

NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking.

94th Issue

June, 1986

\$1.95



Start of Nike Cherry Blossom 10 miler in Washington, D.C., April 6.

Brown, Lasseter Top Masters in Nike Cherry Blossom 10 Mile Run

Barry Brown, 41, of Gainesville, Fla., — voted the number one masters long distance runner in the U.S. in 1985 — won the masters race in the Nike Cherry Blossom 10 Mile Run, in Washington, D.C., on April 6, with a time of 51:17. Mick Stewart, 40, of Radford, Va., placed second M40-and-over in 52:33, while the third place went to the M45 winner, Fay Bradley, 48, of Washington, D.C.

The women's masters race was won by Carol Lasseter, 43, of Dumfries, Va., who ran 1:03:35. Another Virgi-

nian, Hideko Pirie, 41, of Fairfax, finished second W40-and-over with 1:05:32. The third place went to Toshiko D'Elia, 56, of Ridgewood, N.J., winner of the M50-59 race in 1:08:50.

None of the division races was close at the finish. Reverend Norman Green, Jr., 53, of Wayne, Pa., who has been the outright winner of masters road racing championships in the past, won the M50 race with a two-minute margin 54:50. John Hosner, 61, of Blacksburg, Va., holder of several M60 age-

group records, won the M60-69 contest over an older Hubert Morgan, 64, from Sayre, Pa., 1:01:44 to 1:02:29.

Ines Kerch, 46, of Falls Church, Va., was the winner of the W45 group in 1:12:19. Alene Park, 60, of Huntsville, Ala., won the W60-and-over division with 1:16:00.

Rosa Mota of Portugal won the women's race in a world record 53:09, and Thom Hunt, San Diego, won the men's contest in 46:15, two seconds above the world best. □

Brown Sets High Jump Mark

Over 350 Compete in Florida Track and Field Championships

John C. Brown set a new world record in the high jump for men aged 55-59 to highlight the Florida Masters Track and Field Championships in West Palm Beach on April 26-27.

Brown leaped 5-7 $\frac{3}{4}$ to break the world M55 mark of 5-6 $\frac{1}{2}$, set by Boo Morcom in 1976.

The competition was outstanding, with over 350 athletes coming from as far away as Sri Lanka. "Over 70 percent of the participants were from out of state," said Joe Valdes, Meet Director. "This meet has put Florida on the masters map and should be a stepping stone for future championships coming to Florida."

Among the top performances:

—Indiana's Arling Pitcher set world age-84 records in the pole vault (5-6 $\frac{3}{4}$), high jump (3-8), triple-jump (18-6), 100 (17.31) and 200 (38.6).

—Puerto Rico's Gilberto Gonzalez-Julia hurdled to 19.89 and 65.7 times the 100 and 300 barrier events.

—Alfonzo Walton and Puerto Rico's Manual Peralta split the M35 100 and 200, Walton taking the century, 11.19 to 11.22, and Peralta copping the half-lapper, 23.29 to 23.32.

Continued on page 9

**New U.S.
Long Distance Running
Age-Group Records
— page 26**

28 Meet Records Fall in Sacramento Relays

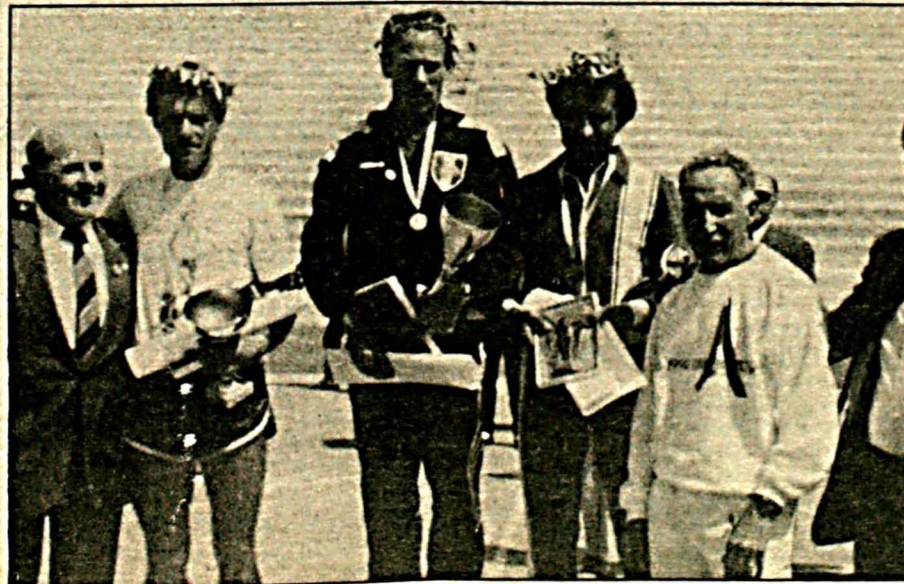
by BOB ROEMER

SACRAMENTO — Twenty-eight meet records and one world mark fell here April 26 as 132 athletes competed in the eleventh running of the Sacramento Masters Relays.

Heading a corps of talented invaders from Southern California, 74-year-old Carol Johnston of Whittier pole-vaulted 9-9, adding two inches to the world standard he set for his age earlier this spring and three inches to the meet mark he established in the 70-74 class here a year ago.

Then, to the delight of his fans, he grabbed a vacant lane and warmed down with an 86.0 quarter mile.

Continued on page 16



Emil Zatopek (far left) and Alain Mimoun (far right), two of the greatest Olympic competitors of all time, congratulate the winners of the 1st Veterans International Marathon in Athens, Greece on April 6. Daniel Duhamel, center, (winner of last year's Veterans marathon in Rome) was 1st vet in 2:25:58. Theofani Tsimigatos (2:32.00), next to Zatopek, was 1st 35-39 finisher, while Giorgio Aikaterini, next to Mimoun, was the overall winner.

Photo from John Ivan Psiakis

Raleigh Hosts 16th Southeastern Meet

Offering its usual fare of excellent competition and a full schedule of events, including pentathlons and road races, the Southeastern Masters T&F Meet, in Raleigh, N.C., on May 2-4 drew a large field of local athletes and plenty of Eastern, Midwestern, and West Coast competitors.

At least one world and three American age-division records were set.

In the 100m, submaster Alfonzo Walton, 35, had the best time (11.05) and Thaddeus Bell, 41, was the quickest master (11.49). Jim Mathis, 50, won the M50 race (11.93), and Rudy Valentine, 62, took the M60 (13.20). Jennifer Pinto, 38, had the women's best (13.83).

Continued on page 14

CONTENTS

DEPARTMENTS

TAC Officers	2
Letters to the Editor	2
The Gun Lap	6
Open Mouth	8
Training Advice - Spikes	10
The Foot Beat	12
Profile - Jim Burnett	13
Track & Field Report	14
NRDC	16
NMN Sustainers	18
International Scene	19
WAVA/TAC Specifications	20
Masters Age Records	20
WAVA Officers	20
North American Report	21
New Age Division Athletes	21
Masters Scene	22
Schedule	24
Track & Field Results	29
Long Distance Results	38

FEATURES

Tropicana Las Vegas 10K	4
North Coast Relays	4
National 30K	4
National 50 Mile	4
Boston Marathon	4
Azalea Trail 10K	10
Fastest Masters 10K	10
Cooper Bridge 10K	12
U.S. Pentathlon Preview	12
Central Florida Meet	15
Shamrock 8K/Marathon	16
Emerald City Marathon	17
New Jersey Waterfront	17
New TAC Insurance Policy	17
Eastern Regionals	18
Sport Arcade Meet	18
London Marathon	19
Wal Sheppard Tribute	19
Yugoslavia in 1989?	19
Fine Named WAVA V-P	20
New U.S. Long Distance Records	26
1984 Decathlon/ Pentathlon Rankings	28

ENTRY FORMS/RACE &
PRODUCT INFO

U.S. Masters T&F Championships	3
NMN Subscription Form	4
U.S. Masters 10K Championships	5
Not Over The Hill Run	7
Northwest Regional T&F	8
U.S. Masters Decathlon	9
Arthur Lydiard Camp	10
M-F Athletic Co.	11
Good Samaritan Run	12
Sri Chinmoy Masters Games	13
Virginia Masters Championships	15
Hayward Masters Classic	16
Classifieds	16
Trojan Masters Invitational	17
U.S. Masters Marathon Champs	18
1986 Masters Age Record Book	19
Western Regional T&F	21
Kent Weight Clinic	22
Track & Field Books	23
NMN Subscription Form	37
NMN Advertising Rates	37
NRDC Publications List	37
NIKE — Travel By Air	40



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

BAN THE SOUTH AFRICANS?

Veterans throughout the world admire David Pain who, almost singlehandedly, started the masters movement — in the USA, at any rate — and, with his energy and vision, got it moving into the big time where it is today.

But I was disturbed by his comment (Feb. NMN) that "it does not behoove WAVA to bar anyone (from the World Veterans Games) because we object to the political situation that exists in a competitor's country."

In the event that the USA, as we all wish, wins the bid to host the 1989 Games, the rest of the world does not want the South Africans to be there, legally or illegally, until South Africa is a free nation. And the USA will be offering to put on these championships on behalf of the whole world.

You will be able to recognise when South Africa becomes a free nation, in sporting terms anyway: when there are something approaching equal facilities for black and white sportsmen and women.

Here is a story that illustrates where

it sadly stands today. A black friend of mine, a professor who lives in Soweto, was on his way home from Philadelphia where he had been a guest teacher for a year. A runner, he had an injury at the end of his tour and was told by the Philly doctor to go out swimming instead when he he got back home. He laughed wryly — in the whole of Soweto, there is one swimming pool. In that sprawling semi-tropical ghetto live some 1½ million people, and they have one pool! But in Johannesburg itself, where their white bosses live, a smaller population enjoys itself in 2,000 pools, many of them paid for with public funds. How's that for equal opportunities for swimmers?

The same sort of thing goes for other sports, including our own athletics. Most of the world fully realizes that this is the true state of affairs, which is why the other sporting nations, in particular those represented on our world ruling body, the IAAF, do not, at this stage, allow South Africa into their ranks. □

Sylvester Stein
London, England

Continued on page 11

NATIONAL MASTERS NEWS

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& Etonic
present the:

1986 TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

WHEN: Friday, July 18th - Sunday, July 20th
WHERE: Mitchel Athletic Complex- Uniondale, Long Island, New York
FACILITIES: Track, Pole Vault, Long & Triple Jump runways and High Jump areas- Poly-Flex 942. Javelin -grass runway. 3/8" SPIKES.
HOUSING: Hofstra University Dorms (bring own towel and soap) - \$20.00 per person-each night (nearest housing to track). **FEE TO BE WITH ENTRY.**
ELIGIBILITY: M & W ages 30+(5 year groups) who are registered with TAC.
ENTRY FEE: \$10.00 first event, \$5.00 each additional event (includes new TAC insurance), \$20.00 per relay - must be members of same TAC club.
ENTRY DEADLINE: Received by July 1st. Late entries- returned unopened.
REGISTRATION: Thur. 11AM-9PM Marriott; Fri, Sat, Sun-at the track.
ORDER OF EVENTS: Women, then men; older to younger (unless otherwise noted)

SATURDAY

TRACK 8AM

- Steeplechases
- 400 heats
- 1,500 FINALS (sections)
- 100 FINALS
- LUNCH BREAK
- 300 IH FINALS
- 400 IH FINALS
- 4 X 100 relay
- 4 X 800 relay
- 200 heats
- FIELD EVENTS 9AM**
- Long Jump (2 pits)
- Discus
- Pole Vault M40-49
- 11AM Hammer
- 2PM Pole Vault M50+, W
- Javelin M30-39

SCHEDULE OF EVENTS:

FRIDAY

- TRACK 1PM**
- HH trials & FINALS
- 5K racewalk
- 100 heats
- 800 FINALS
- 10,000 M30-39
- 10,000 M40+, W (sections)
- FIELD EVENTS 2PM**
- High Jump (2 pits)
- Shot Put (2 circles)
- Pole Vault M30-39

SUNDAY

- TRACK 7:30AM**
- 20K racewalk
- 5K run M30-64 (sections)
- 400 FINALS
- 5K run M65+, Women
- 200 FINALS
- 4 X 400 relay
- FIELD EVENTS 9AM**
- Triple Jump
- Javelin Women, M40+

NO FALSE START RULE

ONE false start eliminates runner!
 SANCTION: TAC
 STANDARDS: WAVA

ALL THROWING AND JUMPING EVENTS -
 3 throws/jumps each-
 Top 8 to FINAL -
 3 more throws/jumps to each FINALIST

HOUSING

HOFSTRA UNIVERSITY DORMS: (nearest housing to track) - \$20.00 per person each night-to be paid in advance. 1 or 2 in room (all single beds). Also some triples (3 single pull-down bunk beds). Bring own towels and soap.
AREA HOTELS: Make reservations early for these special rates per night: mention 'National Masters Track and Field'
Marriott: Meet Headquarters (1/2 mile from track). 516-794-3800 \$70.00 flat rate (1-4 in room)
 Island Inn 800-645-2020 single-\$75., double-\$85., triple or quad-\$90.
 Garden City NY State 800-832-3030, outside NYS 800-547-0400 1 block LIRR single or double-\$105. (Luxurious, nr Saks & Bloomingdales)
 Holiday Inn 516-997-5000 single \$75., double \$83., triple \$89.

TRAVEL

Air Reservations/Car Rentals: Call Diana Schneider M-F 212-759-2610 2-6PM
 Closest Airports: Kennedy and LaGuardia
 Transportation to Dorms and Hotels: Call Winston Limo 1-800-4-airport, one week prior to arrival - have arrival date, time, flight # and number in party ready (also airline and airport) - \$9.00 per person

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From JFK - Southern State East to Exit 22 (Meadowbrook Pway North). From LaGuardia - Grand Central E. to Exit 31A (Meadowbrook South) To: Hofstra - exit M5 on Meadowbrook - Hempstead Turnpike West - look for Hofstra To: Marriot & Track - exit M4 on Meadowbrook - follow signs: "Hotel" or "Mitchel Park" Driving time approx. 35 minutes from either airport (Uniondale is in the middle)

PLEASE PRINT

NAME _____ Birthdate _____ Age (on 7/18) _____

ADDRESS _____ Sex M ___ F ___

CITY _____ STATE _____ ZIP _____ TAC # _____

PHONE () _____	TAC CLUB _____	EVENTS ENTERED	BEST RECENT MARK	EVENTS	BEST RECENT MARK
1. _____	_____	_____	_____	5. _____	_____
2. _____	_____	_____	_____	6. _____	_____
3. _____	_____	_____	_____	7. _____	_____
4. _____	_____	_____	_____	8. _____	_____

RELAYS
 ENTRY FEES: 1st event is \$10.00 = \$10.00
 additional # events ___ x 5.00 = _____ T-SHIRTS - \$6.00 each
 # relays ___ x 20.00 = _____
 # T-shirts ___ x 6.00 = _____ S ___ M _____
 DORMS: # nights ___ x 20.00 = _____ L ___ XL _____
 (# persons)

TOTAL FEE ENCLOSED _____ = _____ Make checks to NY MASTERS MAIL TO: SANDY PASHKIN, 77 PROSPECT PL., BROOKLYN, NY 11217
 I do hereby, for myself, my heirs or assigns, waive, release any and all claims to damages against TAC, MAC, NY Masters SC, any sponsors, or their representatives for any and all injuries suffered by me. I certify that I am in good health to compete in this event.

Date _____ Athlete's Signature _____

Masters Winners in Tropicana Las Vegas

Steve Mandraccia, 40, of Colorado Springs, Colo., and Gabriele Andersen, 41, of Sun Valley, Ida., each collected \$100 for masters wins in the shorter race of the Tropicana Las Vegas Easter 10K/Half-marathon in Las Vegas, Nev., on March 29.

Mandraccia's 33:22 was about a minute better than the next master, David Schaffner, 46, of Las Vegas, M45 division winner. Andersen's 35:48 kept her in the race for the women's overall victory and was good enough for third place.

The masters half-marathon winners also earned \$100: David Oropeza, 40,

Phoenix, Ariz., with 1:12:55, and Judy McGlothlin, 43, Las Vegas, in 1:32:27.

Division winners included Gaylon Jorgensen, 56, Provo, Utah, with a third masters place 1:19:27 in the M55, and Helen Dick, 61, Los Angeles, with a W60+ division-winning and second-place women's masters 1:39:27.

Besides the Tropicana Hotel and Casino, sponsors were KLAS-TV Channel 8, the Las Vegas Review Journal, Moosehead Beer, Western Airlines, and 7-UP. Proceeds from the event went to the Big Brothers/Big Sisters of Southern Nevada. □

16 Clubs Take Part in North Coast Relays

by JAMES A. BARRETT

The Over The Hill Track Club successfully defended its North Coast Relays Championship crown at Mayfield, Ohio, on Saturday, April 26th.

Midsummer temperatures greeted athletes from six states, representing 16 clubs, as the Over The Hill Gang racked up 336 points to run away with the fourth annual meet, leaving Youngstown State University Track Club a distant second.

Brunswick's Norm Bower, M30, led Over the Hillers with first place in the discus (131'5") and shotput (59'1").

Ed Hill, M40, of the Birmingham Track Club, had the best discus throw of the day (159'10"), along with a

good toss of 52'8" for first in the shotput.

Morris Blueford, M30, was one of several double winners in the 100M and 200M races, winning in fine times (10.94 and 22.69). William Cochrane, M50, won the 100M (12.53) and 200M (26.85). Al Wilson, M60, and Bill Jordan put on the best show of the day as Wilson edged Jordan in the 100M, 13.59 to 13.68, and won by a lean margin in the 200M, 28.93 to Jordan's 28.95. The Peabody Track Club's Denise Sharp, W30, won the 100M (13.20) and 200M (26.59).

The Over The Hill Track Club's octogenarian, Everett Hosack, (84), set a world record in the discus with an impressive toss of 61'10". □

Ageuleria Wins National 30K On Long Island

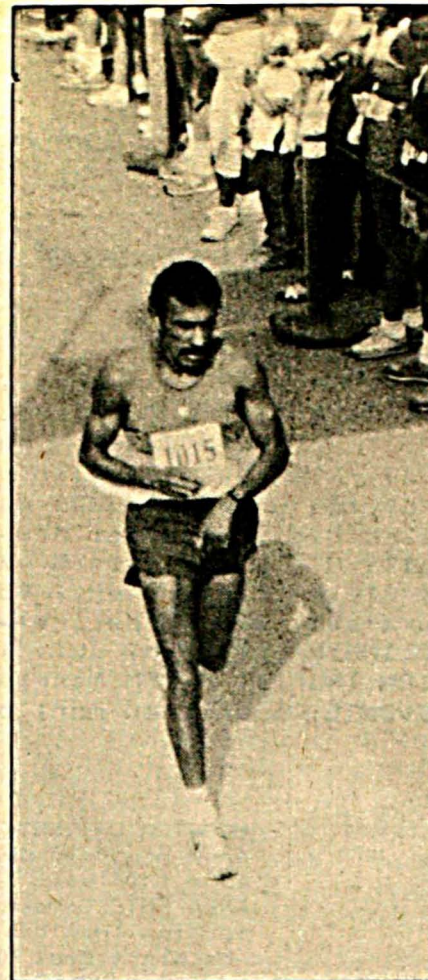
Jorge Ageuleria, 42, of Sands Point, N.Y., finished first in 1:52:46 in the U.S. TAC National Masters 30K Championships in East Meadows, N.Y., on April 6. Second place went to Paul Tetscher, 40, of W. Hempstead, N.Y., in 1:53:34.

Fifty-year-old Roger Brian from California claimed the third spot with

1:57:12. Another Californian, Pat Devine, 57, won the M55 race in 2:03:32.

The M60 contest went to George Boecklin, 61, and Mel Freidel, 65, won his division with 2:54:29.

Thirty-eight runners finished the race, which was hosted by the Long Island Road Runners Club. □



David Oropeza, masters winner, (1:12:55), Tropicana Half-marathon, Las Vegas, Nev. March 29.



Gabriele Andersen, women's masters winner (35:48), Tropicana 10K, Las Vegas, Nev., March 29. Photo by Thomas Sports

English Re-Enact Boston Massacre

by JERRY WOJCIK

Michael Hurd, 40, of Caterton, England, led a British attack on the M40-49 division of the Boston Marathon on April 21, the likes of which had not been seen since Bunker Hill. When the Battle of Boston ended, six of the top ten M40-49 finishers wore English colors, with Hurd leading the charge in 2:19:04, good enough for sixteenth overall.

John Sheridan, 40, an Irishman who lives in London but is not included among the six Britishers, was second in 2:24:35, while Les Roberts, 42, from Keston, Kent, England, finished third in 2:24:55.

John Loeschhorn, 41, of Irvine, Calif., fought off an onslaught of English runners, whose names—Davies (2:29:32), Ogden (2:29:41), Rushmer (2:30:31)—read like the British Veterans Road Racing Hall of Fame, to salvage fourth place in 2:27:03.

Canadian Joseph McGuire, 42, saved some face for the New World with an eighth place 2:30:48. The only U.S. runner besides Loeschhorn to finish in the top ten, Don Coffman, 43, of Kentucky, beat back Keith Deathridge, 40, of England, by 19 seconds to take the ninth spot in 2:33:25.

Canadian John Weston, 53, of British Columbia, won the M50-59 division by over three minutes with 2:35:22, leaving second to Gaylon Jorgensen, 56, of Provo, Utah, and third to Bill Foulk, 52, of Bozeman, Mont. In the M60-and-over race, Francesco DiMarco, 64, of South Windsor, Conn., held off an older Hiroshi Onuma, 67, of Japan, to win by five minutes in 3:05:31.

Evy Palm, 44, of Sweden, ran 2:32:47 for fourth overall among the women to easily take the W40-49 sweepstakes. Her time, is the third fastest ever for a 40+ woman. Bobbi Rothman, 40, of Coconut Creek, Fla., was second in the W40-49 division in 2:43:36, good for fourteenth woman.

Wen Shu Yu, 51, of Kew Gardens, N.Y., defeated the W50-59 field in 3:18:23, with Carolyn Cappetta, 50, of Concord, Mass., second in 3:21:08.

Margaret Miller, 60, from Thousand Oaks, Calif., won the W60-and-over division in 3:23:29 from Alene Parks, 60, of Huntsville, Ala., who finished in 3:40:45. Ruth Rothfarb, 85, of Cambridge, Mass., began the race four hours before the 12:00 noon start and closed in 7:35:31.

Australia's Robert De Castella, 30, was the overall winner in 2:07:51; Ingrid Kristiansen, 30, of Norway, won the women's race in 2:24:44. □

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Shrader Smashes 50-Mile Mark

Tom Wellmeier, 41, won the U.S. TAC National Masters 50 Mile Championships in Columbus, Ohio, on April 6, by eight minutes over Robert Emmett, 40, in 6:25:08. Third was M45 Bob McGee in 7:04:55.

Gloria Nycum, 50, was the W40-and-over winner with 11:10:13.

Bill Shrader cut over two hours from the M70 record with a 10:04:17, breaking the mark of 12:39:18, set by George Knox in 1984.

The Lake Erie team trio won the masters men's relay over the Ohio TAC team, 22:65:36 to 28:54:07. □

SHORE ATHLETIC CLUB

presents '86

Asbury Park 10k Classic



Site of
The National Championships

1986

Men's & Women's Master TAC 10K Championship

1985
Men's TAC 10K
Championship

1987
Men's TAC 10K
Championship

Saturday, August 9, 1986
Asbury Park, New Jersey

\$25,000 in TAC Funds

(Money will be awarded in open division, master division, and team division)

Compete with The World's Top Runners
Featuring The Best Masters Field ever assembled

(PAST MASTER ENTRANTS: Barry Brown, Atlaw Belilgne, George Keim, Kirk Randall, Bill Reily, Herb Lorenz, John Dugdale, Gerald Koch, John Hosner, George Sheehan, Fordie Madeira, Cindy Calrymple, Judy Pickert, Lina Connors)

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Friday night: Pasta dinner and Runners Forum
Friday and Saturday: Runners Expo
Saturday night: Gala Runner's Dance

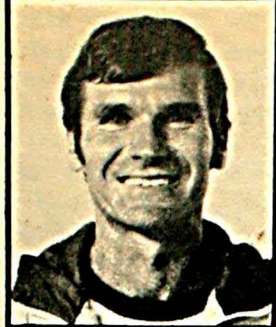


No post entries — limited to 5,000 entries. Entries must be received by Aug. 1st.
Send requests to: AP10K Box 2287 Ocean, NJ 07712
Info: 201: 531-4156

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THE GUN LAP

by MIKE TYMN

True Heroes

We've been bombarded in recent times with articles about "heroes" — our lack of heroes, our need for heroes, our false heroes, our possible heroes, our reluctant heroes, what have you.

In a poll conducted by a major newspaper not too long ago, Clint Eastwood was voted our number one hero. An actor for a hero? Can you believe that? Maybe it was really Dirty Harry or the Pale Rider that people had in mind. I'll admit to enjoying Eastwood's movies, but let's be sensible and separate illusion and make-believe from reality.

I believe there is a relationship between this subject and the one addressed in this column last month — the lack of physical fitness among Americans, especially our youth.

I feel fortunate in having been physical fitness-minded all of my adult life. Looking back recently at my own youth, I began thinking about my sports heroes and how they might have affected by attitude toward physical fitness and athletic excellence.

My first great hero was Jackie Robinson. I'm not quite sure why I

"If we no longer have any heroes, it may not be because no one is fit to be a hero, but because we are not fit to recognize one."

adopted Robinson as my hero. I lived in Alameda, California at the time, far from Brooklyn where Robinson played. I began following the Brooklyn Dodgers during the 1947 World Series. The fact that my father grew up in Brooklyn may have influenced me to root for them.

The priest at the Catholic school I attended would place his radio in a window so that we could hear the game during recess. Everyone interested was rooting for the Yankees. They were the good guys. The Bums from Brooklyn were the bad guys. Robinson, being black or being the best, was looked upon by my classmates as the baddest of the bad.

Maybe I just decided to be for the underdog. I think I took to Harry Truman for much the same reason. I found it difficult to understand why everyone was always putting him

down. While I was too young to fully appreciate Truman, I saw something really gutsy about him that made him my number one non-sports hero.

Whatever led me to adopt Robinson as a hero, I think he is most responsible for developing in me a fascination with speed and daring. He was the best baserunner of his day. Even today, when I face a risky situation, I will visualize Jackie Robinson dancing off first base, taunting the pitcher, and then taking off in that pigeon-toed form of his for second base. That vision usually triggers a bit of daring in me and I find myself going for it, whatever it is.

If a horse can qualify as a hero, then Citation, the 1948 Triple Crown winner, was my second great sports hero. Big Cy was certainly no underdog when I began rooting for him. He was near unbeatable, winning 27 of his first 29 races. There was something about listening to his victories on the radio (I can still hear the gravel-voiced announcer screaming at the top of his lungs: "And here comes the great Citation making a bold move on the extreme outside."), as well as attending the track with my father, that instilled in me an interest in pacing, extended speed (endurance), and the finishing drive.

I don't know exactly what Pete Axthelm had in mind when he wrote it, but I fully agree with his comment that appeared in a 1979 issue of "Newsweek". Axthelm wrote: "I would feel better about the ongoing prospects for heroism if our school kids were allowed a few moments to listen for the hoofbeats."

My third great sports hero was John Landy, the second man to break the four-minute mile. As a miler of sorts in high school at the time, I followed the pursuit of the first four-minute mile with great interest. But what prompted me to root for Landy over Wes Santee, my own countryman, I don't know. I don't think I was aware at that time that Roger Bannister was even in the race. I became more enamored of Landy before his famous duel with Bannister in Vancouver.

I remember seeing movies of Landy

in action. There was real grace and rhythm to his form. As I continued to run, I would visualize Landy in motion and try to make my actions fit my mental picture of him. I think the rhythm I found in emulating Landy had a lot to do with my continuing to run after my school days were over.

I believe there's a place for sports heroes in the lives of children, although I'm not sure that any of today's athletes, with their big egos, their greed, their dope habits, etc., should be adopted as heroes. But there are still some very innocent horses out there.

Several years ago essayist Henry Fairlie wrote: "If we no longer have any heroes, it may not be because no one is fit to be a hero, but because we are not fit to recognize one."

How can kids recognize a hero when they have to compare him with Dirty Harry or Pale Rider or Rambo or Superman?

When I really started thinking about my heroes and what inspired me to maintain a high level of physical fitness all my life, I realized that I had overlooked the two people who influenced me the most — my parents.

My father didn't have much of a formal education and never had the opportunity to compete in organized sports, but I think he could have been a



Hoisted by a true hero in 1939.

decathlon champion. Most people thought he lifted weights because he was well built and often spent his Sundays at Washington Park, then Northern California's version of Muscle Beach, doing handbalancing stunts with Steve Reeves, Jimmy Payne, Jack LaLayne, and others in the Mr. America crowd. In fact, he seldom lifted weights. However, he'd always do a hundred or so pushups and situps every night and he insisted that I also do them.

I was always in awe at the things my father could do. Remember those striker objects they used to have at the carnivals where you'd swing a mallet to ring a bell and win a doll? Dad liked to ham it up by putting his left hand in his

Dad let it be known to me early that if he ever caught me with a cigarette or a bottle of beer he'd kick my butt good.

pocket and ringing the bell using only one arm. Chills would run down my spine as the crowd reacted to that.

Dad had massive wrists and arms, something I didn't inherit. When the new Oakland-Alameda County phone books were delivered, he'd test his strength by ripping the old books in half. Believe me, those books were not thin.

At the union picnics every year, Dad would easily win the underwater swim competition, usually going three lengths of what I recall was about a 25-yard pool. I once timed him holding his breath underwater in the bathtub for more than six minutes.

When I was a high school freshman, I was fooling around in the high jump trying to clear 5-2. Dad, who was then 40, came out to see me one day and decided to give it a try. He didn't know anything about the western roll, so he just took a straight on run and hurdled it with ease. My teammates shook their heads in awe.

Talk about Rambo, Dad once came upon three guys picking on one little guy and proceeded to lay all three out in what seemed like no more than three punches. I was certain then that Joe Louis wouldn't stand a chance if my father had the opportunity to get in the ring with him. I'm still not sure Louis would have survived.

Dad let it be known to me early that if he ever caught me with a cigarette or a bottle of beer he'd kick my butt good.

Heck, I can't close without remembering Mom. She wasn't an athlete of any kind, but she had a certain hardness about her that rubbed off. In fact, she was honored at high school graduation for having gone through twelve grades without missing



Providence Point's Not Over The Hill Run

First ever Grand Masters five mile race, featuring Dr. George Sheehan.

Saturday, July 12, 1986, Providence Point, Issaquah,
Washington.

PNAC sanctioned Grand Masters five mile race exclusively
for runners age fifty and over.

Prizes:

Category winners receive cash prizes of \$100 each and
trophies.

Entry Form:

First Name Middle Initial Last Name

Street Address / Box Number

City State Zip Code

Sex: M / F Age on Race Day

Area Code Daytime Telephone Number

Divisions for Men and Women: (circle appropriate division)
50-54 55-59 60-64 65-69 70-74 75+ Walking

For Official Use Only

\$7.00 Pre-race dinner (Dr. Sheehan clinic free to public).
For dinner reservations, call (206) 392-6208.

\$5.00 Mail-in pre-entry for race; July 10 to day of
race, \$7.00.

Amount enclosed \$ _____

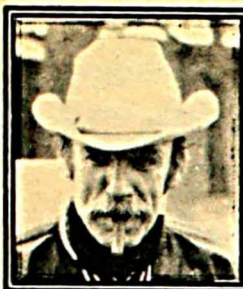
Make check payable to:
Providence Point's Not Over The Hill Run
200 West Mercer St., Suite 310
Seattle, WA 98119
(206) 392-1922

In consideration of your accepting this entry, I hereby waive and
release any and all rights and claims arising from my participation
in this athletic event, against Swanson-Dean Corporation, Providence
Point, The Fearey Group, Moving Legs, Lutheran Bible Institute, King
County Traffic and Right of Way, PNAC, TAC, participants, and sponsors
for any claim arising out of injury or illness to myself. I attest and
verify that I am physically fit, have sufficiently trained for the com-
pletion of this event, and have full knowledge of the risks involved in
this event. I have read the entry information and certify my compli-
ance by my signature. I also understand that my fee is non-refundable.

Signature of Participant Date

Schweppes
Beverages supplied by Schweppes.

THE WESTIN HOTEL
Accommodations courtesy of
Westin Hotels.



ON APPROACHING EVERY PROBLEM WITH AN OPEN MOUTH

BY W. MACDONALD MILLER

Basic and Beautiful

Progress is a strange commodity. It appears in the most surprising ways, sometimes with great fanfare and other times without any rationale at all. Consider basketball for a moment. The game is much better today than it was a century ago. Better leather in the ball, better lighting in the jim (sic) and much better looking cheerleaders. The fact that no one under seven feet tall is eligible to play has also made a contribution. People talk about this guy who plays in the NBA at only 5'6" and can dunk the ball in the basket. It's probably a case of those battery-powered springs in the shoes like they did in that Disney movie.

I should mention that there's a rumor about a fifteen-year-old kid in Detroit who can dunk both the ball and himself through the basket. That would be awesome, but frankly I don't recall ever hearing that cocaine works on a fifteen-year-old.

Football is another sport where progress has been dramatic. Shoes are no longer black. The players no longer act and talk like big dummies. Now they

act and talk like great big dummies. Make no mistakes, everyone is big and tough. Everyone learned to be tough as a kid. I like Frank Layden's stories the best about how tough it was in the section of Brooklyn where he grew up; "Our neighborhood was so tough the only way you could make a name was to get the chair." "We had people named Killer, Crusher, Sucker and the Animal and those were the girls." I

think it goes without saying that a fast, crowbar-tough pullout guard and a halfback with daring, dash and finesse go hand-in-hand, but c'mon, not in the locker room. It gives the fans a sense of insecurity.

Running has certainly made great strides of progress, especially in the last few years. You can now run in your socks. You've got to admit that's convenient. You don't have to tie up a lot of time putting on shoes, let alone fooling with shoe glue and shoe strings. From time to time you have to have your feet replaced but that's no big deal. Sears had a special on feet just the other weekend. If memory serves me right it was not available to residents of Nebraska.

There are great drinks on the market where the manufacturers have ingeniously combined a number of ingredients that allow them to duplicate all the qualities of water. Actually, they're made in Korea but were invented in America. Did you ever stop to think what it was like before Walkmans? Have you forgotten the insult, the pollution and filth a person was subjected to? Birds singing their stupid heads off, the wind in the trees, crisp leaves underfoot and the crunch of new snow on a morning run. It almost makes me sick to think about it. Thank God for progress!

You've got your TOP FORTY, you've got your news with Dan Rather (I just love to think about him, sitting there in his sweater) and there's all kinds of real funny stuff. You know, when they do the weather reports how they goof around. The sports guys have to talk real fast because there's always a lot of games to give the scores on. It really makes running fun. Yesterday I saw an advertisement for a radio you can take in the shower with you. It's waterproof and has this handle to hang over the shower head. Out of sight! I think this is why running has made so much progress, it's like real life and real life is pretty much tunes with a news, weather and sports break on the hour. Like this chick doing aerobics says, "I love it."

I suppose this is why it's so much fun to see other sports growing, making new friends as well as great progress. Take croquet for example, what a heart warming story this wonderful discipline has to sell. I'll tell you this, if you could stand in center court as I did at the U.S. Croquet National Headquarters at the Palm Beach Polo Club and watch the alumni team from Lawrenceville Academy get their final instructions and not feel a shiver run up your spine, you're one tough son of a bitch. It was beautiful. A group of regular guys pretty much like you and me: wealthy, hard-working, having fought and clawed their way, all the way to the top of Dad's company. Now here they were, relaxing a bit in some serious and surprisingly intense competition. There had been smoked salmon, cucumber sandwiches, bloody Marys. I would say, however, that the



Connan Johnston, South Africa, finishing 4th in the M75 5000m walk, VI World Veterans Games, Rome. Photo by Leon Benning

bartenders were a little bit snotty, the one I talked with didn't even know what a boilermaker was.

In a very practical vein I noticed that knee socks have made a wonderful contribution to the progress of croquet. For the life of me, I can't imagine what these he-men would look like with bare legs. We're talking bird legs, Pal, I mean the real Kentucky Fried variety. Put on a nice pair of knee socks and a pair of Tretorns with those big green soles and we're meeting a guy who's probably trying to start a Yale Club in Waterloo.

One nice touch I would like to see runners incorporate is this little tassel deal they have hanging from the top of each knee sock. It's in club colors and has a cute effect when you run. Someone told me that the weekend before, the Hill School Alumni had been there for a match and had everyone buzzing with their pastel skirts.

There will always be those against progress because progress brings about change and change many times can be frightening.

Recently, on her first experience, my wife stood near the top of a Colorado mountain attached to a pair of skis. Looking down, she searched for the right words to express her fright. The best she could come up with was, "That could scare a person out of their jammies." Admittedly, she never did have much of a way with words but it illustrates my point: change brings about new experiences and new experiences can be frightening. Whether or not you can capture those moments with a turn of a phrase is your problem — or rather my wife's.

As I've always said, sport is so basic and beautiful it sounds corny when you attempt to explain it. I still believe they're all beautiful, whether it be football, running or croquet. It's just that some sports are probably a little more basic than others. □

1986

MASTERS

NORTHWEST REGIONAL

TRACK & FIELD CHAMPIONSHIPS

SPONSORED BY
 PORTLAND MASTERS TRACK CLUB/MT. HOOD C. COLLEGE
 HELD AT MT. HOOD C. COLLEGE
 GRESHAM, OREGON

SCHEDULE OF EVENTS

<p>FRIDAY NIGHT, JULY 11</p> <p>6-8 PM Long Jump Shot Put Discus High Jump (men 30-49) 6:15 3000 ST 8:00 110 Hurdles 100 1500 400 2000 Walk</p>	<p>SATURDAY NIGHT, JULY 12</p> <p>4-6 PM Triple Jump Javelin Pole Vault High Jump (Men 50 & up & Women) Hammer 6:00 400 Hurdles 200 3000 (Women only) 5000 (Men 40 & over) 5000 (Men 30-39 & men over 40 who want to be in this race)</p>
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*Times determine winners in each age group in 5000.

Specify which *Race #1- 5000 (Men 40 & over) race in appl. *Race #2- 5000 (Men 30-39 & men over 40 who want to be in this race)

*DEADLINE JULY 7

HELD AT NIGHT-BEST POSSIBLE CONDITIONS...ALL WEATHER TRACK SURFACE

PLEASE PRINT

NAME _____ FOR ATHLETES AGE 30 & UP
 AGE(As of 7-11-86) _____

ADDRESS _____ MALE _____ FEMALE _____

CITY _____ ST _____ ZIP _____ PHONE _____

EVENTS ENTERED _____ Best 85 or 86 mark if any

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____

Beautiful olympic size medal on plaque with metal plate ready for engraving to each participant.

Total Entry Fee - \$10 CHECK PAYABLE TO PORTLAND MASTERS TRACK CLUB (NO ONE ELSE!!)
 Send entry with check to: Jim Puckett c/o Mt. Hood C. College Athletic Dept.
 26000 SE Stark St., Gresham, OR 97030

No host breakfast-9 AM Sat., Heidi's in Gresham - \$7 MUST SEND WITH ENTRY

I waive all rights that I or my heirs or assigns may have against the sponsors of this event arising from any injury, illness or accident that I may sustain or incur in participating in this event or at this event. I declare that I am in good health to participate in this event

SIGNED _____ DATE _____



Although his 52:15 was well off his 1982 masters race and state record time of 49:43.5, Mike Tymn, 49, was still fast enough to win the M45 division and finish as first masters in the Norman K. Tamanaha Memorial 15-K in Honolulu on April 6. Photo by Uriel Teshima

350 Compete in Florida

Continued from page 1

—World veterans M50 400H champ Ovidio DeJesus of Puerto Rico scampered to M50 wins in the 200 (25.00), 400 (58.1) and 400H (64.68). Louisiana's Chuck Wimberly took the M50 800 (2:13.5) and 1500 (4:39.8).

