             | Alfonzo Walton 10.6      |
|                                    | Emmel Talley 11.1        |
|                                    | David Oakes 11.4         |
| M35-39                             | George Majors 12.31      |
| M40-45                             | Joseph Johnson 10.89     |
|                                    | James Bantum 11.40       |
|                                    | Ohamiri Abayomi 11.95    |
| M45-49                             | Stan Derry 11.41         |
|                                    | E. McCombs, Jr. 12.00    |
|                                    | John Snell 12.66         |
| M50-54                             | Oscar Harris 13.00       |
|                                    | Arthur Harris 13.69      |
|                                    | Dave Hall n/t            |
| M60-64                             | David Lawyer 12.58       |
| M65+                               | H.H. Jackson, 87 14.45WR |
| M40-44                             | Margaret O'Connor 17.70  |
| M50-54                             | Marie Barrie 19.00       |
| <u>220y</u>                        |                          |
| M30-34                             | Alfonzo Walton 23.56     |
|                                    | Ellis Martin 24.10       |
|                                    | Limuel Tally 24.90       |
| M35-39                             | George Majors 27.90      |
|                                    | Carl Grossen 28.37       |
| M40-44                             | Abayomi Dimiri 24.40     |
|                                    | James Bantum 24.90       |
|                                    | J. Johnson 25.15         |
| M45-49                             | Edward Smalls 25.07      |
|                                    | E. McCombs, Jr. 25.90    |
|                                    | Lloyd Riddick 26.20      |
| M50-54                             | Rudy Enders 25.90        |
|                                    | Joshua Oulbreath 26.90   |
|                                    | Charles Rice 30.40       |
| M55-59                             | Oscar Harris 29.15       |
|                                    | Arthur Harris 37.04      |

|                      |                           |
|----------------------|---------------------------|
| M60-64               | David Lawyer 29.44        |
|                      | James Manno 30.00         |
| M65-69               | Dave Hall n/t             |
| W30-34               | Sharon Jones 37.90        |
| W50-54               | Marie Barrie 45.30        |
| 440y                 | George Leahy 62.1         |
| M35-39               | Carl Grossman 64.6        |
|                      | Dwight Brandon 71.2       |
| M40-44               | Thomas O'Horn 58.4        |
|                      | Sam Huckel 59.1           |
| M45-49               | Edward Smalls 57.3        |
|                      | E. McCombs, Jr. 62.4      |
|                      | Hal Kaufman 63.7          |
| M50-54               | Rudy Enders 59.2          |
|                      | Charles Rice 67.9         |
| M60-64               | James Manno 69.6          |
| 880y                 | Joe Keran 2:35.6          |
| M50-54               | Charles Rice 2:42.5       |
|                      | Phil McCloskey 2:45.0     |
| M60-64               | Everick Newell 2:52.4     |
| <u>One Mile Walk</u> |                           |
| M30-34               | Ray Funkhauser 7:05.26    |
|                      | Ron Salvio 8:08.51        |
|                      | Eric Bass 10:27.74        |
| M45-49               | Paul Walkovic 11:23.59    |
| M50-54               | Sal Corralo 7:43.64       |
|                      | Daniel Ross 10:52.28      |
| M55-59               | Sanford Kalb 10:50.55     |
|                      | William Dwyer 12:53.80    |
| M60-64               | Frank Gluack 12:25.80     |
|                      | Albert Sabaroff 13:38.81  |
| W30-34               | Donna Funkhauser 10:03.25 |
|                      | Jean Salvio 10:24.99      |
| W45-49               | Rhoda Lawyer 12:44.22     |
|                      | Rita Ross 14:10.71        |
| <u>Mile Run</u>      |                           |
| M40-44               | James Sylvester 4:56.86   |
| M45-49               | Dave Cottrell 5:38.02     |
| M50-54               | Robert Fine 5:41.09       |
|                      | Joe Keran 5:44.50         |
| <u>120yHH</u>        |                           |
| M30-34               | John Paul Jones 17.2      |
|                      | Gene Hoffman 19.4         |
|                      | Ivan Black 20.4           |
| M35-39               | Ludwick Hayden 19.94      |
| M40-44               | Ted Gray 17.8             |
| M50-54               | John Barrie 21.7          |
|                      | George Taylor 22.8        |
| M60-64               | Jon Hutchinson 22.0       |
| 440yIH               | J.P. Jones 61.8           |
| M30-34               | Gene Hoggman 66.3         |
|                      | Ken Thomas 70.1           |
| M50-54               | Joshua Oulbreath 64.4     |
| <u>440y Relay</u>    |                           |
| M30-34               | Phila. Masters 50.1       |
| M40-44               | Phila. Masters 50.4       |
|                      | NY Pioneers 52.1          |
|                      | Camden 52.8               |
|                      | Dawnington 55.3           |
| <u>880y Relay</u>    |                           |
| M40-44               | NY Pioneers 1:43.92       |
|                      | Phila. Masters 1:47.80    |
|                      | Camden 1:47.91            |
| <u>Broad Jump</u>    |                           |
| M30-34               | Ivan Black 17'9"          |
| M35-39               | James Dickerson 22'3"     |
|                      | Kevin Salter 18'11 1/2"   |
|                      | Ludwick Hayden 17'5"      |
| M40-44               | Joe Johnson 19'6 1/2"     |
|                      | Ted Gray 18'8"            |
|                      | Joseph O'Connor 15'9 1/2" |
| M45-49               | John Snell 14'8 1/2"      |
| M50-54               | Rudy Enders 17'0"         |
|                      | Ronald Noreen 14'3"       |
|                      | Jerry Lewis 13'2 1/2"     |

|                              |                           |                         |                        |
|------------------------------|---------------------------|-------------------------|------------------------|
| <b>M55-59</b>                | Oscar Harris 13'8 3/4"    | Sanford Kalb 12'2 1/2"  | Arthur Harris 12'1"    |
| <b>M65-69</b>                | Dave Hall 12'1 1/4"       | Eugene Wood 9'3 1/2"    |                        |
| <b>Hop, Step, &amp; Jump</b> |                           |                         |                        |
| <b>M30-34</b>                | Ivan Black 36'4"          |                         |                        |
| <b>M35-39</b>                | James Dickerson 44'4 1/2" | Kevin Salter 38'2"      |                        |
| <b>M60-64</b>                | John Hutchinson 26'3"     |                         |                        |
| <b>M65-69</b>                | Bob Detweiler 19'9 3/4"   |                         |                        |
| <b>High Jump</b>             |                           |                         |                        |
| <b>M35-39</b>                | James Dickerson 5'7"      |                         |                        |
| <b>M40-44</b>                | Patrick Freeman 4'11"     |                         |                        |
| <b>M50-54</b>                | Walter Hutchinson 4'11"   | Warren Jackson 4'5"     |                        |
| <b>M55-59</b>                | Arthur Harris 4'11"       |                         |                        |
| <b>M60-64</b>                | John Vislocky 4'5"        |                         |                        |
| <b>Discus</b>                |                           |                         |                        |
| <b>M30-34</b>                | Ron Salvio 93'1"          | Ivan Black 68'10"       |                        |
| <b>M35-39</b>                | John G. Abbott 127'6"     |                         |                        |
| <b>M40-44</b>                | Larry Pratt 155'10"       | Brian McKenna 104'10"   |                        |
| <b>M45-49</b>                | Harry Holm 103'6"         |                         |                        |
| <b>M50-54</b>                | Len Olson 133'1"          | Tom Henderson 131'9"    | Ronald Noreen 109'3"   |
| <b>M55-59</b>                | Arthur Harris 87'7"       |                         |                        |
| <b>M60-64</b>                | John Hutchinson 89'7"     | Payton Flourmoy 78'6"   | Frank Glueck 69'7"     |
| <b>M65-69</b>                | Bob Detweiler 97'9"       | Eugene Wood 96'11"      | Dave Hall 66'5"        |
| <b>W30-34</b>                | Jean Salvio 48'2"         |                         |                        |
| <b>Shot Put</b>              |                           |                         |                        |
| <b>M35-39</b>                | Karl Birms 36'11"         |                         |                        |
| <b>M40-44</b>                | Brian McKenna 36'3"       |                         |                        |
| <b>M45-49</b>                | Dennis Moore 37'3"        | Stan Derry 35'4"        | Harry Holm 32'3"       |
| <b>M50-54</b>                | Len Olson 47'10"          | Thomas Henderson 44'8"  | Richard Walkup 34'0"   |
| <b>M55-59</b>                | Arthur Harris 32'0"       |                         |                        |
| <b>M60-64</b>                | John Vislocky 37'2"       | Payton Flourmoy 35'     | John Hutchinson 33'5"  |
| <b>M65-69</b>                | Eugene Wood 37'8"         | Bob Detweiler 30'3"     |                        |
| <b>Javelin</b>               |                           |                         |                        |
| <b>M30-34</b>                | Bob Sing 205'8"           | Ivan Black 92'8"        |                        |
| <b>M35-39</b>                | Glenn Weaver 186'5"       |                         |                        |
| <b>M40-44</b>                | Fred Mannis 117'8"        |                         |                        |
| <b>M50-54</b>                | Len Olson 130'11"         | Rudy Enders 114'2"      | Thomas Brooks 104'9"   |
| <b>M55-59</b>                | Arthur Harris 77'2"       |                         |                        |
| <b>M60-64</b>                | John Hutchinson 96'8"     | Dr. Donald Harris 92'   | Frank Glueck 76'1"     |
| <b>M65-69</b>                | Robert Detweiler 75'11"   |                         |                        |
| <b>W45-49</b>                | Rhonda Lawyer 34'2"       |                         |                        |
| <b>35# Weight Throw</b>      |                           |                         |                        |
| Ron Salvio 34 30'7"          | Karl Birms 36 41'11"      | Richard Stoltz 49 16'6" | Tom Henderson 51 37'3" |
| <b>Pole Vault</b>            |                           |                         |                        |
| Ron Salvio 34 7'6"           | Ted Gray 40 7'6"          | George Taylor 54 7'3"   |                        |

|                                |                            |
|--------------------------------|----------------------------|
| <b>WALTHAM TC MASTERS MEET</b> |                            |
| WALTHAM, MASS. JUNE 18, 1983   |                            |
| <b>M30-39</b>                  | 100y Joe Kopka 10.4*       |
|                                | R. Littlefield 10.5        |
|                                | Steve Weisman 10.7         |
| <b>220y</b>                    | R. Littlefield 24.1        |
|                                | J. Kopka 24.2              |
|                                | S. Weisman 24.5            |
| <b>440y</b>                    | J. Kopka 52.0*             |
|                                | Rick Riley 52.9            |
|                                | Ralph Morchella 54.4       |
| <b>880y</b>                    | Walter Clark 2:05.8        |
|                                | Bruce Bond 2:07.5          |
|                                | Jake Sullivan 2:08.0       |
| <b>Mile</b>                    | Fred Doyle 4:21.2*         |
|                                | Bruce Butterworth 4:26.1   |
|                                | Brad Kron 4:37.7           |
| <b>Long Jump</b>               | Walter Clark 19'8 1/2"     |
|                                | Tom Murphy 19'5 1/2"       |
|                                | R. Riley 18'6"             |
| <b>High Jump</b>               | W. Clark 5'2"              |
|                                | George Whitelaw 4'2"       |
| <b>Shot Put</b>                | Mike Grisco 42'1 1/2"      |
|                                | Mike Quinn 30'8"           |
|                                | Peter Hardy 27'1 1/2"      |
| <b>Discus</b>                  | M. Grisco 159'11"          |
|                                | Bill Currier 102'3"        |
|                                | John Sullivan 68'2"        |
| <b>Javelin</b>                 | B. Currier 196'5"          |
|                                | P. Hardy 139'8"            |
| <b>M40-49</b>                  | 100y John Whelan 11.2      |
|                                | Bill Simmons 11.6          |
|                                | Michael Malec 12.1         |
| <b>220y</b>                    | John Whelan 26.2           |
|                                | B. Simmons 26.7            |
|                                | Bob Chinchillo 29.3        |
| <b>440y</b>                    | John Hallum 58.5*          |
|                                | B. Simmons 58.9            |
|                                | Paul McCarthy 60.2         |
| <b>880y</b>                    | Ronald Dean 2:20.6         |
|                                | Couchette 2:22.3           |
|                                | Larry Decker 2:23.6        |
| <b>Mile</b>                    | P. McCarthy 4:48.3*        |
|                                | R. Dean 5:01.6             |
|                                | John White 5:03.0          |
| <b>Long Jump</b>               | J. Whelan 16'9 1/2"        |
|                                | John Hallum 16'1 1/2"      |
|                                | Ben Cairn 15'3 1/2"        |
| <b>High Jump</b>               | J. Hallum 4'6"             |
|                                | Jack Roberts 4'0"          |
|                                | Richard Murdoch 4'0"       |
| <b>Shot Put</b>                | Bill Burke 41'4 1/2"       |
|                                | Doug Renwich n/d           |
|                                | Jim Rothrock 36'5"         |
| <b>Discus</b>                  | D. Renwich 112'8"          |
|                                | Al Boshian 109'7"          |
|                                | J. Rothrock 105'2"         |
| <b>Javelin</b>                 | J. Rothrock 152'6"         |
|                                | Bill Burke 125'9"          |
|                                | John Mackenzie 120'0"      |
| <b>M50-59</b>                  | 100y Frank Barous 11.7*    |
|                                | Louis Smith 12.2           |
|                                | Matt Boyle 12.4            |
| <b>220y</b>                    | F. Barous 27.7             |
|                                | L. Smith 27.9              |
|                                | Jim Kelly 30.1             |
| <b>440y</b>                    | L. Smith 60.3*             |
|                                | Larry Patz 63.9            |
|                                | J. Kelly 65.4              |
| <b>880y</b>                    | Jim Keat 2:23.7            |
|                                | Ed O'Connell 2:39.0        |
|                                | Ray Pickell 2:49.1         |
| <b>Mile</b>                    | J. Keat 5:07.7             |
|                                | John McGowan 5:12.7        |
|                                | L. Smith 5:17.6            |
| <b>Long Jump</b>               | Charles Leverone 14'7 1/2" |
|                                | J. Kelly 13'1"             |
|                                | Ray Cormier 12'5 1/2"      |
| <b>High Jump</b>               | C. Leverone 4'6"           |
|                                | M. Boyle 4'4"              |
|                                | R. Cormier 4'0"            |
| <b>Shot Put</b>                | Pat Leonard 19'11"         |

