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

125th Issue

January, 1989

\$1.95

Miller, Whitley, Raschker Named Best T&F Athletes; Rodgers, Binder Top LDR Picks

1988 Awards Also Go To Stuart, Pain and Phillips; Mimm, Henry Top Racewalkers

Gary Miller, 51, of North Hollywood, Calif., and Stan Whitley, 41, of Pomona, Calif., were named the outstanding age-40-and-over male track and field athletes of 1988 by the Masters Track and Field Committee of The Athletics Congress, the national governing body for athletics in the United States.

Atlanta's Phil (Philippa) Raschker, 41, was again voted the top female masters performer by the same group at the 10th annual convention of TAC m Phoenix on December 2.

David Pain of San Diego, and Chuck Phillips of Washington, D.C., were named outstanding masters T&F administrators-of-the-year, while the top 1988 masters racewalking awards



Photo by Gretchen Snyder



Photo by George Cohen

went to New Jersey's Bob Mimm, male; and Marie Henry, female.

Miller repeated as the best multievent athlete. The award for the best single performance of the year by an athlete over age 40 went to Larry Stuart for his 215-9 javelin throw at

Miller became the first athlete over age 50 to score 6000 IAAF points in the decathlon. He won the 1988 TAC National Masters Decathlon and Pentathlon, setting new age 50-54 world records in each, and won the M50 pole vault in the Outdoor National Championships. His best marks in the decathlon would have won five gold Continued on page 24

TAC Selects 20 Outstanding Runners in 5-Year Age Groups at Phoenix Convention

Bill Rodgers, 40, and Laurie Binder, 41, were named the outstanding age 40-44 U.S. long distance runners of 1988 by the. Masters Long Distance Running Committee of The Athletics Congress at its 10th annual convention in Phoenix on December

The LDR Committee's awards are based on five-year age-group categories, rather than on an overall "best masters" runner.

Rodgers, the Sherborn, Mass. legend who's made a career of running, set U.S. masters records in the 10K (29:47 in the Heartland Hustle in October), 10-mile (49:14 in the Crim race in August), and 8K (23:50). He clocked 10Ks of 30:09 (Charlotte Observer), 30:09 (Phoenix Runners' Den), and 31:01 (Myrtle Beach). He logged a 33:50 in the Falmouth 7.1-mile, and ran marathons of 2:20:19 (Los Angeles) and 2:18:17 (Boston).

A close runner-up was Charleston, South Carolina's Bob Schlau, who beat Rodgers in L.A. (2:19:27) and Myrtle Beach (30:55). Schlau collected 10Ks of 31:59 (Asbury Park), 31:39 (Charlotte), 31:38 (Red Lobster), 31:02 (Peachtree) and 30:31 (Pittsburgh Continued on page 26



Photo by Sailer, Ltd.

Schlau, Binder Win National Marathon

Bob Schlau, 40, of Charleston, S.C., and Laurie Binder, 41, of Oakland, Calif., each capped a sensational year with masters victories in the U.S. TAC National Masters Marathon Championships in Sacramento, Calif., on December 4.

In perfect, 50-degree sunshine, Schlau clocked his fifth sub-2:30 marathon of the year with a time of 2:19:48, more than six minutes ahead of England's Mike Hurd.

Binder came close to her best marathon time of the year (2:42:29) with a fast 2:43:23 to beat Colorado's Gail Scott (2:46:40) by three minutes.

Schlau's age-graded time of 2:13:37

was the best of any runner in the race, including open winner Rick Mc-Candless (2:14:44). Binder's agegraded time (2:35:24) topped all other Continued on page 3

INSIDE:

- International Section - pages 16-23
- Entry & Housing Forms for World Championships — pages 19-22
- T&F/LDR Rankings - pages 32-34

CONTENTS

DEPARTMENTS

TAC Officers	2
Letters to the Editor	4
Third Wind	6
ICI/USRA Masters Circuit	
The Foot Beat	.12
Track & Field Report	
Profile — Hannus	
International Scene	.17
WAVA Officers	
Countdown to Eugene	.18
Report from Britain	.18
NMN Sustainers	. 26
Masters Scene	. 29
Schedule	.30
Track & Field Rankings	.32
New Age-Group Athletes	.33
Long Distance Rankings	.34
All-American Standards	.36
Results	37
1988 NMN Index	39

FEATURES

Track & Field Awards	1
Long Distance Awards	
National Marathon	1
National 15K X-C	3
National 20K	
Minutes of T&F Meetings	
Minutes of LDR Meetings	.11
Track & Field Budget	. 12
Rankings' Help Needed	
National T&F Meet Budget	
National 30K Racewalk	
Race Walking Rules	
New Track & Field Rules	
British 10K X-C	
Can-Am Cross-Country	
Track & Field Awards	. 24
Adminstrator Awards	. 25
How T&F Awards Chosen	. 25
Race Walking Awards	. 26
Long Distance Awards	. 26
Old Reliable 10K	. 28
Sy Mah Dies	
1988 LDR Leaders	.28

ENTRY FORMS/RACE & PRODUCT INFO

3
4
5
7
8
9
27
28
29
3
35
35
36
35
1(



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

125th Issue January, 1989

Editor and Publisher: Al Sheahen Senior Editor: Jerry Wojcik Associate Editor: Teri Ingram Schedule Editor: Jerry Wojcik Photo Editor: Gretchen Snyder Circulation Manager: Linda Webster Advertising Manager: Al Sheahen Production: American Publishing Co. Outdoor Track & Field Records: Pete Mundle Indoor Track & Field Records: Haig Bohigian Long Distance Records: TACSTATS Racewalking Records: Bev LaVeck Track & Field Rankings: Jerry Wojcik Contributing Editors: Hal Higdon, Dr. John

ndents: Larry Banuelos (CA), Tom Bell (NM), Frank Bowles (CO), John Boyle (FL), John Brennand (CA), Alex Coffin (NC), Mike Davis (IN), Bob Fine (FL), Dick Green (IL), Carl Hammen (RI), Hal Higdon (IN), Dick Lacey (FL), Bob and Carol Langenbach (WA), Phil Loomis (MI), Gary Miller (CA), Phil Mulkey (GA), Tim Murphy (TX), Paul Murray (NY), Jim Oaks (AL), David Pain (CA), Phil Partridge (FL), Barbara Pike (MA), Phil Raschker (GA), Dean Reinke (FL), Herb Seegert (MI), Bob Stone (CA), Tom Sturak (CA), Pete Taylor (PA), Danny Thiel (LA), Scott Thornsley (PA), Mike Tymn (HI), John White (OH), Ken and Jennifer Young (AZ), David Zinman (NY).

Pagliano, Mike Tymn

International Correspondents: Alastair Aitken (GBR), Jorge Alzemora (ARG), Cesare Beccalli (ITA), Bridget Cushen (GBR), Martin Duff (GBR), Don Farquharson (CAN), Clem Green (NZL), Mike Hall (AUS), Alastair Lynn (CAN), Wilf Morgan (GBR), Peg Smith (AUS).

Photographers: Aiex Coffin (NC), Gene Cohn (CA), Mike Davis (IN), Teri Ingram (CA), Jim Oaks (AL), Kathy Ruser (DC), Karen Russi (FL), Richard Lee Slotkin (CA), Gretchen Snyder (CA), Tesh

Teshima (HI), Danny Thiel (LA), Jerry Wojcik (CA), David Zinman (NY).

Creative Art: Eugene Paasinen, Herb Parsons

The National Masters News (ISSN-0744216) is published monthly by GAIN Publications, with an annual subscription rate of \$18.75. Main office address: 6320 Van Nuys Blvd., Suite #211, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

The National Masters News is an official publication of The Athletics Congress Masters Track & Field and Long Distance Running Committees, and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of TAC or WAVA.

The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

Some masters events are sponsored by TAC, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in your area, or 317/638-9155. There are no qualifying standards for any masters athletics event.

NMN welcomes contributions - results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please in-

clude a stamped, self-addressed envelope if return is desired

Subscriptions: It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action, A one-year subscription (12 issues) is \$18.75 (mailed 2nd class). Add \$8 for 1st class (USA & Canada) or \$15 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 5185, Pasadena, CA 91107. 818/577-7233.

Address change: At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue.

Disclaimer: All advertisements and articles printed in the National Masters News are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

Advertising information and rates: Please call 818/785-1895 and request current rate card. Send all printed material and ad copy to: NMN, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

Mailing: The issue is mailed the last week of the month prior to the cover date.

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

National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Phone: 818/785-1895 Fax: 818/989-7118.

> WRITE ON: Please see page 4

NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC)

TRACK & FIELD

Jerry Donley Pete Mundle Colorado Springs, CO 80901 (719) 635-1264 (213) 823-8804 **Outdoor Meet Coordinator:**

Bruce Springbett P.O. Box 1328 Los Gatos, CA 95030

(408) 354-7333 Indoor Meet Coordinator:

18 Colgate Drive Camp Hill, PA 17011 (717) 732-2385

Chairman:

Multi-Event Coordinator:

Rex Harvey 3815 Lincoln Place Drive Des Moines, IA 50312 (515) 277-3608

Secretary-Treasurer: Al Sheahen P.O. Box 2372

Van Nuys, CA 91404 (818) 785-1895

Chairman: Charles Des Jardins

5428 Southport Lane Fairfax, VA 22032 (703) 250-7955 Vice Chairman Men: Kirk Randall

71 Bromfield St. Newburyport, MA 01975 (617) 465-9677 Vice Chairman Women: Ruth Anderson

1901 Gaspar Drive Oakland, CA 94611 (415) 339-0563 (h) (415) 422-5554 (o)

Outdoor Records: 4017 Via Marina #C-301 Venice, CA 90291

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

Outdoor Rankings: Jerry Woicik P.O. Box 2372 Van Nuys, CA 91404 (818) 785-1895

Women's Coordinator: Christel Miller 1740 Grandview Ave. Glendale, CA 91209 (818) 843-2139

Weight Events Coordinator: Chuck Klehm 1218 North Route 47 Woodstock, IL 60098 (312) 551-3720

LONG DISTANCE RUNNING

Secretary: Carole Langenbach 4261 S. 184th Street Seattle, WA 98188 (206) 433-8868 Treasurer: George Vernosky 5004 Glen Cove Pkwy. Bethesda, MD 20816

(301) 229-8391 Road Records & Rankings: Basil & Linda Honikman TACSTATS 7745 S.W. 138 Terrace Miami, FL 33158 (305) 255-1405

Race Walking Coordinator: Bev LaVeck 6633 N.E. Windemere

Seattle, WA 98115 (206) 524-4721 Awards Coordinator: Bev LaVeck, above

Site Selection Coordinator: Max Goldsmith 481 Marcus

Lewisville, TX 75067 Team Managers: Scott Thornsley, above Sandy Pashkin 421 Manhattan Ave New York, NY 10036

(212) 666-3671 Sectional Coordinators: East:

Haig Bohigian, above Southeast: Bill Eppright 6083 Oueens Anne Ct Norcross, GA 30095 (404) 564-2884

Championships Coordinator:

Phil Benson Box 2287 Ocean, NJ 07712 (201) 531-4156

Nominating Committee Chairman: John Woods, Neils Pt. Rd. Harpswell, ME 04079

(207) 725-8006 WAVA Delegates: Ruth Anderson, Norm Green, Alternate: Charles Des Jardins Midwest: Dick Green 8059 Rosemeade Rockford, IL 61107 Mid-America: (815) 397-5685 Southwest: Danny Thiel 1459 Verna St. New Orleans, LA 70119 (504) 486-8066 West: Gary Miller 1740 Grandview Ave. Glendale, CA 94705 (818) 843-2139 Northwest: Jim Puckett 26000 S.E. Stark Ave. Gresham, OR 97030 (503) 667-7354

Rules Coordinator: Graeme Shirley 8148 Genessee #114 San Diego, CA 93122 (619) 455-4440

Championship Stats: Norm Green 405 Curtis Ct Wayne, PA 19087 wk (215) 768-2480 Awards: Kirk Randall - Men 71 Bromfield St. Newburyport, MA 01950 (617) 465-9677

Ruth Anderson - Women (address above) Rules Coordinator: George Kleeman

5104 Alhambra Valley Rd. Martinez, CA 94553

Devine, Faust Top Masters in National 15K Cross-Country

Patrick Devine, 60, and Gina Faust, 50, turned in the best age-graded times in the 1988 U.S. TAC National Masters 15K Cross-Country Championships in Irvine, Calif., on November 27.

Devine, who has dominated the M55 division for five years and just turned 60, won the M60 division with a time of 53:33. When multiplied by the age factor for the M60 division (.8038),

Devine's age-graded time of 43:03 was the best of the day.

Faust, TAC's 1988 W50 runner of the year, clocked 58:23, for a female age-graded time of 50:42. Devine's time gave him a performance of 95.9%. Faust's performance earned a 94.7% rating.

The first runner across the finish line in the all-masters race was Steve Myhro, 42, in 46:01. Faust paced the

four women finishers of the only 44 runners.

The San Diego TC (Kasichke, Wells, Stern, Jeffers, Dornish) won the M40-49 team contest. The M50-59 title went to the Seniors TC (Crum, Mayo, Van Dyke, Deem, Ingram).

Except for a five-man contingent from the Anchorage Running Club, all the runners were from California. Bruce Robinson directed.

COMING **NEXT MONTH:**

- · Complete age-graded tables for all events
- · Results of ICI/USRA National Championships
- 1988 T&F Rankings



Al Walton, M35, New York, double gold winner at the North American Championships in Canada 100 and 200 meters.

Schlau, Binder Win

Continued from page 1 masters division winners.

Michael Heffernan (M45, 2:32:16), Darryl Beardall (M50, 2:43:15) and John Hepner (M55, 2:56:41) took division titles. In the M60 bracket, John Keston (2:54:56) led Patrick Devine (2:57:37).

The closest competition of the day came in the W45 category, where Patti Donley prevailed by only 34 seconds over Joan Ullyot, 2:57:19 to 2:57:53.

Wen-Shi Yu (W50, 3:10:54), Marty Maricle (W55, 3:30:52) and Marcia Worden (W60, 4:21:17) were division

Binder and Schlau each received \$3000 for their winning efforts. Hurd and Scott each won \$2000. Jussi Hamalainen (2:30:16) and Juana Stavalone (2:54:39) took home \$1000 each for their third-place masters finishes.

The first three places in each fiveyear age division, from 40-44 to 80+, won \$300, \$200, and \$100.

The offer of \$100,000 to anyone who could break Jack Foster's world marathon best of 2:11:19 remains safe for another year.

Frank Shorter spoke on "The Importance of Masters Running" at a pre-race seminar.

The event was staged by the Sacramento Long Distance Running Association and directed by John Man-

The ICI/USRA Masters National Championship

An 8K road race at Pelican Bay, Naples, Florida, Saturday, January 14, 1989, featuring a \$10,000 prize purse



Gulf of Mexico.

SCHEDULE

ENTRY FEE

RACE

MANAGEMENT



oin Bill Rodgers, Barry Brown, Kevin Ryan, Bob Schlau, Barb Filutze and other top worldclass masters runners in the best 40 and over field ever assembled. Race headquarters will be

the spectacular oceanfront Registry Hotel on the

And there's something for everyone. A separate event — the Naples-on-the-Gulf 8K and a 5K

Friday, January 13 - Registry Hotel

5:30 p.m. - 7:00 p.m.: Spaghetti Dinner

6:15 a.m. - 7:45 a.m.: Late Registration

8:00 a.m.: Naples-on-the-Gulf Open 8K

9:00 a.m.: ICI/USRA Masters National

11:00 a.m.: Post Race Poolside Awards

8K: \$10 postmarked by January 12, 1989 \$15 January 13-14, 1989

The Registry Hotel (813) 597-3232

made by December 15, 1988)

\$15 January 13-14, 1989

Dean Reinke & Associates

\$10 postmarked by January 12, 1989

(Free to 1st 500 Run/Walk Entrants)

Registration-Packet Pickup

7:30 p.m.: Legends Clinic with Bill

Rodgers/M.C.: Dean Reinke

Saturday, January 14 Registry Hotel

5K Family HealthWalk

Championship 8K

5K Family HealthWalk:

HEADQUARTERS (Space Limited: Reservations must be

Naples Running Club

ICI/USRA Masters Circuit National Championship, Naples-on-the-Gulf Open 8K and 5K

Family HealthWalk participants will receive

a commemorative race t-shirt, cap, circuit

magazine, goodie bag, refreshments and are

eligible for random prize drawings. The first

"500 to register" will also be our guests at a free spaghetti dinner Friday evening with Bill

Rodgers and the other Legends of Running.

Party

2 p.m. - 8 p.m.: Health-Fitness Expo/Late

Family HealthWalk — will also be held.



Naples, Florida



CLASSIQ3FM

OFFICIAL REGISTRATION FORM



United States Running Association Masters Circuit

Enclose your registration fee and a self-addressed, stamped business size envelope. Make your check or money order payable to ICI/USRA Masters National Championship. Entries should be mailed to ICI/USRA Masters National Championship and Naples 8K, 370 7th Ave. South, #5-B, Naples, Florida 33940, (407) 647-2918.

SEX DATE OF BIRTH	S M L X AGE T-SHIRT SIZE
FIRST NAME LAST NAME	E CONTRACTOR OF THE CONTRACTOR
STREET ADDRESS	
CITY	STATE ZIP CODE ARE YOU A U.S. CITIZEN? YES NO

WHICH EVENT ARE YOU ENTERING?

☐ ICI/USRA MASTERS NATIONAL CHAMPIONSHIP 8K

☐ NAPLES-ON-THE-GULF OPEN 8K

PREDICTED TIME:

☐ 5K FAMILY HEALTHWALK

ct with other participants, the effects of the weather, including to ty, traffic and the conditions of the road, all such risks being kn

Autowing these facts, and in consideration of your accepting my entry. I for myself, my heirs, executors, administrators or anyone else who might claim on my behlf, convenant not to sue and WAIVE, RELEASE AND DISCHARGE United States Running Association, ICI, the City of Naples, the Registry Hotel, Dean Reinke & Associates, race officials, workers or volunteers, their representatives, successors or assigns for ANY AND ALL claims or liability, whether foreseen or unforeseen, for death, personal injury or property damage arising out of, or in the course of my participation in this event.

I further grant to the United States Running Association, ICI and/or agents authorized by them, to use any photographs, video tapes, motion pictures, recordings or any other record of the event for any reasonable purpose.

DEAN REINKE

For more information call (407) 647-2918.

& Associates

5-year age groups from 40+

RELEASE AND WALVER: I know that running a road race is a pot tivity. I should not enter unless I am medically able and properly tr I should not enter unless I am medically able and properly trained. I decision of a race official relative to my ability to safely complete the naile police protection will be provided, there may be traffic on the consecutated with my voluntary participation in this event, including I contact with other proteinment.

SIGNATURE (Parent signature for participant under 18 years)

No refunds on entry fees. This form can be copied and used for additional



MASTERS AND DRUGS

I have gotten some interesting responses to my article on masters drug use (November). I hope the right people will read the article and begin to think about what they are doing to their bodies and to the sport. Unfortunately, as can be seen from past (and present) experience, there is a lot of denial going on, to the public and to themselves.

I still feel the same about not competing, though I have gotten a lot of encouragement from people to stick with it. I have started on a program of training which I hope I can continue through the World Games in Eugene, whereby I am altering my training, and taking vitamins and amino acids, etc., and most importantly, cleansing my body of anything (good-bye beer and ice cream) that might keep me from being at the top of my form and in the best condition for the competition. I am going all out to be the best I can be, at my age.

I think my attitude has changed; to hell with all the drug takers . . . I'm going to try to show them that right makes right. I hope it works. My success will be due, in large measure, to my family's support. They have always been great, but now they are having to put up with a new intensity, a new drive. (People who know me will tell you I am already intense and driven.) This last shot is going to be a big one.

Carl Wallin Lebanon, New Hampshire

MASTERS, NOT VETERANS

Please urge the U.S. Masters to have the title of our sport called "masters" internationally. I feel the word "veterans" has worked against us both in the media and in recruitment. Please let us all be known as "masters."

Bernie Hogan Brisbane, Australia

DON'T CLOSE INTERNATIONAL EVENTS

I was intrigued by the letter you received earlier this year from the American runner who was refused entry in the European Veterans Championships. This happened to me frequently when I was an "open" senior runner living in Europe, but I was astonished to see it would persist even into the masters level of running.

I was further slapped in the face with this same subject just last week. By coincidence, I was to be in Taiwan on business the same week that the V Asian Veteran Athletics Championships were to take place, as listed in the NMN Calendar of events. So I wrote for an entry form.

A friendly but firm letter came back telling me that the meet was closed to outsiders. Apparently they only accept entries from members of the Asian Veteran Athletic Association and individual entries have to posted through member countries only. The USA is not a member country.

My first outraged reaction was that we, too, should limit our USA Cham-

my second, calmer, reaction is that we should lobby for reciprocal openness throughout the world. I believe that most of us agree that the true value of masters level competition is the openness and willingness to accept all comers into these meets, no matter the ability or source of origin. The chance to compete in a foreign country would be a true joy and outstanding experience for most of us, especially if you just happen to be there because of business or touring.

I definitely feel, however, that such meets should not be listed in the NMN Calendar until such openness is accepted. It is very upsetting to try to plan for such an event only to be told by the organizers that you can't enter.

Jerome McFadden Bethlehem, Pennsylvania

BIG GUYS CLASSIC

I recently had the privilege of competing in the Kansas Big Guys Classic Weight Pentathlon at Lawrence, Kansas. Coach Gary England treated us royally as he directed a first class meet. I regret that prior engagements made it impossible for me to stay for what I understand was a spectacular meal for all participants at the close of the meet.

Gordon Powell Holly Hill, Florida

RACE WALKING

How wonderful to see a group photo of race walkers (December). Hope we may see even more action photos of RWers in coming issues. Thanks to Don Johnson, the photographer.

Adaline Crocker Honolulu

JOHN DICK

I was saddened to read of the death of John Dick (December).

John and I were teammates at the University of Wisconsin — freshman and varsity — from 1937 to 1940. A serious competitor and workhorse, John was good to work out and compete with. When, years later, my NMN subscription brought news of his continued competition and success in masters meets, it was a welcome and enjoyable bonus.

Masters track and field has lost an outstanding participant. John Dick never let his hearing loss get him down, and he was a great credit to the sport he loved.

Glenn Craig Chatham, New Jersey

CAPS

In Hal Higdon's article, "The Truth About Pill Popping" (November), he addressed what is becoming a major issue in athletics — the use of steroids, drugs and cheating in general.

The flyer Higdon referred to is mine, as are the products advertised. He made my products part of the problem when I believe they are a solution — a healthful, natural, nutritional alternative to drugs and steroids.

Higdon does not discriminate between the container (pill) and the contents (drugs, steroids or concentrated food substances). The coenzymes which are the basis of CAPS are classified as 'concentrated food substances.'

He quotes Robert Voy, M.D. as saying that, "We feel that nutrition is the alternative to some of the performance-enhancing techniques, such as drugs and blood-doping, that are now illegal." That is exactly what I have done with CAPS products. They are nutritional supplements that compensate for deficiency that athletes incur from training and competing. If there's no objection to rehydration or carbohydrate and electrolyte replacement, why should anyone object to coenzyme replacement?

Coenzyme Q10 was discovered in the United States 31 years ago. It has been the exclusive subject of three international conferences. It has also been discussed in innumerable scientific studies. What is more, Coenzyme Q10 is daily consumed by tens of millions of people around the world.

CAPS are not a substitute for training, they are an aid for training harder and shortening recovery time. CAPS users are most represented in triathloning, where athletes train three times a day. They are continually on the edge of over-training. They are not flakes looking for magic in a bottle.

At the age of 54, as a pioneer in the field of natural ergogenics, I expected skepticism and resistance but I have faith that the intrinsic worth of CAPS will be recognized. I believe that in the next five to ten years, these products will be used in all sports by most athletes.

I share Higdon's desire for masters sport to stay clean, and would do nothing to tarnish it.

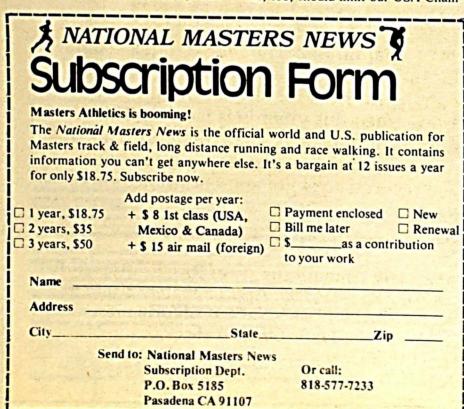
Gerald S. Frank President, CAPS San Francisco

KUDOS

I run back with my NMN like a little kid getting mail.

Rachel Lyga Fridley, Minnesota

The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write, On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.





SCOTT MOLINA WINS 1988 IRONMAN TRIATHLON!

Molina is the winningest triathlete in the sport's history but he was not even considered a contender. The experts said he was past his prime and even if he wasn't, he did not have what it takes to win a long, hot race like the Ironman. THEY WERE WRONG! Scott is the perfect example of what hard training, determination, dedication, and CAPS will do for an athlete's performance.

JOHNNY G WINS 1988 RACE ACROSS AMERICA OPEN WEST QUALIFIER

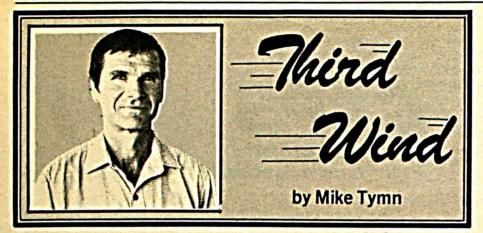
The Arizona desert was the setting for this grueling ultra event. It went from Tucson to Flagstaff and back, including roughly 300 miles of climbing. He became the first cyclist to break 30 hours, with a time of 29:46, which put him over 4 hours ahead of the second-place finisher on this 554-mile course. He relied on CAPS the whole way, taking dosages every hour.

INTRODUCING XOBALINE, A NEW WINNER

XOBALINE (Cobamamide) is the coenzyme form of vitamin B12. The Merck Index states: "The coenzyme is the metabolically active form of Vitamin B12." Guyton's Textbook of Medical Physiology states: "Vitamin B12 is an essential nutrient for all cells of the body, and growth of tissues in general is greatly depressed when this vitamin is lacking. This results from the fact that Vitamin B12 is required for synthesis of D.N.A.; therefore, lack of this vitamin causes failure of nuclear maturation and division." Athletes in Europe have started using XOBALINE because of its powerful effects on strength and endurance.

CALL TODAY!

USE YOUR MASTERCARD OR VISA 1-800-336-1977 (In California 1-800-441-1977) Approximately 1-month supply of RACE CAPS and ENDURO CAPS — \$49.95. Approximately 2-month supply of XOBALINE — \$29.95. (California residents add 6% sales tax.) Or send check or money order to HANSEN & FRANK INC., 2886 GEARY BLVD., SUITE 205, SAN FRANCISCO, CA 94118.



Masters in History: 1901 to 1950

This is the second of a three-part series on the over-40 athlete in history. The first part, covering the period from 600 B.C. (Milo of Crotan) to 1900 A.D. (Donald Dinnie and Cap Anson), appeared in the August 1988 issue.

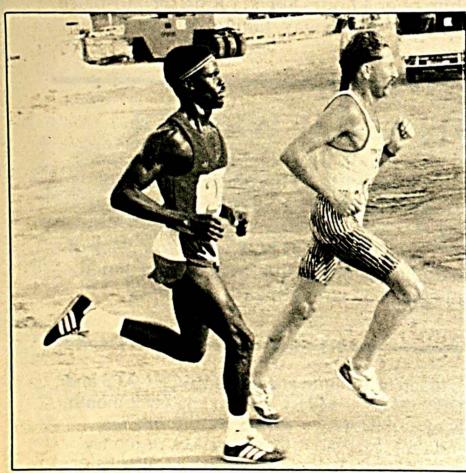
Reature articles about modern-day, over-40 professional athletes, such as Kareem Abdul-Jabbar, Pete Rose, and Nolan Ryan, have suggested that there is greater longevity among the athletes of today than in earlier days because of weight training and off-season conditioning programs. If the writers had done their homework, they might have realized that there were just as many, if not more, over-40 athletes during the first half of this century than there are now (in open competition).

The immortal Cy Young retired in 1911 at the age of 44, pitching two shut outs in his final year. At 41, Young tossed a no-hitter, making him, to this day, the oldest person on record to have accomplished that feat.

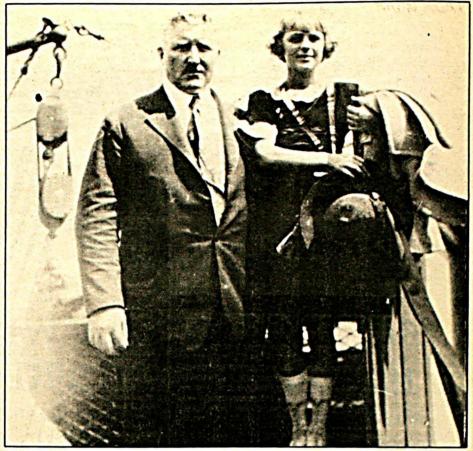
In 1915, Honus Wagner, then 41, played in all 156 games for the Pittsburgh Pirates and still had enough hustle to record 17 triples. He hung up his spikes two years later. Ty Cobb hit .357 as a 40-year-old and .323 the following year, his last. When Grantland Rice, the great sportswriter of that era, asked Cobb what made him to

decide to retire, the Georgia Peach explained: "Speed is a great asset; but it's greater when it's combined with quickness — and there's a difference. I'm about as fast as ever — once I get in motion. But my 'flexes are fading. I'm starting much slower. I don't get the jump any more. I can see the ball as good as ever, but I don't get that quick start from the plate like I used to. If I could, I'd be a .350 hitter right to the end!"

Nap Lajoie, Rabbit Maranville, Eddie Collins, Eddie Plank, Bobby Wallace, Tris Speaker, Grover Alex-



Three-time Olympic runner, Ron Hill (right), fulfilled his latest athletic ambition: "To have competed in 50 different foreign countries before he was 50 years old." The former European and Commonwealth marathon gold medalist ran a 6K race in Benin, West Africa, followed by a 6K race in Nairobi, Kenya, to fulfill his target with just two weeks to spare.



Pat McDonald, the oldest track & field gold medal winner in Olympic history, stands with Aileen Riggin, winner of the springboard diving competition at the 1920 Olympic Games, on the ship home from Antwerp. McDonald was 42 years, 26 days old when he won the 56-pound weight throw. Riggin, then 14, recently returned to the competitive arena and has been rewriting the age-class record book in 80-84 swimming competition.

Photo Courtesy of Aileen Riggin Soule

ander, and Paul Waner all played past the age of 40. Even Babe Ruth, hardly a paragon of physical fitness, survived beyond 40. In his autobiography, Ruth wrote of his last season in 1935: "...the harder I tried the worse I did. My old dogs just couldn't take it any

The oldest Olympic track & field medalist ever is Tebbs Lloyd Johnson of Great Britain. At age 48, he took the bronze medal in the 50K walk.

longer. It was more and more of an effort to move over the outfield or run down to first base. I had tried hard to condition myself, but it was just torture. I was 41 and playing my 22nd season in the big leagues."

The best seasonal performance ever by a major leaguer (non-pitcher) 40-orolder was that of Sam Rice in 1930. Playing for Washington of the American League, Rice, 40, had 207 hits and a .349 batting average. His numbers began to drop the following year, and he retired at age 44 with 98 hits and a .293 average.

Long before George Blanda of the Oakland Raiders gained a reputation as the old man of football, there was Walter "Pudge" Heffelfinger, who first gained fame as a guard for Yale from 1888 to 1891. Since professional football leagues weren't formed until 1919, Heffelfinger had to be satisfied with playing in sandlot leagues after his college years. When he was 43 or 44, Heffelfinger returned to New Haven and lined up with the Yale scrubs.

Coach Ted Jones objected, afraid that a man in his 40s might be hurt. But when the scrubs got the ball, Heffelfinger told Jess Spalding, the second team half back, to follow him.

"I followed him," Spalding later related. "I also ran 55 yards for a touchdown with at least four tacklers sprawled out on the field. Every man Pudge hit was flattened."

In 1922, when he was 53, Heffelfinger captained a team in a charity game in Columbus, Ohio and was the outstanding player of the game. No other player was over 30. Grantland Rice, who attended the game, said that Heffelfinger was still the best guard in the country. He played his last game at the age of 65.

Today, we have former heavyweight boxing champion George Foreman, 40, still trying to make a living in the ring, but there were quite a few champions who continued fighting beyond 40 in the early years of this century. In 1903,

In 1922, when he was 53, Pudge Heffelfinger captained a football team in a charity game and was the outstanding player of the game. No other player was over 30.

40-year-old Bob Fitzsimmons, who believed "a good head was better than two legs" won the light heavyweight championship, making him the first man ever to win three boxing titles. "Ruby Robert" held the title for two more years and continued to fight to the age of 51.

Continued on page 7

Third Wind Continued from page 6

Although Jack Johnson lost the heavyweight title to Jess Willard in 1915 at age 37, the Galveston Giant continued to fight until 1928 at age 50. In 21 fights from ages 40-48, he was undefeated. He was inactive at 49 and then lost his last two fights when age 50. In 1945, at the age of 67, Johnson fought two three-round exhibitions.

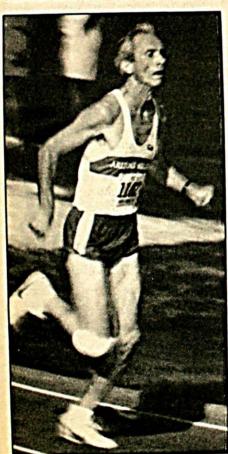
Jess Willard, Kid McCoy, Sam Langford, and Jack Britton also fought beyond the age of 40.

Before the slapstick wrestling era, there are some impressive performances by grapplers over age 40. The famous Pole, Stanislaus Zbyszko, won the world heavyweight title in 1921 when he was 41, defeating 31-year-old Ed "Strangler" Lewis. In a rematch the following year, Lewis defeated Zbyszko, two falls to one, in what was described as "one of the fastest, cleanest, wrestling tilts ever staged in the country in which a title was at stake." Lewis kept the title until 1925, when he lost to Wayne Munn. However, three months later, Zbyszko, 45, defeated Munn and regained the championship. Six weeks later, Zbyszko lost that title to a much younger Joe Stecher.

In 1928, Zbyszko traveled to India to challenge the Hindu wrestler Gama to a grudge match (Gama had defeated him 18 years earlier). This time, Gama, who was then 50, threw Zbyszko, 48, in just 10 seconds.

Strangler Lewis, who held the world title at 38, continued winning matches against top competition in the sport throughout his 40s and into his 50s.

Possibly the first two "masters" of track & field were Pat McDonald and



Arizona's Cliff Bedell won the M50 800 (2:08.39) and 1500 (4:23.93) at the Nationals Photo by Linda Pain in Florida.

Matt McGrath, both New York policeman who represented the New York Athletic Club for nearly 30 years. McDonald was 42 years, 26 days old when he won the 56-pound weight throw in the 1920 Olympics, making him, even now, the oldest track & field gold medal winner. McGrath was 45 when he won the silver in the hammer throw in the Paris Olympics of 1924.

"They were so big they just looked like whales," the AAU's 80-year-old Dan Ferris explained around 1968 when asked why McDonald, McGrath, and a few other NYAC members were dubbed The Whales. "They all had paunches on them, unlike our athletes of today with their straight-up-anddown builds. It was a natural nickname for them. . ."

It was said that while McDonald and McGrath trained seriously, they ate even more seriously and loved their Irish whisky.

McDonald won his last major title in 1933 at the age of 56, capturing the gold medal in the national AAU 56-pound weight throw. McGrath just missed making his fifth Olympic team in 1928, at age 49.

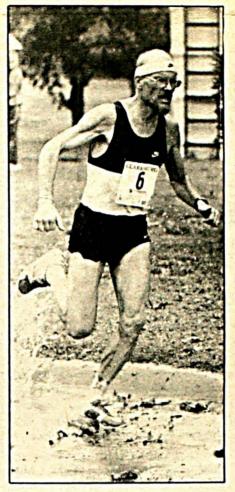
The oldest Olympic track & field medalist ever is Tebbs Lloyd Johnson of Great Britain. In 1948, at age 48, he took the bronze medal in the 50K walk.

Although no record of any over-40 track competitor can be found, there were apparently many masters road racers throughout the first half of this century. In his book about the famous Dipsea Race, across the Golden Gate Bridge from San Francisco, Mark Reese documents the oldest competitors in that annual affair right back to 52-year-old Ed Hartley in the inaugural Dipsea in 1905.

"Perhaps the second oldest runner and certainly the most colorful was Issac Day of the Bolinas Athletic Club," Reese wrote. "Day, age 47, arrived at the starting line fully attired in a corduroy suit and long hobnailed boots. Somehow he finished in 1:02:15 (5-minute handicap) for 69th place (out of 71 finishers)."

In 1918, Day, by then 60, finished 49th in 70:07 (10-minute handicap) in a field of 80. Ray Locke, also 60, finished a strong sixth in 58:57 (10-minute handicap) thereby proving what "grit and clean living" can do. In 1919, Hartley, now 66, returned after nine years to defeat Locke in the veteran's division. In 1923, William Letcher, a 43-year-old dentist, was given a 10-minute handicap and won the race. Letcher may have been the first masters runner to win a race, even if it was with a handicap.

The legendary Clarence DeMar needed no handicap, however, when he won the 1930 Boston Marathon at the age of 41. Clocking 2:34:48, DeMar won his 11th and final Boston that year. In all, DeMar won seven mara-Continued on page 13



Norm Green, 56, sloshes to a second master overall finish in the National (Foundation) 30K, Clarksburg, Calif., November 13. Green won the National Masters 20K overall two weeks later with a time of 1:10:11.

Photo by Gene Cohn

At 56, Green Wins National 20K Overall

At age 56, Norm Green outraced all runners of any age to win the U.S. TAC National Masters 20K Championship in East Meadow, N.Y., on November 27.

His time of 1:10:11 broke the U.S. M55 20K record of 1:13:23, set by Ross Smith in 1983. Green's time was more than six minutes ahead of the next 40+ finisher, Alan Fairbrother, 50, (1:16:41). Gregory Grengo was the first 40-44 finisher in 1:17:33.

In winning the race, Green managed to keep his over-50 streak of National Masters Championship wins intact. He has won, outright, a National Championship in each birth year since turning 50 - eight championships in the past seven years.

About 100 masters and 200 open runners started on parallel bike paths in Eisenhower Park.

"I led the masters 'path' from the start," Green said, "and pulled ahead of the open runners by the second mile. For the remainder of the race, the only suspense was whether I would set another record."

Suzanne Joyson won the W40 women's title in 1:25:03. Jill Martin took the W50 crown in 1:27:16.



RUN WITH THE LIGHT. **EDISON** PAGEANT OF LIGHT **5K CLASSIC**



1989 FLORIDA STATE RRCA 5K CHAMPIONSHIP

1989 FLORIDA STATE TAC 5K OPEN & MASTERS CHAMPIONSHIP

SATURDAY, FEBRUARY 18, 1989 FORT MYERS, FLORIDA

FLAT & FAST, FOLLOWING THE PARADE ROUTE COURSE:

RUN YOUR PERSONAL BEST BEFORE 200,000 CHEERING SPECTATORS

AWARDS:

OVERALL OPEN & MASTERS CHAMPIONS RECEIVE EASTERN AIRLINE TICKETS TO TAC NATIONAL 5K CHAMPIONSHIP MERCHANDISE PRIZES TO OVERALL WINNERS TROPHIES TO TOP 5 OVERALL, TOP 3 MASTERS, TOP GRANDMASTERS, TOP 10 IN AGE DIVISIONS (MALE & FEMALE)

SPECIAL RECATAC AWARDS

PROGRAM:

EXPO. PASTA DINNER AND CLINIC CHAMPIONSHIP RACE, PARADE, POST RACE PARTY AND AWARDS CEREMONY SUNDAY BRUNCH AND RACE VIDEO VIEWING

ACCOMMODATIONS: SHERATON HARBOR PLACE/HOST HOTEL EARLY RESERVATIONS ARE A MUST

SPECIAL RRCA/TAC AWARDS

PHONE: 813-337-0300

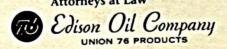
SEND SELF-ADDRESSED, STAMPED ENVELOPE TO: FORT MYERS TRACK CLUB, ATTN: RACE DIRECTOR P.O. BOX 06131, FORT MYERS, FL 33906 PHONE: 813-278-4786



REGISTRATION:

JOEL G. JEFFCOAT General Contractor

SMOOT ADAMS JOHNSON & GREEN, P.A. Attorneys at Law



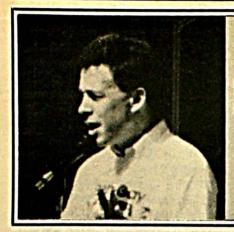












The Director's Corner

by DEAN REINKE

Legends Return to Naples on January 14

he ICI/USRA Masters Circuit has been using the theme "The Legends Return" in its advertising during the past year and it appears that the National Championship, January 14, will live up to its name. Joining early confirmee Bill Rodgers on the starting line as the latest "Legend" in the field will be American mile great Jim Ryun of Kansas.

The former high school sensation will be in Naples, Florida with what organizers predict will be the best masters field ever assembled. Rodgers, having set masters world bests this past year at 5K, 8K and 10K, defeated Barry Brown and Byron Dyce earlier this month in a winner-take-all (\$5000) match race in Miami, to come in as the early favorite. But recently named "Runner's World Master of the Year" Bob Schlau plans to have something to say about that as do a number of other 40-and-over susperstars.

New Zealand's Kevin Ryan will make his first major masters nonmarathon debut, as will New Balance teammate Larry Olsen, winner of the TAC National Masters 10K earlier this year in Asbury Park. Brown and Dyce, both from nearby Gainesville, will also challenge. Great Britain's Priscilla Welch, who will be spending the winter in Florida, plans to run Naples as a test for her major spring marathon effort in Los Angeles. Welch's presence has attracted a strong women's field to contend for the \$10,000 prize purse including the likes of Barb Filutze, Laurie Binder, Gabriele Andersen, Angela Hearn and ICI/USRA Masters Circuit leader Jane Hutchison.

But Welch won't be the only Brit on the starting line. England's Mike Hurd will lead the invasion while it appears



Wess Wesselley, after taking first in the M40 division of the National (Foundation) 30K, Clarksburg, Calif., November 13. Wesselley is now second in the ICI circuit point standings with 43 points.

that fellow Brits Alun Roper, Alan Rushmer and mile world record holder Ron Bell may join him. Organizers are discussing a USA-British "Challenge" race to add further spice to an already impressive lineup.

It will be more than a "40's" show, however. Utah sensation (and grandfather) Steve Lester, at 46, should lead the 45-49 division while the 50-andover group will include some of the Circuit's best. Kentucky's Bill Olrich, with a strong late-season surge, could overtake leader Bill Johnston while Norm Green is always tough under the gun. San Diego's Jim O'Neil, who has dominated his 60-and-over class all year will be on hand, while Maryland's Ed Benham could challenge the world record in the 80-and-over class! Former Olympic gold medalist Bob Schul is racing seriously again and will add yet another legend while organizers are attempting to bring Oklahoma's Buddy Edelen in.

While the prize money will go to the masters field, several top names have still expressed interest in the open 8K. In fact, discussions are being held for a major open circuit in 1989 that may culminate in an "open" championship to accompany the 1989 masters one. Stay tuned in what should be a major assault on the record books.

Legends Mile

I was contacted the other day by Gordon Cooper, agent for former Kenyan great Wilson Waigwa, one of the greatest collegiate milers of all time and a past Olympian. It seems that on February 15 Waigwa will turn 40! My first question to him was "does he have a birth certificate?" Obviously I will not be the last person to ask that question but Cooper was not offended and rather aware that Waigwa better carry it with him like a driver's license.

Mike Tymn of Honolulu also wrote to inform me of Duncan MacDonald's interest in the Circuit as he will turn 40 one day "after" Naples, but still has his sights on the 4:10 mile mark and who knows how much lower in the future. Duncan, of course, was an All-American miler at Stanford and many times a winner of the Honolulu Marathon.