—Randy Cooper dominated the M55 weight events with wins in the shot (46-10½), discus (126-11) javelin (143-7). Ed Schuler took the M55 100 (12.90) and 200 (26.00).

—Morcom said farewell to the M60 division with wins in the pole vault, high jump, long jump and 110 hurdles. Boo turned 65 on May 1.

—Not as many women showed as was hoped, but good marks came in the W35 division as Jennifer Pinto took the 100 (13.78), 200 (28.08) and 400 (64.19).

—Mary Schanzle, throwing the discus for the first time ever, just missed the American W60 record by eight inches with a heave of 63-5½.

—The 5000 racewalk was won by M55 John MacLoughlin in 28:18.8, followed closely by M50 Bob Fine (28:30.7) and M45 Dan Stanek (28:56.6).

Florida has a masters track and field grand prix scheduled for early fall; details will be in the National Masters News.

"We want to thank all the athletes who attended the meet," Valdes said, "and we hope to see more compete in Florida in the future." □

The Gun Lap Continued from page 6

a day of school. I think that's an accomplishment equivalent to a 3:50 mile, at least.

With the further indulgence of the reader, I would like to take this opportunity between Mother's Day and Father's Day to thank my mother and father for instilling in me early in life a true appreciation of a healthy and fit lifestyle.

They are my true heroes. □

1986 NATIONAL MASTERS DECATHLON & HEPTATHLON

July 26-27, 1986
Drake Stadium
Drake University,
Des Moines, Iowa

Sponsor:

Etonic®

"Home of the Drake Relays"

Divisions: 5 year age divisions for men and women age 30 and over.
(Age determined as of July 26, 1986)
A 30-34 1A 40-44 2A 50-54 3A 60-64 4A 70-74 5A 80-84
B 35-39 1B 45-49 2B 55-59 3B 65-69 4B 76-79 5B 85-89

Facilities: Synthetic track and runways (1/4 inch spikes maximum), brushed concrete throwing circles, synthetic javelin runway.

Entry Fee: \$17.00, includes cookout meeting and shirt.

Awards: TAC Championship medals to top three in each age group.

Host Families: A number of families have volunteered to put up Masters Multieventers and their families if you would like a warm Iowa reception.

Event Order: Oldest to youngest, Women first (age groups may be combined as required to fill heats).

Saturday 10 AM: Women- Hurdles, Shotput, High Jump, 200 Meter
Men- 100 Meter, Long Jump, Shot Put, High Jump, 400 M.
Sunday 9 AM: Women- Long Jump, Javelin, 800 Meter
Men- Hurdles, Discus, Pole Vault, Javelin, 1500 Meter

Implements: per 1986 WAVA)

	Shot	Put	Discus	Javelin	Hurdles Distance	Height	First	Space	End
Women: 30-39	4 KG	1 KG	1 KG	600 GM	100 M	33 IN	13M	8.5M	10.5M
40-49	4 KG	1 KG	1 KG	600 GM	80 M	30 IN	12M	8.0M	12.0M
50+	3 KG	1 KG	1 KG	400 GM	80 M	30 IN	12M	8.0M	12.0M
Men: 30-49	16 LB	2 KG	2 KG	800 GM	110 M	39 IN	45FT	30 FT	46 FT
50-59	6 KG	1.5 KG	1.5 KG	800 GM	110 M	36 IN	45FT	30 FT	46 FT
60-69	5 KG	1 KG	1 KG	600 GM	100 M	33 IN	13M	8.5M	10.5M
70+	4 KG	1 KG	1 KG	600 GM	80 M	30 IN	12M	8.0M	12.0M

Scoring: Women: 30-34 1985 IAAF Scoring Tables
35+ 1981 WAVA Scoring Tables
Men: 30-59 1985 IAAF Scoring Tables with 1984 Weed Age Factors for Official Scoring, the Age Factors will be applied in 5 year groups. Example: a 35 and a 39 year old will both get the age 35 Age Factor. One year Age Factored scoring will be kept for statistical study for possible future use.
60+ 1981 WAVA Scoring Tables

Business Meeting: A semi-formal business meeting will be held Saturday evening at the cookout for the competitors and families. Business to be taken to the National TAC Convention will be brought up and voted upon. Please bring your concerns.

Name: _____ Age as of Jul 26, 86: _____

Address: _____

City: _____ State: _____ Zip _____

Phone: () _____ TAC No. _____ Male _____ Female _____

Club Affiliation (or unattached) _____

Expected performances for seeding purposes:

LH	LJ	100	HH
SP	JT	LJ	DT
HJ	800	SP	PV
200		HJ	JT
		400	1500

Make checks payable to & send entries to: Rex J. Harvey, Meet Coordinator
3815 Lincoln Place Drive
Des Moines, Iowa 50312
(515) 277-3608

Check if interested in staying with host family _____ Number in party _____

Check if you would like Commercial Lodging information _____

The following release must be signed for entry to be accepted:
I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.

Signed: _____ Date: _____



Spikes

Q - I'm 54 and I need to know what type of spike shoe I would need for the 100 and 200M and the 400 and 800M. I will soon decide which events I'm going to compete in (when I turn 55 next year) and I want to get the right shoes.

— John C. Cauldwell, Culver City, California

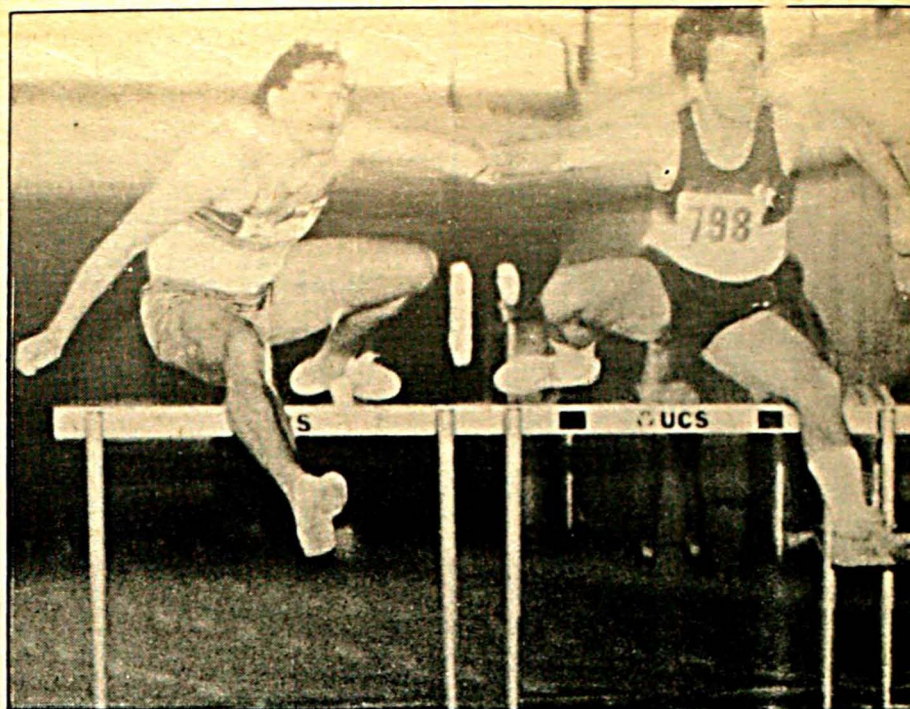
A - For racing the 100 and 200M, most athletes use a spike shoe without a heel, such as the Nike Zoom S. You can use the same shoe for the 400 and 800, or switch to a middle-distance spike shoe. It has a low heel and gives you a little more support. Nike Zoom D is an example.

Which shoe is best is a highly individual matter. You'll have to experiment with different brands to find out which one is most comfortable for you. (Some stores will allow you to try them out for short distances on the track.)

Be sure to buy ¼-inch spikes, which you will screw into the spike plate on the bottom of the spike shoe. Most artificial tracks will not allow anything longer than ¼-inch. Also notice that although there are seven holes in the spike plate, only six spikes are allowed

under TAC rules. Leave one hole empty (or use a "flat spike"). Usually a spike near the rear of the plate is left out. Experiment until you find which placement provides you with the best comfort and grip.

How should you start? Slowly. Jog in the shoes for at least a couple of weeks until your legs adjust to the new stresses. No speed work at first! Remember, putting on spikes for the first time (or after a long layoff) is similar to a ballet dancer learning to



Tom Thorne (left), and Ross Jenson (right), finishing 2nd and 3rd, respectively, in the M40 60HH. 10th Lincoln TC Masters Indoor Championships, Lincoln, Nebraska, January 11.

Photo by Russ Moses

use toe shoes. You have to allow time for the muscles and ligaments to strengthen before trying anything fancy.

Using good technique can help to prevent injury. Keep your body tall, in good alignment (elbows in, feet coming through in a straight line, hips directly under you), and your center of balance over the balls of your feet.

Run lightly. As well-known masters coach Mark Grubi says, "You're not trying to break up cement." Avoid sudden movements. Develop the habit of starting and stopping smoothly and gradually.

There are two main schools of thought regarding how much and how often to wear spikes. Some athletes wear them for all their training and for racing. Others use them only during the race season for sharpening and racing; some never put them on at all except for a race.

Which ever method you decide to use, be sure to allow time for your body to become accustomed to the spikes. Doing too much, too fast, is probably the major cause of many injuries.

— Gretchen Snyder

ARTHUR LYDIARD RUNNING CAMP

July 6-12, 1986

at

Bard College, Annandale-on-Hudson New York

for

Joggers, Coaches, Competitive Track Athletes, & Road Racers

Age 16 to Masters Runers

If you are tired of faddish programs, diets, and running schedules, come to the only camp that can give you a proven system to train and race better. Arthur Lydiard has consistently proven that his system can produce Olympic Athletes and National Champions. The World's Foremost Running Coach is in residence for the entire week and will help you develop a program of training tailored to your personal needs.

For brochure:

Lydiard Running Camp, Tom Robinson,
128 Clarence Rd.,
Scarsdale, New York 10583

Belilgne, Andersen Win in Azalea Trail 10K

Atlaw Belilgne, 41, of Houston, and Gabriele Andersen, 40, of Sun Valley, Idaho, were masters winners in the Azalea Trail 10K, in Mobile, Ala., on March 8.

Belilgne's 30:56 earned him the \$500 first masters prize money and broke the masters course record of 31:02 set by Dan Murray in 1985. Murray finished third M40+ this year in 31:50, behind Don Coffman, who clocked 31:33. Coffman, 42, of Frankfort, Ky., received \$300 and Murray, 40, of Modesto, Calif., \$100.

Andersen's 34:31 was well-above Priscilla Welch's women's masters course record of 32:41 set in 1985 but was worth \$500, nevertheless. Carol

Lasseter, 43, of Woodbridge, Va., captured the second W40+ spot with 38:17, and Natalie Spalding, 40, of Atlanta, Ga., the third, in 38:44.

Division winners included Bill Olrich, 50, of Lexington, Ky., in the M50 with a fine 33:10; Mary Anne Wehrum, 48, of Memphis, Tenn., in the W45, with a fast 39:24; and Alene Park, 60, of Huntsville, Ala., in the W60, with an enviable 47:14.

Earl Wert, 72, of Mobile, Ala., took second (46:16) to S.P. Hudson, 65, of Grove Hill, Ala., first (43:56) in the M65-and-over division race.

Two solid blocks of runners, numbering 5,333, toed the mark on Government Street for the 8 a.m. start. □

Stern, Matson "Fastest Masters" in 10K

Peter Stern, 41, of the San Diego TC, won the SDTC's 3rd Annual Fastest Masters 10K on Fiesta Island in San Diego, Calif., on April 12, with an 11-second victory in 33:35 over fellow club member Steve Myhro, 40. Shirley Matson, 45, also of the SDTC, was the first woman in 37:01, two-and-a-half minutes better than W40 winner

Sharon Greiner, 44, SDTC.

Willard Benton, 82, ran 62:25 in the M70+ division for third. Judy Simon, 70, ran 55:46 in the W70+ contest.

The only non-SDTC member to take a division race was Gary Hooker, 45, of Leucadia, Calif., who won in 34:56.

The event was directed by Tom Morrow and Rene Franken. □

Write Or Continued from page 2

AUSTRALIA STARTING MASTERS MAGAZINE

As a regular subscriber to NMN, I would like to congratulate you and your staff on such a tremendous publication, full of interesting and stimulating reading from page one to the NIKE ad. It is enjoyed not only by my wife and myself, but by many other veteran athletes in this country. It gives us great pleasure in passing NMN around and strongly suggesting they, too, invest in regular subscriptions to keep them informed on the masters scene in the U.S. and the world.

Inspired by the continuous success your publication, the rapid growth of the veterans organization in Australia, and the exciting lead-up to the 1987 World Games, I am finalizing plans for a proposed national monthly publication simply called "Veterans Athletics." The first issue is planned for June 1st. I have the full support and commitment of Peg Smith, Ray Callaghan and the officers of AAVAC.

*Mike Hall
Victoria, Australia*

NATIONAL T&F MEET

I thought the Baton Rouge indoor nationals went superbly. The facility was prepared each evening for the next day's events. The officiating was excellent. The officials took time off without pay to officiate, and really

seemed to enjoy it. The headquarters accommodation was excellent, and I couldn't think of one reason why anyone would have been happier elsewhere. Danny Thiel is to be congratulated and thanked.

*Scott Thornsley
Carlisle, Pennsylvania*

CORRECTION

In the May issue, the caption of a picture of a statue modeled after Jim Hershberger said it was presented by the National Track Association. In fact, the Award was presented by the National Track Coaches Association.

A separate article stated that Hershberger donated the money to pay for tracks at the University of Kansas and Wichita State University.

Although Jim did donate a significant portion of the funding for the track at Kansas, he has not donated any monies to the track at Wichita State. The track is named after him for his talents as an all around athlete. Mr. Hershberger also did not donate sculptures for the outstanding award at the NCAA Championship; it was donated by the Oklahoma City All Sports Association. This sculpture was modeled after Hershberger and named 'The Jim Hershberger Award' in recognition of Jim's many contributions both on and off the track to the sport. He did not, however, contribute any monies toward the sculpture.

*Tom Heapes
Wichita, Kansas*



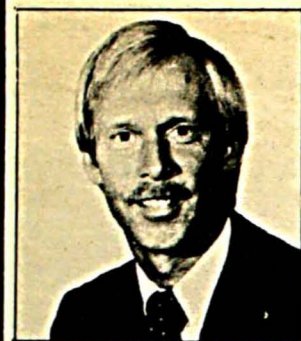
Bess James, 75, showing off her trophy for her 1st place finish in the W70+ in 5:30.52, in the L.A. Marathon, March 9.

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Pagliano's Podiatric Pointers

THE FOOT BEAT

by JOHN W. PAGLIANO, D.P.M.

Ankle Sprains

One of the more common injuries shared by all sports is the rather mundane ankle sprain. It happens when we run, jump and sprint. Usually it is not life-threatening but it can cause a reduction or cessation of training programs. The purpose of this column is to outline the parts of the ankle and give you a little insight into the prevention and treatment of this disorder.

First, the ankle is rather a complex area consisting of the foot and lower leg. On the outside of the ankle are the lateral collateral ligaments. There are three and at least one is usually injured in an ankle sprain. These three ligaments are the 'static' stabilizer of the ankle and prevent excessive sprains.

Usually the athlete complains of a twisting injury to the ankle or a fall. This often happens while running on uneven surfaces or while running out of control downhill. Jumpers and vaulters often suffer sprains on their take off foot. There is usually an initial swelling and report of pain with tenderness of the outside ankle

Ankle sprains are classified into three groups by severity. Grade I is a mild sprain. The ligaments have been stretched and there is no instability. Mild swelling occurs and the athlete can usually continue with his/her workout. Jumpers may have to rest 2-3

days. The ankle should be iced after workouts and moist heat applied after three days. Usually wrapping or medications are unnecessary.

Grade II sprains are more severe. There is a moderate but incomplete tear of the ligaments on the outside of the ankles. There may be an associated instability. There is usually marked swelling and tenderness. The ankle is sore while walking. For the first 72 hours, RICE (Rest, ice, compression and elevation) should be adhered to. The ankle and foot may turn black-and-blue after a few days. The foot should be X-rayed at this point to determine if there is any bone or cartilage damage.

After the initial 72 hours, physical therapy and range-of-motion exercises should be started. It will take approximately 3-6 weeks to get over this one. The athlete can usually go back to workouts on an asymptomatic basis. An ankle wrap or taping may have to

be used to stabilize the ankle during the first few weeks of training.

Grade III is the most severe. There is a complete ligamentous tear with gross instability of the ankle. This needs immediate medical attention and is usually treated by surgical correction or a cast.

Once an ankle has been sprained, it is considerably weaker and there is a higher incidence of re-sprain. For those with chronic sprained ankles, I advise the use of the BAPS training board. This reduces the incidence of ankle sprain by strengthening the ankle complex.

Those with faulty foot biomechanics may wish to try a foot orthoses. This acts differently from the BAPS training method. The orthoses can be designed to provide a 'valgus' thrust on the ankle. This will reverse the inversion torque that most ankles go through when they are sprained.

So, although most of us will never sustain a Grade II or Grade III tear, it is imperative that we be able to determine the difference. With a mild sprain we are able to continue our training regimens with a minimal amount of discomfort.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)

Dooley, Bailey Lead Masters in Cooper Bridge 10K

by JERRY WOJCIK

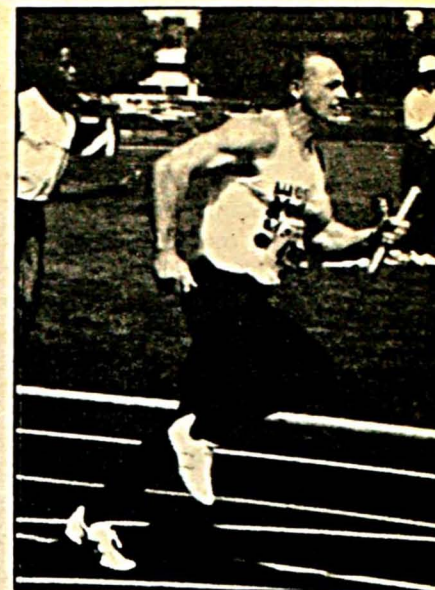
Tom Dooley, 41, and Gail Bailey, 40, were the masters winners in South Carolina's largest road race, the Cooper Bridge 10K, in Charleston, on April 5, which drew almost 6,700 entrants.

Dooley's 33:19 gave him the victory over Alan Pilling, 44, by 36 seconds. Bailey, in 39:12, finished about a minute ahead of second W40-and-over Mary Anne Wehrum, 48,

Other division winners included Gerald Koch, 52, in the M50 with 36:27, and Dr. George Sheehan, 67, in the M65+ with 47:48. Sheehan and Olympian Jim Ryun were the featured speakers at the pre-race symposium. Ryun finished second in the M35 contest in 34:11.

The start of the race, ranked in the top 40 in the U.S., was unfortunately delayed 30 minutes by two minor auto accidents caused by an unexpected fog. However, open women's winner, Lesley Welch, 23, was not unnerved and ran to a course record 33:37, and Hans Koeleman, 28, won the race in 29:29, just four seconds over the course record.

Clayton Brelsford, 71, Wilmington, N.C., was awarded the Dewey Wise Trophy for oldest entrant. Brelsford finished third in the M65+ division in 54:37. □



Win Emert, starting a sprint for the finish as anchor of the winning West Valley Track Club relay team during the M40-49 4x100 relay, Sacramento Relays, April 26.

Photo by Gretchen Snyder

Shippensburg Set For U.S. Pentathlon

On Sunday, July 13, 1986 Shippensburg University, located in Shippensburg, Pennsylvania, will host the 1986 TAC Masters National Outdoor Pentathlon Championships.

This is the first time that the national pentathlon championships will not be run concurrently with another major Masters meet. A decision was made several years ago by the TAC Masters Track and Field Committee to award the championship separately from the outdoor national track and field championships. Yet, because of financial overhead, the meet has merely been shifted to be run concurrently with other major Masters meets.

Shippensburg University, located one hour west of Harrisburg, is the showcase for high school track and field in Pennsylvania, as it is the annual host for the state championships. The facility boasts a newly installed (September 1985) 8-lane "Tuff-light" track, with an all-weather javelin runway and four jumping pits.

The championship will employ the age factor scoring system for men over 60 years of age. Men under 60 will be subject to the 1985 IAAF scoring tables. Although the outdoor pentathlon is not an official TAC Masters national championship event for women (as decided in Indianapolis in 1985), women will be allowed to compete.

Implements will be weighted and measured prior to the 11:00 AM starting time.

For meet entry blanks and recommended accommodations, contact meet director Scott Thornsley. □

The Hospital of the Good Samaritan, Los Angeles

presents



5K/10K RUNS and 5K WALK

SCA/TAC Masters Men's & Women's 10K Championships

Saturday, June 7, 1986 Griffith Park

Join Dr. Kenneth Cooper, Dr. George Sheehan, and Frank Shorter... Runs feature awards in 24 age divisions (14 & under - 70 & over), special Cardiac division, Corporate Team competition... Overall Masters 10K male and female winners will receive a free Personal Health Risk Assessment (including treadmill test and comprehensive laboratory profiles) at the Hospital of the Good Samaritan. Also, special Hospital awards for Submasters winners... Drawings for Frank Shorter Sports Wear and AirCal tickets...

For Race Entry Forms, send self-addressed, stamped envelope to: AWLA RUNS, Suite 182, 1433 Santa Monica Blvd., Santa Monica, CA 90404.

PROFILE

Jim Burnett

Born: February 13, 1940, Pittsburgh, Pa.
Schools: Central State University (Ohio), B.A., Loyola University (Ill.), M.A.
Occupation: School Counselor
Family: Married to Aminta
Ht./Wt.: 6-0, 170
Current Residence: Chicago, Ill.
Top Achievements: (pre-masters) — Pennsylvania State High School Champion at 880 (1:58.2); Mid-West Conference Champ at 880 (2 years) and 440 (1 year) while at Central State; clocked 20.9 (200), 45.3 (400), and 1:46.9 (800) in 1968.

(Masters) — 1985 TAC Masters T&F Athlete of the Year; won 1985 World Championships in 400 (50.46 world M45 record) and 200 (23.37); National Champion at 400 (1980-85); National Champion at 200 (1980-82, 85); holds American 40-44 record at 400 (49.36); holds age 43 record at 200 (22.3).

Did you stop competing after college and then begin again in masters competition?

"No, I've never stopped competing. I've been running in some kind of competitive nature for about 35 years, without a break. I really enjoy running, so I've continued to do it. I started when I was 10 at our grade school PE class. I could beat anyone in the school at 50 or 100 yards. During the summers I would enter races that were held in the parks. I was very shy as an adolescent, and this gave me something, sort of an outlet, so that I could feel good about who I was."

Which do you consider your best event?

"I enjoy both the 200 and 400; however, if I had to choose an event it would be the 400. I have always liked the 400 and it gives me time to relax and think about a race. In high school and college I was forced to run the 800, but I didn't care all that much for it. I like the 400 and it has been my most successful event."

What do you consider your greatest achievement in sports?

"Winning the World Championships in Rome last year in both the 200 and 400, as well as making it to the final Olympic Trials in 1968. I was 28 in 1968 and the oldest 400 runner there. I had come from nowhere to be ranked seventh in the world at the time. In Rome I had won something that I had worked very hard for. The world record in the 400 was icing on the accomplishment."



Jim Burnett, 45, of Chicago, named TAC's outstanding male masters track & field athlete of 1985, winning the age 45-49 400-meter dash at the VI World Veterans Games in Rome in a world M45 record time of 50.46.

Photo by Gretchen Snyder

What about achievements outside sports?

"Working on my job as a guidance counselor and having the ability to present a role model to the students in the school. Also, and maybe more important, meeting Aminta J. Woodley. She has always been very supportive with my running. I love working with children and helping them to be positive about themselves in their daily life."

Can you tell us a little about how you train these days for a big race?

"Most of my workouts are the same. I run three and a half miles through a park. The last three-fourths of the final mile I do fartlek. Monday, I'll do two times 630; Tuesday, two times 540; Wednesday, three times 360; Thursday, four times 270. There is usually a 180 meter jog between each hard run. At the end of each running day I run sprints in the sand from 90 meters to 270 meters. These are done for form and relaxation. They are also timed so that I maintain the same form and speed. I rarely get on a track to train, maybe two times a season, not including meets."

Do you think you might run even faster than you have if you hit the track more often?

(laughing) "Well, I look at it this way: I'm running really, really well and beating my competition without the

Continued on page 15

SRI CHINMOY MASTERS GAMES

Track and Field Events
 For Men & Women Ages 50 & Up
 Sunday, July 27, 1986
 8:00am
 Eastchester High School
 New Rochelle, NY



SCHEDULE OF EVENTS

100m	8:00am	400m	1:00pm
Shotput	8:30am	High Jump	1:30pm
200m	9:30am	Long Jump	2:30pm
Javelin	10:00am	5000m (men)	4:00pm
Discus	11:00am	3000m (women)	4:00pm
1500m	12 noon	Tennis Ball Throw	4:00pm

AGE CATEGORIES

50-59, 60-69, 70-79,
 80 & over

AWARDS

1st-3rd places each
 category, each event,
 men & women

TRACK FACILITIES: New synthetic track: no spikes allowed (flats only!) Restroom and shower facilities. Light refreshments throughout the event. Three meals served.

ENTRY INFORMATION: Pre-entry fee \$7. Day-of-race entry \$9. Free T-shirt to each participant. Pre-entry fees must be postmarked prior to Friday, July 18. Day-of-race registration and late entry at Games site from 6:45-8am.

MAIL CHECK AND APPLICATION FORM TO:

Sri Chinmoy Masters Games, 150-47 87th Avenue, Jamaica, NY 11432.



DIRECTIONS:

BY CAR (From New York City, heading north on the Hutchinson River Parkway from the Whitestone Bridge): Take the North Avenue Exit. Go left at light onto North Avenue. Stay in left hand lane. Road ends at next light: turn left onto Mill Rd. At next light, turn right onto California Road. Make first left onto Manchester Rd. Track is on right side. Park between track and high school.

BY CAR (South from Connecticut): Take Mill Road West Exit (it is the first exit after the Mohigan Rd. Exit). At end of exit turn right onto Mill Road. Turn left at light onto California Road. Follow directions above.

FOR INFORMATION CALL: (718) 523-2600

SRI CHINMOY MASTERS GAMES

Last Name _____ First Name _____ Sex
Male Female

Team Name _____

Mailing address _____ Street _____ Include Apt. No. and/or C/O _____ Area Code Phone _____

City _____ State (or Country if not USA) _____ Zip _____

Age on Race Day _____ Date of Birth _____

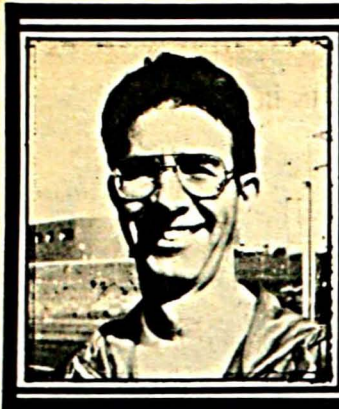
Entry fee: \$7 Day-of-race entry fee: \$9
 Souvenir T-shirt size: sm med lg xl
 Make checks payable to:
 Sri Chinmoy Marathon Team

Please list any records held, now or in your youth _____

SIGNATURE _____

DATE _____

In consideration of this entry being accepted, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release the Sri Chinmoy Marathon Team, the Sri Chinmoy Centre and their representatives for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.



**MASTERS
TRACK & FIELD
REPORT**

by **JERRY ALAN DONLEY**
Chairman, TAC Masters Track & Field Committee

Communication

For an organization whose membership gets together only once a year for person-to-person discussions, the Masters Track & Field Committee does an excellent job of communication. Of course, that is possible only because of ongoing efforts of Al Sheahen and the National Masters News.

In our annual meeting at the Outdoor National Championships, it is not possible to discuss every problem, every rule, every bylaw that is of concern to our members. It is amazing how much feedback the members of the National Committee receive just by being present and participating at meets throughout the country. I can't think of a meet I have attended in the last three years where a number of individuals did not contact me about his or her concerns - generally, constructive criticism, presented with varying degrees of diplomacy.

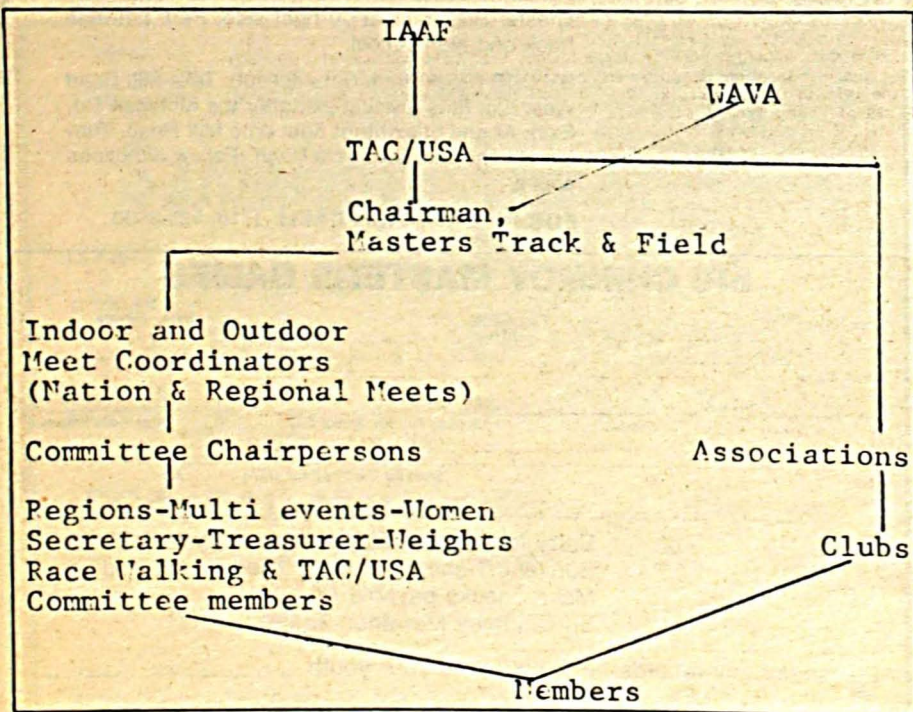
I probably receive two or three letters a week with questions varying from how to become a Masters athlete to issues involving international policies. Both my predecessors and myself, as Chairman, have responded to all who have raised questions. Sometimes I feel a little repetitious, but to help everyone understand the structure of the Masters Track & Field Committee, I'd like to outline our organization's form.

elected as a local representative, or by appointment to one of the numerous TAC/USA committees. Committee work takes a lot of time and unless one is willing to attend national meetings regularly, there is little advantage to being appointed.

I believe our organizational structure is as well publicized as any committee of The Athletics Congress. (I assume you know we are an *athletics* congress, not a *track and field* congress, since we include masters and youth, long distance running, race walking, multi events, and track and field.)

Our organization is neither a dictatorial nor a democratic one; it is a republican structure, carried out by vote of your representatives. Most of your representatives have not sought these positions, but have been asked if they would be willing to donate their time to improving the masters program.

For me, serving as Chairman has been both exciting and challenging.



All official action, votes and elections take place at the annual meeting of TAC/USA, usually held during the first week of December. This year it will be held in Tampa, Florida. One is entitled to attend this meeting by being

One of the most rewarding aspects of my involvement has been to see more and more participation at the national level. At an early meeting in Reno, we met in the bedroom of one of the participants. We have outgrown

bedrooms, and need one or more full meeting days to accomplish our business. Every year, in January, Al Sheahen publishes the minutes of those meetings, together with a report of our budget expenditures. Again, I would state that I know of no other TAC/USA Committee that communicates to that extent.

We have dealt with many problems involving competition, including weight implements; measurements; hurdle height and spacings; sprint starts; women's events (there was a time when they were not welcome); whether or not we should be a part of the old AAU and, now, TAC/USA. I don't think we have yet run out of problems and issues. No issue has been decided without consideration of all points of view; no decision has ever met with one hundred percent agreement; no decision ever satisfied everyone but, once made, we moved ahead.

If I say so myself, the program has moved ahead quite smartly and has been and will continue to be a credit by providing a specific type of *pleasurable and enjoyable* recreational activity, competition, travel and fellowship for men and women over forty, and inspiration and hope to those under forty. But it can't be done without your involvement. □



Bud Lavin, 50, running 1:57.03 in the 13.1 mile Lake Chabot Trail Run, Oakland, Calif.
Photo by Gene Cohn

Raleigh Hosts 16th Southeastern Meet

Continued from page 1

Walton out-timed all 200m runners (28.10). Californian Jock Jocoy, 60, won the M60 in a close race (29.17). M60 in a close race (29.17).

In the 400, Larry Colbert, 49, had the fastest time (53.59) among the 40-and-over runners. Jim Manno, 65, won the M65 in a field of seven in an American M65 record 63.27, breaking Frank Finger's five-year old standard of 63.83.

The middle-distance races produced a 2:00.45 in the M35 800 by Albin Swenson, 39, and a 5:26.92 in the W50 1500 by Martha Klopfer, 50. Lew Faxson, 46, won the M45 1500 (4:18.32) and the 3000 steeplechase (10:09.0).

In the longer races, Joe Carr, 42, won the M40 3000 in 9:12.9. Ed Benham, 78, ran an M75 world record 12:42.3 in the 3000, breaking Dick Bredenbeck's mark by 24 seconds. Martha Klopfer posted a new American W50 3000 record of 11:26.1, erasing Mila Kania's 4-year old standard of 11:29.6. Peter Klopfer, 55, won the M55 5000 in 19:00.7. Benham captured the 5000 in 21:54.4.

The hurdles saw Mike Kelly, 39, win the highs (15.40) and the 400H (56.38). Harold Niebel, 71, ran the highs in

15.4 and the 400H in 89.59.

The 5K walkers were paced by Ray Funkhouser, 35, with 22:18.4. Max Gould, 68, won the M65 (28:11.2), and Anna Rush, 57, the W55 (31:14.2). Robert Mimm, 61, went 1:59.02 for the M60 20K walk title.

Boo Morcom, 65, set a new U.S. M65 pole vault record with a leap of 3.53 meters (11-7), to go with his M55 and M60 records (13-6¼ and 12-3½), which still stand. Charles Strode, 36, and Robert Neutzling, 42, each vaulted 14-6. Long jumpers Earl Cline, 51, (18-8), Ed Lukens, 64, (15-9¼), and Essie Kea, 48, (12-4½) were division winners, as were Sammy White, 48, (38-2), and Karl Trei, 76, (25-10¼) in the triple jump.

A large entry of 44 pentathletes were outscored by Dr. Gary Miller, 48, who amassed 2852 (684 pts. for a 24.10 200) to win the M45 battle in a six-man field. Miller holds the world M45 pentathlon mark with 2998 points.

In the 10K road race, Leszek Kociecki, 36, finished first with 34:09, and Tom Hare, 42, second in 34:58. Stan Sater, 66, won the M65 25K race with 1:57:40, and Benham ran 2:01:30 to win the M75 race. □

Profile: Jim Burnett

Continued from page 13

track work. To me, the track is boring, and I'd just rather do the workouts I'm doing now. I feel very strong now. Maybe if I worked out on the track it would be different, but I'm satisfied with what I'm doing."

Do you train with weights?

"I do a lot of weight training during February, March, and April, and a little in May. Once the season starts, though, I use them only once a week. It's all upper body work. I feel the sand running is all the strength work my legs need."

Do your family or occupational responsibilities conflict with your training or racing at all?

"Since I'm in education and most of the meets are in the summer, it is not difficult for me to get to the meets or do serious training. I've been running most of my life and people know that it is important to me."

Which quality or attribute do you feel has been the key to your success?

"Mental preparation is, for me, very vital in each race. I can prepare myself

to run my best when I have to. Sometimes I worry too much and this can cause me to run tight. I work on relaxation a lot while I'm doing each workout.

"Also, I'm very competitive. It is very difficult for me to go out and just run. I have to race against people or a clock. Whenever I step out on the track, I feel that I am the best runner there and I should refuse to be beaten.

"And, I'd like to add that my mother and father were always very important to me as I was growing up. They encouraged me and gave me the support and concern that I needed to feel successful. If it had not been for them, I would not have had the desire to go out and run track. I always feel that the track has given me the opportunity to go to college and travel around the world. I would not be the person I am if it were not for my running."

How has aging affected you?

"I don't feel that it has had much of an effect on me. Yes, my times are slower than they were in 1968 and 1969, but my mental frame of mind is

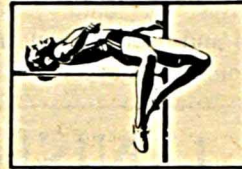
the same. My best time in high school was 50.4 and my best time as a 45-year-old was 50.4. Running is still fun and when I feel it is no longer fun I'll stop.

"What impresses me are the runners in the 70 and older age groups who can still go out and run. I can really appreciate that a lot more than my own statistics. They are doing what so many people at any age cannot do."

What's ahead?

"I've decided to take a year off from running. I have some academic goals to achieve this summer and running would interfere. I'm not sure I'll be able to stick to my decision, but at least for now I am. My friends won't believe me. They think I can't stop. Each time I read National Masters News it makes me want to go out and train, but so far I haven't. It's going to be tough sticking to my self-agreement." □

Mike Tynn



Florida Hosts Meet

by JOHN BOYLE

Excitement was in the air from the start of the Central Florida Masters T&F Meet, De Land, Fla., April 13, when Buzz Porter, 49, of Daytona Beach, Fla., set an age record in the 36" 110mH of 16.5. Porter, who generally competes in at least six events, had only the hurdles in mind at this meet.

Boo Morcom, 64, leaped to a 15-0 long jump win but was bested by former University of New Hampshire teammate Jack Gamble in the shot and discus. Gamble's 45-1/2 shot and 127-3 discus were among the day's bests.

Nate Robinson scored sub-masters wins in the javelin (182-10), long jump (20-1 1/2), and hurdles (14.8). Joe Johnston, 42, Apopka High School, Fla., coach, won five events, including the quarter in 59.7. Dick Lacey of Clearwater, Fla., bested Gordon Powell of Daytona, Fla., in the dashes in a battle of 75-year-olds. □



Blue Cross Blue Shield of Virginia

BLUE CROSS/BLUE SHIELD OF VIRGINIA 11TH ANNUAL VIRGINIA STATE MASTERS TRACK & FIELD CHAMPIONSHIPS

(Both Men and Women 30 and over — Age as of Date of Meet)

30 AUGUST 1986

Hosted by the University of Virginia

30 AUGUST 1986

Hosted by the University of Virginia

Place: Lannigan Field, University of Virginia, Opposite University Hall Charlottesville, Virginia

Track: Tartan track and runways, 5 mm tapered spikes are best (no long spikes permitted)

Age Divisions: Men — Sub-Masters A (30-34), Sub-Masters B (35-39); Masters IA (40-44); Masters IB (45-49); Masters IIA (50-54), Masters IIB (55-59); Masters IIIA (60-64); Masters IIIB (65-69); Masters IV (70+).

Women — Sub-Masters (30-39); Masters I (40-49), Masters II (50-59); Masters III (60+).

Schedule of events: 9:30 a.m. — 10,000 meter run (late registration for this event 9:00-9:15 a.m.).

Field Events: (Late registration for all field events closes at 10:30 a.m.) 10:30 a.m. — Hammer followed by Shot followed by Discus followed by Javelin 11:00 a.m. — High Jump; Long Jump followed by Triple Jump 12:30 p.m. — Pole Vault

Track Events: (Late registration for all running events closes at 12:00 p.m.)