|                  |                               |                           |                        |
|------------------|-------------------------------|---------------------------|------------------------|
| <b>Discus</b>    | M. Boyle 88'4"                | P. Leonard 46'1"          |                        |
| <b>Javelin</b>   | Richard Pachard 56'4"         | P. Leonard 49'5"          |                        |
| <b>M60-69</b>    | 100y Robert Sorlien 12.7      | Bill Carmen 12.8          | Barry Ivers 13.2       |
| <b>220y</b>      | R. Sorlien 30.6               | B. Ivers 30.7             | James Boudreau 38.9    |
| <b>440y</b>      | B. Carmen 71.1                | J. Boudreau 88.8          |                        |
| <b>880y</b>      | Socrates Sotir 3:18.3         |                           |                        |
| <b>Mile</b>      | Arthur Ballou 6:47.0          | S. Sotir 6:49.0           | George Costello 9:51.4 |
| <b>Long Jump</b> | Boo Maroon 16'6 1/2"          | Vernon Mattson 14'2"      | R. Sorlien 13'8"       |
| <b>High Jump</b> | Boo Maroon 4'10"              | V. Mattson 4'0"           |                        |
| <b>Shot Put</b>  | Greg Buttick 43'1"            | G. Costello 28'6"         |                        |
| <b>Discus</b>    | Boo Maroon 122'2 1/2"         | Greg Buttick 110'0"       | S. Sotir 56'9"         |
| <b>Javelin</b>   | J. Boudreau 49'11"            |                           |                        |
| <b>W30-39</b>    | 100y Pam Bidwell 32.5         | Patty Hewitt 32.7         | A. Niedringhaus 33.4   |
| <b>220y</b>      | Pam Bidwell 67.7*             | Linda Upton 68.6          | Kate Favereau 71.9     |
| <b>440y</b>      | P. Bidwell 2:35.8             | L. Upton 2:35.9           | Barbara Saver 2:42.1   |
| <b>880y</b>      | Barbara Nelson 5:24.6*        | B. Saver 5:34.2           | Sharon O'Hagen 5:35.0  |
| <b>Long Jump</b> | L. Shevell 12'8 1/2"          | Jane Quinn 10'11 1/2"     |                        |
| <b>Shot Put</b>  | Judy Hardy 22'6"              | Cynthia LeBlanc 21'3"     | J. Quinn 21'1 1/2"     |
| <b>Discus</b>    | Barbara Winans 61'11"         |                           |                        |
| <b>Javelin</b>   | L. Gecevicz 103'7"            | Joni Sardoz 72'3"         | J. Hardy 39'3"         |
| <b>M40-49</b>    | 100y Sally Goodhue 14.11*     | Carol Drein 15.0          |                        |
| <b>220y</b>      | Susan Redfield 32.0           | C. Drein 34.4             |                        |
| <b>440y</b>      | Barbara Pike 69.0             | S. Goodhue 72.4           | Carrie Parsi 72.8      |
| <b>880y</b>      | Dede Herlihy 2:59.8           |                           |                        |
| <b>Mile</b>      | B. Pike 5:26.5                | C. Parsi 5:42.2           | Anne Gwynne 6:14.3     |
| <b>Long Jump</b> | S. Redfield 12'2 3/4"         | Barbara Murdoch 8'10 3/4" |                        |
| <b>Shot Put</b>  | S. Redfield 24'1 1/2"         | S. Goodhue 22'6 1/2"      | Janice Brown 14'4"     |
| <b>Discus</b>    | Laurie Rothrock 65'6"         |                           |                        |
| <b>Javelin</b>   | B. Pike 41'2"                 |                           |                        |
| <b>M50-59</b>    | 100y Cynthia Fulenwinder 16.7 | Joyce Hals 75.7           |                        |
| <b>220y</b>      | J. Hals 6:09.6                | Phyllis Cormier 8:22.5    |                        |
| <b>Shot Put</b>  | C. Fulenwinder 27'            | P. Cormier 18'9 1/2"      |                        |
| <b>Discus</b>    | P. Cormier 44'8"              | C. Fulenwinder 41'9"      |                        |
| <b>M60-69</b>    | 100y                          |                           |                        |
| <b>220y</b>      |                               |                           |                        |
| <b>440y</b>      |                               |                           |                        |
| <b>880y</b>      |                               |                           |                        |
| <b>Mile</b>      |                               |                           |                        |
| <b>Long Jump</b> |                               |                           |                        |
| <b>High Jump</b> |                               |                           |                        |
| <b>Shot Put</b>  |                               |                           |                        |
| <b>Discus</b>    |                               |                           |                        |
| <b>Javelin</b>   |                               |                           |                        |
| <b>M60-69</b>    |                               |                           |                        |
| <b>220y</b>      |                               |                           |                        |
| <b>440y</b>      |                               |                           |                        |
| <b>880y</b>      |                               |                           |                        |
| <b>Mile</b>      |                               |                           |                        |
| <b>Long Jump</b> |                               |                           |                        |
| <b>High Jump</b> |                               |                           |                        |
| <b>Shot Put</b>  |                               |                           |                        |
| <b>Discus</b>    |                               |                           |                        |
| <b>Javelin</b>   |                               |                           |                        |
| <b>M60-69</b>    |                               |                           |                        |
| <b>220y</b>      |                               |                           |                        |
| <b>440y</b>      |                               |                           |                        |
| <b>880y</b>      |                               |                           |                        |
| <b>Mile</b>      |                               |                           |                        |
| <b>Long Jump</b> |                               |                           |                        |
| <b>High Jump</b> |                               |                           |                        |
| <b>Shot Put</b>  |                               |                           |                        |
| <b>Discus</b>    |                               |                           |                        |
| <b>Javelin</b>   |                               |                           |                        |
| <b>M60-69</b>    |                               |                           |                        |
| <b>220y</b>      |                               |                           |                        |
| <b>440y</b>      |                               |                           |                        |
| <b>880y</b>      |                               |                           |                        |
| <b>Mile</b>      |                               |                           |                        |
| <b>Long Jump</b> |                               |                           |                        |
| <b>High Jump</b> |                               |                           |                        |
| <b>Shot Put</b>  |                               |                           |                        |
| <b>Discus</b>    |                               |                           |                        |
| <b>Javelin</b>   |                               |                           |                        |
| <b>M60-69</b>    |                               |                           |                        |
| <b>220y</b>      |                               |                           |                        |
| <b>440y</b>      |                               |                           |                        |
| <b>880y</b>      |                               |                           |                        |
| <b>Mile</b>      |                               |                           |                        |
| <b>Long Jump</b> |                               |                           |                        |
| <b>High Jump</b> |                               |                           |                        |
| <b>Shot Put</b>  |                               |                           |                        |
| <b>Discus</b>    |                               |                           |                        |
| <b>Javelin</b>   |                               |                           |                        |
| <b>M60-69</b>    |                               |                           |                        |
| <b>220y</b>      |                               |                           |                        |
| <b>440y</b>      |                               |                           |                        |
| <b>880y</b>      |                               |                           |                        |
| <b>Mile</b>      |                               |                           |                        |
| <b>Long Jump</b> |                               |                           |                        |
| <b>High Jump</b> |                               |                           |                        |
| <b>Shot Put</b>  |                               |                           |                        |
| <b>Discus</b>    |                               |                           |                        |
| <b>Javelin</b>   |                               |                           |                        |
| <b>M60-69</b>    |                               |                           |                        |
| <b>220y</b>      |                               |                           |                        |
| <b>440y</b>      |                               |                           |                        |
| <b>880y</b>      |                               |                           |                        |
| <b>Mile</b>      |                               |                           |                        |
| <b>Long Jump</b> |                               |                           |                        |
| <b>High Jump</b> |                               |                           |                        |
| <b>Shot Put</b>  |                               |                           |                        |
| <b>Discus</b>    |                               |                           |                        |
| <b>Javelin</b>   |                               |                           |                        |
| <b>M60-69</b>    |                               |                           |                        |
| <b>220y</b>      |                               |                           |                        |
| <b>440y</b>      |                               |                           |                        |
| <b>880y</b>      |                               |                           |                        |
| <b>Mile</b>      |                               |                           |                        |
| <b>Long Jump</b> |                               |                           |                        |
| <b>High Jump</b> |                               |                           |                        |
| <b>Shot Put</b>  |                               |                           |                        |
| <b>Discus</b>    |                               |                           |                        |
| <b>Javelin</b>   |                               |                           |                        |
| <b>M60-69</b>    |                               |                           |                        |
| <b>220y</b>      |                               |                           |                        |
| <b>440y</b>      |                               |                           |                        |
| <b>880y</b>      |                               |                           |                        |
| <b>Mile</b>      |                               |                           |                        |
| <b>Long Jump</b> |                               |                           |                        |
| <b>High Jump</b> |                               |                           |                        |
| <b>Shot Put</b>  |                               |                           |                        |
| <b>Discus</b>    |                               |                           |                        |
| <b>Javelin</b>   |                               |                           |                        |
| <b>M60-69</b>    |                               |                           |                        |
| <b>220y</b>      |                               |                           |                        |
| <b>440y</b>      |                               |                           |                        |
| <b>880y</b>      |                               |                           |                        |
| <b>Mile</b>      |                               |                           |                        |
| <b>Long Jump</b> |                               |                           |                        |
| <b>High Jump</b> |                               |                           |                        |
| <b>Shot Put</b>  |                               |                           |                        |
| <b>Discus</b>    |                               |                           |                        |
| <b>Javelin</b>   |                               |                           |                        |
| <b>M60-69</b>    |                               |                           |                        |
| <b>220y</b>      |                               |                           |                        |
| <b>440y</b>      |                               |                           |                        |
| <b>880y</b>      |                               |                           |                        |
| <b>Mile</b>      |                               |                           |                        |
| <b>Long Jump</b> |                               |                           |                        |
| <b>High Jump</b> |                               |                           |                        |
| <b>Shot Put</b>  |                               |                           |                        |
| <b>Discus</b>    |                               |                           |                        |
| <b>Javelin</b>   |                               |                           |                        |
| <b>M60-69</b>    |                               |                           |                        |
| <b>220y</b>      |                               |                           |                        |
| <b>440y</b>      |                               |                           |                        |
| <b>880y</b>      |                               |                           |                        |
| <b>Mile</b>      |                               |                           |                        |
| <b>Long Jump</b> |                               |                           |                        |
| <b>High Jump</b> |                               |                           |                        |
| <b>Shot Put</b>  |                               |                           |                        |
| <b>Discus</b>    |                               |                           |                        |
| <b>Javelin</b>   |                               |                           |                        |
| <b>M60-69</b>    |                               |                           |                        |
| <b>220y</b>      |                               |                           |                        |
| <b>440y</b>      |                               |                           |                        |
| <b>880y</b>      |                               |                           |                        |
| <b>Mile</b>      |                               |                           |                        |
| <b>Long Jump</b> |                               |                           |                        |
| <b>High Jump</b> |                               |                           |                        |
| <b>Shot Put</b>  |                               |                           |                        |
| <b>Discus</b>    |                               |                           |                        |
| <b>Javelin</b>   |                               |                           |                        |
| <b>M60-69</b>    |                               |                           |                        |
| <b>220y</b>      |                               |                           |                        |
| <b>440y</b>      |                               |                           |                        |
| <b>880y</b>      |                               |                           |                        |
| <b>Mile</b>      |                               |                           |                        |
| <b>Long Jump</b> |                               |                           |                        |
| <b>High Jump</b> |                               |                           |                        |
| <b>Shot Put</b>  |                               |                           |                        |
| <b>Discus</b>    |                               |                           |                        |
| <b>Javelin</b>   |                               |                           |                        |
| <b>M60-69</b>    |                               |                           |                        |
| <b>220y</b>      |                               |                           |                        |
| <b>440y</b>      |                               |                           |                        |
| <b>880y</b>      |                               |                           |                        |
| <b>Mile</b>      |                               |                           |                        |
| <b>Long Jump</b> |                               |                           |                        |
| <b>High Jump</b> |                               |                           |                        |
| <b>Shot Put</b>  |                               |                           |                        |
| <b>Discus</b>    |                               |                           |                        |
| <b>Javelin</b>   |                               |                           |                        |
| <b>M60-69</b>    |                               |                           |                        |
| <b>220y</b>      |                               |                           |                        |
| <b>440y</b>      |                               |                           |                        |
| <b>880y</b>      |                               |                           |                        |
| <b>Mile</b>      |                               |                           |                        |
| <b>Long Jump</b> |                               |                           |                        |
| <b>High Jump</b> |                               |                           |                        |
| <b>Shot Put</b>  |                               |                           |                        |
| <b>Discus</b>    |                               |                           |                        |
| <b>Javelin</b>   |                               |                           |                        |
| <b>M60-69</b>    |                               |                           |                        |
| <b>220y</b>      |                               |                           |                        |

1600 meter Run
30-34 1. 5:01.29 Ken Jernigan (31) Lubbock
35-39 1. 5:14.08 Rick Ricketta (35) Midland
5-29-13 Lawrence Leonard (38) San Ang.

5000 meter Run
10-34 1. 18:48.0 Ken Jernigan (31) Lubbock
15-39 1. 18:16.0 Rick Ricketta (35) Midland
35-69 1. 23:45.0 Jeff Bloomfield (67) Waco

400 meter Relay
30-34 1. \*43.82 Space City of Houston (Austin, Hartsfield, Blanks, Mitchell)
1600 meter Relay
30-34 1. \*3:37.51 Houston Harriers (McCracken, Endris, Stewart, Schoenig)

DISCUS
30-34-4.49-1. 115' 0" Richard Watson (30) Austin
2. 101' 0" Larry Burnett (34) Leander
3. 100' 0" Jeffery Young (31) Austin

HAMMER
30-34:168-1. 65' 5 1/2" Jeffery Young (31) Austin
35-39:168-1. 50' 2" Jerry Poulson (38) Lockhart
40-44:128-1. 79' 1" Jim Owen (42) Taylor

SHOT PUT
35-39:164-1. 40' 6 1/2" Mike West (35) Frdsbrgy.
2. 38' 2" John Hartfield (38) Mo. C.
3. 35' 8" Jerry Poulson (38) Lockth.
4. 34' 10" Andrew Blanks (36) Mo. C.

JAVELIN
35-39-1. 146' 0" Jerry Poulson (38) Lockhart
2. 143' 9" Mike West (35) Frdsbrgy.
30-34-1. 175' 7" Richard Watson (30) Austin
2. 124' 6" Ken Jernigan (31) Lubbock

HIGH JUMP
10-34-1. \*5' 8" Richard Watson (30) Austin (Clas)
2. \*5' 8" Russell Austin (32) Houston (\*)
3. 5' 2" Ken Jernigan (31) Lubbock

TRIPLE JUMP
30-34-1. 34' 7" Ken Jernigan (31) Lubbock
2. 33' 11" James Balze (33) Frdsbrgy.
3. 29' 9" Stephen Artachink (33) Mason

40-44-1. \*38' 7" Hans Gordon (41) San Antonio
2. 32' 11" Jerry Burnett (43) Frdsbrgy.
3. 27' 5" Jim Biefeldt (41) San Antonio
45-49-1. 31' 3" Harold Poythal (48) Troy

POLE VAULT
30-34-1. 12' 3" Richard Watson (30) Austin
2. 11' 3" Larry Burnett (34) Leander
35-39-1. 9' 8" David Baker (37) Brownwood

LONG JUMP
30-34-1. \*21' 3" Russell Austin (32) Houston
2. 17' 11 1/2" Richard Watson (30) Austin
3. 15' 6 1/2" James Balze (33) Frdsbrgy.

WOMEN-100 meter Dash
35+ 1. 18.29 Margie Ranc (42) El Paso
WOMEN-200 meter Dash
35+ 1. 38.21 Margie Ranc
WOMEN-1600 meter Run
35+ 1. 7:29.03 Margie Ranc

10,000 meter Cross Country - MEN
35-39 - 1. 40:00 - Lawrence Leonard - San Ang
2. 42:26 - Joe Tijerina - Brownwood
3. 44:40 - Jerry Roach - San Angelo
40-49-1. 41:47 - Norman Pittenger - El Paso
2. 42:33 - Paul McLean - Austin

NORTHERN CALIFORNIA SENIORS
T&F MEET; BERKELEY, CALIF.
JULY 3, 1983
MEN
5000M
35-39 1. Peter Day (38) 15:03.5

4 X 800 Relay
40-49 1. So. Cal. Striders 8:11.63WR
Ferril Montanez 2:07.9
Bill Knocke 2:01.47
Mel Elliot 2:03.68
George Cohen 1:56.41

4 X 100 Relay
30-39 1. All Stars Team 45.6
Bobby Simpson, Walt Randle, Jim Hines,
40-49 1. Ft. Ord T.C. 52.1
Jerry McCullough, Patrick Cockran, Phil Digeora, Barney Holmes

110M Hurdles
35-39 1. Cornelius McCormick (39) 15.2
2. Fred Johnson (37) 15.6
3. Gary B. Laine (35) 16.8
40-44 1. Walt Eutler (42) 14.3WR
2. Thom Jones (44) 18.9

100M
30-34 1. Bill Lewis (30) 11.6
2. Del Eckels (34) 11.7
35-39 1. Jim Hines (36) 11.0
2. Tom Allen (35) 11.4
3. Bill Alston (39) 11.7
4. Nate Wright (36) 12.0

40-44 1. Walt Butler (42) 11.2
2. Bobby Simpson (41) 11.4
3. Mel Erock (42) 11.4
4. Hans Gordon (41) 11.6
5. Jerry McCullough (44) 11.8
6. Anthony J. Craddock (40) 12.2

55-59 1. Bob Watanabe (55) 12.3
2. Vernon Regier (55) 12.4
3. Bob Roemer (58) 12.7
4. Bob Jordan (55) 12.7
5. Bob Cooper (59) 12.8
6. Charlie Powers (56) 13.9

800M
30-34 1. Phil Kay (30) 1:57.2
2. Ray Moody (30) 2:05.0
35-39 1. George Mason (39) 1:55.7AR
2. David Himmelberger (37) 2:05.9

400M I. Hurdles
35-39 1. Gary B. Laine (35) 59.9
2. Phil Agostini (41) 67.3
200M
30-34 1. Adrian Rodgers (31) 21.2
2. Tom Allen (39) 23.5
3. George Mason (39) 23.9

40-44 1. Walt Butler (42) 22.6
2. Mel Brooks (42) 22.8
3. Bobby Simpson (41) 23.1
4. Hans Gordon (41) 24.3
5. Thom Jones (44) 27.4
45-49 1. Nick Newton (49) 24.0
2. Haig Bohigian (47) 25.5
50-54 1. Bruce Springbett (40) 23.8
2. Jim Lingel (51) 24.8
3. Hans Bruhner (50) 24.8

400M
30-34 1. Adrian Rodgers (31) 46.8
2. James Armstrong (34) 57.3
35-39 1. William C. Zollner (36) 52.5
2. Bill Alston (39) 55.5
3. Walt Randle (39) 57.2

1500M
35-39 1. Wayne Douglas (35) 4:10.7
2. Peter Day (38) 4:26.7
3. Rick Powers (36) 4:44.5
40-44 1. Harvey Franklin (40) 4:19.3
2. Richard Higgins (42) 5:33.5

POLE VAULT
30-34 1. Bill Chew (33) 14' 6"
35-39 1. Bruce Hotaling (39) 13' 6 1/2"
2. Brian Werner (39) 12' 7"

60-64 1. Jim Johnson (60) 8' 0"
DISCUS
30-34 1. Gary Kelmenson (33) 32.40
35-39 1. Cornelius McCormick (39) 39.40
2. Fred Johnson (37) 38.04

40-44 1. Dick Hotchkiss (44) 39.20
45-49 1. James Hart (46) 41.86
2. Bernie Griff (47) 27.10
3. Haig Bohigian (47) 26.84
50-54 1. Spencer Letcher (51) 35.72

LONG JUMP
30-34 1. Martin LeFevre (30) 18' 1 1/2"
35-39 1. Lester Bond (39) 20' 2 1/2"
40-44 1. Hans Gordon (41) 19' 6"
2. Don Dvorak (41) 17' 2 3/4"

SHOT PUT
30-34 1. Gary Kelmenson (33) 11.55
40-44 1. Dick Hotchkiss (44) 9.89
45-49 1. James Hart (46) 13.40
60-64 1. Bob Stone (63) 12.79
2. Mark Henderson (62) 12.67

TRIPLE JUMP
40-44 1. Hans Gordon (41) 39' 3"
2. Don Dvorak (41) 34' 4 1/2"
45-49 1. Haig Bohigian (47) 33' 9 1/2"
60-64 1. Jim Johnson (60) 30' 9 1/2"
2. Charles Mercurio (63) 29' 11"

JAVELIN
30-34 1. Gary Kelmenson (33) 36.52
35-39 1. Sam Goldberg (39) 38.28
40-44 1. Thom Jones (44) 29.72
45-49 1. Phil Conley (48) 52.26
2. Don Rose (48) 44.58
3. Bernie Griff (47) 35.92

100M Hurdles
40-44 1. Cherrie Sherrard (44) 15.2
100M
40-44 1. Cherrie Sherrard (44) 13.7AR
45-49 1. Almeta Parish (46) 14.3
60-64 1. Midge Burkhead (64) 18.9
2. Thelma Rubin (61) 19.9

300M
30-34 1. Marilyn Taylor-Allen (30) 2:25.5
2. Donna Eckels (33) 2:31.2
35-39 1. Martie Behrens (35) 2:27.3
40-44 1. Agatha Sue Lee (43) 2:38.3
400M
30-34 1. Donna Eckels (33) 67.3
45-49 1. Irene Obera (49) 64.4AR
2. Gretchen Snyder (49) 66.4
3. Almeta Parish (46) 78.3

1500M
30-34 1. Annette Borden (32) 5:57.8
40-44 1. Agatha Sue Lee (43) 5:28.5
DISCUS
40-44 1. Cherrie Sherrard (44) 25.56AR
65-69 1. Maxine Henderson (67) 9.48

SHOT PUT
40-44 1. Cherrie Sherrard (44) 10.21AR
45-49 1. Almeta Parish (46) 7.72
JAVELIN
55-59 1. Shirley Wietderich (56) 19.38
40-44 1. Fran Conley (42) 32.86AR
45-49 1. Gretchen Snyder (49) 2:31.9
2. Irene Obera (49) 2:44.8
200M
45-49 1. Gretchen Snyder (49) 29.5AR
2. Almeta Parish (46) 29.7
60-64 1. Midge Burkhead (64) 40.4
2. Thelma Rubin (61) 40.8
35-69 1. Josephine Kolda (65) 34.9