We are hoping next month to not only introduce our 1989 ICI/USRA Masters Circuit schedule but also our inaugural "Legends Mile" Circuit which will include a combination of indoor, outdoor and road miles. And keep a special eye out for Wilson Waigwa. America might just see him in the not too distant future and a "sub-4 minute master mile" as well!

ICI/USRA Masters Circuit Point Standings

The ICI/USRA Masters Circuit features a \$20,000 grand prix style prize purse for 1988. Points are awarded in six age categories (men's and women's 40-49, 50-59 and 60 & over) for places first thru tenth with 1st = 10 points, 2nd = 9th, 3rd = 8, 4th = 7, etc. thru 10th = 1 point.

Men's 40-49: 1st = \$3500, 2nd = \$2500, 3rd = \$1500, 4th = \$750 5th = \$650, 6th = \$550, 7th = \$400, 8th = \$300, 9th = \$200, 10th = \$100 Women's 40-49: 1st = \$3500, 2nd = \$1000, 3rd = \$500, 4th = \$250, 5th = \$100

Men's 50-59: 1st = \$750, 2nd = \$250, 3rd = \$100 Women's 50-59: 1st = \$750, 2nd = \$100 Men's 60 & Over: 1st = \$500, 2nd = \$100

Women's 60 & Over: 1st = \$500

There will also be a \$750 bonus for the best age-graded handicap performance of the year! A separate prize purse will be established for the ICI/USRA Masters Circuit Championship.





ICI/USRA HASTERS CIRCUIT POINT STANDINGS

Thirteen races have been completed: Azalea Trail Run, Cotton Row Run, Myrtle Beach Classic, Hospital Hill Half Marathon, Utica Boilermaker 15K, TAC Master's Track and Field Hile/1500m, Asbury Park 10K Classic, Crim Road Race, Pittsburgh Great Race, Heartland Hustle, Capital Trail Run, Stamford Marathon and Sacramento Foundation 30K. The number following the points total is the number of races run. The best seven may be included.

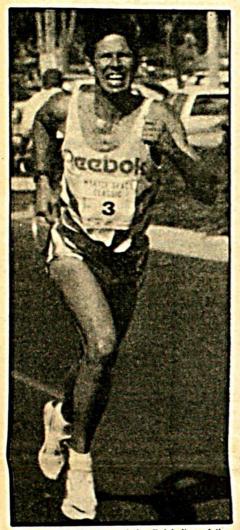
Men	40-49	nusual year	Wo	en 40-49	
1.	Bob Schlau, SC (41)	7117	1.	Jane Hutchison, MD (41)	75/7
2.	Wes Weselley, GA (40)	71/7	2.	Mancy Oshier, NY (40)	54/7
3.	Bill Rodgers, MA (40)	43/5	3.	Kathy Brown, NY (4)	41/6
4.	Steve Lester, UT (45)	42.5/4	4.	Barb Filutze, PA (42)	39/4
		42/5	5.	Gabrielle Andersen (43)	30/4
5.	Mick Hurd, ENG (40)	30/4	6.	Laurie Binder, CA (40)	27/3
6.	Web Loudat, NM (41)	18/3	7.	Anne Hansfield, NC	25/3
7.	Robert Nelson	17/2	8.	Priscilla Welch	20/2
	Barry Brown, FL (43)	17/2	9.	Angela Hearn (4)	17/2
8.		15/3	10	. Janice McKeown	14/2
	Carl Nicholson, AL (41)			Parket Land State of the State	
11.	David Tresohlavy, NY	14/3			A THE PARTY OF
Hen	50-59:		Wos	en: 50-59:	
1.	Wm. Johnston, UT (50)	63/7	1.	Susie Klutzz, NC (51)	24/3
2.	Bill Olrich, KY (50)	58/6	2.	Gina Faust	20/2
3.	Jim Larsen, FL (52)	33/4	3.	Joyce Hodges, GA (50)	19/3
4.	John Dugdale, CT	28.5/3	3.	Jill Martin	19/2
5.	Norm Green	19/2	3.	Dolores Albertini	19/2
5.	Jim Blount	19/2	4.	Harcia Ann Woodring, KY	18/2
6.	Dick Ruzicka	18/3	4.	Marcia Herbst, GA (53)	18/2
7.	Ymel Yoder	17/2	4.	Judy Kirchoffer	18/2
8.	Clyde Davison, KS	15/1	5.	Patricia Bond, MO	15/1
8.	Philip Watson	15/1	5.	Elizabeth Klein	15/1
265	电子机场均衡设施。由现代实际 的		6.	Marion Kowalski	14/2
	NEW YORK AND		C per	新文本文艺术的主要文文艺艺术,个是《	PROPERTY.
Hen	's 60 & Over:	North Barrie	Wome	n 60 & Over	Car Fill
1.	Jim O'Neil, CA (63)	61/6		Mary Norckauer, LA (63)	28/3
2.	Edmond Vuolo	15/1		Imy Ernst	27.5/3
3.	Jerry Morrison, MO	13.5/1		Loretta Shehan	20/2
3.	Gene Guilburt	13.5/1		Edith Farias, MY	19/2
4.	Logan McGinness, MO	12/1		Carol Peebles, WI	16/2
4.	Tom Gribbons	12/1		Mary Otte, MO	15/1
5.	Augusta Rivera	10.5/1		Esther Cox	15/1
6.	Bill Hoffman, AR	10/1		Jean Benear, OK	13.5/1
6.	George Sheehan, NJ (69)	10/2	8.	Margaret Wright, 8C	10/1
6.	Archie Hessenger, NH	10/1	8.	Charlotte Williams, MI	10/1
6.	Howard Rubin, MY	10/1	8.	Marie Betts	10/1
	Jim Torschegan, HI	10/1		Mabel Velge	10/1
	Hike Shea, NC (60)	10/1		Mary Storey	10/1
6.	Jordan Bisceglia	10/1			
6.	Patrick Devine	10/1			
					The second secon

Coupled with the \$20,000 grand prix style ICI/USRA Masters Circuit prize pool, the 15 circuit events individually combined will distribute over \$125,000 in total prize money. The January 14th, 1989 ICI/USRA Masters Circuit Championship 8K will feature a \$10,000 prize purse.

ICI/USRA Masters Circuit "Happenings"

by DEAN REINKE

Remember Marge Rosasco? For years a stalwart on the east coast running scene, Marge is now a master. With an impressive win at the Nissan Maryland Human Race 10K, Rosasco remains undefeated as a master although she hasn't ventured far from her home in Baltimore yet . . . Wil Albers has moved up to running-shoe development for Brooks while Laura Lub-



Web Loudat flies toward the finish line of the Myrtle Beach Classic, South Carolina. Loudat was third master (31:06) behind Bill Rodgers (31:01) and Bob Schlau (30:55). Loudat now is in sixth position in the ICI standings with 30 points.

Photo by Mike Davis

bers takes over the promotional reins. Bill Rodgers reports his clothing line has a new material, "Ultrex," made with 3M to compete with Gore-Tex. Look for ads in several major national books including Sports Illustrated . . . Pat Devaney is out at Reebok as major restructuring occurs in Boston . . . Raleigh's Kevin Amigh will handle invited athletes at the ICI/USRA Masters National Championship in Naples, Charlotte Marathon & 10K, and Myrtle Beach Classic 10K . . . Rich Castro will handle invited runners at Bolder Boulder while race chairman Steve Bosley again invites top runners to apply for a three-month training support program in preparation for his May event . . .

Top U.S. Olympic women's marathoner Nancy Ditz will be spokesperson for the 1989 Manufacturer's Hanover Corporate Running Series . . . Make that an anchor leg for the Coghlins as Eamon is now the proud father of four. He's also looking at some road races this spring as he is less than 48 months away from masterhood . . . Bill Rodgers will serve as a spokesperson for the 1989 Ben-Gay Active America Day program to be held in 50 cities on Mother's Day Weekend . . . The January 28 Paramount 10K in California will offer a \$6000 masters prize purse . . . Rodale (Runner's World) has dropped its sports marketing division and will not present the Coor's Biathlon Series in 1989. Former director Mike Malekoff will leave and reports are that he may restart the series . . . Its just about time for "winter moves" led by Bill Rodgers and family's annual pilgrimage to Phoenix . . .

American masters record holder Barry Brown is calling it quits in the marathon. With consecutive victories at Maggie Valley, Philadelphia Half and Nissan Maryland Human Race 10K, it appears to be working... Put Patty Catalano on the remarried team, having moved back to Boston. Former partner Liz Miller keeps the business back in Vermont ... Promoters in Chicago are looking at a "Magnificent Mile" on Michigan Avenue for fall 1989 which would be included on the newly developing "Legends Mile Circuit" ... Remember the name Alun Roper. Many feel the British attorney can run faster than Mike Hurd among the Englishmen ... A new marathon has sprung up in Australia, July 23, that will offer significant prize

Last Word on Naples

• Yes there are still a few rooms available. Try the head-quarters Registry Resort (813-597-3232); the Quality Inn (813-261-6046), Holiday Inn (813-262-7416), Best Western (813-261-1148), Park Shore Resort (813-263-2222) or the Inn at Naples (813-649-5550).

• Yes, you can enter on Friday, January 13 at the packet pickup and late registration from 2-8 p.m. at the Registry. The Legends Clinic with Jim Ryun, Bill Rodgers and other greats will be held at 7:30 p.m. On Saturday morning, the ICI/USRA Masters Championships will start at 9 a.m. (Open race starts at 8 a.m.) and the post-race pool party begins at 11 a.m.

• Yes, you can still earn points at Naples that will count toward the 1988 Circuit Point totals. The \$20,000 prize purse will be distributed at Naples.

money for masters in addition to open....
. The successful Alhambra 8K which featured a \$15,000 women's purse is contemplating adding a masters purse... The Orange Bowl 10K is history (for now) but the Bay Bridge Run reports they will offer a \$30,000 purse and take the February 4 date on the calendar in Miami...

Continued on page 13



Bill Olrich, winner of the M50 division (34:06) and \$500, National Masters 10K, Asbury Park, N.J., August 13. Olrich is now second in the M50-59 ICI point standings with 58 points.

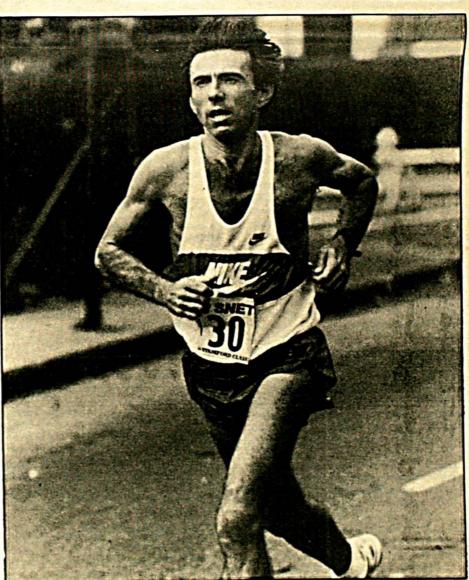
Photo by Vic Sailer

ICI/ USRA and TAC to Work Together

Officials of the ICI/USRA Masters Circuit and TAC Masters Long Distance Running and Track & Field Committees met at the recent TAC Convention in Phoenix to discuss a number of ways to work together to promote masters running. Both sides were enthusiastic about the potential for 1989 and the next few years for joint programming. The TAC Masters LDR voted to approve a proposal to work out an arrangement whereby the 1989 ICI/USRA Masters Circuit National Championship would also serve as the TAC Masters National Championship at the January 1990 ICI Championship. It also approved a plan to work toward a coinciding of TAC Masters championships at the various individual road distances into

events on the ICI/USRA Masters Circuit. Representatives from both will be meeting in the near future to work out the details.

David Pain, meet director of the 1989 TAC National Masters Track & Field Championship in San Diego also met with ICI/USRA Masters Circuit representatives, as did members of the TAC Masters T & F Committee. The discussions centered on the popular "Legends Mile" which will again be held at the 1989 TAC Championship with the possible addition of a "world record attempt at 800 meters" and a "Legends Sprint" race which will be age-handicapped. Circuit officials, as with the LDR group, would also like to develop some ongoing support and promotions programs with the T&F masters group. - Dean Reinke



South Carolina's Bob Schlau, 41, leads the men's 40-49 standings with 71 points.

Photo by Sailer, Ltd.

pions'

last co

ships

comp

from

signif

Re

Ge

decis

our r

tiona

ing to

(\$100

to fit

Ass Ad Aw

Ri

Busin

10TH ANNUAL CONVENTION OF

Phoenix, Arizona -

Minutes of Masters Track & Field Committee Meetings

Presiding: Chairman Jerry Donley

Wednesday, November 30 Regional Reorganization

Chairman Donley proposed switching the current seven masters "regions" to four "zones" to follow the structure used by TAC's Youth, Men's and Women's programs. After long discussion, the Committee voted, 7-4, to retain the current regional

A sub-committee of Gary Miller, Scott Thornsley, Max Goldsmith, Danny Thiel, Bruce Springbett and Graeme Shirley was appointed to determine which TAC associations should be in each region. The current boundary lines were reaffirmed, except Utah and New Mexico were moved into the West from the Northwest and Southwest, respectively.

Because TAC's Youth and Open commit-tees use the term "region" to define their 15 separate competitive areas, masters will now refer to its seven areas as "sections" to avoid confusion in TAC's rule book. Thus, the traditional "Regionals" will now be known as "Sectionals."

Thursday, December 1 — Morning Session ICI/USRA Masters Circuit

Dean Reinke, the independent promoter of the ICI/USRA Masters Circuit, proposed continuing the successful "Legends Mile" in future National meets, as well as adding "Legends Sprint" events. The 1988 Florida event generated much publicity for masters running. Reinke predicted a masters sub-four-minute mile within three years. The committee's response was favorable. Reinke said he would work with David Pain, meet director of the 1989 Nationals to arrange a 1989 Legends race.

World Veterans Championships

Tom Jordan and Barbara Kousky, organizers of the VIII World Veterans Championships slated for Eugene on July 27-August 6, 1989, reported:

1) The event should draw 6000 athletes the largest World Games ever.

- 2) More than 4000 paid housing reservations have already been received - 3400 from overseas. Hotel and university rooms are being held for Americans until January 31; then, anything left will be open to
- 3) Ten cultural tours will operate daily. My Fair Lady will be playing during the
- 4) An Athlete's Village featuring nightly entertainment and a beer garden will be a daily gathering place.
- 5) A free shuttle system will transport people to and from the airport, major housing areas, and all venues.
- 6) The entry deadline is May 1.
- 7) TAC-certified officials are making a two-week commitment to the event. At the moment, no free officials' housing is available, but a sponsor is being sought to lodge officials at a sorority house.
- 8) The final competition schedule will be posted after all the entries are in; no finals will be changed from the day of the current schedule (see middle pages in this issue).
- 9) There will not be a 3200-meter relay. 10) Two tracks will be used: Hayward and Silke Fields. Silke is a 10-minute bus ride from Hayward, and has been refurbished with new runways. Lane Community College will be used as a third facility, if needed. (15 min. ride from Hayward).
- 11) A 200m warmup track at Hayward has four lanes and a 100m straightaway.
- 12) Sprint preliminaries will be held on

both sides of the tracks.

13) Trainers' tents will be at both venues.

14) The airport is 20 minutes from the track; it's serviced by United, American, United Express, Horizon. Amtrak and Greyhound stop in downtown Eugene.

15) Gold medal sponsors have been signed up for \$25,000. Title sponsorship may be sold, but the price will be over \$100,000.

16) Anyone who made housing reservations should have received confirmation by now. If you haven't, check with Eugene.

Team Managers

Despite notice in the National Masters News, Donley said no one had applied for the job as U.S. team manager for the World Championships in Eugene. Scott Thornsley (PA) and Sandy Pashkin (NY) volunteered and were appointed co-team managers. One will likely be on hand at each venue. Pashkin will also function as women's team manager. John Connors will be their assis-

Thornsley is a TAC official and current masters indoor meet coordinator. He has directed the National Indoor Pentathlon for six years, and is a long jump and triple jump competitor. A college coach, he's a lobbyist by profession.

Pashkin directed the 1986 Nationals and was team manager for the U.S. Junior national team. She competes in everything from the 100 to 5K and field events, with the 800 being her best event.

The function of the team managers will be to be on site to handle competition complaints, protests and problems; hold an initial U.S. athletes' meeting; appoint relay selectors; etc.

Awards Coordinator Bev LaVeck announced the outstanding athlete awards. (See separate story and lists).

Thursday, December 2 - Afternoon Session WAVA Delegates

The U.S. is entitled to five delegates to the WAVA General Assembly meeting in Eugene. The Masters T&F Committee traditionally elects three; Masters LDR picks two. Elected were Jerry Donley, Gary Miller and Pete Mundle. Alternates are: 1) Christel Miller, 2) Rex Harvey, 3) Sandy Pashkin.

Women's Committee

Christel Miller, Women's Coordinator. confirmed that women will compete in the same events as men in the World Cham-

Rules Committee

Graeme Shirley, Rules Chairman, passed out copies of the new revision of masters rules which will appear in TAC's rule book. The cumbersome and often confusing language of the old rules was tossed completely, and Shirley wrote new language to clarify and condense. The Committee voted, 11-8, to make the pentathlon voluntary rather than mandatory in the Sectional (Regional) Championships. See Shirley's separate article on rules, and the complete rules revision on these pages.

Friday, December 2 — Morning Session Medal Standards

Marilla Salisbury spoke on the unfairness and undesirability of medal standards at the Eugene World Games. "Many older people have been motivated to exercise by the masters program," she said. "If WAVA's medal standards had been used in Melbourne, 26 less medals would have been given." She said medal standards were poor for the image of the program, and were unfairly directed at older people.

Bob Fine said he opposed medal standards, but WAVA adopted them to prevent frivolous competition. As Chairman of the WAVA Technical Committee, he will open the Technical meeting to all athletes in Eugene to discuss this and other competition matters. But he said WAVA Chairman, Cesare Beccalli, is a strong supporter of medal standards, and doubts the standards will be changed for Eugene.

David Pain said the standards could be changed in time for the Eugene meet. Pete Mundle said there's not enough data yet to establish fair standards.

It was moved that "The U.S. Masters Track & Field Committee is opposed to medal standards at WAVA Championships, and instructs its delegates to raise the issue in Eugene." Passed, 22-1.

1989 Indoor Championships

John White confirmed the 1989 Indoor Nationals will be held in Columbus, Ohio, from March 31-April 2, on the 200m track at the Ohio State University Fieldhouse. Jim Pearce will direct.

Entry forms will be out soon. Hotel rooms will cost \$40; the Holiday Inn has a shuttle service from the airport. No university housing is available. Northwest, Eastern, United, Delta and TWA service Columbus. White will check on getting a 5% discount from an "official" airline.

1990 Outdoor Championships
Baton Rouge, which won the bid for the
1990 Nationals, withdrew due to delays in
construction at Louisiana State U.

Dale Neuberger, manager of the Indianapolis Track Stadium, presented a bid for Indianapolis to host the 1990 event.

A new University Place Hotel has been constructed on the Indiana U. campus; it's a short walk from the track and will likely be the meet headquarters.

Transport to the track from the airport is a \$10 cab ride. The local papers should print the results and daily stories of the meet. The scoreboard, which didn't work during the 1985 Nationals, now does. The 278 rooms at the University Hotel go for \$55/\$60.

The dates will be either the last weekend in July or the first weekend in August.

No other bids were received and Indianapolis was unanimously awarded the 1990 meet.

Marshall Goss asked if a T-shirt should be included in the entry fee. Comments and schedule suggestions should be sent to Bruce Springbett (address on page 2).

Other Championships

Max Goldsmith, Site-selection Coordinator, confirmed the sites of other 1989 National Championships (see Schedule) and requested anyone interested in bidding on 1991 events should contact him (address on

1989 Outdoor Nationals

Meet director David Pain said two mondo, certified tracks will be used in the fourday meet, July 20-23, at San Diego State and Balboa Stadium, one week prior to the World Veterans Championships in Eugene.

Pain expects 1000 U.S. and 1000 overseas competitors — the largest U.S. meet ever. He passed out entry forms and urged everyone to get their housing reservations in ear-

All housing will be across from the track at San Diego State U. No motels are nearby. There will be free transport from the airport to the dorms. The deadline is June 15.

There'll be nightly entertainment and a Mexican Fiesta after the competition. The entry fee is \$30 for the first event to help defray the costs of the transport and fiesta. Of the \$100,000 budgeted for the meet, \$15,000 will go for the transport system. A Legends Mile may be staged, but it will not conflict with the 1500s.

The Melbourne World Games computer program will be used, and will be passed on to Indianapolis for 1990. All entrants in the 1987 and 1988 Nationals will soon receive an entry form in the mail.

Pain is preparing a book on how to conduct a National meet. He suggests future meets include a \$10 surcharge for the national masters organization.

Schedule Conflicts

Goldsmith urged all local and sectional (regional) meet directors to send their schedule information to Bruce Springbett, the Outdoor Coordinator. If a meet conflicts with another, Springbett will contact both directors to try to work out compromise dates.

Administrative Committee Reports Sports Medicine

Joan Stratton reported this Committee is beginning to become interested in masters athletics. It is staging a motor-sports learning seminar at Ohio State on January 29.

Drug use is increasingly among masters athletes; I'm getting complaints," 'It will get worse if cash prizes increase."

She said testing is desirable, but costs \$130 per test. "Would you pay \$10 as an extra charge on your entry free to pay for testing?" she asked. "Both men and women masters should be tested, even long distance runners."

Gary Miller agreed, saying masters drug usage started small at the 1977 World Veterans Championships in Sweden, but has increased each year.

A motion to urge Chairman Donley to contact TAC's Officers at his discretion for funding for drug testing passed with no dis-

Budget & Audit

Al Sheahen, Treasurer, reported that TAC's fiscal 1988 (October 1, 1987 to September 30, 1988) revenues had increased 35% over 1987, from \$6.2 million to \$8.4 million.

The Masters T&F Committee was allocated \$25,000 for fiscal 1989, up 11% from 1988's \$22,500. TAC ruled none of that money is to go to the National Masters News, which will receive a \$5000 stipend directly from TAC.

The Sectional (Regional) Coordinators were granted \$700 each, to assist their Championships and help promote new meets in their areas.

The Outdoor Coordinator normally would have received \$3700, but since \$1600 had already been awarded to the 1989 Outdoor Nationals, only \$2100 was slotted for

Scott Thornsley and Sandy Pashkin, the new U.S. team managers in Eugene, were each awarded \$500 to help defray their travel and housing expenses.

See separate chart for more details. Continued on page 12

THE ATHLETICS CONGRESS

November 28 - December 3, 1988

\$14.000

Minutes of Masters Long Distance Running Committee Meetings

Executive Committee: November 28

Norm Green presented a "log of champions" he had offered to produce at our last convention. After gathering a list of all division winners from all our championships since 1979, he entered the info into his computer and did several print-outs. The alphabetical listing is available for \$2.50 from Norm Green, 405 Curtis Ct., Wayne, PA 19087. We all thanked Norm for this significant contribution to our sport.

Reports: November 29 thru December 2 George Vernosky reported on the final decision from Budget & Audit; \$2,800 of our request was denied, specifically for National Masters News (\$1,500), travel funding to convention (\$1,200) and WAVA dues (\$100). The amount granted, \$14,000, had to fit into our four main programs:

Travel to national/international meetings	\$ 8,100
Assistance to national championships	4,000
Administrative expenses (phone, postage, etc.)	1,500
Awards for athletes and contributor	400

TAC will compensate NMN from other sources.

Bill Shrader reported from the Athletes Business Standards Committee. A new brochure will be out soon entitled "Selecting an Agent."

Charles DesJardins, our rep to Marketing and Media, explained that after writing several letters to that committee's chairman during this past year, he had not received any response for our request for help in promoting our programs. At the convention meeting of M&M, Charles met with Craig Virgin from Men's LDR who agreed to work with him on a common problem, namely that TAC announced that LDR cannot be marketed.

Kirk Randall explained an application for a \$5,000 grant which he made for our committee was turned in Nov. 15, 1988, and was supposed to be for education or competition. The request dealt with physiological testing for purposes of enhancing training. In general discussion, Kirk was given ideas for identifying people and programs around the country which are already in place for this purpose. The awarding of all grants will be announced after the convention.

Norm Green, our rep to IGAL, reported on the dissolution of that organization as of Dec. 31, 1988. All assets will transfer to WAVA and WAVA will include LDR events as part of their biannual T&F championships. No schedule has been set beyond the World Games in Eugene next summer, but the suggestion is that regional championships be held every other year. These decisions will be made at the WAVA meeting in Eugene. Charles made a motion that we name Norm Green and Ruth Anderson as our two delegates to WAVA with himself as an alternate (instead of his being automatically a delegate as it has been in the past). Motion passed.

Athlete Awards: November 30 See separate story.

Two people were nominated for the Otto Essig Award for meritorius service to our sport, both of whom have advanced masters running by providing quality road events: John Mansoor and Phil Benson. In a close vote, Phil Benson was chosen.

Presentations: November 30

Dean Reinke, representing the ICI Masters Circuit, explained the concept and goals of that road circuit. The sponsor, ICI, is striving for name recognition. One main goal is to eventually coincide the circuit events with our committee's championships and to get T.V. coverage. A second goal is to establish All-American standards for road events. Dean is working for a geographical balance when choosing sites for circuit events, and each event would negotiate with Dean separately. Later, Dean invited our 1990 championship events to contact him if interested in being on the circuit.

Championship Bids: December 1

Phil Benson opened the floor to bids for the 1989 championships which had not been awarded last year. These distances were awarded: One Mile Road, Half-marathon, 25K, 30K, 50K and 100K, 100 Mile, and the 24-Hour Run. The following distances were then awarded for 1990: 5K x-c, 10K x-c, 5K road, 8K road, 10K road, marathon, 15K road, 20K, and 50 Mile. See the list of championships for further information.

Dan Brannen requested our input in requiring that a minimum distance be covered in the 24-hr. run for masters divisions in order to receive a medal. Our Executive Committee will discuss this and give him a reply.

Elections: December 2

John Woods, Nominating Committee Chairman, presented a slate of officers and conducted elections. The proposed slate included: Charles DesJardins for Chairman; Ruth Anderson for Vice-Chairman for women and Kirk Randall for Vice-Chairman for men; George Vernosky for Treasurer; Carole Langenbach for Secretary; and Bob Boal for Board of Directors. One of these offices had a nomination from the floor: Norm Green for Vice-Chairman for men. Kirk Randall was elected, as were the other proposed candidates.

After the elections, new chairman Charles DesJardins presented Bob Boal with a silver pin as a symbol of appreciation and affection from the committee for his many years of service as our chairman. Charles made a notion that Bob be granted the title of Chairman Emeritus. The motion passed unanimously.

Other Presentations: November 30 and December 2

Sally Nichol and Bob Baumel from Road Running Technical Committee visited us and reported on their committee's activities. Basically, their work deals with course certification, finish lines, and validations for records. Bob explained the difference between loop courses and point-to-point courses; records on the latter are listed separately in the record book. Maps for certified courses around the country are available from the Course Registrar, Joan Riegel, for \$2.00 each.

Tom Jordan from Eugene gave an update on the World Games slated for next summer. Jim Puckett will be in charge of competition. Contact him or Tom if you would like to be an official at the Games. See T&F minutes for more details.

Old and New Business: December 1-2 Basil Honikman from Tacstats presented the records recommended for our ratification. A motion was passed to accept those marks

Bill Shrader made a motion that we establish a committee (Program Development Committee) to identify the funding needs for our specific programs. Motion passed. Volunteers were John Boyle, Vicki Bigelow, Olivia Moreton, Jack Dowling, and John White. John Boyle made a motion that we request funding for a 3-color brochure listing our championships. Motion passed. The new committee will make recommendations to George Vernosky before next October, when our budget requests are due for 1990.

Carole Langenbach suggested that we provide a checklist of standards required for championships to be used by event directors and by an evaluator from our committee. Bruce Steenson and Jack Dowling will work with her on this.

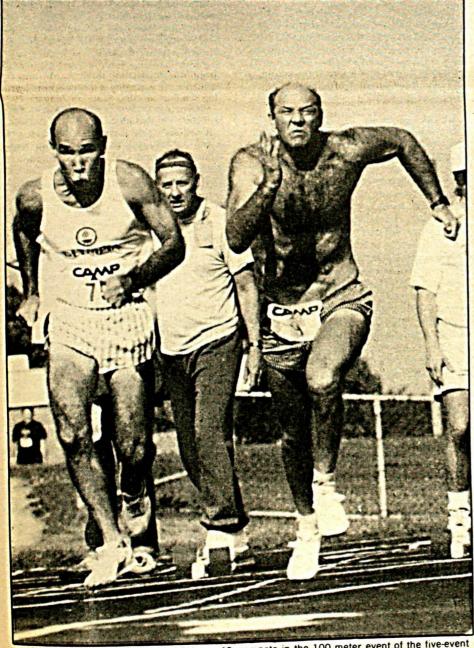
After presenting to us the recommendations of the Circuit Committee which met with Dean Reinke, Norm Green made a motion that our Executive Committee work with the TAC National Office to negotiate with the ICI Circuit on a Masters Championship for January 1990. Discussion included concerns that the "champion" of our '89 event at the particular distance would be confused with the January-event champion. We were assured that the plans would include a way to prevent this. Motion passed.

Reps were named to other TAC committees: Associations Committee-Cecil Smith; Marketing & Media — John Boyle; Awards, Logos & Medals — Pat Vigil; Coaching Ed — Jerry Crockett; Cultural Exchange — Wally Maurer; 5 At-Large members to our committee — Finn Hansen, Ed Benham, George Kleeman, Jim Jacobs, Jack Dowling; Athletes Advisory — Kirk Randall. All others are the same as last year.

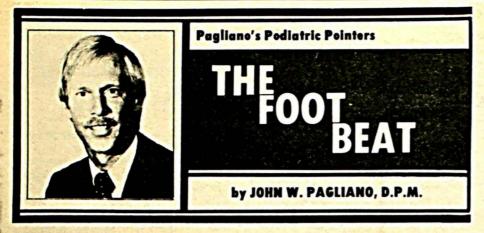
A motion was passed that our chairman, our rep to L&L, and two others propose legislation for next year's convention to change the definition of "active athlete." While we don't want to disrupt the elite athlete ratio required for TAC committees, we do want to be recognized as "athletes" somehow. Motion passed.

Joint Session with Masters T&F: December 2 See T&F minutes.

Carole Langenbach, Secretary



Buddy Schorre (left), 44, and John Ekkens, 42, compete in the 100 meter event of the five-event Ultimate Runner, Jackson, Mich., Oct. 1. Ekkens, the winner (14.12/14.73) has competed in all six Photo by Marcia Butterfield



Achilles Tears

I have a partial tear on my left Achilles' tendon. I have been casted for eight weeks, non-weightbearing on crutches for three weeks, and have been wearing a shoe with a 11/2" heel lift for five months. Here it is over eight months, and I still have pain. Should I have therapy, or does this take a year to heal? Please tell me what to do to treat this problem, and what kind of training program I will be able to return to.

Your question is certainly an interesting one and one that has not really been presented in this column in prior years.

There are several types of 'Achilles' tears, from a mild tenosynovitis to the acute 'Achilles' rupture. All are painful and can have lasting detrimental effects.

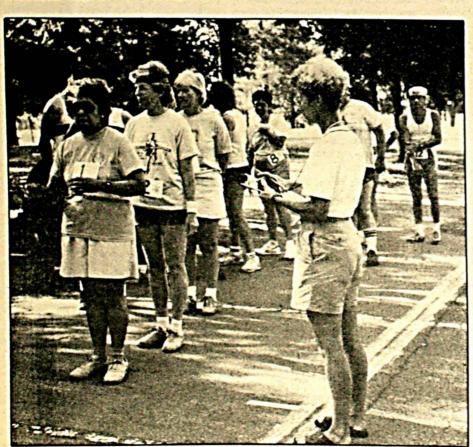
It appears that your treatment to now has been well planned. The foot and ankle should be immobilized to produce maximum healing effects.

In most cases of Achilles' tendinitis, you can plan on a minimum of one year's duration to heal. One must remember that for people over the age of 25, the blood supply to the Achilles' area diminishes drastically. This has a major effect on the healing process and drastically lengthens the healing time.

At this point, I am a proponent of therapy to the effected tendon. You will need to increase the blood supply with the aid of external sources such as ultrasound, heat and electrical stimulation. Your physician can prescribe these modalities for several weeks.

These may be followed by ankle strengthening exercises and even the use of a mini trampoline. If all heals well, you can expect to return to a normal training program. But remember, these injuries take time to heal, so one must be patient and allow nature to take its course. L

(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.)



Allan Phillips staged a successful age-graded 5K race walk in Westland, Mich., on July 24. Using preliminary tables created by the World Association of Veteran Athletes, Phillips conducted the race in "Portsmouth-Start" fashion, wherein the oldest walkers start first and the younger start last. John Elwarner, 48, (#12) was the first across the finish line.

TAC MASTERS TRACK & FIELD **COMMITTEE BUDGET** 1989 Budget Expenses \$4049 \$5000 Chairman 4000 2100 Outdoor Coordinator 2100 2200 Indoor Coordinator 2400 1740 Multi-Events Coordinator 700 800 Secretary/Treasurer 4900 800 Regional Coordinators 3800 National Masters News 3400 3400 Outdoor Records Chariman 300 Indoor Records Chairman 1500 Rankings Coordinator 300 Racewalking Coordinator 300 300 Women's Coordinator 500 1211 **Awards Coordinator** Team Managers 400 1000 300 Miscellaneous \$22,500 \$25,000 Total

Minutes of Masters Track & Field Meetings

Continued from page 10

Friday, December 2 - Afternoon Session

Sandy Pashkin reminded all officials they must be re-certified every four years, and 1989 is the year.

Records

Pete Mundle, Outdoor Records Chairman, said records for new WAVA/TAC events are generally not compiled until at least two years have gone by. Hand times, as well as automatic times, will continue to be recognized as official marks until more meets use FAT.

Law & Legislation

Bob Fine urged athletes write him with suggestions prior to the L&L meeting on Columbus Day at the Newark airport.

New Appointments

Donley appointed several people to administrative committees, as follows: Board of Directors: Jerry Donley & Al Sheahen; Association Officers: George Savanick; Budget & Audit: Sheahen; Law & Legislation: Bob Fine; Marketing & Media: Scott Thornsley; Membership: Sanford Kalb; Officials: Sandy Pashkin; Rules: Graeme Shirley; Medical Services and Sports Science: Joan Stratton; Athletics Business Standards: Donley; Awards, Logos & Medals: Tom Sturak; Coaching Education: Pashkin; Cultural Exchange: Savanick; Athletes Advisory: Sturak; Committee At-Large: Dick Green, Rex Harvey, Pete Mundle, Joan Stratton, Sturak.

North American Report

David Pain, WAVA's North American delegate, said WAVA will hold world athletics championships in odd-numbered years, while regional WAVA championships will be held in alternate years. Included will be a complete track & field meet, and a 10K and/or cross-country run.

Special Events

The Committee voted for Donley to appoint a committee to set guideline for special events in masters meets.

The \$30 entry fee for the U.S. Nationals was discussed. A suggestion was made to run a survey in the National Masters News to learn if athletes want a T-shirt, banquet and transportation to be free as part of the entry fee, or if they'd prefer keeping each item separate.

Indoor Coordinator

Scott Thornsley asked for bids for indoor national championships for 1990, 1991 and 1992. Contact Scott by April 1 if you're interested.

Race Walking

Bev LaVeck said masters race walkers voted, 20-0, to walk the 20K, rather than 10K, in the National Championships. The Committee agreed and it will be so noted in the Rule Book. LaVeck will head a subcommittee to the WAVA Technical Committee in Eugene, to persuade WAVA to change its women's 10K walk to 20K.

Friday, December 2 - Joint Session with Masters LDR

Lynn Cannon, a TAC delegate to the U.S. Olympic Committee's Seniors Subcommittee, said the USOC voted on November 8 to deny authorization to the U.S. National Senior Olympics (USNSO) for use of the "Olympic" name.

The USOC had invited bids from organization to stage a biennial senior multisports event. The USNSO and the AAU bid. The USNSO said it would not stage the event unless it could use the "Olympic" name. The AAU said it would use another name. The USOC then offered \$35,000 to the USNSO if it would stage the event without the "Olympic" name. The USNSO's Board will decide this month. USNSO is expected to decline, and continue its push in the U.S. Congress for legislation to allow the use of the "Olympic" name. Meanwhile, its 2nd biennial National Senior Olympics is slated for St. Louis in June with 4000 age 55 + athletes expected to compete in 14 sports. The USOC may try to work with the AAU on multi-sports senior events.

Cannon said a "Senior Olympics" could lure sponsors away from the masters program, which has 20 years of experience. Donley said "the USNSO has gone around us," and any multi-event program should offer the same events as the various national governing bodies offer; otherwise athletes compete under two sets of rules. Some local Senior "Olympics" events have voluntarily changed their name to "Senior Games." Others are using "Olympics." Cannon urged masters athletes to write to Casey Clark at the USOC (in Colorado Springs) or to Ollan Cassell, Executive Director of TAC (in Indianapolis), to express their opinion.

The following associations were Continued on page 13

Volunteers Needed for 1988 T&F Rankings

Volunteers are needed to help compile the track and field rankings for 1988. Events that still need compilers are the 100, 800, shot put, walks, and relays.

In the hope of publishing the complete 1988 rankings in April, March 10 has been chosen as a deadline. The 1988 rankings will include marks made in pentathlons (regular, weight, runners), heptathlons, and decathlons.

If you are interested in becoming a compiler, please write to Jerry Wojcik,

NMN, P.O. Box 2372, Van Nuys, CA 91404 (include your telephone number), or call 818/785-1895.

Masters can make the rankings more accurate by correcting erroneous names or marks that may have appeared in the NMN, and submitting their year's bests if they were made in a ten-year age-group meet or one that was not reported to the NMN. These can be done with a postcard sent to the NMN.

Third Wind Continued from page 7

thons open to all comers after his 40th birthday. In the 1933 Cleveland Marathon, the runner-up to DeMar was Percy Wyer of Toronto, age 48.

"Percy's friends let it be known that he could have beaten me, only the officials led him on the wrong course," DeMar commented in his autobiography.

DeMar wrote that he began "slipping" around 1928, at age 39: "I realized that the old elasticity was not there. I did not improve with more training.'

The year before DeMar won his last Boston Marathon, Abraham Lincoln Monteverde, age 60, won a footrace from New York City to San Francisco, covering the distance in 79 days, 10 hours, 10 minutes. Monteverde, it was reported, had been running for years and had completed more than a hundred marathons.

The most dominant bicycle racer

during the early part of this century was Frank Kramer, a Newark, N.J., resident. From 1901 to 1921, Kramer won the U.S. professional championship 18 times, the last one in 1921, at age 41. In 1922, Kramer, age 42, tied the world record for one-sixth of a mile on a Newark velodrome. He may be the only athlete to have set a world record after age 40.

The ladies were not without a "masters" performer in the early years of this century. Tennis players are considered "over the hill" at 30, but Dorothea Douglass Lambert Chambers, a seven-time Wimbledon champion, reportedly put on a remarkable show, even though losing, in the 1919 Wimbledon championship. She was then 41. In 1925, at 46, Lambert Chambers was a quarterfinalist in the U.S. Championship and the following year played on the British Wightman team.

ICI/USRA Masters Circuit "Happenings"

Continued from page 9

Seems like every month a new master comes out of the woodwork: this month its Canadian Steve Cowley who showed well at Old Reliable while Jozsef (that's easy for you to say) Babinyecz of Hungary is also stalking with a top-6 finish in the same race ... Chuck Magera and crew planning an even bigger "King Street Mile" this May with a significant purse and a major masters event in Charleston, South Carolina . . ARRA Circuit will introduce a \$12,000 open "circuit" purse in 1989 . . . Bix 7 is contemplating converting to a prize purse for '89 - including Masters . . . Congratulations to Columbus, Ohio on its selection as the 1992 Men's Olympic Trials Marathon site while it appears New Jersey Waterfront holds the pole position for the women's site . . . A major national car company is considering a major open roadracing circuit for 1989 . .

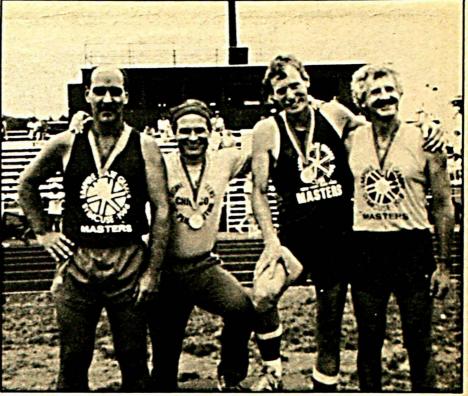
The Charlotte Observer 10K and Marathon weekend January 7, the last stop (10K) on the 1988 ICI/USRA Masters Circuit, is shaping up as one of the year's best fields and will serve as a sneak preview of the Naples Championship the following week. Bill Rodgers, Priscilla Welch, Bob Schlau, Mike Hurd, Steve Cowley, Jane Hutchison, Steve Lester and Bill Olrich are just some of the greats who will be on hand vying for \$10,000 in Masters prize money. \$1000 bonuses will also be awarded for new

Masters records in the 10K and marathon for both men and women. Dean Reinke & Associates is serving as consultants this year and will take over the entire race management for the 1990 event with Jim Young of its east coast office as Race Director . . .

18 Months and Counting: Where has Rod Dixon been? The former New Zealand Olympian and New York City Marathon Champion, now 38, has toyed with injuries and lack of motivation the last few years as he anxioualy awaits his 40th birthday July 12, 1990. Dixon, working in promotion in his native homeland, is attempting to attract sponsors to support expansion of the ICI/USRA Masters Circuit into New Zealand and Australia by 1990. He also hopes to be among those attempting to break the Masters "sub-4 minute mile" barrier on the anticipated "Legends Mile Circuit." Brother John (43) was among the five masters who broke the Masters Mile record in Orlando this past summer, placing 4th in 4:16.8. You haven't heard the last of the Dixons! ... [



es Running Association Masters Circuit



Vaulters in the Empire State Games, Albany, N.Y. Aug. 5 were, from left: Jim Trott (M35 second, 10-6); Tom Rauscher (M40 first, 13-0); Ken Roblee (M35 first, 13-0), and Jan Decker (M40 second,

Minutes of Masters Track & Field Meetings

Continued from page 12

represented at one or more meetings: Florida (Bob Fine), Georgia (Phil Mulkey & Phil Raschker), Illinois (Peter Stopoulos), Indiana (Joann Grissom), Kentucky (Charles Fischer), Metropolitan (Sandy Pashkin), Minnesota (George Savanick), Nebraska (Charles Bolton), New Jersey (Sandy Kalb), Niagara (Evelyn White), Ohio (Pat McMillan), Oregon (Jim Puckett), Pacific (Bruce Springbett), Pacific Northwest (Bev LaVeck), Potomac Valley (George Vernosky), San Diego-Imperial (Lolitia Bache, David Pain, Graeme Shirley), South Carolina (Mickey Gist), Southern (Danny Thiel), Southern California (Christel & Gary Miller), Southern (Max Goldsmith), Utah (Blaine Lindgren), Wisconsin (Mary Byers). Others in attendance: Don Henry, Pete Mundle, Rex Harvey, Scott Thornsley, Joan Stratton, Mary Cullen, Ashland Whitheid, Edna Hyer, Bob Fontaine, Frank Zarnowski, Pat Phillips, Al Phillips, Barbara Kousky, Tom Jordan, Henrika Hadjipopov, John Connor, Marilla Salisbury, Dean Reinke, Lynn Cannon, Martha Rousseau, Marshall Goss.

- Al Sheahen, Secretary

Minutes of World Games **Trust Committee**

The Committee reviewed the World Games Trust, which was established in 1986 to raise funds to assist the U.S. organizers of the World Veterans Championships. The Trust is under the umbrella of the Masters Sports Association, a non-profit organization organized years ago by Bob Fine, and composed of Fine, Donley, Bob Boal, Jordan and Pain.