1:30 p.m. — 100 meter dash	3:30 p.m. — 400 meter dash
2:00 p.m. — 110 meter hurdles	3:55 p.m. — 5000 meter run
2:25 p.m. — 800 meter run	4:30 p.m. — 400 meter hurdles
2:45 p.m. — 200 meter dash	4:50 p.m. — 4 x 100 meter relay
3:10 p.m. — 1500 meter run	5:05 p.m. — 4 x 400 meter relay

AWARDS: Medals to first three places in each division, scoring 5-3-1; team championship plaques (SM, MI & II, MIII+). First 200 preregistered athletes who actually appear and compete will receive singlets. TAC Sanctioned. All athletes MUST have TAC card. TAC cards may be acquired by sending SASE to Virginia Association of TAC, 3122 West Clay Str, No 6, Richmond, Va. 23230.

THIS MEET WILL BE OPEN TO ALL ATHLETES 30 AND OVER, BOTH MEN AND WOMEN, WHO LIVE IN THE STATE OF VIRGINIA, REGARDLESS OF TAC ASSOCIATION AFFILIATION. WHEN CHECKING IN MEET DAY, MUST SHOW DRIVERS LICENSE INDICATING PLACE OF RESIDENCE. Meet is open to non-Virginia athletes, who may compete unofficially. Medals. Same entry fee. Singlets apply to these athletes as well.

ENTRY FEE: \$6.00 — first event (includes new TAC insurance coverage); \$4.00 for each additional event. Relay team: \$12.00. DAY OF MEET ENTRY FEE: \$7.00 per event. No refunds after 25 July.

This meet will be fully computerized.

Complete in full and send entry form and check payable to VIRGINIA MASTERS to: Virginia Masters, 311 Westminister Road, Charlottesville, Va. 22901. (Entry fee: \$6.00 — first event; \$4.00 for each additional event. Relay team: \$12.00. Day of meet entry fee: \$7.00 per event.)

Directions to Lannigan Field

Coming from the North: Enter town on 29, turn right at Cavalier Inn (Best Western). Turn right again at first traffic light. Cross bridge, track is on left. To get to Howard Johnson's Motor Lodge, turn left instead of right at Cavalier Inn. Proceed until you go under a railroad bridge. Howard Johnson's is on the left in the next block. Coming from the East, West, or South: Take the Rt 29 off ramp from I 64. This will put you on the bypass; take the second exit from the bypass; direction — downtown, UVA. The off ramp will put you on Ivy Road heading east. Turn left at first traffic light. Cross bridge, track is on left. To reach Cavalier Inn continue straight instead of turning left at traffic light. Motel is on left at end of long block. To reach Howard Johnson's continue straight ahead over the hill. After passing under railroad bridge, Howard Johnson's is on left in next block. (Other available motels: Ramada Inn; Mt. Vernon (Best Western); University Lodge; Holiday Inn, Econo Lodge).

ENTRY FORM

Name: _____ Date of Birth _____ Sex: _____

Address: _____ City: _____ State: _____

Zip Code: _____ Tel: () _____ 1986 TAC No: _____

Club Affiliation: _____ Unattached: _____

Single size: Sm _____; M _____; L _____; XL _____

I, hereby for myself, my heirs & administrators, waive & release any & all rights & claims or damages I may accrue against the Virginia Association AC, the University of Virginia, the meet sponsor, their officers, agents or assigns for any and all injuries suffered by me at this event or while traveling to or from this event. I certify that my level of training is such that I am prepared to compete.

SIGNATURE: _____ Date: _____

EVENTS: Performance — time/distance (complete to be placed in proper heat)

1. _____	5. _____	9. _____
2. _____	6. _____	10. _____
3. _____	7. _____	etc. _____
4. _____	8. _____	



Who Will Replace the Youngs?

Since announcing their intention to retire at the end of 1986, Ken and Jennifer Young, the directors of the National Running Data Center, have been working to ensure a smooth transition of the NRDC's record-keeping functions into competent hands.

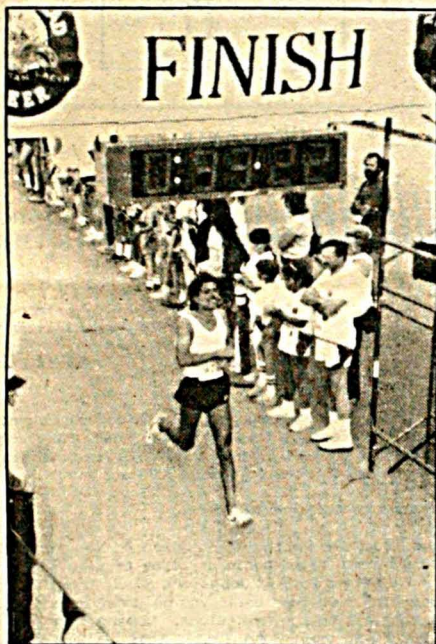
"The goal of giving our sport the best record-keeping system possible after 1986 has always been and will continue to be the goal of the NRDC," says Jennifer Young. "We will assist TAC/USA towards that goal."

Jack Moran, director of the Twin Cities Marathon, is trying to form a group to help with the transition or, better yet, persuade the Youngs to retain the NRDC at their Tucson headquarters.

"It wouldn't be cheap, but it might be worth it to keep Ken and Jennifer in an administrative capacity, and keep the computer and records right where they're at — in Tucson," Moran said.

A rough estimate of what it would cost to keep NRDC operating in Tucson is anywhere from \$100,000 to \$150,000 a year. If the operation were transferred to another location — say, TAC headquarters in Indianapolis — the costs would presumably be higher, since new people would have to be trained to do a very complex job. One suggested alternative would be to save the \$150,000 and do without records. Another would be to eliminate age-group marks. Neither alternative appeals to most masters runners.

The Youngs originally announced they were retiring because of burnout. But Moran feels there's a chance that they can be persuaded to stay on, in a supervisory and administrative capacity, if funds can be found to pay the rent, buy needed equipment, and pay a few salaries for data processing, secretarial and clerical help, etc. Stay tuned. □



Steve Mandraccia, masters winner (33:22), Tropicana 10K, Las Vegas, Nev., March 29.

5th Annual Hayward Masters Classic Track & Field Championships

Hosted by OREGON TRACK CLUB MASTERS

AUGUST 2 & 3, 1986

DUE TO THE RENOVATION OF HAYWARD FIELD,
THIS YEAR THE CLASSIC WILL BE HELD AT

**SILKE FIELD
10th & G Street
SPRINGFIELD, OREGON**

SITE OF STATE AND DISTRICT TRACK & FIELD MEETS
TEN MINUTES FROM HAYWARD FIELD.

FOR APPLICATION FORMS OR FURTHER INFORMATION
SEND SASE TO JOHN WILSON, 2640 EMERALD ST., EUGENE OR, 97403
OR CALL 503 343-5386

Shamrock Lucky for Masters Marathoners

The 8th Annual Shamrock 8K and Marathon in Virginia Beach, Va., on March 15, paid off well for masters in both races. George Keim, 43, Waynesboro, Pa., Mick Stewart, 40 Radford, Va., and Dennis LaMountain, 40, Richmond, Va., collected \$500, \$250, and \$100 for their tightly-packed first (25:37), second (25:44), and third (25:48) respective masters finishes in the 8K.

Karin Stronach, 46, Hampton, Va., Eleanore Gould, 41, Greensboro, N.C., and Peggy Smith-Hite, 41, Stephens City, Va., collected like amounts for the top three women's masters places in 33:45, 33:46, and 34:19, respectively.

In the marathon, Britisher Bill Venus, 47, with a 2:26:19, earned \$500 for sixth overall and \$1,000 for first masters. Ralph Zimmerman, 44, Cheektowaga, N.Y., also received a double prize, \$100 for tenth in the open

and \$500 for second masters in 2:32:21. The intrepid British veteran Ron Hill, 47, picked up a \$200 prize for third masters with 2:40:35.

Cindy Dalrymple, 44, Arlington, Va., led the masters women in the marathon, winning \$750 for her 3:30:52. Sharon Devlin, 40, Virginia Beach, Va., took the second women's masters place and \$500 with a 3:33:33. Mary Hagihara, 41, Lexington, Ky., won \$200 with 3:38:27 for third.

Norway's Grete Waitz, 32, broke the women's world record in the 8K with 25:03.

Both races drew almost 3,000 participants, and while the 8K was run under ideal conditions, by the marathon start at 10:45, the weather had become deceptively warm, taking its toll on the 1,250 entrants, only 80 of whom finished under three hours.

The races were hosted by the Tidewater Striders. □

World Mark Achieved at Sacramento Masters Relays

Continued from Page 1

Among other eye-poppers from the Los Angeles area, Linda Scott, 30, of Santa Ana, high-jumped 5-4; Larry Stuart, 48, of El Toro, fired the javelin 196-2; and George Cohen, 46, of L.A., ran a 2:02.6 800.

More than 40 feet short of his world M45 age-group record of 2:38-10, Stuart, the former University of Southern California star, was up against a tricky crosswind that gusted at times to an estimated 20 mph. Regardless, his top effort beat Phil Conley's meet record, set in 1981, by six feet.

Cohen had no real competition in cruising the two laps more than four ticks short of his world M45 800 record 1:57.73, set last summer in Indianapolis. The sparks were flying in the 35-39 division where Robert Parks, of Hercules, clocked 2:08; Bill McCarthy, of Fresno, 2:09.2; and Pete Barker, of suburban Citrus Heights, 2:09.7.

Hometown Don Spickelmier, 45, already owner of a meet record 15:20.43 5K, raced the 1,500 in 4:38.2,

CLASSIFIEDS

Classified ad rates are 50¢ a word. Count name and address as 5 words. Race notices are 25¢ per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

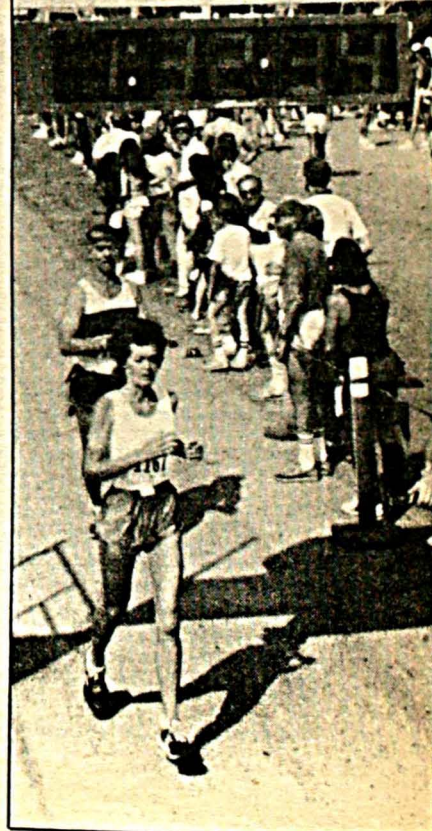
Home-mailing program, \$3 per envelope secured. Send SASE: New Ventures, 33 S. Hughes, Hamilton, VA 22068.

Start your own business. Big profits! Send SASE: New Ventures, 33 S. Hughes, Hamilton, VA 22068.

wiping out Kent Guthrie's 1982 meet mark of 4:44.3.

In the sprints, Akin Lewis, 32, of San Francisco, whose 10.56 100m a year ago is the fastest ever clocked in a masters meet here, slowed to 10.9 but may have been saving his speed for the 200 where he broke Ray Moody's old mark by more than a second with a terrific 22.3. □

MOOSEHEAD BEER FINISH



Judy McGlothlin, women's masters winner (1:32:27), Tropicana Half-marathon, Las Vegas, Nev., March 29.

Runner's Times Under Question After Withdrawing From Marathon

Frank Grey, 66, of Poulsbo, Wash., long regarded as one of the top age-60-and-up marathoners in the nation, crossed the finish line in 2:49:26 in Seattle's Emerald City Marathon on April 13, but later withdrew his entry when race officials said they had not spotted him at checkpoints early in the race.

"None of our split people got him," said race official Carole Langenbach. He was not seen at the 5, 12, 14 and 16 mile points. He was seen at 17 and 20."

Grey was featured in the April issue of Runner's World Magazine. He has won the 60-69 division at the Honolulu Marathon four consecutive years with times of 2:52:32, 2:54:41, 2:53:13 and 2:52:16 last December. He won the M60 Trails End Marathon in Seaside, Oregon the past three years with times of 2:46:45, 2:45:40 and 2:45:24, close to Clive Davies' M65 record 2:42:49.

"His truck was spotted between the 16 and 17 mile checkpoints," Chuck Stark of the Bremerton Sun reported. Ken Foreman, race director, said: "It

was certain he entered the race at that point."

The awards presentation was delayed while race officials confronted Grey with the evidence. Grey withdrew his entry and Sverre Hietanen, who had run 3:21:57, was declared the 65-69 winner.

"It was his decision to withdraw," Foreman said. "We did not disqualify him."

Stark contacted Grey who said he was feeling ill and just pulled out of the race — that a stomach ailment forced him to leave the course and then he decided to reenter.

"I was having some problems and just decided to withdraw after the race," Grey said.

This is not the first instance of masters runners being challenged on whether they ran the whole distance.

But running, like golf and West Point, basically relies on the honor system. Few races can police each and every runner.

Stahl, Andersen Cop Waterfront Titles

By JERRY WOJCIK

Sweden's Kjell-Erik Stahl, 40, won the masters title in the nationally televised New Jersey Waterfront Marathon in Jersey City on May 4 with a ninth-overall 2:16:54. Second masters went to M45 winner, Roy Cosme, 45, of Miami, Fla.

Kent Sabin, 50, of Fair Haven, N.J. won the M50 race on 3:07:41. Ken Stiers, 57, of Staten Island, N.Y., took the M55 contest in 3:09:38. Harry Berner, 61, was M60 winner with 3:16:49.

Vince Carnevale, 69, of Newark, N.J., in his second marathon, caught P. Everitt Newell, 65, of Mt. Holly, N.J., at the 25-mile mark and went on to victory in the M65 division with a personal best 3:38:20.

Gabriele Andersen, 41, of Sun Valley, Ida., finished eighth woman in 2:42:18. California Harolene Walters, 43, placed second woman masters in 2:55:49. Anna Thornhill, 45, of New York City, ended third in 3:07:05. Wen-Shi Yu, 51, of Kew Gardens, N.Y., won the W50 contest in 3:25:40.

New TAC Insurance Policy Announced

The Athletics Congress has purchased a liability insurance policy that provides \$1 million coverage for claims arising from bodily injury to athletics participants, and \$1 million in Comprehensive General Liability Insurance. This is consistent with the old policy.

To pay for the insurance premium, each TAC-sanctioned event will comply with the following fee schedule:

Number of entrants	Fee
1- 100	\$ 15
101- 250	25
251- 500	50
501- 1000	100
1001- 3000	250
3001- 6000	600
6001- 15000	1500
15001- 30000	3000
30001+	3000+

The fee is referred to as a "National

Sanctioning Fee." TAC's Executive Director Ollan Cassell warns that "under no circumstances should it be referred to as an insurance fee, primarily for legal reasons. Race and meet directors are obtaining a TAC sanction and one of the benefits is that they are listed as an additional insured on the TAC/USA master liability policy."

The fee is a significant improvement over the "\$1-per-head" charge in effect since January 1, 1986. The new fee policy amounts to only 10 to 25 cents each.

To properly control sanctions and provide data to the insurance carrier, TAC is issuing pre-numbered national sanction forms, which will replace the various local sanction forms formerly used by local associations.

TROJAN MASTERS TRACK CLUB S.C.A.T.A.C. SANCTIONED THIRD ANNUAL TRACK & FIELD INVITATIONAL

Date: June 21, 1986 Meet Director: Vern Wolfe, former USC Track Coach

Place: University of Southern California--Crowell Field. Take the Harbor Freeway (State Hwy. 11) to the Exposition exit. Go west on Exposition past Flower and Figueroa to the main entrance at Hoover. Crowell Field is 3 blocks north of the entrance. Parking is free if you explain your destination.

Facilities: 8 lane synthetic track (1/4 inch spikes maximum), and synthetic surfaces for all jumps and the javelin runway. Restrooms only, no lockers.

Awards: Medals will be awarded to the first three competitors in each division. In cases where heats are necessary, winners will be determined by time (no preliminaries). In relay events first place only. Divisions--M & W 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

Entry Information: Postmark deadline for entries is June 10. NO LATE ENTRIES OR DAY-OF-MEET ENTRIES. (This does not apply to relay teams.) Despite the "Invitational" in the title, there are no minimum performance requirements. Lists and entry event sheets are formed by computer, so that all events will have preprinted information automatically generated--for instance, random assignment of competitor order (within age groups) for field events and lane number for sprints, and each athlete's personal record for his age group so that recognition of personal achievement can be announced. The deadline above is necessary for preparation of data for the computer. Please furnish all information requested on the entry form (including your personal record for your present age group), or enter "none" if not available. Entry fees are \$7 for the first event, \$4 for each additional event, (total limitation of six individual events, excluding relay participation), \$10 for a relay team. NO REFUNDS AND NO SUBSTITUTION OF EVENTS. This is a TAC-sanctioned meet and competitors must have a 1986 TAC number. (TAC membership must be renewed each year.) TAC membership may be applied for at the meet for the TAC fee of \$6.

Order of Competition: Oldest to youngest age groups, women first. High jump and pole vault competitors enter the competition at their preferred heights regardless of age grouping. High jump increments 2", pole vault increments 6".

Hurdle and Implement Standards: WAVA standards will be used.

Time Schedule: May vary somewhat depending on number of entries.

Running Events		Schedule of Events		Field Events	
8:00	10000m Run (M&W)	12:30	400m Dash	9:00	Hammer (At Cal State LA)
9:30	5000m Walk (M&W)	1:00	100m Dash	11:00	Pole Vault
10:30	5000m Run (M&W)	1:45	800m Run	11:00	Javelin
11:15	400m Relay	2:15	Int. Hurdles		Long Jump
11:30	1500m Run	2:45	200m Dash	12:30	Shot Put
12:00	High Hurdles	3:15	1600m Relay		High Jump
					Triple Jump (Follows LJ)
				2:00	Discus (Follows Shot)

Entry Form: Make checks payable to Trojan Masters Track Club and mail entry form to Trojan Masters Invitational, 1147 W. Rowland Ave., West Covina, CA 91790. For further information, telephone Jim Vernon at (818)338-1623.

Cut along this line

Official Entry Form

Print Name: _____ Age _____ Date of Birth _____ M
F

Address: _____
Number Street City State Zip

Phone (Include area code) () _____ Club _____ TAC No. _____

List events to be entered (limit of six, excluding relay) and your personal record for your present age group.

Event	P.R.	Event	P.R.
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Waiver: In consideration of my entry, I do hereby, for myself, my heirs and administrators, waive and release any and all claims I may have against the Trojan Masters, the University of Southern California, or any individual associated with putting on this meet, for any and all injuries suffered by me during this event. I further certify that I have no physical restrictions which would prevent me from competing in this event and understand that I compete at my own risk.

Signature _____

Date _____

Please find my check made out to Trojan Masters enclosed \$ _____

Three Join NMN Sustainer List

Three more masters supporters have joined the National Masters News Sustainers — those who contribute funds to provide additional support to the National Masters News and the Masters program.

The current list of 17 sustainers is listed on this page. Anyone donating \$10 or more will receive a free copy of the current 1986 Masters T&F Age Record Book.

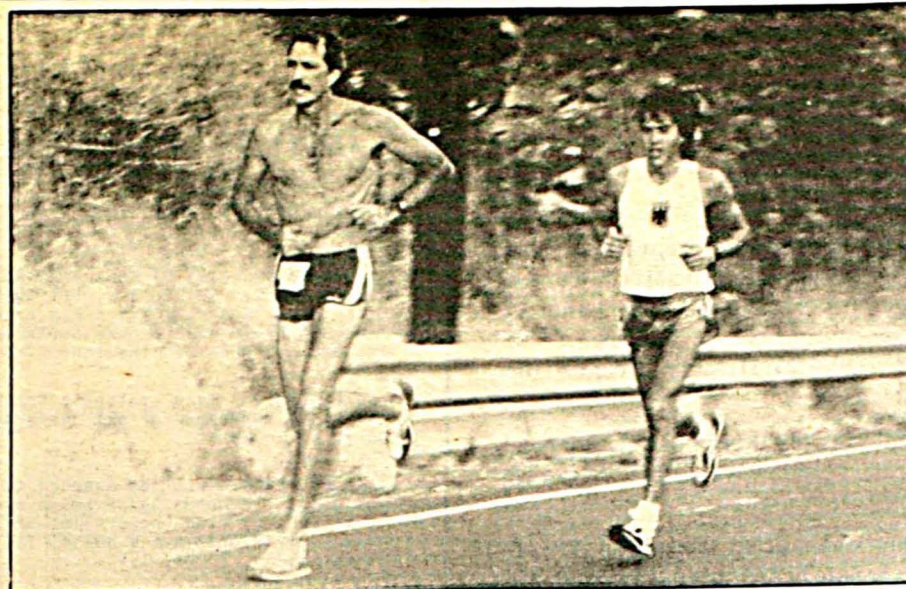
We welcome your support. Send your contributions to NMN, PO Box 5185, Pasadena, CA 91107. □

NATIONAL MASTERS NEWS LIST OF SUSTAINERS

Ross Carter Harry Crockett
Harold Chapson Stewart Daniel
Tom Cooper J. Edwards

Jack Goldstein
Harold Hadley
Edwin Haines
Ed Hoyle
Charles Mercurio
Murray Oguss
Lawrence & Marilyn Patz
Gordon Powell
M.T. Smith
Virginia Track Club
John Woods

Bold type indicates donation of \$100 or more.



Being a heavyweight runner doesn't mean you can't be a winner. Dave Brown, who carries 185 pounds on a 6-4 frame, is shown here enroute to victory in the 40-44 division of the Norman K. Tamanaha Memorial 15-K in Honolulu on April 6. Brown clocked 54:43. Photo by Uriel Teshima

Five World Indoor Marks Set in Regionals

Five world indoor age-division records were set in the 14th annual TAC Eastern Regional Indoor Masters Track & Field Championships on March 23 at the University of Delaware at Newark.

In addition, 64 new meet records were established.

Linda Upton raced to a 2:33.45 in the 800-meter run to break the world mark for women, aged 40-44, of 2:46.1. She also turned in a fast 4:59.7 in the 1500, only two-tenths of a se-

cond off the world W40 mark of 4:59.5, set March 15 in England by D. Fellows.

Austin Newman broke three world marks in the M70 bracket: 2:41.94 in the 800, 5:27.4 in the 1500, and 11:59.0 in the 3000. Jim Sutton sizzled to a 4:28.5 1500, narrowly missing Canadian Ed Whitlock's pending M50 WR of 4:28.2.

The outdoor Eastern Regionals are slated for June 29 at Villanova University near Philadelphia. □

Miller High Jumps to Record in Sport-Arcade Meet

Christel Miller of Glendale, Calif., broke her own W50-54 American high jump record of 4-4¼ by one-half inch in the Los Angeles Patriot's Sport-Arcade Meet held at the California Polytechnic University at Pomona track, east of Los Angeles, on March 29.

Other athletes produced records, either for a new event or single-age: Burl Gist, M65, skimmed the 100mH in 16.4; Chia-Tsung Pao, M70, flew over the 300mH in 1:22.4; Magdalena Kuehne, W55, skipped through the triple jump in 25-5; and Shirley Kinsey, W55, high jumped to a single-age record 3-8.

The M50 100m saw the first four finishers timed in 12.3, with Nick Newton and Rocky McPherson tying for first, Don Benton second and Roger Tsuda third.

Rick Schmidt outleaped Jackson Steffes for first in the M45 long by only one-quarter of an inch, 18-6 to 18-5¼. John Damski won the M70 high jump (4-4), long jump (12½), and triple jump (27½). Ralph Hudson threw the javelin 162-5 for a convincing M50 win.

The Patriots' next meet is scheduled for August 30 at L.A. Southwest College. □

The 1986 Masters Marathon Championships

and . . .



Race Information

START: 7:00 a.m., July 27, 1986
Westwater Inn
2300 Evergreen Park Drive S.W.
Olympia, Washington

PHONE 206-RUN-1-RUN

FEE DEADLINE: Entries, including \$12 (US funds) fee, must be postmarked by July 14, 1986. Send to Penny Cusick, 4615 Ferndale Ct. S.E., Olympia, WA 98501. Or deliver in person to Rainbow Sports, 2419 Harrison Ave., Olympia, WA.

LATE ENTRIES: Entries postmarked or presented after July 14, 1986 will be accepted if the late fee of \$5.00 is included (total of \$17.00). Registration will also be taken on July 26 from 9:00 a.m. to 8:00 p.m. at the Westwater Inn. Late entries cannot be guaranteed a pre-race packet. D.O.R. \$20.00.

An attempt will be made to find housing for out of state masters runners.

FIFTH ANNUAL Capital City MARATHON

JULY 27, 1986
Olympia, Washington

SITE OF THE 1984 WOMEN'S
OLYMPIC MARATHON TRIALS

THE COURSE: The Capital City Marathon is a TAC-certified course. It is a scenic, fast loop that was chosen by The Athletics Congress (TAC) as the site for the first Women's Olympic Marathon Trials on May 12, 1984. The course winds through three scenic communities near the cool waters of Puget Sound's Budd Inlet. Although the course has a net elevation loss, there are a few rolling hills along the way. You will be accompanied on our beautiful course by views of Mt. Rainier and the Olympics, the capitol dome, sailboats on Budd Inlet, groves of Douglas fir trees, clean air and enthusiastic volunteers.



COURSE RECORDS:

MEN			WOMEN		
19-	2:34.57	83	19-	3:34.55	82
20-29	2:19.27	83	20-29	2:37.14	83
30-34	2:18.03	84	30-34	2:42.44	83
35-39	2:27.51	83	35-39	2:48.02	83
40-49	2:33.07	82	40-49	2:50.42	83
50-59	2:43.00	83	50-59	3:39.01	85
60+	2:54.33	83	60+	3:58.16	83

OVERALL COURSE RECORDS:

WOMEN		MEN	
Betty Springs (83)	2:37:14	Dick Leland (84)	2:18:03
Joan Benoit* (84)	2:31:04		

In 1983, six women qualified for the Women's Olympic Marathon Trials by running under 2:51:16.

*Joan Benoit won the Women's Olympic Marathon Trials May 12, 1984.

Team competition available - ask for details.



International Scene

by JACQUES SERRUYS,

WAVA Vice-President and WIGAL President

The discussions between IAAF, WAVA and WIGAL (World Association of Veteran Long Distance Running) are now taking shape.

From the beginning, the IAAF (International Amateur Athletic Federation) has stated that only one association of veterans can be recognized. This is to be WAVA (World Association of Veteran Athletes).

As WAVA, during its 10 years of existence, had organized only track and field competition, it realized the need to draw WIGAL into the negotiations because of WIGAL's 18 years experience in organizing annual long distance world championships.

These negotiations have caused much discussion, since not everyone at WIGAL was in favor of giving up its independence. In particular, the basic composition of the IAAF Veterans Committee was a source of difficulty. Finally, WIGAL decided to continue the negotiations if, in addition to myself, two more WIGAL members were included on the committee.

This proposal was accepted by the IAAF and the two new WIGAL members, Clem Green (New Zealand) and Barry Shaw (Israel) attended the meeting of the IAAF Veterans Committee in Neuchatel, Switzerland on March 24, 1986 on the occasion of the 14th World Cross-Country Championships.

Consequently, all conditions for a

fusion between WAVA and WIGAL were fulfilled. These conditions must be confirmed at the WIGAL General Assembly, which will take place on October 3rd in Vancouver, B.C. Before long, procedures will begin for the establishment of a Long Distance Committee within WAVA. This committee will consist of WAVA and WIGAL members, in which WAVA has initially appointed myself.

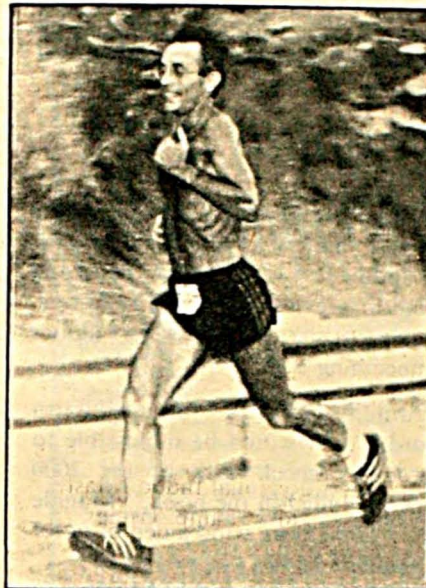
During the IAAF Council Meeting in Madrid, it was decided that WAVA has the right to authorize and control continental and world championships. Hence, also on a continental level, a Long Distance Committee will be established, starting in 1990, with a WAVA long distance program.

In order to put an end to calendar overload, it is intended to alternate the World Championships: one year, long distance and the next year, track and field.

It is notable that the veterans movement, started by pioneers of long distance running, and later on applied

to the track and field world, are now at a turning point. Its success has led to recognition by IAAF.

We would like to make world veterans aware that the present situation is not the end of our goals. It is hoped there will be more support and more recognition, but we must stay alert and mindful of our original slogan: compete for health and friendship. □



Jim Gallup, 50, enroute to being second masters overall and a new Hawaii 15-K record for over 50 men of 52:51 in the Norman K. Tamanaha Memorial 15-K in Honolulu on April 6. Photo by Uriel Teshima.

London Marathon Draws 19,261

by BRIDGET CUSHEN

On April 20, the numerically record-breaking London Marathon attracted fewer than 2500 female runners, despite the organizers claim to discriminate in their favor. However, 900 of them were over 35.

The Prince of Wales gave the race royal approval by dropping the flag and sending 19,261 runners on their way in the wet, windy conditions. He thought the runners were all "delightfully demented" to run the distance!

First veteran over Westminster Bridge in 22nd position was Kjell Stahl, M40, from Sweden, in 2:16:00, followed by Colin Kirkham, 55th, in 2:21:05. Don MacGregor, 1972 Olympian, got the M50 in 2:24:58. Derek Wood took the M55, and the M70 was won by Clive Davies, USA, who equalled Gordon Porteous' course record 3:11:39.

The first veteran woman was Glynis Penny, 8th in 2:38:47, who will represent England in the Commonwealth Games in Edinburgh. A Brighton-based Swede, Eva Isaac, finished 19th in 2:45:28, and the third W35 was Margaret Averback in a personal best 2:48:40.

Other title winners were W40 Mary Frain, 2:57:21; W45 Mary Gartrell, 3:25:08; W50 Anne Chapman, 3:05:41; and W60 Maria Shore 4:14:34.

Japan's Toshiko Seko (2:10:02) and Norway's Grete Waitz (2:24:54) won the open titles. □

Beccalli Proposes Yugoslavia as Site for 1989 Games

The European Veterans Athletic Association (EVAA) reports it has received an application from Yugoslavia to host the 1989 World Veterans Games.

Cesare Beccalli, President of EVAA, said: "The facilities, organization and town are absolutely satisfactory. Considering that the Europeans had to fly to North America in 1975 and 1983, to New Zealand in 1981 and now to Australia in 1987, it should be reasonable — since Europeans are more than 60% of total competitors — that we have Championships in Europe in 1989 and that we accept the U.S.A. for 1991, so that their organizational effort for preparing 1989 will be not in vain but just postponed."

Beccalli said the EVAA General Assembly will discuss the Yugoslavian application at the European Veterans Games in Malmo, Sweden later this month. □

Walter William Sheppard 1923 - 1986

Funeral services were held in Australia for Wal Sheppard, the Executive Vice President of WAVA and one of the founders of the Australian Veterans movement, who died of a heart attack, while on a training run, at age 63 on April 12.

Hundreds of people attended the funeral. Flowers and tributes arrived from around the world. Bonnie, his widow, said she felt at peace, because he had died while doing that which he loved so much. Never before, she said, had she realized how highly he was regarded by so many.

In a family tribute, Wal's elder brother, Charles said:

"Wal was one of four sons born to Marjorie and Charles Sheppard. He majored in speech in school and spent the 40s doing his part in World War II. Wal married his boyhood sweetheart, Bonnie Constable, and they had each other's love and support for just on 42 years. There was no question of Wal's appreciation of Bon's commitment to make their married life an enduring and enriching experience. Their marriage had both 'length in time' and 'quality in togetherness.'

Wal loved sports and was awarded the British Empire Medal in 1979 for 'service to sport and to veterans.' The athletic fraternity greatly mourns Wal's sudden passing." □

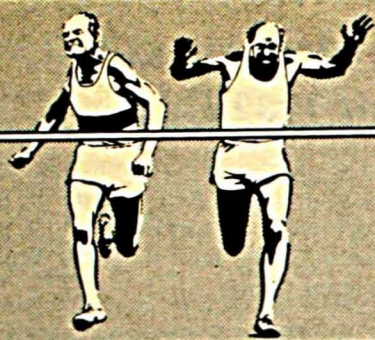
NOW AVAILABLE Masters Age-Records 1986

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

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1986
- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1986
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 48 pages. Thousands of entries. Lists name, age, state and date of record.

Send \$4 plus \$1 postage and handling to:
NATIONAL MASTERS NEWS
 PO Box 5185
 Pasadena, CA 91107

Name _____
 Address _____
 City _____ State _____ Zip _____



Masters Age Records

Track & Field

Indoor Records

TAC Masters Indoor T&F Records Chairman Haig Bohigian is coordinating with WAVA Records Chairman Pete Mundle and WAVA Indoor Records Chairman Jack Fitzgerald of England to update the world indoor age-group records (NMN, January, 1986). They will blend in previously unrecorded Canadian marks, and add the new records set in the British, U.S. and other indoor meets this past season. Look for those in an upcoming issue.

Outdoor Records

The 1986 edition of Masters Age Records is now available. The book contains men's and women's world and U.S. age bests for all track & field events, age 35 and up, as of January 1, 1986. It also gives U.S. age bests for men and women for all race-walking events, age 40 and up, as of the first of this year. Compiled by Mundle, with Lori Maynard and Alan Wood, it is must reading for any serious masters performer, and even makes a nice gift to introduce one's non-running friends to the sport. Send \$4.00, plus \$1.00 for postage and handling, to NMN, PO Box 5185, Pasadena CA 91107.

Mundle reiterates that "age records" do not require the same

documentation as "age-division records." "It would be impossible to thoroughly check each of the 2000 marks included in the book," Mundle says. "Some were wind aided or never validated."

But the five-year, age-division marks are subject to careful scrutiny, and require thorough documentation. Mundle has still not received validation of age-group records set in the VI World Veterans Games in Rome last year, despite letters and phone calls. The same is true for the 1984 European Veterans T&F Championships held in Brighton, England. WAVA has agreed that no record will be accepted simply because it was achieved in a world or regional meet. It must be properly



Carol Johnston, 74, just after setting a new single-age world record in the pole vault with a leap of 9' 9", in the Sacramento Relays on April 26. Photo by Gretchen Snyder

documented, following WAVA and IAAF rules.

"The IAAF should be involved in the way our implement standards are set," Mundle said. "They have a much better understanding of the intricacies of throwing and running techniques and are much more scientifically oriented in these matters. For this and many other reasons, it is imperative that the IAAF should get involved with the veterans structure as soon as possible."

Mundle announced he has appointed Wilfred Morgan of England and Jose Garcia of Spain to the WAVA Records Committee.

Long Distance Running

The new American five-year age-division road race records are published in this issue, updating the last list, published in the December, 1985 issue.

The records are compiled by the National Running Data Center, and are generally current thru January 1, 1986. Note that 5K and 12K marks have been added to the list.

Also note that, in the men's age 75-79 division, Ed Benham holds every record, save one, the 50-miler. That's an unbelievable achievement, and we wish Ed well if he goes after it.

The records are only part of the comprehensive, 90-page **Running Records by Age, 1986** edition, which is available for \$5.95 from NRDC, PO Box 42888, Tucson AZ 85733. The book contains all U.S. track (not field) and road age marks from age 3 to age 95. □

Fine Named New WAVA V-P

Don Farquharson, President of the World Association of Veteran Athletes (WAVA) announced that Bob Fine has been named Executive Vice President of WAVA. Fine replaces Wal Sheppard, who died of a heart attack on April 12, 1986.

For the past several years, Fine has been serving as the North American Chairman of WAVA. He was unanimously selected by the WAVA Executive Committee to fill Sheppard's spot until elections are held at the WAVA General Assembly in Melbourne next year.

A new North American Chairman will be selected in the near future. □

WAVA BY-LAWS - Appendix A: Hurdles and Implements Specifications

HURDLES

AGE	WOMEN					MEN				
	Race Distance	Hurdle Height	To 1st Furdle	Between Hurdles	To Finish	Race Distance	Hurdle Height	To 1st Furdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"					
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 35'4"	110m	.914m 36"	13.72m 45'	9.14m 30'	14.02m 46'
60-69	-	-	-	-	-	100m	.840m 33"	13.00m 42'8 1/2"	8.50m 27'10 1/2"	10.50m 34'5"
70 plus	-	-	-	-	-	37m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
35-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"					
40-49	400m					400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
60-69	-	-	-	-	-	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
70 plus	-	-	-	-	-	-	-	-	-	-

Steepchase distance for age-groups 360 and 365 shall be 2000m; there is no steepchase for age-groups 370 and above.

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
WOMEN				
35-49	4.00K	1.00K	-	600 gms.
50 plus	3.00K	1.00K	-	400 gms.
MEN				
40-49	7.26K (16lbs.)	2.00K	7.26K (16lbs.)	800 gms.
50-59	6.00K	1.50K	6.00K	800 gms.
60-69	5.00K	1.00K	5.00K	600 gms.
70 plus	4.00K	1.00K	4.00K	600 gms.

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CHANDIGARH India

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Contact President

NORTH AMERICAN REPORT

by BOB FINE

North American Chairman, WAVA

The North American Championships will be held the first weekend in October in Tampa, Florida. I will have the cooperation of the City of Tampa Recreation Department and the Florida Athletics Congress.

The Pan-American Championships will be held in San Juan, Puerto Rico the second weekend in October. The South American Council has given their approval. Many thanks go to Gilberto Gonzalez-Julia and the Puerto Rican Masters for stepping in and helping preserve this Meet.

At the meeting of the IAAF Veterans' Committee in March, it was recommended that each WAVA region begin to hold Regional Distance Running Championships. IGAL will be merging into WAVA. It was felt that WAVA must expand the program for distance runners. It is probably too late to plan a program for 1986, but I would like to start things moving for 1987. We can have Championships in all of the standard road running events: such as the 5K, 10K, 15K, 20K, 25K, 30K, marathon and cross-country. We can also have race-walking championships held concurrently with the road races or by themselves. I would like to appoint a committee to solicit sponsors and coordinate a schedule. The members of the committee do not have to be members

of the North American Council. I would appreciate it if the members of the Council will check within their own national governing bodies and locate people who would be willing to serve. Please let me have the names and addresses. I feel very strongly that we must reach out for the distance runners. Any suggestions would be welcomed.

Wal Sheppard, 2 Montgomery

HELP!

For the past three years The Athletics Congress has directed that a new design for national championship medals be composed.

The Committee has established that the medal should include an American symbol, the name "The Athletics Congress" and, if possible, a clear identification with athletics.

Some of the symbols under consideration have been the Eagle and the Statue of Liberty.

Please forward any proposed designs to me. These medals would apply both to the open and to masters competition.