**MASTERS 100 X 1-MILE RELAY**  
**JUNE 19th 1983**  
 (IN ORDER OF FASTEST TIMES)

TOTAL 8:41:04

| NAME                  | AGE | TIME   |
|-----------------------|-----|--------|
| 1 Gary Novak          | 40  | 4:39.7 |
| 2 Tom Burns           | 40  | 4:39.9 |
| 3 Frank Saiz          | 44  | 4:41.6 |
| 4 Norm Towers         | 42  | 4:49.4 |
| 5 Jim Williams        | 41  | 4:50.3 |
| 6 Juergen Richter     | 45  | 4:50.6 |
| 7 Gary Hooker         | 42  | 4:52.1 |
| 8 Alan Olson          | 40  | 4:52.5 |
| 9 Lee Miller          | 45  | 4:54.6 |
| 10 Bob McAndrews      | 43  | 4:55.0 |
| 11 Dana Morris        | 40  | 4:55.4 |
| 12 Will Rasmussen     | 43  | 4:56.5 |
| 13 Tom Richards       | 42  | 4:57.2 |
| 14 Ben Dodge          | 40  | 4:58.0 |
| 15 Bob Daniel         | 43  | 4:58.6 |
| 16 Andre Tocco        | 47  | 4:58.8 |
| 17 Bill Porter        | 44  | 4:59.6 |
| 18 Gene Blankenship   | 41  | 4:59.8 |
| 19 Dale Larabee       | 42  | 4:59.9 |
| 20 Wally Johnson      | 41  | 5:01.0 |
| 21 Vic Copeland       | 40  | 5:01.3 |
| 22 Bobby Montelongo   | 42  | 5:01.5 |
| 23 Don Shanahan       | 40  | 5:02.1 |
| 24 Don Foster         | 47  | 5:03.1 |
| 25 Dave Diaz          | 41  | 5:03.6 |
| 26 Dave Watson        | 40  | 5:04.1 |
| 27 Ray Sablan         | 43  | 5:04.3 |
| 28 Pete Larson        | 44  | 5:05.0 |
| 29 Gordon Smith       | 41  | 5:05.3 |
| 30 Bill Dani          | 42  | 5:05.3 |
| 31 Jim Duncan         | 41  | 5:05.9 |
| 32 John Clapp         | 42  | 5:07.1 |
| 33 Glen Fisher        | 40  | 5:07.1 |
| 34 Tom Rothhaar       | 41  | 5:07.1 |
| 35 Bob Collins        | 53  | 5:07.7 |
| 36 Roy Koehn          | 40  | 5:07.9 |
| 37 Whitey Carpenter   | 40  | 5:08.3 |
| 38 Zeke Mazur         | 42  | 5:08.4 |
| 39 Dan Thomas         | 42  | 5:08.6 |
| 40 Neville Clarke     | 41  | 5:09.2 |
| 41 Bill Carlo         | 41  | 5:09.5 |
| 42 Ron Johnson        | 40  | 5:10.5 |
| 43 Robert Lopez       | 47  | 5:10.7 |
| 44 Mike Termine       | 42  | 5:10.7 |
| 45 Dennis Carey       | 45  | 5:10.9 |
| 46 Steve Kimes        | 45  | 5:11.2 |
| 47 Fred Lehr          | 49  | 5:11.6 |
| 48 Steve Gregg        | 41  | 5:11.7 |
| 49 Jake Eager         | 42  | 5:11.7 |
| 50 Terry Jones        | 42  | 5:12.1 |
| 51 Tom Morrow         | 44  | 5:12.3 |
| 52 Mike Golden        | 42  | 5:13.0 |
| 53 Ed Richards        | 47  | 5:13.4 |
| 54 Tim Carroll        | 43  | 5:14.1 |
| 55 Jerry Albert       | 46  | 5:14.5 |
| 56 Jerry Stowe        | 43  | 5:14.5 |
| 57 Bob Hunter         | 42  | 5:15.0 |
| 58 Barry Hawley       | 41  | 5:15.1 |
| 59 John Meyer         | 42  | 5:15.1 |
| 60 Marsh Haraden      | 52  | 5:15.7 |
| 61 Dave Coleman       | 41  | 5:15.9 |
| 62 Bill Best          | 42  | 5:16.0 |
| 63 Bill Gookin        | 50  | 5:16.0 |
| 64 Norm McAbee        | 51  | 5:16.2 |
| 65 Brian Havey        | 42  | 5:16.4 |
| 66 Chuck Long         | 41  | 5:16.4 |
| 67 Pete Pettigrew     | 41  | 5:16.7 |
| 68 Don Sinclair       | 41  | 5:17.9 |
| 69 Edward Rodriguez   | 40  | 5:18.2 |
| 70 Bernard Damborn    | 41  | 5:20.5 |
| 71 Mike Sampson       | 41  | 5:20.9 |
| 72 Ted Roman          | 40  | 5:20.9 |
| 73 Frank Northcutt    | 42  | 5:22.1 |
| 74 Paul Salter        | 49  | 5:22.4 |
| 75 Tom Brown          | 45  | 5:22.8 |
| 76 Aram Kevorkian     | 40  | 5:22.9 |
| 77 Jaime Lujan        | 45  | 5:22.9 |
| 78 Frank Ferrone      | 50  | 5:23.3 |
| 79 Tom Ragland        | 41  | 5:23.5 |
| 80 Avery Bryant       | 59  | 5:24.3 |
| 81 Joe Wilson         | 48  | 5:24.5 |
| 82 Gary Laturno       | 42  | 5:25.1 |
| 83 Bob Mackel         | 41  | 5:25.3 |
| 84 John Ganley        | 41  | 5:25.8 |
| 85 John Mesman        | 46  | 5:26.1 |
| 86 Bob Holmes         | 54  | 5:26.2 |
| 87 Bob Mangrum        | 50  | 5:29.1 |
| 88 Jim Metts          | 42  | 5:29.2 |
| 89 Charles Fitzgerald | 49  | 5:29.4 |
| 90 Imre Lendvay       | 46  | 5:30.6 |
| 91 Dave Colton        | 40  | 5:31.0 |
| 92 Mel Rich           | 45  | 5:32.2 |
| 93 Bob Payne          | 44  | 5:32.7 |
| 94 Jim Selby          | 54  | 5:32.8 |
| 95 Frank Mendoza      | 43  | 5:33.3 |
| 96 Tony Clews         | 45  | 5:37.0 |
| 97 Chuck Pennell      | 44  | 5:37.4 |
| 98 Lloyd McGuire      | 51  | 5:37.5 |
| 99 Jim Clampett       | 50  | 5:40.8 |
| 100 Tom Hillary       | 47  | 5:44.7 |

**TAC/EASTERN REGIONAL MASTERS CHAMPIONSHIPS**  
**EAST STROUDSBURG, PENN.**  
**JUNE 25, 1983**

| 100m  | 200m  | 300m   | 400m   | 500m  | 600m   | 700m   | 800m   | 900m                                 | 1000m                                  | 1100m                                | 1200m   | 1300m  | 1400m  | 1500m   | 1600m   | 1700m   | 1800m  | 1900m   | 2000m                             |  |  |   |
|---|---|--|--|---|--|--|--|--------------------------------------|--|--------------------------------------|---|--|--|---|---|---|--|---|-----------------------------------|--|--|---|
| OA 30-34 (M)<br>1. James Wilson 11.1<br>2. Alfonzo Walton 11.1<br>3. David Robinson 11.2<br>4. Scott Thornasley 11.3<br>5. Jesse Langley 11.9 | OB 35-39 (M)<br>1. Michael Ellis 11.6<br>2. Joseph Kopka 11.7 | IA 40-44 (M)<br>1. Robert Williams 11.1<br>2. James Bantum 11.1<br>3. Dhamini Abayomi 11.3<br>4. Carl Grant 11.8<br>5. Paul Richard 12.1 | IB 45-49 (M)<br>1. Larry Colbert 11.9<br>2. Matt Brown 12.1<br>3. Haig Bohigian 12.5 | 2A 50-54 (M)<br>1. Lawrence Pratt 12.3<br>2. Dr. William Clarke 12.6<br>3. E. Norman Anderson 13.2<br>4. Tom Talbott 14.1<br>5. Tony Patterson 14.9 | 2B 55-59 (M)<br>1. Rudy Valentine 13.0<br>2. Oscar Harris 13.2<br>3. Howard MacMillan 13.7 | 3A 60-64 (M)<br>1. David Lawyer 13.7<br>2. Edwin Lukeus 13.8 | 3B 65-69 (M)<br>1. David Hall 14.0<br>2. Robert Sorlien 14.3<br>3. Jay Sponseller 14.4<br>4. Leo Rothbart 15.3 | 4A 70-74 (M)<br>1. Claude Hills 15.0 | 4B 75-79 (M)<br>1. Manfred d'Elia 15.4 | OA 30-34 (W)<br>1. Sharon Jones 15.6 | OB 35-39 (W)<br>1. Skipper Clark 13.1<br>2. Marilyn Fitzgerald 13.9<br>3. Anne Cipulnick 16.2<br>4. Katie Knight-Perry 16.9 | 2A 50-54 (W)<br>1. Nancy Ammermuller 16.1<br>2. Gloria Lipton 16.9 | OA 30-34 (M)<br>1. Alfonzo Walton 22.5<br>2. David Robinson 22.6<br>3. Arnold Tobin 23.1<br>4. Clifford Smith 23.2<br>5. Scott Thornasley 23.7 | OB 35-39 (M)<br>1. Joseph Kopka 23.4<br>2. Michael Ellis 23.8 | IA 40-44 (M)<br>1. Robert Williams 22.7<br>2. Dhamini Abayomi 23.0<br>3. Robert Stanford 23.0<br>4. James Bantum 23.6<br>5. Carl Grant 24.5 | IB 45-49 (M)<br>1. Ed Small 24.0<br>2. Larry Colbert 24.0<br>3. Matt Brown 25.3<br>4. Don Donald 26.8 | 2A 50-54 (M)<br>1. Lawrence Pratt 25.0<br>2. Josh Culbreath 25.1<br>3. Dr. William Clarke 25.9<br>4. Phil McClokey 27.7<br>5. Tom Talbott 28.9 | 2B 55-59 (M)<br>1. Rudy Valentine 25.0<br>2. Stafford Thompson 25.6<br>3. Oscar Harris 27.3<br>4. Howard MacMillan 28.6 | 3A 60-64 (M)<br>1. Jim Manno 27.8 | 3B 65-70 (M)<br>1. Frank Finger 28.1<br>2. Jay Sponseller 28.6<br>3. Robert Sorlien 29.5<br>4. David Hall 32.7 | 4B 75-79 (M)<br>1. Manfred d'Elia 33.8 | OA 30-34 (W)<br>1. Hidlegard Schebeler 30.5<br>2. Sharon Jones 34.3 |

|                                       |  |                                       |  |  |  |   |   |  |  |   |   |   |  |   |   |   |   |   |  |   |                                   |  |                                       |  |  |  |   |   |   |   |  |
|---------------------------------------|--|---------------------------------------|--|--|--|---|---|--|--|---|---|---|--|---|---|---|---|---|--|---|-----------------------------------|--|---------------------------------------|--|--|--|---|---|---|---|--|
| OB 35-39 (W)<br>1. Skipper Clark 27.7 | 1B 45-49<br>1. Marilyn Fitzgerald 29.3 | 2A 50-54<br>1. Nancy Ammermuller 33.1 | 400m<br>OA 30-34 (M)<br>1. Robert Jackson 2:01.7<br>2. John Serrao 2:02.5<br>3. Paul Cope 2:04.7 | OB 35-39 (M)<br>1. Marc Anderson 2:03.3<br>2. James Sylvester 2:06.8<br>3. Bill Indek NT | IA 40-44 (M)<br>1. Robin Ficker 2:06.4<br>2. James Denna 2:07.5<br>3. Sam Huckel 2:08.4<br>4. Richard Suggs 2:08.9<br>5. David Gernidge 2:09.1 | 1B 45-49 (M)<br>1. Ken Baker 2:03.8<br>2. Clifford Pauling 2:12.3<br>3. Mason O'Neal 2:14.0 | 2A 50-54 (M)<br>1. Jim Sutton 2:08.9<br>2. Herb Kania 2:17.0<br>3. Alan Cohen 2:31.2<br>4. Joseph Kernan 2:51.0 | 2B 55-59 (M)<br>1. Kelsey Brown 2:18.7 | 3A 60-64 (M)<br>1. Archie Messinger 2:23.3 | 3B 65-69 (M)<br>1. Frank Finger 2:33.4<br>2. Austin Newman 2:44.0 | OA 30-34 (W)<br>1. Sandra Anderson 2:34.1<br>2. Maureen McLeod 2:35.8 | OB 35-39 (W)<br>1. Rosemarie Kiser 2:49.9 | 1B 45-49 (W)<br>1. Diane Palmason 2:29.6<br>2. Helene Bedrock 2:52.4 | 2A 50-54 (W)<br>1. Gloria Liston 3:32.0 | 400m<br>OA 30-34 (M)<br>1. Clifford Smith 50.8<br>2. Ellis Martin 51.7<br>3. Scott Thornasley 53.2<br>4. John Wimmer 54.2 | OB 35-39 (M)<br>1. Dennis Dyce 50.9<br>2. Joseph Kopka 51.3 | 1A 40-44 (M)<br>1. Robert Stanford 52.6<br>2. Robin Ficker 62.6<br>3. William Shan 58.3 | 1B 45-49 (M)<br>1. Larry Colbert 53.3<br>2. Mason O'Neal 53.6<br>3. Ed Small 53.7 | 2A 50-54 (M)<br>1. Fritz Schlerath 58.0<br>2. Alan Cohen 62.2<br>3. Tom Talbott 66.2 | 2B 55-59 (M)<br>1. Rudy Valentine 57.5<br>2. Stafford Thompson 58.4 | 3A 60-64 (M)<br>1. Jim Manno 64.6 | 3B 65-69 (M)<br>1. Jay Sponseller 66.3 | 4A 70-74 (M)<br>1. Sam Monastaro 62.1 | OB 35-39 (W)<br>1. Skipper Clark 63.8<br>2. Rosemarie Kiser 70.3 | 1B 45-49 (W)<br>1. Marilyn Fitzgerald 71.1 | 1500m<br>OA 30-34 (M)<br>1. John Serrao 4:04.3<br>2. Douglas Mayers 4:11.9<br>3. Robert Jackson 4:17.5 | OB 35-39 (M)<br>1. Brian Kivlan 4:03.5<br>2. Edward Daw 4:05.1<br>3. James Sylvester 4:15.1<br>4. Wayne Vaughn 4:16.2<br>5. Ray Ziegenfuss 5:58.0 | 1A 40-44 (M)<br>1. Richard Suggs 4:30.5<br>2. DeLeon Gibson, Jr 4:49.0<br>3. Thomas Rassel 5:07.9 | 1B 45-49 (M)<br>1. Clifford Pauling 4:37.2<br>2. Edward Clous 4:37.2<br>3. Richard Ocker 4:44.4 | 2A 50-54 (M)<br>1. Herb Kania 4:35.2<br>2. Allan Cohen 5:21.1 | 2B 54-59 (M)<br>1. Howard Rubin 4:45.6<br>2. Kelsey Brown 4:51.8 |
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|--|---|---|--|---|--|---|--|--|--|--|---|--|---|--|---|---|--|--|--|---|---|---------------------------------------|---|------------------------------------|--|--------------------------------------|--------------------------------------|---------------------------------------|--|-------------------------------------|------------------------------------|---|
| 3A 60-64 (M)<br>1. Archie Messenger 4:56.6 | 3B 65-69 (M)<br>1. Austin Newman 5:38.2<br>2. Peter Hoscup 6:34.3 | OA 30-34 (W)<br>1. Sandra Anderson 5:21.9<br>2. Maureen McLeod 5:26.9 | 1B 45-49 (W)<br>1. Diane Palmason 5:09.0<br>2. Helene Bedrock 5:36.6<br>3. Katie Knight-Perry 6:17.2 | 2A 50-54 (W)<br>1. Toshiko Delia 5:47.2 | 2B 55-59 (W)<br>1. Anne Robertson 6:55.4 | 3000m Steeplechase<br>OA 30-34 (M)<br>1. Larry Scheid 10:27.5<br>2. Craig Hayward 10:55.9<br>3. Robert Favorite 11:24.6 | 1B 45-49 (M)<br>1. Cass Curtis 11:52.6<br>2. Gunther Dauth 12:48.1 | 5000m<br>OA 30-34 (M)<br>1. Douglas Mayer 16:17.0<br>2. Bob Thomas 16:19.6<br>3. JJ O'Malley 18:08.6 | OB 35-39 (M)<br>1. Wayne Vaughn 15:59.3<br>2. Bill Indek 18:37.6 | 1A 40-44 (M)<br>1. Bill Hagman 16:55.9<br>2. Timothy Colli 17:51.3 | 1B 45-49 (M)<br>1. Edward Clous 17:10.5<br>2. Cass Curtis 18:11.7 | 2A 50-54 (M)<br>1. Arnie Green 17:10.9<br>2. Alan Cohen 18:55.5<br>3. Earl Smith 18:59.8<br>4. Ralph Perry 20:13.8 | 2B 55-59 (M)<br>1. Howard Rubin 17:32.0 | 4A 70-74 (M)<br>1. William Brobs 19:36.1 | 2A 50-54 (W)<br>1. Mila Kania 19:40.3<br>2. Toshiko Delia 20:43.1 | 2B 55-59 (W)<br>1. Anne Robertson 23:16.0 | 10,000m<br>OA 30-34 (M)<br>1. Bob Thomas 33:04.8<br>2. JJ O'Malley 38:54.5 | 1A 40-44 (M)<br>1. Dave Winn 33:08.9<br>2. Bill Hagman 34:14.4<br>3. Louis Coppens 35:41.6<br>4. John Grlach 42:42.4 | 2A 50-54 (M)<br>1. Ralph Perry 40:59.6<br>2. Robert Fine 44:21.3 | 4A 70-74 (M)<br>1. William Brobat 43:20.3 | 1100m RR<br>OA 30-34 (M)<br>1. John Jones 14.8<br>2. George Crummal 14.8<br>3. Arnold Tobin 14.9<br>4. Robert Rudrow 15.3<br>5. Ivan Black 18.2 | OB 35-39 (M)<br>1. David Rathman 18.5 | 1A 40-44 (M)<br>1. Ji Fassetta 15.5<br>2. Bill Smith 16.9<br>3. Donald Borth 18.3 | 1B 45-49 (M)<br>1. Leon Trout 16.8 | 2A 50-54 (M)<br>1. Dr. William Clark 16.5<br>2. Joe Kelly 19.6<br>3. George R. Taylor 23.9 | 2B 55-59 (M)<br>1. Eugene Kelly 19.3 | 4A 70-74 (M)<br>1. Claude Hills 21.6 | 1B 35-39 (W)<br>1. Skipper Clark 18.5 | 400m I.B.<br>OA 30-34 (M)<br>1. George Crummal 55.3<br>2. John Jones 58.4<br>3. Robert Favorite 58.8<br>4. Robert Rudrow 61.8<br>5. Dave Harrington 64.2 | 1A 40-44 (M)<br>1. Ji Fassetta 63.6 | 1B 45-49 (M)<br>1. Matt Brown 64.6 | 2A 50-54 (M)<br>1. Josh Culbreath 64.8<br>2. Joe Kelly 73.6 |
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|                                      |                                      |  |  |  |  |                                      |  |  |  |  |  |  |   |  |   |   |  |  |  |   |  |                                    |   |  |  |  |  |   |   |  |   |   |  |
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| 2B 55-59 (M)<br>1. Eugene Kelly 72.0 | 4A 70-74 (M)<br>1. Claude Hills 85.7 | 4x100m. Relay<br>1A 40-44 (M)<br>1. Potomac Valley 45.3<br>2. Philadelphia Masters 45.4<br>3. NY Pioneers 46.2 | 2A 50-54 (M)<br>1. NY Masters 54.9<br>2. Shore AC 56.3 | 4A 70-74 (M)<br>1. Philadelphia Masters 55.7 | 4x400m. Relay<br>1A 40-44 (M)<br>1. NY Pioneers 3:41.6<br>2. No. Jersey Masters 3:44.5 | 2A 50-54 (M)<br>1. NY Masters 4:20.3 | 5000m Walk<br>OA 30-34 (M)<br>1. Ron Salvio 27:27.7<br>2. Ivan Black 33:31.0<br>3. JJ O'Malley 41:19.6 | OB 35-39 (M)<br>1. Kerry Beely 38:16.5 | 1A 40-44 (M)<br>1. Bill Hagman 37:51.7 | 2A 50-54 (M)<br>1. Robert Fine 30:06.0 | 3A 60-64 (M)<br>1. George Heller 30:20.9 | 3B 65-69 (M)<br>1. George Langerfeld 33:56.8 | 4A 70-74 (M)<br>1. Donald Ernst 43:20.5 | OA 30-34 (W)<br>1. Jean Salvio 33:57.3 | 1B 45-49 (W)<br>1. Rhoda Lawyer 44:06.4 | 2A 50-54 (W)<br>1. Gloria Brown 29:36.7 | 2B 55-59 (W)<br>1. Marie Henry 34:15.6 | Dicuss<br>OA 30-34 (M)<br>1. Paul Corrigan 159-3<br>2. Tom Kuehl 137-8<br>3. Ron Salvio 86-9 | OB 35-39 (M)<br>1. Michael Grisko 164-7<br>2. John Abbott 129-3<br>3. Kerry Beely 63-5 | 1A 40-44 (M)<br>1. Larry Pratt 156-3<br>2. Bill Smith 109-8<br>3. Andrew Mireckan 76-0<br>4. Rich Kaije 60-11 | 1B 45-49 (M)<br>1. Harry Holm 114-11<br>2. Leon Trout 98-6 | 2A 50-54 (M)<br>1. Ray Faick 111-9 | 2B 55-59 (M)<br>1. Bob Seligman 106-3<br>2. Robert Paters 102-11<br>3. Don Henry 74-3 | 3A 60-64 (M)<br>1. Albert Selig 109-1<br>2. Don Harris 80-11 | 3B 64-69 (M)<br>1. Murray Oguss 115-6<br>2. Gene Wood 100-9<br>3. Elmer Shaw 95-8<br>4. George Langerfeld 76-9 | 4A 70-74 (M)<br>1. William Eipel 113-8<br>2. Claude Hills 91-6 | Shot Put<br>OA 30-34 (M)<br>1. Paul Corrigan 43-113/4<br>2. Dennis Katsafas 26-7 1/2 | OB 35-39 (M)<br>1. Jim Keys 45-4<br>2. Michael A. Grisko 43-14<br>3. Richard J. Dumphy 38-8 1/2 | 1A 40-44 (M)<br>1. Andrew Mirecki 30-11 | 1B 45-49 (M)<br>1. Dennis Moore 37-2 1/2<br>2. Harry Holm 33-8 | 2A 50-54 (M)<br>1. Ray Faick 41-53/4<br>2. Thomas X. Brook 34-5 1/2 | 2B 55-59 (M)<br>1. Bob Seligman 37-7<br>2. John Ulan 35-4<br>3. James Murray 31-5<br>4. Don T. Henry 29-4 | 3A 60-64 (M)<br>1. Albert Selig 35-6<br>2. Payton Flournoy 31-93/4 |
|--------------------------------------|--------------------------------------|--|--|--|--|--------------------------------------|--|--|--|--|--|--|---|--|---|---|--|--|--|---|--|------------------------------------|---|--|--|--|--|---|---|--|---|---|--|