Chairman Pain reported that \$80,000 has been raised, \$20,000 short of the goal of \$100,000. Donations have dried up and only \$1716 is in the account. Less than 1% of the \$80,000 was used for administration. The rest went straight to Eugene.

Pain resigned from the Trust Board because he is busy with organizing the 1989 Nationals. John Connor, the MSA Treasurer, was elected to replace him.

Jordan and Kousky said they can use contributions now, since their cash flow will

MASTERS NATIONAL CHAMPIONSHIPS ORLANDO, FLORIDA August 4-7 1988

PINANCIAL REPORT

INCOME

Sunshine State Games \$25,000.00 Misc:

TOTAL INCOME.....\$65,441.61

EXPENSES Meet Management 2,647.64
Equipment 7,369.11
Facilities 6,220.97 Officials: Postage/Phone...95.89 Uniforms.....201.58 Hotel.....3,909.01 Transportation......700.00
Bank Charges.......20.92
Reimbursements......14,071.91
Office Supplies......142.84
Contract Labor.......1,704.33
Entertainment (Banquet 3, 277.50

Phone on Site......173.71
Advertising......1,552.79 TOTAL EXPENSES \$66,872.43

be poor until entries start coming in this spring. But they can also use donations anytime up to the Games. Pain suggested another fund-raising drive through the National Masters News. Bruce Springbett proposed mailing a letter to each masters club in the U.S. Fine suggested offering a pin to anyone who donates \$15.



MASTERS TRACK & FIELD REPORT

by GRAEME SHIRLEY, TAC Masters T & F Rules Chairman

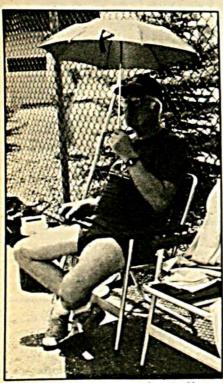
Changes to TAC Competition Rules

n December 3, 1988, The Athletics Congress approved new Rules 250, 251, and 252 of the Competition Rules for Athletics. This section of the rule book governs the conduct of masters track and field.

The new rules incorporate WAVA standards and clarify existing language. Prior to this rewrite, differences between the rules of TAC and WAVA created confusion for both athletes and officials.

The revision of Rules 250-252 is the product of the Masters Track and Field Committee. The committee considered all proposed rule changes, and attempted to balance the sometimes-conflicting objectives of having the rules for the United States correspond to those of the rest of the world; of having the masters program consistent with the open track and field program; and of maintaining continuity with current practice.

Two points should be kept in mind when reviewing these rules. First, they apply to championship meets. Meet directors of non-championship events are encouraged to follow them, but do not have to. Second, these rules define only the exceptions to the technical rules for open meets; silence of Rules 250-252 on any subject implies that the open rule applies.



Elmer Shaw, M70 winner, Ontario Masters Weight Pentathlon, Scarborough, Canada, cooling it between events.

Photo by Barbara Stewart

The following points summarize the rules changes for masters:

A new introductory sentence defines the applicability of the rules to National, Sectional, and Association Championships. The term "sectional" replaces "regional" since "regional" has a different definition within TAC. The application to Association Championships is an extension.

The definitions of five- and ten-year age divisions use WAVA nomenclature. New language describes the determination of age divisions for individuals and teams more clearly.

The rules now define the composition of the seven sections. The Masters Committee made two changes in the definitions. Utah (formerly in the Northwest section) and New Mexico (formerly in the Southwest section) are now both in the Western section.

Eight championship meet types are defined. With one exception, the event definitions match WAVA's. The exception is that the ex-stadia walk will be 20,000 meters for all divisions. Both WAVA and the open program contest the women's championship at 10,000 meters.

The standard events for the National Indoor Track and Field Championships are now in metric distances.

In the pentathlons, women and men will continue to use different sets of events. In the Indoor Octathlon Championships, both sexes will use the same set.

At national track and field championships, the rule requiring membership in the same club is waived, and Associations may enter relay teams.

Flat throws with the lighter javelins (400g and 600g) are still valid. The 800g javelins will be those of the open program.

The no false-start rule remains in effect.

All multi-event scoring will use WAVA masters age factors and current IAAF scoring tables; all implements will be the same as in individual events.

Sectors for the throws no longer differ from the open events.

The new rulebook should be available before February 1, 1989.



Competitors in the M45 200 at the TAC Nationals, Orlando, Aug. 4-7. The winner was Frank Little (23.12), third from right.

Photo by Bruce Springbett

Changes to TAC Race Walking Rules

by BEV LA VECK,

Masters Race Walking Coordinator

In the 1988 TAC Convention, the Masters Track & Field Committee successfully proposed a change in the Rules of Competition to convert distance events in National Masters Indoor Championships to metric distances. The 2-mi. RW in the Masters Indoor will become 3000 meters (which will complicate the lives of record-keepers).

The rules change also brings all championship standards into conformance with WAVA rules - with the exception (after much emotional discussion) of the women's road walk, which will remain a 20K (rather than 10K), same as the men's event. The 5000-meter track walk is unaffected. There are a number of pros and cons regarding the retention of the 20K for women, as opposed to changing to a 10K. A 10K would be more consistent with TAC Senior T&F Championships, where the women walk 10,000 meters on the track, and with the WAVA Championships, where women walk 10K on the road. There are more women who walk 10K than 20K.

In 1989, there is a particular problem for both men and women in that the Masters Outdoor T&F championships is in San Diego July 20-23, one week before the WAVA Championships in Eugene.

On the other hand, there are relatively few opportunities for either masters men or masters women to walk a judg-

ed 20K, and that opportunity is one attraction of the Outdoor Championship. And one of the beauties of masters RWing is the equality of competition distances in TAC Championships.

Finally, most RWers are probably not bothered by the inconsistency between the 10K contested internationally and the 20K in our TAC Masters T&F Championship. Ironically, several masters men have suggested that the 20K be moved from the Masters Outdoor T&F Championship, because of typically unfavorable climate, and held some other time and place. That was one change the Masters T&F Rules Committee did not address.

It is hoped that a non-championship 10K might be offered to both men and women in San Diego as part of the Masters T&F Championship. Masters RWers not going to the WAVA Championship, and men 30-39 and women 30-34 (who are not eligible for the WAVA Championship), may wish to enter the 20K in San Diego. Who knows? The 10K may be so popular that there'll be a clamoring to change the championship distance in the future.

The Officials' chairman of each TAC Association has received announcements welcoming volunteers, including racewalk judges, at the WAVA Championship. Offers to help are to be sent to the Oregon Officials Chairman, Jerry Jensen. Contact your Association Officials Chairperson for more information.

Null, Cashman Walk to 30K Firsts

Gary Null, 43, and Stella Cashman, 46, members of the Eastside TC, walked to masters firsts in the U.S. TAC National Masters 30K Walk Championships held on the certified 2500m circuit at Eisenhower Park in East Meadow, N.Y., October 16.

Null's 2:39:46 left the next master, Nick Bdera, 40, five minutes behind at the finish of the race, which also served as TAC's Senior Championships. Cashman's 3:08:49 was unchallenged, with second W40-and-over Elinor Edelstein, 49, finishing in 3:34:01.

Tom Gustafson, 46, four seconds

behind Bdera, won the M45 race. Other division winners were Richard Ruquist (50, 2:48:29); J.B. Jemmott (58, 3:52:05); Bob N mm (63, 2:55:45); Don Johnson (71, 3:32:58); and Harry Drazin (75, 3:46:22).

Rena Burg (41, 3:38:27) and Joan Rowland (62, 3:46:22) joined Cashman and Edelstein to make up the W40-and-over field.

The 41 finishers is luded 28 masters.
The Walkers Club of America sponsored the event, directed by Gary
Westerfield and Howard Jacobson.

NEW U.S. TAC MASTERS TRACK & FIELD RULES

(adopted at TAC's 1988 Convention)

Item 186

Submitted by Masters Track & Field. Replace Rules 250, 251, and 252 with the following (consider all

GENERAL BULES

- Rules 250 through 253 apply to National, Sectional, and Association Masters Championships. Meet Directors of non-championship events are also encouraged to follow these
- The Masters Track and Field Committee shall conduct and supervise a program for track and field and race walking for all athletes over the age of 40. The committee may conduct Submasters Championships for athletes aged 30 through 39.
- There shall be the following age divisions for individual competition (five-year age groups):30-34 to 90+ (M&W)
- There shall be the following age divisions for team and relay competition (ten-year age groups):30+ to 90+ (M&W)
- The age of a competitor on the first day of the meet determines the competitor's division for individual events. A competitor may compete in a younger age category, provided the athlete competes in only one age division throughout the
- The age on the first day of a meet of the youngest member shall determine the age division of a team in a team even or relay. A team may compete in a younger age category.
- The age division of an individual is not affected by the age division of a team for which the individual competes.
- In all National, Sectional, and Association Masters
 Championships, there must be a full complement of individual
 events, by five-year age divisions, for both men and women.
 There must be a minimum of three prizes per division in each
- Sections for Masters Championships will embrace Associations as follows:

Maine, New England, Adirondack, Connecticut, Metropolitan, Mid-Atlantic, Three Rivers, New Jersey, Niagara, Virginia, and Potomac Valley

North Carolina, South Carolina, Georgia, Florida, Alabama, and Tennessee

Michigan, Lake Erie, Ohio, Kentucky, West Virginia, Illinois, Indiana, and Wisconsin

Ozark, Arkansas, Oklahoma, Missouri Valley, Nebraska, Minnesota, Iowa, Dakota, and Colorado

Southwestern: Southern, Border, Gulf, Southwestern, South Texas, and West Texas

Arizona, Pacific, Central California, Southern California, San Diego-Imperial, Nevada, New Mexico, Utah, and Hawaii

Northwestern: Montana, Wyoming, Snake River, Inland Empire, Oregon, Pacific Northwest, and Alaska

10. The Meet Director shall have the authority to request proof of age and/or a medical certificate attesting to the competitor's physical ability to compete. In addition, each competitor shall sign a "hold harmless" clause.

RULE 251 MASTERS TRACK AND FIELD CHAMPIONSHIPS

- Championships, Track and Field. The standard championship events for each are listed:
 - (a) National Indoor Track and Field

60 meters, 200 meters, 400 meters, 800 meters, 1500 meters, 3000 meters, 60 meter hurdles, 1600 meter relay, 3200 meter relay, 3000 meter walk, high jump, pole vault, long jump, triple jump, shot put, weight throw

(b) National Outdoor Track and Field

100 meters, 200 meters, 400 meters, 800 meters, 1500 meters, 5000 meters, 10,000 meters, 80/100/110 meter hurdles, 300/400 meter hurdles, 2000/3000 meter steeplechase, 5000 meter walk, 20,000 meter walk, 400 meter relay, 1600 meter relay, 3200 meter relay, high jump, pole vault, long jump, triple jump, shot put, discus, javelin, hammer, pentathlon

(c) Sectional and Association Indoor Track and Field

The same events as those conducted in the National Indoor Track and Field Championships

(d) Sectional and Association Outdoor Track and Field The following events shall be held: 100 meters, 200 meters, 400 meters, 800 meters, 1500 meters, 5000 meters, 80/100/110 meter hurdles, 300/400 meter hurdles, 5000 meter walk, 400 meter relay, 1600 meter relay, 3200 meter relay, high jump, pole vault, long jump, triple jump, shot put, discus, javelin, hammer The following events may be held:

10,000 meters, 2000/3000 meter steeplechase, 20,000 eter walk, weight throw, pentathlon, heptathlon,

(e) National Decathlon/Heptathlon

- (f) National All-Around Weight Pentathlon The competition consists of five events in the following order: shot put, hammer, discus, javelin, weight throw
- (g) National Indoor Pentathlon See Rule 160
- (h) National Indoor Octathlon The competition consists of eight events in the following order:

First day: 60 meters, shot put, high jump, 400 meters Second day: long jump, 60 meter hurdles, pole vault, 1000 meters

Championships, Race Walking. See Rule 253.

RULE 252 COMPETITIVE RULES AND STANDARDS FOR

- MASTERS TRACK AND FIELD
 The technical rules of the open Track and Field Committee
 under The Athletics Congress shall be followed unless otherwise provided in this Rule.
- At National Track and Field Championships, all members of each relay team must be duly accredited representatives of a single club or Association. For all other meets, Rule 121 applies.
 - (b) There shall be no Sectional Championship restrictions to any Masters competitor involving awards or eligibility to compete.
 - (c) The general starting rule regarding the use of blocks and stance is waived. The use of blocks and stance is discretionary by the competitor.
 - (d) In the javelin, throws with 400g and 600g implements may land flat. Flat throws are measured from the front of the grip. A throw which lands tail first is a foul.
 - (e) Multi-event scoring will use WAVA Masters Age Factors and current IAAF scoring tables.
 - (f) Other than in multi-event competition, any competitor making a false start in an event starting in lanes shall be disqualified in that event.
- Every Championship event, including mult championships, will use WAVA implement heights and spacings, and race lengths. , including multi-event WAVA implement weights, hurdle
 - (a) The following tables give the WAVA specifications:

		IMPLEMEN	T WEIGHT	S	
Age Groups	Shot	Discus	Hanner	Javelin	Weight
M30-M45	7.26kg	2.00kg	7.26kg	8008	15.88kg
M50-M55	6.00kg	1.50kg	6.00kg	800g	15.88kg
M60-M65	5.00kg	1.00kg	5.00kg	600g	11.34ks
M70-M95	4.00kg	1.00kg	4.00kg	600g	11.34k
W30-W45	4.00kg	1.00kg	4.00kg	600g	9.08ks
W50-W95	3.00kg	1.00kg	3.00kg	4008	7.26k

	HURDLE	HEIGHTS	AND SPA	CINGS	
Age Groups	Race Distance	Hurdle	To 1st Hurdle	Between Hurdles	To Finish
W50-W95	80m	0.762m	12.00m	7.00m	19.00m
W40-W45,M70-M95	80m	0.762m	12.00m	8.00=	12.00m
W30-W35,M60-M65	100m	0.840m	13.00m	8.50m	10.50m
M50-M55	100m	0.914m	13.00m	8.50m	10.50m
M30-M45	110m	0.991m	13.72m	9.14m	14.02
W50-W95,M60-M95	300m	0.762m	50.00m	35.00m	40.00m
M50-M55	300m	0.840m	50.00m	35.00m	40.00m
W30-W45	400m	0.762	45.00m	35.00m	40.00m
M40-M45	400m	0.914m	45.00m	35.00m	40.00m

- (b) The 60 meter hurdles use the same hurdle height, distance to the first hurdle, and spacing between hurdles as the 80/100/110 meter hurdles.
- The distance for the steeplechase is 3000 meters for age groups M30-M55, and 2000 meters for all others. The 2000 meter steeplechase has 18 hurdle jumps and 5 water jumps, each with an approximate interval of 78 meters. The first lap shall consist of hurdle number 3, the water jump, and hurdle number 4. Hurdles number 1 and 2 are placed on the track after the runners have passed these locations on the first lap. A safe distance of approximately 68 meters should exist from the final hurdle to the finish line.
- (d) For events in the outdoor pentathlon, see Rules 160.1(a) and 160.2(a).
- 4. The National Records Chairman shall maintain American Records in all events. Masters records may be made in mixed age group competitions."

PROFILE

Matti Hannus: Just an "Ordinary Runner"

atti Hannus seemed a little surprised when asked for an interview. He's usually the interviewer, not the interviewee. "Nobody has ever interviewed me about my running before," he responded. "I'm just an ordinary run-

Hannus is the author of Finnish Running Secrets and a dozen or so other books on track and field, distance running, and the Olympic Games. For many years, he has been a correspondent for Track & Field News and Runner's World, as well as for magazines in other countries.

But Hannus is a pretty tough competitor, too. Focusing mostly on the 800, Hannus, 41, hopes to compete at the World Games in Eugene this sum-

"The 800 is the most complex distance to train for, and that is what makes it so fascinating."

mer, although he is not as optimistic about his chances of doing well as he was when he entered the masters arena on December 18, 1987. "After two injury years and not many races, I was in good shape and seriously thinking 2:05 in my first year of masters running," he said in fluent English. "But then came the troubles." A mysterious abscess developed in his left thigh, became infected and required surgery. After recovering and resuming train-

ing, Hannus began having hip pains and had to stop running for two months. As a result, he missed the entire season.

In 141 races at 800 meters over an 18-year period, Hannus had gone from a best of 2:00.5 at age 22 to 2:13.8 at age 39. "I'm just a journeyman district-level athlete," he stressed, still seeming a little embarrassed at being interviewed. "Compared to some of my masters idols in Finland, like Raimo Karsikas (age 44, sub-2:00 for 25 consecutive years) and Vesa Korpimaki (2:03 at age 45), I am just a plodder."

When Hannus did that 2:00.5 in 1970, finishing seventh in a field of 20, two friends in the stands clocked him in 1:59.8. But the officials, who appeared somewhat confused, credited him with the slower time. "I missed my first and only sub-2, but I am no longer bitter about it," Hannus offered. "If I had been timed correctly, I might have retired from racing then. Instead, I went on hunting the 2-minute barrier."

Although Hannus, who describes himself as having a sprinter's body but a miler's soul, feels he may now have to adjust his 800 meter goal to 2:10 as a

397

Matti Hannus, #397, in his almost sub-2 days.

masters competitor, he views it philosophically: "It is difficult to accept getting older, especially as the watch definitely shows you are slowing down. Maybe the only thing I regret is the fact that - in spite of having read literally hundreds of books on running training - I really never managed to find the keys to the 'perfect' 800 meter training. My best times have been achieved by Lydiard-type methods, but you always think you might have done better some other way. But that's the challenge of 800 meters. It is probably the most complex distance to train for, and that is what makes it so fascinating!

"Like many others, I, too, think I never did achieve my limits as a runner. In the early 1970s, I should have been able to run a 1:57, but I never could put it together. My problem always seemed to be the last 200 meters; however I trained, I never really managed to make it as well as I would have liked. Even if my 'golden era' of running is now over, I have found a lifestyle



Matti Hannus, a writer himself, lists Lasse Viren, Herb Elliott and Arthur Lydiard as some of his most interesting interview subjects.

that suits me and my work perfectly. I am one of those guys who will run as long as his feet will carry him and I can manage without competition."

Hannus still resides in his birthplace of Oulu, situated in Northern Finland. "It's a good place to live," he said. "About 100,000 people — not too big a town, not too little. I went to school here, found my wife here, still have my parents here. Roots are quite important to me. In Helsinki, I might have too many distractions to disturb my writing work."

After studying English, Swedish, and Education at Oulu University, Hannus taught English at local schools for several years before turning to sports writing, a full-time occupation for him since 1977. "I think my love for track and field, as well as Nordic skiing, was kindled by my sportsminded parents and by Martti Jukola, an Olympic hurdler in the 1920s, who is the most famous sportswriter of all time in Finland. Even now, decades



Matti Hannus today, at age 41.

later, I still think he was the best in the world. A doctor of literature, he really knew how to make the Finnish language flow like a fresh stream, and my blood still gets hot when I am reading his books and race reports — for about the 100th time! Unfortunately, very little of his work has ever been translated."

After attending the Montreal Olympics, Hannus quit teaching and became a full-time staff writer for JUOKSIJA, the Finnish running monthly, and a contributor to several Finnish dailies.

Asked to name his most interesting interview subject, Hannus pauses for a few moments before responding. "Having interviewed hundreds of athletes, including 50 Finnish Olympic medalists from all sports, it is difficult to name an outstanding figure among them. After every interview I think 'that was the most interesting one so far!' Lasse Viren, of course, has to be up there. He is a great runner whose success hasn't gone to his head the least bit. I still remember Herb Elliott's strong personality, and it has always been stimulating to talk with Arthur Lydiard. Steve Ovett is a great runner

"Let us be spared from the day when doping tests will be a reality in masters track. That will be the end of a very fine era, and the end of masters sport."

and a most likable guy. Edvin Wide of Sweden, Paavo Nurmi's shadow in the 1920s, is still an active and bright person at age 92. It's impossible to choose between them, and many others."

Viren's victory at 5000 meters in the Montreal Games tops Hannus' list of most exciting events he has covered. "I

Continued on page 27

The International Scene

A Letter to Affiliates From the Secretary

by ALASTAIR LYNN, WAVA Secretary

The following circular was sent to all WAVA affiliates by Alastair Lynn, WAVA Secretary:

This letter covers a variety of matters:

1. General Assembly

The next WAVA General Assembly takes place in Eugene, commencing 9:30 a.m. on August 2nd, 1989.

The following Council positions come up for election at this meeting: President, Executive Vice President, Vice President (Track & Field), Vice President (Road & Country), Treasurer, Secretary.

Please note Section 6, Para. D of the WAVA Constitution: nominations for these positions must be in the Secretary's hands ninety days before the date of the General Assembly. Only in exceptional circumstances would nominations be accepted from the floor. This clause - as befits our Constitution - will be rigorously enforced.

Please also note that under By-law 13, a nomination for an office on the WAVA Council must be accompanied by a curriculum vitae; please restrict to one page and present in English.

Any proposed changes to the WAVA Constitution and By-laws must also be in my hands ninety days before the General Assembly. The Secretary must then notify all Affiliates with this information (see Constitution Section 4. Para, I)

2. Women's Meeting

This takes place in Eugene, commencing at 9:30 a.m. on August 1st, 1989. The Women's Representative on the WAVA Council is elected at this meeting; prior nomination is not required.

3. Other Meetings

Various meetings have been scheduled and are shown in the Official Entry

4. 1991 IX WAVA World Veterans Athletic Championships

One of the most important actions of the General Assembly is to sanction the next WAVA Championships.

Cities wishing to bid for this honor should make presentations regarding facilities, experience and so on, to the General Assembly; this however, is the final act in a process which has involved much preparatory work and the signing, by the bidders, of the WAVA Contract (its objective is to safeguard

the competitors, bidder and WAVA). The documentation to guide this process has been prepared by your Secretary and has been sent to the two cities which have already indicated an interest in bidding for the 1991 WAVA Championships - Turku (Finland) and Athens (Greece).

If any other cities wish to bid for these Championships, I urge you to contact me soon. Presentations take some time to prepare and we work to ensure that all bidders make presentations on an equal basis so that the delegates to The General Assembly have the best possible information on which to base their decision.

5. 50km. Road Walk Race

In my last circular letter I mentioned that it had been suggested that a 50km road walk be added to the 1991 Championships. I asked Affiliates to contact Clem Green (V.P. long distance) and myself if they thought that the event would be supported. I have not heard from anyone so I assume that there is little or no interest in adding this event.

6. 1988 Long Distance Champion-

These were held in South Korea in October. Cesare Beccalli, WAVA President and Clem Green, Vice President Long-Distance (non-stadia) attended. Cesare reports that the races went well and, as previously agreed, the WIGAL Assembly - the group which had organized road racing World Championships over many years decided on the dissolution of WIGAL. Its World Championship responsibilities have been transferred to WAVA. This is reflected in both a marathon and a 10km road running race being in the Eugene programme. Regional road racing Championships will be organized in the "even" years by National Organizations.

7. IAAF

Cesare also reports that his presence in Seoul gave him the opportunity to talk to various members of the IAAF, particularly General Secretary John Holt, the Chairman of the IAAF Veterans Committee, Hans Skaset and Lamine Diack and Hassan Agabani of the African Athletic Federation. Cesare is now in correspondence with Lamine Diack. The IAAF is assisting

WAVA in its attempts to spread the concept of veterans athletics in Africa and Eastern Europe.

8. "Masters Games" - Denmark

The IAAF has recently issued the following communique to all its Member Federations:

To: All Member Federations Copy to Council and Committees (for information) Dear General Secretary:

In answer to many requests for clarification, the IAAF confirms officially that the WAVA World Veterans Championships to be held in Eugene, USA from 27th July to 6th August 1989, are officially approved by the IAAF and are therefore inscribed in the IAAF Calendar for 1989 as the only Veterans' Championships for the year.

For 4 years now, the IAAF has been working in close collaboration with WAVA, and from 1984 - 1987, the IAAF Veterans Committee, comprising members of WAVA, together with IAAF Continental representatives, held regular meetings. In 1987 the present IAAF Veterans Committee was elected by Congress in Rome. Great progress has been achieved, and many IAAF Member Federations are now officially organising veteran athletics within their own programme.

The IAAF Veterans' Committee, which met in London on Monday, 18th April 1988, strongly criticised a proposal to stage self-syled "Masters Games," to include athletics, in Denmark to be held at the end of July 1989 - a date which clashes directly with the WAVA Eugene World Championships.

The so-called "Masters Games" in Denmark have not responded to requests to change their dates to avoid this clash. The IAAF Council and Veterans Committee wish, therefore, to make it quite clear that priority must be given to the official WAVA World Championships in Eugene, USA from 27th July to 6th August 1989. The "Masters Games" in Denmark can in no way be acknowledged by the IAAF.

This information, therefore, repeats the advice given in the IAAF Newsletter dated April 1988, on page 30, and we ask IAAF Members to observe this directive. Yours sincerely,

J.B. Holt General Secretary

WAVA appreciates the positive action taken by the IAAF in this matter. The "Masters Games" conflict directly with the WAVA Championships in Eugene.

9. WAVA Handbook

Your Council is working on updating the WAVA Handbook; it should be sent out within the next 3-4 months. All WAVA Affiliates will receive a copy and we will also use it to advertise our activities in areas where we do not currently have an Affiliate.

10. Eugene Championships

I have received a progress report from the organisers showing that preparations are in full swing on all fronts - should be a great meet!

11. Finally

Please contact me at any time you think that I can help - the WAVA Council exists to support all its Affiliates and to spread the concept of Veterans' athletics throughout the World!

Best wishes for every success in 1989. See you in Eugene! Yours sincerely,

> Alastair Lynn, Secretary, WAVA

PRESIDENT:

Cesare Beccalli Via Martinetti 7 20147 Milano, Italy

EXECUTIVE VICE PRESIDENT:

Peg Smith
P.O. Box 67
Williamstown 3016
Victoria
Australia

VICE-PRESIDENT

(Stadia):
Bob Fine
4223 Palm Forest Drive
Delray Beach, FL 33445
USA

VICE-PRESIDENT

(Non-Stadia): Clem Green 46 Hargreaves St. Wellington 2 New Zealand

WORLD ASSESSED.

SECRETARY:

Alastair Lynn 161 Harrison Drive Newmarket, Ontario L3Y6B8 Canada

TREASURER: Al Sheahen

Al Sheahen P.O. Box 2372 Van Nuys, CA 91404 USA

PAST-PRESIDENT:

Don Farquharson 269 Ridgewood Road West Hill, Ontario MIC 2x3 Canada

WOMEN'S DELEGATE:

Bridget Cushen 156 Mitcham Road West Croydon, Surrey, England

DELEGATE OF: NORTH AMERICA

David Pain 5643 Campanile Way San Diego, CA 92115 USA

SOUTH AMERICA

Juan H. Kulzer Estrada 3429 Olivos (1536) BUENOS AIRES Republica Argentina

ASIA:

Mr. Hariomataram Medan Medaka Selantan 10, Jakarta, Indonesia

EUROPE:

Hans Axmann Eichendorrfstrasse 2 D-800 ANSBACH Federal Republic of Germany

OCEANIA:

Jim Blair
P.O. Box 2910
Wellington, New Zealand
AFRICA:
Contact President

Matu Haimus, #397, in his annost sup-2 days.



University Rooms Being Held to January 31

by TOM JORDAN and BARBARA KOUSKY

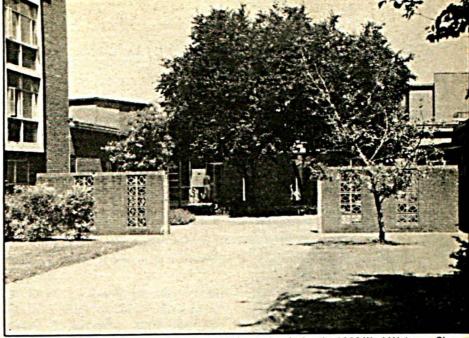
appy New Year! We suggest that your very first resolution be to send in your housing and competition forms if you haven't already. Interest in the University Halls (dorms) is extremely high, and we are saving a bloc of rooms for American masters athletes until January 31st. After that, we will free up those rooms to the overseas competitors who are requesting additional dorm rooms. So don't procrastinate — if you wish University Halls dormitory housing, send in your reservation immediately.

Housing in all of the other accommodation categories is still available (except for the University Inn, which is totally sold out), but for the best selection on other housing, again, we urge you to reserve immediately.

As for competition entry...now is the time! With just six months to go, entry now will enable us to plan the daily time schedule more effectively. If you need an official Entry Booklet which contains housing and competition forms, write to the WVCOC, Box 10825, Eugene, OR 97440; or call us at

503/687-1989.

Meetings with our apparel sponsor, Nike Inc., have us excited about the range of World Veterans Championships clothing we'll be offering at the Championships. Among other items, there will be an official WVC warm-up suit with crest, competition singlet, competition short, training singlet, and sweatshirts — all of the highest Nike quality. The Championships will also be offering assorted souvenirs, our "In Training" T-shirts, and a terrific commemorative event pin (see as below).



The University dorms at Eugene, where many will be staying during the 1989 World Veterans Championships.

Photo by Gretchen Snyder

We Get Questions

To obtain your TAC card (necessary for all American entrants into the WVC), contact your local TAC Association office. If you do not know the address, contact the National TAC Office at Box 120, Indianapolis, IN 46206.

The implement and hurdle specifications in the multi-events (hepathlon for women, decathlon for men) follow exactly the specifications for each age group in the regular events.

The Scoring Tables for the multievents are nearly completed; watch the National Masters News for more information.

If you are bringing your own

vaulting pole to the Championships, we recommend you check with your air carrier to make sure that all segments of your flight have planes large enough to accommodate the poles — only certain planes can carry them.

As you train through the winter months, just remember, we promise sunshine and good weather next July 27th through August 6th!



Report from Britain

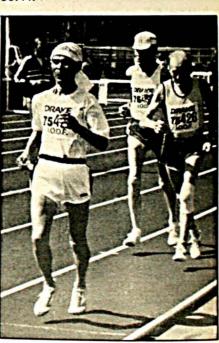
by ALASTAIR AITKEN

John Chapman of the Invicta AC, who lived and ran in Los Angeles from 1975-1977, was first veteran and fifth overall of 200 in 44:25 in the Grange 8 recently.

The first veteran in the Paris International 20K, October 16, was Stan Curran (65:15) from Saltwell. Carl Lawton was second (47:43) and Dave Buchanan third (51:02) in the 10K walk in the Cambridge Harriers Winter League at Bexley, October 22. Frances Mudway was the first woman in the 6.7 mile at Helsby, Cheshire, October 23, in 40:34.

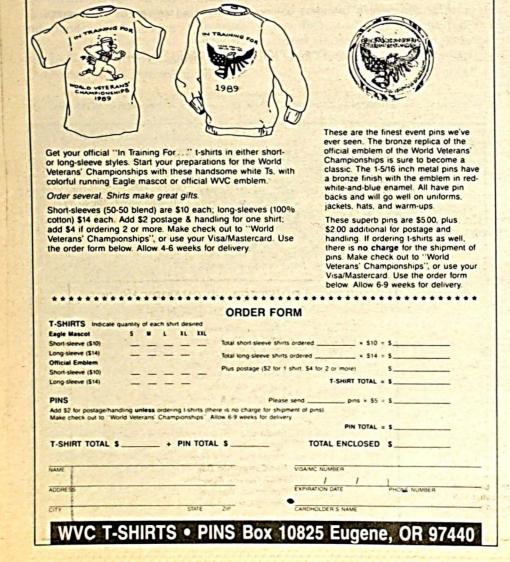
In the Surrey Veterans Cross-Country Championships, a new name shone — Charles Dickinson, a deputy head teacher in Putney, who returned to athletics only 18 months ago after a 20-year break. Dickinson (33:00) broke away from the 123-strong field in Richmond Park, Petersham, October 30, and could not be caught by last year's winner, Bob Gevers (33:32). The outstanding run of the day was by M50 Barry O'Gorman who finished fifth overall with a 34:01. Bob Belmore, 61,

ran well in winning the M60 race in 38:44.



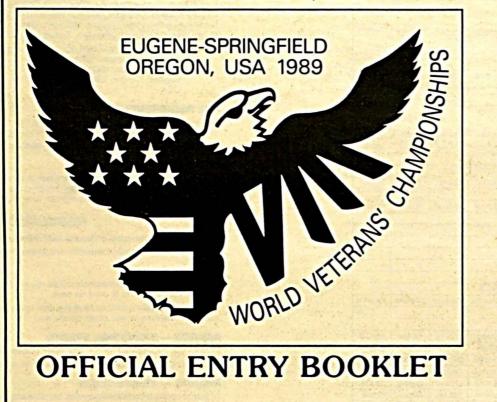
Waichi Masuda of Japan wins the M75 1500 at the World Veterans Games in Melbourne in 6:05.38. Chick Dahlsten of the U.S.A. (white cap, center) rallies for 2nd in 6:06.32. Finland's Tauno Raskinen (75426) takes third.

Photo by Gretchen Snyder



VIII WORLD VETERANS' **CHAMPIONSHIPS**

JULY 27 - AUGUST 6, 1989



OFFICIAL ENTRY BOOKLET

Invitation to the VIII World Veterans' Championships

On behalf of the Organizing Committee and the veteran athletes of the United States, we would like to invite you to come to Eugene-Springfield, Oregon for the VIII World Veterans' Championships.

In this Entry Booklet, you will find information on competition entry, housing, tours, and much more. Specific information on exact competition time-schedules, shuttle bus system, and tourist information will be printed in the Competitor's Handbook available in your packet upon arrival in Eugene-Springfield. In the meantime, we suggest you read the "National Masters News" (address

We look forward to seeing you here in July 1989 for the VIII World Veterans' Championships.

Thomas C. Jordan

Barbara Kousky

Barbara Kousky

Executive Secretary

NEW EVENTS

WORLD CHAMPIONSHIPS 10K ROAD RACE

The VIII World Veterans' Championships will inaugurate a new event — the 10-kilometer Road Race — a World Championships event for veterans only, with medals awarded in each age division. It will be held on Thursday, July 27, the opening day of the VIII World Veterans' Championships, and it will be a top-level 10K on a flat, fast course. We invite all distance runders to the part in this entities and the part in this course. ners to take part in this exciting new event.

At the recommendation of the WAVA Multi-Events Committee, the pentathlon has been replaced by a heptathlon for women and a decathlon for men. It will be held July 27-28, on the first two days of the Championships. There will be no pentathlon

RESULTS BOOK

A Results Book will be made available for purchase to all World Veterans' Championships competitors. Check your Competitor's Handbook upon arrival for ordering instructions.

AIR TRAVEL TO EUGENE

"Adventure in Travel" is the official travel agent for the VIII World Veterans' Championships. If you are arriving by air, we recom mend you make your arrangements through Adventure in Travel. Not only do they know the Eugene and Portland air schedules intimately, as the representative of our official airline, United Airlines, Adventure in Travel can offer 5% off the lowest discounted fare available on any United flight into Eugene and Portland.

1-800/545-5477 within the United States

FAX : 503/345-6487

Address: 864 West Park, Eugene, Oregon 97401-2929

NATIONAL MASTERS NEWS

The National Masters News is the official publication of WAVA and TAC. It will be carrying updated progress reports on the VIII World Veterans' Championships, and will prove a valuable source of information for all competitors. A one-year subscription (12 issues) is \$18.75; add \$5 outside USA; add \$8 1st class (USA & Canada); add \$15 foreign airmail. Send to National Masters News, P.O. Box 5185, Pasadena, CA 91107. 818/577-7233.

MEDAL STANDARDS

Athletes finishing 1st, 2nd, or 3rd in their event must achieve or better the following standards in order to be awarded a World Veterans' Championships Gold, Silver, or Bronze Medal.

1	100	200	400	800	1500	5KM	10KM	Hurdles	3H/4H	St	5KM
M40	12.6	26.4	58.0	2:15	4:40	18:30	39:00	18.5	67.0	11:30	28:30
M45	13.1	27.4	60.5	2:21	4:50	19:00	41:00	19.5	69.0	12:30	30:00
M50	13.8	28.4	63.0	2:27	5:00	19:30	43:00	20.5	54.0	13:30	31:00
M55	14.4	30.6	66.0	2:35	5:15	21:00	45:00	22.0	56.0	15:00	32:00
M60	14.9	31.8	70.0	2:48	5:45	22:30	48:00	23.5	58.0	9:20	33:00
M65	15.9	33.0	73.0	3:01	6:25	25:00	53:00	25.0	60.0	11:00	36:00
M70	16.9	35.0	79.0	3:15	7:30	27:30	58:00	27.0	64.0	12:40	39:00
M75	17.9	37.5	88.0	3:30	8:00	30:00	63:00	29.0	68.0	14:30	42:00
M80	19.0	42.0	1:48.0	3:45	8:30	32:30	68:00	31.0	73.0	16:20	46:00
M85	22.0	46.5	2:00.0	4:40	9:40	35:00	74:00	34.0	78.0	18:00	50:00
M90	24.0	52.0	2:40.0	5:40	11:40	37:30	80:00	38.0	83.0	19:40	55:00
M95	30.0	65.0	3:00.0	6:40	13:40	40:00	86:00	42.0	88.0	21:00	60:00
W35	14.2	28.0	63.0	2:30	5:10	19:00	40:00	16.0	73.0		32:00
W40	14.9	29.5	68.0	2:35	5:25	20:00	42:00	17.0	80.0		33:00
W45	15.2	31.0	73.0	2:40	5:40	22:00	45:00	18.0	85.0		34:30
W50	16.4	33.0	80.0	2:50	6:00	24:00	50:00	19.0	61.0		37:00
W55	17.0	35.0	90.0	3:10	6:20	26:00	55:00	21.0	66.0		39:30
W60	18.0	37.0	1:40.0	3:30	6:50	29:00	62:00	23.0	71.0		41:00
W65	19.0	39.0	1:50.0	3:50	7:30	32:00	68:00	26.0	76.0		43:00
W70	20.0	43.0	2:15.0	4:20	8:45	35:00	74:00	30.0	81.0		45:00
W75	21.5	46.0	2:35.0	4:50	10:00	38:30	80:00	37.0	86.0		49:00
W80	23.7	50.0	2:55.0	5:20	11:15	42:00	86:00	44.0	92.0		53:00
W85	26.3	54.0	3:15.0	5:50	12:30	45:30	94:00	51.0	98.0		57:00
W90	30.0	63.0	3:35.0	6:20	13:45	49:00	1:44:00	58.0	1:44.0		62:00
W95	35.0	75.0	3:55.0	6:50	15:00	53:00	1:54:00	65.0	1:50.0		67:00

	High	Long	Shot	Triple	Discus	Javelin	Pole	Hammer	ı
of the same	Jump	Jump	Put	Jump	Throw	Throw	Vault	Throw	
M40	1.6	5.5	11.5	11.5	34.0	44.0	3.4	40.0	
M45	1.5	4.9	10.5	10.5	33.0	40.0	3.2	38.0	
M50	1.4	4.7	9.5	9.5	32.0	44.0	3.0	38.0	
M55	1.3	4.4	9.0	9.0	28.0	40.0	2.8	29.0	
M60	1.25	4.1	8.5	8.5	34.0	40.0	2.6	34.0	
M65	1.20	3.9	8.0	8.0	28.0	32.0	2.4	30.0	
M70	1.00	3.7	7.5	7.5	25.0	30.0	2.2	25.0	
M75	.95	3.4	7.0	6.0	21.0	28.0	2.1	20.0	
M80	.90	2.6	6.75	5.0	18.0	16.0	2.0	12.0	
M85	.87	2.4	6.0	4.0	13.0	13.0	1.9	10.0	
M90	.85	2.2	4.0	3.9	9.0	12.0	1.8	9.0	
M95	.83	2.0	3.9	3.8	8.5	11.0	1.7	8.0	
					26.0	28.0	- 341	1.00	
W35	1.3	4.8	9.0			25.0			
W40	1.2	4.4	8.5		24.0	23.0			
W45	1.1	4.0	8.0	-	22.0	23.0			
W50	1.05	3.6	10.0		20.0	20.0			
W55	1.00	3.2 2.8	7.0		19.0	19.0		100	
W60 W65	.95	2.5	6.25		15.0	15.0			
W70	.85	2.2	6.0	STATE OF	13.0	14.0			
W75	.80	2.0	5.5		9.0	10.0			
W80	.75	1.8	5.25	A STORY	8.8	9.9			
W85	.73	1.7	5.0		8.6	9.8			
W90	.71	1.6	4.75	I Company	8.4	9.7		San arrand	
W95	.70	1.5	4.5	2	8.3	9.6			

NOTE - THERE ARE NO PERFORMANCE STANDARDS FOR ENTRY INTO THE CHAMPIONSHIPS

U.S. NATIONAL CHAMPIONSHIPS

The U.S. TAC National Masters (Veterans) athletics championships for men and women 30 and over will be held in San Diego, California on July 20-23, 1989, one week prior to the World Championships. All foreign competitors are invited to compete. For further information write to David H.R. Pain, 5643 Campanile Way, San Diego, CA 92115, (619) 582-3316, FAX 619-7991.

MEDAL STANDARDS

At the April, 1988, WAVA Council meeting, the Council adopted performance standards for the awarding of medals. Athletes finishing 1st, 2nd or 3rd in their event must achieve or better the standards as listed in the Appendix in order to be awarded a World Veterans' Championships Gold, Silver or Bronze Medal. THE STANDARDS LISTED ARE NOT EN-TRY STANDARDS. THERE ARE NO PERFORMANCE STANDARDS FOR ENTRY INTO THE CHAMPIONSHIPS.