Robert G. Fine

4223 Palm Forest Drive
Delray Beach, FL. 33445

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUNE 1986

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JUDY DODGE (SEATTLE, WA)	6-21-46	40-44
BARBARA FILUTZE (ERIE, PA)	6-21-46	40-44
EVELYN HAVENS (NEW YORK CITY, NY)	6-11-16	70-74
LUCILLE LIEB (PHILADELPHIA, PA)	6-23-41	45-49
RUTH ROTHFARB (MIAMI BEACH, FL)	6-18-01	80 +
SKIP SWANNACK (REDWOOD CITY, CA)	6- 1-41	45-49
LENA BOSTROM (SWE)	6-29-46	40-44
JUNE CRISP (NZ)	6-22-31	55-59
MARGARETA OHLSSON (SWE)	6- 6-26	60-64
JANETTE ROSCOE (GB)	6-10-46	40-44
REGINA SCHIEK (WG)	6- 9-36	50-54
CHRISTINE SUSAN TAYLOR (GB)	6- 9-46	40-44
WILLIAM ANDBERG (ANOKA, MN)	6- 8-11	75-79
MIKE ANDORS (LA JOLLA, CALIF)	6-26-11	75-79
PIERRE BLANCHOU (FRA)	6-16-31	55-59
HERB CHISHOLM (ALEXANDRIA, VA)	6- 7-26	60-64
GEORGE CONLAN (CA)	6-14-31	55-59
LES COTTEN (AUSTRALIA)	6-27-26	60-64
BRUCE DERN (SANTA MONICA, CA)	6- 4-36	50-54
LEON DREHER (PHILADELPHIA, PA)	6-25-21	65-69
HELMUTH DUHOLM (DEN)	6-29-26	60-64
HANS FRUCHTE (WG)	6- 9-11	75-79
RAY GIBSON (LONG BEACH, CA)	6-14-31	55-59
JACK GREENWOOD (MEDICINE LODGE, KS)	6- 5-26	60-64
NORMAN HAWKE (NZ)	6- 9-11	75-79
HAL HIGDON (MICHIGAN CITY, IND)	6-17-31	55-59
CARL JUNNER (AUSTRALIA)	6-16-21	65-69
OLAVI KAUMANEN (FINLAND)	6-23-26	60-64
LENNART LINDBLOM (SWE)	6-29-21	65-69
HARRY MCARDLE (REGO PARK, NY)	6-26-06	80 +
JOSEPH MCCLUSKEY (REGO PARK, NY)	6- 2-11	75-79
MICHAEL NEAL (LAS VEGAS, NV)	6- 4-31	55-59
STAN NICHOLLS (AUSTRALIA)	6-16-11	75-79
DEAN SMITH (LOMBARD, ILL)	6-25-26	60-64
KAARE SOLNORDAL (NOR)	6-16-06	80 +
TOM STURAK (SANTA MONICA, CAL)	6-29-31	55-59
JIM SUTTON (WHITEFIELD, PA)	6-30-31	55-59
GUNNAR TANG-HOLBEK (DEN)	6-11-06	80 +
HAROLD TINSLEY (HUNTSVILLE, ALA)	6-25-36	50-54
RUDDOLPH ZAPP (WG)	6-21-01	80 +

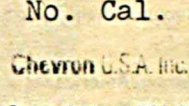
Place, Bulleen, Victoria 3105, Australia, the WAVA Executive Vice-President died in April. Wal was one of the original members of the Executive Council. He was an exceptional person and became a dear friend to us all. I've already written to "Bonnie", Wal's widow. If anyone would like to drop her a note or a card I'm sure it would be most appreciated.

Lastly, I think that it would be best

if we could assign Championships two years in advance. Please give me the names of potential sponsors for the Track and Field Championships and I will contact them. We can now offer to potential sponsors medals on a contingent basis, to be paid for after the meet, with our Council taking back those medals not used. I can also obtain T-shirts to be paid for after the event. □

TAC Western Regional Masters Track & Field Championships

JULY 5 - 6, 1986



Sponsors: TAC and No. Cal. Srs. T.C. Shaklee Dannon

Edwards Field, University of California, Berkeley. Off Freeway 80, take University Avenue east to the campus; right on Oxford to the track (on SW corner of campus). Free parking Saturdays and Sundays in non-reserved spaces on Cross Campus Road (north side of track) and the Univ. parking lot between Bancroft Way and Durant (near Fulton, across street from south side of track).

Competition (if enough entries) and awards in 5 year age divisions, age 30 and up; relays, 10 year age div., must have at least 2 teams in that div., and all team members from same club. TAC registration required; available at meet \$6.

Entry fees: First event \$10.00, second event free, each additional event \$5.00; relays, \$12.00 per team. Entry deadline: Receipt by Thursday, June 26; relays, up to 1 hour before event. NO LATE ENTRIES.

The WAVA & TAC hurdles & implements specifications - see page 18 of the March 1986 issue of National Masters News. Field events will be in flights of 6 to be set after entry deadline. Heats in the 100 and 200 meters, if needed, will be at the beginning, and finals at the end of the scheduled event time; order, women, older to younger men.

Hospitality Room, Shattuck Hotel, 2086 Allston Way, Berkeley, CA 94704 (415/845-7300), one block west of track, opens 2:00 PM, Friday, July 4 and closes 6:00 PM, July 6. Packets (including final schedule, program, comp. numbers, pins, T-shirt, etc.) will be available July 4 at Hospitality Rm, and July 5 and 6 at the track. Make reservations 3 weeks in advance for hotel meet rates. The Durant Hotel, 2600 Durant Ave., Berkeley, CA 94704 (415/845-8981) is 4 blocks SE of the track.

Tentative Schedule

Sat., July 5		Sun., July 6	
Track	Field	Track	Field
10:00 10,000M or 5,000M	Shot	8:30 3000	
11:30 - 1:00 Lunch for officials		9:00 3000 Steeple	
1:00 4 X 100 Relay	Long jp. & High jp.	9:45	Hammer
		11:30 - 1:00 Lunch for officials	
1:15 100M		1:00 400M	Pole Vlt, Jav, Trip. Jp.
2:00	Discus	2:00 1500M	
2:15 80M, 100M 110HH			Break
	Break	3:00 400IH (300IH)	
2:45 800M		4 X 200 Relay	
3:30 200M			
4 X 400 relay			

Mail entries to Mark Grubi, Meet Director, P.O. Box 4512, San Francisco, CA 94101. For further information, send SASL, or phone 415/285-3352, 8:00PM to 10:00PM.

(Please print)

Name _____ Club affiliation _____
Address _____ TAC # _____
Tel. _____ Male _____ Female _____
Birthdate _____ Age on 7/5/86 _____

Event _____ Best recent mark _____ T-shirt size: _____
S _____ M _____ L _____ XL _____ XXL _____
I would not be interested in a dinner Sat., July 5, (minimal cost). No. in party _____

I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur while traveling to or from or participating in this event. I declare that I am in good health to participate in this event.

Signed _____ Date _____

MASTERS SCENE

NATIONAL

• While they last, the National Running Data Center will provide free copies of TAC's **Road Race and Finish Line Management** book — while the supply lasts — to NMN readers. The books sell for \$6.00 from TAC. Send 75 cents for postage (or \$1.50 1st class) to NRDC, P.O. Box 42888, Tucson AZ 85733.

• The New Jersey Waterfront Marathon has been recommended by a TAC Sub-Committee to host the 1988 men's Olympic marathon trials, winning out over bids from Boston and Pittsburgh. Final approval will come from the U.S. Olympic Committee. TAC's women's LDR committee is expected to announce their marathon trials site in September.

• The number of runners in America increased from 15.9 million in 1977 to a high of 30.2 million in 1984, and then dropped to 25.5 million last year, according to a recent Gallup Poll. Organized race events have grown from 4,058 in 1979 to 15,000 in 1985, and the running shoe market grew from \$304 million in 1979 to \$504 million in 1984, according to surveys by Gallup and Runner's World Magazine, and information from the National Running Data Center. The 15% drop in total runners in 1985 is attributed to the phasing out of many fad runners. The number of race finishers jumped from 55,528 to 2.5 million in the past several years, the surveys reported. Informal surveys have shown the number of masters participants has escalated sharply, due partly to the aging of the nation's population.

• In this biweekly Running Commentary, Joe Henderson cites a British report that England's three biggest events were bigger than ever in 1985 — while overall marathon attendance fell by 21 percent. "In America, big races still grow, but one in four races from the peak years has disappeared for lack of support, both human and financial," Henderson writes. "Canada's second-biggest marathon (after Montreal) — the 11-year-old National Capital race in Ottawa — was shelved. Reasons: disappearing sponsors and lost insurance. Twenty-two insurance companies refused to write liability coverage. Only one of them even quoted a price: \$10,000 compared to \$450 for last year's policy."

NEW ENGLAND

• Michael Hurd, 40, Caterton, England, tuned up for his Boston Marathon masters win with a masters course record 29:47 in the MDA-Boston Milk Run 10K, April 13. Another more

COMPETITION & COACHING MASTERS MEN & WOMEN

5-Event Weight Pentathlon, Sat.
5-Event Weight Clinic, Sun.

Aug. 23/24, Kent State Univ.
Kent, Ohio

- All-weather throw surfaces
- IAAF-approved hammer cage
- Plyometrics, weight lifting
- Group & individual analysis & instruction
- DEADLINE TO APPLY: Aug. 1

Call/write for Application

Joe/Mary Chadbourne, 18554
Haskins, Chagrin Falls, OH 44022
216/464-1775, 543-1932

famous Britisher, Priscilla Welch, 42, who runs out of Boulder, CO, won the W40+ race with a women's 8th place 33:37. Antonio Villanueva, 46, of Mexico, was 2nd M40+ in 30:02, and Les Roberts, 42, Keston, Kent, England, 3rd with 30:21. Gabriele Andersen, 41, Sun Valley, ID, followed Welch at 35:08, and Maddy Harmeling, 40, Merrick, NY, took 3rd W40+ in 37:08.

EAST

• The Arthur Lydiard Running Camp is scheduled for July 6-12 at Bard College at Annandale-on-Hudson, New York. That's a week before the U.S. National Masters T&F Championships in Long Island, New York. The camp is designed for ages 16 to masters runners. Lydiard, himself, will be on hand the entire week to help campers develop a personalized training program. For info, write Tom Robinson, 128 Clarence Rd., Scarsdale, NY 10583.

• A follow-up to the appeal by Peter Bridges, the U.S. Ambassador to Somalia, for running equipment to be donated to Somali runners: dozens of T-shirts, shorts, shoes, wrist bands, etc. have been donated. Regional road races have begun in Somalia, with 700 people running a tough, up-hill 8K cross-country course, and 300 children running a shorter course. Clean shirts, shorts, shoes and magazines will be put to good use in Somalia in community running programs. Pack in sturdy boxes and send to: The Honorable Peter S. Bridges, American Embassy, Mogadishu, c/o Dept. of State, Pouch Room, 2201 C. St., N.W., Washington, DC 20521.

• Ted Haiman, 43, sparkled to a 1st M40+ and 33rd overall (2877 m/finishers) in the Perrier 10K, Central Park, NYC, March 29. Christine Hearn Grenning, 40, had an effervescent 38:40 to take the W40+ race and place 11th woman of 1128 finishers. Kenneth Jones, 55, won the M55 in 36:57, and Anna Thornhill, 45, was 2nd W40+ with 40:08.

• Ramon Ruiz, 46, landed the 10th spot (314 m/finishers) and 1st M40+ with 42:33 in the Vicicitta 12K in Brooklyn, April 6. Susanna Beltrandi, 42, was 1st W40+ with 58:19. Bob Muller, 61, did the 7.2 miles in 51:19.



Winners of the women's sprint medley relay, Lake Erie Indoor T&F Championships, Cleveland, Ohio, January 4, are (left to right) Lola Hall, Vera Popil, Louise Eckman and Essie Kea.

Photo by James White

• Vince Carnevale of Newark, NJ, who is four months away from 70, after a knee injury which held him to four 2nds in various 10Ks in the M60+ divisions, got it together for a 1st M60+ in 45:59 in a 10K in Pequannock, NJ, April 5, and a 1st W60+ in a 5K in Wayne, NJ, April 13.

• Pottstown Pacer Fred Uleses set an M40-49 course record of 33:15 in the Benjamin Franklin Bridge 10K, Philadelphia, April 6, good for 7th in a field of 400. Fred's wife, Claudia, placed 3rd in the W40-49 race with 45:35. Both have been competing for only two years.

• Dennis LaMountain, 40, Richmond, VA, strode to a 32:21 masters 1st in the Elizabeth River 10K, Norfolk, VA, May 3. Karen Stronach, 46, Hampton, VA, was the 1st lady master in 41:59. Dixon Hemphill, 61, Fairfax, VA, won the M60+ in 39:49.

• The NY Pioneer Masters 4 x 100m relay squad (Stanford, Small, Johnson, Williams) flashed to a quick 44.0 in the Penn Relays, Philadelphia, April 25, and returned the next day with almost the same quartet (Williams, Small, Brown, Johnson) to flow to a 3:29.4 4 x 400m.

SOUTHEAST

• A 5K racewalk has been added to the TAC Southeast Regional Masters T&F Championships at 12 noon on June 7 in Atlanta.

• NMN will have results of the May 26 Cotton Row Run in the next issue. At press time, Media coordinator Jim Oaks had lined up a "dream

field" in the 45-49 division, of Lorenz, Bowers, Conway and Billups. In the 40-44 bracket, he had Belilgne, Coffman, Randall, Looney, Dooley and Rich Myers, a new master from New Jersey. Defending female champ Judy Pickert had also signed up.

• Attention all Florida race walkers or would-be race walkers. The Florida Walkers Club has been formed as a sponsoring organization to organize a race walking program for Florida. It is a member club of TAC and affiliated with the Walking Club of America. It will be holding race-walking clinics, development races and championships events. It also will turn to the distance running community to add race-walking events in their meets. The Club wishes to spread the gospel of race walking to both high school athletes and masters. It will not sponsor teams or individuals, just events. Anyone interested send a self-addressed, stamped envelope to: Bob Fine, 4223 Palm Forest Drive, Delray Beach, Florida 33445.

• John Boyle, 44, track coach at De Land H.S. in Florida, became the oldest winner in the 8th Annual Catfish 5K, Crescent City, FL, April 5, in a time of 16:20. Boyle is a frequent contributor of articles and results to NMN, and the director of an active masters T&F and RR program in the De Land area.

MIDWEST

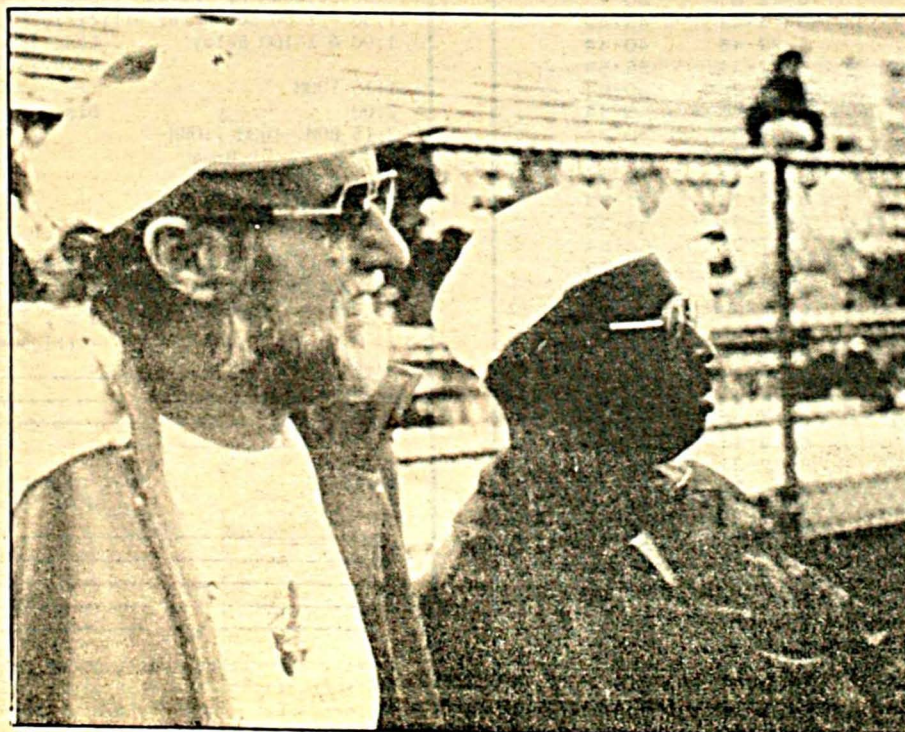
• Otho Perkins, 56, a retired science supervisor in the Columbus, Ohio, School System, shattered the M55 50K track record and seven other records including the 2-hour (31090m) with 3:17:25 in Worthington, OH, March 23. Sy Mah, 59, of Ohio, finished 2nd to Perkins in 5:32:43, with another Ohioan, Dennis Fryman, 38, 3rd at 5:51:09. George Knox, also of Ohio, took the 4th and last slot, but can claim five distance M70 age-group marks and two age 74 records, including his 7:31:06 finish.

• Jim Fox, M40, scored a 1st M40+ in 15:49 in the Jesse Owens T&F Classic 5K Road Race, Columbus, OH, May 4. Barbara Weber, W45 winner, took the W40+ race in 19:59.

• Michigan Runner magazine puts up for voting the names of the top 15 runners in the state for the runner of the year. The top vote getter becomes the Michigan Runner of the Year, while the opposite sex becomes the other Runner of the Year. The magazine also presents a Service to Running award. The '85 awards all went to masters. The top vote getter was 57-year-old Melba Hatch, while the top male was 44-year-old Bill Boyd. The Service to Running award was presented to 53-year-old George Kuhn.

• Hal Higdon, two-time World Veterans Games gold medalist and frequent contributor to NMN, is one of the 100 semifinalists in the first-journalist-in-space competition. He made the cut from the 1700 applicants, beating out big names like Sam Donaldson. Walter Cronkite is the morning line favorite, but Higdon is in better shape.

Continued on page 23



Sprinters Martyn Adamson, 47, left, and Akin Lewis, 32, right, watching the action at the Sacramento Relays. Adamson's winning time in the M45 100M was 11.6; Lewis raced to a 10.9 tie with Darrell Smith in the M30 100M.

Photo by Gretchen Snyder

Continued from page 22

MID AMERICA

• Masters members of running and track clubs who would like more than a monthly newsletter and a team-logo singlet might look to the St. Louis TC, which shelled out \$2000 for submaster and master competitors' travel funds to events, ranging from the Boston Marathon to the Masters Outdoor and Indoor Nationals. But, you'll have to move to the St. Louis area because one of the stipulations for funds application is that St. Louis TC Racing Team members must work at club-sponsored races.

SOUTH WEST

• James Vicks, 40, narrowly outraced his training buddy Roy Turner, 46, with a 2:07:54 to 2:07:67 win in the Masters 800 Invitational in the 7-11 SMU Track Meet, April 18. Jim Malone, 41, clocked 2:09:00 for 3rd.

WEST

• Gina Faust, 49, Woodland Hills, CA, won the whole taco in the women's race in the Carrera De Cabras 7.2 Mile, Westlake Village, CA, April 13, with a 1st place 53:53. Joe Jacobsen, 42, Westlake Village, took the M40+ race in 47:40.

• Britisher Bill Venus, M40, carried off the loving cup for 1st masters in the American Continental 10K, Phoenix, AZ, March 1, with a hot 31:03. J. Stavalone, W40, got the W40+ wreath with 37:09. John Weldy won the M50 race in 33:33, and Barbara Meadows took the W55 in 41:38.

• Judy Kewley, 41, Simi Valley, CA, ran a half-marathon in 1:21:00 in Fontana, CA, on April 19, to record a women's masters 1st and set a W40+ course record. Before that, she grabbed a W40+ win in 3:59 in the tortuous Catalina Island Marathon, a race that nobody runs for a fast time.

• Bill Sevald, 40, San Francisco, chalked up a 6th place, 1st M40+ in the Houlihan's 8.3 Mile, San Francisco, April 6, with 43:07. Sal Vasquez, 46, Alameda, CA, finished 10th (43:25). Laurie Binder, 38, Oakland, CA, placed 6th (49:47) in the women's race.

• Shirley Matson, Solana Beach, CA, added another mark to her growing W45 record portfolio with 1:01:12 in the YMCA Breakers 10 Mile, San Diego, CA, April 26. The previous record of 1:03:29 belonged to Joan Reiss.

• Italian masters race walking champion Piergiorgio Andreotti, 48, led all race walkers in the Big Sur Marathon to California's coast, April 27, in 4:10:00. Karl Krueger, 55, took 2nd with 4:59:52. The marathon's race walking division was organized and supported by the Monterey Peninsula Walk Walk Walk Club.

• This year's meet director Bob Roemer announced that the Sacramento Relays Masters Meet will be renamed the Ken Carnine Classic for '87. "We wanted to do something to acknowledge Ken's leadership and inspiration which have kept this meet going over the years," Roemer said. Carnine, 78, traces his masters participation back before 1971, when the Northern California Seniors TC started collecting dues. Slowed by knee and lung surgery in recent years, Carnine nevertheless won the M75 discus and javelin, placed second in the pentathlon, and was declared the meet's outstanding performer in his age bracket in the '85 World Games in Rome. A heart problem kept Carnine out of this year's Sacramento Relays, but he and his wife, Kay who reside in Gold River, CA, manned the Registration and awards desk.

• Gard Leighton, 51, covered 136 miles and 1470 yards in 24 hours to place 2nd in the Redwood Empire ultra, Santa Rosa, March 22-23, to Rae Clark, 34, (152m/444y). Ruth Anderson, 56, motored through 110m/440y for 1st W40+. Anderson returned on April 19 for the 1st Ruth Anderson 100K, at Lake Merced, San

Francisco, but settled for 2nd W40+ (10:54:59) behind Marty Maricle, 52, (10:34:14). Steve Cole, 71, ran 15:03:52. All three times are single-age records. Larry Butler, 40, was outright winner in 8:45:23.

• Win McFadden, M75, San Diego, CA, has been elected to the Millikin U., Decatur, IL, Athletic Hall of Fame, mainly as a result of his active participation in masters T&F for 18 years. The presentation was made May 17.

• Larry Walker, M40, placed 1st in the U.S. TAC National Masters 15K Racewalk Championships at Shoreline Park, Long Beach, CA, April 20, in 1:10:20. Max Green won the M50-59 contest (1:20:57), and Maynard Mickelson the M60+ (1:39:0). Helen Oakley, W50-59 winner, was 1st W40+ with 1:45:32. Barbara Kreiger defeated the W40-49 field (2:05:20), and Collie Green the W60+ group (1:52:10). Tony Perona set an age-77 record with a hot 1:46:19.

• Bob Holtel, 54, ran from the Mexican border to Donner Pass last summer. This year, he'll pick up the trail on July 5 and head for the Oregon-Washington border by September 8th. He'll complete the 2700-mile trek from Mexico to Canada along the rugged Pacific Crest trail in 1987. He does all this with no regular support crew.

• Craig Newport, 40, (2:50:42) and Gail Rodd, 43, (3:19:39) led the masters contingent in the inaugural Big Sur International Marathon in April. The picturesque course is sheltered by giant redwoods for the first four miles. Then the 1722 runners broke into sunshine and dramatic rocky ocean views for the next 17 miles, then back into the Carmel forest to the finish. "It was beautiful... spectacular... fabulous," said Leslie McMullin, 35, the first woman finisher in 3:00:44. There was recorded classical music at 26 locations on the course, a grand piano with a concert pianist, an 11-piece brass ensemble and a string quartet. Frank Shorter ran the first 12 miles, then joined the press truck for TV duties.

NORTHWEST

• Glen Wells, 50, from Utah, won the U.S. TAC National Masters 50K Racewalk Championships, Seattle, WA, April 27, in 5:14:43 on a cool, windy course by Lake Washington. Jim Bryan, 54, from Washington, was the only other masters finisher (6:19:07) in the race, which saw three other masters DQed and two DNFs.

• Bev LaVeck, 50, of Washington, set new 1-mile (8:34.1) and 2-mile (17:37.8) W50-54 race walk marks in the Washington Invitational T&F Meet in Seattle, April 24.

• A tragic loss struck masters athletes Bill and Marcia McChesney of Eugene, Oregon. Their oldest son, Tom, was killed in California while riding his bicycle to the school where he was employed as a teacher and track coach. Another son, Bill, Jr. is a national-class middle-distance runner. "Tom was an excellent athlete and a good person whose short life touched many people," said Ed Kousky of the Oregon Track Club.

CANADA

• Art Meany, 42, hastened to a 33:45 on the hilly, loop course of the Spring Warm-Up 10K, St. John's, Newfoundland, April 6, for 1st M40+ and 6th overall.

INTERNATIONAL

• Derek Turnbull, M55, recently ran a half-marathon in 1:15 and a marathon in 2:40 in Auckland, New Zealand.

• Anne McKenzie, 60, of Cape Town, South Africa recently set a new world W60 800 record of 2:58.6. The time breaks the mark of 2:59.6, set by West Germany's Erika Werner in 1983. McKenzie now holds world 800 marks for W40 (2:06.5), W45 (2:19.2), W50 (2:23.1), W55 (2:43.5) and W60 (2:58.6), an incredible string. The W40 mark was set in 1967, and is one of the oldest records on the veterans books. As



Ruth Anderson, of Oakland, relaxing with her pit crew after setting 5 age-56 records in the 50K, 50Mi, 100K, 100Mi and 24 hours, during the Redwood Empire 24-hour Run in Santa Rosa, California, March 22-23. Left to right, first row: Marty Maricle, Anderson, Mannie Clinnick. Back row, left to right, Ruth Waters, Donna Eckles, Del Eckles.

Photo by Ephraim Romesberg

usual, McKenzie felt she could have done better. "Since my injury last October, I have simply limped through the season," she said. Some limping. The South African Masters T&F Championships were held in Germiston in April. Among the onlookers were WAVA President Don Farquharson and WAVA Secretary Owen Flaherty.

• Daniel Duhamel, M40, of France, was the overall winner of the 1st International Veterans

Marathon, from the city of Marathon to Athens, Greece, April 6, in 2:25:58. P. Skoulis, M45, of Greece, took the 2nd M40+ spot (2:46:52), and Barry Shaw, M40, of Israel, the 3rd (2:47:04). The event commemorated the Greek runner Spiridon Loues, who won the 1st Olympic marathon in Athens in 1896 and the 90th anniversary of that event. Guests of honor included Czech Olympian great Emile Zatopek and France's legendary Alain Mimoun.

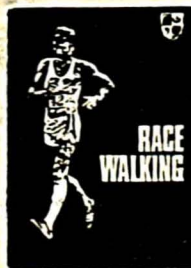
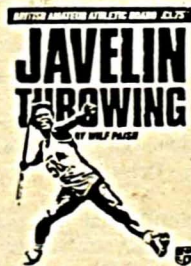
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schedule

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



December 3-7. 8th Annual Convention of The Athletics Congress, Hyatt Regency, Tampa, Florida. TAC, PO Box 120, Indianapolis IN 46206. 317/638-9155.

TRACK & FIELD NATIONAL

July 13. U.S. TAC National Masters Pentathlon Championships, Shippensburg, Pennsylvania, 11 a.m. Scott Thornsley, 519 Coolidge St., New Cumberland PA 17070. 717/774-3569.

July 18-20. 19th U.S. TAC National Masters Championships, Mitchell Field, Uniondale, Long Island, New York. Sandy Pashkin, 77 Prospect Place, Brooklyn NY 11217. Entry forms in May and June issue.

July 26-27. U.S. TAC National Masters Decathlon (men) and Heptathlon (women), Des Moines, Iowa. Rex Harvey, 3815 Lincoln Park Drive, Des Moines IA 50312.

June 27, 1987. U.S. National Masters Pentathlon Championships, Los Angeles.

August 2-4, 1987. 20th U.S. TAC National Masters Championships, Eugene Oregon.

NEW ENGLAND

June 7. Senior Olympics, U. of Bridgeport, Conn. 55+. Ann V. Fariss, U. of Bridgeport, 120 Waldemere Ave., Bridgeport, CT. 06601. 203/576-4059.

June 14. 5th Annual Waltham Masters & Submasters Invitational Meet, MIT, Cambridge, Mass. Suzette Hall, 125 White St., Belmont MA 02178. 617/484-5972.

June 22. Rhode Island Senior Olympics, Providence. 40+. Dolores M. Bergeron, R.I. Dept. of Elderly Affairs, Providence RI 02903.

August 3. Brown Masters Invitational, Brown U., Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket RI 02860.

EAST

June 15. MAC Masters Championships, Kings Point Merchant Marine Academy, Kings Point, N.Y. Sandy Pashkin, 77 Prospect Place, Brooklyn NY 11217.

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.

June 15 - August 3. All-comers meets each Sunday, Hagerstown J.C., Hagerstown, Md. 6 p.m. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

June 21-22. Mid-Atlantic Games, Glassboro, New Jersey. (all ages). PO Box 27462, Philadelphia PA 19150. Roland Williams, 609/468-0309.

June 29. TAC Eastern Regional Masters Championships, Villanova U., Villanova, Pa. Fred Mannis, 104 W. Montgomery Ave., Ardmore, PA 19003. 215/644-3264.

July 27. Sri Chinmoy Masters Games. Ages 50 and up. Eastchester High School, New Rochelle, N.Y. Sri Chinmoy Masters Games, 150-47 87th Avenue, Jamaica NY 11432. 719/523-2600.

August 6-10. 9th Empire State Games, Buffalo, N.Y. New York state residents only.

August 10. Tri-State TC Classic, Hagerstown, Md. Tri-State TC, Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

August 31. Potomac Valley Senior Games, St. Stephen's School, Arlington, Virginia. Sal Corrallo, 3156 N. Pollard St., Arlington VA 22207. 703/243-1290.

SOUTHEAST

June 7. TAC Southeast Regional Masters Championships and National Club Championships, Atlanta, Lila Brasher, Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta GA 30305. 404/231-9064.

June 7-8. 11th Annual Northwest Classic, Miami, Fla. Jesse Holt, 1310 N.W. 90 St., Miami FL 33147 305/836-2409.

June 15. Masters Track Meet, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

June 21. Southeastern Track Classic, Greenville, S.C. Tom Malik, 104 Pinewood Dr., Greer SC 29651. 803/879-4549.

July 20. Masters Track Meet, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

August 30. 11th Annual Virginia State Masters Championships, U. of Virginia, Charlottesville, Va. Virginia Masters, 311 Westminster Rd., Charlottesville VA 22901.

October 4-5. North American Championships, Tampa, Florida. Bob Fine, 4223 Palm Forest Drive, Delray Beach, FL 33445.

December 28. Holiday Weight & Regular Pentathlon, Delray Beach, Fla. Randy Cooper or Phil Partridge, 222 NE 22 Lane, Delray Beach FL 33444. 305/278-2241.

MIDWEST

June 14-15. Senior Classic, Indianapolis, M&W55+ on 14th; all others on 15th. James Ware, 922 E. Washington, Indianapolis IN 46202. 317/638-0466.

June 21. Wisconsin United Masters Meet, U. of Wisconsin-Madison. Jerry A. Robinson, 1205 Manhasset Pl., Madison WI 53711. 608/271-6725.

June 28. Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., So. Euclid OH 44121. 216/382-2656.

June 28. 3rd Annual Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill.

Pete Stopoulos, 1029 16th Ave., E. Moline IL 61244. 309/755-2655. Also 1st of four meets in Illinois Grand Prix Masters Series.

July 12. Midwest Masters Regional Championships, York High School, Elmhurst, Ill. Dick Green, P.O. Box 6147, Rockford IL 61125. 815/397-5685. 2nd of Four Grand Prix Masters meets.

July 26. Super Dad Weight Pentathlon, honoring Harold Parsons. Hope College, Holland, Mich. P. Partridge, 2060 W. 32nd St., Holland MI 49423.

August 10. Illinois Masters Grand Prix Series, Illinois Wesleyan U., Normal, Ill. 3rd of 4 meets. Dick Lindsey, 1815 Hollyhock Dr., Rockford, IL 61107. 815/397-5685.

August 23-24. Weight Pentathlon and Weights Clinic, Kent, Ohio (near Cleveland). Deadline for application: August 1. Joe/Mary Charbourne, 18554 Haskins Road, Chagrin Falls OH 44022. 216/464-1775; 216/543-1932.

September 14. Ohio TAC Two Hour Track Run Championships and 5th Annual Wolfpack Throwing Classic. John White, Wolfpack TC, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547 (h); 424-7011 (o).

MID-AMERICA

June 10-July 9. Mini meets on Tue. Wed., Thurs., in St. Louis area. Jim Irwin or Audrey Hitch, 314/394-3227.

June 21. Blue Valley Optimist Olympics, Stanley, Kans. Harry McDonald, 11917 W. 143rd, Olathe KS 66062. 913/897-9630.

July 12. 5th Annual Metro Championships, Ladue High School, St. Louis. Jim Irwin, 536 Windsor Mill Drive, Ballwin MO 63011. 314/394-3227.

August 10. Chillicothe Masters Meet, Chillicothe, Missouri. Joe Shy, P.O. Box 745, Chillicothe MO 64601. 816/646-3823; 646-1023.

August 30-31. Rocky Mountain Games, U. of Colorado, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

SOUTH WEST

June 21. Hill Country Classic, Mason, Texas. Lee Graham. Mason TX 77856. 915/347-5620 (h); 347-5921 (w).

June 29. TAC Southwest Regional Masters Championships, Rice University, Houston. Ray Stanfield, Rice U. Dept. of Athletics, P.O. Box 1892, Houston TX 77251.

July 12. West Texas Masters Meet, Lions Stadium, Ozona, Texas. Pete Maldonado, P.O. Box 1584, Ozona TX 76943. 915/392-3809 (res) 392-3850 (bus).

August 2. Texas Masters Championships, U. of Texas-Arlington. Joe Murphy, 4309 N. Central Expressway, Suite 206, Dallas TX 75206. 214/824-3800.

WEST

June 7. Southern California Open & Masters Meet, Southwestern College, Chula Vista, Calif. Joe Horn, 1147 Agate St., San Diego CA 92109. 619/488-8885.

June 14. All-American Track Club Meet, Cal State Northridge, Northridge, Calif. 1 p.m. Frank Reilly, 8307 Joan Lane, Canoga Park, CA 91304. 818/716-7280.

June 21. Trojan Masters Invitational, Los Angeles, Jim Vernon, 1147 W. Rowland Ave., W. Covina CA 91790. 818/318-1623.

June 23-August 1. All-comers meets, Los Angeles. Mon: Southwest College; Tues: Venice HS; Wed: Birmingham HS; Thurs: Bell HS. 7 p.m. Masters events each Wed. at Birmingham.

June 28. TAC Southern California Association Masters Championships, Occidental College, Los Angeles, Calif. Doug Smith, 20861 Queens Park Lane, Huntington Beach CA 92646.

July 5-6. TAC Western Regional Masters Championships, Edwards Field, Berkeley, Calif. Mark Grubi, P.O. Box 4512, San

Francisco CA 94101.

July 26. North American Weight Pentathlon, Cal State Northridge, Northridge, Calif. Frank Reilly, 8307 Joan Lane, Canoga Park CA 91304, 818/716-7280.

August 2. Northern California Senior Olympics (50+). U. of California, Berkeley, SASE to NCSO, Oakland Parks and Recreation Dept., 1520 Lakeside Drive, Oakland CA 94612. 415/273-3791.

August 9. 1986 Challenge Cup, Cal State Northridge, Northridge, Calif. Youth/Open/Masters. 10 a.m. Frank Reilly, 8307 Joan Lane, Canoga Park, CA 91304. 818/716-7280.

August 23. Valley Masters/Open, Cal State Northridge, Northridge, Calif. See August 9.

August 23. 1st Annual National Masters News Age-Handicapping Meet, Birmingham High, Van Nuys, Calif. 4 p.m. NMN, P.O. Box 2372, Van Nuys CA 91404. 213/557-2422; 818/785-1895.

August 30. Patriots Summer Relays, Los Angeles Southwest College. L.A. Patriots, P.O. Box 2981, Beverly Hills CA 90213-2981. 213/388-9689.

September 6. Last Chance Meet, Cal State Northridge, Northridge, Calif. Youth/Open/Masters. Frank Reilly, 8307 Joan Lane, Canoga Park, CA 91304. 818/716-7280.

October 4. Club West Masters, U.C. Santa Barbara, Goleta, Calif. Geo. H. Adams, P.O. Drawer K, Goleta CA 93117. 805/687-6323.

NORTHWEST

June 7. Senior Sports Festival, U. of Washington Stadium, W. Seattle, Wash. 206/625-2986.

June 14-15. Southern Oregon Decathlon/Heptathlon, So. Oregon St. College, Ashland, Ore. M. Cartwright, Athletic Dept., So. Oregon St., Ashland, OR 97520. 503/482-6236.

July 11-12. TAC Northwest Regional Masters Championships, Mt. Hood Community College, Gresham, Oregon. Jim Puckett, 26000 S.E. Stark, Gresham OR 97030. 503/667-7354.

August 2-3. Hayward Masters Classic, Silke Field, Eugene, Ore. John Wilson, 2660 Emerald, Eugene OR 98403. 503/343-5386.

August 8-9. 8th Montana Masters Championships, Bozeman. Mike Carignan or Rob Start, P.O. Box 5131, Bozeman, MT 59717-5131. 406/587-8726; 994-3761.

INTERNATIONAL

June 13-15. 10th Italian International Championships, Verona, Italy. Masters Sport, via Martinetti, 7, 20147 Milano, Italy.

June 28. 5th European Veterans Championships, Malmo, Sweden. Europeans only.

June 28-29. International Veteran Track and Field Meet, Budapest, Hungary. (M40+, W35+). Orzagos Veteran Atletikai Szovetseg, Bozsa Gyorgy ut 1-3, Budapest H-1143, Hungary. Telex: 22-5105.

June 28-29. International Austrian Senior Athletes Championships, Dornbirn, Austria. 100K from Zurich, Switzerland. Mag. Dr. Gunter Pichler, Haldengasse 27a, A-6850 Dornbirn, Austria. Tel. 05572/61 7 39.

July 26-27. 4th Asian Veterans Championships, Jakarta, Indonesia. Hari Chandra, Block 44, No. 24-12, Marine Crescent, Singapore 1544. Telephone: 4422967.

August 11-23. Masters Trek to China for International T&F Meet in Nanjing and 5K/10K Runs in Hangzhou. Sports Travel, PO Box 7823, San Diego CA 92107.

August 16. 7th International Veterans Athletics Meet, Baden (near Zurich), Switzerland. M33+, W30+. LC vom Stein

Continued on page 25

Continued from page 24

Baden, P.O. Box, CH 5400 Baden, Switzerland.

September 6-14. 3rd Oceania Championships, Western Samoa. Clem Green, 46 Hargreaves St., Wellington 2, New Zealand.

October 4-5. North American Championships. Tampa, Florida. Bob Fine, 4223 Palm Forest Drive, Delray Beach, FL 33445, U.S.A.

October 10-12. Pan American Masters Championships, San Juan, Puerto Rico.

October 18-19. Hong Kong International Veterans Meet, Hong Kong. M&W 35+. Athletic Veterans of Hong Kong, GPO Box 10368, Central Hong Kong.

November 6-9. III South American Veterans Championships, Santa Fe, Argentina.

November 28-December 6, 1987. VII World Veterans Games, Melbourne, Australia. Men 40+, Women 35+. No qualifying standards. World Veterans Games, P.O. Box 311, Greensborough, Victoria 3088, Australia. Phone: 03-4356743.