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|--------------------|------------------------------|----------------------------|--------------------------|----------------------------|--|
| 3B 65-59 (M)       | 1. Murray Oguss 41-5         | 2. Gene Wood 35-6½         | 3. Elmer Shaw 33-7½      | 4. George Langerfeld 30-6½ |  |
| 4A 70-74           | 1. William Eipel 35-5½       |                            |                          |                            |  |
| 1B 45-49 (W)       | 1. Anne Cirulnick 25-10½     | 2. Katie Knight Perry 22-8 |                          |                            |  |
| 2B 55-59 (W)       | 1. Buff Messenger 18-1       |                            |                          |                            |  |
| <u>Discus</u>      |                              |                            |                          |                            |  |
| 1B 45-49 (W)       | 1. Anne Cirulnick 76-10      | 2. Katie Knight Perry 70-8 |                          |                            |  |
| 2B 55-59 (W)       | 1. Buff Messenger 45-9       |                            |                          |                            |  |
| <u>Javelin</u>     |                              |                            |                          |                            |  |
| OA 30-34 (M)       | 1. Paul Weaver 208-5         | 2. David Schmeltzer 206-4  | 3. Steve Pelletier 174-2 | 4. Bill Freethy 147-0      |  |
|                    | 5. Tom Kuehl 130-0           | 6. Dennis Katsefes 110-11  |                          |                            |  |
| OB 35-39           | 1. Anthony D. Minni 156-10   |                            |                          |                            |  |
| 1A 40-44 (M)       | 1. Bill Smith 176-0          | 2. Ray Bury 158-10         | 3. Fredrick Mannis 128-5 | 4. Tim Collins 126-5       |  |
|                    | 5. Richard Kaye 109-3        |                            |                          |                            |  |
| 1B 45-49 (M)       | 1. Frank Illuzi 132-2        | 2. Patrick Conley 130-1    |                          |                            |  |
| 2A 50-54 (M)       | 1. Ray Feick 134-5           | 2. Bill Cassebaum 127-5    | 3. Thomas X. Brooks 93-4 | 4. George R. Taylor 89-9   |  |
|                    | 5. Marshall Lipton 81-4      |                            |                          |                            |  |
| 2B 55-59 (M)       | 1. John Ulam 121-3           | 2. James Murray 118-2      |                          |                            |  |
| 3A 60-64 (M)       | 1. Edwin Lukens 125-5        | 2. Albert Selig 122-9      | 3. Don Harris 102-2      |                            |  |
| 3B 65-69 (M)       | 1. George Langerfeld 70-8    |                            |                          |                            |  |
| 4A 70-74 (M)       | 1. William Eipel 95-8        | 2. Claude Hills 87-3       |                          |                            |  |
| 1B 45-49 (W)       | 1. Katie Knight Perry 80-0   | 2. Anne Cirulnick 58-0     | 3. Rhoda Lawyer 31-0     |                            |  |
| 2B 55-59 (W)       | 1. Buff Messenger 41-5       |                            |                          |                            |  |
| <u>Long Jump</u>   |                              |                            |                          |                            |  |
| OA 30-34 (M)       | 1. James Wilson 21-10        | 2. David Robinson 19-7½    | 3. Scott Thornsley 19-7  | 4. Jasper Royal 18-4       |  |
|                    | 5. Ron Salvio 15-8           |                            |                          |                            |  |
| OB 35-39 (M)       | 1. David Rathman 16-7½       | 2. Mike Ellis 15-4         |                          |                            |  |
| 1A 40-44 (M)       | 1. Robert Taylor 19-73/4     | 2. Bill Smith 19-5         | 3. Paul Richard 19-33/4  | 4. Donald Booth 17-83/4    |  |
|                    | 5. Fred Mannis 14-11½        |                            |                          |                            |  |
| 1B 45-49 (M)       | 1. Haig Bohigian 16-53/4     |                            |                          |                            |  |
| 2A 50-54 (M)       | 1. Dr. William Clark 19-43/4 | 2. Tony Patterson 9-33/4   |                          |                            |  |
| 2B 55-59 (M)       | 1. Oscar Harris 13-0         |                            |                          |                            |  |
| 3A 60-64 (M)       | 1. Edwin Lukens 14-9         | 2. Don Harris 12-2         |                          |                            |  |
| 3B 65-69 (M)       | 1. Sparks Sorlien 13-83/4    | 2. Elmer Shaw 10-9½        |                          |                            |  |
| 4A 70-74 (M)       | 1. Claude Hills 11-6½        |                            |                          |                            |  |
| <u>Triple Jump</u> |                              |                            |                          |                            |  |
| OA 30-34 (M)       | 1. Scott Thornsley 41-8½     | 2. Ivan Black 34-10½       | 3. Ron Salvio 31-6       |                            |  |
| 1A 40-44 (M)       | 1. Ray Bury 40-1             | 2. Robert Taylor 37-8½     | 3. Bill Smith 35-6½      |                            |  |
| 1B 45-49 (M)       | 1. Haig Bohigian 33-7½       |                            |                          |                            |  |
| 2A 50-54 (M)       | 1. Dr. William Clark 36-6    | 2. Marshall Lipton 28-2½   | 3. Thomas Brooks 26-11½  |                            |  |

|                       |                             |                            |                           |  |
|-----------------------|-----------------------------|----------------------------|---------------------------|--|
| 3A 60-64 (M)          | 1. Edwin Lukens 33-1½       |                            |                           |  |
| 3B 65-69 (M)          | 1. Sparks Sorlien 29-6      |                            |                           |  |
| 4A 70-74 (M)          | 1. Claude Hills 24-4½       |                            |                           |  |
| <u>High Jump</u>      |                             |                            |                           |  |
| OA 30-34 (M)          | 1. Glen Stone 6-6           | 2. Robert Rudrow 5-10      | 3. Ivan Black 5-2         |  |
|                       | 4. Ron Salvio 5-0           |                            |                           |  |
| OB 35-39 (M)          | 1. Alvin Zacharka 5-8       | 2. David Rathman 5-4       |                           |  |
| 1A 40-44 (M)          | 1. Ed Zursow 5-6            | 2. Tim Collins 5-4         | 3. Bob Williams 5-10      |  |
|                       | 4. Richard Kaye 3-10        |                            |                           |  |
| 1B 45-49 (M)          | 1. Leon Trout 5-2           | 2. Frank Illuzzi 4-4       | 3. John Bankert 4-2       |  |
| 2A 50-54 (M)          | 1. Dr. William Clark 5-10   | 2. Bill Cassebaum 4-10     | 3. Tony Patterson 3-8     |  |
| 2B 55-59 (M)          | 1. Robert Peters 4-4        |                            |                           |  |
| 3A 60-64 (M)          | 1. Edwin Luken 4-6          |                            |                           |  |
| 3B 65-69 (M)          | 1. Elmer Shaw 3-8           |                            |                           |  |
| 4A 70-74 (M)          | 1. William Eipel 4-4        | 2. Claude Hills 4-1        |                           |  |
| <u>Pole Vault</u>     |                             |                            |                           |  |
| OA 30-34 (M)          | 1. Ron Salvio 8-0           |                            |                           |  |
| 1A 40-44 (M)          | 1. Ed Zuraw 12-6            | 2. Paul Richard 12-6       |                           |  |
| 1B 45-49 (M)          | 1. Frank Illuzzi 8-6        | 2. John Bankert, Jr 7-6    |                           |  |
| 2A 50-54 (M)          | 1. Jim Harrington 10-0      | 2. George Taylor 7-6       |                           |  |
| 2B 55-59 (M)          | 1. Robert Peters 7-6        |                            |                           |  |
| 4A 70-74 (M)          | 1. Claude Hills 7-0         |                            |                           |  |
| <u>TEAM STANDINGS</u> |                             |                            |                           |  |
| 30-39                 | SHOPP ATHLETIC CLUB 107     | CUMBERLAND VALLEY 34       | PHILADELPHIA MASTERS 33   |  |
|                       | NEW YORK PIONEERS 30        | POLICA ATHLETIC LEAGUE 24  | NORTH JERSEY MASTERS 23   |  |
|                       | POTOMAC VALLEY SENIORS 19   | NEW YORK ATHLETIC CLUB 15  | SYRACUSE CHARGERS 14      |  |
|                       | NEW YORK MASTERS 14         | NORTHWEST 14               | DOLPHIN 10                |  |
|                       | SOUTH JERSEY 10             | MERCER STREET STRIDERS 10  | WYOMING VALLEY 12         |  |
|                       | READING 10                  | CENTRAL PARK T.C. 9        | TRI STATE 8               |  |
|                       | WESTCHESTER PUMA 6          | CHARLOTTEVILLE 6           | GREATER ROCHESTER 4       |  |
|                       | CENTRAL T.C. 3              | SCARBOROUGH 3              |                           |  |
| 40-49                 | SHORE ATHLETIC CLUB 77      | NEW YORK MASTERS 59        | PHILADELPHIA MASTERS 51   |  |
|                       | POTOMAC VALLEY SENIORS 49   | NEW YORK PIONEERS 34       | NORTH JERSEY MASTERS 35   |  |
|                       | MILLROSE ATHLETIC ASSOC. 17 | BOSTON A.A. 16             | MERCER STREET STRIDERS 16 |  |
|                       | NEW BALANCE 10              | CENTRAL PARK TRACK CLUB 10 | ROCHESTER 10              |  |
|                       | READING T.C. 7              | CHARLOTTEVILLE 6           | SYRACUSE CHARGERS 5       |  |
|                       | CONVERSE 3                  | POCONO T.C. 2              |                           |  |
| 50-59                 | NEW YORK MASTERS 99         | PHILADELPHIA MASTERS 85    | SHORE ATHLETIC CLUB 61    |  |
|                       | NEW YORK PIONEERS 22        | HI POINT 12                | MOHAWK 12                 |  |
|                       | SYRACUSE CHARGERS 11        | NORTH JERSEY MASTERS 10    | WEST PENN 10              |  |
|                       | MILLROSE A.A. 8             |                            |                           |  |

|   |                           |                             |                         |                             |                           |
|---|---------------------------|-----------------------------|-------------------------|-----------------------------|---------------------------|
| ATALANTA 6  | POCONO 6                  | CENTRAL PARK T.C. 6         | WEST PENN 6             | RICHMOND T.C. 6             | READING T.C. 2            |
| <u>60+</u>  |                           |                             |                         |                             |                           |
| PHILADELPHIA MASTERS 98   | SYRACUSE CHARGERS 41      | NEW YORK MASTERS 32         | SHORE ATHLETIC CLUB 26  | NORTH JERSEY MASTERS 24     | NEW YORK ATHLETIC CLUB 36 |
| RHODE ISLAND T.C. 19  | R.D. 6 16                 |                             |                         |                             |                           |
| <u>WOMEN</u>  |                           |                             |                         |                             |                           |
| NEW YORK MASTERS 72   | SHORE ATHLETIC CLUB 38    | POLICE ATHLETIC LEAGUE 24   | NORTH JERSEY MASTERS 20 | MILLROSE ATHLETIC ASSOC. 20 | NEW BALANCE 12            |
| POCONO 12   | ATALANTA 10               | SOUTH JERSEY 10             |                         |                             |                           |
| <u>OVERALL TEAM SCORING</u>   |                           |                             |                         |                             |                           |
| SHORE ATHLETIC CLUB 271   | PHILADELPHIA MASTERS 257  | NEW YORK MASTERS 203        | NORTH JERSEY MASTERS 92 | SYRACUSE CHARGERS 91        | NEW YORK PIONEERS 86      |
| POTOMAC VALLEY SENIORS 67   | CUMBERLAND VALLEY 34      | MILLROSE ATHLETIC ASSOC. 25 | CENTRAL PARK T.C. 25    | MERCER STREET 26            | GREATER ROCHESTER 22      |
| READING T.C. 20   | NEW YORK ATHLETIC CLUB 51 |                             |                         |                             |                           |
| <u>PINKY JOHNSON MEMORIAL WEIGHT PENTATHLON; STRONGSVILLE, OHIO; JULY 3, 1983</u> |                           |                             |                         |                             |                           |
| <u>AGE 30-34</u>  |                           |                             |                         |                             |                           |
| 1. Norm Bower (34)...3129   |                           |                             |                         |                             |                           |
| shot - 37'10½"  |                           |                             |                         |                             |                           |
| discus - 131'7"   |                           |                             |                         |                             |                           |
| javelin - 120'8"  |                           |                             |                         |                             |                           |
| hammer - 137'9"   |                           |                             |                         |                             |                           |
| 35 lb. wt. - 45'7"  |                           |                             |                         |                             |                           |
| 2. Dave Morgan (34)...2495  |                           |                             |                         |                             |                           |
| shot - 36'5½"   |                           |                             |                         |                             |                           |
| discus - 104'11"  |                           |                             |                         |                             |                           |
| javelin - 163'9"  |                           |                             |                         |                             |                           |
| hammer - 83'9"  |                           |                             |                         |                             |                           |
| 35 lb. wt. - 30'4½"   |                           |                             |                         |                             |                           |
| <u>AGE 50-54</u>  |                           |                             |                         |                             |                           |
| 1. Dick Mann (50)...2666  |                           |                             |                         |                             |                           |
| shot - 38'8½"   |                           |                             |                         |                             |                           |
| discus - 110'4"   |                           |                             |                         |                             |                           |
| javelin - 101'3"  |                           |                             |                         |                             |                           |
| hammer - 131'4"   |                           |                             |                         |                             |                           |
| 35 lb. wt. - 35'8½"   |                           |                             |                         |                             |                           |
| 2. Joe Chadbourne (52)...2651   |                           |                             |                         |                             |                           |
| shot - 35'10"   |                           |                             |                         |                             |                           |
| discus - 97'6"  |                           |                             |                         |                             |                           |
| javelin - 85'7"   |                           |                             |                         |                             |                           |
| hammer - 146'7"   |                           |                             |                         |                             |                           |
| 35 lb. wt. - 42'10"   |                           |                             |                         |                             |                           |
| <u>AGE 70-74</u>  |                           |                             |                         |                             |                           |
| 1. Jack Siringer (70)...1689  |                           |                             |                         |                             |                           |
| shot - 31'11"   |                           |                             |                         |                             |                           |
| discus - 101'5"   |                           |                             |                         |                             |                           |
| javelin - 62'1"   |                           |                             |                         |                             |                           |
| hammer - 59'4"  |                           |                             |                         |                             |                           |
| 35 lb. wt. - 24'1½"   |                           |                             |                         |                             |                           |
| <u>AGE 35-39</u>  |                           |                             |                         |                             |                           |
| 1. Mary Chadbourne (36)...1258  |                           |                             |                         |                             |                           |
| shot - 20'½"  |                           |                             |                         |                             |                           |
| discus - 59'6"  |                           |                             |                         |                             |                           |
| javelin - 43'10"  |                           |                             |                         |                             |                           |
| hammer - 73'0"  |                           |                             |                         |                             |                           |
| 25 lb. wt. - 22'8½"   |                           |                             |                         |                             |                           |
| <u>AGE 55-59</u>  |                           |                             |                         |                             |                           |
| 1. Bernice Holland (56)...1582  |                           |                             |                         |                             |                           |
| shot - 25'6½"   |                           |                             |                         |                             |                           |
| discus - 86'1"  |                           |                             |                         |                             |                           |
| javelin - 77'6"   |                           |                             |                         |                             |                           |
| hammer - 66'10"   |                           |                             |                         |                             |                           |
| 25 lb. wt. - 22'8½"   |                           |                             |                         |                             |                           |
| <u>AGE 65-69</u>  |                           |                             |                         |                             |                           |
| 1. Beryl Siringer (69)...400  |                           |                             |                         |                             |                           |
| shot - 11'10½"  |                           |                             |                         |                             |                           |
| discus - 35'7"  |                           |                             |                         |                             |                           |
| javelin - 24'10"  |                           |                             |                         |                             |                           |
| hammer - 29'4"  |                           |                             |                         |                             |                           |
| 25 lb. wt. - 10'10½"  |                           |                             |                         |                             |                           |