VIII WORLD VETERANS' CHAMPIONSHIPS CALENDAR OF EVENTS

S AND THE PARTY OF	PALENDAN OF EVENTS
July 25	WAVA Council Meeting
July 26	WAVA Council Meeting
July 27	10K Road Race Championships
The state of the s	Decathlon and Heptathlon
July 28	Decathlon and Heptathlon
The second live	Opening Ceremony
July 29	Start of Track & Field Competition
July 31	Non-Competition Day
The Harris	Regional Meetings
	Stadia and Non-Stadia Committee Meeti
	Participation Forum
August 1	Women's General Meeting
August 2	Non-Competition Day
	WAVA General Assembly
	Competition Banquet

*Closing Ceremony

PRELIMINARY COMPETITION SCHEDULE - MEN

	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95+
100 h	1SAT/PM	1SAT/AM	1SATIAM	1SAT/PM	1SAT/AM	1SATIAM	1SATIAM	1.0	· / - 12	-		- was
100 st	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	2 5 5 5 5 5	4-75	AL PARK
100 (1SUN/PM	1SUN/PM	ISUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	ISUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
200 h	TUE/PM	TUE/PM	TUE/AM	TUE/PM	TUE/PM	TUE/AM.	TUE/AM	1		P. Carlo		- M. C. W.
200 gtrf	TUE/PM	No. of London	Contract to	Fara S	-	100	71 10	C 11 13	Total Control		1000	- 22
200 st	ZTHUR/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	Remark Land	-	of the land	7.8	30-36
200 !	2THUR/PM	ZTHUR/PM	ZTHUR/PM	ZTHUR/PM	2THUR/PM	2THUR/PM	ZTHUR/PM	2THUR/PM	ZTHUR/PM	2THUR/PM	ZTHUR/PM	ZTHUR/PN
400 h	2FRI/PM	2FRI/PM	2FRUAM	2FRIAM	2FRUAM	- Contract	ASSESSED		- Land		-	A. A. A.
400 gtrf	2FRI/PM	All make	J. Con . S.	Vacanta.	under de la	C. S. 18 1.	No train	1	1000	200	THE WAY	13307
400 st	2SATIAM	2SATIAM	2SATIAM	2SATIAM	2SATIAM	2FRUAM	2FRUAM	2FRI/AM	all-	-		7700
400 !	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM
800 n	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	Dag Salah	Carlo Carlo	1.715-04	In the last	-		1000
800 st	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/AM	1SUN/AM	1SUN/AM	100	146	N Valle	189, 75
800 f	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM
1500 sf	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/PM	TODITAL	10011	100.1	10011	102	-
	-	_	-	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM
1500 1	2SAT/PM	2SAT/PM	2SAT/PM	ZSAI/PM	-		-	-	2SATIAM	2SATIAM	2SATIAM	2SATIAM
2K STEEPLE !				******	2SAT/AM	2SATIAM	2SATIAM	2SAT/AM	ZSAIIAM	ZSALIAM	ZSAIIANI	23411411
3K STEEPLE 1	2SAT/PM	2SAT/PM	2SATIAM	2SATIAM		2500	DIFINA	DIFINA	DEM	DIFAM	THEAN	TUE/AM
5.000 f	TUE/AM	TUE/PM	TUE/PM	TUE/PM	TUE/AM	TUEIAM	TUE/AM	TUE/AM	TUEIAM	TUE/AM	TUEIAM	
10.000 f	1SUN/PM	1SUN/AM	1SUN/PM	1SAT/PM	1SAT/PM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM	1SAT/AM
80H sf	4-4-9	The Sales	120000		APRIL P	675-0-	1SAT/PM	1SAT/PM		TORK TORK		
B0H (42.545	10000 5000	- Shiphan	NA.	569110	20,20,000,000	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
100H sf	2044	1000	To the second	A TOWN	1SAT/PM	1SAT/PM	-	The Tark	100 de 7	The second	1 11 11 11	1
100H f	4000	STATE OF	To September	The second	1SUN/PM	1SUN/PM	The last	Y NEW	C. C.	W. Darrier	A POST	Televe
100HH sf	THE STATE OF THE S	*SATISFY.	1SAT/PM	1SAT/PM	115 m 19	Na lester	-60-5	Way (Marie Co.	Read In	-	20,10
100HH !	Sec. Sec.	-	1SUN/PM	1SUN/PM	The state of	1	a cymun-	The Park	2000	A THE TEST	AND THE	1-1-1-1
110HH sf	1SAT/PM	1SAT/PM	150 000	HARLY EX	100000		and the same	MARIAN.		Asia, No.	A THE ST	400
110HH !	1SUN/PM	1SUN/PM	Charles Black	Top Amer	an attendant	witter to	2	m 6/1	No the T	Pro-	OVERN	Car All
300H sf	San Prof.	- marinet	TUE/PM	TUE/PM	TUE/PM	TUE/PM	17-11-1		Salar Control	A STANSON	me Villa	Bill Si
300H f	THE RESERVE	HATTANE:	2THUR/PM	ZTHUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	ZTHUR/PM	ZTHUR/PI
400H sf	TUE/PM	TUE/PM	S. A. Salar	W. WILL THE	of india and in	Carrier.	I FROM	my to provide	1914	THE WY	Me -	1000
400H f	2THUR/PM	ZTHUR/PM	-	white the	Service Street	. 40	A 45 TO	THE WAY		THE PARTY	diese,	AND S
20K/10K RW	1SUN/AM	ISUNIAM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM	1SUN/AM
5.000 WALK !	2FRI/PM	2FRI/PM	2FRI/PM	2FRVPM	2FRI/PM	2FRUAM	2FRUAM	2FRI/AM	2FRI/AM	2FRUAM	2FRUAM	2FRUAM
10K CC	2THUR/PM	ZTHUR/PM	2THUR/PM	2THUR/PM	2THUR/AM	ZTHUR/AM	ZTHURVAM	2THUR/AM	2THUR/AM	2THUR/AM	2THUR/AM	ZTHURIAN
10K ROAD RACE	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM
MARATHON	2SUN/AM	2SUN/AM	2SUN/AM	2SUNAM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM
HIGH JUMP !	2SAT/PM	2SATIAM	2FRI/PM	2FRUAM	2SAT/PM	2SATIAM	2FRUPM	2FRI/AM	2FRIJAM	2FRUAM	2FRVAM	2FRUAM
POLE VAULT 1	1SUN/AM	1SUN/AM	1SAT/PM	1SATIAM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/AM	1SAT/AM	1SAT/AM	1SATIAM	1SAT/AM
LONG JUMP I	1SATIAM	1SATIAM	1SUN/AM	1SUN/AM	1SUN/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM
TRIPLE JUMP 1	ZTHURIAM	TUE/PM	ZTHUR/AM.	TUE/PM	TUEIAM	TUE/AM	TUE/PM				TUE/AM	TUEIAM
							-	TUE/AM	TUE/AM	TUE/AM		-
SHOT PUT par	1SATIAM	1SATIAM	1SATIAM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM
DISCUS par	2THUR/AM	2THUR/AM	2THUR/AM	ZTHUR/AM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	ZTHUR/PM	2THUR/PM	2THUR/PN
DECATHLON	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AN
DECATHLON	1FRIAM	1FRUAM	1FRUAM	1FRI/AM	1FRUAM	1FRUAM	1FRUAM	1FRUAM	1FRUAM	1FRUAM	1FRUAM	1FRI/AM
JAVELIN 1	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/AM	1SUN/AM	1SUN/PM	1SUN/PM	1SUN/PM	TUEIAM	TUE/AM	TUE/AM	TUE/AM
400m RELAYS	2FRI/PM 2SUN/AM	2FRI/PM 2SUN/AM	2FRI/PM	2FRI/PM	2FRI/PM	2FRI/AM 2SUN/AM	2FRIJAM 2SUN/AM	2FRUAM	2FRUAM	2FRI/AM	2FRUAM	2FRI/AM
	LASUNIAM	I ZOUNIAM	2SUN/AM	2SUN/AM	2SUN/AM	I ZSIIN/AM	I JSIIN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM

SUBJECT TO CHANGE BASED UPON NUMBER OF ENTRIES. DEFINITIVE SCHEDULE IN COMPETITORS' HANDBOOK IN PACKET UPON ARRIVAL

DDEI IMINIADY COMPETITION COURDING MONETH

		THE PARTY NAMED IN				- Au			- WO			
1000	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90+
100 st	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/AM	1SAT/AM	of the state of	THE CASE	*Substitute	-MANAGE	C. Statistical Co.
100 f	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
200 st	TUE/PM	TUE/PM	TUE/PM	TUE/PM	不可手作	a laby an	WE SEE	- marine	H. Charles	how In	-	KAND.
200 (2THUR/PM	ZTHUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	ZTHUR/PM	2THUR/PN
400 sf	2FRI/PM	2FRI/PM	2FRI/PM	2FRVPM	2FRI/PM	The other	A PARTY OF	Company 4	CHAMES.	25 his	Maphinesis.	100
400 1	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM
800 sf	1SUN/AM	1SUN/AM	1SUN/AM	1SUNIAM	Q. hora	Sa Barrie	Constitution of	1	Manager 1	175435	elaris.	100,000
800 f	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM	TUE/PM
1500 sf	2FRI/PM	2FRI/AM	2FRUAM	2FRI/AM	- Lade	and proper	Mala Tolk	EMMS .	The state of	10011	100/11	TOEFF
1500 1	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM	2SAT/PM
2K STEEPLE !	2SATIAM	2SATIAM	2SAT/AM	2SATIAM	2SATIAM	2SAT/AM	2SATIAM	2SAT/AM	2SATIAM	2SATIAM	2SATIAM	2SATIAM
5,000 1	2FRUAM	2SAT/AM	2FRUAM	2FRIJAM	2FRI/AM	2FRI/AM	2FRI/AM	2FRUAM	2FRUAM	2FRUAM	2FRUAM	2FRUAM
10,000 f	1SAT/PM	1SAT/PM	1SATIAM	1SAT/AM	1SAT/AM	ISATIAM	1SAT/AM	1SAT/AM	1SAT/AM	1SATIAM	1SATIAM	
BOH sf	- 12 Company	1SAT/PM	1SAT/PM	1SAT/PM	waran-	vivy by		15 (10)	13AIIAM	ISAMA	ISAHAM	1SAT/AM
80H !	Single-	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	*******
100H f	1SUN/PM	yelloyudd	ADMINE	making d	SELENIE .	Sections.	(Charles	150/EF III	ISUIEFM	ISUNIFM	15UN/PM	1SUN/PM
300H sf	De la la	-US Prof.	of Kallage	TUE/PM	ALC: N	150 B	-	1000	100	1		Marie Sand
300H f	- Williams	- 海童学士	素や質問が	ZTHUR/PM	2THUR/PM	2THUR/PM	ZTHUR/PM	2THUR/PM	ZTHUR/PM	TO HID THE	-	100000
400H sf	Printerior	TUE/PM	- Name of	a physical de-	office (Link)	Lind of the	ZIIIOIVI III	ZINUNFM	ZINUNIPM	2THUR/PM	2THUR/PM	2THUR/PM
400H f	ZTHUR/PM	ZTHUR/PM	ZTHUR/PM	ARREST.	1000	A STATE OF	o'estable p	150		14 15 15		1 STATES
20K/10K RW	1SUN/AM	ISUNIAM	1SUN/AM	ISUNAM	SUNAM	1SUN/AM	1SUN/AM	1SUN/AM	********	- Jestina	1000	777
5,000 WALK !	2SAT/PM	1SATIAM	2SATIAN .	2SATIAM -	2SATIAM	2SATIAM	2SATIAM		1SUN/AM	1SUN/AM	ISUNIAM	1SUN/AM
10K CC	ZTHURAM	ZTHURIAM	ZTHURIAM	ZTHURIAM	ZTHURIAM	ZTHURIAM	ZTHURAM	2SATIAM	2SATIAM	2SATIAM	2SATIAM	2SATIAM
10K ROAD RACE	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	2THUR/AM	2THUR/AM	2THUR/AM	2THURIAM	ZTHURIAM
MARATHON	2SUNAM	2SUN/AM	2SUN/AM	2SUNIAM	2SUN/AM	2SUNIAM	_	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM	1THUR/PM
HIGH JUMP 1	ZTHUR/PM	ZTHURIAM	ZTHURAM	ZTHUR/PM	ZTHURIAM	ZTHURIAM	2SUNAM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM
POLE VAULT 1	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	2THUR/AM	2THURIAM	ZTHURIAM	2THURIAM	ZTHURIAM	2THUR/AM
LONG JUMP 1	ISATIAM	1SAT/PM	1SAT/PM	ISAT/PM	1SAT/PM		1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
TRIPLE JUMP !	ZTHURIAM	TUE/PM	TUE/PM	TUE/PM	TUEIAM	1SATIAM TUEIAM	1SATIAM	1SAT/AM	1SATIAM	1SAT/AM	1SATIAM	1SATIAM
SHOT PUT PAI	ISUNIAM	1SUNIAM	1SUN/AM	1SUNIAM	1SUN/PM	-	TUE/AM	TUEIAM	TUE/AM	TUE/AM	TUE/AM	TUE/AM
DISCUS par	2FRUAM	2FRUAM	2FRUAM	2FRIAM	2FRI/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM	1SUN/PM
HEPTATHLON	ITHURAM	THURIAM	1THURAM	1THUR/AM	-	2FRI/PM	2FRI/PM	2FRI/PM	2FRVPM	2FRI/PM	2FRI/PM	2FRI/PM
HEPTATHLON	1FRUAM	1FRUAM	1FRUAM	1FRUAM	1THUR/AM	1THUR/AM	1THUR/AM	1THUR/AM	1THURIAM	1THUR/AM	1THUR/AM	1THURAM
JAVELIN!	1SATIAM	1SATIAM	1SAT/PM		1FR//AM	1FRI/AM	1FRUAM	1FRUAM	1FRUAM	1FRUAM	1FRUAM	1FRUAM
HAMMER 1	2SAT/PM	2SAT/PM		1SAT/PM	1SAT/PM	1SATIAM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM
400m RELAYS	2SUN/AM	_	2SATIAM	2SATIAM	2SATIAM	2SATIAM	2SATIAM	2SATIAM	2SATIAM	2SATIAM	2SATIAM	2SATIAM
	-	2SUNIAM	2SUN/AM	2SUN/AM	2SUNIAM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM	2SUN/AM
1600m RELAYS	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM	2SUN/PM

SUBJECT TO CHANGE BASED UPON NUMBER OF ENTRIES DEFINITIVE SCHEDULE IN COMPETITOR'S HANDBOOK IN PACKET UPON ARRIVAL

1THU = JULY 27; 1FRI = JULY 28; 1SAT = JULY 29; 1SUN = JULY 30; MON = JULY 31; TUES = AUG 1; WED = AUG 2; 2THU = AUG 3; 2FRI = AUG 4; 2SAT = AUG 5; 2SUN = AUG 6.

COMPETITION ENTRY REQ

ALL ENTRIES MUST BE RECEIVED BY MAY 1, 1989. Official Entry form Confirmation of entry will be sent within 30 days of receipt. If confirmation is Committee by FAX 503-342-6661.

Competitions entries sent from individuals in the following countries must fire ation before being accepted by the Organizing Committee. The Federation tries from their country to the Organizing Committee. Argentina, Aruba, Eczechoslovakia, Denmark, Federal Republic of Germany, Finland, Franci Indonesia, Ireland, Italy, Japan, Malaysia, Mexico, New Zealand, Norway, South Korga, Sri Lanka, Sweden, Switzerland, Triesa, Tobald South Korea, Sri Lanka, Sweden, Switzerland, Taiwan, Trinidad & Tobago Residents of countries not listed above should send their competition en VIII World Veterans' Championships

Post Office Box 10825

Eugene, Oregon 97440

AGE REQUIREMENTS

The VIII World Veterans' Championships are open to all men born on or be 27 July 1954, who are physically fit for competition.

Proof of date of birth must be submitted with entry form. Copies of birth

BLIND COMPETITORS

Blind competitors requiring guides are not to receive any advantage over A guide may only be in a position behind or at the side of the competitor. ahead. In races run in lanes the outside lane must be used.

REGULATIONS AND QUAL

Competition is conducted under the IAAF/WAVA rules subject to any spe Entry signifies that each competitor will follow the rules of the Organizing

In track events, slower competitors will be required to move to the outer land to allow the next event to start on time.

The appointed safety officials have the right to disqualify and remove comous to themselves or any other competitor.

AWARDS - INDIVIDUAL EVENTS

Medals will be awarded for the first three places for all age groups in al Certificates of participation will be provided for all entrants.

AWARDS - TEAM EVENTS

In team scoring for non stadia events, an athlete may not move down an a for the relays. Any athlete that moves down an age-group for relay team so

Medals will be awarded to each scoring member in teams that gain a 1st, 2

Marathon, road walks and cross country will be scored on aggregate time in the age groups.

Age Groups For Team Events — 4×100m Relay, 4×400m Relay, Marath W35-39 W40-49 MM W50-59 M40-44 M49-49 M50-54 M55-59 W60-Over

IMPLEMENTS:

With the exception of vaulting poles, all implements for field events will be their own throwing implements provided these implements conform to the their own throwing implements provide at least 90 minutes before the event.

Any other competitor in the competition has the right to use that equipm Spikes. Only spikes of 6mm length are permitted on stadium tracks.

QUALIFYING REQUIREMENTS - TRACK

In all lane track events requiring heats and/or semi-finals, the following qu these conditions may be varied.

8 Lane Track - Winners and at least next 4 fastest will advance.

Probable Limits: 800 meters, 12 per heat, 8 to final; 1500 meters, 16 per If there are insufficient starters to warrant a scheduled heat, then the sem time of that heat. The final will always be held at the scheduled starting

STEEPLECHASE

The barriers must be hurdled or vaulted; competitors climbing the barrier

HURDLES

At each hurdle both feet must be off the ground for at least an instant.

QUALIFYING REQUIREMENTS - FIELD

Long Jump, Triple Jump and Throwing Events. The best 8 performers (included)

High Jump and Pole Vault. Competitors may nominate one height below sta - 3cm; Pole Vault - 5cm

Javelin. In division M40 to M55 inclusive a throw shall be valid only if the ti other part of the javelin and leaves a visible mark. In all other age division made from the point of impact provided the tip of the javelin hits the gro Both feet must be off the ground during the vault. It is permissible to use

FLIGHTS (SECTIONS)

In all track events over 1500m, and all field events (except High Jump an will be formed into flights, on ability basis, with the best performers comp In track events, age group winners will be decided on the overall best tin In field events, except the High Jump and Pole Vault, flights will operate on formers (including those sharing 8th position) from all flights in each age flights in that age group have completed the 3 preliminary efforts.

VENUES

ROAD WALK

TRACK AND FIELD #1 Venue — Hayward Field, University of Oregon #2 Venue — Silke Field, City of Springfield The Marathon is a flat, fast scenic course, closed to The Cross Country is a fast course with several shape of the Cross Country is a fast course with several shape of the Cross Country is a flat course adjacent to Hayward Field, University of Oregon #2 Venue — Silke Field, City of Springfield The Cross Country is a fast course adjacent to Hayward Field, University of Oregon #2 Venue — Silke Field, City of Springfield The Cross Country is a fast course adjacent to Hayward Field, University of Oregon #2 Venue — Silke Field, City of Springfield #1 Venue — Silke Field, Ci The Cross Country is a fast course adjacent to Haywai

REQUIREMENTS

Entry forms or photocopies must be used. Entry forms or photocopies must be seen and the seen and

es must first be processed by their Veterans' Federation/Associle Federation/Association will then forward all competition enle Federation/Association will then forward all competition enle Federation/Association will then forward all competition enle Federation/Association enle Federation/Assoc a petition entry direct to:

The rn on or before 27 July 1949, and all women born on or before ares of birth certificate or passport will be accepted

because named an analysis over other competitors by the assistance so received.

ATIONS AN QUALIFICATIONS

NAME to any special rules laid down in this invitation. Organizing and Technical Committees.

purchase outer lanes to complete the event if this becomes necessary

to depart and amove competitors whose performance is considered danger-

tant be proups in all events.

br all ettarts

e my whomdown an age-group. An athlete may move down an age group நூரும் may team scoring can still participate as an individual in his/her

beinterstalain a 1st, 2nd, or 3rd in their team event. Teams will be formed

be some on agregate times by teams of the first five of each country to finish

ia 4400 hay, Marathon, Road Walks and Cross Country:

#6-49 M

mets to feldents will be provided by the Organizers. Competitors may use a mineral afform to the rules and are certified by the Equipment Official

the right bushat equipment if he/she so wishes.

mited or soun tracks.

X to see fall the following qualifying conditions will apply. In non-lane events,

I as al since.

in he 50 mers, 16 per heat, 12 to final; Steeplechase, 12 per heat. statistics from the semi-final will be conducted at the scheduled starting and the starting time.

the barriers will be disqualified.

port of their instant.

FEID | Mark | Park | Feet | Fe

this below standard set by Organizers. Progression: High Jump

the state of the metal head strikes the ground before any strikes the ground before any strikes the ground strikes the ground before any strikes the ground first. only if the tip of the metal head strikes the ground before any

東京 は pd ssible to use a bent pole in competition.

Jump and Pole Vault), age groups with very large entries

ge groups with very large entries are rall best times from all flights.

The best 8 person each age group will advance to the 3 final efforts after all ports.

DES

of Oregon

ield

se, closed to traffic,
several short steep hills, grass and bark chip surface.

If the several short steep hills, grass and bark chip surface.

If the several short steep hills, grass and bark chip surface.







COMPETITION ENTRY FORM INSTRUCTIONS

Please fill in your full name in the boxes provided, one letter per box, family name first. Then your complete address (include apartment number, if any), nationality, sex (male/female), date of birth, and age.

Next, figure the fees for entry as follows: There is a \$14.00 fee assessed by WAVA. In addition, there is a cost for each event entered. The first event is \$25.00. Second, 3rd, 4th and 5th events are each \$8.00. Sixth and 7th events are \$15.00 each. Therefore, the cost for entering one event would be \$39.00; the cost for entering 5 events would be \$71.00; and the cost for entering 7 events would be \$101.00 U.S. The cost for the banquet is \$20.00 per person. Add all the costs together for your total.

Payment must be made using a bank draft, VISA or MasterCard charge cards or check in U.S. dollars.

If using a VISA or MasterCard, you must specify which charge card you are using by checking the appropriate box. Print the cardholder's name on the line provided, and the number in the boxes provided (one number per box). You also must include the expiration date printed on your card.

To specify the events in which you wish to compete, please mark the first box on the entry form with an "X" in front of the

The next section tells you which, if any, age groups compete in that event. In the "Best Mark 1988-1989" column, please list your best mark for this time frame. In addition to marking your events with an "X", please write out the name of each event you wish to enter in the section at the bottom of the page.

Please send entry form and payment to: VIII World Veterans' Championships Organizing Committee PO. Box 10825

Eugene, OR 97440 USA



COMPETITION ENTRY FORM

ADDRESS ADDRESS OTT COUNTRY MAEFONALITY MAEFONALITY DOTE OF BATH MO DAY YEAR	TELEPHONE TELEPHONE THE THE TELEPHONE AGE AGE OF ARX TE. 1986
1. WAVA fee = US\$ 14.00 2. 1st event entered = US\$ 25.00 3. 2nd through 5th: Number of events = x US\$ 8.00 = US\$ = 4. 6th through 7th: Number of events = x US\$ 15.00 = US\$ = 5. Banquet tickets: Number ordered = x US\$ 20.00 = US\$ = 5. TOTAL: (add above lines together) = US\$ = 1.00	Payment: 1. Bank draft or check in U.S. dollars Payable to: VIII WVCOC 2. VISA MC Name: NUMBER /

MARK EVENT HERE WITH AN "X"

	Event	Name of Event	Women's Age Groups	Men's Age Groups	Best Mark 1988-1989
	1	100 METER DASH	All Age Groups	All Age Groups	of the state of the state of
N	2	200 METER DASH	All Age Groups	All Age Groups	THE OF BACKET HE SEE HE
4	4	400 METER DASH	All Age Groups	All Age Groups	and he had been made as well
-	8	800 METER RUN	All Age Groups	All Age Groups	A TOTAL CONTRACTOR OF THE
-	15	1,500 METER RUN	All Age Groups	All Age Groups	District Compression of the all
+1	2St	2,000 METER STEEPLECHASE	All Age Groups	M60 and Older	- to the place pater and account
15	3St	3,000 METER STEEPLECHASE	The state of the second state of the second	M40 through M55	week started by agent at the
9	5	5,000 METER RUN	All Age Groups	All Age Groups	to a decidal participants of the
ja.	10	10,000 METER RUN	All Age Groups	All Age Groups	And particularly of a second
19.	8H	80 METER HURDLES	W40 and Older	M70 and Older	THE PERSON NAMED IN
-	ОН	100 METER HURDLES	W35 Only	M50 through M65	And the second section of
-	1H	110 METER HURDLES	The large straight in section the	M40 through M45	and the state of the state of the
B	3H	300 METER HURDLES	W50 and Older	M50 and Older	margine parties in Albertage
-	4H	400 METER HURDLES	W35 through W45	M40 through M45	At the said the said
	1W	10 KM WALK	All Age Groups	manager to the state of	and any harmony of
5	2W	20 KM WALK	MANAGER AND	All Age Groups	The party of Landau a
5	5W	5 KM WALK	All Age Groups	All Age Groups	the is about the proton
30	CC	10 KM CROSS-COUNTRY	All Age Groups	All Age Groups	SHAP THE BUILDING
.,,	RR	10 KM ROAD RACE	All Age Groups	All Age Groups	the same street of the same
	M	MARATHON	All Age Groups	All Age Groups	APPLICATION OF THE PARTY OF THE
	НЈ	HIGH JUMP	All Age Groups	All Age Groups	and the supplied that the
	PV	POLE VAULT	All Age Groups	All Age Groups	" I want out to the British of
	W	LONG JUMP	All Age Groups	All Age Groups	the state of the state of the state of
-	TJ	TRIPLE JUMP	All Age Groups	All Age Groups	Levels a tractic Fundament
	SP	SHOT PUT	All Age Groups	All Age Groups	A REAL PROPERTY OF THE
	DT	DISCUS THROW	All Age Groups	All Age Groups	李龙是一一样的"
-	HE	HEPTATHLON	All Age Groups	your on the Final Edition	The state of the state of the state of
Sept.	DE	DECATHLON	postulation is the sa	All Age Groups	and the second section of the second
	JT	JAVELIN THROW	All Age Groups	All Age Groups	The second statement of the
	нт	HAMMER THROW	All Age Groups	All Age Groups	Marine to profit a company

To verify your requests, please write out NAME OF EACH EVENT ENTERED: 2:

6:

Please send this entry form and fees to: VIII WORLD VETERANS' CHAMPIONSHIPS UNITED STATES ORGANIZING COMMITTEE P.O. BOX 10825 EUGENE OR 97440 USA

WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions. I absolutely relieve WAVA (World Association of Veteran Athletes), the VIII World Veterans' Championships Organizing Committee, the sponsoring non-profit organizations and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the VIII World Veterans' Championships.

Note: U.S. entrants must enclose a copy of their 1989 TAC card.

(Signature, Signature, Unterschrift, Firma)

(Date, Date, Datum, Fecha)

ROOM RESERVATION FORM INSTRUCTIONS

Please use one Room Reservation Form for each room reserved. Fill in the last name of the person in whose name the room reservations will be made; then first name. Write in your complete address (include apartment number), and your daytime telephone number (include any city/country codes).

Next list if you are part of a Tour Group.

List the names of all members of your party occupying the room, and indicate by "yes/no" (Y/N) if they are an adult. List their ages if children.

Indicate if anyone in your party smokes (Y/N).

List your arrival and departure dates.

Next circle the date of each night you plan to stay in your choice of accommodations.

Housing Preference: Various types of housing are available; please read the descriptions in this booklet under "Accommodations". Then use 1, 2, & 3 to indicate your preference for housing. Each University Hall and University Inn room has two beds. We will assign roommates. If you wish to room with a particular person in these rooms, check the line which says "2 person 2 beds". You must provide us with the name of the other occupant and include a deposit for two people. The person whose name appears at the top of this form will be responsible for the payment by both persons.

Next, verify your housing preference by writing out the type of housing and sleeping arrangement for your three choices. Enclose the appropriate deposit for your first housing choice and mail to the WVCOC: Post Office Box 10825

Eugene, OR 97440 USA

If using a VISA or MasterCard, you must specify which charge card you are using by checking the appropriate box. Print the cardholder's name on the line provided, and the number in the boxes provided (one number per box). You also must include the expiration date printed on your card.

ROOM RESERVATION FORM

ADONESS		A COLUMN TO THE REAL PROPERTY OF THE PROPERTY	e.c.
The second secon			
ADDRESS			
om III		, STATE POSTAL CODE	7 2
COUNTRY	THE RESIDENCE OF THE PARTY OF T		
TELEPHONE T	пппп		
# GPOUP (1 evr)			
ES OF ALL PERSONS OCCUP	YING ROOM		-
		ADULT (YM) AGE & C	
		ADULT (YM) AGE # C	
		ADULT (YM) AGE # C	free.
		ADULT (YM) AGE # CI	1
		ADULT (YM) AGE # C	MLD L
S ANYONE IN MATTY SMOKE?			
MAL DATE DAY	MONTH DEPARTURE D	ME DAY MONTH TIME	
OLE DATE OF EACH MIGHT VO		AUGUST	
	20 20 30 31 1 2 3 4 5	6 7 8 9 10 H 12 13	
	2 persons 1 bed : 2 persons 2 beds: 3 persons 2 beds: 4 persons 2 beds:	(\$51.00) 2 persons 2 bed We assign roommate. (\$25.50) 1 person 1 bed	is:
	1 person 1 bed : 2 persons 1 bed :	University Inn (off site) share OU ate bath	le:
		AND A CONTRACT OF THE PARTY OF	
A THE RESIDENCE	2 persons 2 beds: 3 persons 2 beds:	We assig SOLD 30) 1 person 1 bed	: =
Tourist (\$31-62)	3 persons 2 beds: 4 persons 2 beds: 1 person 1 bed :	We assigned to the second of t	
Tourist (\$31-62)	3 persons 2 beds: 4 persons 2 beds: 1 person 1 bed : 2 persons 1 bed : 2 persons 2 beds:	Cooperative housing private room (\$16.00) 1 person 1 bed breakfast private room (\$19.50) 1 person 1 bed	: =
ourist (\$31-62)	3 persons 2 beds:	Cooperative housing private room (\$16.00) 1 person 1 bed	
Tourist (\$31-62)	3 persons 2 beds:	Cooperative housing private room (\$16.00) 1 person 1 bed breakfast private room (\$19.50) 1 person 1 bed sleeping room (\$12.00) 1 person 1 bed breakfast sleeping room (\$15.50) 1 person 1 bed RV camping (\$7.50-17.00 per vehicle	e): _
Tourist (\$31-62) Budget (\$32-52)	3 persons 2 beds: 4 persons 2 beds: 1 person 1 bed : 2 persons 1 bed : 2 persons 2 beds: 3 persons 2 beds: 4 persons 2 beds: 5+persons 3+beds:	Cooperative housing private room (\$16.00) 1 person 1 bed breakfast private room (\$19.50) 1 person 1 bed sleeping room (\$12.00) 1 person 1 bed breakfast sleeping room (\$15.50) 1 person 1 bed	e): _
Tourist (\$31-62) Budget (\$32-52)	3 persons 2 beds:	Cooperative housing private room (\$16.00) 1 person 1 bed breakfast private room (\$19.50) 1 person 1 bed sleeping room (\$12.00) 1 person 1 bed breakfast sleeping room (\$15.50) 1 person 1 bed RV camping (\$7.50-17.00 per vehicle	e): _
Fourist (\$31-62) Budget (\$32-52)	3 persons 2 beds:	Cooperative housing private room (\$16.00) 1 person 1 bed breakfast private room (\$19.50) 1 person 1 bed sleeping room (\$12.00) 1 person 1 bed breakfast sleeping room (\$15.50) 1 person 1 bed RV camping (\$7.50-17.00 per vehicle	e): e):
Fourist (\$31-62) Budget (\$32-52) To verify your requ	3 persons 2 beds:	Cooperative housing private room (\$16.00) 1 person 1 bed breakfast private room (\$19.50) 1 person 1 bed sleeping room (\$12.00) 1 person 1 bed breakfast sleeping room (\$15.50) 1 person 1 bed RV camping (\$7.50-17.00 per vehicle Tent camping (\$4.50-11.50 per space	e): e):
Fourist (\$31-62) Budget (\$32-52) To verify your required.	3 persons 2 beds:	Cooperative housing private room (\$16.00) 1 person 1 bed breakfast private room (\$19.50) 1 person 1 bed sleeping room (\$12.00) 1 person 1 bed breakfast sleeping room (\$15.50) 1 person 1 bed RV camping (\$7.50-17.00 per vehicle Tent camping (\$4.50-11.50 per space	e): e):
Tourist (\$31-62) Budget (\$32-52) To verify your requ 1.	3 persons 2 beds:	Cooperative housing private room (\$16.00) 1 person 1 bed breakfast private room (\$19.50) 1 person 1 bed sleeping room (\$12.00) 1 person 1 bed breakfast sleeping room (\$15.50) 1 person 1 bed RV camping (\$7.50-17.00 per vehicle Tent camping (\$4.50-11.50 per space	e): e):
Tourist (\$31-62) Budget (\$32-52) To verify your required to the second	3 persons 2 beds: 4 persons 2 beds: 1 person 1 bed : 2 persons 1 bed : 2 persons 2 beds: 3 persons 2 beds: 4 persons 2 beds: 5+persons 3+beds: 1 person 1 bed : 2 persons 1 bed : 2 persons 2 beds: 3 persons 2 beds: 5+persons 2 beds: 5 persons 2 beds: 5 persons 2 beds: 5 persons 2 beds: 6 persons 3+beds: 7 persons 2 beds: 7 persons 3+beds: 8 persons 2 beds: 9 persons 3+beds:	Cooperative housing private room (\$16.00) 1 person 1 bed breakfast private room (\$19.50) 1 person 1 bed sleeping room (\$12.00) 1 person 1 bed sleeping room (\$15.50) 1 person 1 bed Preakfast sleeping room (\$15.50) 1 person 1 bed RV camping (\$7.50-17.00 per vehicle Tent camping (\$4.50-11.50 per space) of housing and sleeping arrangement for your first, second and third cho	11:
Tourist (\$31-62) Budget (\$32-52) To verify your requiration of the second of the sec	3 persons 2 beds: 4 persons 2 beds: 1 person 1 bed : 2 persons 1 bed : 2 persons 2 beds: 3 persons 2 beds: 4 persons 2 beds: 5+persons 3+beds: 1 person 1 bed : 2 persons 1 bed : 2 persons 2 beds: 3 persons 1 bed : 2 persons 1 bed : 2 persons 2 beds: 3 persons 2 beds: 5+persons 3+beds: 5+persons 3+beds: 6-persons 2 beds: 6-persons 2 beds: 6-persons 2 beds: 6-persons 3+beds: 6-persons 2 beds: 6-persons 3+beds: 6-persons 2 beds: 6-persons 3+beds: 6-persons 3+beds: 6-persons 2 beds: 6-persons 3+beds: 6-persons 3+be	Cooperative housing private room (\$16.00) 1 person 1 bed breakfast private room (\$19.50) 1 person 1 bed sleeping room (\$12.00) 1 person 1 bed breakfast sleeping room (\$15.50) 1 person 1 bed RV camping (\$7.50-17.00 per vehicle Tent camping (\$4.50-11.50 per space) of housing and sleeping arrangement for your first, second and third cho	11:
Fourist (\$31-62) Budget (\$32-52) To verify your required to the second	3 persons 2 beds: 4 persons 2 beds: 1 person 1 bed : 2 persons 1 bed : 2 persons 2 beds: 3 persons 2 beds: 4 persons 2 beds: 5+persons 3+beds: 2 persons 1 bed : 2 persons 2 beds: 3 persons 2 beds: 5+persons 2 beds: 5+persons 2 beds: 5+persons 3+beds: ests, please write out type	Cooperative housing private room (\$16.00) 1 person 1 bed breakfast private room (\$19.50) 1 person 1 bed sleeping room (\$12.00) 1 person 1 bed sleeping room (\$15.50) 1 person 1 bed Preakfast sleeping room (\$15.50) 1 person 1 bed RV camping (\$7.50-17.00 per vehicle Tent camping (\$4.50-11.50 per space) of housing and sleeping arrangement for your first, second and third cho	d:

Number Expiration Date:

Payable to: VIII WVCOC, P.O. Box 10825, Eugene, OR 97440 USA

BANQUET

Enjoy the cuisine of the Pacific Northwest at the Championships Banquet to be held on Wednesday, August 2nd, a non-competition day. Hors d'oeuvres and the meal, music, and dancing are included in the \$20 per person charge. We recommend that you sign up early for this popular function. Attendance is limited to 2,500 people (See Entry Form). Free transportation will be provided via the shuttle buses from all major housing accommoda-

SPORTS MEDICINE SEMINARS

Sports medicine seminars under the direction of world-famous orthopedic surgeon Dr. Stanley James will be offered during the championships. If you would like additional information on the seminars please write to the Organizing Committee.

DAY TOURS FOR VISITORS

We invite you to see and enjoy the beautiful Northwest on one or more of these tours. All transportation will be in luxury motor coaches with experienced drivers and guides. Prices are based on a minimum of 40 people including lunch.

An opportunity to sign up for the tours will be included with your housing confirmation, or you may write to this address for a tour registration form: VII World Veterans' Championships, Post Office Box 10825, Eugene, OR USA 97440.

A. WHITEWATER RAFTING

Paddle through whitewater, drift in the calms, and share the beauty of the ever-changing river on this exciting raft adventure.

\$52.00 full-day

B. HINMAN/FORGERON WINERIES (6 hours)

Sample a variety of award-winning Oregon wines as you tour two of the State's finest wineries, Hinman Vineyards and Forgeron Vineyards.

C. OREGON COAST/SEA LION CAVES (9 hours)

Experience the rugged landscape as you travel the windswept Oregon coastline to Newport, stop at the world-renowned Sea Lion Caves, view the world-famous lighthouse at Heceta Head, and dodge the waves at Devil's Churn lookout.

\$41.50 per person

D. WILDLIFE SAFARI (9 hours)

Experience this 600-acre drive-thru park where exotic, uncaged animals from around the world roam free. Watch the rhinos resting in a cool pond or observe a lazy pride of lions sunning themselves in the tall grass.

\$35.00 per person

E. CASCADE MOUNTAINS/SISTERS TOUR (8 hours)

Enjoy the natural beauties of Oregon. View an underground spring as it forms into the Metolius River, drink in the view of the rugged Cascade Range, and tour the authentic Western town of Sisters.

F. CRATER LAKE (13 hours)

Cradled at the crest of the wondrous Cascade Mountain Range, Crater Lake, formed nearly 6,000 years ago, is one of the world's scenic wonders and is one of the deepest lakes in the United States.

Hike 1.1 miles to the heart of the crater; board an excursion boat for a ride across the crystal blue waters of the Lake to Wizard Island, the remaining cone of what was once Mount Mazama

\$54.50 per person

G. HISTORIC BROWNSVILLE (4 hours)

Travel to historic Brownsville to capture the essence of early oregon life with replicas of a general store, bank, barber shop and milliner's shop, all rich with the objects of turn-ofthe-century tools of the past.

\$14.50 per person (price does not include lunch)

H. WEYERHAEUSER TOUR (2 hours)

Discover how choice Oregon timber is converted into paper products as you tour the sawmill, paper and presto log operation of the Weyerhaeuser Company, the largest forest products facility in the world.

\$7.00 per person (price does not include lunch)

TRANSPORTATION

A free shuttle bus system will offer service between major housing accommodations and the competition venues for the competitors. The shuttle will also operate from the Eugene airport during peak arrival and departure times, and for the banquet. A timetable will be included in your packet.

ACCOMMODATIONS

Explanation of Room Catagories is as follows:

LUXURY HOTELS: All the amenities of a Luxury Hotel, including large, air-conditioned rooms, dining room, cocktail lounge, sauna/jacuzzi, and swimming pool.

DELUXE ACCOMMODATIONS: Large rooms with air-conditioning, dining facilities,

cocktail lounge, pool facilities; all but two have coffee shops and entertainme

TOURIST ACCOMMODATIONS: Clean, affordable, air-conditioned rooms, with color TV. ome with pool and dining facilities. BUDGET ACCOMMODATIONS: Clean, inexpensive air-conditioned rooms with color TV.

Some with pool facilities RESIDENCE HALLS: Accommodations include three full meals per day, beds made upon

arrival and daily towel service. Comfortable lounges with piano and fireplace. Access to color cable TV and laundry facilities. Shared bath on each floor. UNIVERSITY INN: Accommodations are about 1 mile off-campus and include three full

meals per day, beds made upon arrival and daily towel service. Rooms have private bath and telephone. Access to color cable TV and laundry facilities.

CO-OP LIVING: Accommodations are in large houses, accommodating up to 50 + people. Single bed, shared bath. Shared sleeping rooms (range from 4 to 40 beds per sleeping area). Limited private sleeping rooms available. All have private dressing areas. Color televisions in living areas. Options include bed and breakfast or kitchen privileges. RECREATIONAL VEHICLES & CAMPING: Facilities include water, electrical hook-ups,

and dump stations for recreational vehicles. Some facilities with pool, showers, and store.

The 12th Can-Am Cross-Country Challenge

by DON FARQUHARSON

This year, the Canada-America Masters Cross-Country Challenge was hosted by the Syracuse Chargers club, headed by Jerry Smith. On November 6, at Highland Forest Park in Tully, N.Y., a sizable and talented field showed up for the event over the six-mile course. Scoring was based on two teams only, Canada and U.S.A., and applied to all five-year age classes, both men and women.

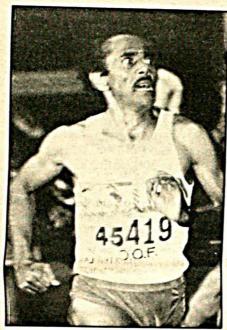
For some weeks, the whole area had been subjected to snow and/or rain, and the night prior to the race featured an extended deluge. The day dawned with fleeting periods of sunshine and rain clouds. The course in places was a quaqmire, which, added to the difficult, hilly terrain, even in dry conditions, caused a few runners to pull out before ever starting, as they witnessed the mud-covered, exhausted, incoming runners from the earlier, open Central New York Championships.

For the first time ever, the home team was outnumbered, as 86 Canadians toed the line, eager to retain the Fleischman Cup, but they faced strong U.S. opposition.

The field of 150 swept off in a spray of mud into the well-marked, heavily forested course; and, despite the conditions, the lead group detached itself quickly from the main body. Newlyturned-40 Frank Lewis of Kitchener, Ont., led the way with three-time winner Ken Inglis, M45, Kincardine, Ont.; Bob Tapping, M40, Chalk River, Ont.; and Bob Moore, M45, Toronto. Close behind and running together were Larry Olsen and Sumner Brown, two M40s from Massachusetts, and Mike Scott, M45, of Toronto.

At 1½ miles, Lewis began to edge away and continued to lead the race strongly into the second and hillier half of the course. Tapping began to drift back and Olsen moved up with Scott in tow. At four miles, Olsen made his move decisively. The course now featured some steeper hills with correspondingly sharper downhills. Some of them were better drained and afforded fast movement; others were slippery and hazardous. Very occasionally there were flat sections and, along these, Olsen displayed unmatchable speed.

Scott passed the still-swift Lewis and strived to catch Olsen. Scott made Continued on page 27



Antonio Villanueva checks-out the clock on his way to an M45 10,000WR of 30:02 at the World Veterans Games in Melbourne.

Photo by Gretchen Snyder

At 50, Davies Nips Hurd in British 10K

by MARTIN DUFF of Athletics Weekly

Great Britain has seen two truly great veteran meets this fall. Firstly, on November 5, an international cross-country match between teams from England, Scotland, and Wales saw Tony Simmonds, fourth in the Olympic 10,000, join the masters ranks and trounce an established field. Then, on November 20, 50-year-old Tecwyn (Taff) Davies continued his good winter form with a spectacular road victory over Mike Hurd in the British 10K Championships.

The cross-country match was organized by world mile record holder Ron Bell, and with expenses paid to M40, M45, M50+, and W40+ teams, represented a U.K. breakthrough. Besides Simmonds, European 5000 champion Alun Roper, Davies, and Melbourne double-medalist Dic Evans (SC and X-C) were also in the field. Simmonds was the freshest and, over a hilly, often dangerous, course, won by a half-minute from Roper, with the amazing Davies a half-minute behind

him for third. Branwyn Cardy-Wise took the W35 section and Pat Gallagher the W40.

The 10K Road Championships saw Hurd join Davies and Roper at the front of the field with Malcolm Martin and Mike Green tucked in. However, the second circuit of the Barnaby course, which includes a ¼-mile-long hill, saw Hurd, Davies, and Roper go clear. With a mile to go, Roper dropped back, and Hurd established a 20-yard lead. Davies swooped past Hurd to a one-second win, over the last downhill quarter mile, in 30:58.

European women's veteran road champion Celia Duncan, 35, was a convincing ladies' 10K winner in 35:41, her best time of the year. (She established an outright lifetime best of 34:52 a week later.) There were good age-group wins from Peggy Fletcher (W55, 42:40) and Joselyn Ross (W60, 46:36).

Another good performance (35:55) came from 60-year-old Eddie Kirkup, a week after he had run 58:23 for ten miles.



Winners in the M60-69 4x100 (54.08) relay team at the North American Championships, Toronto, Canada, July 27 and 28. From left are: Tim Murphy, Jim Law, Bill Townsend and Chuck Sochor, Law also won three three other golds — in the 100, 200 and 400.

Photo from C. Sochor



Age-70-and-over relay action at the VII World Veterans Games in Melbourne.