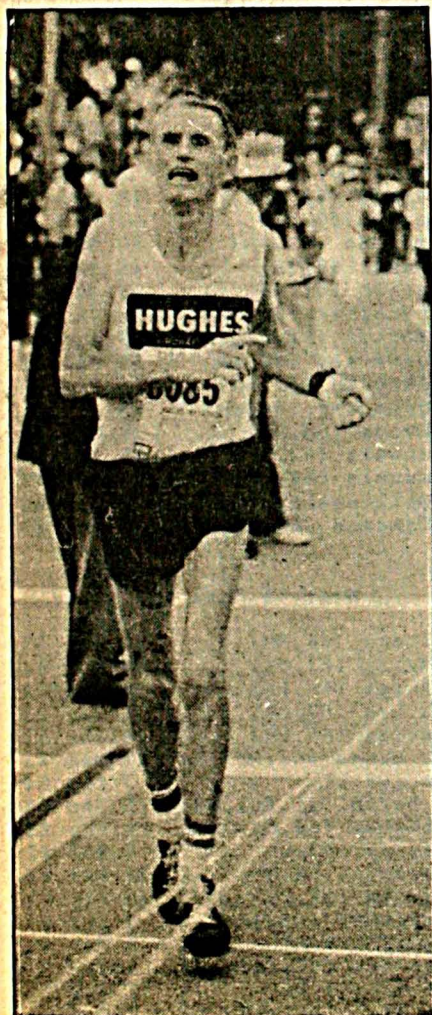
LONG DISTANCE RUNNING NATIONAL

January 1-October 31. U.S. TAC National Masters One-Hour Postal Championships. Mail results to: Cliff Sharp, Harding College, P.O. Box 765, Searcy AR 72143 501/268-6161.

January 1-October 31. U.S. TAC National Masters Two-Hour Postal Championships. Send results to: Bruce Robinson, 6322 Eileen Ave., Los Angeles CA 90043.

June 1. U.S. TAC National Masters 30K Racewalk Championships, New York, N.Y. Howard Jacobson, 445 E. 86th St., New York NY 10028. 212/722-9255.

June 6-7. U.S. TAC National Masters 100-Mile Championships, Shea Stadium, New York. Vince Chiapetta, 3404 Corlear Ave., Bronx, NY 10463. 212-796-5189. (h) 212/720-7105 (o).



Patrick Devine, 57, coming in with 2:50:03 in the L.A. Marathon, March 9. Photo by Richard Lee Slotkin

June 7. U.S. TAC National Masters 15K Championships, St. Clairsville, Ohio. Pete League, 11 Wildwood Rd., St. Clairsville OH 43950. 614/695-6250.

July 12. U.S. TAC National Masters 10K Racewalk Championships, Niagara Falls, N.Y. Don Winiecki, 161 Stewart Ave., Buffalo NY 14211. 716/896-7609.

July 27. U.S. TAC National Masters Marathon Championships, Olympia, Washington. Carl Glatze, P.O. Box 1681, Olympia WA 98507.

August 9. U.S. TAC National Masters 10K Championships, Asbury Park, N.J. Phil Benson, Box 2287, Ocean Township NJ 07712. 201/531-4156.

September 6. U.S. TAC National Masters 5K Road Championships, Little Rock, Arkansas. Randy Taylor, 13610 Beckenham Rd., Little Rock, AR 72712. 501/224-2823.

September 14. U.S. TAC National Masters Half-Marathon Championships. Philadelphia, PA. Steve Anderson, West Moreland Coal Co., 123 S. Broad St., Philadelphia PA 19107. 215/252-4500.

September 21. U.S. TAC National Masters 25K Championships, Joliet, Illinois. Henrietta Agney, 306 N. Larkin Ave., Joliet IL 60435. 815/744-5560.

September 28. U.S. TAC National Masters 40K Racewalk Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., W. Long Branch NJ 07764. 201/222-9213.

October 12. U.S. TAC National Masters 20K Championships, Eisenhower Park, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554. 516/731-3452.

October 26. U.S. TAC National Masters 5K Cross-Country Championships, Van Cortlandt Park, New York City, Ted Foy, 54 W. 119th St. No. 2, New York NY 10026. 212/369-1271.

November 16. U.S. TAC National Masters 10K Cross-country Championships, Holmdel, New Jersey, Ron Salvio, Century 21 AC, Box 116A, Highway 33, Englishtown NJ 07726. 201/446-4959; 201/928-3852.

November 23. U.S. TAC National Masters 15K Cross-Country Championships, Van Cortlandt Park, New York City. Kurt Steiner, 1660 E. 21st St., Brooklyn NY 11210. 718/336-3025.

December 6. U.S. TAC National Masters 8K Championships, Tampa, Florida. Dick Lacey, 1207 S. Duncan Ave., Clearwater FL 33516. 813/447-7161.

NEW ENGLAND

August 10-16. Green Mountain Running Camp, Dartmouth College, Hanover, N.H. John Holland, 2434 Hawthorne Dr., Yorktown Hts., NY 10598. 914/962-3312 (e).

August 17. Puma/Falmouth Road Race 7.1 Miles, Falmouth, Mass. SASE to Richard Sherman, P.O. Box 732, Falmouth MA. 617/540-2601.

August 17-23. Green Mountain Running Camp, Lyndon State College, Lyndonville, Vt. 2nd Session. See August 10-16 above.

EAST

July 6-12. Arthur Lydiard Running Camp, Bard College, Annandale-on-Hudson, New York. Tom Robinson, 128 Clarence Rd., Scarsdale NY 10583.

August 3. Blue Cross 10K, and Masters 100m, 800, & 1500, Underhill Field, Maplewood, N.J. SASE to Summer Track Festival, c/o Essex County Dept. of Parks, 115 Clifton Ave., Newark NJ 07104. 201/482-6400.

August 9. Asbury Park Classic 10K, Asbury Park, N.J. Phil Benson, P.O. Box 2287, Ocean Township NJ 07712. 201/531-4156.

November 2. New York City Marathon. New York RRC, 8 E. 89th St., New York NY 10128. 212/860-4455.

SOUTHEAST

July 4. Peachtree 10K, Atlanta, Ga. Julia Emmons, 3097 E. Shadowlawn, Atlanta GA 30305. 404/231-9064.

August 23. Maggie Valley 8K, Waynesville, N.C. Reimar Steffen, P.O. Box 416, Waynesville NC 28786. 704/456-6773.

December 13. Humana Rocket City Marathon, Huntsville, Ala. Huntsville TC, c/o Harold Tinsley, 8811 Edgehill Dr., Huntsville AL 35802.

MIDWEST

July 4. Marathon Independence Day 10K RR (Y,O,M), Columbus, Ohio. Bill Schmidt, Wolfpack TC, 6163 Laurelwood Ct., Columbus, OH 43229. 614/895-1514 (h); 261-7650 (o).

July 19. Bix 7-Miler, Bettendorf, Iowa. Ed Froelich, 2685 E. Kimberly Rd., Bettendorf IA 52722. 313/359-9197.

August 7. Manufacturers Hanover Corporate Challenge, Chicago, Ill. CARA, 708 N. Dearborn St., Chicago, IL 60611. 312/664-8257.

October 26. America's Marathon/Chicago, Chicago, Ill. America's Marathon/Chicago, 214 W. Erie St., Chicago IL 60610. 312/951-0660.

November 16. Columbus Bank Ofe Marathon, Ohio TAC Marathon Championships (O.M). Mike Collins, The Ohio Runner, P.O. Box 20215, Columbus, OH 43220. 614/889-9066.

MID-AMERICA

June 21. Grandma's Marathon, Duluth, Minn. Grandma's Marathon, P.O. Box 6234, Duluth MN 55806. 218/727-0947.

July 6. V.P. Fair 10K/3K, St. Louis, Mo. St. Louis TC, 6611 Clayton Rd., Suite 200, St. Louis, MO 63117. 314/862-SLTC.

October 12. Twin Cities Marathon, Minneapolis-St. Paul, Minn. Jack Moran, P.O. Box 24193, Minneapolis MN 55424. 612/929-8646.

WEST

June 7. Alive and Well in L.A. 5K/10K and 5K Fun-Walk. SCA/TAC 10K Championships. Griffith Park, Los Angeles. Focus on age 30+. Tom Sturak, 3112 Thatcher Ave., Marina del Rey CA 90292. 213/827-5672.

June 22. Western States Endurance 100 Mile run, Squaw Valley to Auburn, Calif. Curt Sproul, Weintraub et.al, 2535 Capitol Oaks, Sacramento CA 95833.

June 26. Harolene Walters 8K, Legg Lake, Pico Rivera, Calif., 6 p.m. 5-year divisions thru 69. Arthur Martinez, 213/942-8774.

July 20. San Francisco Marathon, San Francisco, Calif. Scott Thomason, P.O. Box 27385, San Francisco CA 94127. 415/681-2322.

August 24. 9th Annual America's Finest City Half-Marathon, San Diego, Calif. American Lung Association, 3861 Front St., P.O. Box 3879, San Diego, CA 92103. 619/297-3901.

NORTHWEST

June 1. The Race 8K, Eugene, Oregon. David Heisler, P.O. Box 11364, Eugene OR 97440. 503/995-8248.

June 29. Cascade Run Off 15K, Portland, Oregon. Chuck Galford, CRO, P.O. Box 40228, Portland OR 97240. 503/643-6453.

July 12. Not Over The Hill Grand Masters 5 Mile, Issaquah, Wash. M&W 50+. Not Over The Hill Run, 200 W. Mercer St., Ste. 310, Seattle WA 98119. 206/283-1812.

July 12. Providence Point's Not Over the Hill 5-Mile Run. Ages 50-and-over. Providence Point, Issaquah, Washington. Featuring George Sweeney. Not Over the Hill Run, 200 West Mercer St. Suite 310, Seattle WA 98119. 206/392-1922.

November 1. 10th Annual Canada vs. USA Masters 10K Cross-country Challenge,

ON TAP FOR JUNE

TRACK & FIELD

The season kicks into high gear with several meets each weekend. Meets in Seattle, San Diego, Miami and the TAC Southeast Regionals in Atlanta are set for the 7th. On the 14th, it's on to Indianapolis, Massachusetts and Los Angeles. The MAC Championships are set for New York City on the 15th.

There are seven — count 'em, seven — meets on the 21st: in Kansas, Los Angeles, South Carolina, Wisconsin, Texas, Rhode Island and New Jersey. And six more on the final weekend including two TAC Regional Masters Championships: the Eastern in Philadelphia and the Southwest in Houston, plus meets in Cleveland, Los Angeles, Illinois, and Hungary. That's a total of 21, not to mention dozens of local all-comers meets. Clearly masters track & field is growing fast.

LONG DISTANCE RUNNING

The U.S. TAC National Masters 15K Championship is the big masters race this month on the 7th in St. Clairsville, Ohio. Also on the 7th is the Alive & Well 5K/10K in L.A. Minnesota is one of the few states where you can run a fast marathon in June, and many will at Grandma's in Duluth on the 21st. The popular Cascade Run Off 15K in Portland, Oregon is a last-Sunday-in-June fixture, as is the Brugge International Veterans 25K in Belgium, one of the world's top races for over-age-40 runners. □

Sunset Park, Seattle, Bob Langenbach, 4261 S. 18th St., Seattle WA 98188. 206/433-8868.

INTERNATIONAL

June 29. 13th International 25K for Veterans, Brugge, Belgium (M40+, W35+). Also 3K & 10K for women on June 28. Fit Veteraan, Postbus 7, B-8000 Brugge 1 Belgium.

September 28. Berlin Marathon, Berlin, W. Germany. Sport-Club Charlottenburg e.V., Berlin-Marathon, Meinekestrasse 13, D-1000 Berlin 15. U.S. representative: Guenter Erich, 39 W. Parkway, Pequannock NJ 07440.

October 4-5. XIX World Veterans (IGAL) 10K and Marathon Championships, Richmond, B.C., Canada. Men 40+, Women 35+. Vancouver Masters Road Running Society, 4640 Fairlawn Drive, Burnaby BC Canada V5C 3R6 - Telex 04 51588. \$25 one race. \$40 both races. Travel details from Alouette Travel, 11954 224th St., Maple Ridge B.C. V2X 6B3 Canada. 604/467-5535; Telex 04 51251.

March 15-17, 1987. 20th World Veterans (IGAL) Cross Country, 10K and 25K Championships, Israel. Men 40+, Women 35+. Barry Shaw, 6 Shmuel Hanatziv Street, Netanya, Israel 42281. Telephone: 053-31343. Telex: 341929. □

AMERICAN FIVE-YEAR AGE-GROUP LONG DISTANCE ROAD RECORDS AS OF JANUARY 1, 1986

(Compiled by the National Running Data Center, and recognized as the official U.S. road records by The Athletics Congress (TAC) and the Road Runners Club of America (RRCA).)

Abbreviations

- a point-to-point course
- d pending verification of date of birth by birth certificate
- p pending remeasurement of the course or receipt of stopped times
- R mark to be submitted for ratification
- x not officially recognized for records at this date
- y mark established at 5 miles rather than 8 kilometers

Open Men

5 km	14:11	px	John Moreno (30,CA)	16 Jun 85
8 km	22:04		Alberto Salazar (22,OR)	4 Jan 81
10 km	27:48		Mark Nenow (27,KY)	2 Mar 85
	27:22a		Mark Nenow (26,KY)	1 Apr 84
12 km	34:19	px	Jon Sinclair (25,CO)	5 May 83
15 km	42:41		Paul Cummings (29,UT)	26 Jun 83
10 mi	46:13		Greg Meyer (27,MA)	27 Mar 83
20 km	58:38	p	Herb Lindsay (26,CO)	20 Sep 81
hf mara	1:00:55		Mark Curp (26,MO)	15 Sep 85
25 km	1:15:27	p	Randy Thomas (28,MA)	7 Nov 81
30 km	1:33:56	p	Alex Kasich (27,OR)	1 Aug 82
	1:32:10a		Don Norman (25,PA)	18 Mar 84
	1:31:49a	R	Phil Coppess (31,IA)	6 Oct 85
20 mi	1:40:47		Tom Fleming (22,NJ)	24 Feb 74
	1:39:41a		Fred Tornedon (27,KS)	30 Sep 84
marathon	2:09:21	p	Alberto Salazar (25,OR)	4 Dec 83
	2:08:52a		Alberto Salazar (23,OR)	19 Apr 82
50 km	2:50:55	p	Don Paul (32,CA)	6 Nov 82
50 mi	4:51:25		Barney Klecker (29,MN)	5 Oct 80
100 km	6:38:21		Bernd Heinrich (41,VT)	4 Oct 81
100 mi	12:56:34	p	Stuart Mittleman (31,NY)	5 Jun 82

Men- 40 thru 44

5 km	15:07.4	pdx	Bill Stewart (41,MI)	5 Feb 84
8 km	25:12		Kirk Randall (42,MA)	25 Jul 84
	25:05ay		Tony Mifsud (40,MI)	18 Mar 84
10 km	29:57		Barry Brown (40,NY)	18 Aug 84
12 km	39:04	pdx	Mike Heffernan (42,OR)	5 May 83
15 km	45:58		Bill Stewart (40,MI)	5 Feb 83
10 mi	49:46		Barry Brown (40,NY)	31 Mar 85
20 km	1:05:36		Tony Mifsud (41,MI)	14 Apr 85
hf mara	1:07:54		Herb Lorenz (40,NJ)	16 Sep 79
	1:06:31a	p	Mike Manley (40,OR)	22 Aug 82
25 km	1:21:25	pd	Bruce Mortenson (41,MN)	15 Sep 85
30 km	1:40:52		Hal Higdon (42,IN)	23 Sep 73
	1:38:25a	d	Bruce Mortenson (41,MN)	6 Oct 85
20 mi	1:48:25	pd	Gary Muhrcke (40,NY)	22 Feb 81
	1:42:08a		Barry Brown (40,NY)	30 Sep 84
marathon	2:23:08		William Hall (42,NC)	12 Sep 82
	2:17:10	p	Mike Manley (40,OR)	16 Jan 83
	2:15:15a		Barry Brown (40,NY)	30 Sep 84
50 km	3:00:00		Jeff Wall (40,CA)	6 Nov 82
50 mi	5:10:13		Bernd Heinrich (41,VT)	4 Oct 81
100 km	6:38:21		Bernd Heinrich (41,VT)	4 Oct 81
100 mi	14:19:14	p	Robert VandeKieft (42,NY)	6 Jun 81

Men- 45 thru 49

5 km	15:05	px	Sal Vasquez (45,CA)	16 Jun 85
8 km	25:49y	p	Herb Lorenz (46,NJ)	18 May 85
10 km	31:06		Sal Vasquez (45,CA)	4 Aug 85
	30:51	p	Sal Vasquez (45,CA)	27 May 85
12 km	40:31	pdx	William Johnston (46,UT)	20 May 84
15 km	47:28	p	Sal Vasquez (45,CA)	16 Mar 85
10 mi	51:55	p	Sal Vasquez (45,CA)	17 Nov 85
20 km	1:06:26	p	Darryl Beardall (45,CA)	6 Feb 82
hf mara	1:09:15		Oscar Moore (45,NJ)	18 Sep 83
25 km	1:22:49	pd	Dan Conway (45,WI)	9 Sep 84
30 km	1:45:43	d	Jim McDonagh (47,NY)	28 Mar 71
20 mi	1:57:53	p	John Dugdale (48,CT)	27 Feb 83
	1:49:10a		Jim Bowers (45,CA)	30 Sep 84
	1:49:10a	d	Dan Conway (45,WI)	30 Sep 84
marathon	2:28:46		John Brennan (45,CA)	13 Sep 81
	2:25:50	p	Jim Bowers (45,CA)	14 Oct 84
	2:26:45a		William A Johnston (45,UT)	2 Oct 82
	2:21:32a	R	Jim Bowers (45,CA)	16 Jun 84
50 km	3:10:15	d	Mel Williams (46,VA)	1 Apr 84
50 mi	5:29:44	d	Roger Rouiller (47,GA)	13 Oct 85
100 km	8:22:29	p	Lary Webster (49,WA)	24 Apr 83
100 mi	14:26:28	pd	Don Jewell (45,NY)	17 Jun 83

Men- 50 thru 54

5 km	15:55.8	pdx	Bill Foulk (51,NH)	8 Sep 84
8 km	25:42y		Norm Green (52,PA)	27 Jun 84
	25:25a	p	Ray Hatton (51,OR)	5 Jun 83

10 km	31:48		Ray Hatton (50,OR)	23 May 82
12 km	40:23	px	Ray Hatton (53,OR)	19 May 85
15 km	49:24		Norm Green (53,PA)	30 Jun 85
	49:15	p	Norm Green (51,PA)	13 May 84
10 mi	52:53		Norm Green (50,PA)	27 Mar 83
20 km	1:05:50		Norm Green (50,PA)	29 May 83
hf mara	1:09:30		Norm Green (52,PA)	16 Sep 84
25 km	1:24:12		Norm Green (51,PA)	27 May 84
30 km	1:46:42	p	Norm Green (51,PA)	17 Dec 83
20 mi	2:02:03	pd	Don Dixon (53,NY)	22 Feb 81
	1:51:44a		Norm Green (52,PA)	30 Sep 84
marathon	2:29:11		Norm Green (51,PA)	6 May 84
	2:25:51	p	Norm Green (52,PA)	2 Dec 84
	2:26:06a		Norm Green (52,PA)	30 Sep 84
50 km	3:19:33		John L Sullivan (50,MA)	13 Mar 82
50 mi	5:35:03		Ted Corbitt (50,NY)	18 Oct 70
100 km	7:38:43		John L Sullivan (50,MA)	3 Oct 82
100 mi	15:44:08	p	Jim Roser (53,PA)	17 Jun 84

Men- 55 thru 59

5 km	17:08	px	Howard Rubin (57,NY)	9 Jun 85
8 km	27:54		Ross Smith (55,NV)	19 May 83
	27:54y	d	Jack Angel (55,OK)	11 Jul 82
10 km	33:49	p	Alex Ratelle (57,MN)	27 Mar 82
12 km	44:35	px	Orlo Kenniston (58,WA)	19 May 85
15 km	50:57	p	Alex Ratelle (56,MN)	29 Aug 81
10 mi	58:12		Hubert Morgan (58,PA)	30 Mar 80
20 km	1:13:23		Ross Smith (55,NV)	29 May 83
	1:09:51	p	Alex Ratelle (56,MN)	5 Sep 81
hf mara	1:15:26		Ed Almeida (55,CA)	4 Jul 77
	1:14:47	pd	Gaylon Jorgensen (56,UT)	17 Nov 85
25 km	1:31:36	p	Alex Ratelle (58,MN)	11 Sep 83
30 km	1:57:49		Bob Bartling (55,SD)	27 Sep 81
	1:52:42	p	Howard Rubin (55,NY)	17 Dec 83
20 mi	2:07:13	pd	Don Dixon (56,NY)	26 Feb 84
marathon	2:37:40		Alex Ratelle (58,MN)	12 Sep 82
	2:30:41a	p	Alex Ratelle (56,MN)	20 Jun 81
50 km	3:56:15	pd	Conrad Carr (56,MN)	7 Nov 81
50 mi	5:53:08		Alex Ratelle (57,MN)	4 Oct 81
100 km	9:32:50	pd	John Stowers (56,TX)	19 Jan 85
	9:31:32	pd	James Maganas (57,MI)	13 Oct 85

Men- 60 thru 64

5 km	17:19.4	px	John Hosner (60,VA)	22 Jun 85
8 km	30:44y	d	Rudy Nimmons (61,SC)	1 Aug 81
	28:15	p	Jim O'Neil (60,CA)	14 Jul 85
10 km	34:27		Jim O'Neil (60,CA)	4 Aug 85
12 km	47:27	pdx	Joe Powers (60,IL)	6 Oct 85
15 km	54:23		Clive Davies (62,OR)	25 Jun 78
10 mi	58:55		John Hosner (60,VA)	31 Mar 85
20 km	1:16:55	p	Hubert Morgan (62,PA)	23 Sep 84
hf mara	1:18:10		John Hosner (60,VA)	15 Sep 85
25 km	1:37:13	p	Alex Ratelle (61,MN)	15 Sep 85
	1:41:07a		Don Longenecker (64,NM)	25 Jan 81
30 km	2:03:02	pd	Gerald Morton (61,HI)	28 Aug 84
	2:02:57a		Don Longenecker (64,NM)	25 Jan 81
20 mi	2:09:12	p	George Sheehan (61,NJ)	24 Feb 80
	2:12:17a		Don Longenecker (64,NM)	25 Jan 81
marathon	2:42:44		Clive Davies (64,OR)	28 Oct 79
50 km	3:48:56	p	Frans Pauwels (62,OR)	18 Apr 81
50 mi	6:24:18	p	Frans Pauwels (60,OR)	29 Oct 78
100 km	9:31:25	p	George Billingsley (60,CA)	25 Apr 82
100 mi	21:07:01	pd	Samuel Freeman (62,NY)	17 Jun 83

Men- 65 thru 69

5 km	19:31.4	pdx	John Rastani (66,NY)	20 Oct 85
8 km	29:46		Clive Davies (67,OR)	19 May 83
10 km	35:52		Clive Davies (66,OR)	23 May 82
12 km	44:11	px	Clive Davies (67,OR)	5 May 83
15 km	55:16		Clive Davies (65,OR)	28 Jun 81
10 mi	1:07:42	R	Fletcher Hanks (65,MD)	27 Mar 83
20 km	1:25:59		Ed Vuolo (68,CT)	3 Sep 84
hf mara	1:23:50	d	Michael Bertolini (65,NJ)	15 Sep 85
25 km	1:49:35	p	John Holoubek (66,CA)	19 Sep 82
30 km	1:58:12		Clive Davies (66,OR)	6 Feb 82
20 mi	2:25:31	p	Wilfredo Rios (65,NY)	28 Feb 82
marathon	2:42:49		Clive Davies (66,OR)	13 Sep 81
50 km	4:10:34		Victor Harkoff (65,WA)	5 Jan 85
50 mi	7:49:35		Cleo Casady (68,MO)	4 Oct 81
	7:40:00	p	Wilfredo Rios (67,NY)	3 Dec 83
100 km	15:03:46		George Knox (69,OH)	12 Apr 81
	14:05:15	p	Wilfredo Rios (68,NY)	7 Nov 84
100 mi	18:42:50	p	Wilfredo Rios (66,NY)	17 Jun 83

Continued from previous page

Men- 70 thru 74

5 km	21:31.4px	William Brobston (71,NY)	5 Feb 84
8 km	34:09y	Sandy MacLean (70,NH)	21 Nov 82
10 km	41:09	Alfred Funk (70,MT)	21 Sep 84
12 km	1:04:00 x	Eugene Keller (70,OH)	9 Feb 85
15 km	1:04:00	Eugene Keller (70,OH)	9 Feb 85
10 mi	1:12:05	Ed Benham (73,MD)	5 Apr 81
	1:11:39a pd	Fred Ely (70,NJ)	5 May 85
20 km	1:27:42 p	William Andberg (70,MN)	5 Sep 81
hf mara	1:34:22	Mac Osborn (70,CA)	5 Feb 84
25 km	1:59:08	Vernon Geary (70,VA)	22 Jan 83
	1:39:59 R	Clive Davies (70,OR)	8 Sep 85
30 km	2:25:58	Vernon Geary (70,VA)	5 Feb 83
20 mi	2:53:50 pd	Luis Martin (70,NJ)	28 Feb 82
	2:47:56a	L L Daby (70,AZ)	25 Jan 81
marathon	3:07:26	Monty Montgomery (71,CA)	16 Oct 77
	3:04:16a R	Clive Davies (70,OR)	6 Oct 85
50 km	4:34:51	Ed Benham (74,MD)	13 Mar 82
50 mi	12:39:18	George Knox (72,OH)	1 Apr 84

Men- 75 thru 79

5 km	21:11.1px	Ed Benham (76,MD)	5 Feb 84
8 km	34:40	Ed Benham (75,MD)	4 Dec 82
	34:21 p	Ed Benham (78,MD)	29 Sep 85
10 km	43:24	Ed Benham (75,MD)	25 Jun 83
12 km	1:06:34 x	Ed Benham (75,MD)	3 Oct 82
15 km	1:06:34	Ed Benham (75,MD)	3 Oct 82
10 mi	1:12:13	Ed Benham (76,MD)	1 Apr 84
	1:12:11 p	Ed Benham (78,MD)	13 Oct 85
20 km	1:30:10	Ed Benham (75,MD)	29 May 83
hf mara	1:37:51	Ed Benham (75,MD)	13 Apr 83
25 km	1:56:18	Ed Benham (75,MD)	6 Nov 82
30 km	2:51:40	Ed Benham (77,MD)	23 Sep 84
	2:28:00 R	Ed Benham (78,MD)	7 Dec 85
20 mi	2:42:38	Ed Benham (77,MD)	22 Dec 84
marathon	3:34:42	Ed Benham (76,MD)	6 Nov 83
	3:33:27 p	Ed Benham (77,MD)	2 Dec 84
50 km	5:03:38	Ed Benham (77,MD)	23 Oct 84
50 mi	11:22:44	Ben Mostow (78,IL)	4 Oct 81

Men- 80 thru 84

5 km	33:49 px	Jacob Bishin (83,CA)	6 May 84
8 km	41:23y p	Max Popper (80,NY)	9 Jul 83
10 km	53:45a	Max Popper (81,NY)	1 Jul 84
12 km	1:09:05 pdx	Cyril Woods (81,OR)	5 May 83
15 km	1:29:04	Cyril Woods (81,OR)	26 Jun 83
10 mi	1:44:34	Waldo McBurney (80,KS)	30 Jul 83
	1:30:59 p	Max Popper (80,NY)	28 Apr 84
	1:35:58 d	Percy Perry (81,NJ)	31 Mar 85
20 km	1:58:35 p	Paul Spangler (81,CA)	27 Apr 80
hf mara	1:59:21 p	Max Popper (80,NY)	28 Aug 83
25 km	2:23:43	Max Popper (80,NY)	2 Oct 83
30 km		no marks	
20 mi	5:53:53a d	Theodore Hyde (80,OR)	23 Sep 84
marathon	4:53:11	Paul Spangler (84,CA)	24 Jul 83
50 km		no marks	
50 mi	12:13:35	Ben Mostow (80,IL)	2 Oct 83

Men- 85 thru 89

5 km	46:11 pdx	Herb Kirk (88,MT)	2 Jun 84
8 km	47:03y p	Paul Spangler (85,CA)	17 Mar 85
10 km	58:50	Paul Spangler (85,CA)	3 May 84
12 km		no marks	
15 km	1:32:00	Paul Spangler (85,CA)	13 Oct 84
10 mi		no marks	
20 km	2:07:49 p	Paul Spangler (85,CA)	25 Mar 84
hf mara	2:50:53a d	Noel Johnson (85,CA)	19 Aug 84
25 km		no marks	
30 km		no marks	
20 mi		no ratifiable marks	
marathon	5:21:51 p	Paul Spangler (85,CA)	2 Dec 84

Open Women- mixed races

5 km	16:09 px	Betty Springs (23,NC)	17 Feb 85
8 km	25:52	Lisa Weidenbach (23,MI)	26 May 85
	25:34y p	Lynn Jennings (25,NH)	10 Nov 85
10 km	31:57	Joan Benoit (26,ME)	10 Mar 84
12 km	39:20 px	Judi St Hilaire (26,MA)	6 Oct 85
15 km	49:25	Betty Springs (23,FL)	9 Mar 85
10 mi	53:18	Joan Benoit (25,ME)	21 Aug 82
20 km	1:08:34	Joan Benoit (27,ME)	17 Sep 84
	1:06:52 p	Cathie Twomey (25,OR)	7 Mar 82
hf mara	1:08:34	Joan Benoit (27,ME)	17 Sep 84
25 km	1:27:26 p	Joan Benoit (27,ME)	11 May 85
30 km	1:52:42 p	Jane Welzel (27,MA)	19 Sep 82
	1:51:20 p	Marilyn Hulak (25,NY)	17 Dec 83
	1:43:27a	Lisa Weidenbach (23,MA)	24 Mar 85
20 mi	2:04:37 p	Burke Koncelik (28,NY)	28 Feb 82
	1:57:49a	Debbie Muller (25,MA)	30 Sep 84
marathon	2:26:11	Joan Benoit (25,MA)	12 Sep 82
	2:22:43a	Joan Benoit (25,MA)	18 Apr 83
	2:21:21a R	Joan Samuelson (28,ME)	20 Oct 85
50 km	3:13:51	Janis Klecker (23,MN)	17 Dec 83
50 mi	5:59:26	Marcy Schwam (29,NY)	3 Oct 82
100 km	7:59:59	Sandra Kiddy (45,CA)	3 Oct 82
	7:47:29 R	Marcy Schwam (28,NY)	19 Sep 81
	7:49:17a	Sandra Kiddy (47,CA)	27 Oct 84
100 mi	15:31:57 p	Donna Hudson (35,NY)	17 Jun 83

Women- 40 thru 44

5 km	17:32.9px	Shirley Matson (44,CA)	27 Oct 85
8 km	28:41	Judy Fox (40,CA)	4 Jan 81
	28:12y p	Cindy Dalrymple (41,NY)	9 Jul 83
10 km	34:44	Cindy Dalrymple (41,NY)	13 Aug 83
	34:29 p	Cindy Dalrymple (41,NY)	15 May 83
12 km	44:42 pdx	Julie Stiles (43,WA)	8 Jun 85
15 km	54:46	Cindy Dalrymple (40,NY)	27 Jun 82
10 mi	58:28	Cindy Dalrymple (41,NY)	27 Mar 83
20 km	1:18:02 d	Trudy Rapp (43,VA)	28 Sep 80
hf mara	1:20:47	Shirley Matson (41,CA)	5 Jul 82
	1:19:54 p	Shirley Matson (43,CA)	29 Sep 84
	1:19:33a p	Cindy Dalrymple (41,NY)	19 Jun 83
25 km	1:39:11 d	Karen Lanterman (40,CA)	22 Jul 84
30 km	1:59:04 pd	Elaine Kirchen (41,NY)	17 Dec 83
	1:57:41a	Cindy Dalrymple (41,NY)	20 Mar 83
20 mi	2:16:23 p	Anna Thornhill (40,NY)	22 Feb 81
marathon	2:43:36	Cindy Dalrymple (40,NY)	26 Sep 82
	2:39:11a	Miki Gorman (41,CA)	24 Oct 76
50 km	3:58:42	Vicki Johnson (41,TN)	15 Dec 84
50 mi	6:24:19	Sandra Kiddy (44,CA)	3 May 81
100 km	9:43:03	Vicki Johnson (41,TN)	15 Dec 84
	9:10:39 p	Lydi Pallares (40,FL)	27 Jan 79
100 mi	17:45:00 p	Kay Moore (42,CO)	7 Nov 84

Women- 45 thru 49

5 km	19:14.0pdx	Gina Faust (48,CA)	19 May 85
8 km	30:47y d	Kathryn Gifford (47,MA)	25 Nov 82
10 km	36:29	Mila Kania (49,NY)	5 Oct 80
12 km	49:51 pdx	Rose Gardner (46,WA)	8 Jun 85
15 km	58:18	Dorothy Stock (48,CA)	6 Dec 80
10 mi	1:03:29	Joan Reiss (45,CA)	9 Jan 83
20 km	1:19:08	Anne Bing (45,CT)	3 Sep 84
hf mara	1:24:07	Dorothy Stock (47,CA)	4 Jul 80
	1:20:26 pd	Shirley Matson (45,CA)	8 Dec 85
25 km	1:38:50	Karen Scannell (45,CA)	22 Jul 84
30 km	2:05:31 p	Sandra Kiddy (46,CA)	29 Oct 83
20 mi	2:11:26a	Karen Scannell (46,CA)	30 Sep 84
marathon	2:53:22	Sandra Kiddy (45,CA)	11 Jul 82
50 km	3:32:34	Sandra Kiddy (47,CA)	17 Dec 83
50 mi	6:09:09	Sandra Kiddy (47,CA)	1 Apr 84
100 km	7:59:59	Sandra Kiddy (45,CA)	3 Oct 82
	7:49:17a	Sandra Kiddy (47,CA)	27 Oct 84
100 mi	15:55:17 p	Sue Medaglia (48,NY)	17 Jun 83

Women- 50 thru 54

5 km	20:02.8pdx	Helen Hamilton (53,NH)	8 Sep 84
8 km	30:47y p	Marion Irvine (54,CA)	14 Jan 84
10 km	37:43	Marion Irvine (52,CA)	31 May 82
12 km	52:00 pdx	Faith Walkwitz (51,IL)	6 Oct 85
15 km	57:52 p	Marion Irvine (54,CA)	8 Apr 84
10 mi	1:03:46	Marion Irvine (53,CA)	9 Jan 83
20 km	1:23:16	Marion Irvine (52,CA)	25 Oct 81
hf mara	1:23:16	Marion Irvine (52,CA)	25 Oct 81
25 km	1:45:14	Margaret Miller (54,CA)	2 Mar 80
30 km	2:13:51 d	Anny Stockman (53,NY)	7 Dec 85
20 mi	2:24:01 p	Toshiko D'Elia (52,NJ)	28 Feb 82
marathon	2:52:02	Marion Irvine (54,CA)	12 May 84
	2:51:01a p	Marion Irvine (54,CA)	4 Dec 83
50 km	4:15:12 pd	Matilee Christman (53,IL)	30 Dec 84
50 mi	7:10:58 p	Ruth Anderson (50,CA)	17 Feb 80
100 km	10:58:31 d	Joan Baker (50,TN)	14 Dec 85

Women- 55 thru 59

5 km	20:08.1px	Margaret Miller (59,CA)	19 May 85
8 km	32:42y	Margaret Miller (57,CA)	22 Oct 83
	32:10	Margaret Miller (58,CA)	18 Nov 84
10 km	40:38 p	Belen Dick (59,CA)	17 Jun 84
12 km	52:57 pdx	Melba Hatch (57,MI)	6 Oct 85
15 km	1:03:28	Margaret Miller (58,CA)	13 Oct 84
10 mi	1:09:55	Barbara Meadows (55,AZ)	16 Jun 85
	1:06:42 p	Margaret Miller (58,CA)	3 Jun 84
20 km	1:29:22	Margaret Miller (58,CA)	25 Mar 84
hf mara	1:28:42	Margaret Miller (58,CA)	26 Aug 84
	1:28:39 p	Margaret Miller (56,CA)	20 Jun 82
25 km	1:52:46	Mary Storey (55,CA)	2 Mar 80
	1:46:37 p	Margaret Miller (58,CA)	23 Sep 84
30 km	2:19:00 p	Belen Dick (55,CA)	10 May 80
20 mi	2:30:35 d	Janet Glassman (56,PA)	24 Feb 85
	2:47:07a	Adele Milicevic (55,AZ)	24 Jan 82
	2:36:46a d	Billie Murphy (57,WA)	23 Sep 84
marathon	3:07:21	Margaret Miller (56,CA)	11 Jul 82
50 km	6:13:42 d	Carmen Haney (58,VA)	13 Mar 82
	6:01:38 pd	Angela Saldana (56,FL)	31 Dec 83
50 mi	9:28:57 p	Belen Klein (59,KY)	27 Mar 82
100 km	17:11:01 pd	Sarama Minoli (57,NY)	7 Nov 84

Road records are intended to include U.S. citizens only. Since citizenship information is not normally provided, non-U.S. citizens may be listed inadvertently. This may occur for foreign runners residing and competing for extended periods in this country. The NRDC would appreciate being informed of any non-citizens that may have been listed.