|  |                         |
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| <u>LINCOLN TRACK CLUB CHAMPIONSHIPS; LINCOLN, NEBRASKA</u> |                         |
| JULY 16, 1983  |                         |
| 110mH  |                         |
| M40-49(36")  | Bob Warren 17.1*        |
|  | Al Maxey 20.1           |
| M50-59   | Jerry Donley 17.8*      |
|  | Forrest Dolving 21.9    |
| 100m   |                         |
| M30-39   | Fred Booker 11.1        |
|  | Danny Fields 11.5       |
|  | Tom Bassett 11.6        |
|  | Ken Mehsling 12.5       |
| M30-39   | Marg Sutter 14.0        |
|  | Mary Jo Livingston 16.9 |
| M40-49   | Thornton Shelton 12.1   |
|  | Eugene Hoskovec 12.8    |
|  | Jim Muxen 13.1          |
| M50-59   | Chuck Sales 13.4*       |
|  | Forrest Dolving 16.1    |
|  | Brian Hendrickson 16.1  |
| 200m   |                         |
| M30-39   | F. Booker 22.8          |
|  | D. Fields 23.2          |
|  | T. Bassett 24.4         |
| M30-39   | M. Sutter 29.9          |
| M40-49   | T. Shelton 24.7         |
|  | E. Hoskovec 27.0        |
|  | Darrel Smith 28.4       |
| M50-59   | C. Sales 27.8*          |
|  | B. Hendrickson 31.5     |
| <u>Mile Run</u>  |                         |
| M30-39   | Don Showen 5:03.4       |
|  | Bill Genuchi 5:03.6     |
|  | Ron King 5:07.6         |
|  | Clayton Streich 5:07.8  |
|  | Todd Ball 5:24.8        |
| M30-39   | M. Livingston 8:44.3    |
| M40-49   | Bob Elwood 4:46.5       |
|  | Ron Grauer 5:35.4       |
| M60-69   | Chester Peters 6:47.8*  |
| 400m   |                         |
| M30-39   | D. Fields 51.5*         |
|  | F. Booker 52.2          |
|  | Bill Blankenship 53.7   |
|  | Jeff Evangelisti 54.9   |
|  | K. Mehsling 57.8        |
| M40-49   | T. Shelton 56.3         |
|  | Al Petroff 57.9         |
|  | A. Maxey 58.9           |
|  | Ross Greathouse 1:01.1  |
|  | D. Smith 1:02.6         |
| M60-69   | C. Peters 1:14.8*       |
| 800m   |                         |
| M30-39   | K. Mehsling 2:11.5      |
|  | Ron King 2:23.8         |
|  | John Minnick 2:27.8     |
| M40-49   | Al Petroff 2:10.1       |
|  | Bob Elwood 2:11.7       |
|  | R. Greathouse 2:26.6    |
| M60-69   | C. Peters 2:54.9*       |
| 5000m  |                         |
| M30-39   | Craig See 16:26.0       |
|  | B. Genuchi 17:51.0      |
|  | C. Streich 18:30.0      |
|  | Ron King 18:37.0        |
|  | T. Ball 19:11.0         |
|  | Rod Schwindt 19:58.0    |
| M40-49   | R. Grauer 19:11.0*      |
|  | Fred Christil 19:29.0   |
| M50-59   | Harry Crockett 21:42.0* |
| <u>Shot Put</u>  |                         |
| M30-39(12#)  | Tom Thelen 46'5½"       |
|  | Dale Miller 43'3"       |
| M40-49   | Bob Warren 42'½"        |
|  | A. Maxey 37'10"         |
| <u>Discus</u>  |                         |
| M30-39(1.6k)   | T. Thelen 133'10"       |
| M40-49   | B. Warren 141'5"        |
|  | A. Maxey 99'2"          |
| M60-69   | F. Dolving 102'0"       |

|   |                                     |
|---|-------------------------------------|
| <u>Javelin</u>  |                                     |
| M30-39  | T. Bassett 112'2"                   |
| M40-49  | B. Warren 126'11"                   |
|   | A. Maxey 115'1"                     |
| M50-59  | J.C. Brown 116'8"                   |
|   | F. Dolving 91'8"                    |
| <u>High Jump</u>  |                                     |
| M30-39  | Kurt Nielsen 6'4"                   |
|   | T. Thelen 5'8"                      |
|   | T. Bassett 5'0"                     |
| M50-59  | J.C. Brown 5'6"                     |
| <u>Triple Jump</u>  |                                     |
| M30-39  | K. Nielsen 34'10"                   |
|   | T. Bassett 33'2"                    |
|   | J.C. Brown (50-59) 34'½"            |
| <u>Pole Vault</u>   |                                     |
| M50-59  | Jerry Donley 13'0"                  |
| <u>Long Jump</u>  |                                     |
| M30-39  | K. Nielsen 20'2½"                   |
|   | T. Bassett 17'2½"                   |
|   | T. Thelen 16'11½"                   |
| M40-49  | B. Warren 18'5"                     |
|   | R. Grauer 17'7"                     |
|   | E. Hoskovec 15'11½"                 |
| M40-49  | Suzanne Picard 11'1¼"               |
| M50-59  | J.C. Brown 16'2"                    |
|   | F. Dolving 15'7½"                   |
|   | B. Hendrickson 11'0"                |
| * Meet Record   |                                     |
| <u>NEW YORK MASTERS SPORTS CLUB RELAYS; RANDALL'S ISLAND; JULY 17, 1983</u> |                                     |
| 4 x 100   |                                     |
| 30-39   | N.Y. PIONEER "A" 43.9               |
|   | OVERRY-ROBINSON-JOHNSON-DYCE        |
|   | N.Y. PIONEER "B" 46.2               |
|   | PENDELTON-COOPER-McDONALD-DANCE     |
|   | N.Y. PIONEER "C" 48.2               |
|   | POWELL-SHAW-GOODSON-FERGUSON        |
| 40-49   | N.Y. PIONEER 46.5                   |
|   | BALLARD-BARNWELL-STANFORD-VALENTINE |
|   | PHILA. MASTERS 47.7                 |
|   | McCOMBS-HARVEY-MANNIS-ABAYAMI       |
| 50-59   | PHILA. 40.3                         |
|   | CLARK-PRATT-SUTTON-LANCASTER        |
|   | NEW YORK "A" 53.2                   |
|   | KEILY-TALBOTT-COHEN-MURPHY          |
|   | NEW YORK "B" 64.7                   |
|   | LENTZER-COLEN-MCAVOY-SIDEROWITZ     |
| 60-69   | PHILA. 55.5                         |
|   | PIERSON-HILLS-SPANSSELLER-HALL      |
| 4 x 200   |                                     |
| 30-39   | N.Y. PIONEER "A" 1:35.1             |
|   | OVERRY-JOHNSON-DANCE-DYCE           |
|   | N.Y. PIONEER "B" 1:38.3             |
|   | COOPER-PENDELTON-McDONALD-ROBINSON  |
|   | N.Y. PIONEER "C" 1:39.2             |
|   | POWELL-SHORT-GOODSON-FERGUSON       |
|   | GREATER ROCHESTER 1:39.3            |
|   | GUIDO-PETTINELLA-RASMUSSIN-HARDY    |
|   | PHILA. 1:41.2                       |
|   | SMITH-JONES-MANNIS-BEALE            |
| 40-49   | PHILA. 1:36.7                       |
|   | McCOMBS-PRATT-LANCASTER-ABAYAMI     |
|   | N.Y. PIONEERS 1:37.1                |
|   | SMALL-BARNWELL-BALLARD-STANFORD     |
|   | NEW YORK A.C. 1:38.8                |
|   | HARTENSTEIN-CROCOVIA-COUNIHAN-PERRY |
| 50-59   | N.Y. MASTERS 1:51.7                 |
|   | KELLY-COHEN-TALBOTT-MURPHY          |
|   | SHORE A.C. 1:56.6                   |
|   | LANCCE-WOOD-THOMPSON-KELLY          |
| 60-69   | PHILA. 1:57.7                       |
|   | PIERSON-HILLS-SPANSSELLER-HALL      |
| 4 x 400   |                                     |
| 30-39   | N.Y. PIONEER 3:35.6                 |
|   | MACDONALD-OVEPRY-ROBINSON-DYCE      |
|   | TURFIE T.C. 4:09.2                  |
|   | ZUCCATA-A. HAUCH-R. HAUCH-O'HAGEN   |
| 40-49   | N.Y. PIONEER 4:03.6                 |
|   | O'NEAL-SMALL-STANFORD-SHANE         |
| 50-59   | SHORE 4:20.7                        |
|   | LANCCE-WOOD-KELLY-THOMPSON          |
|   | N.Y. MASTERS 4:22.6                 |
|   | COHEN-TALBOTT-KANIA-PINE            |

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| 4 x 800<br>GREATER ROCHESTER 8:26.9<br>GUIDO-PETTINELLA-RASMUSSEN-WILLIAMS<br>FLUSHING MEADOW T.C. 8:47.5<br>OHLSON-M.HILDEBRAND-J.HILDEBRAND-SHILDO<br>PHILA. 8:56.9<br>BEDFORD-SYVESTER-HARVEY-MAXWELL<br>40-49<br>N.Y.PIONEER 8:51.0<br>SMALL-O'NEAL-STANFORD-SHANE<br>PHILA. 10:02.7<br>SUTTON-BELLEVILLE-MANNIS-BURDELLE<br>50-59<br>N.Y.MASTERS 11:37.3<br>FINE-BRADLEY-SPELLUN-COHEN   | WEST VALLEY MASTERS T&F MEET<br>LOS GATOS, CALIF.<br>JULY 23-24, 1983  |
| DISTANCE MEDLEY (1200-400-800-1600)<br>30-39<br>FLUSHING T.C. 11:52.5<br>M. HILDEBRASH-OLSON-J.HILDEBRASH-SHILDO<br>TURTLE T.C. 12:16.0<br>50-59<br>N.Y.MASTERS 15:58.7<br>COHEN-LENTZER-TALBOTT-SPELLUN  | 5K WALK<br>Women<br>Age Group: 75-79<br>1. Elena Carola, 75 48:04.0<br>Age Group: 70-74<br>1. Ruth Garvin, 73 41:51.0<br>Age Group: 60-64<br>1. Ruth Sorensen, 61 34:22.5<br>Age Group: 55-59<br>1. Lorraine Actor, 59 38:25.7<br>Age Group: 50-54<br>1. Virginia Garvin, 50 40:58.5<br>Age Group: 45-49<br>1. Lori Maynard, 47 26:16.1<br>Age Group: 35-39<br>1. Linda Cruzan, 38 30:29.2<br>Men<br>Age Group: 70-74<br>1. Giulio dePetra, 72 30:00.2<br>Age Group: 65-69<br>1. Frank Saylor, 69 34:11.5<br>Age Group: 60-64<br>1. Stanford Sorensen, 61 32:29.3<br>2. Don Teppola, 61 34:31.8<br>Age Group: 55-59<br>1. Harry Siitonen, 57 31:53.2<br>2. Frank Kelly, 59 34:09.9<br>Age Group: 50-54<br>1. Walter Newman, 54 30:10.7<br>Age Group: 45-49<br>1. Robert Lawrence, 49 30:34.5<br>Age Group: 40-44<br>1. Gary West, 42 24:32.7<br>Age Group: 35-39<br>1. Bill Penner, 36 25:29.8<br>2. Manny Adriano, 35 25:53.6<br>Age Group: 30-34<br>1. Jamie Allen, 31 25:09.8<br>2. Steve Pendley, 31 27:27.1<br>Age Group: OPEN<br>1. Bruce Ransdell, 21 24:36.9 |
| 4 x 1600<br>30-39<br>FLUSHING MEADOW 20:35.0<br>OHLSON-M.HILDEBRAD-J.HILDEBRAD-SHELDON<br>TURTLE TROTTERS 22:05.2<br>ZUCCASA-HAUCK-HAUCK-HALAU<br>50-59<br>N.Y.MASTERS 23:13.1<br>TALBOTT-FINE-COHEN-KANIA<br>SPRINT MEDLEY (400-200-200-800)<br>30-39<br>PHILA."A" 3:48.4<br>MAXWELL-JONES-BEALE-SYVESTER<br>GREATER ROCHESTER 3:54.8<br>HARDY-GUIDO-PETTINELLA-WILLIAMS<br>PHILA."B" 4:58.2<br>BEDFORD-HILLS-BURDELLE-BELVILLE<br>40-49<br>PHILA. 3:58.2<br>ABAYAMI-McCOMBS-MANNIS-HARVEY<br>N.Y.MASTERS 4:31.5<br>DAUTH-KAYE-ROBINSON-BOHIGIAN<br>50-59<br>PHILA. 4:02.1<br>LANCASTER-PRATT-CLARK-SUTTON<br>N.Y.MASTERS 4:21.2<br>TALBOTT-MURPHY-KELLY-KANIA<br>60-69<br>PHILA. 4:50.5<br>HALL-BRACELAND-PIERSON-SPONSELLER<br>DISCUS<br>30-39<br>SHORE - DUNPHY 107'8"; CORRIGAN 149'2"<br>NYAC - BLACK 79'9"; LANDRY 106'8"<br>SHORE - PATTERSON 56'9"; SALVIO 99'6"<br>40-49<br>NYAC - CYPRUS 112'11"; SOKOLOWSKI 90'2"<br>NYM - MIRECKI 84'2"; JESSUP 102'2"<br>UNAT. - GOLDSTEIN 107'4"; DALY 80'4"<br>50-59<br>SHORE - THOMSON 143'11"; HENDERSON 130'11"<br>SHORE - HENRY 79'7"; WARD 92'8" (3rd)<br>UNAT. - CANTER 116'4"; BROOKS 60'4" (2nd)<br>60-69<br>PHIL. - BRACELAND 101'10"; HILLS 98'6" | Men<br>Age Group: 70-74<br>1. Ed Mehmedbasich, 51 2:34.7<br>2. Gail Wetzork, 52 2:35.3<br>Age Group: 45-49<br>1. Mel Elliott, 45 2:02.0<br>2. Pete Richardson, 48 2:04.9<br>3. Fred Karlin, 47 no offic. tin<br>4. Onomatopoeia Legend, 46 2:25.0<br>5. Jim Gallagher, 47 2:26.0<br>Age Group: 40-44<br>1. George Cohen, 43 1:57.4<br>2. Andre Dunkell, 41 2:00.2<br>3. Ben Miller, 41 2:08.6<br>Age Group: 35-39<br>1. George Mason, 39 1:55.5<br>2. Ken Stuart, 36 1:56.6<br>3. Richard Harris, 36 2:01.8<br>4. James Thomas, 36 2:14.7<br>Age Group: 30-34<br>1. Des Kruckay, 32 1:59.4<br>2. Brad Syth, 30 2:02.5<br>3. Ron Rook, 34 2:19.8<br>Age Group: OPEN<br>1. Richard Silva, 24 2:07.6  |
| SHOT PUT<br>30-39<br>SHORE - DUNPHY 38'3"; CORRIGAN 34'9"<br>NYAC - BLACK 25'2"; SOKOLOWSKI 31'6"<br>SHORE - SALVIO 25'11"; OTHERSON 22'5"<br>40-49<br>NYM - MIRECKI 31'10"; JESSUP 33'<br>50-59<br>SHORE - HENDERSON 46'2"; THOMSON 43'11"<br>UNAT. - BROOKS 35'10"; CANTOR 41'1"<br>SHORE - HENRY 30'2"; WARD 27'9"<br>NYM - COLEN 29'3"; LENTZER 24'4"<br>60-69<br>PHILA - PIERSON 34'7"; BRACELAND 31'7"<br>FEMALE<br>NYM - ROBINSON 21'7"; SPELLUN 21'4"<br>LONG JUMP<br>30-39<br>UNAT. - DANCE 162"; DANCE, A 179" (3rd)<br>NYAC - BLACK 18'5"; COUNIHAN 17'10" (1st)<br>PHILA - BEALE 19'10"; SMITH 16'4"<br>40-49<br>NYM - MIRECKI 15'4"; JESSUP 17'10"<br>NYM - KAYE 14'9"; ROBINSON 17"<br>60-69<br>PHILA - HILLS 12'6"; BRACELAND 12'5"  | 5 K RUN<br>Women<br>Age Group: 60-64<br>1. Jaclyn Caselli, 62 22:32.4<br>2. Diane Ogilvie, 64 26:07.6<br>Age Group: 35-39<br>1. Veronica Griese, 39 21:20.6<br>Age Group: 30-34<br>1. Macy Lou Nicoletti, 34 21:18.0   |
| TRIPLE JUMP<br>40-49<br>NYM - MIRECKI 32'9"; JESSUP 36'2 3/4"<br>NYM - KAYE 31'10"; BOHIGIAN 34'4"  | Men<br>Age Group: 70-74<br>1. Bud Deacon, 72 22:87<br>Age Group: 60-64<br>1. Jon Johnson, 61 20:24   |
| HIGH JUMP<br>30-39<br>NYAC - BLACK 5'3"; LANDRY 5'0"  | 33"<br>Age Group: 50-54<br>1. Marion Sanchez, 51 18.24<br>2. John Billmeyer, 51 20.79  |
| TEAM SCORES<br>RUNNING RELAYS<br>PHILADELPHIA MASTERS 49<br>NEW YORK PIONEERS 38<br>NEW YORK MASTERS 33<br>FLUSHING MEADOW 18<br>TURTLE T.C. 9<br>SHORE A.C. 8<br>GREATER ROCHESTER 8<br>NEW YORK ATHLETIC CLUB 1   | Men (cont.)<br>35"<br>Age Group: 45-49<br>1. Gary Bana, 45 17.05<br>2. James Thomas, 45 18.4<br>Age Group: 40-44<br>1. Thom Jones, 44 19.8<br>Age Group: 35-39<br>1. Cornelius McCormick, 39 15.39<br>2. Fred Johnson, 37 15.61  |