Photo by Gretchen Snyder

WAVA/TAC Hurdles and Implements Specifications HURDLES WOMEN Race Between To Hurdle To 1st Height .840m Finish 10.5m Hurdle Distance Hurdles Age 35-39 100m 13.00m 33" .762m 27'101/2" 8.0m 40-49 80m 12.00m 12.00m 30" 39'4" 26'3" 39'4" 50-59 .762m 80m 19.00m 7.0m 30" 39'4" 22'111/2" 60-69 70 Plus 35-39 45.00m 35.00m 40.00m 400m 30" 147'7% 114'91% 131'21/2' 40-49 50-59 300m 50.00m 35.00m 40.00m .762m 60-69 164'01/2 114'91/2 131'21/2' MEN 30-39 110m .991m 13.72m 14.02m 9.14m 40-49 30' 8.50m .914m 10.50m 100m 13.00m 50-59 34.5" 10.50m 27'101/2 60-69 100m .840m 13.00m 8.50m 27'101/2 42'8" 34'5' 12.00m 12.00m 70 plus 39'4" 45.00m 26'3" 35.00m 30" 39'4" 400m .914m 40.00m 40-49 36" .840m 50-59 300m 33" .762m 50.00m 300m 35.00m 40.00m 30" 164'01/2 114'91/2 131'2% DISCUS SHOT PUT HAMMER **JAVELIN** AGE Women 4 00k 1 00k 35-49 4 00k 600gms. 1.00k 3.00k 50 plus 3.00k 400 gms. Men 7.26k (16 lbs.) 2.00k 7.26k (16 lbs.) 800 gms. 40-49 6.00k 1.50k 6.00k 50-59 800 gms.* 60-69 5.00k 1.00k 5.00k 600 gms. 4.00k 600 gms 70 plus New IAAF Specifications

1988 Awards Also Go to Stuart, Pain and Phillips

Continued from page 1

medals and four silver medals in the national meet

Whitley won four events in the outdoor nationals in Orlando, setting new U.S. masters records in the 200 (22.2) and 400 (49.2), and winning the 100 (11.0) and long jump (22-1).

Raschker won eight gold medals and set eight age-41 bests in the Orlando

GWILYM BROWN AWARD

masters program.

M55

M60

M65

M70

M75

M80

M85

M90

W35

W40

W45

W50

W55

W60

W65

W70

W75

W80

W85

Bruce Springbett

Jack Greenwood

John Alexander

Dan Bulkley

Bill Brobston

Burt Morrow

Konrad Boas

Nancy Shafer

Phil Raschker

Irene Obera

Pat Peterson

Carol Peebles

Pearl Mehl

Polly Clarke

Anna Ward

Mary Ames

Marilyn Mitchell

Sally Stiegelmeier

Ed Benham

nationals, including a 12.6 100m, 5-1 high jump, and 17-4 long jump. She won the TAC National Masters Heptathlon in Boulder, Colo., and won six events in the TAC National Masters Indoor Championships.

Pain, considered the founder of masters track & field, continued his years of contribution by establishing and managing the trust fund for the

1989 World Veterans Championships, and developing site-selection criteria to be used in future world and U.S. championship determinations. He is actively involved in promoting competitive opportunities for masters athletes, including organization of the 1989 U.S. TAC National Masters Championships in San Diego, and the 1990 North American Championships in the Carib-

Phillips has contributed years of effort in providing the foundation for the age-graded performance scoring system being adopted by masters track and road events in this country and internationally. The value of this system is that it permits comparison of performances by athletes of different ages competing in different events.

In the past year, Mimm has won at least six national international race walking championships, setting three age 60-64 records, including a 1:49:09

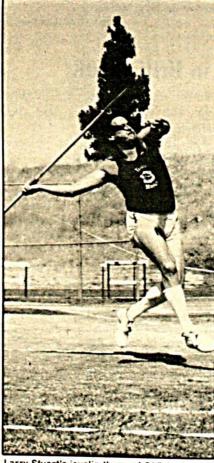
Henry participated in 11 championship race walks in 1988, ranging from two miles to 50K, setting age-64 marks in seven distances.

the 800g javelin (Olympic weight) established a new world record for men over age 50. He still holds the M45 WR of 238-10 (72.80).

The winners were announced at TAC's Awards Luncheon in Phoenix. The personalized plaques will be presented at TAC's 22nd annual Na-

20K and 15:58 two-mile.

Stuart's heave of 215-9 (65.76) with



CA

GA

MO

NH

CA

PA

CA

CA

CO

OR

CA

CA

GA

FL

CA

NM

OH

NY

MO

MO

CA

VA

Larry Stuart's javelin throw of 215-9 at age 50 was voted the outstanding single track & field performance-of-the-year by TAC at its convention in Phoenix.



Phil Raschker, 41, U.S. female T&F masters athlete-of-the-year for 1988, won nine gold medals in the U.S. TAC National Master Championships in Orlando. Photo by Sports Pix

tional Masters T&F Championships in San Diego on July 22.

The Committee also selected outstanding athletes in each five-year age division for both men and women in both track and field categories, as follows:

M35 Track: Marion McCoy, 100 (10.85) and 200 (22.57) national champion, edged Stan Druckrey, 110H (14.5), 400H (54.0) Field: Steve Smith, PV (16-7) squeaked by Milan Tiff, TJ (50-5).

M40 Track: Stan Whitley, 100 (11.0), 200 (22.2), 400 (49.2), LJ (22-1), outpolled Harold Nolan, 1500 (3:58), mile (4:15), 3000 (8:57); Barry Brown, 10K (31:42); and Byron Dyce, mile (4:13). Field: Charles Rader, HJ (6-1).

an

SO

by

the

the

av

ins

im

ing

the

day

Whi

adv

tive'

M45 Track: A three-way tie between Frank Little, 100 (11.5), 200 (23.1), 400 (52.4); Theo Viltz, 110H (14.7); and Glennie Johnson, 200 (23.18), 400 (50.99). Also considered: Mike Manley, mile (4:28). Field: Ed Hill, shot (55-2); Lloyd Higgins, DT and HT winner at the Nationals.

M50 Track: Richard Rizzo, 300H (43.16) nosed out Gary Miller (6000+ decathlon points); Bob Miller, 100 (12.1), 200 (24.5); and Nick Newton, 100 (12.2), 200 (24.9), HJ (5-8). Field: Larry Stuart, JT (215-9), topped Al Oerter, DT (191-9); and Miller.

M55 Track: Bruce Springbett, 100 (12.1), 200 (24.6), won over Ray Hatton, 1500 (4:27), mile (4:47), 3000 (9:38); and Ralph Miller, 800 (2:10). Field: Phil Mulkey (four wins in the Nationals), outpointed Wendell Palmer, DT (182-0); and Dave Jackson, LJ (19-8), TJ (41-7w).

M60 Track: Jack Greenwood, 100H (15.1), 300H (45.59), bested Bob Watanabe, 100 (12.9), 200 (26.3), 400 (61.2), 300H (49.8); Jim Law, 100 (13.1), 200 (26.2), 400 (61.0); and Ed Schuler, 100 (12.9). Field: Phil Brusca's three national titles: SP (47-0), DT (143-3), JT (129-8), topped Del Pickarts, JT (184-6).

Continued on page 25

Year Men Women 1978 George Ker 1979 Ernie Billups Irene Obera 1980 Al Oerter Joann Grissom 1981 Jim Burnett Judy Fox 1982 Al Oerter Phil Raschker Jack Greenwood 1983 Polly Clarke 1984 Ed Burke/ Irene Obera Parry O'Brien 1985 Jim Burnett Polly Clarke 1986 Jack Greenwood Christel Miller 1987 Tom Patsalis Phil Raschker 1988 Gary Miller/Stan Whitley Phil Raschker **OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR** 1985 Brian Oldfield, 40 Shot put, 70'3" 1986 Jack Greenwood, 60 100m hurdles, 14.98 1987 John Powell, 40 Discus, 236'6" 1988 Larry Stuart, 50 Javelin, 215'9" **OUTSTANDING MULTI-EVENTS ATHLETE** 1985 Boo Morcom 1986 Gary Miller Gary Miller 1987 Gary Miller 1988 1988 AGE-GROUP AWARDS TRACK FIELD M35 Marion McCoy CA Steve Smith OR Stan Whitley CA Charles Rader M40 CA Theo Viltz CA M45 Lloyd Higgins CA Frank Little CA Ed Hill AL Glennie Johnson MI M50 Richard Rizzo NJ **Larry Stuart**

CA

CO

TX

OR

NY

CA

MD

NY

OH

GA

NY

CA

OH

NY

WI

CO

CO

MO

CA

Phil Mulkey

Phil Brusca

Boo Morcom

Jim Vernon

Claude Hills

Ken Carnine

Burt DeGroot

Herb Anderson

Collister Wheeler

Sheila Carpenter

Vanessa Hilliard

Bernice Holland

Pearl Auerbach

Helen Tendler

Helen Stephens

Edith Mendyka

Ruth Blattert

Christel Miller

Sally Polk

Janet Wilson

Phil Raschker

OUTSTANDING MASTERS TRACK AND FIELD ATHLETES

Selected by the TAC Masters Track & Field Committee

Presented to the outstanding male and female track & field athletes in the

How the Masters Track & Field Awards Were Chosen

by BEV LA VECK, Masters T&F Awards Committee Chairman

Prior to the 1988 TAC Convention, members of the Awards subcommittee individually prepared lists of potential candidates.

Pete Mundle's 1988 age-marks list was used extensively, along with additional names from committee members.

It was decided to include 35-39 athletes, and to limit the outstanding athlete awards to those who participated in at least one masters meet during the year. An exception is traditionally made for the outstanding single performance award, which can be won by any 40 + athlete.

In the future, five-year recognition awards will be given to athletes beginning at age 30 (providing the athlete participates in masters competition).

In deciding both the five-year and major awards, consideration given to participation in national championships, quality of competition, age-graded scores, and records. A recurring dilemma occurred regarding those situations in which an athlete won several national championship medals, but whose best performances were surpassed by an athlete who attended no championships. This was sometimes resolved by dual awards, but, in some cases,



Chuck Phillips was named the 1988 administrator-of-theyear by TAC's Masters Track & Field Committee for his pioneer work in developing agegraded tables.

by dual awards, Photo by Gretchen but, in some cases, Snyder the committee gave greater weight to

Although the committee tried to avoid joint awards, there were several instances in which a single decision was impossible. In the case of the outstanding male athlete award, for example, the committee deliberated over two

the championship performance.

the committee deliberated over two days time, tallied the feats of both Whitley and Miller in alternate ways, discussed their performances from different points of view, played "devil's advocate" roles, and finally decided

Ideally, perhaps, a purely "objective" selection system based on some kind of point and specific criteria formula should be used. It's quite likely, however, that the result would be the same athletes as the current system

both men were equally deserving.

I would like to expand the Committee from its current membership of Christel Miller, Pete Mundle, Rex Harvey, and Al Sheahen to a 15-20 member body including a representative of each age group, which could select award recipients by ballot.

Several worthy athletes must be mentioned. Irene Obera was a close competitor for the outstanding female athlete award. Ed Hill's 55-2 shot and Gary Miller's 6000 + decathlon score were good candidates for the outstanding single performance award. In the five-year recognition awards, the following were edged out by the barest of margins: Stan Druckrey, Milan Tiff, Harold Nolan, Bob Miller, Nick Newton, Wendell Palmer, Bob Watanabe, Del Pickarts, Bob Hunt, Ed Lukens, Payton Jordan, Carol Johnston, Barbara Pike, Lurline Struppeck, Ann Carter, Maggie Kuehne, and Vivian Nelson.

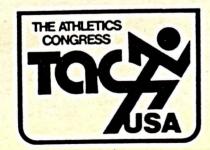


Race Walking Awards

A 17-person Masters Advisory Committee (Viisha Sedlak, Ray Funkhouser, Alan Jacobson, Ruth Leff, Rose Kash, John MacLachlan, Bob Fine, Bernie Finch, Bernie Kaufman, Alan Wood, Don Henry, Richard Oliver, Elaine Ward, Frank Alongi, Elliott Denman, Lori Maynard, and Bob Keating) voted on the nominations for masters awards. Ballots were received from 13 members, with individual abstentions, and the tallies were close.

Recognition began at age 40, but submasters may be added in the future. Losing by narrow margins were George Heller, Tony Perona, Harry Drazen, Rose Kash, Eugene Kitts, LaVonne Hottensmith, Gary Null, John Fredericks, and Bob Keating.

Because of excessive commitments, two members of the Masters RW Advisory Committee must be replaced. I'd like 2-4 interested volunteers from anywhere in the southwest or central part of the country. In addition to selecting the masters RW awards, the Committee can share information and take a position on any number of issues affecting masters RWers, including giving advice or consensus to TAC's RW and Masters T&F Committees.





David Pain, the founder of the U.S. masters track & field program, was chosen the masters administrator-of-the-year by TAC.

Photo by Gretchen Snyder

MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

1978 Pete Mundle

1979 Al Sheahen Kathy Brieger 1980 Bob Fine

Ruth Anderson 1981 Bruce Springbett

Fred Mannis 1982 George Hatzfeld

Jack Kelly 1983 Jim Weed

1984 Jerry Donley

1985 Gary Miller 1986 Pete Mundle

1987 Frank & Dorothy Anderson

1988 David Pain

Chuck Phillips

1988 Awards Also Go to Stuart, Pain and Phillips

Continued from page 24

M65 Track: John Alexander, 200 (27.8), 400 (63.2), beat out Bob Hunt, 100H (17.7w), 300H (51.3). Field: Boo Morcom, PV (10-4), HJ (4-4), was picked over Ed Lukens, TJ (33-5).

M70 Track: Dan Bulkley, 800 (2:36), 1500 (5:30), 2000 SC (8:38), 300H (52.5) narrowly edged Payton Jordan, 100 (13.0w), 200 (27.3); and Bill Weinacht, 100 (14.1), 200 (28.7), 400 (66.1). Field: Jim Vernon, PV (10-3), bested Bill Morales, JT (147-8); and Hy Booth, DT (141-6).

M75 Track: A tie between Bert Morrow, 100 (15.7), 400 (72.6), 80H (16.6), 300H (64.3); and Bill Brobston, 1500 (6:28), 5000 (22:52), 10,000 (46:10). Field: Claude Hills, HJ (4-0), PV (6-6), LJ (12-8), TJ (25-3), plus 100 (16.0), 200 (33.7), 80H (16.8), 300H (61.1), was selected over Carol Johnston, PV (9-5).

M80 Track: Ed Benham, 1500 (6:10), 5000 (21:58), 10,000 (44:10), won over Byron Fike, 100 (16.0), 200 (34.3), 400 (80.4), 800 (3:42), 1500 (8:02). Field: Ken Carnine, DT (97-3).

M85 Track: Konrad Boas, 100 (19.2), 200 (38.3w), 400 (95.2). Field: Herb Anderson, LJ (8-6), TJ (20-0), SP (20-7), DT (58-11), JT (59-1), bested Arling Pitcher, HJ (3-4), PV (5-8), LJ (6-6), TJ (15-11). DT (53-7), JT (47-4); and Buell Crane, LJ (7-5), SP (23-6), DT (64-1) JT (57-4).

M90: None.

M95 Field: Collister Wheeler, LJ (5-10), DT (48-7), JT (46-10).

W35 Track: Nancy Shafer, 800 (2:20), 1500 (4:43), won when the committee voted not to include Francie Larrieu's marks set in open meets. Field: Janet Wilson, SP (33-7), DT (146-11), tied with Sheila Carpenter, JT (165-10). Jane Frederick had outstanding marks, but not in masters meets.

W40 Track: Phil Raschker, 100 (12.6), 200 (24.5w), 80H (12.0w). Field: Raschker, HJ (5-1), PV (8-11), LJ (17-10w), TJ (33-9). Also considered: Lurline Struppeck, SP (34-0), DT (107-4), JT (139-3).

W45 Track: Marilyn Mitchell, 100 (13.6), 200 (27.9w), 400 (65.8), pipped Barbara Pike, 400 (71.6), 800 (2:37), 1500 (5:46), 3000 (12:29). Field: Vanessa Hilliard, SP (33-2), DT (90-7), narrowly defeated Ann Carter, LJ (11-0), TJ (22-0), 80H (18.0).

W50 Track: Irene Obera, 100 (13.5), 200 (27.7), 400 (65.1), won over Jeanne Hoagland, 800 (2:39), 1500 (5:25), 3000 (12:04). Field: Christel Miller, HJ (4-1), LJ (12-4), TJ (26-11), DT (78-7), JT (104-5).

W55 Track: Sally Stiegelmier, 100 (15.1), 200 (33.4), 400 (76.0). Field: Sally Polk, SP (26-0), DT (74-5), HT (82-3), JT (73-5), bettered Magdelina Kuehne, LJ (12-0), TJ (27-7w), DT (57-8), JT (57-2).

W60 Track: Pat Peterson, 100 (16.9), 200 (35.5), 400 (80.0), 300H (71.7). Field: Bernice Holland, LJ (10-5), TJ (23-4), SP (31-7), DT (90-0), JT (83-2).

W65 Track: Carol Peebles, 100 (19.8), 200 (41.4), 400 (96.1), 800 (3:58). Field: Tie between Helen Tendler, SP (24-11), LJ (8-8); and Pearl Auerbach, SP (21-7), DT (53-4), JT (60-7).

W70 Track: Pearl Mehl, 100 (21.2w), 200 (44.5w), 400 (1:41), 800 (3:47), 1500 (7:44), 5000 (29:48), 10,000 (1:07:12); over Marjorie Smith, 100 (20.0), 200 (43.9), 400 (1:44); and Molly Mackown, 100 (18.6), 400 (1:40), 10,000 (1:06:17). Field: Helen Stephens, SP (28-4), DT (59-1), JT (67-8).

W75 Track: Polly Clarke, 100 (17.1), 200 (38.0), bested Fran Patterson, 800 (3:11), 1500 (6:46), 5000 (32:19). Field: Edith Mendyka, LJ (4-8), SP (22-7), DT (44-3), JT (58-1), won over Vivian Nelson, HJ (3-4), LJ (7-0); and Marie Uebel, LJ (7-6), SP (20-4), DT (42-11) and JT (42-3).

W80 Track: Anna Ward, 100 (26.0), 200 (57.8), 400 (2:22), 1500 (11:09). Field: Ruth Blattert, LJ (5-10).

W85 Track: Mary Ames, 400 (2:50), 800 (6:14).□

(Athletes' marks compiled by Pete Mundle. Story written by Bev LaVeck and Al Sheahen.)



TAC Selects 20 Outstanding Runners

Continued from page 1

Great Race). His 15K times were 48:32 (Utica Boilermaker) and 47:15 (Cascade Run Off). He was the only 40+ runner in the men's Olympic marathon trials (2:28:10), and added marathons of 2:22:25 (Houston-Tenneco), 2:20:40 (Stamford, where he was the first runner overall), and 2:19:48 (TAC Nationals), which came two days after the voting.

Other contenders were Web Loudat, masters winner in the Bolder Boulder 10K (32:50); Larry Olsen, who won the National 10K (31:14) in Asbury Park, upset Schlau at Peachtree (30:49), and ran a 5K in 14:43 (St. Patty's) and a half-marathon in 1:08:24 (New Bedford); Wes Wessely, who upset Rodgers in the Hospital Hill Half-marathon (1:10:39 to 1:11:25); Barry Brown, who beat Schlau in both the Cotton Row 10K (31:57 to 32:09) and the Maggie Valley 8K (25:17 to 25:23); and Athol Barton, with impressive masters wins in the Tulsa Run 15K (48:15) and Parkersburg Half-marathon (1:11:41).

Binder, an Oakland, Calif. resident, set American female masters records in the 10-mile (57:11 at Crim) and 15K (52:40 at Gasparilla). She was the first 40+ woman in the Red Lobster 10K (34:25), New Bedford Half-marathon (1:17:10), Philadelphia Half-marathon (1:16:34), Freihofer's 10K (35:32), Cascade Run Off 15K (53:19), Twin Cities Marathon (2:44:57), Olympic Trials Marathon (2:42:29), and National Masters Marathon (2:43:23).

Runner-up was Barbara Filutze, first

5 Join NMN Sustainers

Each month NMN publishes a list of "sustainers," those who help support the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Thanks go to:

Age

40-44

45-49

50-54

55-59

60-64

65-69

70-74

75-79

80-84

85+

son, NJ.

The Athletes Foot Paul Reese Judith Kirchoffer **Bob Stone** Martin Leggett

Men

Bill Rodgers

Steve Lester

Norm Green

Paul Reese

Bill Brobston

Paul Spangler

Ed Benham

Orlo Kenniston

Anthony Napoli

Bill Olrich

female master in the Crescent City 10K (34:43), Peachtree 10K (36:03), National Masters 10K (36:07, where she beat Binder's 36:40), Parkersburg Half-marathon (1:22:26), and Maggie Valley 8K (28:48). She clocked marathons of 2:48:49 (Chicago) and 2:46:53 (Olympics Trials), and 15Ks of 57:05 (Boilermaker), 55:51 (River Run), and 55:16 (Gasparilla).

Other contenders were Gabriele Andersen, top 40+ female in the Boston Milk Run 10K (35:13), Bolder Boulder 10K (38:54), and Tulsa Run 15K (54:25); Jane Hutchison, leader in the ICI/USRA Masters Circuit, with a

(1:46:33). He also ran a 2:33:22 marathon at Twin Cities.

M60: Orlo Kenniston, 10K (37:00), 5K (18:13), 15K (56:37), 20K (1:17:44), 8K (32:05), half-marathon (1:22:10).

M65: Anthony Napoli, 8K (31:14), 10K (41:18), 5K (18:25 AR), and marathon (3:18).

M70: Paul Reese, 10K (42:33), 15K (65:25), 20K (1:26:46 AR), 30K (2:30:29), half-marathon (1:31:10 AR) and 10M

M75: Bill Brobston won five TAC Nationals: 15K (1:14:08), 5K (23:05), 10K (50:15), 25K (2:10:43), 30K (3:07:41); and ran 46:36 10K.

M80: Ed Benham, 10K (46:35), 15K

OUTSTANDING RACE WALKERS - 1988 Selected by the Masters Track & Field Committee of TAC Women Men Age 40-44 Alan Price Jeanne Bocci 45-49 Larry Walker Stella Cashman Richard Oliver 50-54 Sheila Smith 55-59 Max Green Ruth Eberle 60-64 **Bob Mimm** Ruth Leff 65-69 Harold Wright Marie Henry 70-74 Don Johnson Velma Jacobs Guilio dePetra 75-79 Adeline Crocker 80-84 Byron Fike Marilla Salisbury Chesley Unruh

1:21:48 Half-marathon (Hospital Hill), 34:48 10K (Pittsburgh Great Race), 54:41 15K (Tulsa), and 36:39 10K (behind Filutze at the Heartland Hustle); Angella Hearn, masters winner in the Brooklyn Half-marathon (1:16:52), L'eggs 10K (36:08), and Great Race 10K (34:31 to Hutchison's 34:48).

Awards in the other age-groups were as follows:

M45: Steve Lester, National 30K masters winner (1:43:21), who set a pending 10K M45 AR of 30:09 in his home town of Magna, Utah, and recorded times in the marathon of 2:23:10 and 2:26:32 (Boston), and 10K of 31:38 (Myrtle Beach).

M50: Bill Olrich, National 10K titlist (34:06), with times of 55:29 (10-miles), 32:36 (10K) and 53:19 (15K).

M55: Norm Green set six U.S. M55 records: the 20K (1:10:11, where he was first overall in the TAC Nationals), 25K (1:25:28 in Brugge, Belgium), 10M (54:28), 15K (50:45), 10K (33:20), and 30K

CA

CA

CA

NJ

CA

CA

AK

II.

CA

FL

OUTSTANDING LONG DISTANCE RUNNERS — 1988

Selected by the Masters Long Distance Running Committee of TAC

MA

UT

KY

PA

WA

NV

CA

NY

MD

CA

Otto Essig Award for Outstanding Contribution to Masters LDR: Phil Ben-

Women

Laurie Binder

Shirley Matson

Toshiko d'Elia

Jaclyn Caselli

Marcie Trent

Anne Clarke

Mavis Lindgren

Ruth Rothfarb

Gina Faust

Helen Dick

(68:09 AR), 10-mile (1:15:25 AR).

M85: Paul Spangler, 10K (65:52), 20K (2:48:06), 30K (4:39:30 AR).

W45: Shirley Matson set six U.S. W45 records: 5K (18:09), 10K (35:44), 15K (55:50), 10M (59:19), half-marathon (1:19:23), 30K (1:59:25).

W50: Gina Faust, 8K (31:19), 10K (38:10), 5K (18:50), 12K (48:44 AR), 20K (1:22:36 AR), 30K (2:09:32 AR), 10M (65:44).

W55: Toshiko d'Elia: 8K (34:30), 10K (42:35), 10M (70:43), half-marathon (1:35:04), marathon (3:23:12).

W60: Helen Dick: 5K (21:40), 8K (36:19), 10K (44:20), marathon (3:31:09).

W65: Jaclyn Caselli, 8K (39:29), 10K (47:49 AR), 12K (63:15), 20K (1:42:50 AR), 30K (2:58:06), half-marathon (1:54:51 AR), marathon (4:24).

W70: Marcie Trent, 5K (26:22), 10K (53:21), half-marathon (1:58:27), marathon (4:11:54).

OUTSTANDING MASTERS RACE WALKERS

Presented to the outstanding male and female masters walkers.

Selected by the TAC Masters Track and Field Committee.

Men	Women
1978 John Allen	14.00
1979 Ron Laird	Lori Maynard
1980 None	State of the second
1981 Gordon Wallace	Lori Maynard
1982 Bob Mimm	Bonnie Dillon
1983 John Knifton	Beverly La Vech
1984 Larry Walker	Jeanne Bocci
1985 Bob Mimm	Ruth Leff
1986 Guilio de Petra	Beverly La Vech
1987 Max Green	Ruth Eberle
1988 Bob Mimm	Marie Henry
	The transfer of the second second



Bob Mimm, 63, was chosen masters race walker of 1988 by TAC.

Photo by Sports Pix

W75: Anne Clarke, winner of the Midwest Masters Age-Graded 10K (agegraded to 28:43), 5K (29:37), 10K (59:24), half-marathon (2:15:36), 10M (1:42:01).

W80: Mavis Lindgren, 30K (4:13:30), marathon (5:57).

W85: Ruth Rothfarb, 10K (1:16:55) edged Mary Ames, 10K (1:21:16). □

(Runners' times compiled by Ruth Anderson and Kirk Randall. Story written by Al Sheahen.)

Five Years Ago

· Jack Greenwood, 57, and Polly Clark, 73, named U.S. TAC masters track & field athletes-of-the-year. Jim Weed voted top administrator.

• At age 54, Sister Marion Irvine makes Olympic Trials by running 2:51:01 marathon.

 John Knifton, Bev LaVeck named top U.S. masters racewalkers of 1983.

 Bill Stewart, Cindy Dalrymple voted best age 40-44 long distance runners.

· Jerry Donley elected Chairman of TAC Masters T&F Committee; Bob Boal heads masters LDR.

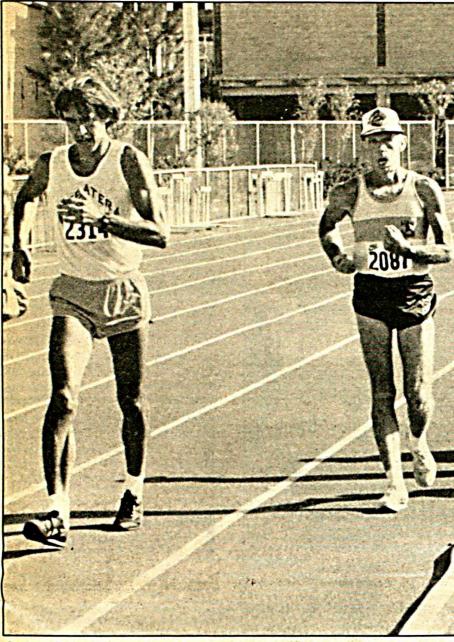
knov me. much medi was

of all

ly, a mear **Oerte** knov tions coun - W

or ac those have ners races, ran st 12 year

than Sub-28 1980,



Southwest Regional Championships 1600 walkers, New Orleans: E. Whiteman #2314 (M45, 8:13.2) and Don Lee (M50, 8:45.8). Photo by Danny Thiel

Profile Continued from page 16

know many other people agree with me. As for Viren, there has been so much rubbish about him in foreign media that I want to put it straight. He was perhaps the most talented runner of all time, both mentally and physically, and the Olympics had the same meaning to him as they had to Al Oerter. There have been those wellknown questions about Viren (allegations of blood packing), but I will counter with two other questions: One - Why is the winner always suspected or accused of something illegal while those behind him are not? Two - Why have there been so many excellent runners who did so well in all other big races, EXCEPT the Olympics?

"Also, let us not forget that Viren ran sub-14 minutes for 5000 meters for 12 years in a row, ten of those faster than 13:40. At 10,000, he ran sub-28:30 every year between 1971 and 1980, except for 1977, when his best was 28:39.8. How, then, can he possibly be labeled as a 'flash in the pan.'?

"As a Finn, I, of course, cannot be happy with what Martti Vainio and Kaarlo Maanikna did, but I am also 100 percent certain that whatever they did, that has also been done by lots of other runners. During the years, I have kind of grown hard-calloused about top track and field, but I am proud to report that at the moment, track and field in Finland is among the cleanest in the world. Since 1984, our athletes have been regularly tested, and the athletes don't mind it at all. In fact, they welcome it."

Hannus added that he has a feeling that masters track and field is not completely void of drugs. "It seems to me that in some instance masters track is being taken too seriously, perhaps including the desire to use drugs. Let us be spared from the day when doping tests will be a reality in masters track. That will be the end of a very fine era, and the end of masters sport."

As Hannus sees it, masters competition should be fun and friendship, a counterbalance to everyday work. "You may try to find out your limits, but without stress," he suggests. "There is too much of that in life already." - Mike Tymn

The 12th Annual Can-Am Cross-Country Challenge

Continued from page 23

ground uphill and downhill, but, in between, Olsen surged and attained a confident lead by the 3/4 mark of the race, sweeping in to enthusiastic U.S. support for a 20-second victory. Then came five Canadians led by Scott with only Brown splitting them, only for the pendulum to swing again as Lew Faxon, M45, of Virginia, and Jerry Smith, M45, of New York led a long line of U.S. M45s home.

The M50 race was a contest between Canada's Ben Johns and Gary Baker. Johns poured it on hard throughout, and try as he might, Baker could never get in front of him. The M55s presented an opposing picture as two fine U.S. runners staged a hard-fought race in which Bob Brock outran Ed Stabler.

The M60 race saw New York's Howard Rubin run a blockbuster, finishing 31st overall, ahead of all the M55s, except Johns and Baker. In the M65s, Kurt Gelbhaar, Sudbury, Ont., defeated home-course runner Nate White (soon to be 70). Whitey Sheridan, Waterdown, Ont., captured the M70s, with Bob Boal of North Carolina, the oldest runner in the race, leading the U.S. competition in this division.

Neither side was well-represented numerically in the women's divisions, but there was good quality. Brenda Baker, Gary Baker's wife, turned in an excellent performance in the W35 race, finishing first woman in 38th overall, ahead of second-place W35 Laura Lynn, also of Canada. Sue Terwilliger of New York showed the way in the W40s, a few places ahead of Toronto's Nancy Wells. The other women's divisions were dominated by Canadians: Audrey Heimstra, W45; Molly Turner, W50; Ruth Carrier, W55; and Judith Kazdan, W65. Following a post-race meal, Jerry Smith, after overcoming a few computer glitches, returned with the results. After award presentations to the winners, the official announcement came: "USA 690, Canada 611. Low score wins."

So, Canada retains the trophy. Brian

Oxley, CMAA President, in accepting, said that the result mattered a lot less than the common bond promoted among those who had survived this memorable course.

The individual divisional awards were shirts with the 12th Can-Am Challenge motif on the front while the back read, "Perfida et senectu superant et artum et juventatem!" -Cunning and maturity will defeat skill and youth. Not a bad motto for all masters.

Congratulations and thanks to the Syracuse Chargers for a great day.



San Diego's Jim O'Neil winning the M60 10,000 in 37:56.32 in Orlando, O'Neil is the only athlete who has competed in all 21 U.S. National Masters Track & Field Championships. Photo by Linda Pain

MASTERING THE SPRINTS

AN INSTRUCTIONAL VIDEO FOR THE MASTERS SPRINTER

ONLY VHS FORMAT

Covers:

Sprint Skills

Philosophy of Training

Speed Development

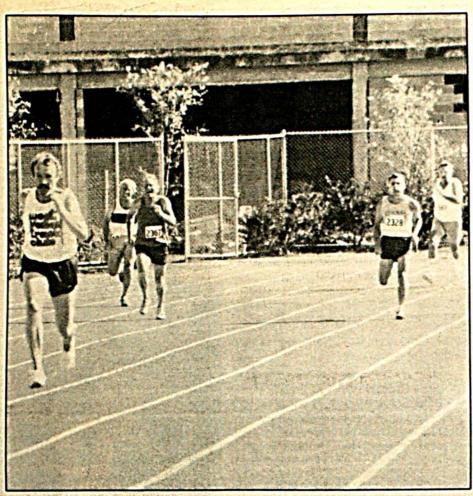
Proper Running Form

Plyometrics

Developing a Yearly Plan

And Much, Much more

A video developed specifically to aid in the development of the masters sprinter. Produced by Scott Sanders, a proven masters coach. No serious masters athlete should be without this tape. Get ready for the indoor racing season and order your copy today. To order: send check or money order for \$39.96 \$3.00 P & H to: VIDEOSPORT PRODUCTIONS, P.O. BOX 1735, Boulder, CO 80306.



John Poppell, M55, 200 first (26.3), Southwest Regional Championships, New Orleans.

TACSTATS/USA, THE NATIONAL CENTER FOR LONG DISTANCE RUNNING RECORDS RESEARCH, 7745 S.W. 138 TERRACE, MIAMI, FLORIDA 33158 (305) 253-8448

TOP 25 MALE MASTER ROAD RUNNERS OF 1988 (JAN. 1 - NOV. 6 1988) IN ORDER OF PERFORMANCE VALUE EARNED IN MAJOR U.S. EVENTS

	ATHLETE NAME	CTZ	PF	RIZES	OF RACES	TOT. POINT
1	BILL RODGERS	USA	5	7750	8	5617
2	MICK HURD	GBR	5	13500	13	4662
3	ALLAN RUSHMER	GBR	5	5350	9	3212
4	BOB SCHLAU	USA	5	5450	11 200	2579
5	LARRY OLSEN	USA	5	5150	9	1925
6	RYSZARD MARCZAK	POL	5	15000	2	1398
7	BARRY BROWN	USA	5	1400	7.	1249
8	KJELL E. STAHL	SWE	5	10000	2	1016
9	ANTONIO VILLANUEVA	MEX	5	1300	3	719
0	KEN FRENCH	CAN	5	1600	2	708
1	FRANK SHORTER	USA	5	1275	6	653
2	ATHOL BARTON	USA	5	1000	3 101	647
3	WEB LOUDAT	USA	5	2640	8	625
4	MURRAY HUNT	NZL	5	800	100100	602
5	JOSEF MACHALEK	SWE		0	1	232
6	BERNIE ALLEN	GBR	5	650	4	205
7	JOZEF BABYNECZ	HUN	5	375	The state of the s	153
8	NICOL BERGERON			1500	1 1	147
9	STEVE FERRAZ			300	2	92
0	ATLAW BELILGNE			300	3	35
1	HAROLD NOLAN	USA			2	34
2	WALLY HERRALA			0		27
23	DAVE STEWART	CAN	5	300	2	24
4	MIKE CREERY	CAN			1	22
25	CARL NICHOLSON	USA	-	100	565 045	19

TOP	25	FEMALE	MASTERS	ROAD	RUNNERS	OF	1988	JAN. 1	-	NOV. 6, 1986	8)
										S. EVENTS	

	IN ORDER OF PERFORMANCE	VALUE	EA	RNED	IN	MAJOR	U.S.	EVENTS	
	ATHLETE NAME	CTZ	P	RIZES	1	# OF I	RACES	TOT. PO	INTS
1	LAURIE BINDER PRISCILLA WELCH GABRIELE ANDERSEN BARBARA FILUTZE JANE HUTCHISON ANGELLA HEARN ERNA KOZAK NANCY MCLAREN GAIL LADAGE SCOTT PATRICIA SHER MARY WOOD	USA		17305		13	THE	4475	
2	PRISCILLA WELCH	GBR		29100	1	6		2540	
3	GABRIELE ANDERSEN	USA	5	6100) E.	10	1-3	1813	
4	BARBARA FILUTZE	USA	. 5	12590		15	Ser.	1805	
5	JANE HUTCHISON	USA	5	3075	1	5	A STATE OF	1316	
6	ANGELLA HEARN	GBR		5950		5		1024	
7	ERNA KOZAK	CAN		600	1	2	100	376	
8	NANCY MCLAREN	CAN		1050	- 33	2	Sales of the	336	
9	GAIL LADAGE SCOTT	USA)	70-1		216	
10	PATRICIA SHER	USA	5	500)	1		172	
11	MARY WOOD SUSAN HAVENS	USA		750	,	3	SOURCE	146	
								01	
13	FORDIE MADEIRA	USA		450		2		53	
	BETSY HARSHBARGER					1		50	
15	MARY ELLEN WILLIAMS	USA		400		1		42	
16	JUANA STAVALONE	ESP		600)	1		19	
17	CINDY DALRYMPLE	USA		200)	. 1		17	
18	SALLY EDWARDS CHRIS TATTERSALL LUDY GREER	USA	, ,)	1		13	
19	CHRIS TATTERSALL	NZL		750	-	2		11	
20	JUDY GREER	The second second	•	N.	9 1 4			10	
21	JUDY GREER EILEEN PORTZ-SHOVLIN	USA		500	147	1		8	
22	NANCY OSHIER KATHY BROWN ROBIN EMERY-RAPPA PATTI DONLEY	USA		100	2	1		7	
23	KATHY BROWN	USA		100	1	1		6	
24	ROBIN EMERY-RAPPA	USA		300		1		5	
25	PATTI DONLEY	USA		()	1		4	

Binder, Brown Are Old Reliable Winners

by TERI INGRAM

Barry Brown, now 44, and Laurie Binder, 41, were the fastest masters age-graded runners in the November 13 running of the Old Reliable 10K Run, Raleigh, N.C.



Ann Michalek strides to victory in the W35 800 in 2:24.8, Empire State Games, Syracuse, August 5. Photo by Paul Murray

Brown ran an admirable 30:47 for an age-graded time of 29:02. Brown out-distanced Steve Cowley, 41, who had an actual time of 31:04, or an age-graded 29:13. Jim Larson, 52, was third age-graded runner with his 35:33/31:18.

In the women's race, Laurie Binder and Barbara Filutze had their usual battle for the masters title, with Binder triumphing in 35:11, or an age-graded time of 32:58, and 13th overall finish. Filutze, 42, undoubtedly recovering from her masters win in the October 30 Chicago Old Style Marathon, coasted in at 36:00, or an age-graded 33:44. Third place went to W35 Sherry Kanoy, nearing her 40th birthday, with 37:33/36:24.

While the men competed in five-year age groups up to 60+, women had to contend with 10-year divisions to only 50+. Joanne Fleischmann was first W60 with her 52:40, or age-graded 41:18, but got no credit in a 50+ race. Overall winners were John Gregorek, 28, in 28:23 and Lynn Jennings, 28, 31:33.

Sy Mah Dies

Marathoner Sy Mah, 62, died in Toledo, Ohio in early November of cancer. Mah holds the world record for running the most marathons — 524. He accomplished the record in 20 years, averaging one every two weeks and, more recently, racing almost weekly.

In addition to being one of the best-known marathoners in the world, Mah influenced the event in other ways. In 1964, he founded the Metro Toronto Fitness Club in Canada, and coached distance runners. For many years, he worked in physical education at the University of Toledo, which has set up the Sy Mah Memorial Fund to improve its running facilities.

Lastly, and for this he may be more revered than for his marathon count, he eased countless people into running and completing marathons.

WOLFPACK 50 MILER NATIONAL MASTERS CHAMPIONSHIPS OHIO TAC OPEN CHAMPIONSHIPS



Columbus, Ohio April 9, 1989

Send SASE: John White 4865 Arthur Place

Columbus, OH 43220 h 614-459-2547 o 614-424-7011



MASTERS SCENE

NATIONAL

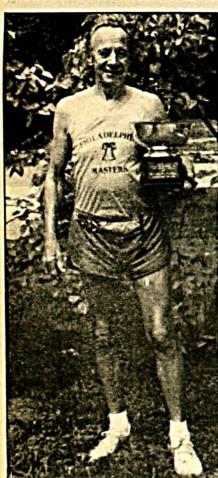
• Chuck Galford, director of the 11-year-old Cascade Run Off in Portland, OR, was announced the winner of the annual Road Race Management Race Director of the Year Award on November 12 by Road Race Management, the monthly newsletter for road race officials. Galford was the co-founder of the race, which was the first major race in the world to openly pay prize money, setting the stage for the ARRA circuit and the liberalization of TAC and IAAF amateurism rules.

EAST

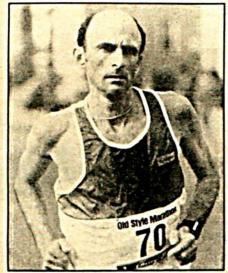
- Vince Carnevale, Newark, NJ, broke Ed Stotsenberg's U.S. age-72 5K record of 21:39 with a 21:12 in the Ramsey Run, NJ, September 10.
- Mike Hayney, 50, of Philadelphia finished seventh of 500 runners with a 2:45:17 in the rain, wind, and mud in the Fairmount Park Marathon, Philadelphia, November 20.
- William Eipel, N.Y., captured the WR for age-75 with the 800g javelin with a 93-10 in June. The old mark of 82-9 belonged to the late Red Doms of California.
- Masters runners, all 13-to-23-year olds at the time of the Japanese attack on Pearl Harbor, remembered that historic event with the 9th Annual Pearl Harbor Memorial 5.2 Mile Run, Waterford, CT, December 4. Running in tough conditions, Dennis Crow (27:30) and Geraldine Palonen (36:55) easily took the firsts. Bob Greenleaf, Westfield, MA, who finished fifth in the M60+ race, was at Pearl Harbor on December 7, 1941, serving in the Navy Gunnery School

MIDWES

 Jim Park, 46, of Romeo, MI, ran 22:27 to place fourth in the Metro-Macomb Thanksgiving



Rudolph Nilsen was named the 1987 Outstanding Male Masters performer for the Middle Atlantic region. His M75 200 (34.3) and 400 (77.1) marks helped earn him this award.



Mick Hurd races to a masters win (2:24:15) in the Old Style Chicago Marathon, October 30. Photo by Sailer, Ltd.

Day 4 Mile, Mt. Clemens, MI, one of the oldest Turkey Day runs in the Midwest. First W40+ was Roberta Thaxton, 44, in 29:41. Fred Gurol, 67, ran 29:50.

• John Jenk, Greendale, WI, and Gwenell Archer, Davenport, IA, scored comfortable masters wins in the Milwaukee Waterfront Marathon, October 9, with respective times of 2:38:09 and 3:17:26. Undaunted by younger runners in the M50-59 division, Larry Engel, 57, Grafton, WI, made no concessions, winning the division in 2:54:36, as did Beverly Lambe, 57, Mononan, WI, taking the W50-59 race in 3:35:25. Sixty-and-over victories went to John Moran (3:25:29), Cudahy, WI, and Mabel Verge (4:10:47), Rock Island, IL.

MID AMERICA

• Gorden Powell, 79, set a single-age WR for the 35-lb. weight with a 22-9% (6.95) throw in the Kansas Big Guys Weight Classic in Lawrence, October 22. The old record (20-5%) was held by Arnold Ticmanis of Canada.

SOUTH WEST

• Jesse Castaneda, 48, of Albuquerque established a new non-stop American walk record of 328.9 miles, walking a total of 116 continuous hours from Monday, October 31, 8:20 a.m., to Saturday, November 5, 5:00 a.m. George Holtyzer of Belgium established the world mark of 418.49 miles in 1986. Castaneda is already planning his next ultra—a walk from Mexico to Canada through the Western states. In non-stop walking, participants are permitted up to a 5-minute break after every hour of walking.