Continued on next page

1984 U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Haig Bohigian, T&F Rankings Chairman)

MEN'S DECATHLON: 30-34
COMPILED BY BILL FORSYTH

	IAAF	ABS	IAAF	ABS
1 JIM WOODING	30 PA	8091	8280	
2 FRED DIXON	34 CA	8067	8717	
3 MIKE DAVIS	34 IL	5612	6482	
4 BRUCE MICHEL	32 CA	5532	5751	
5 RICHARD WATSON	31 TX	5511	5813	
6 T.L. WALTERS	32 OH	5209	5624	
7 STEVE GEIGER	32 CA	4562	4863	
8 JOHN ZIRREL	33 HI	4250	4566	
9 DAVID LAWES	31 TX	3433	3755	

MEN'S DECATHLON: 50-54
COMPILED BY BILL FORSYTH

	AFS	IAAF
1 LEON ABOUT	50 NJ	6966 4728
2 BRUCE HESCOCK	50 CT	6433 4290
3 JOSH CULBREATH	51 PA	6273 3953
4 HECTOR CISNEROS	50 TX	5630 3668
5 EARL VENTURA	54 KS	6405 5633
6 DAVE DOUGLASS	52 CA	5914 3525
7 JOHN SHARP	50 CA	4481 2671
8 JAMES WARE	50 CA	4264 2532

MEN'S PENTATHLON: 35-39
COMPILED BY BILL FORSYTH

	AFS	IAAF
1 JIM HOLLISTER	39 CA	3369 2772
2 CARL FLOWERS	37 CA	3109 2639
3 BOB GREEN	35 VA	2610
4 BILL KNIPMEYER	36 CO	3094 2443
5 BILL FORSYTH	37 NM	2829 2381
6 BILL DAWKINS	35	2856 2356
7 PHIL MARTINEZ	38 NM	2740 2269
8 FRED JOHNSTON	38 CA	2458 2133
9 IVAN BLACK	35 NY	1997
10 BILL BUSBY	39	1823
11 HAROLD LILLY	38	1719
12 DENNIS SCHNEIDER	39 NM	1447
13 JIM ROSE	37 MS	2156 1296
14 CURTIS PORTER	38 NM	1182
15 BYRON PALMER	38 NM	1085
16 CARL GROSSMAN	37 PA	1468 1059

MEN'S PENTATHLON: 50-54
COMPILED BY BILL FORSYTH

	IAAF	WAVA	AGS
1 BOB MARTIN	50 CA	1640	2784 3010
2 WOODY GROVEM	50 CA	1720	2495 2951
3 TED OVIATF	50 CA	1647	2389 2814
4 PEDRO CANDELARIA	51 PR		2325
5 BILL GENTRI	54 FL	1294	1584
6 TOM PATTERSON	51	1005	
7 MON BOWEN	51 PA	1001	1230
8 BILL BELLEVILLE	54 PA	715	237
9 WICK BRESLIN	50 PA	609	906
10 PAUL GAULDEN	53 FL	678	1258
11 BOB WEAVER	53 DE	628	609
12 WOLF ENLEMAN	53 NM	519	692

MEN'S DECATHLON: 35-39
COMPILED BY BILL FORSYTH

	ABS	IAAF
1 REX HARVEY	36 IA	7558 6537
2 GORDON REITER	38 MO	5976 5215
3 JIM BALL	38 CA	5268 4351
4 DAVE MORGAN	36 OH	5115 4418
5 JIM ROSE	37 MS	4609 3912
6 JIM YAMMIS	35 CA	4626 3835
7 RICK KUPOR	37 PA	4314 3504
8 MARK MCCLALD	36 TX	4205 3342
9 JERRY FOLSOM	39 TX	3671 2671
10 DON FINCH	39 CA	3246 2440

MEN'S DECATHLON: 55-59
COMPILED BY BILL FORSYTH

	ABS	IAAF
1 JOCK JOCOY	58 CA	6718 3298
2 R G WOLF	56 IN	5761 2892
3 MARTIN LEGETT	59 TX	5454 2365

MEN'S PENTATHLON: 40-44
COMPILED BY BILL FORSYTH

	IAAF	ABS	WAVA
1 ROLIE FICLER	41 MD	2206	
2 MIKE GOODLAND	41 CA	2191	2836 2569
3 JACK NARENS	43 HI	2148	2964 2490
4 JOHN CREGG	45	2124	
5 BILL JEFFREY	44	1891	
6 WILLIAM ALEXANDER	41 FL	1880	2171 1794
7 MALACHI MCGRUDER	42 MI	1839	
8 ED WANNER	42	1803	
9 GERALD GLETTE	40	1786	
10 LARRY WANGEN	43 NM	1713	2800 1934
11 JIM JOULE	43 MO	1662	2428 1871
12 SAM MCWILLIAMS	42 MO	1658	1347 1809
13 WALT LANCASTER	44 PA	1620	
14 RICHARD KAYE	43 NY	1390	
15 C. FWTON	GA	1276	

MEN'S PENTATHLON: 55-59
COMPILED BY BILL FORSYTH

	IAAF	AGS	WAVA
1 JOCK JOCOY	58 CA	2038	
2 AL BRENDA	56 CA	1795	3472 3193
3 BILL DAPRANO	57 GA	1734	
4 GORDON ALBURY	55 NM	1725	3242 2831
5 CHARLES ENGLE	55 VA	1555	
6 BILL HOLROYD	56	1493	
7 GORDON SEIFFERT	55 GA	1443	
8 MARTIN LEGGETT	59 TX	1442	
9 CHARLES OLSON	58 MN	1301	2682 2074
10 GUS BARTENFIELD	55 FL	1276	2757 2226
11 MATT STOKEN	56 CO	1057	2529 1928

MEN'S DECATHLON: 40-44
COMPILED BY BILL FORSYTH

	ABS	IAAF
1 HENRY HOPKINS	41 IN	6483 5202
2 HARRY KLINE	44 PA	4526
3 TOM THORNE	41 KS	5811 4287
4 JIM SHOENAKER	40 KS	4606 3544
5 JOHN EWING	40 WI	4520 3491
6 STEVE KENT	40 TX	4520 3670
7 JACK KARBENS	42 HI	4675 3342
8 BILL HOSKINGS	42 TX	4288 2977

MEN'S DECATHLON: 60-80+
COMPILED BY BILL FORSYTH

	WAVA	AGS
1 FRANK OWLES	63 CO	6482 0702
2 LEONARD WRAY	63 OK	4302 5100
3 KEA WHEELER	63 HI	3401 4234

MEN'S PENTATHLON: 45-49
COMPILED BY BILL FORSYTH

	IAAF	ABS	WAVA
1 GARY MILLER	46 CA	2777	
2 SAMMY WHITE	46 GA	2481	
3 HAIG BOHIGIAN	47 NY	2112	
4 JACK GILMORE	49 SC	1950	
5 JOHN JAMES	45 VA	1935	
6 FRED HANNIS	45 PA	1924	2879 2541
7 TED KARLAN	49	1669	
8 BOB WEIKS	47 NM	1537	2456 1992
9 ROSS ARAGON	45 NM	1524	2419 1911
10 KAY FITZMUGH	49 CA	1441	2608 1802
11 RON KIRKPATRICK	48 NM	1439	2551 1892
12 DAN SEAGLE	45	1217	

MEN'S PENTATHLON: 60-80+
COMPILED BY BILL FORSYTH

	WAVA	AGS	IAAF
1 FRANK OWLES	63 CO	3230	3464 1542
2 PETE FEETER	63 CA	2633	2840 1596
3 OSCAR HAMMIS	60 PA	2196	2836 1098
4 DON HARRIS	61 PA	1996	2513 974
5 JOHN ULAM	60 PA	1994	

MEN'S DECATHLON: 45-49
COMPILED BY BILL FORSYTH

	IAAF	ABS	WAVA
1 GARY MILLER	47 CA	2809	
2 MALE LAUGE	46 OH	5519	7615 7551
3 ED OLEATA	47 CA	3009	7021 7240
4 ED BOYLE	46 OH	3009	4123 5492
5 JIM WEED	47 CO	3062	3094 2209
6 TOM RAGLAND	47 OH	3009	3217 4500
7 DON ZIMMERMAN	48 IN	2549	4009 3702
8 KEA BROOKS	46	1092	2707 1092

MEN'S PENTATHLON: 30-34
COMPILED BY BILL FORSYTH

	IAAF	ABS
1 NATE ROBINSON	31 FL	3131 3264
2 KRANT TOLSA	34	2764
3 RICHARD WATSON	31 TX	2656
4 SCOTT THORNSLEY	32 PA	2517
5 PAT BRADLEY	32 CO	2448 2658
6 AL LIPSCOMB	34 FL	2273
7 BOB UNDERWOOD	33	2204
8 DOUG GUZMAN	31	2173
9 FOOBS WILLIAMS	30 CA	2040 2146
10 BOB FAVORITE	33 PA	1963 2220
11 KEAT MUSTVEIT	31	1934
12 AARON MILLER	31 OK	1879 2002
13 GARLAND ROEBUCK	33	1670
14 TOM KURKLE	33 NM	1576
15 MARCEL LACRONE	33 CA	1492 1754
16 ALAN CARTER	34 NM	1457
17 DAVID HAWES	31 TX	1445

MEN'S PENTATHLON: 60-80+
COMPILED BY BILL FORSYTH

	WAVA	AGS	IAAF
1 BILL BOWME	63 CA	3044	2873 1529
2 BILL WENAGHT	68 FL	2463	2849 741
3 CHARLES JOHANNES	NC	2454	
4 DON HULL	62 FL	1945	807
5 HAMILTON MORRIS	67 OH	1678	

Next month: 1985 800-meter rankings

Continued from previous page

Women- 60 thru 64

5 km	20:36	px	Helen Dick (60,CA)	21 Apr 85
8 km	34:58		Helen Dick (60,CA)	21 Jul 85
	34:13y	p	Helen Dick (61,CA)	17 Nov 75
10 km	43:55		Helen Dick (60,CA)	16 Sep 84
	42:15	p	Helen Dick (60,CA)	23 Sep 84
	41:21	p	Helen Dick (60,CA)	2 Dec 84
	40:57	p	Helen Dick (60,CA)	17 Mar 85
12 km	1:05:28	pdx	Lillian Olson (62,OR)	20 May 84
15 km	1:11:55		Mary Storey (60,CA)	13 Oct 84
	1:07:33	p	Helen Dick (60,CA)	4 Jul 85
10 mi	1:10:17	R	Helen Dick (60,CA)	16 Jun 85
20 km	1:36:31	pd	Patricia Dixon (63,OR)	10 Apr 82
hf mara	1:39:01		Helen Dick (60,CA)	26 Aug 84
	1:35:12	p	Helen Dick (61,CA)	25 Aug 85
25 km	2:03:41		Mary Storey (60,CA)	22 Jul 84
30 km	2:54:13	p	Mary Rodriguez (62,NY)	17 Dec 83
	2:35:22a		Althea Wetherbee (61,NY)	25 Jan 81
20 mi	3:09:36	p	Mary Rodriguez (62,NY)	26 Feb 84
	2:48:19a		Althea Wetherbee (61,NY)	25 Jan 81
marathon	3:15:30		Helen Dick (60,CA)	21 Oct 84
50 km	5:00:29	p	Josephine Hess (64,WA)	25 Apr 82
50 mi	9:01:38	p	Helen Klein (61,KY)	19 Feb 84
100 km	13:01:43		Helen Klein (60,KY)	2 Oct 83

Women- 65 thru 69

5 km	25:39	pdx	Pearl Mehl (68,CO)	18 Sep 82
8 km	39:33		Edna Laflin (65,AZ)	27 Aug 83
	37:51a	pd	Patricia Dixon (66,OR)	2 Jun 85
10 km	47:55		Kay Atkinson (65,CA)	31 May 82
12 km	1:01:08	px	Algene Williams (69,IL)	6 Oct 85
15 km	1:18:04		Algene Williams (69,IL)	9 Feb 85
10 mi	1:23:00		Algene Williams (68,IL)	3 Sep 84
20 km	1:49:39	p	Algene Williams (67,IL)	24 Sep 83
hf mara	2:09:21		Evelyn Havens (66,NY)	19 Sep 82
	2:04:50	pd	Margaret Lee (65,HI)	12 May 85
	1:58:48a	pd	Pearl Mehl (68,CO)	3 Oct 82
25 km	2:49:02	p	Adeline Baptista (65,MA)	12 Jun 83
30 km	2:47:51	p	Edna Laflin (65,AZ)	29 Oct 83
20 mi	3:35:37	p	Evelyn Havens (65,NY)	28 Feb 82
marathon	3:49:26	p	Marcie Trent (65,AK)	8 May 83
	3:47:24a		Marcie Trent (65,AK)	18 Apr 83
50 km	5:11:50	p	Josephine Hess (65,WA)	24 Apr 83

Women- 70 thru 74

5 km	29:22.4px		Anne Clarke (70,IL)	17 Aug 80
8 km	47:57		Bess James (74,CA)	8 Oct 83
10 km	53:32	pd	Leona Lugers (74,MI)	12 Sep 81
12 km			no marks	
15 km	1:31:29	p	Anne Clarke (71,IL)	16 Aug 81
10 mi	1:34:12		Anne Clarke (74,IL)	3 Sep 84
	1:33:29	p	Anne Clarke (73,IL)	30 May 83
20 km	1:54:47	pd	Leona Lugers (74,MI)	23 May 81
hf mara	2:20:15		Bess James (73,CA)	4 Jul 83
	2:12:06	d	Ada Thomas (70,CA)	5 Feb 84
	2:06:27a	pd	Pearl Mehl (70,CO)	14 Oct 84
25 km	2:51:54		Bess James (73,CA)	19 Sep 82
30 km	3:40:33a		Veallon Hixson (74,AZ)	30 Oct 82
20 mi			no ratifiable marks	
marathon	4:37:37		Mavis Lindgren (72,CA)	9 Sep 79

Women- 75 thru 79

8 km	48:29		Bess James (75,CA)	6 Oct 84
10 km	53:40	pd	Leona Lugers (75,MI)	11 Sep 82
12 km	1:08:21	px	Anne Clarke (76,IL)	6 Oct 85
15 km	1:29:33		Anne Clarke (75,IL)	9 Feb 85
10 mi	1:37:04		Anne Clarke (75,IL)	2 Sep 85
	1:34:09	p	Anne Clarke (75,IL)	27 May 85
20 km	1:52:57	pd	Leona Lugers (77,MI)	26 May 84
hf mara	2:28:46	p	Bess James (76,CA)	8 Dec 85
25 km	2:59:50	p	Bess James (75,CA)	22 Dec 84
30 km			no marks	
20 mi			no marks	
marathon	4:56:30		Mavis Lindgren (75,CA)	3 Oct 82
	4:41:45a	pd	Ida Mintz (75,IL)	26 Apr 81

Women- 80 thru 84

8 km	59:47		Mia Wilshusen (80,AZ)	30 Apr 83
10 km	1:05:14	d	Ruth Rothfarb (80,MA)	9 Jan 82
15 km	1:39:44	d	Ruth Rothfarb (80,FL)	22 Nov 81
10 mile			no marks	
20 km	2:26:34	d	Ruth Rothfarb (80,FL)	6 Mar 82
marathon	5:28:37	d	Ruth Rothfarb (80,FL)	16 Jan 82
	5:10:04a	d	Ida Mintz (80,IL)	20 Oct 85

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.

EAST

14th Annual TAC Eastern Masters Track & Field Indoor Championships University of Delaware March 23, 1986 Larry Pratt, Meet Director

55m Dash		FINAL	
30-34M	Tony Jones	:06.52	
	Hubert Evans	:06.72	
	Joe Duncan	:06.89	
	Al Harden	:06.86	
	Leroy Galloway	:06.95	
	Jerald Brown	:07.20	
	Allen Pendleton	:07.22	
35-39M	Alfonzo Walton	:06.55	
	Bert Peters	:06.78	
	Robert Beale	:06.93	
	Bill Overby	:07.00	
	James Wilson	:07.03	
	Jasper Royal	:07.16	
40-44M	Stan Whitley	:06.55	
	James Vicks	:07.00	
	Daaliya Shareef	:07.51	
45-49M	Robert Williams	:06.87	
	Roy Turner	:06.99	
	Robert Stanford	:07.10	
	James Bantum	:07.20	
	Roosevelt Weaver	:07.23	
	Larry Colbert	:07.26	
	James O'Hara	:07.30	
	John Buckley	:08.11	
50-54M	John Snell	:07.40	
	Earl Cline	:07.48	
	Bob Keegan	:07.55	
	William Clark	:07.57	
	Stanley Williams	:08.47	
	Jack Nynan	:08.68	
55-59M	Thomas Brooks	:07.97	
	Bill Gentry	:07.99	
	William Dupree	:08.16	
	Gene Kelly	:08.33	
	William Townsend	:08.54	
	George Taylor	:08.68	
	Edward Curran	:08.76	
60-64M	Rudolph Valentine	:07.72	
	Denver Smith	:08.13	
	Pierson Walker	:08.31	
65-69M	Vern Mattson	:08.12	
	Robert Sorlien	:08.53	
	William Carmen	:08.57	
	David Hall	:08.68	
	Robert Vaccaro	:08.91	
	Doc Doherty	:09.3	
70-74M	Gilberto Gonzalez	:08.29	
	Harold Niebel	:08.78	
	Claude Hills	:09.16	
	Bob Detweiler	:11.2	
75-79M	Don Ernst	:10.40	
30-34F	JoAnn Angotti	:07.74	
35-39F	Jennifer Pinto	:08.15	
	Kathy Pierce	:08.31	
40-44F	Marilyn Mitchell	:08.15	
	Marion Sorensen	:08.34	
45-49F	Evelyn Hobbs	:08.32	
	Alexandria Johnson	:09.28	
50-64F	Hazel Niebel	:12.70	
70-74F	Vivian Nelson	:11.20	
300m			
30-34M	Michael Merritt	:36.79	
	Ralph Penn	:36.97	
	Hubert Evans	:37.24	
	Al Harden	:38.81	
	Jim Hudson	:39.48	
	Steve Judge	:39.98	
	Howard Salaam	:41.25	
	Mike McGinnis	:42.06	
	Louis Miller	:49.71	
35-39M	Alfonzo Walton	:37.12	
	Donald Hodge	:38.01	
	Jasper Royal	:38.07	
	Ronald McDonald	:38.25	
	Greg Marshall	:38.28	
	Bert Peters	:38.63	
	Bill Overby	:39.20	
	Dawvd Saleem	:39.43	
	Dan Ayers	:40.22	
	Raymond Harrison	:40.68	
	Thomas Henderson	:41.35	
	Vincent Civryla	:42.48	

40-44M	Stan Whitley	:36.19	
	James Vicks	:38.32	
	Robert Stanford	:38.77	
	Robin Ficker	:40.02	
45-49M	Roy Turner	:36.73	
	Robert Williams	:37.27	
	Larry Colbert	:38.19	
	Edward Small	:38.35	
	Dhamiri Abayami	:38.94	
	Buzzy Reed	:42.83	
50-54M	Clifford Pauling	:39.85	
	Frank Haviland	:40.97	
	John Pistone	:42.73	
	John Snell	:44.01	
55-59M	Earl Summers	:45.15	
	Gene Kelly	:46.66	
60-64M	Rudolph Valentine	:43.29	
	Pierson Walker	:46.72	
	Oscar Harris	:47.91	
65-69M	Jim Manno	:47.15	
	William Carmen	:51.01	
	David Hall	:51.91	
	Robert Vaccaro	:52.79	
	Leo McEvoy	:59.74	
70-74M	Gilberto Gonzalez	:51.01	
75-79M	Manfred D'Elia	:59.95	
30-34F	JoAnn Angotti	:46.40	
	Robin Rosenbloom	:50.72	
35-39F	Muriel Simmons	:43.30	
	Ginger Smith	:44.91	
	Betty Clair-Sea	:47.78	
40-44F	Marilyn Mitchell	:48.26	
	Sandy Pashkin	:48.36	
45-49F	Alexandria John	:55.46	
500m			
30-34M	Michael Merritt	:1:09.09	
	Joe Duncan	:1:10.53	
	Steve Judge	:1:15.19	
35-39M	Rob Jackson	:1:10.58	
	Donald Hodge	:1:10.56	
	Dan Ayers	:1:12.82	
	Eric Howard	:1:13.05	
	Ronald McDonald	:1:16.03	
	Thomas Henderson	:1:16.93	
40-44M	James Vicks	:1:11.72	
	Robin Ficker	:1:11.97	
	Jim Gross	:1:14.61	
	Hector Aponte	:1:16.53	
45-49M	Roy Turner	:1:09.32	
	Larry Colbert	:1:10.85	
	Edward Small	:1:11.61	
	Richard Rizzo	:1:14.72	
	James Bradley	:1:21.23	
50-54M	Clifford Pauling	:1:14.32	
	Frank Haviland	:1:14.98	
	John Pistone	:1:16.21	
55-59M	Joseph Kelly	:1:21.32	
	Earl Summers	:1:33.10	
60-64M	Robert Parsons	:1:30.68	
	John McCarthy	:1:32.86	
	Donald Harris	:1:37.99	
65-69M	Jim Manno	:1:28.87	
	William Carmen	:1:33.28	
	Robert Vaccaro	:1:44.0	
35-39F	Muriel Simmons	:1:21.09	
	Ginger Smith	:1:22.50	
	Clair-Searcy	:1:30.73	
	Barbara Tsao	:1:37.58	
40-44F	Elaine Phillips	:1:29.06	
	Sandy Pashkin	:1:31.85	
45-49F	Alexandria John	:1:44.48	
50-54F	Geri Owens	:1:38.66	

- 1 New meet record, old record 8.5, Claude Hills, 1983
- 2 New meet record, none previously
- 3 New meet record, old record 12.25, Vivian Nelson, 1985
- 4 New meet record, old record 10.7, Claude Hills, 1983
- 5 New meet record. All winning times in the individual metric races (300, 500, 800, 1500 & 3000) establish new Eastern meet marks since previously English distances were run.

800M

30-34M	Jim Hudson	:1:59.06	
	Thomas Mansfield	:2:04.16	
	Hoyle Mozee	:2:07.79	
35-39M	Walter Hawkins	:1:56.20	
	Harold Nolan	:2:03.68	
	A. Roney	:2:14.3	
	Dan Ayers	:2:19.4	
	John Skialak	:2:21.0	
40-44M	John Kuhl	:2:11.55	
45-49M	Sidney Roward	:2:07.37	
	Jim Hodge	:2:11.73	
	James Demma	:2:13.10	
	Haig Bohigian	:2:24.90	
	James Bradley	:2:26.90	
	Robert Coleman	:2:37.80	
50-54M	Clifford Pauling	:2:10.65	
	John Conner	:2:13.23	
	Bob Milner	:2:17.96	
	John Crawford	:2:23.26	
	Irwin Bernstein	:2:26.30	
	SJack Hyhan	:2:42.36	
55-59M	Kelsey Brown	:2:21.25	
	Joe Herman	:2:39.56	
60-64M	Thomas Walnut	:2:41.57	
	John McCarthy	:2:47.47	
	Roy Englert	:3:27.22	
70-74M	Austin Newman	:2:41.94	
30-34F	Deborah Eunpu	:3:08.01	
35-39F	Barbara Tsao	:2:48.76	
40-44F	Linda Upton	:2:33.45	
	Elaine Phillip	:2:36.10	
	Robin Villa	:2:36.43	
50-54M	Geri Owens	:2:56.73	
1500M			
30-34M	Frederick Kolthay	:4:17.1	
35-39M	Harold Nolan	:4:05.6	
	John Serrao	:4:06.7	
	Andrew Roney	:4:22.6	
	George Wisniewski	:4:24.8	
	George Lettarulo	:5:25.2	
	Steve Kallmyer	:4:37.3	
40-44M	Kirk Randall	:4:15.6	
	Bob Wooley	:4:17.5	
	Sidney Howard	:4:16.0	
	Dave Hyland	:4:28.4	
	Richard Suggs	:4:38.4	
45-49M	Seth Kaminsky	:4:34.5	
	Edward Coplon	:4:50.9	
	Robert Coleman	:5:05.6	
	Ted Filmont	:5:55	
50-54M	Jim Sutton	:4:28.5	
	John Conner	:4:30.9	
	Bob Milner	:4:36.1	
	Joe Kernan	:5:21.1	
	Milton Johnson	:7:51	
60-64M	Luther Burdelle	:5:20.7	
	Thomas Walnut	:5:26.0	
	Don Johnson	:5:38.6	
	Robert Parsons	:5:47.0	
	Roy Englert	:7:08.7	
70-74M	Austin Newman	:5:27.4	
30-34F	Wendy Scher	:5:00.3	
	Kathy Shy	:5:32.5	
	Helen Price	:5:49.4	
35-39F	Loretta McCarthy	:5:08.8	
40-44F	Linda Upton	:4:59.7	
	Robin Villa	:5:10.8	
45-49F	Ann Diaz	:5:32.0	
	Helen Ploeger	:6:39.3	
3050M			
30-34M	Scott Cornwell	:9:05.7	
	Frederick Kolthay	:9:06.06	
35-39M	Gary Tompkins	:9:05.6	
	George Wisniewski	:9:24.2	
	George Lettarulo	:12:24.9	

40-44M	Kirk Randall	:9:19.9	
	Bob Wooley	:9:24.2	
	Barry Horn	:11:25.8	
50-54M	Jack Wyhan	:12:47.3	
55-59M	Milton Johnson	:15:07.0	
60-64M	Luther Burdelle	:11:30.8	
	Carl Hammen	:11:35.0	
	Roy Englert	:16:37.9	
65-69M	Don Johnson	:13:40.1	
70-74M	Austin Newman	:11:59.0	
30-34F	Wendy Scher	:10:54.8	
45-49F	Helen Ploeger	:14:15.8	
3000M WALK			
35-39M	George Lettarulo	:18:15.6	
40-45M	Larry Simmons	:16:08.5	
	Robert Jennings	:17:10.2	
45-50M	Ron Kulik	:14:34.0	
	Joe Stefanowicz	:16:39.5	
65-69M	Don Johnson	:18:01.3	
70-74M	George Braceland	:22:17.8	
	Harry Drasin	:22:22.1	
75-79M	Andrew Wugent	:23:07.9	
	Don Ernst	:26:00.4	
30-34F	Terri Johnson	:20:28.4	
45-49F	Marsha Harts	:20:28.9	
60-64F	Hazel Niebel	:24:09.8	
4X400 METERS			
30-39M	Masters Keys	:3:33.3	
40-49M	Potomac Valley	:3:34.3	
	Phila. Masters	:3:40.8	
	New York Pioneer	:3:42.0	
50-59M	Phila. Masters	:4:28.1	
60-64M	Phila. Masters	:5:08.9	
4X800 METERS			
30-39M	Master Key	:8:34.8	
	Shore A.C.	:8:41.8	
40-44M	Central Park	:9:03.8	
30-34F	Phila. Masters	:11:48.1	
55m HF			
30-34M	Leroy Galloway	:07.81	
	Joe Duncan	:07.87	
	Ralph Penn	:08.09	
	Clifton Smith	:08.57	
	Jerald Brown	:08.76	
	Allen Pendleton	:08.79	
	Stephen Suto		
35-39M	Dawvd Saleem	:08.01	
	Mike Carroll	:08.55	
	Pat Walker	:08.63	
	Raymond Harrison	:08.76	
	Bruce Carson	:09.15	
	Gene Hoffman	:10.27	
40-44M	Michael Milove	:09.1	
	Jackie Fassette	:09.3	
45-49M	Richard Kaye	:10.86	
	Haig Bohigian	:11.62	
	James O'Hara	:11.95	
50-54M	William Clark	:08.96	
55-59M	Bill Gentry	:10.6	
	William Townsend	:10.29	
	Gene Kelly	:10.45	
	George Taylor	:11.67	
60-64M	Denver Smith	:09.51	

Continued from previous page

Table with 2 columns: Name and Time. Includes entries for M40 HECTOR RODRIGUEZ, M45 BOB NOLAN, M50 ERNESTO FELICIAN, M55 NONE, M60 JIM BLOUNT, M65 MAX QUACKENBOS, M70 IGOR STOROJEFF.

110 HURDLES

Table with 2 columns: Name and Time. Includes entries for M30 NATE ROBINSON, M35 MICHAEL KELLY, M40 MILTON ROSEBURR, M45 CLIFFE CAMPBELL, M50 HECTOR CISNEROS, M55 BILL GENTRY, M60 BOO MORCOM, M65 BILL CARMEN, M70 GILBERTO GONZALEZ.

400 HURDLES

Table with 2 columns: Name and Time. Includes entries for M35 MANUEL PERALTO, M40 GLENN MARTIN, M45 MIGUEL SAEZ.

Table with 2 columns: Name and Time. Includes entries for M40 GLENN MARTIN, M45 MIGUEL SAEZ.

Table with 2 columns: Name and Time. Includes entries for M50 OVIDIO DeJESUS, M55 LUIS CANO GANDIA.

300 HURDLES

Table with 2 columns: Name and Time. Includes entries for M60 MAX GOLDSMITH, M65 BILL CARMEN, M70 GILBERTO GONZALEZ.

HIGH JUMP

Table with 2 columns: Name and Height. Includes entries for M30 NEIL BROWNFIELD, M35 RONALD PURDUM, M45 CHARLEY MILLER, M50 KARL FOOSE, M55 JOHN C. BROWN, M60 BOO MORCOM, M65 HAM MORNINGSTAR, M70 GILBERTO GONZALEZ, M75 DICK LACEY, M80 ARLING PITCHER.

Table with 2 columns: Name and Height. Includes entries for M35 PHIL KATAUKAS, M40 ROBERT NEUTZLING, M45 JOHN BUTLER, M50 HECTOR CISNEROS, M55 BILL GENTRY, M60 BOO MORCOM, M65 HAM MORNINGSTAR, M80 ARLING PITCHER.

LONG JUMP

Table with 2 columns: Name and Distance. Includes entries for M30 WAYNE REESE, M35 PAUL KATAUKAS, M40 ED JONES, M45 ANGEL LUIS CINTRON, M50 KARL FOOSE, M55 EDMUND SCHULER, M60 BOO MORCOM, M65 VERN MATTSON, M70 GILBERTO GONZALEZ, M75 GORDON POWELL, M80 KONRAD BOAS.

TRIPLE JUMP

Table with 2 columns: Name and Distance. Includes entries for M30 WAYNE REESE, M35 BOB LUCCI, M40 ED JONES, M45 ANGEL LUIS CINTRON, M50 RUSTY HAMILTON, M55 THOMAS BARTENFELD, M60 FREDERIC HIRSIMAKI, M65 VERN MATTSON, M70 GILBERTO GONZALEZ, M75 GORDON POWELL, M80 KONRAD BOAS.

Table with 2 columns: Name and Height. Includes entries for M30 PAUL BROWN, M35 RUDY VLAANGERBROCK, M40 GREG HARRISON, M45 CARL KLEHM, M50 TOM HENDERSON, M55 RANDY COOPER, M60 JOHN GAMBLE, M65 NAT HEARD, M70 PETE GULGIN, M75 PHIL PARTRIDGE, M80 KONRAD BOAS.

SHOT PUT

Table with 2 columns: Name and Distance. Includes entries for M30 PAUL BROWN, M35 RUDY VLAANGERBROCK, M40 GREG HARRISON, M45 CARL KLEHM, M50 TOM HENDERSON, M55 RANDY COOPER, M60 JOHN GAMBLE, M65 NAT HEARD, M70 PETE GULGIN, M75 PHIL PARTRIDGE, M80 KONRAD BOAS.

DISCUS

Table with 2 columns: Name and Distance. Includes entries for M30 PAUL BROWN, M35 RUDY VLAANGERBROCK, M40 JERRY ARLINE, M45 CARL KLEHM, M50 LEN OLSON, M55 RANDY COOPER, M60 JOHN GAMBLE, M65 RAY RUPPELLI, M70 PETE GULGIN, M75 PHIL PARTRIDGE, M80 KONRAD BOAS.

Table with 2 columns: Name and Distance. Includes entries for M30 EDWIN RIVERA, M35 JOE ROSS, M40 HENRY MORRONT, M45 JULIAN NUNEZ, M50 TIM TWOMEY, M55 LUIS VELEZ, M60 DONALD REID, M65 STAN LASKI, M70 PETE GULGIN, M75 PHIL PARTRIDGE.

HAMMER THROW

Table with 2 columns: Name and Distance. Includes entries for M30 EDWIN RIVERA, M35 JOE ROSS, M40 HENRY MORRONT, M45 JULIAN NUNEZ, M50 TIM TWOMEY, M55 LUIS VELEZ, M60 DONALD REID, M65 STAN LASKI, M70 PETE GULGIN, M75 PHIL PARTRIDGE.

JAVELIN

Table with 2 columns: Name and Distance. Includes entries for M30 NATE ROBINSON, M35 GLENN WEAVER, M40 GLENN MARTIN, M45 JOHN MANNING, M50 WILLIAM DUCKWORTH, M55 RANDY COOPER, M60 JOHN GAMBLE, M65 HAM MORNINGSTAR, M70 GILBERTO GONZALEZ, M75 PHIL PARTRIDGE, M80 KONRAD BOAS.

Table with 2 columns: Name and Time. Includes entries for W40 J. JEAN HEMMING, W55 ELIZABETH McBRIDE, W60 MARY THATCHEL, W70 MARIA SEALE, W75 VICKI CAVENDER, W80 JENIFFER PINTO, W85 ELIZABETH McBRIDE, W90 MARIA SEALE.

200

Table with 2 columns: Name and Time. Includes entries for W30 VICKI CAVENDER, W35 JENIFFER PINTO, W40 JEWEL SCHENK, W45 ELIZABETH McBRIDE, W50 LULU MANCINI, W55 JENIFFER PINTO, W60 JEWEL SCHENK, W65 LULU MANCINI.

400

Table with 2 columns: Name and Time. Includes entries for W35 JENIFFER PINTO, W40 JEWEL SCHENK, W45 ELIZABETH McBRIDE, W50 LULU MANCINI, W55 JENIFFER PINTO, W60 JEWEL SCHENK, W65 LULU MANCINI.

800

Table with 2 columns: Name and Time. Includes entries for W30 MARINA BOLLER HOYT, W35 PATTY DYE, W40 JEWEL SCHENK, W45 ELIZABETH McBRIDE, W50 LULU MANCINI, W55 MARY GALLAGHER, W60 MARY SCHANZLE, W65 PATTY DYE, W70 LULU MANCINI.

1500

Table with 2 columns: Name and Time. Includes entries for W30 MARY GALLAGHER, W35 CARMEN GOMEZ, W40 JEWEL SCHENK, W45 ELIZABETH McBRIDE, W50 LULU MANCINI, W55 MARY GALLAGHER, W60 MARY SCHANZLE, W65 PATTY DYE, W70 LULU MANCINI.

3000

Table with 2 columns: Name and Time. Includes entries for W30 MARY GALLAGHER, W35 CARMEN GOMEZ, W40 JEWEL SCHENK, W45 ELIZABETH McBRIDE, W50 LULU MANCINI, W55 MARY GALLAGHER, W60 MARY SCHANZLE, W65 PATTY DYE, W70 LULU MANCINI.

Table with 2 columns: Name and Height. Includes entries for W40 J. JEAN HEMMING, W60 HARRIET BOYD, W70 MARIA SEALE, W75 VICKI CAVENDER, W80 JENIFFER PINTO, W85 ELIZABETH McBRIDE, W90 MARIA SEALE.

SHOT PUT

Table with 2 columns: Name and Distance. Includes entries for W30 SUSAN MILLER, W35 KATHY PIERCE, W40 J. JEAN HEMMING, W45 GAY vonLUTZOW, W55 HILDE RUTKOWSKI, W60 HARRIET BOYD, W65 LULU MANCINI, W70 ELIZABETH PARTRIDGE, W75 VICKI CAVENDER, W80 JENIFFER PINTO, W85 ELIZABETH McBRIDE, W90 MARIA SEALE.

DISCUS

Table with 2 columns: Name and Distance. Includes entries for W30 SUSAN MILLER, W35 KATHY PIERCE, W40 FRANCES GONZALEZ, W45 GAY vonLUTZOW, W55 HILDE RUTKOWSKI, W60 MARY SCHANZLE, W65 PATTY DYE, W70 JUANITA GONZALEZ, W75 VICKI CAVENDER, W80 JENIFFER PINTO, W85 ELIZABETH McBRIDE, W90 MARIA SEALE.

LONG JUMP

Table with 2 columns: Name and Distance. Includes entries for W30 VICKI CAVENDER, W35 KATHY PIERCE, W40 J. JEAN HEMMING, W45 GAY vonLUTZOW, W55 HILDE RUTKOWSKI, W60 MARY SCHANZLE, W65 PATTY DYE, W70 JUANITA GONZALEZ, W75 VICKI CAVENDER, W80 JENIFFER PINTO, W85 ELIZABETH McBRIDE, W90 MARIA SEALE.

100 METERS DASH

Table with 3 columns: Division, Name, Time. Includes entries for DIVISION CA LADIES, DIVISION CB LADIES, DIVISION IA LADIES, DIVISION IB LADIES, DIVISION IIB LADIES, DIVISION IIA LADIES, DIVISION IIB LADIES, DIVISION IIA LADIES, DIVISION CA.

16th Annual Southeastern Masters Track & Field Meet Raleigh, N.C., May 2-4

Continued on next page

Continued from previous page

Table with columns for Division, Name, Age, and Time. Includes sections for 200 METERS DASH, 400 METER RUN, and 800 METER RUN.

Table with columns for Division, Name, Age, and Time. Includes sections for 1000 METER RUN, 1500 METERS, and 2000 METERS.

Table with columns for Division, Name, Age, and Time. Includes sections for 3000 METERS, 4000 METERS, and 5000 METERS.

Table with columns for Division, Name, Age, and Time. Includes sections for 6000 METERS, 7000 METERS, and 8000 METERS.

Table with columns for Division, Name, Age, and Time. Includes sections for 9000 METERS, 10000 METERS, and 11000 METERS.