|   |  |
|---|--|
| 39"<br>Age Group: 30-34<br>1. Steve Heilman, 30 16.00<br>2. Don Roberts, 33 16.41   | 800 METERS<br>Women<br>Age Group: 45-49<br>1. Gretchen Snyder, 49 2:34.4<br>2. Irene Obera, 49 2:45.5<br>Age Group: 40-45<br>1. Carol Stroud, 40 2:27.8<br>Age Group: 35-39<br>1. Janie Duff, 37 2:24.9<br>Age Group: OPEN<br>1. Janet Smith, 22 2:31.5<br>Men<br>Age Group: 50-54<br>1. Ed Mehmedbasich, 51 2:34.7<br>2. Gail Wetzork, 52 2:35.3<br>Age Group: 45-49<br>1. Mel Elliott, 45 2:02.0<br>2. Pete Richardson, 48 2:04.9<br>3. Fred Karlin, 47 no offic. tin<br>4. Onomatopoeia Legend, 46 2:25.0<br>5. Jim Gallagher, 47 2:26.0<br>Age Group: 40-44<br>1. George Cohen, 43 1:57.4<br>2. Andre Dunkell, 41 2:00.2<br>3. Ben Miller, 41 2:08.6<br>Age Group: 35-39<br>1. George Mason, 39 1:55.5<br>2. Ken Stuart, 36 1:56.6<br>3. Richard Harris, 36 2:01.8<br>4. James Thomas, 36 2:14.7<br>Age Group: 30-34<br>1. Des Kruckay, 32 1:59.4<br>2. Brad Syth, 30 2:02.5<br>3. Ron Rook, 34 2:19.8<br>Age Group: OPEN<br>1. Richard Silva, 24 2:07.6 |
| 100 METERS<br>Women<br>Age Group: 65-69<br>1. Josephine Kolda, 65 16.64<br>Age Group: 60-64<br>1. Diana Smith, 60 18.79<br>Age Group: 55-59<br>1. Shirley Nietderich, 56 17.97  | 100 METERS<br>Women<br>Age Group: 65-69<br>1. Josephine Kolda, 65 16.64<br>Age Group: 60-64<br>1. Diana Smith, 60 18.79<br>Age Group: 55-59<br>1. Shirley Nietderich, 56 17.97   |
| 200 METERS<br>Women<br>Age Group: 65-69<br>1. Josephine Kolda, 65 35.49<br>Age Group: 60-64<br>1. Diana Smith, 60 42.84<br>Age Group: 45-49<br>1. Irene Obera, 49 28.51<br>2. Gretchen Snyder, 49 30.72<br>Age Group: 40-44<br>1. Jeanne Carter, 43 29.55<br>Age Group: 35-39<br>1. Janie Duff, 37 29.45<br>Age Group: 30-34<br>1. Maria Magana, 33 32.15 | 200 METERS<br>Women<br>Age Group: 65-69<br>1. Josephine Kolda, 65 35.49<br>Age Group: 60-64<br>1. Diana Smith, 60 42.84<br>Age Group: 45-49<br>1. Irene Obera, 49 28.51<br>2. Gretchen Snyder, 49 30.72<br>Age Group: 40-44<br>1. Jeanne Carter, 43 29.55<br>Age Group: 35-39<br>1. Janie Duff, 37 29.45<br>Age Group: 30-34<br>1. Maria Magana, 33 32.15  |
| 400 METER RELAY<br>Men<br>Age Group: 50-59<br>1. WEST VALLEY TRACK CLUB AR 46.6<br>(Sanchez, Springbett, Marlin, Lingel)<br>Age Group: 40-49<br>1. CDRONA DEL MAR TRACK CLUB 45.4<br>2. WEST VALLEY TRACK CLUB 46.7   | 200 METERS (cont.)<br>Men (cont.)<br>Age Group: 40-44<br>1. Doug Smith, 43 24.08<br>2. Dennis Duffy, 40 24.88<br>3. Lewis Smith, 44 26.23<br>4. Gerald Varty, 41 26.54<br>5. Ben Miller, 41 26.54<br>Age Group: 35-39<br>1. Bill Johnson, 38 23.41<br>2. Thomas Allen, 35 25.00<br>3. Bill Weller, 36 27.45<br>Age Group: OPEN<br>1. Tony Melody, 23 24.47   |
| 100 METER HURDLES<br>Women<br>Age Group: 50-54<br>1. Shirley Kinsey, 54 22.68   | 400 METERS<br>Women<br>Age Group: 65-69<br>1. Josephine Kolda, 65 1:25.0(1)<br>Age Group: 45-49<br>1. Irene Obera, 49 65.31<br>2. Gretchen Snyder, 49 66.39<br>Age Group: 40-44<br>1. Jeanne Carter, 43 65.90<br>Age Group: 35-39<br>1. Janie Duff, 37 63.76   |

|   |  |
|---|--|
| Men<br>Age Group: 75-79<br>1. Josiah Packard, 79 1:29.8(1)<br>Age Group: 70-74<br>1. Harry Koppel, 70 66.95<br>2. Bud Deacon, 72 76.46<br>Age Group: 65-69<br>1. Clarence Killion, 65 68.98<br>2. Jerome Lopes, 67 71.33<br>Age Group: 60-64<br>1. Robert Garretto, 62 70.49<br>Age Group: 55-59<br>1. Bob Jordan, 55 61.60<br>2. Lee Sorenson, 56 64.50<br>Age Group: 50-54<br>1. Bruce Springbett, 50 56.29<br>2. Tony Nasralla, 50 56.33<br>3. Jim Lingel, 51 58.17<br>4. Will Robinson, 52 59.49<br>5. Enver Mehmedbasich, 51 66.16<br>Age Group: 45-49<br>1. Gary Miller, 45 53.59<br>2. Mel Elliott, 45 55.71<br>3. Onomatopoeia Legend, 46 62.62<br>4. Ross Irving, 45 64.14<br>5. William Rufford, 49 65.60<br>Age Group: 40-44<br>1. Mel Brooks, 42 51.11<br>2. George Cohen, 43 51.57<br>3. Dave Roman, 40 51.87<br>4. Bob Simpson, 41 53.73<br>5. Herman Kuhfeld, 40 55.40<br>6. Ben Miller, 41 55.86<br>7. Rick Fanbrini, 42 56.13<br>8. Bill Simons, 44 56.36<br>9. William Powell, 42 57.76<br>Age Group: 35-39<br>1. Matt Pruitt, 38 50.25<br>2. George Mason, 39 50.75<br>3. Richard Harris, 36 51.06<br>4. Ken Stuart, 36 51.22<br>5. Greg Marshall, 35 54.22<br>6. Bill Weller, 36 55.8(1)<br>Age Group: OPEN<br>1. Tony Melody, 23 52.46 | 20 K WALK<br>Men<br>Age Group: 70-74<br>1. Giulio de Petra, 72 2:07:02.7<br>Age Group: 65-69<br>1. Frank Saylor, 69 2:43:06.4<br>Age Group: 55-59<br>1. Harry Siitonen, 57 2:26:57.7<br>Age Group: 35-39<br>1. Manny Adriano, 35 1:55:03.9<br>Age Group: 30-34<br>1. Steve Pendley, 31 1:55:14.5<br>Age Group: OPEN<br>1. Bruce Ransdell, 21 1:43:44.8     |
| 200 METERS (cont.)<br>Men (cont.)<br>Age Group: 40-44<br>1. Doug Smith, 43 24.08<br>2. Dennis Duffy, 40 24.88<br>3. Lewis Smith, 44 26.23<br>4. Gerald Varty, 41 26.54<br>5. Ben Miller, 41 26.54<br>Age Group: 35-39<br>1. Bill Johnson, 38 23.41<br>2. Thomas Allen, 35 25.00<br>3. Bill Weller, 36 27.45<br>Age Group: OPEN<br>1. Tony Melody, 23 24.47  | 200 METERS (cont.)<br>Men (cont.)<br>Age Group: 40-44<br>1. Doug Smith, 43 24.08<br>2. Dennis Duffy, 40 24.88<br>3. Lewis Smith, 44 26.23<br>4. Gerald Varty, 41 26.54<br>5. Ben Miller, 41 26.54<br>Age Group: 35-39<br>1. Bill Johnson, 38 23.41<br>2. Thomas Allen, 35 25.00<br>3. Bill Weller, 36 27.45<br>Age Group: OPEN<br>1. Tony Melody, 23 24.47 |

|   |  |
|---|--|
| Men<br>Age Group: 75-79<br>1. Josiah Packard, 79 1:29.8(1)<br>Age Group: 70-74<br>1. Harry Koppel, 70 66.95<br>2. Bud Deacon, 72 76.46<br>Age Group: 65-69<br>1. Clarence Killion, 65 68.98<br>2. Jerome Lopes, 67 71.33<br>Age Group: 60-64<br>1. Robert Garretto, 62 70.49<br>Age Group: 55-59<br>1. Bob Jordan, 55 61.60<br>2. Lee Sorenson, 56 64.50<br>Age Group: 50-54<br>1. Bruce Springbett, 50 56.29<br>2. Tony Nasralla, 50 56.33<br>3. Jim Lingel, 51 58.17<br>4. Will Robinson, 52 59.49<br>5. Enver Mehmedbasich, 51 66.16<br>Age Group: 45-49<br>1. Gary Miller, 45 53.59<br>2. Mel Elliott, 45 55.71<br>3. Onomatopoeia Legend, 46 62.62<br>4. Ross Irving, 45 64.14<br>5. William Rufford, 49 65.60<br>Age Group: 40-44<br>1. Mel Brooks, 42 51.11<br>2. George Cohen, 43 51.57<br>3. Dave Roman, 40 51.87<br>4. Bob Simpson, 41 53.73<br>5. Herman Kuhfeld, 40 55.40<br>6. Ben Miller, 41 55.86<br>7. Rick Fanbrini, 42 56.13<br>8. Bill Simons, 44 56.36<br>9. William Powell, 42 57.76<br>Age Group: 35-39<br>1. Matt Pruitt, 38 50.25<br>2. George Mason, 39 50.75<br>3. Richard Harris, 36 51.06<br>4. Ken Stuart, 36 51.22<br>5. Greg Marshall, 35 54.22<br>6. Bill Weller, 36 55.8(1)<br>Age Group: OPEN<br>1. Tony Melody, 23 52.46 | 20 K WALK<br>Men<br>Age Group: 70-74<br>1. Giulio de Petra, 72 2:07:02.7<br>Age Group: 65-69<br>1. Frank Saylor, 69 2:43:06.4<br>Age Group: 55-59<br>1. Harry Siitonen, 57 2:26:57.7<br>Age Group: 35-39<br>1. Manny Adriano, 35 1:55:03.9<br>Age Group: 30-34<br>1. Steve Pendley, 31 1:55:14.5<br>Age Group: OPEN<br>1. Bruce Ransdell, 21 1:43:44.8     |
| 200 METERS (cont.)<br>Men (cont.)<br>Age Group: 40-44<br>1. Doug Smith, 43 24.08<br>2. Dennis Duffy, 40 24.88<br>3. Lewis Smith, 44 26.23<br>4. Gerald Varty, 41 26.54<br>5. Ben Miller, 41 26.54<br>Age Group: 35-39<br>1. Bill Johnson, 38 23.41<br>2. Thomas Allen, 35 25.00<br>3. Bill Weller, 36 27.45<br>Age Group: OPEN<br>1. Tony Melody, 23 24.47  | 200 METERS (cont.)<br>Men (cont.)<br>Age Group: 40-44<br>1. Doug Smith, 43 24.08<br>2. Dennis Duffy, 40 24.88<br>3. Lewis Smith, 44 26.23<br>4. Gerald Varty, 41 26.54<br>5. Ben Miller, 41 26.54<br>Age Group: 35-39<br>1. Bill Johnson, 38 23.41<br>2. Thomas Allen, 35 25.00<br>3. Bill Weller, 36 27.45<br>Age Group: OPEN<br>1. Tony Melody, 23 24.47 |

**400 IH**

**Men**

Age Group: 70-74 30"  
1. Bud Deacon, 72 85.12 WR

Age Group: 50-54 30"  
1. Marion Sanchez, 51 63.91  
2. Tony Nasralla, 50 64.53  
3. Will Robinson, 52 70.09

Age Group: 45-49 33"  
1. Gary Miller, 45 59.20  
2. Gary Bane, 45 63.01

Age Group: 40-44 33"  
1. Bill Knocke, 43 57.40  
2. William J. Powell, 42 64.65

Age Group: 30-35 36"  
1. Don Roberts, 33 61.42

Age Group: OPEN 36"  
1. Ron Whitney, 40 (AR 40-44) 56.59  
2. Tony Melody, 23 56.85

**1500 METERS**

**Women**

Age Group: 60-64  
1. Joclyn Caselli, 62 6:20.1

Age Group: 35-39  
1. Veronica Griese, 39 5:34.7  
2. Toni Hartfield, 36 7:03.1

**Men**

Age Group: 50-54  
1. Michael Murphy, 52 4:44.0

Age Group: 45-49  
1. Pete Richardson, 48 4:30.3  
2. Glynn Wood, 49 4:32.4

Age Group: 40-44  
1. Harvey Franklin, 40 4:12.5  
2. Richard Schupbach, 42 4:15.5  
3. Dennis Duffy, 40 4:41.0  
4. Steve Donovan, 41 4:42.8  
5. Ben Miller, 41 4:46.7

Age Group: 35-39  
1. James Thomas, 36 4:35.6  
2. Rick Powers, 36 4:44.0

Age Group: 30-34  
1. Dan Minutillo, 33 4:08.5  
2. Earl Dowling, 34 4:15.6  
3. Ron Rook, 34 4:50.2

**HIGH JUMP**

**Women**

Age Group: 50-54  
1. Shirley Kinsey, 54 3' 6"

Age Group: 45-49  
1. Christel Miller, 48 4' 1"

**Men**

Age Group: 75-79  
1. Homer VanGelder, 78 3' 8"

Age Group: 70-74  
1. Bud Deacon, 72 3' 10"

Age Group: 65-69  
1. Jim Vernon, 66 4' 6"

Age Group: 60-64  
1. Jim Johnson, 61 4' 3"

Age Group: 50-54  
1. Herb Wyatt, 51 WR 6' 1 3/4"

Age Group: 45-49  
1. Nick Newton, 49 5' 10"  
2. Sammy White, 45 5' 8"  
3. Gary Bane, 45 5' 2"

Age Group: 40-44  
1. Jim Brown, 43 6' 0"  
2. Don Dvorak, 41 5' 2"  
3. Thom Jones, 44 4' 8"

Age Group: 35-39  
1. John Hartfield, 38 6' 4"

Age Group: 30-34  
1. Dennis DeLoach, 30 6' 8"  
2. Paul Sullivan, 30 6' 4"

**POLE VAULT**

**Men**

Age Group: 65-69  
1. Jim Vernon, 66 10'

Age Group: 60-64  
1. Ralph Biesemeyer, 63 9'  
2. Jim Johnson, 61 8' 6"

Age Group: 50-54  
1. John Billmeyer, 51 9'

Age Group: 45-49  
1. Tom Woodring, 46 12' 6"  
2. Gary Bane, 45 11'

Age Group: 35-39  
1. Bruce Hotaling, 39 13' 6"  
2. Richard Stepp, 38 12'

Age Group: 30-34  
1. Joseph Verstrepen, 31 13' 6"

**LONG JUMP**

**Women**

Age Group: 50-54  
1. Shirley Kinsey, 54 11' 5 1/2"

**LONG JUMP**

**Men**

Age Group: 75-79  
1. Homer VanGelder, 78 10' 5 3/4"

Age Group: 65-69  
1. John Satti, 69 14' 7 3/4"  
2. John McDonnell, 69 11' 11 3/4"

Age Group: 60-64  
1. Jim Johnson, 61 15' 2"  
2. Charles Mercurio, 63 14' 8 1/2"

Age Group: 45-49  
1. Onomatopoeia Legend, 46 18' 1 1/2"

Age Group: 40-44  
1. Darrell Horn, 43 19' 9 3/4"  
2. Don Dvorak, 41 17' 6 1/2"  
3. Bill Mitchell, 43 16' 8 1/2"

Age Group: 35-39  
1. John Hartfield, 38 22' 7 1/2"  
2. Fred Johnson, 37 18' 7"

Age Group: 30-34  
1. Steve Heilman, 30 21' 2 3/4"  
2. Joel Eckels, 34 20' 0 1/2"

**SHOT PUT**

**Women**

Age Group: 50-54 6LB  
1. Shirley Kinsey, 54 29' 9"

Age Group: 45-49 8LB  
1. Christel Miller, 48 24' 6"

Age Group: 40-44 8LB  
1. Lucille Ligon, 44 31' 5 1/2"

Age Group: 35-39 8LB  
1. Sondra Schumacher, 36 22' 5"

**Men**

Age Group: 75-79 8LB  
1. Homer VanGelder, 78 25'

Age Group: 70-74 8LB  
1. Jim York, 70 39' 8"

Age Group: 65-69 8LB  
1. Ross Carter, 69 45' 6"  
2. Hal Cronkite, 65 37' 5"

Age Group: 65-69 12LB  
1. Ross Carter, 69 (age gr. 69) 34' 10"  
2. Hal Cronkite, 65 29' 8"

Age Group: 60-64 8LB  
1. George Ker, 60 53' 6 1/2"  
2. Bob Stone, 63 41' 8"  
3. Hy Booth, 64 36' 2"  
4. Bill Toesporn, 60 31' 2"

**SHOT PUT (cont.)**

**Men (cont.)**

Age Group: 45-49 16 LB  
1. James Hart, 46 43' 8 1/2"  
2. Joe Durrenberger, 48 30' 2"

Age Group: 40-44 16 LB  
1. William J. Powell, 42 34' 3"  
2. William Burns, 42 32' 3"

Age Group: 35-39 16LB  
1. John Hartfield, 38 39' 1"  
2. Fred Johnson, 37 37' 9"  
3. William Henderson, 36 34' 11"  
4. Clyde Short, 35 33' 3"

Age Group: 30-34 16 LB  
1. Gary Kelmenson, 33 37' 1"

**DISCUS**

**Women**

Age Group: 50-54 1.00K  
1. Shirley Kinsey, 54 25.94

Age Group: 45-49 1.00K  
1. Christel Miller, 48 23.30

Age Group: 40-44 1.00K  
1. Lucille Ligon, 44 23.88

Age Group: 30-34 1.00K  
1. Sandra Stepp, 33 32.16

**Men**

Age Group: 70-74 1.00K  
1. Jim York, 70 32.36

Age Group: 65-69 1.00K  
1. Ross Carter, 69 39.90  
2. Hal Cronkite, 65 27.92  
3. John McDonnell, 69 25.48