WEST

- Tim Carpenter (40, 17:28) and Sandra Coffey (42, 19:41) took the 40-and-over contests in the 5K portion of the Yolo General Hospital Turkey Trot, Yolo County, CA, November 19. Top masters in the 10K were George Mason (45, 34:23) and Julie Yaffee (45, 41:31). Kit Pickles, 63, ran 51:34 in the W60+ division. A remarkable 1386 of the 1400+ registered runners finished the race.
- Dave Douglass, M55, Los Angeles, who led all other members of the So. Calif. Striders in the '88 t&f medal count (33 gold, 21 silver, 8 bronze), won the national ADFPA Powerlifting Championship, 75kg (165 lb.) class with a 943-lb. total (325 squat, 200 bench press, 418 dead lift), which represented two national championships this year in different sports, the

first coming in the M55 National Masters Indoor

- Shirley Matson, 47, broke her own age-group AR by one second with a 55:50 in the Silver Slate 15K in Nevada, October 9. Recovered from injuries, Sal Vasquez, 48, beat Jerry Jobski and Steve Ferraz for the M40+ first (49:49).
- Masters winners in the Long Beach Half Marathon, November 12, Long Beach, Calif., were Ron Jensen (M40, 1:15:31) and Mary Campbell (W40, 1:27:34). Almost 3000 competitors participated in the event, which ran around the Queen Mary at the shoreline.
- •Bill Van Fleet, who recently set a single-age (73) record at the November 13 National 30K, went out two weeks later to set another one for the half-marathon with a 1:46:41 in the NIKE San Francisco Half, December 4. Van Fleet knocked nearly six minutes off the record set in 1985 by Vernon Geary (1:52).
- The Bruce Jenner Grand Prix T&F Meet in San Jose, Calif., May 28, will stage a 1500 for 40+ runners, a 200 for 50+, and a 100 for 60+. Run in front of 10,000 people. For invitation details, call Bruce Springbett, 408/354-7333.

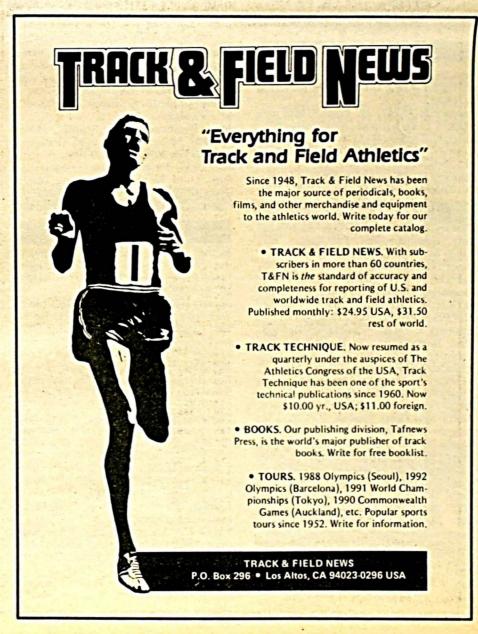
INTERNATIONAL

- New Zealand's Dick Quax, once holder of the world 5000 record, is now 40 and ran the 10K in 1988 in 29:42.
- Ron Bell won another veterans race in the Butetown Mile at Cardiff in August in 4:21 in windy conditions. Bell was followed by Malcolm Sheffield (4:26) and Alun Roper (4:30).
- Mike Boit, who many feel could be the first over-40 runner to break four minutes in the mile, officially turns 40 on January 6. The Kenyan Olympian's birthdate is recognized by the WAVA Records Committee, as a result of research done by Track & Field News.



Alex Ratelle, 64, set a pending age-group 50K record of 3:45:55 at the Edmund Fitzgerald 50K, Duluth, Minn., October 22.

Photo by Scott Schneider



schedule

Track and field events feature competition for men and women over 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 newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.



TRACK & FIELD NATIONAL

March 19. TAC National Masters Indoor Pentathlon Championships, Carlisle, Pa. SASE for application. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385 until 11:00 p.m. Pre-entry

March 31-April 2. U.S. TAC National Masters Indoor Championships, French Field House, Ohio State U., Columbus, Ohio. James Pearce, 2449 Southway Drive, Columbus OH 43221. 614/481-8766 (evenings)

June 24-25. U.S. TAC National Masters Decathlon/Heptathlon Championships, Thomasville, N.C.

July 20-23. 22nd U.S. TAC National Masters Championships, San Diego, Calif. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.

EAST

January 6. Dartsmouth Relays, Hanover, N.H. Carl Wallin, 603/646-2848. See ad on page 22.

January 8, 15, 22, 29. Youth, Open and Masters (m&w) Indoor All-Comers, Fordham U., Bronx, NYC. 9:00 a.m. MAC office: 212/595-9640. NYRRC: 212/860-4455.

January 14. Philadelphia Masters Indoor Development Meet, St. Joseph's U. Pete Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

January 15. Brown University Masters Indoor Championships, Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.

February 4. MAC Masters Indoor Championships, Manhattan College, Riverdale, NYC. 9:30 a.m. MAC office: 212/595-9640. NYRRC: 212/860-4455.

February 5. Philadelphia Masters Development Indoor Meet, St. Joseph's U. Pete Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

February 26. New Jersey Athletics Congress Masters and Submasters Indoor Championships, Fairleigh Dickinson U., Hackensack. North New Jersey Masters, P.O. Box 56, Ridgewood, NJ 07011.

March 19. Bud Light/Penn Masters Indoor Meet, Carlisle, Pa. See "Nationals." No

June 17 or 24. MAC Masters Championships, Downing Stadium, Randalls Island, NYC Sandy Pashkin, 212/666-3671(h)

NYC. Sandy Pashkin, 212/666-3671(h). June 25. Rhode Island Senior Olympics, Lincoln High Sports Complex, Lincoln, R.I. Dolores Bergeron, R.I. Elderly Affairs, 79 Washington St., Providence, RI

July 9 or 16. Eastern Sectional (Regional) Masters Championships, Trenton St. U., N.J.

02903.

August 27. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 703/243-1290.

SOUTHEAST

January 21. Tampa Bay All-Comer Meet, University of Tampa Pepin Rood Stadium. 8:00 a.m. registration. City of Tampa Athletic Office — 238-6451; 223-8615; or Racers Edge — 988-6569.

January 28. 7th Annual Running Pentathlon (Masters & Open), Clearwater, Fla; Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 34616. 813/447-7161.

February 25. Tampa Bay All-Comer Meet, University of Tampa Pepin Rood Stadium. 8:00 a.m. registration. City of Tampa Athletic Office — 238-6451; 223-8615; or Racers Edge — 988-6569.

April 15-16. Palm Beach Masters Invitational Meet, John Leonard HS, Lake Worth, Fla. Frank Valdes, 6301 Dockside Circle, Greenacres City, FL 33463. 407/968-7171.

April 28-30. 19th Annual Southeastern Masters International Meet, NCSU, Raleigh, N.C. Includes pentathlons, 5K/20K walks, 10K run. Veronica Daleq Smith, c/o Raleigh Parks & Recr., P.O.T Box 590, Raleigh, NC 27602. 919/755-6641. May 20-21. Florida State Masters Championships, Delray Beach, Fla. Non-Floridians can compete for comparable medals. SASE to Bob Fine, 4223 Palm Forest Dr., Delray Beach, FL 33445. 407/499-3370.

June 10. Southeastern Masters Meet, Georgia Tech, Atlanta, Julia Emmons, Atlanta, GA 30305, 404/231-9064.

June 16-17. Tennessee Masters Championships, U. of Tennessee Tom Black Track. Dean A. Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743.

MIDWEST

January 7. Lake Erie Indoor Championships, Maple Heights, Ohio. Charlie Hall, 18616 Restor Ave., Cleveland, OH 44122. 216/561-5092.

January 8. Illinois Grand Prix Indoor Meet, Westwood Sports Center, Sterling, Ill. 11 a.m. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

January 21. 5th Annual The Athlete's Foot Masters Indoor Meet, Augustana College, Rock Island, Ill. A Grand Prix meet. Pete Stopoulos, 1029 16th Ave., E. Moline, IL 61244, 309/755-2655.

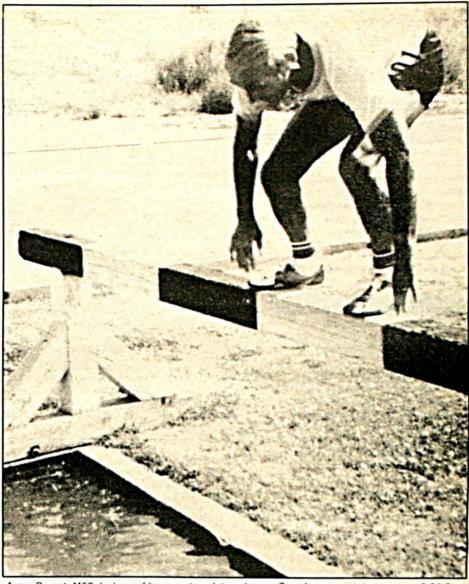
February 5. Illinois Grand Prix Indoor Meet, westwood Sports Center, Sterling, Ill. 11 a.m. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

February 11. CSU-Bakersfield/Bakersfield Californian Relays, Bakersfield, Calif. Charles Craig, 805/664-2347.

February 19. Illinois Grand Prix Indoor Meet, see February 5.

March 12. Ohio TAC Indoor Championships, OSU Fieldhouse, Columbus. Curtis Stitt, P.O. Box 09147, Columbus, OH 43209. 614/237-6513.

March 19. TAC Midwest Regional Masters Indoor Championships, Westwood Sports Center, Sterling, Ill. 11 a.m. Dick Green,



Avery Bryant, M60, looks as if he is contemplating doing a Greg Louganis on his way to a 9:06.2 in the 2000 steeplechase, Western Regionals, Los Angeles. Bryant went on to win in the nationals in 8:34.16.

Photo by Jerry Wojcik

P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

June 3-4. 6th Annual The Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. 3rd — pentathlon only. 4th—Grand Prix meet. Pete Stopoulos, 1029 16th Ave., E. Moline, IL 61244. 309/755-2655.

MID-AMERICA

May 30-31, June 1. St. Louis Senior Olympics, St. Louis Country Day School, St. Louis. 55+. Wendy Ludwig, c/o JCCA, No. 2 Millstone Campus Dr., St. Louis, MO 63146. 314/432-5700, x188.

June 19-24. U.S. National Senior Olympics, St. Louis. 14 Sports. Age 55 + . Linda Surtin, USNSO, 222 S. Central, St. Louis, MO 63105. 314/726-4550.

July 28-29. Show-Me State Games Finals, Columbia, Mo. Missouri residents only. Regional competition in 9 district cities in June. SMSG, 404 Jesse Hall, Columbia, MO 65211. 314/882-2101.

SOUTH WEST

April 21. Dallas Senior Games, P.C. Cobb Athletic Complex, Dallas. 50+. Ed Toliver, 2750 Bachman Dr., Dallas, TX 75220. 214/670-6258.

June 3. Southwestern Association Masters Championships, SMU, Dallas, Joe Murphy, 4704 W. Lovers Ln., Dallas, TX 75209. 214/357-5613. June 11. Runners' Pentathlon, Milne

June 11. Runners' Pentathlon, Milne Stadium, Albuquerque, NM. Tom Bell, 5905 Concordia Rd., Albuquerque, NM 87111. 505/821-2454.

July 8. Texas Masters Championships, U. of Texas, Arlington. Joe Murphy, 4707 W. Lovers Ln., Dallas, TX 75209. 214/357-5613.

WEST

January 8. Open and Masters Weight Pentathlon, Occidental College, Los Angeles. Bill Harvey, 213/259-2608.

January 28-29. All-comers decathlon/heptathlon, Cal-State L.A., Los Angeles. John Tansley. 213/224-3319.

February 11. CSU-Bakersfield/Bakersfield Californian Relays, Bakersfield, Calif. Charles Craig, 805/664-2347.

February 19. Orange Spring Games, Santa Ana City College, Santa Ana, Calif. Al Siddons. 714/532-0383.

March 5. Palm Springs Invitational Senior Olympics, Palm Springs HS, Palm Springs, Calif. 55+. Ben Green, 401 S. Pavilion, Palm Springs, CA 92262. 619/323-5679.

March 11. Sportarcade IV, Cal-State Northridge, Los Angeles. Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

March 18-19. All-comers decathlon/heptathlon, Occidental College, Los Angeles. Bill Harvey. 213/259-2608.

May 13, 4th Annual California Masters Team Championship, Los Angeles, Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

May 27. Anteaters Masters Classic, U. of California — Irvine. David A. Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

June 10. TAC/Pacific Association Championships, Los Gatos HS, Los Gatos, Calif. Willie Harmatz, P.O. Box 1328, Los Gatos, CA 95030. 408/354-5660.

June 17. SCA/TAC Masters Championships, Occidental College, Los Angeles. Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9

Continued on page 31

June
Athlet
moth
Earlde
213/8:
July 1:
Cal-St
Thom
Suite
213/6
July
Long

Janu

John Del R
July
Cham
Sacrai
916/4
July I
Angel
213/6
Septei
Relay
LAPC
Angel

Febru

All-co

OR 9
June
Stadin
100 D
206/6
June
Mem
Tigh
WA
June
Class
Jerry
ingfi
Augu

Marc pions Marc Glasg Deed:

513

Deeds July & Engla July Cham Men

Men

Continued from page 30

June 24-27, June 29-July 2. Mammoth Athletics Camp, Two 4-day sessions, Mammoth Lakes, Calif. John Cosgrove, 7411 Earldom Ave., Playa Del Rey, CA 90293. 213/823-9448.

July 1. World Masters Tune-Up Games III, Cal-State L.A., Los Angeles. Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

July 3-8. Olympian Coach T&F Camp, Long Beach State U., Long Beach, Calif. John Cosgrove, 7411 Earldom Ave., Playa Del Rey, CA 90293. 213/823-9448.

July 8-9. Western Sectional (Regional) Championships, Cal-State Sacramento, Sacramento, Calif. Michael Holzgang. 916/482-7881.

July 16. Trojan Masters Meet, USC, Los Angeles. Bob Stroble, 213/977-7492(w); 213/666-4964(h).

September 2. 5th Annual Patriots Summer Relays, Los Angeles. Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

NORTHWEST

February 11. Eugene Indoor Meet, Eugene. All-comer format. Paul Banta, Oregon International, 66 Club Rd., No. 235, Eugene, OR 97401. 503/683-5115.

June 3. Scnior Sports Festival, West Seattle Stadium, Seattle. 40 + Diana Hovland, 100 Dexter Ave., No., Seattle, WA 98109. 206/684-4951.

June 16-17. Federal Way Invitational, Memorial Field, Federal Way, Wash. Barb Tight, 33554 36th Ave. SW, Federal Way, WA 98023. 206/874-3226. June 24-25. 8th Annual Hayward Masters

June 24-25. 8th Annual Hayward Masters Classic, Hayward Field, Eugene, Oregon. Jerry Jackson, 933 North Ridge Ave., Springfield, OR 97477, 503/746-0605.

August 11-12. 11th Montana Masters. Championships, Montana St. U. track, Bozeman. Mike Carignan, P.O. Box 5132/MSU, Bozeman, MT 59717-5132.

INTERNATIONAL

March 24-27. Australian Veterans Championships, Perth, West Australia.

March 26. British Indoor Championships, Glasgow, Scotland. David Morrison, 12c Deeds St., Airdrie Lanakershire, Scotland. July 8-9. British Championships, Reading, England.

July 27-August 6. VIII World Veterans Championships, Eugene, Oregon, USA. Men 40+, women 35+. No qualifying



Steve Jones, with a M30 5000 winning time of 15:43, reaches for the finish, Empire State Games, Syracuse, August 6.

Photo by Paul Murray

standards. World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Barbara Kousky; Tom Jordan: 503/687-1989.

LONG DISTANCE RUNNING NATIONAL

January 14. ICI/USRA Masters Circuit \$10,000 National 8K Championships, Naples, Fla. Dean Reinke, 400 N. New York Ave., Winter Park, FL 32789. 407/647-2918.

April 9. U.S. National Masters 20K Championships, Medford, Oregon. Jerry Swartsley, P.O. Box 146, Medford, OR 97501. 503/664-6611.

April 9. U.S. TAC National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220, 614/424-7011.

April 29. U.S. TAC National Masters 5K Championships, Anchorage, Alaska. Roy Reisinger, 2630 Forest Pk. Dr., Anchorage, AK 99517, 907/786-1570.

May 21. U.S. TAC National Masters One-Mile Road Championships, Ridgewood, N.J. Arne Olsen, 286 S. Irving St., Ridgewood, NJ 07450. 201/444-7393.

June 17. U.S. TAC National Masters 15K Championships, St. Clairsville, Ohio. Pete League, P.O. Box 681, St. Clairsville, OH 43950. 614/942-2186.

September 17. U.S. TAC National Masters Half-Marathon Championships, Philadelphia, Pa. Mark Stewart, c/o Phil. Distance Run, P.O. Box 43111, Philadelphia, PA 19129. 215/636-4975; 735-6958(h).

September 24. U.S. TAC National Masters 10K Championships, Pittsburgh, Pa. William Phelps, 73 Elmore Rd., Pittsburgh, PA 15221. 412/647-3021.

October I. U.S. TAC National Masters 25K

October I. U.S. TAC National Masters 25K Championships, New York, Jack Dowling, 25-47 Beech St., East Meadow, NY 11554. 516/579-7466.

October 8. U.S. TAC National Masters Marathon Championships, St. Paul, Minn. Gary Iverson, 1200 Town Square, 445 Minnesota St., St. Paul, MN 55101. 612/291-1822.

November 5. U.S. TAC National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/424-7011.

November 12. U.S. TAC National Masters 30K Championships, Clarksburg, Calif. Skip Seebeck, P.O. Box 20, Clarksburg, CA 95612. 916/665-1712; 916/775-1318. November 19. U.S. TAC National Masters 15K Cross-Country Championships, NYC. Joe Kleineram, 9 E. 89th St., New York,

November 25. U.S. TAC National Masters 10K Cross-Country Championships, San Francisco. John Mansoor, 800 Bonita Dr., Folsom, CA 95630. 916/933-4913.

NY 10128. 212/860-4455.

December 3. U.S. TAC National Masters 8K Championships, Washington, D.C. Herb Chisholm, 1001 Rynex Dr., Alexandria, VA 22312. 703/354-3461.

EAST

February 12. Bagel Run 10K, New York City. NYRRC, P.O. Box 881, FDR Station, New York, NY 10150-0881. 212/896-4455.

April 17. 93rd Annual BAA Boston Marathon, Boston. Masters prize money. SASE to: Boston Athletic Association, 17 Main St., Hopkinton, MA 01748.

SOUTHEAST

January 7. Charlotte Observer 10K, Charlotte, N. C. Charlotte Observer Marathon, Dept. RG, Box 30294, Charlotte, NC 28230. 704/379-6896.

January 7. Jacksonville Marathon, Jacksonville, Fla. Jacksonville Marathon, 3853 Baymeadows Rd., Jacksonville, FL

32217. 904/739-1917.

January 15. 5th Annual DeLeon Springs Half-Marathon/15K, DeLeon Springs St. Park, Fla. John Boyle, P.O. Box 1824, DeLand, Fl. 32721-1824.

January 21. Ben-Gay Super Bowl 8K, Miami Beach. Super Bowl 8K, 2211 Charleston St., Ft. Lauderdale, FL 33326. 305/384-7521.

January 28. 7th Annual Running Pentathlon (Masters & Open), Clearwater H.S., Clearwater, Fla. 8:00 a.m. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 34616. 813/447-7161.

February 4. Orange Bowl Marathon, Miami. Gold Coast Running Assn., Tropical Park Stadium, 7920 S.W. 40th St., Miami, FL 33155. 205/227-1500.

February 11. Gasparilla Distance Classic 15K, Tampa, Fla. SASE to Gasparilla '89, P.O. Box [881, Tampa, FL. 33601-1881. 813/229-RUNN.

March 4. River Run 15K, Jacksonville, Fla. Doug Alred, 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

March 10 (Friday). Calle Ocho 8K, Miami, Fla. Masters money. Miami RC, 7920 SW 40th St., Miami, FL 33155. 305/227-1500. March 11. 7th Annual Red Lobster 10K, Orlando, Fla. Masters money. Red Lobster, Track Shack, 1322 No. Mills Ave., Orlando, FL 32803. 407/898-1313.

March 18. Azalea Trail 10K, Mobile, Ala. SASE to ATR, P.O. Box 6427, Mobile, AL 36660. 205/473-RACE.

March 18. Shamrock 8K/Marathon, Virginia Beach, Va. Jerry Bocrie, 2308 St., Virginia Beach, VA 23451. 804/481-5090 (eves. and weekends).

SOUTH WEST

January 15. Houston-Tenneco Marathon, Houston. Steve Sawyer, H-T Marathon, P.O. Box 56682, Houston, TX 77027. 713/757-2700.

January 28. Fine Arts 5K, Houston. Museum of Fine Arts, P.O. Box 6826, Houston, TX 77265. 713/526-1361.

February 4. St. Mary's Mardi Gras 5K, Galveston, Texas. Linda McDonald, St. Mary's Hospital, 404 St. Mary's Blvd., Galveston, TX 77550. 409/766-4344.

March 12. Capitol 10,000, Austin, Texas. Capitol 10K, Austin-American Statesman, P.O. Box 670, Austin, TX 78767. 512/445-3596.

WEST

January 1, 7, 8, 14, 15, 21, 22, 28, 29. Legg Lake Races, S. El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660, 213/949-0394.

January 14. McClassic V 10K, San Diego, Chuck Pennell, LDR Chair, San Diego TC, 619/531-5282(w); 619/460-3110(h).

January 21. The Great Race of Agoura 2K/5K/10K, Agoura Hills, Calif. The Great Race-Agoura, 5699 Kanan Rd., Agoura Hills, CA 91301. 818/707-2243.

January 28. Paramount 10K, Special World Masters Division, Paramount, Calif. Cash awards for 1st thru 5th, each division (\$6000 available to date). Oscar Rosales, 15734 Paramount Blvd., Paramount, CA 90723. 213/634-3027; 714/841-5417.

January 28. 10th Paramount 10K, Paramount (L.A. suburb), Calif. SASE to Paramount 10K, 15734 Paramount Blvd., Paramount, CA 90723. Finish Line International 714/841-5417; 213/634-3027.

February 4. 23rd Las Vegas Marathon, Las Vegas, Nev. Al Boka, P.O. Box 81262, Las Vegas, NV 89180.

February 12. Jose Cuervo Mardi Gras 10K, San Diego. San Diego County Safety Council, 3320 Kemper St., Holder Bldg., Ste. 100, San Diego, CA 92110. Lynn Lacye, 619/236-0842.

February 20. Great Aloha 8.2 Mile Run, Honolulu. Great Aloha Run, c/o Island

ON TAP FOR JANUARY

TRACK AND FIELD

Masters can mingle with over 3500 indoor participants at the home of "The Big Green" and the Dartmouth Relays in Hanover, N.H., on the 6th. Illinois hosts the opening Grand Prix indoor meet in Sterling on the 8th and the Athlete's Foot indoor meet in Rock Island on the 21st. Brown University, Providence, R.I., stages its masters indoor meet on the 15th.

LONG DISTANCE RUNNING

LDR is largely a Sun Belt affair, with major marathons on the 7th in Charlotte and Jacksonville, and on the 15th in Houston. The ICI/USRA Masters Circuit Championships tops off with an 8K, worth \$10,000, in Naples, Fla., on the 14th. California offers the Great Race in Agoura, near Los Angeles, on the 21st, and the monetarily alluring Paramount Special Masters 10K in Paramount, also a Los Angeles suburb, on the 28th.

RACEWALKING

The Paramount 10K, run along with the Special Masters 10K, has a racewalk division with awards.

Holiday Tours, P.O. Box 8519, Honolulu, HI 96830-0519. 808/945-6000.

March 5. Los Angeles Marathon, Los Angeles. L.A. Marathon, P.O. Box 67750, Los Angeles, CA 90067. 213/879-1989. March 19. 6th Annual Fifty-Plus 8K, Stanford U., Calif. 50+ Runners Assn., P.O. Box D, Stanford, CA 94309. 415/723-9790. March 26. Carlsbad 5000, Carlsbad, Calif. Elite Racing, 2431 Morena Blvd., Ste. 2H, San Diego, CA 92110. 619/275-5440.

INTERNATIONAL

March 12. 1989 British Veteran Cross Country Championships, Sunderland, England. Richard Balding, 161 Helmley Rd., Newcastle upon Tyne NE2 1RD. 091-232-7157.

June 24-25. European Veterans Championships (10K, Marathon, 20K/30K Walk), Brugge, Belgium. Jacques Serruys, Fit Veteraan, Postbox 7, B-8000, Brugge 1, Belgium.

July 27 - August 6. VIII World Veterans Championships, Eugene, Oregon, USA. 10K on July 27; marathon on August 6. Men 40+, women 35+. World Veterans Championships, P.O. Box 10825, Eugene, OR 97440. 503/687-1989.

RACE WALKING WEST

January 28. Paramount 10K Walk Division. See LDR — West.

INTERNATIONAL

February 19-26. Racewalkers Training Camp, Cancun, Mexico. Organized by Viisha Sedlak, World and U.S. W35 champion. American Racewalk Association, P.O. Box 18323, Boulder, CO 80308-8323.

U.S. MASTERS TRACK & FIELD RANKINGS (Coordinated by Jerry Wojcik, T&F Rankings Chairman)

11.2 11.24 11.3 11.4 11.5 11.5

1987 100 Meter F	
Compiled b Jerry Wojcik	y and
Al Sheaher	
1 Bill Collins 2 Morris Blueford	10.5 10.6
3 A Walton 4 Norbert Payton	10.7
5 Marion McCoy 5 Rigene Driver	10.8
5 Marion McCoy 5 Eugene Driver 7 A Wright 8 R Mitchell	10.80
9 Adrian Rogers 10 Danny Thiel	11.0
11 Warren Spikes	11.11
11 Warren Woods 13 W Starks	11.11
14 Nate Robinson 15 Cleveland Smith 16 T Thompson	11.25
16 Cliff Jackson 18 Glenn Johnson 19 Jeff Gray	11.3 11.3 11.37
19 Jeff Gray 19 Pershing Reid	11.4
19 Mac Azougu	11:4
19 Bobby Jackson 24 C Washington	11.40
25 Steve Stevens 26 Richard Finnie	11.43 11.46 11.5
27 Armand Gibson 27 John Green	11.5 11.5 11.5
27 Horace Hudson 27 Griffin Graham	11.5
27 Charles Missouri 27 Jim Gould	11.5 11.5
34 John Glowienka	11.50
35 Marc Lawson 36 W Overby	11.59
36 M Bell 36 Joe Greenberg	11.6 11.6
39 Ray Yeck 40 J Hughes	11.61
40 B McKenzie 40 E Bryant	11.7
40 Bob Green	11.7
44 M Black 45 Roger Trujillo	11.73 11.76 11.79
45 Roger Trujillo 46 John Petrey 47 Bob Verti	11.79
48 L Lettieri 49 Jeff Stevens	11.82
50 Jim Greiner 51 Dan Ayers	11.88
51 J Pullery 51 P Caldon 51 J Tassy	11.9 11.9 11.9
51 Bernard Gasle 51 Gary Westman	11.9
57 John Stiehl	
58 J Tomaschke 59 Jon Young	11.90
60 G Scott	11.95 12.0 12.0
60 W Josev	12.0 12.1
63 A C Fuller 63 D Purinton 63 F Demby	12.1
66 Russell Acea	12.14
67 Mark Seizman 67 J Crutcher	12.2 12.2
67 Greg Marshall	12.2
67 Mike Holzgang 71 Dave Larson 71 S Howell	12.3 12.3
71 Ivan Black 71 John Borden 71 Dale Gorski	12.3 12.3
// Mike Lutz	12.3 12.3
71 S Smith	12.3
78 Bob Bowen 79 W Jackson 80 M Morrison	12.35
80 M Morrison 81 Dennis Brooks 82 Bob Myers	12.4 12.4
82 Bob Myers 83 Ken Effler 84 Mike Davis	12.42 12.5 12.6
84 Mike Davis 84 George Wong 84 George Berry	12.6 12.6 12.6
84 George Berry 87 J Jeffreys	12.61
88 Don Morrison	12.7
89 Bruce Webber 90 Rich Gaile	12.77 12.8 12.8
90 William Corsey 92 Leroy Schmitz 93 Terry King	12.80 12.87
94 J Chambers 95 Lyle Bryant	12.9
96 Mike Monahan 97 Chuck Strode	12.97 13.07
98 A LaFramboise 98 Harry McDonald 100 Nate Ingram	13.2 13.2 13.3
100 Nate Ingram	13,3

	(Coo
M40-44	
1 C Ray 2 Thad Bell	10.5
3 Stan Whitley 4 Frank Little 5 Charles Allie	10.8 10.85 11.0
5 Dave Simons 5 John Hartfield	11.0
8 Ray Yeck 9 J Norton	11.14
10 S Robbins 11 Clarence Bell	11.2
12 E Jones 12 A Blanks Jr	11.3
12 Bob Zimmerman 15 John Fields	11.3
16 Rex Harvey 16 Greg Marshall	11.5
19 J Wright	11.53
21 Roger Pierce	11.54
22 Ralph Wallace 23 Jim Vicks 23 T Allen	11.60
25 Rufus Morris 25 Arthur Wright	11.62 11.7 11.7
27 Roger Assink 28 M C Cooper	11.70 11.71
29 Salmoni Tamani 30 John Davis	11.75 11.78
31 Tom Toscano 31 Tom Brewer	11.8 11.8
31 Sam Hall 31 Dyce	11.8 11.8
31 Dennis Duffy 36 Paul Dungan	11.8
37 Wilfredo Rivera 38 J Hollister	11.83
39 Tom Rauscher 39 J Clifford 39 Sheridan Groves	11.9 11.9 11.9
39 Jim Lee	11.9
13 Bruce Geurts 14 T Miller	11.93
15 Nick Newton 15 A Stallworth 17 Ross Jensen	12.0 12.0 12.02
48 Ron Pinard	12.04
50 Bud Olson 50 C Grant	12.1
50 H Stein 50 William Marshall	12.1 12.1
54 J Baladad 55 Mary Thompson	12.12 12.13
55 Mary Thompson 56 Joe Johnston 57 L Gunn	12.15 12.16
68 Bob Johnson 69 S Robinson	12.17 12.18
00 Gordon Reiter 00 Theo Viltz 00 Carl Flowers	12.2 12.2 12.2
50 Melvin Bell 50 Roger Pierce	12.2
50 Willie Roberson 50 L Hitchcock	12.2
50 J Boswell 58 Curt Roberson	12.2
69 Pat Guettner 70 Francois	12.23
71 John Davi 72 John Pulley	12.32 12.35
73 Bernard Turner 74 R Stanford 75 T Lee	12.39 12.4
75 Emil Torquato	12.40
77 Graham Hockaday 78 Bill Busby	12.48
78 L Johnson 78 D Smith 78 J Watkins	12.5
78 Roger Bagnewski 83 Warren Siebert	12.5 12.5 12.56
84 M Holzgang 85 Chas Birkhead	12.59
86 Granville Green 87 Jim Roseq	12.60 12.64
88 John Stiehl 88 John Hess	12.67 12.67
90 Juan Bustamante 90 Angel Nieves	12.7
90 Carldon Collins 93 Jim Pasquali	12.7 12.70
94 Joel Liles 95 Dennis Stampfel	12.78
95 V DiCesare 97 Jim Finnessy 97 Alal Mevis	12.8 12.9 12.9
97 Tom Hartman 97 J Lewczak	12.9 12.9 12.9
01 Bob Weisner	12.95



1000	the second of the second of
SEE SE	
.5	1,5
).76).8	
.85	
.0	1
.0	1
.14	
.15	M45-49
.2	1 Glen Johnson
.27	1 Gary Oliphant
.3	3 Robert Stanford 4 Roy Turner
.3	5 L Smith
.41	5 Kenny Dennis
.5	7 Gary Miller 7 Walt Butler
.5	9 Paul Eden
.54	10 R Williams 10 S Tyler
.6	A ROMA NOT THE THE PARTY OF THE PARTY.
.60	12 Martin Adamson 13 Fred Niedemeyer
.62	14 Bentz Tozer
.62	15 A Singh
. /	15 Jim Bantum 17 Erwin Mitchell
.70 .71	18 Lee
.75	18 Steve Ireland 20 Auro
.78	AND RESIDENCE OF THE PARTY OF T
.8	21 H Gordon 22 Doug Smith
.8	23 T Pliner
.8	24 Ron Jensen
.8	24 Stan Baker 24 Chuck LaChuisa
.81	27 D Abayami
.89	27 T Cracovia 29 Glen LaTorre
.9	30 T Whitehead
.9	
.9	32 Jerald Edwards 33 Tom Cronin
.93	33 G Flower
.97	35 W Roberson
.0	35 L Kulzer 35 M Ralls
.02	35 Allen Watson
.04	35 Jim Hurd 35 Mort Shelton
.1	35 S White
.1	35 Carl Grant 35 John Whelan
.1	44 Rich Victor
.12	45 R Anderson-Wycoff
.13	46 Walt Gibson 46 Dale Lance
.15	46 W Thorne
.17	46 R Utley
.18	46 R Dorsey 51 John Bustamante
.2	52 Lee Stopoulos
.2	53 L Pierce
.2	53 Ron Dennis
.2	53 Al Henry
.2	56 Charles Marriott 57 A Biancani
.2	58 Ron Mattila
.20	58 Grover Coats 58 B Taylor
.27	58 E Small
.32	58 Gary Wardlow
.35	63 Malachi McGruder
.4	64 Slim Alexander 65 Leroy McClain
.40	66 Wayne DeYoung
.48	67 A Kegl
.5	67 Norm Mosely 67 A Simon
.5	70 Mike Boudreau
.5	71 Dennis Tancredi 71 Emil Torquato
2.5	73 Frank Galbraith
.56	73 John Kelly
2.6	75 Gary Bane
2.60	75 T Jackson 77 Nate Carter
2.64	78 Dave Dreifuerst
2.67	79 Jim Muxen 79 Mike Valle
2.7	79 B Washington
2.7	82 John Head
2.70	83 Dix Rex
2.78	84 John Nelleson 84 Mel Herring
2.8	04.0

	11.6
12 Martin Adamson	11.61
13 Fred Niedemeyer 14 Bentz Tozer	11.66
15 A Singh	11.7
15 Jim Bantum 17 Erwin Mitchell	11.7
17 Erwin Mitchell 18 Lee	11.8
18 Steve Ireland	11.8
20 Auro	11.82
21 H Gordon 22 Doug Smith	11.83 11.84
23 T Pliner 24 Ron Jensen	11.85
24 Ron Jensen	11.9
24 Stan Baker 24 Chuck LaChuisa	11.9
27 D Abayami 27 T Cracovia 29 Glen LaTorre	12.0
27 T Cracovia	12.0 12.04
38 J Whitehead	13:1
32 Jerald Edwards	12.12
33 Tom Cronin	12.2
33 G Flower	12.2
35 W Roberson 35 L Kulzer	12.3
35 M Ralls	12.3
35 Allen Watson	12.3
35 Jim Hurd 35 Mort Shelton	12.3 12.3
35 Mort Shelton 35 S White 35 Carl Grant	12.3
35 Carl Grant 35 John Whelan	12.3
44 Rich Victor	12.3
45 R Anderson-Wycoff	12.39
46 Walt Gibson 46 Dale Lance	12.4
46 W Thorne	12.4
46 W Thorne 46 R Utley	12.4
46 R Dorsey 51 John Bustamante	12.4
52 Lee Stopoulos	12.48
53 L Pierce	12.5
53 Ron Dennis	12.5
53 Al Henry 56 Charles Marriott	12.5
57 A Biancani	12.53 12.55
57 A Biancani 58 Ron Mattila	12.6
58 Grover Coats 58 B Taylor	12.6
58 E Small	12.6
58 Gary Wardlow	
	12.6
63 Malachi McGruder	12.60
63 Malachi McGruder 64 Slim Alexander 65 Lerov McClain	12.60 12.62
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung	12.60 12.62 12.65 12.69
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl	12.60 12.62 12.65 12.69 12.7
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon	12.60 12.62 12.65 12.69 12.7 12.7
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau	12.60 12.62 12.65 12.69 12.7 12.7 12.7
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon	12.60 12.62 12.65 12.69 12.7 12.7 12.7 12.70 12.77
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi	12.60 12.62 12.65 12.69 12.7 12.7 12.7 12.77 12.77 12.77
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly	12.60 12.62 12.65 12.69 12.7 12.7 12.7 12.77 12.77 12.77 12.77
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane	12.60 12.62 12.65 12.69 12.7 12.7 12.7 12.77 12.77 12.77 12.77 12.79 12.79 12.8
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter	12.60 12.62 12.65 12.69 12.7 12.7 12.70 12.77 12.77 12.77 12.79 12.79 12.8 12.8 12.8
63 Malachi McGruder 64 Slim Alexander 65 Lercy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst	12.60 12.62 12.65 12.69 12.7 12.7 12.7 12.77 12.77 12.77 12.79 12.8 12.8 12.8 12.81 12.81
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter	12.60 12.62 12.65 12.69 12.7 12.7 12.70 12.77 12.77 12.77 12.79 12.79 12.8 12.8 12.8
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst 79 Jim Muxen	12.60 12.62 12.65 12.69 12.7 12.7 12.7 12.77 12.77 12.77 12.77 12.79 12.8 12.8 12.8 12.8 12.8
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst 79 Jim Muxen 79 Mike Valle 79 B Washington 82 John Head	12.60 12.62 12.65 12.65 12.7 12.7 12.7 12.77 12.77 12.77 12.77 12.79 12.8 12.8 12.8 12.8 12.9 12.9 12.9
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst 79 Jim Muxen 79 Mike Valle 79 B Washington 82 John Head 83 Dix Rex	12.60 12.62 12.65 12.69 12.7 12.7 12.70 12.77 12.77 12.79 12.8 12.8 12.8 12.81 12.82 12.9 12.9 12.9 12.9
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst 79 Jim Muxen 79 Mike Valle 79 B Washington 82 John Head 83 Dix Rex 84 John Nelleson 84 Mel Herring	12.60 12.62 12.65 12.65 12.7 12.7 12.7 12.77 12.77 12.77 12.79 12.8 12.8 12.8 12.8 12.9 12.9 12.9 12.9 13.00
63 Malachi McGruder 64 Slim Alexander 65 Lercy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst 79 Jim Muxen 79 Mike Valle 79 B Washington 82 John Head 83 Dix Rex 84 John Nelleson 84 Mel Herring 84 Scotty Hargrove	12.60 12.62 12.65 12.69 12.7 12.7 12.70 12.77 12.77 12.79 12.8 12.8 12.8 12.81 12.85 12.9 12.9 12.9 12.9 13.00 13.00
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst 79 Jim Muxen 79 Mike Valle 79 B Washington 82 John Head 83 Dix Rex 84 John Nelleson 84 Mel Herring	12.60 12.62 12.65 12.67 12.7 12.7 12.77 12.77 12.77 12.77 12.79 12.8 12.8 12.8 12.8 12.9 12.9 12.9 12.9 13.00 13.00 13.00
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst 79 Jim Muxen 79 Mike Valle 79 B Washington 82 John Head 83 Dix Rex 84 John Melleson 84 Mel Herring 84 Scotty Hargrove 87 Peter Feldman 88 J Varty 89 G Giragosian	12.60 12.62 12.65 12.69 12.7 12.7 12.70 12.77 12.77 12.79 12.8 12.8 12.8 12.8 12.9 12.9 12.9 12.9 13.00 13.1 13.16
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst 79 Jim Muxen 79 Mike Valle 79 B Washington 82 John Head 83 Dix Rex 84 John Nelleson 84 Mel Herring 84 Scotty Hargrove 87 Peter Feldman 88 J Varty 89 G Giragosian 89 G LaBelle	12.60 12.62 12.65 12.69 12.7 12.7 12.70 12.77 12.77 12.79 12.8 12.8 12.8 12.8 12.9 12.9 12.9 12.9 13.00 13.00 13.1 13.16 13.2
63 Malachi McGruder 64 Slim Alexander 65 Lercy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst 79 Jim Muxen 79 Mike Valle 79 B Washington 82 John Head 83 Dix Rex 84 John Nelleson 84 Mel Herring 84 Scotty Hargrove 87 Peter Feldman 88 J Varty 89 G Giragosian 89 G Labelle 89 Gerald Smith	12.60 12.62 12.65 12.69 12.7 12.7 12.70 12.77 12.77 12.79 12.8 12.8 12.8 12.81 12.85 12.9 12.9 12.9 13.00 13.00 13.1 13.16 13.2 13.2
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst 79 Jim Muxen 79 Mike Valle 79 B Washington 82 John Head 83 Dix Rex 84 John Nelleson 84 Mel Herring 84 Scotty Hargrove 87 Peter Feldman 88 J Varty 89 G Giragosian 89 G LaBelle 89 Gerald Smith 92 Jack Karbens 92 Jerry Leczinski	12.60 12.62 12.65 12.69 12.7 12.7 12.70 12.77 12.77 12.79 12.8 12.8 12.8 12.8 12.9 12.9 12.9 12.9 13.00 13.00 13.1 13.16 13.2
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst 79 Jim Muxen 79 Mike Valle 79 B Washington 82 John Head 83 Dix Rex 84 John Nelleson 84 Mel Herring 84 Scotty Hargrove 87 Peter Feldman 88 J Varty 89 G Giragosian 89 G LaBelle 89 Gerald Smith 92 Jack Karbens 92 Jerry Leczinski 94 Dan Lieberman	12.60 12.62 12.65 12.69 12.7 12.7 12.70 12.77 12.77 12.79 12.8 12.8 12.8 12.81 12.85 12.9 12.9 12.9 13.00 13.00 13.1 13.16 13.2 13.2 13.3 13.3
63 Malachi McGruder 64 Slim Alexander 65 Lercy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst 79 Jim Muxen 79 Mike Valle 79 B Washington 82 John Head 83 Dix Rex 84 John Nelleson 84 Mel Herring 84 Scotty Hargrove 87 Peter Feldman 88 J Varty 89 G Giragosian 89 G Labelle 89 Gerald Smith 92 Jack Karbens 92 Jerry Leczinski 94 Dan Lieberman 95 Bill Probst	12.60 12.62 12.65 12.69 12.7 12.7 12.70 12.77 12.77 12.79 12.8 12.8 12.8 12.8 12.9 12.9 12.9 12.9 13.00 13.00 13.1 13.16 13.2 13.2 13.3 13.3 13.3 13.35 13.36
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst 79 Jim Muxen 79 Mike Valle 79 B Washington 82 John Head 83 Dix Rex 84 John Melleson 84 Mel Herring 84 Scotty Hargrove 87 Peter Feldman 88 J Varty 89 G Giragosian 89 G LaBelle 89 Gerald Smith 92 Jack Karbens 92 Jerry Leczinski 94 Dan Lieberman 95 Bill Probst 96 M Sacks	12.60 12.62 12.65 12.69 12.7 12.7 12.70 12.77 12.77 12.79 12.8 12.8 12.8 12.8 12.9 12.9 12.9 12.9 13.00 13.1 13.1 13.1 13.1 13.1 13.2 13.2 13.3 13.3
63 Malachi McGruder 64 Slim Alexander 65 Lercy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst 79 Jim Muxen 79 Mike Valle 79 B Washington 82 John Head 83 Dix Rex 84 John Nelleson 84 Mel Herring 84 Scotty Hargrove 87 Peter Feldman 88 J Varty 89 G Giragosian 89 G LaBelle 89 Gerald Smith 92 Jack Karbens 92 Jerry Leczinski 94 Dan Lieberman 95 Bill Probst 96 M Sacks 98 Jed Lewis	12.60 12.62 12.65 12.69 12.7 12.7 12.70 12.77 12.77 12.79 12.8 12.8 12.8 12.8 12.8 12.9 12.9 12.9 13.00 13.00 13.1 13.16 13.2 13.2 13.3 13.3 13.3 13.4 13.4
63 Malachi McGruder 64 Slim Alexander 65 Leroy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst 79 Jim Muxen 79 Mike Valle 79 B Washington 82 John Head 83 Dix Rex 84 John Melleson 84 Mel Herring 84 Scotty Hargrove 87 Peter Feldman 88 J Varty 89 G Giragosian 89 G LaBelle 89 Gerald Smith 92 Jack Karbens 92 Jerry Leczinski 94 Dan Lieberman 95 Bill Probst 96 M Sacks	12.60 12.62 12.65 12.69 12.7 12.7 12.70 12.77 12.77 12.79 12.8 12.8 12.8 12.8 12.9 12.9 12.9 12.9 13.00 13.1 13.1 13.1 13.1 13.1 13.2 13.2 13.3 13.3
63 Malachi McGruder 64 Slim Alexander 65 Lercy McClain 66 Wayne DeYoung 67 A Kegl 67 Norm Mosely 67 A Simon 70 Mike Boudreau 71 Dennis Tancredi 71 Emil Torquato 73 Frank Galbraith 73 John Kelly 75 Gary Bane 75 T Jackson 77 Nate Carter 78 Dave Dreifuerst 79 Jim Muxen 79 Mike Valle 79 B Washington 82 John Head 83 Dix Rex 84 John Nelleson 84 Mel Herring 84 Scotty Hargrove 87 Peter Feldman 88 J Varty 89 G Giragosian 88 J Varty 89 G Giragosian 89 G LaBelle 89 Gerald Smith 92 Jack Karbens 92 Jerry Leczinski 94 Dan Lieberman 95 Bill Probst 96 Jim Retzlaff 96 M Sacks 98 Jed Lewis 98 Lee Washington	12.60 12.62 12.65 12.69 12.7 12.7 12.77 12.77 12.77 12.77 12.79 12.8 12.8 12.8 12.8 12.9 12.9 12.9 12.9 13.00 13.00 13.00 13.1 13.1 13.1 13.1 1