Continued on next page

Continued from previous page

DIVISION IA
1 CROMAN, THOMAS L. 43 64.41
2 MCGRUDER, MALICHI 44 80.10

DIVISION IB
1 BROCKSHITH, JACK 47 64.73
2 HOLDER, HAROLD D. 46 69.94

DIVISION IIA
1 BRADLEY, JAMES 50 65.41

DIVISION IIB
1 GENTRY, BILL A. 55 77.42
2 MORRIS, KENNETH 56 80.72

DIVISION IIIA
1 VALENTINE, RUDOLPH 62 69.47
2 SADDUL, VALDEN 62 71.90
3 HARRIS, DONALD S. 63 101.45

DIVISION IIIB
1 MARTIN, JOSEPH E. 65 75.02
2 BOSCHMAN, BEL C. 65 98.10

DIVISION IVA
1 NIEBEL, HAROLD H. 71 89.59

3000 METER STEEPLECHASE

DIVISION CA
1 SPENCE, MARK T. 32 11:07.7

DIVISION CB
1 FOSTER, LARRY 35 9:49.4
2 LEWIS, JOHNNY F. 37 14:29.0

DIVISION IA
1 BRANDT, ROBERT W. 42 12:23.6
2 ELLIS, HAROLD H. 42 12:32.4

DIVISION IB
1 FAXON, LEW E. 46 10:09.0
2 LANCASTER, WALTER 46 14:40.0

DIVISION IIIA
1 LUFF, FRANK T. 63 16:07.5

HIGH JUMP AGE

DIVISION IA LADIES
1 HENNING, J. GEAN 43 1.23
2 SORENSEN, BARICAN M 41 1.13
3 BLOCHFIELD, BRENDA 44 0.92

DIVISION IB LADIES
1 KEA, ESSIE L. 48 1.26

DIVISION OA
1 MURPHY, GARY G. 31 2.00
2 KELLEY, VERNON F. 31 1.81
3 BUSBY, CHARLES T. 32 1.66

DIVISION CB
1 PURDUM, RONALD 38 1.92
2 BLACK, IVAN G. 37 1.61
3 STRODE, CHARLES J. 36 1.51
4 DYE, JOHNIE B. 36 1.46
5 PETERSON, SKIP 38 1.41

DIVISION IA
1 VENER, KIRK J. 43 1.56
2 CROMAN, THOMAS L. 43 1.56
3 CLLETTE, GEORGE E. 42 1.46
4 LILES, JOEL H. 40 1.41
5 BUSBY, WILLIAM J. 41 1.41

DIVISION IB
1 WHITE, SANNY L. 48 1.61
2 MILLER, GARY D. 48 1.56
3 CARTER, NATHANIEL 46 1.51

DIVISION IIA
1 LANGENFELD, TOM 50 1.69
2 GILGCRE, JACK H. 51 1.53
3 HEIN, RICHARD L. 53 1.48
4 PRATT, SR, LAWRENC 54 1.43

DIVISION IIB
1 GENTRY, BILL A. 55 1.43
2 JACKSON, WARREN G. 56 1.28
3 GREY, DONALD C. 58 1.23

DIVISION IIIA
1 LUKENS, EDWIN W. 64 1.31
2 WECKSTEIN, NORBERT 62 1.19

DIVISION IIIB
1 MORCOM, BOO 65 1.46
2 MORNINGSTAR, HAN 69 1.31
3 BOSCHMAN, BEL C. 65 1.23
4 LILLE, THEODORE V. 66 1.19
5 HULL, DONALD D. 67 1.19

DIVISION VA
1 PITCHER, ARLING E. 84 1.07
2 TICHANIS, ARNOLDS A. 80 1.05
3 BOAS, KONRAD 84 1.05
4 HOSACK, EVERETTE W. 84 1.01

POLE VAULT AGE

DIVISION CA
1 MCGINNIS, MICHAEL G. 31 4.14

DIVISION CB
1 STRODE, CHARLES J. 36 4.42
2 PETERSON, SKIP 38 3.96
3 DYE, JOHNIE B. 36 3.81

DIVISION IA
1 NEUTZLING, ROBERT J. 42 4.42
2 LILLY, HAROLD G. 40 3.53
3 BUSBY, WILLIAM J. 41 3.34
4 EOBANKS, WILLIAM S. 43 3.20

DIVISION IB
1 SOKOLOWSKI, WLODZIM 45 3.96

DIVISION IIA
1 MOYLE, EDWARD P. 50 3.81
2 HAMILTON, RUSTY 50 2.56
3 GILGCRE, JACK H. 51 2.44
4 ROGERS, DAVID H. 50 2.14

DIVISION IIB
1 GENTRY, BILL A. 55 2.30
2 GREY, DONALD C. 58 2.14

DIVISION IIIB
1 MORCOM, BOO 65 3.53
2 MORNINGSTAR, HAN J. 69 2.44

DIVISION IVA
1 PATTERSON, WILLIAM 70 1.96
2 BOAL, ROBERT S. 74 1.38

DIVISION VA
1 PITCHER, ARLING E. 84 1.64
2 TICHANIS, ARNOLDS A. 80 1.50

DIVISION IIA
1 CLINE, EARL C. 51 5.69
2 PRATT, SR, LAWRENC 54 4.89
3 GILGCRE, JACK H. 51 4.80
4 HEIN, RICHARD L. 53 4.73

DIVISION IIB
1 WICKELL, MERLE 59 4.66
2 CURRAN, EDWARD B. 57 3.74
3 GREY, DONALD C. 58 2.85

DIVISION IIIA
1 LUKENS, EDWIN W. 64 4.81
2 HARRIS, OSCAR B. 62 4.47
3 SADDUL, VALDEN 62 4.31
4 DYKES, JIM 61 4.29
5 HOLMES, EDWARD A. 60 3.75
6 WECKSTEIN, NORBERT 62 3.39

DIVISION IIIB
1 WATSON, VERNON H. 65 4.53
2 WEINACHT, BILL 69 4.26
3 HULL, DONALD D. 67 3.90

DIVISION IVA
1 NIEBEL, HAROLD H. 71 4.09
2 GAINES, JEREMIAH 74 3.49

DIVISION IIB
1 TREI, KARL K. 76 3.73

DIVISION VA
1 PITCHER, ARLING E. 84 2.74
2 BOAS, KONRAD 84 2.71
3 HOSACK, EVERETTE W. 84 2.59
4 TICHANIS, ARNOLDS 80 2.35

LONG JUMP DISTANCE

DIVISION CA LADIES
1 SHANK, SUSAN 31 4.80
2 KIDD, SHARI S. 34 4.04
3 HULL, SARAH S. 32 3.94
4 BIRBEACH, FRANCINE 33 2.77

DIVISION OB LADIES
1 PIERCE, KATHY H. 38 4.58
2 EVANS, KATHY 39 2.54

DIVISION IA LADIES
1 HENNING, J. GEAN 43 3.63
2 SORENSEN, BARICAN M. 41 3.40

DIVISION IB LADIES
1 KEA, ESSIE L. 48 3.77

DIVISION IIB LADIES
1 HOLLAND, C. BERNICE 59 3.27

DIVISION OA
1 KELLEY, VERNON F. 31 6.25
2 MCGINNIS, MICHAEL 31 5.12

DIVISION CB
1 HUGHES, JEFFREY L. 36 6.77
2 PARSONS, JAMES S. 36 5.74
3 MARSHALL, GREG A. 38 5.64
4 BLACK, IVAN G. 37 5.39
5 LEWIS, JOHNNY F. 37 5.26
6 PETERSCH, SKIP 38 4.77

DIVISION IA
1 VENER, KIRK J. 43 6.07
2 LILES, JOEL H. 40 5.54
3 CROMAN, THOMAS L. 43 5.19
4 COOPER, HANCE C. 42 5.11
5 CLLETTE, GEORGE E. 42 4.87
6 SELBY, DENNIS B. 41 4.43
7 ALLEN, PATRICK B. 41 4.36

DIVISION IB
1 KIKER, JOE H. 47 5.49
2 WHITE, SANNY L. 48 5.42
3 CARTER, NATHANIEL 46 5.24
4 MITCHELL, ERVIN T. 46 5.18
5 ELLIS, DAVE C. 46 5.01
6 KAYE, RICHARD 45 4.71
7 JAMES, JOHN E. 47 4.05

TRIPLE JUMP AGE/DISTANCE

DIVISION IIB LADIES
1 COHEN, BEVERLY 56 3.37

DIVISION CA
1 KELLEY, VERNON F. 31 13.25

DIVISION OB
1 BLACK, IVAN G. 37 11.44

DIVISION IA
1 VENER, KIRK J. 43 11.56
2 CROMAN, THOMAS L. 43 11.31
3 LILES, JOEL H. 40 10.92

DIVISION IB
1 WHITE, SANNY L. 48 11.63
2 CARTER, NATHANIEL 46 11.46
3 KAYE, RICHARD 45 9.72

DIVISION IIA
1 CLINE, EARL C. 51 10.60
2 HAMILTON, RUSTY 50 9.37
3 HEIN, RICHARD L. 53 8.80

DIVISION IIB
1 GENTRY, BILL A. 55 9.25
2 TOWNSEND, WILLIAM 59 8.08
3 TAYLOR, GEORGE H. 55 7.84

DIVISION IIIA
1 LUKENS, EDWIN W. 64 10.69
2 SADDUL, VALDEN 62 8.85

DIVISION IIIB
1 WATSON, VERNON H. 65 8.91
2 BOSCHMAN, BEL C. 65 8.23
3 LILLE, THEODORE V. 66 7.92
4 HULL, DONALD D. 67 7.63

DIVISION IVB
1 TREI, KARL K. 76 7.88

DIVISION VA
1 PITCHER, ARLING E. 84 5.43
2 TICHANIS, ARNOLDS 80 4.92

SHOT PUT A/DISTANCE

DIVISION OB LADIES
1 PIERCE, KATHY H. 38 9.25

DIVISION IA LADIES
1 HENNING, J. GEAN 43 6.81
2 BLOCHFIELD, BRENDA 44 6.31

DIVISION IIA LADIES
1 GOOD, SHARON E. 53 5.78

DIVISION IIB LADIES
1 HOLLAND, C. BERNICE 59 9.31
2 REID, JIMMIE L. 59 6.32
3 BESSINGER, BUFF 58 5.32

DIVISION IIIA LADIES
1 MCGRUDER, BELL 63 5.95

DIVISION IVB LADIES
1 FOWLER, BUBY L. 77 5.39

DIVISION CA
1 WATSON, RICHARD B. 33 10.59
2 RUFFALO, RICHARD 34 10.36

DIVISION CB
1 STOCKUNAS, PETER W. 37 12.56
2 GREEN, BOB 37 12.11
3 PORTER, RICHARD A. 35 11.03

DIVISION IA
1 HILL, EDWARD H. 43 16.34
2 COOPER, HANCE C. 42 9.44

DIVISION IB
1 VALLE, MIKE H. 45 11.11
2 HARRINGTON, MICHAEL 45 10.71
3 MCKENNA, BRIAN E. 45 10.61
4 BLOCHFIELD, RICHARD 46 10.40
5 ROY, PETER L. 45 10.35
6 SIMON, WILLIAM T. 45 10.08
7 MILLER, GARY D. 48 9.83
8 LANCASTER, WALTER C. 46 7.95

DIVISION IIA
1 OLSON, LEN T. 54 12.99
2 EDWARDS, JAY 50 12.45
3 FRAUNDOERFER, CARLOS 54 12.10
4 TWOSBY, TIM J. 51 11.75
5 CARSTENSEN, PAT J. 54 11.49
6 JACKSON, TOM W. 51 10.30
7 TOVELL, JACKSON E. 54 8.87

DIVISION IIB
1 COOPER, RANDALL 56 11.90
2 NEWTON, DARWIN B. 57 10.82
3 CURRAN, EDWARD B. 57 9.90
4 JACKSON, WARREN G. 56 9.28
5 HENRY, DON T. 58 9.24

DIVISION IIIA
1 JAAGC, ART I. 60 12.17
2 SIMMONS, FLOYD 63 11.70
3 SELIGMAN, BOB 61 11.55
4 REID, DONALD L. 62 11.12
5 HOLMES, EDWARD A. 60 10.31
6 WAUGH, WILLIAM H. 60 10.30
7 PETERS, ROBERT L. 62 9.70
8 WECKSTEIN, NORBERT 62 9.13

DIVISION IIIB
1 MORNINGSTAR, HAN J. 69 10.18
2 SHAW, ELBER 68 10.09
3 DUKOVAC, BATO 67 9.60
4 MCGRUDER, GORDON P. 67 9.57
5 GEITER, FRED A. 66 9.12

DIVISION IVA
1 GULGIN, PETER 70 10.33
2 PATTERSON, WILLIAM F. 70 7.76

DIVISION IVB
1 GARTHUNE, WILLIAM H. 77 9.40
2 PARTRIDGE, PHILIP H. 75 7.89

DIVISION VA
1 TICHANIS, ARNOLDS A. 80 8.32
2 BOAS, KONRAD 84 6.34
3 HOSACK, EVERETTE W. 84 5.87
4 PITCHER, ARLING E. 84 5.43

DISCUS AGE/DISTANCE

DIVISION CB LADIES
1 PIERCE, KATHY H. 38 25.06

DIVISION IA LADIES
1 BLOCHFIELD, BRENDA 44 17.22

DIVISION IB LADIES
1 COTTEN, DATHA Y. 48 18.74
2 PHILLIPS, KAREN H. 46 15.66

DIVISION IIA LADIES
1 GOOD, SHARON E. 53 15.46

DIVISION IIB LADIES
1 HOLLAND, C. BERNICE 59 28.34
2 REID, JIMMIE L. 59 14.54
3 BESSINGER, BUFF 58 13.38
4 COHEN, BEVERLY 56 10.96

DIVISION IIIA LADIES
1 NIEBEL, HAZEL B. 61 13.94
2 BERGENBECK, AUDREY 62 13.38
3 MCGRUDER, BELL 63 12.00

DIVISION IVB LADIES
1 FOWLER, BUBY L. 77 10.48

DIVISION CA
1 WATSON, RICHARD B. 33 34.00
2 RUFFALO, RICHARD 34 31.16
3 MILLER, LOUIS 34 16.28

DIVISION OB
1 STOCKUNAS, PETER W. 37 38.52
2 PORTER, RICHARD A. 35 35.68
3 BIANCHI, TONY 39 34.40

DIVISION IA
1 HILL, EDWARD H. 43 45.00
2 PAULI, JAMES W. 43 30.12
3 LEWINS, HERMAN C. 44 28.38
4 CLLETTE, GEORGE E. 42 26.64
5 JAFFE, STEPHEN C. 44 25.84

DIVISION IB
1 HARRINGTON, MICHAEL 45 36.24
2 MCKENNA, BRIAN E. 45 35.58
3 VALLE, MIKE H. 45 34.66
4 JAMES, JOHN E. 47 32.82
5 ROY, PETER E. 45 32.32
6 MITCHELL, ERVIN T. 46 28.24
7 SIMON, WILLIAM T. 45 28.06
8 JEFFREY, WILLIAM L. 46 26.68

DIVISION IIA
1 OLSON, LEN T. 54 44.44
2 FRAUNDOERFER, CARLOS 54 39.66
3 EDWARDS, JAY 50 37.16
4 JACKSON, TOM W. 51 31.26
5 TOVELL, JACKSON E. 54 31.00

DIVISION IIB
1 COOPER, RANDALL 56 39.80
2 JACKSON, WARREN G. 56 29.62
3 NEWTON, DARWIN B. 57 28.62
4 HENRY, DON T. 58 26.72
5 COHEN, ALAN D. 56 26.38
6 GREY, DONALD C. 58 20.48

DIVISION IIIA
1 SIMMONS, FLOYD 63 40.90
2 SELIGMAN, BOB 61 38.84
3 REID, DONALD L. 62 36.68
4 JAAGC, ART I. 60 35.76
5 HOLMES, EDWARD A. 60 35.70
6 WAUGH, WILLIAM H. 60 34.90
7 PETERS, ROBERT L. 62 33.06
8 BLACK, JOE 62 31.50
9 GREY, JOSEPH C. 60 29.66
10 WECKSTEIN, NORBERT 62 29.62
11 DYKES, JIM 61 29.42
12 HARRIS, DONALD S. 63 28.10

DIVISION IIIB
1 SHAW, ELBER 68 37.44
2 MORCOM, BOO 65 36.80
3 MCGRUDER, GORDON P. 67 35.74
4 MORNINGSTAR, HAN J. 69 32.74
5 DUKOVAC, BATO 67 28.78

DIVISION IVA
1 GULGIN, PETER 70 38.76
2 PATTERSON, WILLIAM 70 28.76
3 GAINES, JEREMIAH 74 22.68

DIVISION IVB
1 PARTRIDGE, PHILIP H. 75 30.74
2 TREI, KARL K. 76 27.58
3 GARTHUNE, WILLIAM F. 77 20.90

DIVISION VA
1 TICHANIS, ARNOLDS A. 80 21.12
2 HOSACK, EVERETTE W. 84 18.84
3 PITCHER, ARLING E. 84 16.68
4 BOAS, KONRAD 84 16.44

JAVELIN AGE DISTANCE

DIVISION OA LADIES
1 BIRBEACH, FRANCINE 33 7.80

DIVISION OB LADIES
1 PIERCE, KATHY H. 38 24.88

DIVISION IB LADIES
1 COTTEN, DATHA Y. 48 19.96
2 PHILLIPS, KAREN H. 46 16.40

DIVISION IIA LADIES
1 GOOD, SHARON E. 53 10.48

DIVISION IIB LADIES
1 HOLLAND, C. BERNICE 59 28.14
2 BESSINGER, BUFF 58 12.40
3 COHEN, BEVERLY 56 10.32

DIVISION IIIA LADIES
1 BERGENBECK, AUDREY 62 12.78
2 MCGRUDER, BELL 63 12.14

DIVISION OA
1 KELLEY, VERNON F. 31 48.32
2 WATSON, RICHARD B. 33 46.77
3 BUSBY, CHARLES T. 32 43.40
4 RUFFALO, RICHARD 34 41.16

DIVISION OB
1 CONROY, BOB 36 55.69
2 PREBLE, DARBY B. 37 49.26
3 PORTER, RICHARD A. 35 33.45
4 STOCKUNAS, PETER W. 37 33.04

DIVISION IA
1 HILL, EDWARD H. 43 52.26
2 BUSBY, WILLIAM J. 41 47.30
3 MCGRUDER, MALICHI 44 43.21
4 LILES, JOEL H. 40 34.45
5 ELLIS, HAROLD H. 42 30.91

DIVISION IB
1 KNOWLES, CHARLES E. 49 45.40
2 SIMON, WILLIAM T. 45 44.74
3 VALLE, MIKE H. 45 39.74
4 HARRINGTON, MICHAEL 45 38.40

Continued on next page

Continued from previous page

5 LANCASTER, WALTER C.	46	34.24
6 JAMES, JOHN E.	47	32.26
7 KAYE, RICHARD	45	29.72

DIVISION IIA

1 DUCKWORTH, WILLIAM	51	49.88
2 YOUNGS, ROBERT A.	52	48.72
3 GILGCRE, JACK H.	51	39.90
4 OLSON, LEN T.	54	37.76
5 CLINE, EARL C.	51	34.06
6 TOVELL, JACKSON E.	54	29.54
7 FRAUNDORFER, CARLOS	54	28.88

DIVISION IIB

1 COOPER, RANDALL	56	42.10
2 BERGENBACK, RICHARD	59	35.34
3 COHEN, ALAN D.	56	29.66
4 GREY, DONALD C.	58	24.88
5 HENRY, DON T.	58	17.36

DIVISION IIAA

1 SIMMONS, FLOYD	63	41.53
2 JAAGC, ART I.	60	31.04
3 JOCOY, JOCK N.	60	29.70
4 REID, DONALD L.	62	28.24
5 HARRIS, DONALD S.	63	27.98
6 PETERS, ROBERT L.	62	25.92
7 WECKSTEIN, NORBERT L.	62	25.12
8 DYKES, JIM	61	24.94
9 BAILEY, BERT	64	22.12

DIVISION IIBB

1 MCDGREN, GORDON E.	67	39.30
2 BOENINGSTAR, HAM J.	69	30.54
3 DUKOVAC, HATO	67	27.82
4 SHAW, ELMER	68	25.68

DIVISION IVA

1 GULGIN, PETER	70	26.00
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DIVISION IVB

1 TREI, KARL K.	76	26.68
2 PARTRIDGE, PHILIP H.	75	25.68

DIVISION VA

1 TICMANIS, ARNOLDS A.	80	15.84
2 PITCHER, ARLING E.	84	14.34

HARBER

DIVISION OB LADIES		
1 CHADBOURNE, MARY H.	38	25.92

DIVISION IA LADIES

1 BLOCHFIELD, BRENDA	44	22.28
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DIVISION CA

1 MEYER, THOMAS G.	30	41.62
2 WATSON, RICHARD B.	33	24.36

DIVISION OB

1 BIANCHI, TONY	39	35.62
2 PORTER, RICHARD A.	35	30.84
3 STOCKUNAS, PETER W.	37	29.52

DIVISION IA

1 HILL, EDWARD H.	43	45.66
2 PAULI, JAMES W.	43	35.74

DIVISION IB

1 HOYT, PETER E.	45	34.94
2 MCKENNA, BRIAN E.	45	33.58
3 VALLE, MIKE H.	45	32.74
4 BLOCHFIELD, RICHARD	46	27.00

DIVISION IIA

1 CHADBOURNE, JOSEPH	54	46.52
2 TUGREY, TIM J.	51	41.84
3 FRAUNDORFER, CARLOS	54	40.08
4 OLSON, LEN T.	54	39.36
5 EDWARDS, JAY	50	35.16
6 TOVELL, JACKSON E.	54	27.10
7 JACKSON, TOM W.	51	25.26

DIVISION IIB

1 BERGENBACK, RICHARD	59	33.84
2 COOPER, RANDALL	56	24.40
3 HENRY, DON T.	58	19.26

DIVISION IIAA

1 REID, DONALD L.	62	32.96
2 PETERS, ROBERT L.	62	29.30
3 JAAGC, ART I.	60	26.46
4 BLACK, JOE	62	26.12

DIVISION IIBB

1 SHAW, ELMER	68	32.74
2 MCDGREN, GORDON E.	67	28.84
3 BOENINGSTAR, HAM J.	69	26.28
4 DUKOVAC, HATO	67	21.82

DIVISION IVA

1 FOWLER, MOLAN	72	35.88
2 GULGIN, PETER	70	26.50

DIVISION IVB

1 PARTRIDGE, PHILIP	75	28.70
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DIVISION VA

1 TICMANIS, ARNOLDS A.	80	21.20
2 BOSACK, EVERETTE H.	84	16.56

56 POUND DISTANCE

DIVISION OB

1 PORTER, RICHARD A.	35	8.32
2 BIANCHI, TONY	39	6.38

DIVISION IA

1 HILL, EDWARD H.	43	10.47
2 PAULI, JAMES W.	43	8.40

DIVISION IB

1 MCKENNA, BRIAN E.	45	7.58
2 BLOCHFIELD, RICHARD	46	6.72
3 VALLE, MIKE H.	45	5.81

DIVISION IIA

1 TWOMEY, TIM J.	51	7.35
2 CHADBOURNE, JOSEPH	54	7.16
3 CARSTENSEN, PAJ J.	54	6.87
4 OLSON, LEN T.	54	6.31
5 FRAUNDORFER, CARLOS	54	5.69

DIVISION IIB

1 HENRY, DON T.	58	5.27
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DIVISION IIAA

1 JAAGC, ART I.	60	5.59
2 REID, DONALD L.	62	4.65

DIVISION IIBB

1 SHAW, ELMER	68	5.10
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DIVISION IVA

1 FOWLER, MOLAN	72	5.03
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DIVISION IVB

1 PARTRIDGE, PHILIP H.	75	3.94
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DIVISION VA

1 TICMANIS, ARNOLDS A.	80	4.46
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WEIGHT TOSS

DIVISION OB LADIES

1 CHADBOURNE, MARY H.	38	7.11
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DIVISION CA

1 MEYER, THOMAS G.	30	13.73
2 WATSON, RICHARD B.	33	8.16

DIVISION CB

1 PORTER, RICHARD A.	35	12.35
2 BIANCHI, TONY	39	11.07
3 STOCKUNAS, PETER W.	37	10.31

DIVISION IA

1 HILL, EDWARD H.	43	15.82
2 PAULI, JAMES W.	43	12.31

DIVISION IB

1 HOYT, PETER E.	45	12.01
2 MCKENNA, BRIAN E.	45	11.90
3 VALLE, MIKE H.	45	10.15
4 BLOCHFIELD, RICHARD	46	9.46

DIVISION IIA

1 TWOMEY, TIM J.	51	12.24
2 CHADBOURNE, JOSEPH	54	12.14
3 OLSON, LEN T.	54	11.55
4 FRAUNDORFER, CARLOS	54	10.22
5 JACKSON, TOM W.	51	8.49
6 TOVELL, JACKSON E.	54	7.27

DIVISION IIB

1 COOPER, RANDALL	56	8.58
2 HENRY, DON T.	58	7.71

DIVISION IIAA

1 BLACK, JOE	62	11.01
2 JAAGC, ART I.	60	10.99
3 PETERS, ROBERT L.	62	9.98
4 REID, DONALD L.	62	9.31
5 WECKSTEIN, NORBERT	62	6.85

DIVISION IIBB

1 SHAW, ELMER	68	11.79
2 MCDGREN, GORDON E.	67	9.70
3 BOENINGSTAR, HAM J.	69	8.29
4 DUKOVAC, HATO	67	7.56

DIVISION IVA

1 FOWLER, MOLAN	72	11.71
2 GULGIN, PETER	70	8.33
3 BRESLIN, JIM	71	6.72

DIVISION IVB

1 PARTRIDGE, PHILIP H.	75	8.03
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DIVISION VA

1 TICMANIS, ARNOLDS A.	80	7.06
2 BOSACK, EVERETTE H.	84	5.67

5K WALK

DIVISION CA LADIES

1 DONLEY, KATHY L.	32	27:06.1
2 JOHNSON, TERRI	34	30:21.2
3 LABB, VICKI L.	33	35:02.7
4 CARDES, EMILY L.	32	37:37.9

DIVISION CB LADIES

1 FUNKHOUSER, DONNA	36	34:00.3
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DIVISION IA LADIES

1 HERRING, J. GRAY	43	32:21.2
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DIVISION IB LADIES

1 HARTZ, MARSHA H.	46	31:08.8
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DIVISION IIB LADIES

1 RUSH, ANNA W.	57	31:14.2
2 BETTS, MARIE B.	58	36:37.4

DIVISION IIIA LADIES

1 LLOYD, EVELYN H.	60	35:00.9
2 WOOD, JEAN	62	36:07.2
3 WIEBEL, HAZEL H.	61	39:32.4

DIVISION IIBB LADIES

1 TALLBADGE, MIM	69	46:57.1
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DIVISION CB

1 FUNKHOUSER, RAYMOND	35	22:18.4
2 BINGHAM, ERIC C.	39	25:14.1
3 SPELL, DANNY W.	36	27:22.8
4 KRCL, JOHN P.	39	32:55.5

DIVISION IB

1 KULIK, RONALD	48	23:51.3
2 MCKINNIS, RAY A.	46	24:03.9
3 GOZIK, THOMAS J.	45	33:16.1

PENTATHLON

DIVISION OA

1 BATT, JEFFREY J.	31	5.37	455	45.02	515	25.40	573	38.36	631	5:07.4	518	2692
2 ROBINSON, JOSEPH H.	33	5.52	485	38.62	422	24.90	614	33.62	536	4:54.3	593	2650
3 BESBEARS, DAVID L.	32	5.84	552	45.26	519	25.90	532	31.82	500	5:37.4	364	2467
4 SZABNACH, STEVEN F.	30	5.67	516	41.82	469	24.30	666	34.70	558	6:22.9	178	2387

DIVISION OB

1 GREEN, BOB	37	5.55	492	45.96	529	23.40	748	31.16	487	4:56.3	570	2826
2 TOLISA, FRANT C.	36	5.76	535	46.18	532	25.10	598	36.42	593	5:03.9	537	2795
3 BLACK, IVAN G.	37	5.28	437	34.00	356	25.70	548	23.06	330	5:11.5	495	2166
4 ROEUCK, GARLAND L.	38	4.29	254	35.64	379	28.70	330	23.64	341	5:16.1	471	1775

DIVISION IA

1 CROWAN, THOMAS L.	43	5.14	409	39.18	430	25.70	548	34.50	554	5:19.5	453	2394
2 LILES, JOEL H.	40	5.70	523	38.48	420	25.40	573	23.02	329	5:14.8	478	2323
3 SELBY, DENNIS B.	41	4.38	271	32.39	333	27.60	404	25.00	367	5:10.1	503	1878
4 MCGRUDER, BALICHI	44	4.26	249	46.24	533	26.60	478	28.90	443	6:23.8	175	1878
5 RUSEY, WILLIAM J.	41	5.64	510	41.56	465	28.60	337	30.18	468	0	0	1780
6 CLLETTE, GEORGE E.	42	4.39	271	32.58	336	27.20	433	24.78	363	5:35.7	372	1775

DIVISION IB

1 HILLET, GARY E.	48	6.01	585	47.82	556	24.10	684	32.40	512	5:08.7	511	2852
2 JAMES, JOHN E.	47	4.98	378	32.32	332	28.30	356	31.42	492	5:14.4	480	2038
3 HICKEY, JIM C.	46	4.29	254	26.22	246	26.40	493	23.28	334	5:19.3	454	1781
4 JEFFREY, WILLIAM L.	46	5.09	400	0	0	28.60	337	27.02	406	5:12.7	489	1632
5 KAYE, RICHARD	45	4.87	358	29.66	294	29.00	311	18.34	241	5:46.3	323	1527
6 SEAGLE, DANNY D.	47	3.60	145	32.94	341	30.30	235	24.40	356	6:23.7	176	1253

DIVISION IIA

1 GILBORE, JACK H.	51	5.23	427	42.84	483	27.00	488
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Continued from previous page

10 KILOMETER RUN

AGE	TIME
41	52:49.0
41	55:05.9

DIVISION IA LADIES

1 HILLS, MARCIA A.	41	52:49.0
2 CREASHAN, SHERRIY	41	55:05.9

DIVISION IB LADIES

1 CANADAY, LIANA E.	47	57:39.1
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DIVISION OA

1 PETERSON, ROBERT C.	32	35:32.5
2 DELZER, RON V.	34	38:52.7
3 MUSTIZEL, STEVEN	34	40:48.5
4 SHOUSE, DAVID H.	38	47:41.1

DIVISION OP

1 KOCIECKI, LESZEK	36	34:09.9
2 BEEKER, CHARLES C.	35	35:30.3
3 RIDGE, MICHAEL B.	37	36:57.9
4 COTANCH, STEPHEN B.	36	37:22.1
5 VRIND, JAAP	36	46:34.8
6 SLOAN, ROBERT W.	36	47:18.2

DIVISION IA

1 BARE, THOMAS H.	42	34:58.0
2 SMITH, PATRICK L.	42	42:26.9
3 SELBY, DENNIS B.	41	43:56.5

DIVISION IB

1 MCSEBROOK, ROBERT C.	49	40:53.8
2 GRADEN, BANK E.	46	45:51.7
3 BREWER, JAY R.	46	46:51.6
4 ASHEY, CHARLES G.	45	50:11.3
5 EMBLESS, JIM	45	51:40.5

DIVISION IIA

1 BEARD, BOB	51	40:15.7
2 FOWLE, DAVID T.	53	40:19.7
3 PIERCE, DAVID J.	53	44:16.0
4 BIVARD, JOHN L.	51	45:00.0

DIVISION IIB

1 KICFFER, PETER H.	55	39:46.7
2 BROWN, KELSEY T.	58	43:32.0
3 COHEN, ALAN D.	56	44:37.8
4 GREY, DONALD C.	58	47:27.0
5 LONG, KEN J.	56	50:14.1

DIVISION IIAA

1 JOCCY, JOCK W.	60	47:26.7
2 PAILEY, BERT	64	48:42.6

DIVISION IIBB

1 HANSEN, NORMAN M.	65	44:16.5
2 WOODS, JOHN P.	68	48:25.4
3 FUTEELL, CHARLES T.	65	54:03.4

DIVISION IIVA

1 BRELSFORD, CLAYTON	71	49:20.6
2 WENG, CHEN LING	74	51:39.5

DIVISION IIVB

1 FIKE, BYRON P.	76	67:39.4
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DIVISION IIVV

1 SPANGLER, PAUL	87	72:18.7
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25 KILOMETER RUN

AGE	TIME
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DIVISION OA LADIES

1 HOLLBANN, LENA B.	34	1:43:02.2
2 BROWN, BARY E.	32	1:45:38.1

DIVISION OPEN

1 PUTMAN, ZEPH	32	1:37:49.9
2 ALBERT, ALAN H.	29	1:45:56.5
3 JENNETTE, DOUG	38	2:00:00.9
4 SMITH, JACKSON	32	2:07:05.5

DIVISION OA

1 THORNTON, BILL	32	1:29:05.5
2 JOHNSTON, ROGER L.	34	1:35:56.8
3 SPECTOR, PHIL C.	34	2:03:40.9

DIVISION OB

1 HAYES, GARETH E.	36	1:29:14.4
2 BARTIN, EDWARD L.	39	1:32:20.9
3 SEDRAK, JACOB E.	39	1:33:57.0
4 SMITH, WILLIAM T.	36	1:49:03.5
5 HUBFARD, ROBERT L.	39	2:06:32.4

DIVISION IA

1 VANDEN BROEK, DAVI	44	1:32:30.5
2 HOWAT, RICHARD	42	1:35:39.1
3 GONG, SAN C.	43	1:39:49.2
4 BULLINGER, PAUL E.	42	1:43:20.3
5 BRESSLER, ROZING	44	1:51:17.5
6 SLATE, HAROLD E.	42	1:57:36.6
7 SALKIN, JAY S.	42	2:01:31.9

DIVISION IB

1 WARD, MIKE A.	47	1:39:59.2
2 COCHRAN, LAVE	45	1:42:21.5
3 BROOKHOUSE, C.	48	1:42:51.7
4 LEIDY, BOSS B.	46	1:42:58.4
5 DURBANT, STEPHEN C.	47	2:01:32.6

DIVISION IIA

1 SNEED, CHARLES E.	53	1:55:00.9
2 BUNN, BILL H.	50	1:59:49.9

DIVISION IIB

1 COOPER, FRANCIS L.	55	1:55:29.3
2 VAN DE ZANDE, CHARLES	57	1:58:49.5

DIVISION IIAA

1 BUSH, LARRY E.	62	1:57:44.9
2 HUMB, ROBERT D.	60	2:08:21.8
3 LUFF, FRANK T.	63	2:13:42.9
4 LLOYD, ELDRIDGE B.	63	2:38:26.0

WEIGHT PENTATHLON

LACE	NAME	AGE	SHOT	PTS.	DISCUS	PTS.	HAMMER	PTS.	JAVELIN	PTS.	350 WT.	PTS.	TOTAL	POINTS
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DIVISION OB LADIES

1 PIERCE, KATHY H.	38	9.25	441	20.46	281	25.06	368	24.84	227	5.88	242	1559
2 CHADGURNE, BARY H.	38	5.44	216	25.92	385	16.78	212	13.94	82	7.10	314	1209

DIVISION OA

1 SZABACH, STEVEN F.	30	10.22	499	34.84	560	35.12	566	36.18	387	10.36	508	2520
1 COHE, RON	34	10.96	543	30.22	469	34.36	551	41.56	465	11.62	584	2612
2 BATT, JEFFREY J.	31	12.39	630	20.48	281	35.72	578	45.45	521	10.26	501	2511
3 WATSON, RICHARD B.	33	10.59	521	24.36	355	34.00	544	46.76	541	8.16	376	2337

DIVISION OB

1 PORTER, RICHARD A.	35	11.03	548	30.84	481	35.68	577	33.45	348	12.34	628	2582
2 STOKUNAS, PETER W.	37	12.56	640	29.52	455	38.52	635	33.04	342	10.30	504	2576
3 BIANCHI, TONY	39	10.33	505	35.62	576	33.62	536	33.96	355	11.06	550	2522

DIVISION IA

1 HILL, EDWARD H.	43	15.40	814	45.66	760	45.00	767	52.26	622	15.82	840	3803
2 PAULI, JAMES W.	43	10.30	504	35.74	579	30.12	467	.	0	11.98	605	2155

DIVISION IB

1 HCKENNA, BRIAN E.	45	10.61	522	33.58	535	35.58	575	32.88	340	11.90	600	2572
2 VALLE, MIKE H.	45	10.92	541	32.20	508	34.66	557	39.38	433	9.86	477	2516
3 HCTI, PETER E.	45	10.30	504	33.90	542	32.32	510	.	0	12.00	607	2163

DIVISION IIA

1 OLSCH, LEN T.	54	12.99	667	39.36	652	44.44	755	37.76	410	11.55	579	3063
2 THOBY, IIB J.	51	11.75	941	41.84	702	38.32	630	34.56	364	12.24	621	2908
3 FRAUCHEPPE, CARLOS	54	12.10	612	40.08	666	38.50	634	28.89	283	10.22	499	2694
4 CHAIBURNE, JOSEPH H.	54	9.76	471	46.52	798	29.44	453	23.84	207	12.14	615	2544
5 CARSTENSEN, PAY J.	54	11.49	576	34.12	546	31.28	490	31.86	325	10.36	508	2445
6 EDWARDS, JAY	50	12.45	634	35.16	567	37.16	607	30.98	313	.	0	2121
7 JACKSON, ION W.	51	10.30	504	25.26	372	30.36	472	31.78	324	8.30	384	2056
8 TOWELL, JACKSON E.	54	8.87	418	25.86	384	31.00	484	29.28	289	7.26	323	1898

DIVISION IIB

1 COOPER, RANDALL	56	11.90	600	24.40	356	39.80	660	39.80	439	8.58	401	2456
2 HENRY, DON T.	58	9.24	440	19.26	258	25.98	386	17.36	126	7.70	349	1559

DIVISION IIAA

1 JAAGO, ART I.	60	11.60	582	26.46	395	35.76	579	31.04	314	10.98	545	2415
2 REID, DONALD L.	62	11.12	553	32.96	523	36.68	597	28.24	275	9.30	444	2392
3 PETERS, ROBERT L.	62	9.70	468	28.46	434	33.06	525	25.92	242	9.98	484	2153
4 WECKSTEIN, ROBERT L.	62	9.13	434	17.20	220	29.62	457	25.13	231	6.84	298	1640

DIVISION IIBB

1 SHAW, ELNER	68	10.09	491	31.22	488	37.44	613	25.68	239	11.78	594	2425
2 MCHUGHEN, GORDON E.	67	9.57	460	28.84	442	35.36	571	35.26	431	9.70	468	2372
3 BORNINGSTAR, HAN J.	69	10.15	495	26.28	392	32.74	519	30.54	307	8.28	384	2097
4 DUROVAC, BATO	67	9.60	462	21.82	306	28.78	440	27.74	268	7.04	310	1786

DIVISION IIVA

1 GULGIN, PETER	70	10.30	504	25.72	381	38.76	639	26.00	243	8.32	386	2153
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DIVISION IIVB

1 PARIBRIDGE, PHILIP H.	75	7.70	349	27.64	418	30.68	478	25.68	239	8.02	368	1852
2 TREI, KABI K.	76	8.81	414	.	0	27.58	417	26.68	253	6.56	281	1365

DIVISION IVA

1 TICHAIS, ARNELDS A.	80	8.32	385	21.20	295	21.10	312	15.84	106	7.06	311	1409
2 BOSACE, EVERETTE W.	84	5.87	241	16.56	208	16.52	208	12.02	57	5.66	230	944

MIDWEST

The Fourth Annual

NORTH COAST RELAY CHAMPIONSHIP
April 26, 1986 - Mayfield, Ohio

100M DASH

M-OPEN	Brian Wells	10.92
	Rico Cabot	11.80
	Rodney Wilson	11.81

M30

Morris Blueford	10.94
Money Goines	11.17
Bill Worling	11.50

M40

George Smith	11.72
Grover Coats	12.23
Mike Collopy	12.30

M50

Bill Cochrane	12.53
Jack Greenwald	13.45

M60

Al Wilson	13.59
Bill Jordan	13.68

M70

Byron Fike	15.39
Herman Mlotek	16.22

M30

Denise Sharps	13.20
---------------	-------

M40

Essie Kea	15.26
Joan Gibson	20.58

1600M RUN

M-OPEN	Tom Payne	5:25.4
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M30

Glen Andrews	4:38.3
Pat Moriarty	4:38.7
Mike Gallagher	4:49.9

M40

Richard Russell	6:59.1
-----------------	--------

M50

Bob Milner	5:58.2
Frank Quirk	5:56.6

M60

Buzzy Hood	6:31.67
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M70

Byron Fike	7:25.0
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Continued from previous page

Table with columns for event name, athlete name, and time/height. Includes categories like HIGH JUMP, M-OPEN, LONG JUMP, and TEAM CHAMPIONSHIP.

Table with columns for event name, athlete name, and time/height. Includes categories like Shot Put, Discus, Javelin, and 100m.

WEST

California State-Bakersfield/ Bakersfield Californian Invitational Bakersfield, Calif.; February 8

Table with columns for event name, athlete name, and time/height. Includes categories like 100m, 400m, 110mH, High Jump, Pole Vault, Long Jump, Triple Jump, Discus, Javelin, 35# Weight, and Hammer.

Table with columns for event name, athlete name, and time/height. Includes categories like 110mH, 100m, and Javelin.

Table with columns for event name, athlete name, and time/height. Includes categories like 100m, 400m, 110mH, High Jump, Pole Vault, Long Jump, Triple Jump, Discus, Javelin, 35# Weight, and Hammer.

Table with columns for event name, athlete name, and time/height. Includes categories like Javelin, Triple Jump, Discus, Pole Vault, and High Jump.

Table with columns for event name, athlete name, and time/height. Includes categories like Pole Vault, High Jump, and Hammer.

Sacramento Relays, California State University Sacramento, April 26

Table with columns for event name, athlete name, and time/height. Includes categories like 100m hurdles, 110m hurdles, 300m hurdles, 100m dash, 500m run, 4x100m relay, and Long jump.

Table with columns for event name, athlete name, and time/height. Includes categories like 400m dash, 800m run, 1.500m run, 5.000m run, 4x100m relay, and Long jump.

SOUTHWEST

Table with columns for event name, athlete name, and time/height. Includes categories like Dallas Senior Games, 50m, 100m, 200m, 400m, 800m, 1500m, 100mH, 300mH, High Jump, Pole Vault, Long Jump, Triple Jump, and Hammer.

Sport-Arcade Meet Pomona, Calif.; March 29

Table with columns for event name, athlete name, and time/height. Includes categories like 10000m, 5000m Racewalk, 100mH, 300mH, 4x100m Relay, 500m, 80mH Men, 80mH Women, Corporate Sprint Relay, 4x200m Relay, Hammer, and Shot Put.

Table with columns for event name, athlete name, and time/height. Includes categories like 110mH, 100m, 400m, 110mH, High Jump, Pole Vault, Long Jump, Triple Jump, Discus, Javelin, 35# Weight, and Hammer.

Table with columns for event name, athlete name, and time/height. Includes categories like Javelin, Triple Jump, Discus, Pole Vault, High Jump, Hammer, Shot Put, and 100m.

Continued on next page. Includes vertical text on the right edge of the page.