Age Group: 60-64 2.00K?  
1. Bob Stone, 63 38.18

Age Group: 60-64 1.00K  
1. George Ker, 60 40.60  
2. Hy Booth, 64 36.12  
3. Alfred Drake, 61 32.00

Age Group: 45-49 2.00K  
1. James Hart, 46 41.70  
2. Gary Dawson, 49 24.74

Age Group: 40-44 2.00K  
1. Dick Whitaker, 43 26.50

Age Group: 35-39 2.00K  
1. Fred Johnson, 37 37.10  
2. Murray Hillson, 37 32.74  
3. William Henderson, 36 31.20  
4. Clyde Short, 35 30.80

Age Group: 30-34 2.00K  
1. Gary Kelmenson, 33 33.52

**JAVELIN**

**Women**

Age Group: 55-59  
1. Shirley Dietterich, 56 60' 8"

Age Group: 50-54  
1. Shirley Kinsey, 54 87' 8"

Age Group: 45-49  
1. Christel Miller, 48 100' 9"

**JAVELIN (cont.)**

**Women (cont.)**

Age Group: 40-44  
1. Fran Conley, 42 84' 10"

Age Group: 35-39  
1. Paddy Reddaway, 38 80' 6"  
2. Sondra Schumacher, 36 59' 2"

Age Group: OPEN  
1. Jane Nash, 23 59' 7"

**Men**

Age Group: 65-69  
1. John McDonnell, 69 80' 2"

Age Group: 60-64  
1. Bob Stone, 63 125' 8"

Age Group: 55-59  
1. Ed Chynoweth, 59 143' 11"

Age Group: 45-49  
1. Phil Conley, 48 187' 5"  
2. James Hart, 46 125' 4"

Age Group: 40-44  
1. John Burns, 42 194' 0"  
2. Michael Harriman, 40 192' 6"  
3. Gary Reddaway, 42 161' 1"

Age Group: 35-39  
1. William Henderson, 36 112' 7"

Age Group: 30-34  
1. Gary Schmidt, 30 171' 9"  
2. Ron Rook, 34 140' 0"  
3. Gary Kelmenson, 33 129' 8"

**TRIPLE JUMP**

**Men**

Age Group: 65-69  
1. John Satti, 69 28' 2"

Age Group: 60-64  
1. Jim Johnson, 61 30' 11 1/2"  
2. Charles Mercurio, 63 30' 4 3/4"

Age Group: 50-54  
1. Tony Nasralla, 50 30' 3"

Age Group: 45-49  
1. Sammy White, 45 38' 1 1/2"  
2. Onomatopoeia Legend, 46 32' 10"  
3. Jack Hill, 45 32' 1 1/4"

Age Group: 40-44  
1. Don Dvorak, 41 35' 2"

Age Group: 35-39  
1. John Hartfield, 38 45' 6 1/2"

**HAMMER**

**Women**

Age Group: 30-34  
1. Sandra Stepp, 33 108' 7"

**Men**

Age Group: 70-74  
1. Jim York, 70 95' 1"

Age Group: 60-64  
1. Bob Stone, 63 112' 5"

Age Group: 45-49  
1. James Hart, 46 116' 0"  
2. Gary Dawson, 49 92' 5"

Age Group: 35-39  
1. Richard Stepp, 38 103' 9"

Age Group: 30-34

CORPORATE CUP RELAYS  
STANFORD, CALIFORNIA  
JULY 23-24, 1983

MASTERS RELAY (800-400-800)

1 AT&T 5:08.2  
2 G-E 5:12.8  
3 Delta 5:14.5  
4 SRI 5:16.2

MASTERS 10K (2-MAN TEAMS)

1 GE 67:49  
2 IBM 66:06  
3 AT&T 67:08  
4 Delta 68:11  
5 Ford 68:16  
6 Bechtel 68:18  
7 Lawrence Livermore 68:18  
8 Westinghouse 68:21  
9 Pacific Telephone 68:44  
10 Hewlett-Packard 68:53

from Tom Sheahen

ST. LOUIS METRO T&F  
CHAMPIONSHIPS; LADUE HS;  
JULY 30, 1983

M30-39

100m M. Blueford 10.9  
200m M. Blueford 23.2  
800m L. Harrison 1:56  
1500m L. Harrison 4:02  
5000m Chuck Rice 16:36  
10000m Mike Colvin 41:16  
5K Adair Andrew 24:07  
110H R. Reinhardt 15.1  
300H R. Reinhardt 39.1  
HJ M. Blueford 5' 2"  
LJ R. Reinhardt 18' 7"  
SP Terry Coff 44' 7"

W30-39

100m An Higgins 16.1  
200m Kate Higgins 32.4  
800m Audrey Hitch 2:58

M40-49

100m Bob Steel 11.4  
200m B. Steel 24.4  
400m Jack Decoteau 1:00  
800m Bill Stewart 2:16  
1500m B. Stewart 4:52  
5000m John Coates 19:14  
10000m Tony Murray 44:58  
110H J. Decoteau 17.8  
300H J. Decoteau 50.6  
LJ Larry Betz 15' 8"  
SP Vince Johnson 40' 11"

W40-49

5000m Carol Peluso 23:33

M50-59

100m C. Clippard 12.9  
400m Lee Blount 56.2  
800m L. Blount 2:07  
1500m Barney Barnes 5:34  
5000m B. Barnes 20:52  
110H Bill Meredith 18.4  
HJ B. Meredith 4' 8"  
LJ B. Meredith 15' 2"  
SP Phil Brusca 39' 7"

W50-59

100m Dottie Gray 17.2  
200m D. Gray 38.5  
800m D. Gray 3:25  
5000m D. Gray 24:54

ALL-COMERS CHAMPIONSHIPS  
LOS ANGELES, AUGUST 5.  
100-degrees & smoggy

**Masters Division**

100 Steve Caminiti 11.2  
Ken Dennis 11.6  
Sal Pratts 12.2

200 John Dobroth 24.4  
Ozzie Dawkins 25.8  
Sal Pratts 26.3

400 Sal Pratts 57.2  
Phil Cordero 61.3  
Leroy Carter 65.3

800 Leroy Carter 2:21.0  
Charles McClung 2:25.2  
Roger Bartlett 2:30.1

**Mile Gene Blankenship**

4:47.4  
Chuck McClung 4:54.2  
Ted Oviatt 5:10.3

**SHOT** Chuck Wade 46' 5"  
Duane Tellafano 40' 2"  
Jack Thatcher 36' 8"  
LJ Ron Wicks 17' 8"

## 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.

SUPERUN 5K  
TULSA, OKLAHOMA  
JUNE 4, 1983

1st Overall

Mike Hairston 28 14:37  
Karen Chance 22 17:59

M40-49

Russell Bennett 46 16:13  
Jim McFadden 43 16:19  
Kent Metcalf 44 16:29

M50-59

Steve Blanchard 51 17:10  
Nocus McIntosh 57 18:01  
Colin Bray 50 18:49

M60+

Jim Smith 61 19:00  
Joe Coleman 60 26:24  
Gene Sinex 65 26:38

W40-49

Sharon Cooper 44 20:16  
M. Greenberg 47 23:13  
Louise Rose 42 24:22

W50-59

Faye Morris 54 27:03  
Neva Brannin 56 27:22  
M. Hintermeister 50 27:25

BOLDER BOULDER 10K  
BOLDER, COLORADO  
JUNE 6, 1983

Masters Men, 40+

1 Ardell Boes, 45 32:48.5  
2 Lee Courkamp, 40 33:19.0  
3 Chuck Downey, 44 33:48.2  
4 Jack Ford, 40 34:20.9  
5 Joe Beal, 41 35:05.5  
6 Frank Hoelzle, 40 35:19.7  
7 Tom Starr, 41 35:52.9  
8 Dick Croteau, 40 35:57.0  
9 Verne Carlson, 50 36:05.8  
10 Kent Landmark, 43 36:09.5  
11 Robert Greene, 48 36:15.0

Masters Women, 40+

1 C. Dalrymple, 41 36:16.0  
2 Bette Poppers, 40 37:45.0  
3 Gerri Gatlin, 40 40:03.8  
4 Sharon Martin, 42 41:00.1  
5 Tommie Farina, 41 41:59.0  
6 Betty O'Leary, 43 43:04.5  
7 Libby James, 46 43:38.0  
8 Zee Bacon, 42 43:42.0  
9 B. Harrower, 49 43:42.0  
10 C. Martinez, 49 45:10.0

60+

Anna Richardson 60 49:12  
Jean Selden 62 64:37  
Evelyn Chandler 71 70:37  
385 finishers

KALAMAZOO KLASSIC 10K  
KALAMAZOO, MICH.  
JUNE 18, 1983

1st Overall

Kerry Barnett 22 30:05  
Melanie Decker 23 36:03

M40-49

Frank Wolf 47 37:17  
Doug Rector 41 37:19  
Larry Hawblitz 46 37:22  
Bob Leet 42 37:45  
Paul Grindel 46 37:51

M50-59

Norman Crittenden 50 37:53  
Hugh Acton 57 39:54  
Jerry Johncock 55 40:36  
Vaughn Jensen 50 42:11  
David Meyer 54 43:01

M60+

Bob Taylor 62 46:05  
Grant Mueller 64 47:54  
Ben Bricker 60 49:30  
Roger Brownlow 60 53:37  
John Vandegiesen 67 56:54

W30-39

Melody Aldo 37 42:20  
Shan Olive Field 31 43:25  
Monica Green 32 43:46  
Cyndy Long 33 45:43  
Helen Dashney 33 45:48

W40-49

Tina Hayward 42 37:57  
Julie Hoffman 46 42:58  
Ilse Schletter 43 44:49  
Gail Breeze 43 45:55  
Susan Foster 41 46:14

W50-59

Jean Brooks 54 48:52  
Rosemary McConkey 50 56:45  
Marie Beaulac 54 76:27

M60+

Maxine Skidmore 60 58:30

PHILADELPHIA BAR DIABETES 10K  
PHILADELPHIA, PENN.  
JUNE 19, 1983

1st Overall

Mike Ludovici, 23 30:24  
Sarah Grygiel, 23 36:37

M30-39

Cliff Ratza 32 31:36  
Rich DiSebastian 31 31:56  
Philip Kircher 33 32:52

M40-49

Tony Gerrity, 40 32:36  
Bruce Zeidman 40 36:01  
Michael Mangan 40 36:14

M50-59

Norman Green 50 32:35  
Bernie Rubinsky 52 35:42  
John Santoro 54 39:58

M60+

Jack Rennington 60 41:21  
Patrick Oboyle 62 46:49  
John Dorylys 61 47:22

W30-39

Lena Hollman 32 37:57  
Laurene Riply 33 39:25  
Marie Chartland 35 40:45

W40-49

Harriet Oster 40 42:54  
Nan Sharpless 46 50:18  
Bonnie McClue 42 50:36

W50-59

Alma Kunes 50 45:15  
Kamryn Kalkof 52 52:07  
Peggy Schofield 53 56:09

W60+ none; 1000 finishers

MULTIPLE SCLEROSIS FREEDOM  
MEMPHIS, TENNESSEE  
JUNE 25, 1983

1st Overall

David Taylor 16:13  
Laura Wehrum 21:41

30 Bill Bullard 16:43  
Thomas Smith 16:53  
Frank Dearth 17:01

40 Jack Rockett 17:29  
Kimbro Johnson 18:30  
George Cook 19:37

50+ Bob Creed 18:48  
Ed Fancher 19:20  
James Paillirs 23:27  
Kathy Kramer 22:56  
Ruby Bland 23:39  
Priscilla Scott 23:43

40 Pat Love 22:29  
Amelia Barton 26:27  
Carolyn Austin 29:34  
50+ Francis Curtis 31:07  
Ann Wagner 31:17

259 finishers

WESTERN STATES ENDURANCE  
100-MILES; SQUAW VALLEY,  
CALIF.; JUNE 25, 1983

**1st Overall**  
Jim Howard 29 16:07:55  
Bjorg Austheim-Smith 41 19:11

8 Douglas Latimer 45 18:15  
13 Austrheim-Smith 1st F  
16 Skip Hawk 41 19:36  
21 David Lygre 40 20:11  
28 Gard Leighton 48 20:58  
29 Roger Daniels 47 20:58  
32 Charles Ferguson 42 21:16  
34 Russel Moore 43 21:30  
39 O.R. Petersen 46 21:54  
40 T. Zavortink 44 21:55  
48 Martin Hillier 46 22:21  
52 Ken Shirk 41 22:32  
53 Ron Kovacs 41 22:33  
55 M. Levin, MD 40 22:40  
57 Gordon Palmer 44 22:45  
63 Peter Galloni 48 22:50  
65 Karen Clement 40+ 22:52  
68 Robert Pike 45 22:56  
69 Ted Winters 44 23:00  
75 Bob Ross 40 23:09  
77 Don Lamarre 52 23:19  
81 Gordon Dugan 50 23:25  
82 Clayton Wagner 42 23:27  
85 M. Christensen 49 23:30  
90 Ted Hill 44 23:36  
93 Raymond Garber 40 23:39  
95 Bill Petersen 60 23:42  
154 Gloria Bassler 46 27:37  
156 Marty Maricle 50 27:38  
164 Ruth Anderson 53 28:11  
169 Lynn Cramer 43 28:26  
170 Karen Diekmeyer 42 28:28  
190 Noel Murchie 47 29:26  
196 Stella Tetar 49 30:18

TRUDGERS 8K (Women only)  
SAN PEDRO, CALIFORNIA  
JUNE 26, 1983

**1st Overall**  
Ludy Figueroa 12 29:54

30-34  
Lois Curl 32 33:17  
Sandra Brehler 34 33:54  
Angela Jenkins 30 33:57

35-39  
Judy Kewley 38 30:32  
Daiva Jusionis 35 32:02  
Janice Resseguie 36 35:49

40-44  
Judy Ikenberry 40 32:43  
N. O'Donovan 41 35:09  
Patricia Crane 40 35:20

45-49  
K. Lookinland 45 39:28  
Brita Grover 48 40:56  
Carol Wright 45 41:56

50-54  
Nelly Williams 52 38:11  
Ruth Bloland 54 39:00  
Peggy Taylor 52 39:38

55-59  
Margaret Miller 57 33:35  
Diane Fritz 57 40:05  
Sylvia Dade 56 43:54

SAN BERNARDINO YMCA 5K/10K/  
HALF MARATHON; SAN BERNAR-  
DINO, CA; JUNE 26, 1983

**5K**  
**1st Overall**  
Dave Murphy 16:37  
Maggie Minick 23:01

**Men**  
30 Richard Aguilar 17:38  
40 Ron Moore 19:46  
50 Wally Ingram 17:21  
60+Ed Rumble 22:18

**Women**  
30 Angel Mayeda 23:21  
40 Linda Capriola 28:33  
50 Dolores Bezenah 26:32

**10K**  
**1st Overall**  
David Swiderski 35:26  
Carol Lowe 37:41

**Men**  
30 Milt Sheetz 37:40  
40 Chuck Cheekmore 42:07  
50 Aloysias Casey 45:00  
60+Stub Bartman 49:18

**Women**  
30 Hanria Egar 47:56  
40 Audrey Singer 52:52

**Half Marathon**  
**1st Overall**  
Brian Clary 1:08:19  
Nicole Pyle 1:33:42

**Men**  
30 Larry Fabela 1:17:42  
40 M. Lankarani 1:21:06  
50 Bob Anderson 1:38:32

**Women**  
30 Vaneen Parker 1:47:39  
40 Judy Glasgow 2:17:04  
(from Wally Ingram)

BANKEAST CLASSIC 5K/5M  
CONCORD, NEW HAMPSHIRE  
JULY 2, 1983

**5K**  
M40-49  
Mark Hampton 40 18:07  
Roger Godin 45 18:10  
Marlin Bryant 43 18:28

M50+  
Howard Keegan 50 20:29  
Robert Paul 55 21:26  
Jesse Trow 52 24:00

M40-49  
Mary Bart 41 20:06  
Bernadette Nay 43 20:55  
June Bart 41 22:19

M50+  
Helen Hamilton 52 21:54

**5M**  
M40-49  
Daniel Ellison 44 28:13  
Leo Duhamel 40 29:56  
James Higgins 42 33:04

M50+  
Don Tillotson 56 33:04  
Fred Colbroth 50 33:19  
Fred Brousaides 57 33:59

M40-49  
Robin Robinson 41 34:17  
Toni Pappas 40 42:20

M50+  
Helen Hamilton 52 40:06  
(continued after 5K)

29th SEMANA NAUTICA 15K  
SANTA BARBARA, CALIFORNIA  
JULY 4, 1983

**1st Overall**  
Ron Ysais 21 46:57  
M. Soderberg 32 55:39

M35-39  
John Kennedy 39 51:30  
Paul Maier 35 51:45  
Jim McNami 39 51:51

M40-44  
Tom Burns 40 49:24  
Michael Mahler 40 50:51  
Eino Rompanen 43 52:42

M45-49  
Andre Tocco 47 51:42  
Jim Knerr 49 51:59  
John Brennard 47 52:20

M50-54  
Patrick Devine 54 55:47  
George Berg 50 56:59  
James Vanmanem 50 60:18

M55-59  
Jim Rowe 59 63:30  
Richard Durand 55 63:38  
Ray Gil 58 66:03

M60+  
John Schweitzer 65 83:57  
Paul Gilbert 68 91:22

W30-39  
Michele Soderberg 32 55:39  
Sandra Marshall 35 60:46  
Anette Connell 37 62:23

M40-49  
Barbara Terhune 40 64:45  
Diana Chronert 45 73:35  
Hilda Hoffman 41 76:24