M50-54	
M50-54 1 Ken Dennis	11.0
2 Paul Williams	11.3
3 J Weaver	11.6
4 Larry Colbert	11.7 11.7 11.7
4 Bruce Springbett	11.7
6 Gil LaTorre	11.7
7 Jim Mathis	11.8
8 Nick Newton 9 Charles Dudley	11.8
10 Jim Weaver	11.9
11 Tony Deatherage	12.0
11 Chuck Miller	12.0
11 Norm Mosley	12.0
14 Bob Miller	12.0
15 Stan King 16 Ray Dale Lance 17 Roger Tsuda	12.1
17 Poper Tsuda	12.1
17 Roger Tsuda 18 Cliff Pauling	12.2
18 Roosevelt Weaver	12.2
20 B Anixter	12.2
21 J C Hoffman 22 Haig Bohigian	12.2
22 Tom Fondy	12.3
22 Dawson Pratt	12.3
22 R Rizzo	12.3
22 D Roosevelt	12.3
27 F Pagel	12.3
28 B T Washington	12.3
29 Pierre Dobrovolny	12.4
29 Ed Oleata	12.4
31 Norb Wedepohl	12.4
32 D Katte	12.5
32 B Keegan	12.5
34 Harold Hitt	12.5
35 Virgil Bennet	12.5
36 Jim Muxen	12.6
36 Tony Nasralla	12.6
36 Don Worrall	12.6
39 W Sanford	12.6
40 M Brown	12.7
41 Ross Irving	12.8
41 McGlashan	12.8
41 J Tunstell	12.8
41 Bill Wright	12.8
45 N Delaneuville	12.8
46 S Clayton	12.8
47 R Richardson	12.8
48 Gary Herum	12.9
48 J Lafferty 48 Phil Mulkey	12.9
48 Jim Peterson	12.9
1	
200	44
	153
THE HOLD STATE OF THE STATE OF	
TANK THE TAN	
The state of the s	
52 Bob Santine	13.0
52 Bob Santine 52 Alf Sundin	13.0
54 Herrel Akers 55 N McLeod	13.0 13.0 13.0
54 Herrel Akers 55 N McLeod 56 John Greve	13.0 13.0 13.0 13.0
54 Herrel Akers 55 N McLeod 56 John Greve 56 Jim Baggett	13.0 13.0 13.0 13.0
54 Herrel Akers 55 N McLeod 56 John Greve	13.0 13.0 13.0 13.0

12.4		100000
12.4	2000年100日	ALL AND LOSS
12.47		
12.48	O AND THE RESERVE AND ADDRESS.	
	52 Bob Santine	13.00
12.5	52 Alf Sundin	13.00
12.5		
12.5	54 Herrel Akers	13.01
12.53	55 N McLeod	13.02
12.55	56 John Greve	13.04
12.6	56 Jim Baggett	13.04
12.6	58 Fred Pinkston	13.06
12.6	59 M Smoller	13.10
12.6	59 Robert Williams	13.10
12.6	61 P Plante	13.11
12.0	62 J Bradley	13.2
12.60	62 G Carson	13.2
12.62	62 H Cisneros	13.2
12.65	62 H Creson	13.2
12.69	62 D Hurley	13.2
12.7	67 Stan Giles	13.21
12.7	68 Jack Gilmore	13.4
12.7	69 Jim Schlewitz	13.48
12.70	70 Jerry Chesnes	13.50
12.77		
12.77	71 Dave Martin	13.52
12.79	72 S Carle	13.60
12.79	72 B Rivers	13.60
12.8	74 Mike Davidson	13.70
12.8	74 Jerry Stanners	13.70
12.81	74 Tp, Vaughn	13.70
12.85	77 Lawrence Bybee	13.72
12.9	78 Earl Mege	13.8
12.9	79 Peter Hafner	13.84
12.9	80 Herman Pride	13.87
	81 Ray Fitzhugh	13.9
12.92	81 John Haugo	13.9
12.99	81 Don Zimmerman	13.9
13.00	84 Barry Bertram	13.95
13.00	85 Ed Martin	14.0
13.00	85 Jim Weed	14.0
13.1	85 Jim Rothrock	14.0
13.16	88 Pliner	14.1
13.2	88 Dale Sawyer	14.1
13.2	88 Phil Snyder	14.1
13.2	91 Ron Lusby	14.11
13.3	91 George Marrett	14.11
13.3	93 Jack Randolph	14.3
13.35	94 Rusty Hamilton	14.4
13.36	94 Juan Pedevilla	14.4
13.4	96 N Breslin	14.5
13.4	96 Bill Barry	14.5
13.44	98 John Bohlinger	14.6
13.44	99 T Talbot	14.6
13.56	100 George Swanson	14.7
		1

	rman)	
	MG5-59	
11.03	1 Thane Baker 2 Bruce Springbett	11.65 11.71
11.6	3 Harry Brown 4 B Saidel	11.84 11.9
11.70	5 D Benton	12.2
11.74	6 Tony Nasralla 7 John Poppell	12.34 12.41
11.85	8 Bernie Smith	12.52 12.59
11.91	9 0 Boyers 10 Laurence Pratt Sr	12.6
12.0	10 T Smith	12.6
12.0 12.0	12 Rafael Melendez 12 H Washington	12.68
12.09	14 Earl Ventura 15 Tom Brooks	12.69
12.17	16 Gordon Seifert	12.73
12.18 12.20	17 G B Crouse 18 Harold Green	12.77 12.79
12.20	19 Don Kane 20 J Kortheurer	12.82
12.26	21 Bill Donelson	12.9
12.3	21 Ray Boyd 21 W Robinson	12.9
12.3	24 E Batiansila	12.91
12.3	25 Harold Hitt 26 R Dashier	12.93 12.94
12.33	27 Wally Belts 27 Pat Ferraro	13.0
12.4	27 N Frecher	13.0
12.41	27 Jesse Johnson 27 Gus Franze	13.0
12.5	32 B Feaster	13.03
12.5 12.55	33 Jack Coy 34 Hugh Cobb	13.05 13.06
12.59	34 Richard Marlin 36 Dusty Wright	13.06 13.08
12.6 12.6	37 Frank Kishi 38 N Wells	13.09
12.67	38 H Mukin	13.1
12.7	40 Walt Tomes	13.21
12.8 12.8	41 L Anderson 41 Gordon Bartholome	13.27 13.27
12.8	43 Art Afremow 44 J Greenwald	13.29 13.4
12.8 12.85	44 Bob Graham	13.4
12.86	44 G Robb 47 Bill Honaker	13.4
12.9	47 Bill Honaker 48 Jack Fisher 49 Jim Kelly	13.47 13.50
12.9	50 K Morris	13.6
12.9	50 Jerry Donley 50 B Phillips	13.6
7.77	50 Jerry Reiserer	13.6
	54 D McFetters 55 R Jones	13.63
	55 T Barrows	13.7
	57 Ted Vick 57 G Boifeuillet	13.8 13.8
	59 T Slogren 60 D Hanlon	13.82 13.9
12.00	60 T Swanson 60 F Giaimo	13.9
13.00	60 Alan Cohen	13.9
13.01	64 Roy Biddle	13.90
13.04	65 Alvin Clark 66 Dave Douglass	14.0
13.04	66 Henry Sevillian 68 Richard Hauge	14.11
13.10 13.10	69 D Skartvedt 70 J Kendrick	14.13
13.11	71 E Mehmedbasich	14.14
13.2 13.2	72 Vern Schewe 73 A Bodinger	14.2
13.2	74 Tom Vickers	14.34
13.2 13.2	75 Don Lange	14.54
13.21 13.4	M60-64	-
13.48 13.50	1 Bob Watanabe 2 Gene Harte	12.44
13.50	2 Vernon Regier	12.60
13.60	2 Hal Robinson 5 Rudy Valentine	12.60
13.60 13.70	6 J Greenwald	13.00
13.70 13.70	7 L Hart 7 T Lacy	13.1
13.72 13.8	10 Mel Larson	13.1 13.13
13.84	11 Buck Bradberry	13.20
13.87	11 Jim Law	13.20
13.9 13.9	11 Harry Guth 14 Paul Saunders	13.20 13.29
13.9 13.95	15 Norm Baum 16 Jock Jocoy	13.4 13.47
14.0	17 E Goddin 17 Claude Taggart	13.5
14.0	19 Max Goldsmith	13.5 13.52
14.1	20 Ray Armstrong	13.56
14.1	21 Chuck Sochor 22 Carl Orndoff	13.67
14.11	23 Peter Kronberg	13.69
14.3	24 Al Wilson 25 Willie Blackmon	13.70 13.73
14.4	26 Richard Klein 26 Howard MacMillan	13.8
14.5	26 Dick Nordquist 29 Bob Roemer	13.8 13.8
14.6	30 Oscar Harris	13.89 13.90
14.7	30 Manny Herscher	13.90

erranes and a second	No Parkers
32 Steve Rider	13.96
33 Rich Benson	14.39
34 Tom Miller	14.40
35 Winfred Talley	14.43
36 William Davis	14.54
37 Berl Damkroger	14.7
37 M Lentzer	14.7
37 J Martin	14.7
40 Bob Hewitt	14.77
41 Melvin Leiman	14.8
41 Francis Marino	14.8
43 August Jatras	15.07
44 Bill Ballantine	15.10
45 D Gautreaux	15.30
45 G Phillips	15.30
47 Ken Bernard	15.38
48 B Toaspern	15.40
49 Thomas Tuck	15.42
50 P Bingham	15.54
Secretary and the second	
51 W Brown	15.62
52 Harold Johnston	15.70
53 Casey Emerson	15.80
54 R Hansen	15.90
55 Jack Sharp	16.00
56 Jim Cordial	16.10
56 R Reyes	16.10
58 Art Gotto	16.20
59 H Sperry	16.30
60 R Hewitt	16.0
	EF
	AL MANAGE A
6	
The state of the s	100 A 150
	19

OU K NEWICC	10.0
	on A
POSSESSED AND THE PROPERTY OF THE PERSON NAMED IN COLUMN TWO PERSON NAMED IN COLUMN TRANSPORT NAMED IN COLUMN TWO PERSON NAMED IN	STATE OF THE PARTY.
然为从产的 第000000000000000000000000000000000000	
M65-69	
1 Tim Murphy 1 Tom Patsalis	13.1
3 Paul Saunders	13.2
4 John Davison 4 John Alexander	13.3
6 David Lawyer	13.30
7 Vern Mattson	13.4
8 David Rohena 9 Cal Boyd	13.44
10 Charles Mercurio	13.5
11 Tom Kennell	13.50
12 K Jack 13 L Hirst	13.6
14 Walker Pierson	13.98
15 C Killion 15 Bob Hunt	14.0
15 Bob Hunt 15 Pete Fetter	14.0
15 Don Knapp	14.0
19 Jim Madden 20 Arnold Scott	14.05
21 David Domemech	14.12
22 Andrew Thomson	14.13
22 Jay Sponseller 24 Max Goldsmith	14.13
25 Boo Morcom	14.2
26 Blair McFarlane 27 Al Guidet	14.3
28 Jim Johnson	14.49
29 Angelo Oliver	14.51
30 Nat Heard	14.57
31 Leonard Wray 32 Max Pickl	14.68
33 J P Jones	14.76
34 Russell Moore	14.8
35 Elias Burch 36 Frank Bowles	14.80
36 Bob Warwick	14.9
38 Wilfred Wright 39 Chas Lucy	14.97
40 C Whitney	15.0
40 Byron Walls	15.0
42 Phil Protheroe 43 Dave Hall	15.09
44 W Canterna	15.11
45 Wm Bollinger	15.15
46 Mort Weinberg 47 F Stromeyer	15.2 15.3
48 D Kasprzak	15.4
49 Don Hull 50 George Simi	15.56
so course simi	15.59
M70-74	1
1 Payton Jordan 2 Bill Weinacht	12.72
2 Bill Weinacht 3 Herb Miller	13.55
4 Jay Sponseller	13.8
5 Jeff Bloomfield 6 Nat Heard	13.9
6 Bill Morales	14.3
6 Clarence Killion	14.3

9 Al Guidet 10 Marcus Neuhof 14.3 14.37 14.6 10 Marcus Neuhof
11 Harry Koppel
12 Audy Collins
13 Sparks Sorlien
14 Ham Morningstar
15 Dan Bulkley
16 H Neibel
17 Eugene Cottrell
18 Chris Christy
19 Conrad Shuck
20 Jeff Bloomfield 14.73 14.78 14.79 14.8 14.85 14.94 14.95 15.03 15.06 15.13

Continued on next page

	-				
Continued from previous	nage	W35-39	19 19	5 Caroline MacLeod	15.82
Continued from previous	bage	1 Penny Farster-Gilkey	12.70	6 Marti Thielman	16.14
21 Fred White	15.23		13.0	7 Patricia Farley	16.48
22 E Abdenour	15.24	3 Jennifer Pinto	13.4	8 Fei-Mei Chou	16.5
23 E Hirshkowitz	15.28	4 Hilary Gilmore	13.49	9 A Johnson	16.7
24 Claude Hills	15.3	5 Sharon Osborne	13.5	10 H Block	16.9
25 W Ragland	15.33	6 Kay Schoenfeld	13.50	11 M Moore	16.94
26 Bert Morrow	15.4	7 Kathy Pierce	13.7	12 S Kluttz	16.99
26 Milo Lightfoot	15.4	8 Marian Furst	14.10		
28 Robert Vaccaro	15.5	9 S Thompson	14.3	13 Sally Rusby	17.3
29 E Edgar	15.6	10 L Bloxom	14.4	14 Edna Hyer	17.8
29 Madeleo Blake	15.6	A THE RESERVE AND ADDRESS OF THE PARTY OF TH	Children of the Control	15 Kathryn Welden	17.82
25 Padereo Brake	5.0	11 Linda Sikes	14.5	W55-59	
31 John Satti	15.61	11 J Goulet	14.5	1 Magdalena Kuehne	15.2
32 Del Bender	15.73	13 Clara Silver	14.6	2 Nikki Ryan	15.3
33 Fred Praeger	15.8	14 Susan Schiedt	14.70	3 Jane Clarkson	15.7
34 Leo Rothbart	16.06	15 N Steward	14.76	4 Mary Patterson	15.9
35 Francis Hitchell	16.3	16 Lorraine Sillis	14.80	5 Helen Darnall	16.1
36 Jim Sandergrath	16.34	17 Ronda Massay	15.29	6 A Morris	16.2
37 Chuck Whitney	16.4	18 Pam Coxson	15.40	7 Barbara Reese	16.3
38 Joe Broadbent	16.56	19 P Williams	15.42	8 Alice Kellogg	16.9
39 Harry Yu	16.8	20 S Walker	15.5	9 B Skelton	17.4
40 Alan Cranston	16.83	7a B Clair-Searcy	13.9	10 Irene Schankman	17.5
41 Russ Derham	16.85	A STREET OF STREET	HEN.	11 Gloria Neighbors	17.6
W75 70	E 4 50	AND THE RESERVED	11-33	W60-64	1
M75-79	14.47	W40-44		1 Pat Peterson	16.0
1 Tony Castro	14.47	1 Phil Raschker	11.90		16.18
2 Harry Koppel		2 M Simmon-McCord	13.00	2 Betty Whitaker 3 Ruth Hayward	17.11
3 Bert Morrow	15.18	3 Pamela Calvert	13.2	4 Dorothy Brill	17.27
4 Fred White		4 Chestine Barnes	13.5	5 Jeanne Campbell	17.37
5 Jeremiah Gaines 6 B Ivers	15.24	5 Betty Keating	13.55	6 Shirley Dietderich	17.5
		6 Marilyn Mitchell	13.7	7 Josephine Sullivan	17.70
7 Joe Caruso	15.5	6 Kathy Pierce	13.7	7 Dottie Gray	17.70
8 Claude Hills	15.70	8 LaTanya Glass	13.85	9 Angie Trantham	18.36
9 Byron Fike	A CONTRACTOR OF THE PARTY OF TH	9 Pamela Duncan	14.2	10 Laverne Meier	20.1
10 E Bost	15.92	10 A Steekelenburg	14.58	10 Paverile Merer	20.1
11 C Chianan	16.03	11 J Cross	14.6	<u>W65-69</u>	1
11 C Skinner 12 Ken Carnine	16.02	12 Corinne Welch	14.9	1 Mary Bowermaster	16.74
	16.22	12 Sharon Huddleston	14.9	2 Els Tuinzing	17.5
13 John Mays 14 A Demardis	16.25	14 Isabelle Joffrion		3 Louise Nottage	17.7
15 Jim Knott		15 Ardienette Tucker	15.07	4 Thelma Rubin	18.17
16 B Till	16.7	15 Josephine Tucker	15.1	5 M S Monheit	18.2
17 M d'Elia	16.9	17 Bonnie Sullivan	15.1	5 Marj Hunt	18.2
18 Emmett Bennett	16.95		15.17	7 Molly Mackown	18.55
19 George Richards	17.03	18 Barbara Ballard	15.22	8 Carol Peebles	18.90
20 Gordon Powell	17.15	19 Lurline Struppeck	15.3	9 Flo Berry	18.89
20 GOIGGI FOWEII	17.13	20 Janet Sherman	15.31	10 Gerry Davidson	19.08
21 Herman Mlotek	17.4	21 J Hemming	15.68	11 Carla Convery	19.25
22 Bob Boal	17.68	22 Sandy Nelleson	16.0	12 Evelyn Lercher	19.47
23 Don Ernst	17.7	23 P Danielson	16.2	13 Angie Smith	19.8
24 M Holmquist	18.2	24 Barbara Winters	16.25	14 Irene Crane	19.80
25 Paul McDowell	18.7	25 Barbara Rentenbach	16.33	15 Rose Seadorf	19.99
The second secon	PAR HILL			Park and Bernard St.	
M80-84		W45-49	MEANE.	W70-74	
1 Henry Johnson	16.50	1 Marilyn Mitchell	13.4	1 Mary Bowermaster	16.41
2 Ken Carnine	16.77	2 Mary Lukens	13.7	2 Lucille Monroe	17.98
3 Manfred d'Elia	16.8	3 Nancy Davis	13.70	3 Molly McKown	18.6
4 Myron Bishop	16.88	4 Jan McLurg	13.89	3 Velma Jacobs	18.6
5 F Furniss	17.1	5 Barbara Stewart	14.00	5 Margaret Bills	18.7
6 John Rust	17.6	5 Nadine O'Connor	14.00	6 Ellen Charlie	19.02
7 Konrad Boas 8 Ken Babcock	17.84 17.93			7 Millie Crews	19.11
		7 Joy MacDonald	14.10	8 Marj Smith	19.37
9 W McFadden 10 Sing Lum	18.63	8 Sandy Pashkin	14.30	9 C Harris	19.5
and the second second second second		9 Jeanne Carter	14.38	10 Alice Hill	19.52
11 Sam Dorman	18.97	10 A Rosenitsch	14.43	11 Gerida Bergman	19.89
12 Lew Thorne Sr	20.3	11 Anne Draper	14.50	12 Pearl Meihl	13.05
13 John Glawe	20.82	12 C Sherrard	14.73	W75-79	
14 Everett Turma	21.3	13 Essie Kea	14.80	1 Polly Clarke	17.07
15 Njelsen LaGrand	21.85	14 Ann Carter	15.18	2 Margaret Jackson	20.15
HOE 00		15 Linda Upton	15.2	3 Marie Uebel	20.3
M85-89	Min all	16 Polly Turpin	15.86	4 Marie Quartermain	21.31
1 Konrad Boas	17.7	17 Katy Gottschalk	15.9	5 Bess James	21.5
2 Herb Andersen	18.6	18 Shirley Ingram	16.24	6 Mary Parson	23.36
3 Arling Pitcher	19.30	19 Ella Thomas	16.7	7 Donna Foor	23.45
4 Harold Simon	23.37	19 Cora Parry	16.7	8 Alice Humphrey	23.66
5 Ev Hosack	24.1	21 Carol Porter	17.0	9 Eliz Kawelaske	24.23
A		AND STREET, ST	Malia T	10 Kate Phillips	24.55
1/1)	100	W50-54		W80-84	
		1 Irene Obera	13.44	1 Rose Monda	25 7
di.	1	2 C Miller	14.40	2 Anna Ward	25.75
(D).	Total Control	3 Sallie Stiegelmeier		3 Marilla Salisbury	26.0
(4)		4 Rachel Lyga	15.65	4 Mary Ames	30.64
		The state of the s	St. State	5 K Marshall	35.10
The same of the sa	THE REAL PROPERTY.	(5)		The second section of the second sections	33.10
	-	F	35	. + 40 .	



HEALTHY NEW YEAR!

Masters Running '88 Available

Copies of Masters Running '88 are available. A 96-page, fourcolor, attractive magazine, it features articles by Bill Rodgers, Joe Henderson, Al Sheahen, Mike Davis, Barbara Hazen Shaw and others. It profiles masters runners, and offers tips on nutrition, training and fitness.

Send \$2.00 for each copy to NMN, P.O. Box 2372, Van Nuys, CA 91404. □

Need Back Issues?

Most back issues of the National Masters News are available for \$1.95 each, plus \$1 postage and handling for each order. Send to:

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

A	THLETES WHO ENTER A NEW DIVISION T	THIS MONTH	I, JAN. 1989
To Park	ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
	GRACE BUTCHER (IL)	1-18-34	55-59
	MARY CULLEN (HOUSTON, TX)	1- 6-39	50-54
	JANET GLASSMAN (ALLENTOWN, PA)	1- 5-29	60-64
	SALLY GOODHUE (WESTON, MA)	1-26-34	55-59
	PATRICIA HEWITT (MA)	1-21-44	45-49
	NINA KUSCSIK(US)	1- 2-39	50-54
	CONNIE MANLEY (EUGENE, OR)	1-26-44	45-49
	MAE MAYHEW (HONOLULU, HI)	1- 1- 4	85-89
	JENNIE MORRIS (NAPLES, FL)	1-15-34	55-59
	ANN NEELEY (US)	1-21-39	50-54
	KAY PORTER (EUGENE, OR)	1-29-39	50-54
	MARY SCHANZLE (PALATKA, FL)	1- 7-24	65-69
	MARCIA SPAETH (CORTLAND, NY)	1-18-29	60-64
	ELLEN SWEET (TUCSON, AZ)	1- 5-44	45-49
	WENDY WATSON (US)	1-16-44	45-49
	EULA WEAVER (SANTA MONICA, CA)	1-16-89	100-104
	WILLYE WHITE(US)	1- 1-39	50-54
	CHRISTINE BATTERSBY (AUS)	1-14-44	45-49
	VIVIAN BEISTY (AUS)	1-11-39	50-54
	J. BYRNES (AUS)	1- 5-44	45-49
	NADEZHDA GUMEROVA (URS)	1-11-49	40-44
	EILEEN HINDLE (AUS)	1- 2-49	40-44
	HELGI PEDEL(CAN)	1-21-24	65-69
	INGEBORG MELLO DE PREISS (ARG)	1- 4-19	70-74
	BRIGITTE SCHMITT(WG)	1- 5-39	50-54
	ANNEMARIE SCHOLTEN (WG)	1-17-34	55-59
	EMI SCHUMACHER (WG)	1- 2-34	55-59
	BETTY SMITH(NZ)	1-21-24	65-69
	ADA TURCI(ITA)	1-17-24	65-69
	MARIANNE WERNER(WG)	1- 4-24	65-69
	EDUARDO ASTOREKA (SPA)	1- 5- 9	80-84
	BILL BANGERT (HAZELWOOD, MO)	1-14-24	65-69
140	MIKE BOIT(KEN)	1- 6-49	40-44
	ALAN BRADFORD(GB)	1-31-39	50-54
	PAUL BRIDGES (WICHITA, KS)	1-22-14	75-79
	ALBERT CLARK (ORANGE, CALIF)	1-22-14	75-79
	DAN CONWAY (CHETEK, WI)	1-28-39	50-54
	GERALD COUNIHAN(US)	1-20-39	50-54
	BOB CREIGHTON (ATWOOD, KANS)	1-30-34	55-59
	RAY HUGHES (MT. BALDY, CA)	1-26-39	50-54
	BARRY JAHN (SALEM, OR)	1- 2-49	40-44
	J.A. JAMIESON(NZ)	1-31- 9	80-84
	MERV JENKINSON (AUSTRALIA)	1-18- 9	80-84
1	IVAN KABANOV (URS)	1- 1-39	50-54
8.5	JACK KNEBEL (ORINDA, CA)	1-28-39	50-54
200	THOMAS MALIK (GREEN, SC)	1- 9-49	40-44
DE.	DUNCAN MCDONALD (KULA, HI)	1-15-49	40-44
100	CLIFF MCPHERSON (GUY)	1-14-29	60-64
	SAM NICHOLSON (LA CRESCENTA, CA)	1-30-29	60-64
	JAMES O'HARA (HADDON FIELD, NJ)	1-20-39	50-54
	TOM ROBINSON (SCARSDALE, NY)	1- 9-44	45-49
TO B	WILLI RUMIG(WG)	1-29-14	75-79
	JOHN SATTI (SAN FRANCISCO)	1-29-14	75-79
	DAVID WEE (NORTHFIELD, MN)	1-20-39	50-54
E,h	CHARLES WIMBERLY (N. ORLEANS, LA)	1-25-34	55-59

NOW AVAILABLE Masters Age-Records 1988

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Don Henry, Shirley Dietderich, Gordon Wallace 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,
- U.S. Age bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1988.
- . Men's U.S. Masters Indoor & Outdoor Championship
- 48 pages. Thousands of entries. Lists name, age, state, and date of record.

Send \$4 plus \$1 postage and handling to: NATIONAL MASTERS NEWS P.O. Box 2372 Van Nuys, CA 91404

City	State	Zip
Address		
Name - Spin San		
Name	The State of the S	

Jani

Contir

Th TA for

Na

an lica Mo

DIVISION

55-59 55-59 55-59 55-59 55-59 55-59 55-59 55-59 55-59

60-64 60-64 60-64 60-64 60-64 60-64

65-69 65-69 65-69 65-69 65-69 65-69

70-74 70-74 70-74 70-74

75-79

35-39 35-39 35-39 35-39 35-39 35-39 35-39

40-44 40-44 40-44 40-44 40-44 40-44

45-49 45-49 45-49 45-49 45-49 45-49 45-49 45-49

50-54 50-54 50-54 50-54 50-54 50-54 50-54 50-54

55-59 55-59 55-59 55-59

60-64 70-74

> At th print in ea

> proxi from set c 3-rir updal

STAT:

DISTANCE RANKINGS U.S. MASTERS LONG

(Compiled by TACSTATS/USA, The National Center for Long Distance Running & Race Walking Records and Research)

		TAC	STATS/U	ISA 1987 RAN	IKING	is:	10 N	IILES - MEN	DIVISION RAI	NK TIME	ATHLETE NAME	HOME	AGE	B DATE	RACE
D	NOISIN	RANK	TIME	ATHLETE NAME	HOME	AGE B	DATE	RACE NAME	40-44	53:51	PRISCILLA WELCH	co		112244	NDCE C
17 34	MARKE		Name of Parties	NOW BOOK	KY	35 1	23051	TREVERA TWOSOME IOMI	40-44 1	55:38 58:25	PRISCILLA WELCH LAURIE BINDER	CA CA	42	112244 081047	COPM
	5-39 5-39		46:43				12249	COPM WATERPRONT	40-44	59:19	ANGELLA HEARN	NY	41	021546	TREVE
	5-39		50:49	SADOT MENDEZ		35		CAPITAL TRAIL RUN 10 MI	40-44 2 40-44 3	1:01:45	JOAN COLMAN BOBBI ROTHMAN	CA	43	091945	COPM
	5-39	1	50:58.5			37 O 37	80450	PARK POREST SCENIC PARK POREST SCENIC	40-44 4	1:02:00	HILARY NAYLOR	PL CA	40	091646	CALIF
	5-39 5-39	3	51:41		WV	35		NIKE CHERRY BLOSSOM	40-44	1:02:23	JUANA STAVALONE	CA	41	112545	CAPIT
3	5-39	4	51:43	Control of the Contro			21751	CALIPORNIA 10 PARK POREST SCENIC	40-44 40-44 5	1:03:16 1:03:26	JUANA STAVOLONE MARY E WILLIAMS	CA MD	41	051746	PRESE NDCE (
	5-39		51:56.1 52:05.7	P-4-4-1			13151	PARK POREST SCENIC	40-44 6	1:03:50	MARGE TIMBERLAKE	CA	44	070942	CALIF
	5-39	7	52:13	RICHARD DISEBASTIAN	PA	35	CLOTO S	NIKE CHERRY BLOSSOM	40-44 7 40-44 8	1:04:28 1:04:40	MARGOT REMINGTON-ON		40	040040	CHUBI
	5-39	1	52:19.9	40,700		39 1 38	03147	STEAMBOAT DAYS NIKE CHERRY BLOSSOM	40-44 9	1:05:24.8	LINA CONNORS ANNE MANSFIELD	NY	44	050942	PARK
COLUMN TOWNS	5-39 5-39	10	52:52 52:52				11449	CALIPORNIA 10	40-44 10	1:05:50	NATALIE SPALDING	GA	41	-	NDCE C
		Sal X	Sees 12	Bally Mary Control		-	200	A CONTRACTOR OF THE PARTY OF TH	45-49 1	1:04:32	MARJORIE TIMBERLAKE	CA	45	070942	COPY
	10-44	1	50-55	BARRY BROWN	FL	42	072644	NIKE CHERRY BLOSSOM	45-49 2	1:06:39	BIRTHE KIRSCH	ä	47	032539	CALI
	10-44		52:10	ATLAW BELIGIENE	NY		011945	TREVIRA TWOSOME IOMI	45-49 3	1:07:14	HEIDI SKADEN-POYSER	CA	49	072337	CAL
	10-44	2	52:14 52:15	WEB LOUDAT BILL SEVALD	NM CA		082746 040146	COPM WATERFRONT	45-49 4 45-49 5	1:09:06 1:09:15.1	JOANNE CUMMINGS	L	48		PARK
	10-44		52:21	LUCIOUS ANDERSON	MD	40	五米等加州	NIKE CHERRY BLOSSOM	45-49 6	1:09:22	JUTTA MCCORMICK	ČA	46		CALL
	10-44	3	52:32	BARRY BROWN	PL	43	072644	CAPITAL TRAIL RUN 10 MI CAPITAL TRAIL RUN 10 MI	45-49 7	1:09:42a	SANDRA POLZER	PA	47	051039	BROA
	10-44	6.6	53:01	ATLAW BELLIGNE	NY NY		011945	CAPITAL TRAIL RUN 10 MI	45-49 8 45-49 9	1:09:56 1:10:56	SHARON HAMILTON RUTH ANN FREDENTHAL	MD	45	082038	NIKE
	10-44	7	53:25	STEVE FERRAZ	CA	40		COPM WATERFRONT	45-49 10	1:11:04	KAREN SCANNELL	CA	49	082338	COPN
	10-44		53:30	GLENN MYERS	PA	40	111646	NIKE CHERRY BLOSSOM NIKE CHERRY BLOSSOM			· · · · · · · · · · · · · · · · · · ·	THE PARTY			
	10-44	10	53:31	MARK GRIFFIN	PA CA		011847	CALIPORNIA 10	50-54 1 50-54 2	1:08:18 1:09:54	HEIDI SKADEN JOAN REISS	CA	50	072337 071137	CCP
			A PERSON					Ave. Company of the	50-54 3	1:10:12	GUDRUN PHILLIPS	NY	50	031836	NIKE
	5-49	1	51:40	SAL VASQUEZ	CA	47	121539	CALIPORNIA 10	50-54 4	1:10:14	LISA PRASKINS	NY	52	060934	TREV
	5-49	2	53:39	DAVID RIVERA	CA	45		CCPM WATERFRONT	50-54 S 50-54 6	1:10:35	ALICE ROSE GUDRUN PHILLIPS	CA	52	031836	TREV
	15-49	3	55:18 55:47	ION MACPHERSON	PA CA	45	051941	NIKE CHERRY BLOSSOM CALIPORNIA 10	50-54 7	1:11:43	MARGARETE DECKERT	NY	54	021933	TREV
	5-49	3	56:23	ED BRINKLEY	VA	47		CAPITAL TRAIL RUN 10 MI	50-54	1:11:52	ARMANDE PIESCHKE		50		BOBI
	5-49	6	56:34	JEFF WALL	CA	45		CCPM WATERFRONT	50-54 8 50-54 9	1:12:03	SUSIE KLUTTZ	NC	50	100124	CAPT
	5-49	1	56:43 56:58	GARY WALTON RON BOLE	CA		120341	STEVE SMITH MEMORIAL	50-54 9 50-54 10	1:12:13	MARTY MARICLE	CA	50	120136	COPY
	5-49	,	57:25	JOHN NOYES	NH	45	031740	CHUBB LIPE RUN	CYDENT NO	1122	MAKIT MAKKLE				CO.
	5-49	10	57:26	JON MACPHERSON	CA	46		CCPM WATERPRONT	55-59 1	1:04:41	MARION IRVINE	CA	57	101929	CALIF
				No designation of the second					55-59 2	1:14:22	GLORIA BROWN	NY	55	122031	TREVE
	0-54	1	54:18	NORMAN GREEN	PA		062732	NIKE CHERRY BLOSSOM	55-59 3 55-59 4	1:15:14.8	MATTLEE CHRISTMAN RUTH ANDERSON	CA	56	042331 072729	PARK
	0.54	3	57:38 57:47	ROBERT PAKLAIAN LAWRENCE I'ANSON	M	50	061136	NTICE CHERRY BLOSSOM NTICE CHERRY BLOSSOM	55-59 5	1:16:03	RUTH ANDERSON	ä	57	072729	CALIF
	0.54		58:04	DICK RUZICKA	MD PL	50		NIKE CHERRY BLOSSOM	55-59 6	1:17:29.9	EILEEN DWYER	L	55	-	PARK
5	0-54	5	58:10	PAUL GRIPFIN		51		BOBBY CRIM RUN	55-59 7 55-59 8	1:17:52 1:20:23	NANCY TIGHE	NY MA	56 56	021631	CHUB
	0-54	6	58:30	GERALD KOCH	TN		040234	CAPITAL TRAIL RUN 10 MI	55-59 9	1:21:27	BERNA FINLEY HELEN ZIMMARO	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	55		BROAL
	0-54		58:50 58:56	JIM LARSON JOHN FINCH	PL CA	51	021644	COPM WATERPRONT	55-59 10	1:24:18	STEPHANTE HARRISON	M	56	al min	BOBB
5	0-54	9	58:56	BEN HYSER	PA	52		NIKE CHERRY BLOSSOM	60-64 1		a vite of Atmost	1000	At C.	3.00	SUL
	10-54	10	59:20	REX PERRINE	М	50		BOBBY CRIM RUN	60-64 1	1:19:39 1:20:57	MARY LOU CARLSON LISA COLB	MON	60	061527	GARD
					5		27 . 19		60-64 3	1:25:35	DORTHY BRIGHT	MD	62		NDCE
	55-59	1	56:36	GAYLON JORGENSEN	Uſ	57	070229	CALIPORNIA 10	60-64 4 60-64 5	1:26:36 1:27:52	KIT PICKLES	CA	62	110152	ССРМ
	55-59 55-59	3	1:00:08	NORM EASTMAN HAL HIGDON	M	56	050931	BOBBY CRIM RUN NIKE CHERRY BLOSSOM	60-64 6	1:29:24	KIT PICKLES HELEN DEMPSEY	CA N	60	102926	TREVI
	5-59		1:01:08	MORTON GRAY	CA	56	092231	CCPM WATERPRONT	60-64 7	1:29:38	HELEN SOMMERVILLE	VA	60	A PERSON	NIKE
	5-59		1:01:43 1:01:47a	BILL JOHNSON	СТ	56 56	031431	BROAD STREET RUN	60-64 8	1:30:39 1:31:51	PAULINE SESSIONS	DC TN	62	ARTON A	NUCE
	5-59	7	1:02:29	RICHARD BAUMAN	e bije ke se	55		BOBBY CRIM RUN	60-64 10	1:35:56	LIESE RAPOZO	CA	60	W	CCPM
CHECK TO THE PARTY OF THE PARTY	5-59		1:02:35.7	DAVID SCHERTZ	L		012232	PARK POREST SCENIC		A STATE OF THE STA					
	5-59 5-59	10	1:02:44	THOMAS MOMIYAMA RAYMOND GAYLICK	PA	55	15	NIKE CHERRY BLOSSOM NIKE CHERRY BLOSSOM	65-69 1 65-69 2	1:20:22 1:22:35	HARRIET WEVER JACLYN CASELLI	M	66	111521 032821	NDCE
		F = 33			Service Til		15 10		65-69 3	1:33:35a	BECKY YENCHARIS	DE	68	Contract of	BROA
	1			0010	100				65-69 4	1:34:05	BECKY YENCHARIS	DE	67	1-8-25 TE	NIKE
	0-64	1 2	1:00:41	ORLO KENNISTON JOHN HOSNER	WA VA	60	040127	NIKE CHERRY BLOSSOM NIKE CHERRY BLOSSOM	65-69 5	1:51:34	HELEN KUZIARA	CA	ิส	44.5	PRESI
	0-64	-	1:03:45	JIM PORSHEB	M	61	033126	BOBBY CRIM RUN	70-74 1	1:25:33.2	ALGENE WILLIAMS	L	71	020516	VALL
	0-64		1:03:58	ROBERT MALAIN	CA	60	043027	COPM WATERFRONT	70-74 2	1:25:43.1	ALGENE WILLIAMS	L	71	020516	PARK
	10-64 10-64	1	1:04:17	RAY PIVA TERRY GOODLAD	CA NB	61		COPM WATERFRONT CHUBB LIFE RUN	70-74 3	1:29:38	ALGENE WILLIAMS	L	71	020516	LAKE
	10-64	7	1:06:28	JAMES STOLTZPUS	CT	60	072926	TREVIRA TWOSOME IOMI	75-79 1	1:39:09.7	ANNE CLARKE	L	77	092109	VALL
	0-64	;	1:06:28	PAUL LACKEY	VA	63	062424	NIKE CHERRY BLOSSOM						0 12	
	50-64 50-64	10	1:06:41	JEROME KERKHOP	MD PA	60		NTICE CHERRY BLOSSOM NTICE CHERRY BLOSSOM	the same of	AND SUPERIOR					
		12.4			A STATE OF THE PARTY OF THE PAR				TACCT	ATCHICA	1987 RANKIN	ce.	20	KII O	MET
	65-69	1	1:04:49.8	WARREN UTES	T.	67	062520	DADE CONTEST OF THE	IACSI	AIS/USA	1901 UNIVIN	ido.	20	KILO	IAIL
	65-69	2	1:07:153	WARREN JOHNSON	ī	65	082822	PARK POREST SCENIC PARK POREST SCENIC	DIVISION	RANK TIME	ATHLETE NAME	HOME	A	GE B DAT	E RAC
	65-69	3 7	1:08:32	PAUL REESB	CA	69	041717	CALIPORNIA 10		18 X 19 19 19	The second of the second		Carry Ro		
	65-69 65-69		1:08:46	JOHN MCHUCH DICK LYONS	SC	66	082220	GREEN VALLEY ROAD RACE	35-39	1 1:06:06 2 1:07:35.0	MIKE SEAMAN BILL RODGERS	MN	37		
	65-69	6	1:10:06	WILLIAM COYNE	NY	65	110421	TREVIRA TWOSOME IOMI		3 1:09:05.1	TOM PLEMING	MA	39 36	122347 072351	ELB'
	65-69		1:12:41	JOE HOLLAND	MD	65	10000	NIKE CHERRY BLOSSOM		4 1:09:59.46	GERALD CRANE	MI	35	SECTION.	BRLA
	65-69		1:14:39	NATHANIEL WHITE PETER MAHTA	NY	65	062819	NTKE CHERRY BLOSSOM TREVIRA TWOSOME IOMI		5 1:10:29 6 1:10:50	DAVE NYGAARD TOM EISENRICH	MN	35 36	52 032351	TAC
	65-69	10	1:15:07	TED WENDT	MA	65	TA SYREET	CHUBB LIPE RUN	35-39	7 1:11:39	MIGUEL LOPEZ		36	0,23,	GAA
								TO SERVED STATE OF THE SERVED	35-39	8 1:11:44	STEVE SIPES		38		THE
1	70-74	1	1:13:43	DON LUNDBERG	CA	71	081115	CALIPORNIA 10	35-39	9 1:11:48	DOUG APPLING	1	35	1.70	GAA
	70-74	2	1:14:50a	PRED ELY	N	72	042015	BROAD STREET RUN	40-44	1:05:45.0	MIKE HURD		41	121945	ELB
	70-74	1	1:15:00	WILFREDO RIOS VINCENT CARNEVALE	NY	70 70	102716	TREVIRA TWOSOME 10MI TREVIRA TWOSOME 10MI		1 1:06:02	CARL NICHOLSON	AL	40		
	70-74	3	1:18:09	PRED ELY	N	72	042015	TREVERA TWOSOME IOMI	40-44 40-44	2 1:07:12.2 1:08:52.8	BARRY BROWN GUENTER MIELKE	FL	42		
	70-74	6	1:20:48	VINCENT CARNEVALE	N	70	080916	NDCE CHERRY BLOSSOM	40-44	1:09:35.2	DAVE CLARK		4		
0	70-74	7	1:24:34	VERNON GEARY CLAYTON BRELSPORD	VA NC	74 73	060212 100814	NIKE CHERRY BLOSSOM CAPITAL TRAIL RUN	40-44	1:10:40.28	HERVE CORNE		40		BRL
7	70-74	,	1:26:07	PRED HACKETT	NH	70	The second	CHUBB LIFE RUN		3 1:11:03 4 1:11:16	DERCK PRECHETTE PETER BAIRD	NY	42		PHE
	70-74	10	1:26:19	JOB THORNBURG	M	70	092716	BOBBY CRIM		5 1:12:46.99	CLIPPORD DORLIN	м	43		GAA BRL
	-		Albert State	Specific to Deliver			100		45-49	1 1:10:44	MORGAN LOONEY				
	75-79 75-79	1 2	1:23:40 1:36:19a	MEL SHINE RONALD RENAUD	CA	77	031209	CALIPORNIA 10 BROAD STREET RUN	THE RESERVE AND ADDRESS OF THE PERSON OF THE	2 1:11:53	ALLEN MCDANIEL	AL TX	45		ROC
	75-79	3	1:46:42a	LEON HAYWARD		75		BROAD STREET RUN		3 1:13:22	KEN PLUMMER		49		THE
	75-79		1:48:46.8	JOSEPH STANTON JAMES RAMSEY	IL MI	77		PARK POREST SCENIC	45-49	4 1:14:14 5 1:14:44.07	CHARLIE VIERS BRUCE LAIDLAW	7.0	46		THE
	75-79		1:57:31	IAMES KAMSET				BOBBY CRIM	45-49	6 1:14:55	RON BOLE	M	45		BRL
										7 1:15:35.98	RANDALL HOFFMAN	DM I	46		BRL
									45-49 45-49	8 1:15:36 9 1:16:11	DON CAVE	1	41		THE
13.5	T	CST	ATS/IIS	A 1987 RANK	INCO	. 10	IIM C	ES-WOMEN	45-49	9 1:16:11 10 1:16:24	RAMON RUIZ RICHARD TELARICO	NY	47		
-	100		713/33	A IOUI NAIN			, IVIIL	The Control of the Co	50-54		The same of the same of	1 715			PHŒ
	35-39	- 11	1:02:26	LESLIE MC MULLIN	CA	36	100	COPM WATERFRONT		1 1:15:08 2 1:17:10.98	HENRY HAWK GEORGE DULEY	AR	50		THE
	35-39	12	1:03:31	BARBARA BALZER-EDI	FF PL	35	TALL T	CAPITAL TRAIL RUN	50-54	3 1:17:25	JACK CAGOT	MI	50		BRL WO
F991 35	35-39	13	1:03:38	LINDA MANTYNEN	CA	38	070148	CALIFORNIA 10		4 1:17:30 5 1:17:37	DON SLOCOMB		53		GA
	35-39 35-39	14	1:03:43	BRENDA LYNCH KATHY KENNEDY	MI CA	36		BOBBY CRIM COPM WATERFRONT	MA EL COLONIA	5 1:17:37 6 1:19:38	ROBERT HOPKINS	AL	54	052433	ROC
		16	1:04:51	MAUREEN LUCA	ä	37	TA ST	COPM WATERPRONT	50-54	7 1:20:15	RICHARD MURPHY	AR NY	51 52		THE
	35-39								50-54	1:21:42.04		141	37		AY
	35-39	17	1:05:32	CATHY PAKLALAN	м	36	- Land	BOBBY CRIM			RAY ASPINALL	M	52		
理なり	35-39 35-39	17	1:05:33	KAREN HUBBARD	M	37	072850	BOBBY CRIM	50-54	9 1:21:42.7	ROBERT MOORE		52		BRI
	35-39	17							50-54	9 1:21:42.7		М	52		BRI