Continued from previous page

Triple jump

M65 John Hay	22-3
M60 Jim Johnson	30-11
M55 Ed Mahany	31-8.25
M50 Steve Richmond	28-7
M40 Jim Hollister	37-7.75
Don Dvorak	35-11
M30 Ron Shields	39-7.75
Gary Schmidt	38-5.5

High jump

W30 Linda Scott	5-4
M70 Jim McCarthy	4-0
M60 Jack Barker	4-0
Jim Johnson	4-0
M50 Don Rose	4-10
Steve Richmond	4-8
M40 Don Dvorak	5-2
M35 John Case	4-10
M30 Ron Shields	6-0
Oliver Murphy	5-4
Dick Ulrich	4-8

Pole vault

M70 *Carol Johnston	9-9
M60 Jim Johnson	9-0
M40 Bruce Hotaling	13-0
Gary Lemen	12-0
M35 Ken Richardson	11-0

Hammer

W30 Joan Stratton	105-10
M70 Jim York	116-4
M65 Bob Stone	114-8
M45 Joe Orsini	89-10
M40 Eric Westin	83-8
M35 Gary Kelmenson	154-6
M30 Gary Leach	136-6

Javelin

W40 Janie Duff	77-0
W30 Joan Stratton	96-10
M75 Emery Curtice	98-8
M70 Jim McCarthy	79-3
M65 Bob Stone	102-6
Don Cumley	101-6
Dick Mack	84-0
M60 Bob Roemer	111-8
Roy Wigginton	108-11
Jack Barker	57-0
M50 Don Gray	112-7
M45 Larry Stuart	196-2.5
Joe Orsini	96-5
M40 Eric Westin	160-6.5
Dennis Neufeld	131-9.5
Dick Speidel	93-1
M35 Bob Buhl	175-1.5
Mike Holzgang	142-9
John Case	140-1
Gary Kelmenson	128-11.5
M30 Gary Schmidt	150-8.5
Oliver Murphy	119-11

Discus

W65 Riki Corvello	41-6.25
W30 Joan Stratton	108-3.5

M70 Ross Carter	120-6
Jim York	92-0
Jim McCarthy	82-9
M65 Don Cumley	115-8.5
Bob Stone	92-2
Hal Cronkhite	90-1
Dick Mack	88-2.5
M60 Roy Wigginton	115-6.5
Dick Nordquist	109-5
Jack Barker	82-7
M55 Sherrell Sears	123-0
M50 Don Rose	109-1
Don Gray	85-6.75
M45 John Ross	132-5
Dick Hotchkiss	131-5
Jim Hart	129-7
Joe Orsini	90-10
M40 Eric Westin	106-7.5
Jim Nielsen	105-0.5
M35 Gary Kelmenson	108-8.5
John Case	103-5
Mike Holzgang	93-9.5
M30 Gary Leach	141-3
Gary Schmidt	107-6.5

Shot put

W65 Riki Corvello	20-2
W30 Joan Stratton	37-1

M70 Ross Carter	43-0.5
Jim York	37-5
M65 Don Cumley	43-6
Hal Cronkhite	36-6
Bob Stone	33-2
M60 Dick Nordquist	37-10
Roy Wigginton	36-10
M55 Sherrell Sears	34-0
M50 John Geoghegan	38-0
M45 Dick Hotchkiss	42-9
Jim Hart	41-4
John Ross	40-0
Gene Thacker	36-7
M40 Jim Nielsen	34-0.
M35 Gary Kelmenson	37-8
Mike Holzgang	34-3
John Case	32-0.5

M30 Gary Leach	48-9.5
Dick Gorbet	46-9.5
Gary Schmidt	37-5

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NATIONAL

U.S. TAC National Masters 50K Championships Columbus, Ohio; April 6 (Ohio TAC Open Championships)

Overall R Otten 26 5:46:44 M35 W Christopherson 37 7:02:07 D Bartek 39 7:12:23 K Moore 37 7:19:55 M40 T Wellmeier 41 6:25:08 R Emmett 40 6:33:06 R Jackson 40 7:15:48 M45 B McGee 45 7:04:55 N Roof 49 7:09:55 B Stiffler 47 8:17:03 M50 P Butler 54 8:33:18 R McKinney 52 9:59:11 A Lovy 51 10:21:22 M65 H Smith 65 11:41:26 M70 B Shrader 70*10:04:17 M50 G Nycum 50 11:10:13 RW-M35 A Price 39 9:39:03/ M50 J Blackburn 50 10:38:55

U.S. TAC National Masters 30K Championships E. Meadow, N.Y.; April 6

M40 J Ageulera 1:52:46 P Tetscher 1:53:34 R Belanger 2:02:49 M45 B Burger 2:14:45 E Kraus 2:24:25 T Kourounis 2:24:37 M50 R Bryan 1:57:12 G Erkman 2:13:41 M Ornstein 2:16:28 M55 P Devine 2:03:32 J Sullivan 2:15:24 J Clarelli 2:32:14 M60 G Boecklin 2:30:41 J Rheault 2:43:48 M65 M Freidel 2:54:29 from James Murphy

U.S. TAC National Masters 15K Racewalk Championships Long Beach, Calif.; April 20

M40+ Larry Walker 1:10:20 M50+ Max Green 1:20:57 M60+ M Mickelson 1:39:03 M40+ Barbara Kreiger 2:05:20 M50+ Helen Oakley 1:45:32 M60+ Collie Green 1:52:10 (Tony Perona 77 1:46:19) from Jim Coots

NEW ENGLAND

New Bedford Half-Marathon New Bedford, Mass. March 16

Open Geoff Smith 1:02:05 Charlotte Teskel: 1:03:23 M40 Sumner Brown 1:09:52 Armando Aldegallega 1:09:59 Bert Allen 1:13:15 M50 Joe Fernandez 1:19:49 M40 Donna McDonald 1:28:38 Carrie Parsi 1:31:15 Bette Davis 1:31:40 M50 Barbara Robinson: 1:39:08

Clamdigger 5 Mile Watch Hill, R.I.; April 20

Overall T Smith 26:35 D DeVeaue 30:49 M40 H Gole 27:32 B Harding 28:34 M50 G Nardone 32:57 C Graves 33:51 M60 C Hammen 32:36 T McDonough 36:39 R Packer 37:57 M65 M Wibberly 41:40 C Waas 43:53

W40 G Palonen 37:10 J Richmond 37:12 W50 M McCauley 38:08 W60 B Henning 48:20 from Carl Hammen

90th BAA Boston Marathon Boston, Mas.; April 21

Overall R DeCastella 30 2:07:51 I Kristiansen 30 2:24:44 M40-49 M Hurd 1 40 2:19:04 J Sheridan 2 40 2:24:35 L Roberts 1 42 2:24:55 J Loeschhorn 3 41 2:27:03 J Davies 1 42 2:29:32 G Ogden 1 42 2:29:41 A Rushmer 1 42 2:30:31 J McGuire 4 42 2:30:48 D Coffman 3 43 2:33:25 K Deathridge 1 40 2:33:44 1=England 2=Ireland 3=U.S.A. 4=Canada 5=Japan 6=Sweden

M50-59 J Weston 4 53 2:35:22 G Jorgensen 3 56 2:38:45 B Foulk 3 52 2:39:22 J Steger 3 51 2:44:25 B Spratt 3 52 2:44:52 G McFarland 3 50 2:45:38 M Dumas 3 52 2:46:38 M Sullivan 3 56 2:47:01 D Gammie 3 55 2:47:38 J Sturdevant 3 55 2:48:04

M60+ F DiMarco 3 64 3:05:31 H Onuma 5 67 3:10:58 J Powers 3 60 3:12:34 J Start 3 65 3:14:28 S Toabe 3 62 3:15:44 W Johnson 3 63 3:16:49 H Short 3 64 3:17:29 B Holm 3 60 3:18:51 H Kirsch 3 62 3:20:42 M Smith 3 62 3:23:12

W40-49 E Palm 6 44 2:32:47 B Rothman 3 40 2:43:36 B Nelson 3 40 2:58:06 P Couper 3 42 2:58:06 J Hutchison 3 40 3:00:27 C Burroughs 3 42 3:02:54 K Beebee 3 40 3:06:19 J Reiss 3 48 3:07:31 C Kimball 3 42 3:10:18 E Sonne 3 40 3:10:20

W50-59 W S Yu 3 51 3:18:23 C Cappetta 3 50 3:21:08 J Glassman 3 57 3:22:09 J Van Kleec 3 50 3:28:14 N Hellyer 3 50 3:29:22 P Stump 3 50 3:34:47 B Lampe 3 54 3:41:54 H Fosse 3 57 3:43:02 M Macris 3 51 3:45:58 J Oloese 3 51 3:50:47

EAST

Perrier 10K Central Park NYC; March 29

Overall P Petersen 26 29:16 J Merrill 29 35:29 M40 T Haiman 43 32:59 B Wooley 43 34:40 W Moseley 40 35:23 M45 R Ruiz 46 35:26 J Sulek 48 36:17 G Harrington 46 37:05 M50 W Bialokur 51 36:32 C Pauling 51 40:41 A Smith 51 41:05

M55 K Jones 55 36:57 W Fortune 57 40:06 J Stoltzfus 59 42:18 M60 J McManus 62 40:57 T McGinnis 61 41:33 L Ridings 61 45:01 M65 T Gibbons 65 42:56 J Fredette 65 44:12 M70+L Martin 74 50:17 W40 C HearnGreening 40 38:40 C Tattersall 44 41:04 E Schertenleib 44 43:17 W45 A Thornhill 45 40:08 P L Parmalee 46 41:10 C Bienkowski 46 41:53 W50+B Bellinghausen 52 45:14 R Ross 50 48:39 V DeHaan 51 51:26 W60+J Neulinger 61 58:44 J Goldman 63 1:06:44 E Havens 69 1:10:22 W70+M Bdera 70 1:13:04

Mad Anthony Wayne Half-Marathon Wayne, N.J.; April 5

Overall T Latinsciacs 1:11:42 J Chodnicki 1:23:09 M40 A Roque 1:13:01 M50 H Migchmeier 1:27:41 M60 H Berner 1:29:27 M70+L Martin 1:48:47 W40 C Gabbard 1:47:14 W50 S Pettit-John 2:06:43 W60 K Caell 2:17:07

Vivicitta 12K Brooklyn, NYC; April 5

Overall M Feurtado 28 38:48 M Buchanan 23 50:03 M30+A Hall 39 39:20 M40 T Kampman 40 43:42 M50 L Stern 51 46:53 M55 H Higgins 59 51:45 M60 B Muller 61 51:19 M65 T Singer 65 1:07:00 M70+C Feldman 70 1:03:55 W30+U Schletz 31 53:31 W40 S Beltrandi 42 58:19 W45 C Sutliff 46 59:35 W60+E Havens 60 1:13:06

Plainview 10K Long Island, N.Y.; April 5

Overall K Boyle 32:36 M Milligan 35:49 M40 T Haiman 32:53 M45 L Hugelmeyer 34:49 M50 R Murphy 36:24 M55 K Karcher 38:37 M60+ A Bowen 42:30 W40 J Hayes 41:54 W45 A Frisch 41:31 W50 M Klein 51:09 W55 J Ofenloch 42:46 W60+ D Schwartz 51:49

Nike Cherry Blossom 10 Mile Washington, D.C.; April 6

Overall T Hunt 28 46:15 R Mota *53:09 M40 B Brown 41 51:17 M Stewart 40 52:33 R Myers 40 54:02 M45 F Bradley 48 53:39 M Williams 48 56:58 D Hipp 46 57:39 M50 N Green 53 54:50 B Hyser 51 57:08 W Hoss Jr 51 59:54 M55 G Jorgenson 56 58:35 H Chisholm 59 1:01:09 B Hardwicke 56 1:01:50 M60+ J Hosner 61 1:01:44 H Morgan 64 1:02:29 P Lackey 62 1:04:48 M70+ W Barkas 70 1:59:21 M Wood 71 2:02:10 W40 C Lassester 43 1:03:35 H Pirie 41 1:05:32 P Patrick 42 1:09:12 W45 I Kerch 46 1:12:19 J Stoodley 45 1:13:38 W50 T D'Elia 56 1:08:50 G Phillips 50 1:13:42 L Sippelle 51 1:14:23 W60+ A Park 60 1:16:00

Queens Half-Marathon Queens, NYC; April 13

Overall S Kogo 1:05:52 S Given 1:23:41 M35 P Cruz-Martin 1:09:37 M40 H Kahl 1:16:46 M45 R Ruiz 1:16:50 M50 W McCarthy 1:25:52 M55 K Karcher 1:25:49 M60 W Brown 1:27:22 M65+ T Gibbons 1:35:33 W35 F Messina 1:39:03 W40 L Smith 1:42:55 W45 A Thornhill 1:28:20 W50 K Knight-Perry 2:04:39 W55 A Jacobson 2:14:57 W60 E Hauser 2:06:13 W65+ E Havens 2:32:25

New Jersey Waterfront Marathon Jersey City; May 4

Overall W Donakowski 29 2:11:40 R Borralho 32 2:35:37 M40 E Stahl 40 2:16:54 D Austin 41 2:28:10 J Loeschhorn 41 2:40:07 M45 R Cosme 45 2:27:20 F Gospanl 45 2:46:57 R Hill 47 2:46:59 M50 K Sabin 50 3:07:41 M55 K Stiers 57 3:09:38 M60 H Berner 61 3:16:49 M65 V Carnevale 69 3:38:20 P Newell 65 3:39:34 W40 G Andersen 41 2:42:18 H Walters 43 2:55:49 S Weisbrod 42 3:18:55 W45 A Thornhill 45 3:07:05 J Ulylot 45 3:11:56 P DeLotto 47 3:23:53 W50 W Yu 51 3:25:40 J Dowsett 53 4:30:45 S Pasquino 50 4:49:29

SOUTHEAST

Jacksonville River Run 15K Jacksonville, Florida March 8

Open Arturo Barrios 43:18 Grete Waitz 48:53 M40 Antonio Villanueva 46:18 Bill Venus 47:45 W40 Maddy Harmeling 56:13 Elfrieda Wyner 59:13

Azalea Trail Run 10K Mobile, Ala.; March 8

Overall P Koech 28 28:03 E Lynch 21 32:24 Top Three Men Masters A Belligne 41 30:59 D Coffman 42 31:33 D Murray 40 31:50 M40 T Dooley 41 32:27 A Pilling 43 32:47 S Lester 43 32:49 M45 A Miques 45 33:30 R Barber 46 34:47 M Witkin 47 35:10 M50 B Olrich 50 33:10 G Koch 51 34:48 R Bryan 50 35:15

M55 B Morton 56 37:05 E Strange 57 41:26 B Neal 57 41:28 M60 G English 60 41:21 J Mitchell 60 41:42 B Rice 60 41:59 M65+S Hudson 65 43:56 E Wert 72 46:16 C Lewis 67 47:43

Top Three Women Masters G Andersen 40 34:31 C Lassester 43 38:17 N Spalding 40 38:44 W40 V Imes 41 39:30 B Horn 41 41:18 C Holm 40 42:32 W45 M A Wehrum 48 39:24 K Ammons 46 41:14 F Mills 48 42:09 M50 M Herbst 51 45:08 B Ramsey 51 45:30 H Corley 52 46:58 W55 J Arnold 59 52:04 F Eisenacher 59 52:08 E Oldham 55 55:58 W60 A Park 60 47:14 M Lee 63 54:17 DF Dvorak 61 69:14 W65+M McIntoosh 65 64:29

McGuire's St. Patrick's Day 5K Pensacola, Fla.; March 15

Overall Masters A Miques 16:40 C Oleckband 21:47 M35 D Rowland 16:23 M40 G Gray 16:43 M45 R Zadroga 18:22 M50 F McConnell 17:30 M55 B Parrish 18:55 W35 J Groggi 22:15 W40 C Campbell 24:51 W45 P Rase 26:51 W50+H Corley 23:50

Shamrock Marathon & 8K Virginia Beach, Va.; March 15

---8K--- A Johnson 23 22:56 G Waitz 32*25:03 *WR M40 G Keim 43 25:37 M Stewart 40 25:44 D LaMountain 40 25:48 M45 L Faxon 46 26:30 M Williams 48 28:01 L I'Anson 49 28:39 M50+ B Jordan 57 29:36 C Flynn 50 30:26 E Blanks 50 31:00 M60+ C Daman 67 35:47 S Stephens 63 37:51 M Sprinkle 66 38:34 W40+ K Stronach 46 33:45 G Gould 41 33:46 P Smith-Hite 41 34:19 W50+ M MacFarlane 50 37:30 M Coleman 51 44:39 M Brown 59 46:46

Marathon--- J Kipsang 25 2:18:59 C Ciavarella 37 2:56:50 M40 B Venus 47 2:26:19 R Zimmerman 44 2:32:21 R Hill 47 2:40:35 M45 E Brinkley 45 2:43:35 R Reed 47 2:57:53 B Davis 48 2:59:24 M50+ F Sandlin 53 3:09:18 J Schmid 51 3:18:26 F Bush 52 3:19:24 M60+ J Bays 64 3:47:32 J McIntyre 65 3:51:23 E Lloyd 63 4:05:45 W40+ C Dalrymple 44 3:30:52 S Devlin 40 3:33:33 M Hagihara 41 3:38:27 W50+ J Dowdy 50 4:00:25 M Pokorny 52 4:03:13 K Brieger 53 4:11:04

Cooper Bridge 10K Charleston, S.C.; April 5

Overall H Koelman 28 29:29 L Welch 23 33:37 M40 T Dooley 41 33:19 A Pilling 44 33:55 M Kelly 42 35:14 M45 W Burnside 46 37:04 J Keller 45 38:01 J Adams 46 38:37 M50 G Koch 52 36:27 M Gillis 52 37:01 K Kurts 52 38:34 M55 L Swofford 56 41:16 N Wilson 57 41:20 C Moore 56 42:41 M60 D Mellard 63 42:57 L Moore 61 44:24 F Mason 61 47:18 M65+ G Sheehan 67 47:48 W Stuart 65 48:49 C Brelsford 71 54:37 W40 G Bailey 40 39:21 N Spalding 40 41:05 J Ploeger 42 43:16 W45 M A Wehrum 48 40:32 A Allen 46 50:24 L Hendrix 45 50:47 W50 W Williams 53 48:00 S Foster 50 51:13 T Woods 51 54:55 W55 N Bell 56 54:03 F Motley 58 58:25 J McGehee 55 63:45 W60+ M Wright 64 57:03 O Moody 60 65:32 J Rowell 62 68:34

Providence Day 5K Charlotte, S.C.; April 19

Overall S Griffith 15:35.8 J Saline 23:39.4 M40+ G Sylvester 17:14.8 A Coffin 18:40.5 M O'Callaghan 19:47.3 M50+ Z Jamison 19:37.9 R Hyams 28:52.3 S Calos 29:49.5 W40+ A Smith 25:02.5 S Roberts 26:23.1 B Ratliffe 27:26.8 W50+ E Hyams 25:16.2

DeLand Spring 10K DeLand, Fla.; April 26

Overall Masters B Howard 36:44 M Barrilone 41:47 M40 J McGee 38:39 J Pace 38:53 B Seidl 39:09 M45 B Pringle 40:30 A Reithinger 42:54 H Brannon 44:27 M50 L Shull 45:19 F Jewell 46:27 R Dillard 48:12 M55 T Holland 46:33 B Jones 47:05 D Acker 54:34 M60 L Sampson 54:50 M65 J Thornburg 48:55 D Fortier 52:13 C Forbes 71:19 M70+ R Rollason 50:34 W40 P Anderson 53:33 S Nickell 65:02 W45 I Frey 50:51 W50 L Downs 62:54

Elizabeth River Run 10K Norfolk, Va., May 3

Overall S Pinard 25 28:31 M Daniel 26 34:18 M40 D LaMountain 40 32:21 S Frisk 40 32:48 J Sornberger 41 33:28 M45 E Brinkley 46 32:53 M Williams 48 34:13 W Burnside 47 34:48 M50+ C Flynn 52 37:17 W Kersey 52 37:37 R Clark 50 37:51 M60+ D Hemphill 61 39:49 S Glanzer 61 41:10 R White 62 42:41 W40 B Sallen 41 42:04 S Stansfield 40 43:02 K Sage 40 44:08 W45 K Stronach 46 41:59 J Bamberg 47 45:28 J Splitgerber 46 46:46 W50+ M MacFarlane 50 47:13 M Pokorny 52 49:21 P Schnell 51 51:24 W60+ none

MIDWEST

Jesse Owens Classic 5K Columbus, Ohio; May 4

M40 J Fox 15:49 D Hartney 17:25 R Scott 17:25 M45 L Laubach 16:45 P Rowley 17:46 J Schleppe 18:07 M50 R Coldren 18:28 J Brown 19:30 R Clement 19:53 M55 O Perkins 17:15 C Cline 19:27 R Ault 21:04 M60+ T Brittenham 20:06 J Tuttle 20:09 C Starner 22:19 M70+ M DeSandis 27:12 G Sprink 40:20.8 G Knox 40:20.8 W40 C Mills 20:09 M Puckett 23:27 S Phillips 25:06 M45 B Weber 19:59 V Farneman 24:12 G Koury 25:04 W50 M Brierley 22:19 J Hopkins 26:16 J Douglass 32:00

MID-AMERICA

Dorsey Labs/Tabitha Inc. 10K Lincoln, Nebr.; April 12

Overall J Eggers 31:34 L Henning 38:33 M35 J McVay 34:29 M40 D Showen 35:42 M45 R Stevens 34:50 M50+ B Elwood 37:30 M60+ A Showen 40:55 W35 D Tussing 44:51 W40 K Bestul 40:21 W45 R Weber 50:47 W50+ J Richardson 46:03 W60+ E Jennings 53:49

Continued on next page

SOUTHWEST

WEST

Lakeside Hospital 5K New Orleans, La.; March 16. Overall C Virgin 14:05, L Fuselier 18:33. Overall Masters B Savant 17:23, J Gates 22:23, M35 C Mouton 17:44, M40 D St. Amant 17:30, M45 M Witkin 17:36, M50+L Fuslier 17:50, M60+A Gassin 25:45, W35 N Deese 24:30, W40 M Frizella 22:45, W45 H Fontan 24:27, W50+M McConnell 22:50.

St. John's 5K Gulfport, La.; March 22. Overall B Mehaffey 15:38, C Locklear 18:19, M35 M Datlof 16:42, M40 J Foreman 16:58, M45 J Turcotte 18:25, M50+L Sullivan 20:18, M60+J Navarre 38:52, W35 C Stewart 23:53, W40 L Murray 30:19, W45 G Ribar 25:05, W50+M Lahaie 28:24.

JoAnn Vinson Memorial 5K New Orleans, La.; March 29. Overall M Molander 15:11, C Gonzalez 18:41, M35 P Baillargeon 17:47, M40 P Aucoin 16:57, M45 P Gholman 18:53, M50 L Sullivan 19:47, M55 J Winn 22:50, M60+N Asprodites 22:35, W35 K Stewart 22:06, W40 I L Grange 25:48, W45 H Fontan 24:59, W50+E Ridgley 32:18.



Greenbriar Run 10K Oklahoma City, Okla. April 20. Overall Kevin Jones 25 30:14, Karen Cramond 28 36:15. M 40 - 44 David Chisholm 44 35:51, Dudley Hyde 41 38:35, Jimmie Gray 43 39:50. M 45 - 49 Roy Haybrock 48 39:32, Lee Bond 46 41:07, Harry Deupree 47 41:17. M 50 - 54 Art Milanez 50 42:33, Bob Campbell 51 43:03, Richard Smith 52 44:04. M 55 - 59 Jerry Crockett 57 38:45, Bob McHeffey 55 41:31, Dave Vannett 57 48:38. M 60 & Over Jim Smith 64 41:03, Fisher Lewis 65 46:09, Ralph Ratcliff 63 47:05. F 40 - 44 Maureen Bixby 44 40:35, Jan Cosgrove 42 44:41, Nancy Moore 43 50:46. F 45 - 49 Lynne Taylor 46 46:25, Kathy Moffitt 48 47:35, Lee Reynolds 48 54:51. F 50 & Over Janet Chadwick 52 52:53, Gretchen Johnsten 55 53:27, Lora Woodall 58 1:08:14.

Las Vegas Marathon Las Vegas February 1. Open Frank Pisso 2:12:37, Virginia Egger 2:50:15. M40 David Oropeza 2:27:57, William Kay 2:39:51, Toby Skinner 2:40:56. M50 Jim Talley 3:04:41, W40 Rose Gardner 3:04:57, Gina Faust 3:10:43, W50 Adele Milicevic 4:07:46.

American Continental 10K Phoenix, Ariz.; March 1. Overall A Barrios 27:41, B Webb 32:19, M35 W Loudat 30:40, M40 B Venus 31:03, M45 E Owers 34:28, M50 J Weldy 33:33, M55 C Adcock 38:41, M60+H Williams 41:51, W35 G Scott 37:18, W40 J Stavalone 37:09, W45 G Faust 39:34, W50 B Boltz 47:14, W55 B Meadows 41:38, W60+B Haleen 56:37.

American Continental 10K Phoenix, Arizona March 1. Overall Arturo Barrios 27:41, Brenda Webb 32:19, M40 Bill Venus 31:03, Dave Oropeza 31:46, Dan Murray 32:15, M50 John Weldy 33:33, M60 Herb Williams 41:51, W40 Juana Stavalone 37:09, Gina Faust 39:34, W50 Barbara Meadows 41:38, W60 Betty Haleen 56:37.

Los Angeles Marathon March 9. Open Ric Sayre 2:12:59, Nancy Ditz 2:36:27. M40 Kjell-Erik Stahl 2:19:20, Victor Garcia 2:20:46, Pat Murphy 2:22:50. W40 Harolene Walters 2:57:26, Sheila Hasham 3:17:33, Wendy Watson 3:17:50, M50 Roger Daniels 2:46:39, W50 Vila Hancock 3:40:14.

Bonne Bell 10K San Francisco March 16. Open Terry Puckett 34:29, W40 Juana Stavalone 37:38, W45 Eve Pell 38:59, W50 Alice Rose 41:39, W60 Jaclyn Caselli 48:35.

Redwood Empire 24 Hour Run Santa Rosa, Calif.; March 22-23. Overall Mi Yds 1 R Clark 34 152/444, 2 G Leighton 51 136/1470, 5 B von Borstel 40 118/1087, 6 M Doolittle 47 117/484, 7 G Cooper f 33 115/813, 9 D Collins 52 111/1170, 10 S Derenzo 44 110/884, 11 R Anderson f 56 110/440, 12 M Booth 54 100/440, 23 M Carlsen f 64 91/880, 32 H Phillips f 52 77/1040.

Tropicana Easter Run 10K/Half-Marathon Las Vegas, Nev.; March 29. Overall P Cummings 29:23, K Cathey 34:13, M40 S Mandraccia 33:22, D Albright 36:39, K Mazur 36:53, M45 D Schaffner 34:26, V MacDonald 38:04, S Wiggins 38:25.

M50 G Pagoto 38:44, L Nietling 39:34, J Birdson 40:16, M55 T Kessinger 39:25, H Hess 41:49, S Digiacommo 48:51, M60+D Bradley (70) 45:37, B Boyd 52:53, J Dopierala 1:02:54, W40+G Andersen 35:48, H Walters 38:49, A Hanbaker 40:46, W50+N Hollicky 51:26, P Cornum 52:52, C Cravens 55:05, W60+R Johnson 47:38, L Adley 1:10:50, A Cowles 1:11:02.

Overall R Sayre 1:05:05, M Trujillo 1:17:38, M40 D Oropeza 1:12:55, A Ebramini 1:18:23, J Skyberg 1:20:16, M45 R Maranda 1:22:16, F Kamgar 1:25:46, A Boka 1:26:16, M50 J Shourds 1:25:38, M Taylor 1:30:22, D Johnson 1:30:32, M55 G Jorgensen 1:19:27, H Hubbard 1:33:18, D Crane 1:38:31, M60+E Hornung 1:40:02, R Carlson 1:54:29, D Walsh 2:07:57, W40+J McLothlin 1:32:27, S Jarrell 1:39:54, B J Empey 1:43:44, W50+A Fujimoto 1:47:09, W60+H Dick 1:39:27.

Norman K. Tamanaha 15K Honolulu; April 6

Overall C Pierce 47:18, R Porther 55:38, M40 D Brown 54:43, B Clarke 54:59, G Bartolini 55:10, M45 M Tymn 52:15, J Powley 54:12, J Tuttle 55:05, M50 J Gallup 52:51, C Ellsworth 55:36, R Weston 59:00, M55 S Hamilton 1:03:54, G Ishiki 1:04:40, T Lum 1:08:37, M60 G Horton 59:11, N Inada 1:00:24, K Kennedy 1:06:38, M65 M Morikawa 1:07:37, A Roth 1:12:23, M Sherman 1:13:52, M70 M Shibasaki 1:25:42, B Terukina 1:50:44, M75 S Thompson 1:46:33, W40 S Brown 1:05:46, M Rodeber 1:06:54, A Cook 1:07:17, W45 S Bartells 1:07:39, C Obara 1:09:49, Y Teruya 1:17:41, W50 M Chang 1:16:22, R Heidrich 1:16:37, J Ness 1:16:44, W55 M Horton 1:21:00, B Zamparelli 1:30:48, N Roberts 1:34:41, W60 E Midkiff 1:29:09, G Mijs 1:34:47, L Fishman 2:06:20, W65 M Lee 1:25:37, D Pugh 1:43:39, B Kolsom 1:58:13, W70 A Crocker 2:05:14.

Fastest Masters 10K San Diego, Calif.; April 12

M40 P Stern 41 33:35, S Myhro 40 33:46, G Shirley 40 34:05, M45 G Hooker 45 34:56, H Moody 45 35:45, M Repp 45 36:08, M50 M Pickens 50 36:45, W Osborn 52 38:33, S Mayo 52 38:34, M55 D Robinson 55 39:03, B Stock 56 41:20, C Jenkins 59 42:13, M60+J McCown 64 39:48, L Ojeda 62 42:52, A Varley 61 44:46, M70+W Kuetzing 73 52:22, P Mudry 73 61:41, W Benton 82 62:25, W40 S Greiner 44 39:31, L Bache 44 43:30, C Balkwell 43 44:17, W45 S Matson 45 37:01, F Heldoom 49 45:08, H Baker 46 47:45.

W50 C Murray 51 43:52, S Gillis 52 45:23, J McMickle 53 53:11, W55 A Johnson 57 45:35, G LaFontaine 56 63:51, W60+M Storey 61 48:04, G Davidson 65 49:53, V Hastings 61 55:28, W70+N Simon 70 55:46.

8th Annual Carrera De Cabras 7.2 Mile Westlake, Calif.; April 13

Overall M Smith 23 44:16, G Faust 49 53:53, M35 J Hughes 38 45:58, M40 J Jacobsen 42 47:40, M45 O Rosales 46 55:01, M50 P Faust 50 54:20, M55 B Stowell 58 56:29, M60+B Albin 61 nta, W35 P Bates 37 71:40, W40 J Parkel 41 62:17, W45 R Hemming 47 67:07.

1st Annual Ruth Anderson 100K San Francisco; April 19

1 L Butler 40 8:45:23, 2 A Ramirez 33 9:08:08, 3 J Collins 32 9:12:27, 4 Maricle f 52 10:34:14, 5 R Anderson f 56 10:54:59, 6 S Jaber 34 11:00:13, 7 F Dunn 57 12:05:15, 9 B Dome 42 13:07:17, 10 D Collins 52 13:14:42, 11 L Norris f 33 14:13:52, 12 S Cole 71 15:03:52.

4th Annual Bess James Ramonaland 10K Hemet, Calif.; April 26

Overall G Mata 33:03, D Heaton 38:52, M40+B Elam 35:14, M50+ B Crum 36:26, M60+ H Daughters 41:13, M70+ L Nielsen 51:30, W40+S Barry Kalnar 43:09, W50+ M Walker 47:52, W60+ M Storey 47:53, W70+ B James 1:05:30, *M80+ W Benton 1:03:23.

INTERNATIONAL

British Veterans Cross Country Championships Sheffield, England; March 9

M40 A Rushmer 31:56, J Norman 32:14, B Scobie 32:20, M45 T Davies 32:26, L Presland 32:59, K Summersgill 33:42, M50 D Lawson 33:33, D Cooper 34:17, R Gomez 34:23, M55 R Peart 36:05, E Kirkup 36:39, D Wood 37:24, M60+ E Lucas 40:00, J Kirk 41:10, H Tempan 41:22, M70+ B Jenkins 40:59, D Eyers 42:34, J Braughton 42:55, M80+ E Warwick 48:11, W35 J Lochhead 19:06, M Palmer 19:40, H Edwards 20:20, W40 P Gallagher 18:49, C Wild 20:07, C Birch 20:36, W45 Y Miles 22:47, M Avery 23:04, S Barr 23:14, W50 L Smal 22:40, V Robson 23:33, S Armour 24:30, W55 B Forster 25:59, R Scott 29:29, M-10K WSK.

1st International Veterans Marathon Marathon to Athens, Greece April 6

M35 T Tsimingatos GRE 2:32:00, L Christos GRE 2:44:03, H Dietrich GER 2:44:15.

M40 D Duhamel FRA 2:25:58, B Shan ISR 2:47:04, C Woodcock ENG 2:50:40.

M45 S Panagiotis GRE 2:46:52, K Dimitrios GRE 3:01:06, C Dassis GRE 3:17:52.

M50 F Arvanitis GRE 2:59:39, G Fakiolas GRE 3:12:10, F Golding ENG 3:14:25.

M55 M Kefalidis GRE 3:36:19, P Kanakaris GRE 4:15:54, Dr. A Ray IND 4:26:20.

M60 K Kazakos GRE 3:40:39, C Zervas GRE 5:13:41, N Antoniadis GRE 5:18:27.

M65 E Vassiliadis GRE 4:05:18.

M70 C Vartzakis GRE 4:42:55.

W35 Y Yong USA 4:22:26, M Fotinou GRE 4:50:50.

W45 A Evangelatou GRE 5:18:57.

W50 E Khatzikonstantinou GRE 6:00:00, from John Ivan Psiakis.

London Marathon London, England; April 20

M40 K Stahl SWE 2:16:00, C Kirkham ENG 2:21:05, B Natvig NOR 2:22:00, M45 D MacGregor SCO 2:22:05, B Lockyer ENG 2:23:28, T Johnston ENG 2:31:36, M50 D Lawson ENG 2:24:58, E Austin ENG 2:33:23, J Geoghegan ENG 2:37:20, M55 J Wood ENG 2:40:19, J Llewellyn ENG 2:40:25, E Kirkup ENG 2:47:12, M60 S Jonsson SWE 3:10:40, J Trotter ENG 3:11:01, N Paul ENG 3:13:39, M65 J Kallunki FIN 3:08:23, F Moss ENG 3:19:24, J Braughton ENG 3:22:32, M70+ C Davies USA 3:11:39, A Rhodes ENG 3:56:14, W40 M Frain ENG 2:57:21, E Statham ENG 2:58:06, T Raisanen SWE 3:05:16, W45 M Gartrell WAL 3:25:08, Y Miles ENG 3:26:55, N Jervis ENG 3:28:29, W50 A Chapman UK 3:05:41, P Davies ENG 3:13:53, A Prowse FRG 3:35:02, W55 B Cornwell NZL 3:23:54, B Derretere BEL 4:01:14, H Fotherby ENG 4:03:26, W60+ M Shone ENG 4:14:33, A Neale ENG 4:16:46, W70+ C Aii ENG 6:31:54.

Festival De Primavera 10K & Half-Marathon Rosarito Beach, Baja, Mexico April 26

---10K--- Overall K Souza 31:45, L Torrez 46:09, M35 J Lopez 38:43, M40 H Solorzano 37:26, M45 G Hooker 35:28, M50 E Hull 45:31, M55 L Prado 41:14, M60+ Z Orta 1:05:56, W35 M Anderson 47:00, W40 S Konya 54:13, W45 J Kezas 59:04, W50 R Dundon 1:04:24, W60+ J McClean 1:00:29. ---Half-marathon--- Overall F Garcia 1:16:00, M Thayer 1:30:08, M35 L Lara 1:28:36, M40 J Underwood 1:29:17, M45 V Velazco 1:29:07, M50 A Verdun 1:35:49, M55 B Just 1:34:19, M60+ J Palos 1:36:33, G Sias 85 2:07:35, W35 K Stewart 1:53:19, W40 M Thayer 1:30:03, W50 S Blush 1:43:23.

Big Sur International Marathon Masters Results

Age group: 35-39 Nick Yray 37 2:37:26, John Merhaut 35 2:45:08, Charles Hoover 37 2:48:53, Ron Parravano 37 2:51:03, Steven Boyer 39 2:51:36.

Leslie McMullin 35 3:00:44, Pamela Burkes 36 3:23:31, Laurel Strand 39 3:33:38, Mary Campbell 39 3:34:22, Joanne Sidwell 39 3:35:15.

Age group: 40-44 Craig Newport 40 2:50:42, Robert Davison 41 2:51:10, Ed Wehan 42 2:53:25, James Williams 40 2:53:59, Tony Kopacz 43 2:56:23.

Gail Rodd 43 3:19:39, Vicki Blankenship 41 3:25:31, Kristine Morrella 41 3:28:19, Reva Colliver 44 3:35:12, Patty-Lynn Green 43 3:45:40.

Age group: 45-49 Ron Navarrette 47 2:55:33, John Brazinsky 47 3:07:04, John O'Neill 45 3:08:56, Antony McDonagh 47 3:10:07, Kemp Aaberg 46 3:10:42.

Gaby McQuitty 49 3:39:08, Joan Szarfinski 47 4:01:37, Agatha-Sue Lee 46 4:03:00, Karen Gudiksen 46 4:03:58, Cindy Hutcherson 46 4:11:23.

Age group: 50-54 Bob Farrington 54 3:09:17, Roberto Matulac 50 3:19:09, Al Kirkman 53 3:19:30, Jose Lafayette 52 3:20:35, Mike Mikkelsen 54 3:24:53.

Alise Rose 50 3:34:01, Marty Marlice 52 3:57:10, Katherine Beiers 53 4:23:31, Brita Goldsmith 52 4:27:30, Jill Plummer 53 4:40:02.

Age group: 55-59 Robert Gehl 57 3:15:45, Richard Laine 56 3:22:49, Eugene Silver 55 3:23:00, Ephraim Romesburg 55 3:23:01, Edgar Patterson 57 3:26:37.

Helda Dean 57 4:23:17, Etta Palmer 58 4:41:55, Kay O'Neill 57 5:31:32.

Age group: 60-64 Robert Blair 60 4:10:01, Ralph Paffenbarger 63 4:20:16, John Lewis 64 4:26:34, Richard McGough 64 4:29:53, Bill Bell 63 4:34:02.

Helen Klein 63 5:04:33, Annabel Marsh 62 5:40:58, Silvia Sweet 63 5:48:06.

Age group: 65-69 Paul Reese 69 3:47:43, Jack Kirkpatrick 66 3:59:30, Al Boranzky 68 4:48:47, Frank Riley 65 4:54:08, Pierre Delfausse 69 5:14:46.

Jaclyn Caselli 65 4:24:05, Pricilla Libby 68 5:47:31.

Age group: 70+ Steve Cole 71 4:44:16, Don Iwahashi 73 4:53:46, Barrison Thomson 70 5:06:07, Toby Solorzano 72 5:23:47.

No female finishers in 70+

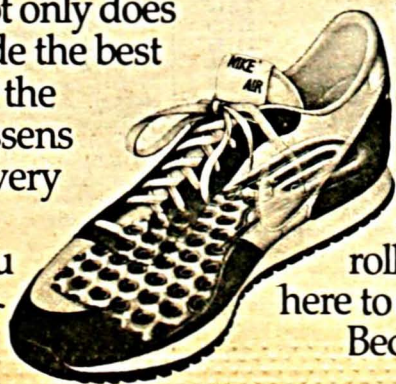
RACE WALKING DIVISION

Piorgiorgi Andreotti 45 4:11:05, Karl Krueger 55 4:30:03, Ronald Baralson 39 5:53:41, Robert Nordhoff 60 5:58:55, Mary Baribeau 28 4:45:45, Diane Mendoza 38 4:47:57, Rachel Bates 24 5:21:08, Ruth Daskaloff 46 5:25:48, Christine Maner 33 5:35:44.



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