254 finishers

ALLEN MOTORS 6.5M  
DERRY, NEW HAMPSHIRE  
JUNE 11, 1983

**1st Overall**  
Mark Kimball 23 33:20  
Vicki Wechsler 34 41:57

M40-49  
John Ottaviani 44 37:58  
Leo Duhamel 40 39:42  
Edward Largy 43 39:46

M50-59  
John Dowd 52 40:01  
John Nottle 56 42:22  
Robert Shelton 53 43:00

M60+  
Alton Bradley 67 50:24  
Reneld Trojan 69 69:41

M40-49  
Barbara Pike 41 42:18  
Mary Bart 41 45:49  
June Bart 41 49:01

\*\*\* 1983 PEACHTREE ROADRACE RESULTS

July 4, 1983 (M M A S T E R S M E N )

| ROF  | TIME       | I.D.  | NAME               | AGE | CITY / STATE  | LF |
|------|------------|-------|--------------------|-----|---------------|----|
| 0001 | 0:30:01.60 | 1001  | VILLANUEVA ANTONIO | 41  | JALAPA MX     |    |
| 0002 | 0:31:32.20 | 1005  | ROBINSON ROGER     | 43  | NEW ZEALAND * |    |
| 0003 | 0:31:40.00 | 1002  | COFFMAN DON        | 40  | FRANKFORT VA  |    |
| 0004 | 0:31:41.80 | 1000  | CONWAY DAN         | 44  | CHESTER WI    |    |
| 0005 | 0:32:01.60 | 1007  | KEIM GEORGE        | 40  | LANGHORNE PA  |    |
| 0006 | 0:32:27.96 | 0501  | HALL BILL          | 42  | DURHAM NC     |    |
| 0007 | 0:32:36.04 | 1004  | SLOAN IRELAND      | 41  | ROANOKE VA    |    |
| 0008 | 0:33:03.98 | A1231 | DIXON DAVID        | 49  | CLEMSON SC    |    |
| 0009 | 0:33:26.91 | 1009  | PILLING ALAN       | 41  | MARIETTA GA   |    |
| 0010 | 0:33:41.27 | 1008  | TUCKER CHUCK       | 42  | NORCROSS GA   |    |
| 0011 | 0:33:44.12 | 0526  | WILLIAMS ARTHUR    | 40  | GREENVILLE SC |    |
| 0012 | 0:33:48.28 | 0996  | PRIOR KEN          | 42  | VANDALIA OH   |    |
| 0013 | 0:34:27.64 | 0378  | SAMPSON LLOYD B    | 40  | COLUMBUS GA   |    |
| 0014 | 0:35:03.96 | 0444  | DANNELLEY BOBBY    | 41  | BLOXI MS      |    |
| 0015 | 0:35:04.19 | 0350  | KELLY MIKE P       | 40  | DORAVILLE GA  |    |
| 0016 | 0:35:04.88 | 0314  | OWENS TOMMY L      | 44  | ATLANTA GA    |    |
| 0017 | 0:35:06.83 | 0889  | ECHVERRIA ALBERTO  | 40  | MIAMI FL      |    |
| 0018 | 0:35:12.54 | 2062  | REISINGER ROY B    | 42  | ANCHORAGE AK  |    |
| 0019 | 0:35:13.47 | 0328  | MCDANIEL ALLEN P   | 40  | ATLANTA GA    |    |
| 0020 | 0:35:13.95 | 0572  | TOOLE JOHN         | 41  | ROSWELL GA    |    |

(M M A S T E R S W O M E N )

| ROF  | TIME       | I.D. | NAME            | AGE | CITY / STATE     |
|------|------------|------|-----------------|-----|------------------|
| 0001 | 0:36:03.20 | 1100 | DALRYMPLE CINDY | 41  | NEW YORK NY      |
| 0002 | 0:38:05.30 | W171 | BLACK IRIS      | 40  | SPRING VALLEY OH |
| 0003 | 0:39:02.10 | 1101 | POPPERS BETTE   | 0   | DENVER CO        |
| 0004 | 0:39:53.20 | 1103 | PARKER NANCY    | 46  | ATLANTA GA       |

CORONADO HALF-MARATHON  
SAN DIEGO, JULY 4, 1983

Men Ed Mendoza 1:03:56  
Women Glynys Quick 1:13:49

M35 Athel Barton 1:09:13  
Ben Wilson 1:10:02  
Ricardo Martinez 1:10:30

M40 Gary Novak 1:13:22  
John Metz 1:15:19  
Jim Williams 1:15:24

M45 Tom Brown 1:20:21  
MacDonald 1:21:03  
K Gronhang 1:21:33

M50 Jim O'Neil 1:18:09  
Norm McAbee 1:18:37  
Jim Brownfield 1:18:44

M60 Harold Daughters 1:25:25  
Jim McCon 1:26:48  
Art Holzman 1:28:12

W35 Judy Dodge 1:22:44  
Judy Kewley 1:24:41  
Joni Pendleton 1:27:22

W40 Sharon Gretner 1:31:01  
Marcia Barnett 1:31:44  
Nancy Courter 1:33:20

W45 Betty Ratley 1:36:56  
Lynn Lipetsky 1:37:30  
Elsa Sandberg 1:38:49

W50 Anne Johnson 1:33:46  
Nicki Hobson 1:38:18  
Mary Storey 1:38:48

W60 Gerry Davidson 2:14:25  
Bess James 2:20:15  
Felicitas Salazar 2:20:20

TAC NATIONAL MASTERS 10K  
RACENALK CHAMPIONSHIPS; NIA-  
RACE FALLS, NY; JULY 16, 1983

**WOMEN**  
Jeanne Bocci 55:16  
Bartholy Kelly 59:47  
Gloria Brown 59:52  
Cecilia Roth 1:07:23  
Mary Jane Mahnke 1:09:51  
Ernestine Yeomans 1:14:59  
Maureen Graesser 1:15:55  
Ellna Rossov 1:20:46  
Arlene Mari n/t

M40-49  
John Knifton 50:49  
William Cressman 54:02  
Gerald Bocci 54:23  
Daniel Starek 54:37  
Joe Stefanowicz 57:14  
Ost Shear 1:02:38  
Frank Mari 1:08:46  
Frank Soby n/t  
John Redmond n/t

M50-59  
Sal Oreralo 51:59  
Jack Boitano 53:55  
Howie Jacobson 55:08  
Robert Timmons 59:20  
Ron Turner 1:00:06  
Joe Vitucci 1:02:11  
Ronald Valiente 1:02:24  
Jim Higgins n/t  
John McClachlan n/t

M60-69  
Max Gould 58:22  
Hugh Yeomans 1:09:35  
D.P. McNelly 1:10:20  
S.J. Chioppone 1:12:01  
G.E. Pat Pattison 1:16:28

HIGH ALTITUDE MINI-MARATHON  
20/5K; 7300-8100' ELEVATION;  
LOS ALAMOS, N. MEXICO  
JULY 9, 1983

**20K MEN**  
30 Al Waquie, 30 1:06:24  
Marlowe Eldridge 1:12:01  
Gerry Garcia 1:13:08  
35 Yeh Loudat, 36 1:11:45  
Joel Denny, 38 1:22:32  
Mike Rivera 1:23:04  
40 John Cappis, 41 1:18:11  
David Warren, 42 1:19:12  
Edward Dale, 42 1:22:57  
Mito Naranjo, 46 1:19:08  
45 Al Gjoivig, 46 1:29:10  
Joseph Greene, 47 1:29:48  
50 Dale Goering, 52 1:20:44  
Aaron Goldman, 51 1:30:10  
Tony Garcia 1:31:04  
55 Andy Nava 1:37:14  
Sam Gutierrez, 57 1:39:43  
Larry Johnson 1:48:56

**20K WOMEN**  
30 Janeen Hill 1:27:45  
Lin Dicconi, 32 1:30:51  
35 Mary Nichols, 37 1:31:19  
T. Arasin-Hall, 38 1:32:34  
Barbara Wilson 1:35:22  
40 Jackie McFarlane 1:31:27  
Colleen Olinger 1:39:29  
45 Beverly Rueter, 47 1:51:42  
50 Christa Melfi, 51 1:42:18  
Eleanor Smith, 51 1:53:27

Club Championship No. 3  
Central Park, NYC

Sponsored by NYRR  
Date: July 9, 1983, 9AM  
Distance: 5 Miles  
Check-in: Men-335 Women-97 Total-432  
Finishers: Men-289 Women-85  
Total-374  
Weather: Clear, not humid, low 80's.

**Men's Master Teams**  
1. West Side Y: 26:43  
63. Gabriel Bernal 28:23  
129. Santos Gomez 29:26  
153. Al Cabral 29:38  
162. Cecil Hubbard 32:04  
215. William Perley 2:26:14

2. Millrose: 99:27:37, 131:28:28, 143:28:55, 156:29:30, 157:29:33, 686:2:24:03

3. Westchester/Puma: 120:28:09, 132:28:33, 169:30:00, 184:30:42, 191:31:06, 796:2:28:30

4. Van Cortlandt TC: 150:29:16, 172:30:13, 178:30:29, 193:31:08, 214:32:04, 907:2:33:10

5. Central Park TC: 64:26:47, 89:27:29, 203:31:25, 253:34:33, 263:35:18, 872:2:35:32

**Women's Master Teams**  
1. Warren Street S&C: 28:12  
1. Dalrymple, Cindy 31:05  
11 Thurston, Linda 32:36  
18. Kirchen, Elaine 32:36  
30 1:31:53

2. Central Park TC: 43:37:22, 51:38:30, 64:42:25, 158:1:58:17

SAN FRANCISCO MARATHON  
JULY 24, 1983

Open Peter Pfltz'ger 2:14:45  
Janice Klecker 2:35:43

M35 Athol Barton 2:18:14  
John Loeschorn 2:30:02  
David Surman 2:30:55  
Abby Ebrahimi 2:30:58  
Tony Girardi 2:31:13

M35 Gabrielle Andersen 2:38:15  
Elaine Delsman 3:02:42  
Judy Shade 3:04:03  
Beverly Sand 3:05:18  
Florianne Harp 3:06:51

M40 Jim Bowers 2:23:15  
Jeff Wall 2:31:05  
Tom Burns 2:33:57  
Tony Kopacz 2:37:09  
Tim Rostege 2:38:00  
Dan Alarid 2:38:00  
Joe Gassman 2:39:06

M45 Bill Catanese 2:44:42  
Mike McGie 2:45:26  
Brian Fernee 2:46:14  
Peter Todd 2:46:46  
James Jacobs 2:47:32

M50 Dave Salo 2:32:43  
Everett Riggle 2:49:58  
Bob Farrington 2:50:16  
Bill Beckwith 2:50:43  
Glenn Unsecker 2:55:54

5K MEN

30 Jim Rocha, 32 17:52  
James Sanchez, 32 18:18  
Myles Constandse 18:26  
35 Lou Marjon, 37 17:49  
Toby Romero, 35 18:00  
Dave Casados, 39 18:05  
40 Bill Trebilcock 18:51  
Bill Panagakos 19:25  
Joe Rodriguez, 41 19:55  
45 Art Sherwood, 46 19:04  
50 Ron Kogen 20:58  
55 Rubel Vigil, 56 19:41  
Warren Quinn 22:04  
60 Manuel Diaz, 60 22:15  
Bill Burnett, 62 23:29

**5K WOMEN**  
30 Janie O'Rourke, 33 20:42  
Connie Reeves 20:49  
35 Pat Weiss 21:24  
40 Carolyn Robinson, 43 23:30  
Sharron Adams, 45 24:00  
45 June Dickinson 24:40  
Kenny Goering, 50 24:07  
Nelma Kelley, 53 25:16  
55 Raye Johnson 25:30  
60 Florence Cucchiara 28:36

M55 Ian Sussex 3:00:18  
Bill Smeaton 3:02:38  
Ron Anderson 3:04:55

M60 George Ogaea 3:07:10  
Paul Reese 3:15:12  
John Burton 3:15:58  
Arch Schneider 3:16:21  
Tom Edwards 3:23:59

W40 Cindy Dalrymple 2:44:17  
Agatha Sue-Lee 3:04:41  
Christa

DESERT NEWS MARATHON  
SALT LAKE CITY, UTAH  
JULY 25, 1983

**1st Overall**  
Creighton King 2:21:09  
Robin Lockwood 2:47:37

**MEN**  
30 James Berka 2:25:41  
George Ricks 2:36:16  
Gene Bates 2:36:51  
35 Nick Barton 2:32:27  
Bill Tuddenham 2:36:34  
Darwin Syversen 2:38:18  
40 Stephen Lester 2:32:03  
Robert Nelson 2:37:19  
Ross Higgins 2:44:32  
45 Bill Johnston 2:33:03  
Richard Carling 2:49:26  
Merl Glauser 2:50:01  
50 Gaylon Jorgensen 2:40:13  
Kaye Nelson 2:55:44  
Keith Droste 2:59:52  
55 Melvin Smith 3:04:42  
Dennis Egley 3:18:47  
Sim Smith 3:36:42  
60 Mel Salisbury 3:38:03  
65+Mac Osborn 3:26:57  
Stuart Jardine 3:30:54  
Thomas Howard 3:38:16

**WOMEN**  
30 Lockwood  
Deborah Wagner 3:12:00  
Becky Burgess 3:20:52  
35 Enid Rust 3:17:06  
Elizabeth Sonne 3:17:12  
Julie McKay 3:19:21  
40 Pamela Wickstrom 3:37:48  
Sandra Price 3:56:45  
45 Carol Simmonds 3:36:57  
Elfriede Schmitt 3:45:37

Sixth Annual Heights-Inwood  
10K Footrace  
Inwood Park, NYC

Sponsored by the NYRR  
Date: July 31, 1983, 9:30 AM  
Distance: 6.2 Miles  
Check-in: Men-834, Women-171,  
Total-1005  
Finishers: Men-692 and Women-130,  
Total-822  
Weather: Hazy, humid, high 70's-low 80's.

**Subvet (30-39)**  
1. Carmichael, Isabelle, 33 36:22  
2. Rothman, Bobbi, 37 38:48  
3. Spiering, Adriana, 30 42:53  
4. Castro, Zelia, 35 43:54  
5. Rodriguez, Nancy, 33 44:23  
6. Yardy, Barbara, 34 44:31  
7. Butler, Joan, 31 44:54

**Net A (40-44)**  
1. Kirchen, Elaine, 40 40:06  
2. Jones, Edith, 43 45:16  
3. Hayes, Jessie-Lea, 40 46:30

**Net B (45-49)**  
1. Philips, Gudrun, 47 45:44  
2. Moten, Billie, 46 52:56  
3. Klopfer, Ulrike, 47 58:49

**Masters (50-59)**  
1. Rose, Florence, 53 56:33  
2. Ballesteros, Georgina, 50 57:07

**Senior (60 and over)**  
Havens, Evelyn, 67 1:08:44

**Subvet (30-39)**  
McLaughlin, John, 31 (1st Overall) 30:09  
1. Hall, Art, 36 31:57  
2. Hall, Ray, 35 33:11  
3. DeVoe, William, 31 33:17  
4. Shaw, Vincent, 30 34:52  
5. Lewis, Theodore, 30 34:53  
6. Culklin, John, 37 35:01  
7. Keith, Charles, 32 35:09

**Net A (40-44)**  
1. Cummins, Harry, 40 35:43  
2. Kaye, William, 44 35:56  
3. Hill, William, 40 37:18

**Net B (45-49)**  
1. Vinson, Walter, 45 36:22  
2. Dolphin, Robert, 45 37:23  
3. Kellner, Peter, 45 38:40

**Masters (50-59)**  
1. Moriarty, Patrick, 50 37:27  
2. Baxley, Charles, 52 38:03  
3. Burns, Joe, 54 38:15  
4. Schindler, Max, 51 40:47

**Seniors (60-69)**  
1. Sikaffy, Ralph, 62 43:38  
2. Mahta, Peter, 61 43:53  
3. Gibbons, Tom, 62 44:27

Rompanan Patricia Whittingslow 3:06:29

W45 Joan Reiss Heidi Skaden-Poyser 3:08:08

W50 Marion Irvine Eileen Klatsky Louise McGill 3:13:43 3:35:38 3:40:40

W55 Dorothy Dreyfuss 4:11:30  
W60 Ada Thomas 4:44:22

NAME Corey Anderson AGE 11  
 E. NO. 97061 DATE 3/4/83  
 EXAM R. Lat. Foot  
 DR D. Bald



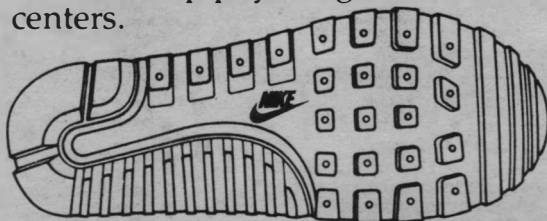
## TOO MANY YOUNG RUNNERS MAY BE HEADED FOR A PHOTO-FINISH.

The only thing growing faster than children's running is the controversy surrounding it.

If you're a parent, it's an issue you take to heart.

Because you know what children stand to gain from running. The pride of achievement, the sense of self-worth. In fact, the actual level of fitness achieved in younger years may have a considerable influence on one's health in adulthood.

But what about the risks? Unfortunately, no one really knows for sure. One of the things that concerns the American Academy of Pediatrics is what the repetitive shock may or may not be doing to the bone's epiphyseal growth centers.

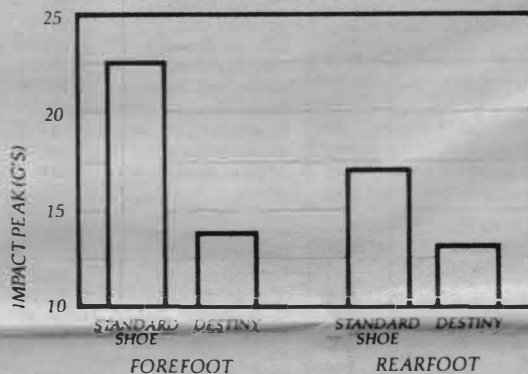


It concerns us too.

Because preliminary tests at our Sport Research Lab indicate young runners undergo stresses similar to, and in some cases actually greater than, those experienced by adults.

With more and more kids joining their parents on the roads and in the races, something had to be done.

And with the Destiny, we've done it.



Compared to a standard children's running shoe, the Destiny proved in impact testing to have 35 percent better cushioning in the forefoot and 25 percent in the rearfoot.

There is little doubt that this is the most technically advanced running shoe ever made for young athletes.

Consider its ability to absorb shock. In impact tests, the Destiny delivered 35 percent more cushioning in the forefoot and 25 percent more in the rearfoot than a standard children's running shoe.

Normally, you can't achieve such a dramatic improvement in cushioning unless you're willing to give up stability.

The Destiny gives up nothing. In fact, it proved to be 23 percent more effective in reducing both the amount and rate of rearfoot motion. Thus offering better protection against all the injuries that over-pronation is heir to.



The Destiny has a midsole and wedge scaled for cushion as well as the same degree of heel lift in each size.

The Destiny is also the first youth shoe to systematically adjust the height of the midsole and wedge according to shoe size, so that each size receives the amount of cushion it deserves. No more, no less.

For the serious runner, that's critical. Because between the ages of 2 and 15, a child's weight increases faster than the surface area of the bottom of the foot. As a result, the way shoes are traditionally made, the larger sizes don't give near enough cushion, and the smaller sizes give way too much—leaving the shoe dangerously inflexible.

Don't get us wrong. While the Destiny may be light years ahead of everything else, it is not a cure-all.

When adolescents take up long-distance running, parents had better take notice. And be prepared to offer a little guidance.



If you need help, ask for our free booklet, *The Guide To Children's Running*. Write NIKE, Department O, 3900 S.W. Murray Blvd., Beaverton, OR 97005.

We're doing everything we can to make sure young athletes are seen. And not hurt.