E NAME E CHERRY BLOSSOM 10MI
BBY CRLM 10 MILER
*M WATERFRONT
EVRA TWOSOME 10MI
*PM WATERFRONT
PITAL TRAIL RUN
LIFORNIA 10
PITAL TRAIL RUN
ESDIO 10
EE CHERRY BLOSSOM
LUFORNIA 10
LUFB LUFE RUN
EVIRA TWOSOME 10MI
RK POREST SCENIC
KE CHERRY BLOSSOM CPM WATERFRONT
ALIPORNIA 10
ALIPORNIA 10
CPM WATERFRONT
IRK FOREST SCENIC
ALIPORNIA 10
ROAD STREET RUN
ICE CHERRY BLOSSOM
REVIRA TWOSSOMR EVIRA TWOSOME
PM WATERPRONT CPM WATERFRONT
CPM WATERFRONT
INCE CHERRY BLOSSOM
REVIRA TWOSOME
CPM WATERFRONT
REVIRA TWCSOME REVIRA TWOSOMB DBBY CRIM APITAL TRAIL RUN REVIRA TWOSOMB DPM WATERFRONT LIPORNIA 10
EVIRA TWOSOMB
RK POREST SCENIC
PW WATERFRONT
LIPORNIA 10
RK POREST SCENIC
EVIRA TWOSOMB
LUBB LIPE RUN
OAD STREET RUN
BBY CRIM EVE SMITH MEMORIAL 10MI
RDEN OF THE GODS
ICE CHERRY BLOSSOM
PM WATERFRONT
LIPORNIA 10
EVIRA TWOSOME
ICE CHERRY BLOSSOM
ICE CHER ICE CHERRY BLOSSOM
PM WATERFRONT
OAD STREET RUN
ICE CHERRY BLOSSOM
ESIDIO 10 ILLEY POX TROT RK POREST SCENIC IKEFRONT 10 LLEY POX TROT

TERS - MEN

DIVISION	RANK	TIME	ATHLETE NAME	HOME	AGI	B DATE	RACE NAME
35-39	1	1:06:06	MIKE SEAMAN	MN	37	080950	TAC 20K CHAMP
35-39	2	1:07:35.0	BILL RODGERS	MA	39	122347	ELBY'S DISTANCE RACE 20K
35-39	3	1:09:05.1	TOM PLEMING	N	36	072351	ELBY'S DISTANCE RACE 20K
35-39	4	1:09:59.46	GERALD CRANE	M	35	N. Maria	BRIARWOOD RUN
35-39	5	1:10:29	DAVE NYGAARD	MN	35	52	TAC 20K CHAMP
35-39	6	1:10:50	TOM EISENRICH	MN	36	032351	THE PLAGSHIP 20K EXPERIENCE
35-39	7	1:11:39	MIGUEL LOPEZ	- MONEY	36		GAAALDR 20K WALDEN O.
35-39		1:11:44	STEVE SIPES		38		THE ARKANSAS 20K
35-39	9	1:11:48	DOUG APPLING	58	35	25	GAALDR 20K WALDEN ON
40-44		1:05:45.0	MIKE HURD		41	121945	ELBY'S DISTANCE RACE 201
40-44	1	1:06:02	CARL NICHOLSON	AL	40	021947	ROCKET CTTY 20KM
40-44	2	1:07:12.2	BARRY BROWN	FL	42	072644	ELBY'S DISTANCE RACE 20K
40-44	700	1:08:52.8	GUENTER MIELKE	PL .	4	113042	ELBY'S DISTANCE RACE 20K
40-44		1:09:35.2	DAVE CLARK		-	100743	ELBY'S DISTANCE RACE 20K
40-44	Sidner	1:10:40.28	HERVE CORNE	100	40	100/43	BRIARWOOD RUN
40-44	3	1:11:03	DERCK PRECHETTE	NY	42		
40-44	4	1:11:16	PETER BAIRD	NY			PHELPS SAUERICRAUT
40-44	5	1:12:46.99	CLIPPORD DORLIN	М	43		GAAALDR 20K WALDEN BRIARWOOD RUN
No.	The Years		SECTION AND DESCRIPTIONS				
45-49	1	1:10:44	MORGAN LOONEY	AL	45		ROCKET CITY 20KM
45-49	2	1:11:53	ALLEN MCDANTEL	TX	47		GAA/LDR 20K WALDEN
45-49	3	1:13:22	KEN PLUMMER		49		THE ARKANSAS 20K
45-49	4	1:14:14	CHARLE VERS		46		THE ARKANSAS 20K
45-49	5	1:14:44.07	BRUCE LAIDLAW	M	45		BRIARWOOD RUN
45-49	6	1:14:55	RON BOLE	MN	47	031740	TAC 20K CHAMP
45-49	7	1:15:35.98	RANDALL HOFFMANN	M	46	But The	BRIAR WOOD RUN
45-49		1:15:36	DON CAVE		48		THE ARKANSAS 20K
45-49	9	1:16:11	RAMON RUIZ	NY	47	010740	NYRRC 20 KILOMETER RUN
45-49	10	1:16:24	RICHARD TELARICO	NY	47	are series	PHELPS SAUERKRAUT
50-54	1	1:15:08	HENRYHAWK	AR	50		THE ARKANSAS 20K
50-54	2	1:17:10.98	GEORGE DULEY	M	50		BRIARWOOD RUN
50-54	- 3	1:17:25	JACK CAGOT	OH	54	101000	
50-54	4	1:17:30	DON SLOCOMB	on	53	121032	WOLFPACK FALL CLASSIC
50-54	5	1:17:37	MALCOLM GILLS	AL .			GAAALDR 20K WALDEN ON
50-54	6	1:19:38	ROBERT HOPKINS		54	052433	ROCKET CTTY 20KM
50-54	7	1:20:15	RICHARD MURPHY	AR	51		THE ARKANSAS 20K
50-54		1:21:42.04	RAY ASPINALL	NY	52		NYRRC 20 KILOMETER RUN
50-54	9	1:21:42.7	ROBERT MOORR	M	52		BRIARWOOD RUN
50-54	10	1:21:44.56	RICHARD JARRETT		50	-	THE ARKANSAS 20K
A STOWN	3	Ser Brooks	THE PART OF THE PA	M	50	060836	JEAN MITCHELL RACE
		-	C ACTOR STATE				Continued on next page

Continued from previous page

The listings contained herein are based upon the best available data. TACSTATS seeks information concerning errors and/or omissions for inclusion in future editions. Compiled by TACSTATS/USA, the National Center for Long Distance Running & Race Walking Records and Research, 7745 SW 138 Terrace Miami Florida 33158. The publications of the NRDC and the Road Race Management Guide to Prize Money Races and Elite Athletes have contributed to these lists.

TACSTATS/USA 1987 RANKINGS : 20 KILOMETERS - MEN

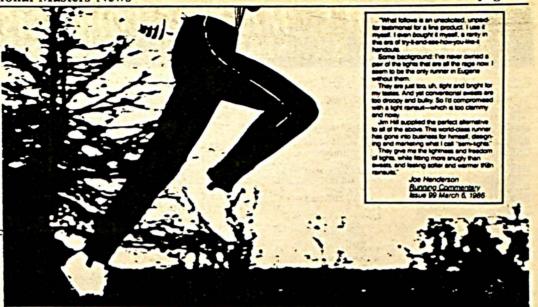
DIVISION	DANN	1.544		A strang	3.416.0	SE DAY	
DIVISION	MANK	TIME	ATHLETE NAME	HOME	AGE B	DATE	RACE NAME
55-59	1	1:16:57	ROBERT PLETO-ER	TX	55		GAALDR 20K WALDEN
55-59	2	1:17:54	OTHO PERKINS	OH		030830	WOLFPACK FALL CLASSI
55-59	3	1:19:52	GREG PROM	MN		011831	TAC 20K CHAMP
55-59	4.50	1:20:39	MILT JOHNSON		58		GAALDR 20K WALDEN
55-59	5	1:20:54	ROBERT ELLIS	TX	57		GAALDR 20K WALDEN
55-59	6	1:21:29	BILL HOPPMAN	AR	59		THE ARKANSAS 20K
55-59	7	1:22:54	WILLIAM SCHWARTZ	NY	55	033131	NYRRC 20 KILOMETER
55-59	1	1:23:38	ETHAN BUSBY	AR	56		THE ARKANSAS 20K
55-59	,	1:23:42	WALTER CONNOLLY	NY	57	032730	PHELPS SAUERKRAUT
55-59	10	1:26:25	JERRY MAHRER	NY	57		NYRRC 20 KILOMETER I
60-64	1	1:26:21	DON MCWILLIAMS	NY	63	100	PHELPS SAUERKRAUT
60-64	2	1:28:09.20	DON MCWILLIAMS	NY	63	042924	JEAN MITCHELL RACE
60-64	3	1:31:44	DICK LYONS	SC	61		PARIS MT. ROAD RACE
60-64	4	1:31:51	JOHN BURTON	MN	64	031223	THE PLAGSHIP 20K
60-64	5	1:34:04	JOHN BURKE	NY	62	040225	PHELPS SAUERKRAUT
60-64	6	1:35:37	TOM BASS		60		GAAALDR 20K WALDEN
60-64	7	1:36:50	ROBERT ABERNATHY	THE PARTY	63		THE ARKANSAS 20K
65-69	1	1:29:06	THOMAS GIBBONS	NY	65	030421	NYRRC 20 KILOMETER
65-69	2	1:35:57.48	PAUL HANSEN	IM	65	CONTRACTOR OF	BRIARWOOD RUN
65-69	3	1:37:36	PAUL ROBERTSON	NY	68	200	PHELPS SAUERKRAUT
65-69	4	1:37:43	GENE ASKEW	TX	67		GAAALDR 20K WALDEN
65-69	5	1:45:25	JIM BREWER		69		THE ARKANSAS 20K
65-69	6	1:50:13	BOB WOOD	GA	68		PHELPS SAUERKRAUT
65-69	7	1:52:34	LOUIS CIACCIO		65		GAAALDR 20K WALDEN
70-74	1	1:47:51	LONNIE MANNING		71		GAAALDR 20K WALDEN
70-74	2	1:50:08	S.W. PUGITT	AL	74	071913	ROCKET CITY 20KM
70-74	3	1:55:44	BOB BURKS	AR	70		THE ARKANSAS 20K
70-74	4	2:25:26	CHAN PITCHER	TU ALL	72		GAAALDR 20K WALDEN
75-79	3974	3:37:41	MARK STERNBERG	GA	76		PROMENADE RUN

TACSTATS/USA 1987 RANKINGS : 20 KILOMETERS - WOMEN

		THE PERSON NAMED IN			a william		
35-39		1:12:23.5	CARLA BEURSKENS		35	121052	ELBY'S DISTANCE RACE
35-39	1	1:20:21	CYNTHIA BASS		36	ALL STATES	GAA/LDR 20K WALDEN
35-39	2 ***	1:22:08	GEORGETTE GREEN		38		GAAALDR 20K WALDEN
35-39	3	1:23:17	SHIRLIE LINDSAY	TX	39	1	GAALDR 20K WALDEN
35-39	4	1:25:03	BARBARA MCQUELLER		36		THE ARKANSAS 20K
35-39	5	1:25:50	JANIS KING	NY	36		PHELPS SAUERKRAUT
35-39	6	1:25:57	JOANNE CARUSO	NY	36		PHELPS SAUERKRAUT
35-39	7	1:28:32	BETTY MCBRAYER	GA	36		PROMENADE RUN
			Action to the second			S LATER	
40-44		1:18:10	ANGELLA HEARN	NY	40	032542	NYRRC 20 KILOMETER
40-44	1	1:18:15.6	GABRIELE ANDERSEN	D	41	032045	ELBY'S DISTANCE RAC
40-44	2	1:20:11	ANN SMITH	AR	42	-	THE ARKANSAS 20K
40-44	3	1:22:44.18	CHARLENE CATALINA	M	41		BRIARWOOD RUN
40-44	4	1:27:22	ISABELLE JOFFRION	AL	42	061045	ROCKET CITY 20KM
40-44	5	1:29:59	GRETCHEN DOWDA	TX .	42	EAST WENT	GAAALDR 20K WALDEN
40-44	6	1:30:47	MARGARET FERRARA	TX	42		GAAALDR 20K WALDEN
40-44	7	1:32:55	MARYLYN MCNAUGHT	ON	43		GAALDR 20K WALDEN
45-49	1	1:27:48	MARY SHAVER	NY	46	062341	PHELPS SAUERKRAUT
45-49	2	1:31:02	CINDY BIENKOWSKI	NI	47	120539	NYRRC 20 KILOMETER
45-49	3	1:36:29	MARY CULLEN	TX	45		GAALDR 20K WALDEN
45-49	4	1:37:34	JOAN BGAN	TX	46		GAALDR 20K WALDEN
45-49	5	1:40:19.29	PEGGY COLLINS	5 374.7	45		BRIARWOOD RUN
45-49	6	1:41:34	JOAN SCARLATA		46		THE ARKANSAS 20K
45-49	7	1:41:41	EDITH JONES		47		NYRRC 20 KILOMETER
45-49		1:44:12	MARIBETH FRAZER		46		THE ARKANSAS 20K
45-49	. 9	1:44:49	PJ. DIESING		48		THE ARKANSAS 20K
			The second of the second				
50-54	1	1:31:17.82	JULIE HOPPMANN	M	50		BRIARWOOD RUN
50-54	2	1:36:54	KAY DUPLICHAN	TX	51		GAALDR 20K WALDEN
50-54	3	1:38:14	GINGER WILSON	AR	50		THE ARKANSAS 20K
50-54	4	1:42:32	SAMARA BALPOUR	NY	51	012136	NYRRC 20 KILOMETER
50-54	5	1:48:10	JANE STATES		51	Par II.	THE ARKANSAS 20K
50-54	6	1:49:35.78	SANDRA STUDEBAKER	м	50		BRIARWOOD RUN
50-54	7	1:49:52	JOYCE MARET		52		NYRRC 20 KILOMETER
50-54	199	1:50:37	LYNN SHERMAN		50		NYRRC 20 KILOMETER
50-54	,	1:50:49	DOT RICHLER	AL	50	062237	ROCKET CITY 20KM
	111111111111111111111111111111111111111		A Service Company of the Company	~	100	No. of Contract of	
55-59	1	2:04:29.35	MARGARET CRISHAL	м	55		BRIARWOOD RUN
55-59	2	2:05:02	SADIE GREENMAN		56		GAALDR 20K WALDEN
55-59	,	2:06:49	KATTE COFFELT		56	1	GAALDR 20K WALDEN
55-59	4	2:13:47	BETTY DOOLEY	AL	59	022628	ROCKET CITY 20104
		TINE THE THE	The second secon	~	-	a Comment	
60-64	1	2-29-58	LIDA ASKEW		61	The same	GAALDR 20K WALDEN
	4 100		The second secon		- 0.		The second second second
70-74	1	2:12:58	HELEN REITER	MN	70	051117	TAC 20K CHAMP
	- Y			Dell's	/0	w	

At the request of TACSTATS, NMM is printing only the top ten performers in each five-year age division. A complete list of each distance, approximately 25-40 deep, is available from TACSTATS for \$5. A complete set of all distances, enclosed in a 3-ring binder with index tabs and an update service, is \$35. Send to TACSTATS, 7745 S.W. Terrace, Miami FL 33158.

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.



EXPERIENCE FREEDOM OF MOVEMENT

Run, Jump and sprint with freedom! SPORTHILL, of Eugene, Oregon introduces the first functional and comfortable running pants made in the U.S.A. SPORTHILL running pants are not "tights." Rather, they are a European-style tapered leg stirrup pant. By combining three different fibers in one lightweight fabric, SPORTHILL running pants have the look and feel of cotton, the durability of polyester, and the two-way stretch of lycra. With warmth in cold weather and perspiration transfer in warm weather, SPORTHILL running pants can be used all year long. Experience unretaricted movement without the clinging feeling of "tights" or the weight and restriction of traditional sweat pants. SPORTHILL running pants have proven popular with many of Eugene's World Class runners. Experience for yourself the freedom!

NAME	MALE FEMALE	
ADDRESS		
CITY	101	
STATE	coros	
COLORS: BLACKMANTE STRIPE BLACKRO SZING: RS 953", 8 54"5"V, M 57"510", M LA	NAL STREE ROWLAWHETE STREE NAVIRED STRE BING STIPAT' & STIPAT', XL 6'2'4'4'	
METHOD OF PRYMENT OVECK	MONEY ORDER	
	AMOUNT BNOLOSED	

ZINMAN'S ENTERPRISES
Box Z, Point Lookout, New York 11569

**NATIONAL MASTERS NEWS ** Subscription Form

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

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The National Masters News gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of world, national, regional and local Masters information.

The National Masters News is only \$18.75 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of \$35 — a 25% savings off the single-copy price. A 3-year subscription saves 29%.

1 year, \$18.75	Add postage per year:		Payment enclosed	□ New
2 years, \$35	+ \$8 1st class (USA,		Bill me later	☐ Renewal
3 years, \$50	Mexico & Canada)		\$as a contr	ibution
THE WAY	+ \$15 air mail (foreign)		to your work	
Name	The state of the s		A PARTY THE WARREN	
Marin San				
Address	The Property of the State of th			
City	State		Zip	
Send to:	National Masters New	VS.		

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

Or call: 818/577-7233

(Canadian checks accepted; add 30% to cover exchange. Please notify of address changes four weeks in advance.)

RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

ALL-AMERICAN ACHIEVERS FOR DECEMBER, 1988

M35	STATE OF STA	NO STATE OF THE PARTY.
E. RICHARD HOEBEKE	10,000	32:06
ROSS JENSEN ROSS JENSEN GARY RUST	200 Meters 110 Hurdles 1500 Meters	17.2
M45		1 The state of
DANIEL BADALAMENT ERVIN T. MITCHELL	10,000 100 Meters	35:56 11.70
M50		
DICK GLASGOW DICK GLASGOW	100 Meters 200 Meters	25.5
JIM HART NEIL SALING PETE STOPOULOS		49'6" 137'6" 19'55"
PETE STOPOULOS PETE STOPOULOS	Triple Jump Pentathlon	35'8½" 3301 pts
M55		2 19 19
GEORGE FREEMAN GERRY WILLIAMS M60	3000 Steeple 10,000 Meters	
HAROLD M JOHNSON	800 Meters	2:33.6

M65		
RICHARD CAVICCHI	100 Meters	13.47
RICHARD CAVICCHI	300 Hurdles	61.12
RICHARD CAVICCHI	Long Jump	14'5"
RICHARD CAVICCHI	Triple Jump	28'85"
RICHARD CAVICCHI	High Jump	4'6"
TIM MURPHY	100 Meters	12.85
TIM MURPHY	200 Meters	27.54
M70		The state of the state of
EUGENE COTTRELL	50 Meters	7.62
EUGENE COTTRELL		11'1"
EUGENE COTTRELL	Long Jump	11'3"
M75		
DR. CHARLES HIRSHEY	Shot Put	33'7"
M85		
And the state of t	A STATE OF THE STA	W.C. T. ST.
DR. HERB ANDERSON	100 Meters	18.94
DR. HERB ANDERSON	200 Meters	40.82
DR. HERB ANDERSON	400 Meters	1:48.67
DR. HERB ANDERSON	Long Jump	8'6"
DR. HERB ANDERSON	Triple Jump	20'4"
DR. HERB ANDERSON	Javelin	61'7"
DR. HERB ANDERSON	Discus	58'11"
DR. HERB ANDERSON	Shot Put	24'35"
OR. HERB ANDERSON	Pentathlon	1639 pts.

MEN

M45 M50

M55

10km

26:00 27:30

20km

W30	12 Chillian March 14 Chillian	administration and addition	170114
MARY ELI	LEN MALLOY	800 Meters	2:31.2
W40			
ECRIS W	ILLIAMS	5000 Meters	20:35
W50			
SHIRLEY	INGRAM	5000 Meters	21:48
SHIRLEY	INGRAM	10,000 Meters	47:23
SHIRLEY	INGRAM	Shot Put	31'10%"
SHIRLEY	INGRAM	5000 Race Walk	30:23.1



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.

1:00

1:08

2:04

2:20

49'25

23'75

30.50 25.00 20.00 15.00 1.00

9.50

4000

38'85 35'14 31'2

49'25

8.40

27'65

2000

Note: TAC's Masters All-American Subcommittee, headed by
Gary Miller, met at TAC's Convention in Phoenix. Their
revisions and additions to the All-American Standards
will be published in the February issue.
我们的一种,我们就是一个时间,我们就是一个时间的时候,我们就是一个时间的时候,我们就是一个时间的时候,这个时间,我们就会一个时间,这个时间的时候,这个时间的时

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN event 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 14.6 15.0 16.3 16.9 17.5 13.8 14.2 15.6

18.8 20.0 21.2 100m 32.5 90.0 95.0 103.3 800m 3:07 3:27 3:34 3:49 4:02 1500 5:50 6:15 6:45 7:16 5000 20:40 20:56 21:36 22:16 23:12 24:16 32:21 34:26 44:40 47:00 49:30 52:00 56:00 60:00 66:00 76:00 86:00 100/80mH 17.0 400/300ml 1.42 1.35 1.27 1.19 1.10 1.07 0.97 0.92 0.89 0.84 3'7% 3'64 3'44 3'24 3'04 2'11 2'9 3.90 8.12 7.63 6.40 6.23 5.74 26'73/4 255 29'74 28'3 23'5% 22'73/4 20'5% 18.10 16'5 13'11% 13'14 8.90 8.30 7.70 7.30 6.60 Javelin 39'50 33.50 27.50 21.50 25.0 19.0 20.0 18.0 16.0 15.0 14.0

29:00 1:00 2:04 W55 35:00 30:30 1:03 2:10 W60 38:00 1:18 2:40 32:00 1:06 W65 41:00 M70 1:10 W70 34:00 2:24 44:00 1:30 3:04 47:00 1:14 1:36 3:16 38;00 2:40 WBO 50:00 1:42

U.S. MASTERS STANDARDS OF EXCELLENCE

ALL AMERICAN STANDARDS FOR MASTERS RACE WALKERS

WOMEN

W40

W45

29:00

33:00

FOR MEN 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-85 11.33 11.67 12.0 12.5 13.0 13.5 14.0 15.0 16.0 17.0 18.0 23.3 24.2 25.1 26.0 27.3 28.5 51.0 52.5 55.5 57.5 59.0 62,5 67.0 72.0 76.0 82.5 87.6 800m 2:01 2:04 2:08 2:54 2:12 2:19 2:29 2:37 2:45 3:03 3:13 4:15 1500m 4:11 4:12 4:31 5:24 5:49 6:12 6:39 7:03 7:30 15:30 15:42 16.12 16:42 17:24 18:12 19:36 21:06 22:36 24.16 25:50 27.30 33:00 34:00 0000 35:00 36:00 37:00 38:30 44:30 40:30 48:30 54:30 60:30 68:30 SC 3K 10:00 10:20 11:10 11:50 12:30 13:20 13:50 14:40 17:30 20:00 SC 2K 9:30 10:30 12:45 14:00 110mm 15.0 16.4 17.75 18.75 19.14 20.25 20.57 21.65 22.60 26.0 29.8 100mHH 18.0 20.0 80mHH 18.0 300ml H 57.0 62.0 66.0 71.0 81 (400IMH 57.6 59.6 62.0 64.4 68.2 72.0 76.0 82.0 100.0 106.0 1.41 1.32 1.02 5'94 5'25" 4'11" 4'75" 4'4" 6.50 6.10 5.70 4.90 4.50 4.12 3.35 2.90 2.55 2.15 21'4" 20'%" 18'84" 17'45" 16'3/4"14'9" 13'64" 12'24" 10'11" 9'64" 8'44" 4.11 3.89 3.66 3.43 3.20 2.97 13'6" 12'9" 12'0" 11'3" 10'6" 8'0" 7'0" 12.90 12.30 11.60 10.90 10.20 9.55 8.90 8.20 40'44" 38'3/4"35'94" 33'55" 31'4" Discus 44.80 42.60 40.60 38.00 40.00 36.40 42.00 36.80 31.60 26.40 21.40 16.00 147' 139'9 133'2 124'8 131'3 119'5 137'9 120'9

Javelin62.00 57.00 52.00 48.00 43.00 38.50 40.00 35.00 29.00 24.00 19.00 15.00

203'5 187'0 170'7 157'6 141'1 126'4 131'3 114'10 95'2 Hammer 47.24 44.20 41.14 38.10 38.40 32.50 36.00 155'0 145'0 135'0 125'0 126'0 106'8 118'1 100'1 82'0 65'74 15.20 14.10 13.00 12.00 13.00 11.80 13.00 11.80 10.70 49'105 46'3 42'6 39'45 42'8 38'85 42'8 2400 5000 2200 4750

3000 6000 3000 5000 100 standards are for auto time; use standard conversion for hard time
Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"
Long hurdles: 30-49: 168; 50-59: 33"; 60+: 30"
Shot put: 30-49: 168; 50-59: 128; 60+: 88
Discus throw: 30-49: 2kg; 50-59: 1.6kg; 60+: 1kg
Javelin: 30-59: 800g; 60+: 600g
Hammer: 30-49: 168; 50-59: 128; 60+: 88
Metric heights and distances are the standard; feet and inches listed for convenience

2000 4500

1800 4250

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: PHONE: AGE GROUP: ___ ADDRESS: SEX: M_ EVENT: MARK: __ WEIGHT OF IMPLEMENT_ DATE OF MEET: HURDLE HEIGHT

If you have bettered the standard of excellence, please send \$10.00 and this form to: All American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 81/2 x 11 certificate, suitable for framing, will be mailed to you within two weeks.

50-2 46-3

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.

		0 1 1 00	
EAST	100	September 26	
LASI	Maria and	16# Shot Put	-
THE PARTY NAMED IN COLUMN	A PROPERTY.	2C Wallin 46	50-10-
Weight Meets		4Bob Harvey 46	41-7
Hanover, NH	A LIVE	12# Shot Put	
September 5	The state of	1 C Wallin 46	58-5 3/
September 5	W	(single-age WR)	
16# Shot Put	100	2Cliff Blair 58	48-6
3Carl Wallin 46	49-8	3Bud Atwood 54	29-5
4Bob Mead 44	46-6		29-5
6Al Neville 43	42-6	8# Shot Put	
7Bob Harvey 45	41-81	1C Blair 58	54-2
8Cliff Blair 58	38-91	2B Atwood 54	34-21
9Ed Daniels 35		16# Hammer	
	35-101	4C Wallin 46	150-11
8# Shot Put		5Bob Harvey 46	104-11
1Cliff Blair 58	53-11	6B Atwood 54 6k	72-11
2Boo Morcom 67	35-6	2k Discus	
16# Hammer		2C Wallin 46	120-5
2Bob Mead 44	154-0	3B Harvey 46	116-10
3Carl Wallin 46	146-5		110-10
4Ed Daniels 35	141-1	1.6k Discus	The state of the s
5A Neville 43	125-1	1C Wallin 46	135-9
6B Harvey 45	111-8	2B Harvey 46	132-9
	111-0	3B Atwood54	72-10
2k Discus		35# Weight	
4B Mead 44	132-3	1C Wallin 46	51-2
5C Wallin 46	123-11	2 Cliff Blair 58	45-1
6A Neville 43	121-1	(single-age WR)	and him
7B Harvey 45	117-1	3B Harvey 46	33-5
8E Daniels 35	108-5	The second secon	33-3
1.5k Discus		October 1	
1Steve Holmes 52	151-5	16# Hammer	
2B Morcom 67 1k	111-6	4Carl Wallin 46	152-6
Javelin	Million Ball P	2k Discus	
1S Holmes 52	155-0	5C Wallin 46	128-5
2C Wallin 46		1.6k Discus	
	136-7	3C Wallin 46	141-5
3B Harvey 45	120-0	The state of the s	A CHARLES AND A
4A Neville 43	105-0	October 8	
	35	16# Shot Put	
September 18	The state of the s	1Carl Wallin 47	49-10
16# Shot Put	- 3- 10	4Bob Harvey 46	41-43
3Carl Wallin 46	50-61	12# Shot Put	
4Al Neville 44	42-61	1C Wallin 47	58-7 3/
6John Buckley 40	34-7	2B Harvey 46	48-71
the first real and transfer the fillings of the fillings.	The same	16# Hammer	2
12# Shot Put	THE PERSON NAMED IN	3C Wallin 47	146-5
1C Wallin 46	57-2		
2Bud Atwood 54	30-1	5B Harvey	109-10
16# Hammer	Bar was	2k Discus	A
	151-10	3C Wallin 47	123-7
	130-5	4B Harvey 46	116-9
6John Buckley 40	96-8	October 16	
	82-6	16# Shot Put	
		2Carl Wallin 47	50-11 3/
2k Discus	1 1 1 1 1 1 1	(single-age AR)	A
2 C Wallin 46	122-4	12# Shot Put	
3A Neville 44	121-11	1Carl Wallin 47	59-91
4J Buckley 40	96-8	(single-age WR)	33-32
6k Discus	STATE STATE OF	16# Hammer	4 5 3
	139-9	3C Wallin 47	154
	135-9	3C Wallin 47	151-6
4B Atwood 54	71-4	2k Discus	7.5
TO ACMOUNT 34	Marin San P	4C Wallin 47	130-4

	* 47/2015	Antec Space.
-September 26	53 CTP1	35# Weight
6# Shot Put	THE REAL PROPERTY.	2C Wallin 47
C Wallin 46	50-101	3Mike Grisko 41
Bob Harvey 46	41-7	SMIKE GITSKO 41
2# Shot Put	THE PARTY NAMED IN	Annual Control of the
C Wallin 46	58-5 3/4	
(single-age WR)		Weight Pen
Cliff Blair 58	48-6	Hanover, NH; Se
Bud Atwood 54	29-5	
# Shot Put		SP/HT/DT/WT/JT
C Blair 58	54-2	Old Tables
B Atwood 54	34-21	4 Bob Mead 44 4
6# Hammer	2	136-11/52-4/153
	150-11	5 Carl Wallin 46
	104-11	122-2/52-7/153-
B Atwood 54 6k	72-11	7 Bob Harvey 46
k Discus	12	120-4/34-11/115
	120-5	8 Mike Grisko 41
	116-10	140-1/46-10/W
.6k Discus	110-10	9 Bud Atwood 54
	135-9	80-7(6k)/72-2(1
	132-9	56-3
5# Weight	72-10	
		· SOUTH
	51-2	DOCTII
Cliff Blair 58	45-1	
Interior see total		All Comore
(single-age WR)	and his are	All-Comers
B Harvey 46	33-5	All-Comers DeLand, FL; N
B Harvey 46 -October 1	and his are	DeLand, FL; No
B Harvey 46 -October 1 6# Hammer	33-5	DeLand, FL; No
B Harvey 46 -October 1 6# Hammer ICarl Wallin 46	and his are	DeLand, FL; No
B Harvey 46October 1 6# Hammer Carl Wallin 46 R Discus	33-5 152-6	DeLand, FL; No. 50y M45 Dave Driefue 100m
B Harvey 46 -October 1 6# Harmer ICarl Wallin 46 kb Discus 6C Wallin 46	33-5	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler
B Harvey 46 -October 1 6# Hammer ICarl Wallin 46 biscus IC Wallin 46 .6k Discus	33-5 152-6 128-5	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst
B Harvey 46 -October 1 6# Hammer ICarl Wallin 46 biscus IC Wallin 46 .6k Discus	33-5 152-6	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs
B Harvey 46 -October 1 6# Hammer ICarl Wallin 46 kb Discus 6C Wallin 46 .6k Discus IC Wallin 46	33-5 152-6 128-5	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y
B Harvey 46October 1 6# Hammer Carl Wallin 46 Ex Discus C Wallin 46 -6k Discus C Wallin 46October 8	33-5 152-6 128-5	DeLand, FL; No 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y M30 E Butler
B Harvey 46October 1 6M Hammer (Carl Wallin 46 th Discus C Wallin 46 -6k Discus C Wallin 46October 8 6M Shot Put	33-5 152-6 128-5 141-5	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y M30 E Butler M45 D Driefuerst
B Harvey 46October 1 6# Hammer (Carl Wallin 46 kb Discus 6C Wallin 46 .6k Discus 9C Wallin 46October 8 6# Shot Put Carl Wallin 47	33-5 152-6 128-5 141-5	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y M30 E Butler M45 D Driefuerst 440y
B Harvey 46 -October 1 6# Hammer ICarl Wallin 46 kk Discus IC Wallin 46 -October 8 6# Shot Put Carl Wallin 47 Bob Harvey 46	33-5 152-6 128-5 141-5	DeLand, FL; No 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y M30 E Butler M45 D Driefuerst 440y M30 E Butler
B Harvey 46October 1 6W Hammer Carl Wallin 46October 8 6W Shot Put Carl Wallin 46October 8 6W Shot Put 2W Shot Put	33-5 152-6 128-5 141-5 49-10 41-4½	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y M30 E Butler M45 D Driefuerst 440y M30 E Butler M55 Ron Gerughty
B Harvey 46 -October 1 6# Harmer (Carl Wallin 46 -Discus C Wallin 46 -October 8 6# Shot Put Carl Wallin 47 Bob Harvey 46 2# Shot Put C Wallin 47	33-5 152-6 128-5 141-5 49-10 41-4½ 58-7 3/4	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y M30 E Butler M45 D Driefuerst 440y M30 E Butler M55 Ron Gerughty 880y
B Harvey 46 -October 1 6# Hammer (Carl Wallin 46 -Ok Discus 6C Wallin 46 -Ok Discus 6C Wallin 46 -October 8 6# Shot Put Carl Wallin 47 Bob Harvey 46 2# Shot Put C Wallin 47 B Harvey 46	33-5 152-6 128-5 141-5 49-10 41-4½	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y M30 E Butler M45 D Driefuerst 440y M30 E Butler M55 Ron Gerughty 880y M55 R Gerughty
B Harvey 46 -October 1 6# Hammer Carl Wallin 46 -October 8 6# Shot Put Carl Wallin 47 Bob Harvey 46 2# Shot Put C Wallin 47 Bob Harvey 46 6# Hammer	33-5 152-6 128-5 141-5 49-10 41-4½ 58-7 3/4 48-7½	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y M30 E Butler M45 D Driefuerst 440y M30 E Butler M55 Ron Gerughty 880y M55 R Gerughty Mile
B Harvey 46 -October 1 6W Hammer CCarl Wallin 46 -October 8 6W Shot Put Carl Wallin 47 Bob Harvey 46 2W Shot Put C Wallin 47 B Harvey 46 6W Hammer C Wallin 47	33-5 152-6 128-5 141-5 49-10 41-4½ 58-7 3/4 48-7½ 146-5	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y M30 E Butler M45 D Driefuerst 440y M30 E Butler M55 Ron Gerughty 880y M55 R Gerughty Mile M30 Ralph Miller
B Harvey 46 -October 1 6# Hammer (Carl Wallin 46 -Discus C Wallin 46 -October 8 6# Shot Put Carl Wallin 47 Bob Harvey 46 2# Shot Put C Wallin 47 B Harvey 46 6# Hammer C Wallin 47 B Harvey	33-5 152-6 128-5 141-5 49-10 41-4½ 58-7 3/4 48-7½	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y M30 E Butler M45 D Driefuerst 440y M30 E Butler M55 Ron Gerughty 880y M55 R Gerughty Mile M30 Ralph Miller M55 R Gerughty
B Harvey 46 -October 1 6# Hammer Carl Wallin 46 th Discus C Wallin 46 -October 8 6# Shot Put Carl Wallin 47 Bob Harvey 46 2# Shot Put C Wallin 47 B Harvey 46 6# Hammer C Wallin 47 B Harvey 46	33-5 152-6 128-5 141-5 49-10 41-4½ 58-7 3/4 48-7½ 146-5 109-10	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y M30 E Butler M45 D Driefuerst 440y M30 E Butler M55 Ron Gerughty 880y M55 R Gerughty Mile M30 Ralph Miller M30 Ralph Miller Long Jump
B Harvey 46 -October 1 6# Hammer Carl Wallin 46 -October 8 6# Shot Put Carl Wallin 47 B Harvey 46 6# Shot Put C Wallin 47 B Harvey 46 6# Hammer C Wallin 47 B Harvey 46 C Wallin 47	33-5 152-6 128-5 141-5 49-10 41-4½ 58-7 3/4 48-7½ 146-5 109-10 123-7	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y M30 E Butler M45 D Driefuerst 440y M30 E Butler M55 Ron Gerughty 880y M55 R Gerughty Mile M30 Ralph Miller M55 R Gerughty Long Jump M70 C Hirshey
B Harvey 46 -October 1 6# Hammer CCarl Wallin 46 bb Discus CC Wallin 46 -October 8 6# Shot Put Carl Wallin 47 Bb Harvey 46 6# Hammer C Wallin 47 B Harvey C Wallin 47	33-5 152-6 128-5 141-5 49-10 41-4½ 58-7 3/4 48-7½ 146-5 109-10	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y M30 E Butler M45 D Driefuerst 440y M30 E Butler M55 Ron Gerughty 880y M55 R Gerughty Mile M30 Ralph Miller M55 R Gerughty Long Jump M70 C Hirshey Triple Jump
B Harvey 46 -October 1 6# Harmer CCarl Wallin 46 bb Discus CC Wallin 46 -October 8 6# Shot Put Carl Wallin 47 Bob Harvey 46 6# Harmer C Wallin 47 B Harvey 46 6# Harmer C Wallin 47 B Harvey C Discus C Wallin 47	33-5 152-6 128-5 141-5 49-10 41-4½ 58-7 3/4 48-7½ 146-5 109-10 123-7	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y M30 E Butler M45 D Driefuerst 440y M30 E Butler M55 Ron Gerughty 880y M55 R Gerughty Mile M30 Ralph Miller M55 R Gerughty Long Jump M70 C Hirshey Triple Jump M70 C Hirshey
B Harvey 46 -October 1 6# Hammer Carl Wallin 46 -October 8 6# Shot Put Carl Wallin 47 B Harvey 46 6# Shot Put C Wallin 47 B Harvey 46 6# Hammer C Wallin 47 B Harvey 46 C Discus C Wallin 47 B Harvey 46 -October 16 6# Shot Put	33-5 152-6 128-5 141-5 49-10 41-4½ 58-7 3/4 48-7½ 146-5 109-10 123-7 116-9	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y M30 E Butler M45 D Driefuerst 440y M30 E Butler M55 Ron Gerughty 880y M55 R Gerughty Mile M30 Ralph Miller M55 R Gerughty Long Jump M70 C Hirshey Triple Jump M70 C Hirshey Shot Put 8#
B Harvey 46 -October 1 6# Hammer Carl Wallin 46 -October 8 6# Shot Put Carl Wallin 47 B Harvey 46 6# Shot Put C Wallin 47 B Harvey 46 6# Hammer C Wallin 47 B Harvey 46 C Discus C Wallin 47 B Harvey 46 -October 16 6# Shot Put	33-5 152-6 128-5 141-5 49-10 41-4½ 58-7 3/4 48-7½ 146-5 109-10 123-7	DeLand, FL; No. 50y M45 Dave Driefue 100m M30 Ed Butler M45 D Driefuerst M70 Charles Hirs 220y M30 E Butler M45 D Driefuerst 440y M30 E Butler M55 Ron Gerughty 880y M55 R Gerughty Mile M30 Ralph Miller M55 R Gerughty Long Jump M70 C Hirshey Triple Jump M70 C Hirshey Shot Put 8#

C Wallin 46	58-5 3/4	Waints Daniell	SO WE
(single-age WR)		Weight Pentathlo	on
liff Blair 58	48-6	Hanover, NH; Septem	ber 11
ud Atwood 54	29-5		
Shot Put	13	SP/HT/DT/WT/JT	
Blair 58	54-2	Old Tables	
Atwood 54	34-21	4 Bob Mead 44 48-2/1	59-6/
# Hammer	Manager 1 15 Mary	136-11/52-4/153-9	3707
Wallin 46	150-11	5 Carl Wallin 46 50-6	1/150-6
ob Harvey 46	104-11	122-2/52-7/153-9	3618
Atwood 54 6k	72-11	7 Bob Harvey 46 43-6	/108-10
Discus	1550000000	120-4/34-11/115-4	2768
Wallin 46	120-5	8 Mike Grisko 41 38-1 140-1/46-10/W	14/F/
Harvey 46	116-10	140-1/46-10/W	2074
6k Discus	110-10	9 Bud Atwood 54 30-11	1(12#)/
Wallin 46	135-9	80-7(6k)/72-2(1.5k)/	22-7/
	and the second second	56-3	1369
Harvey 46 Atwood54	132-9	State of the second	. 303
	72-10	The second place of the second second second	75 1
# Weight		· SOUTHEA	CT
Wallin 46	51-2	SOUTHEA	51
Cliff Blair 58	45-1	All Comore Man	A STATE OF THE PARTY OF
(single-age WR)	MALE AND ADD	All-Comers Mee	
Harvey 46	33-5	DeLand, FL; Novem	ber 6
October 1		50y	
# Hammer		M45 Dave Driefuerst	c 20
Carl Wallin 46	152-6	100m	6.28
Discus	Value Co		
Discus Wallin 46	128-5	M30 Ed Butler	11.60
6k Discus		M45 D Driefuerst	13.43
Wallin 46	141-5	M70 Charles Hirshey	30.78
	THE PERSON NAMED IN	220y	
October 8		M30 E Butler	
# Shot Put	AL STATE OF THE ST	M45 D Driefuerst	28.36
arl Wallin 47	49-10	440y	
lob Harvey 46	41-41	M30 E Butler M55 Ron Gerughty	55.60
# Shot Put	A Same	M55 Ron Gerughty	73.00
Wallin 47	58-7 3/4	880y	
Harvey 46	48-71	M55 R Gerughty	2:49
# Hammer		Mile	
Wallin 47	146-5	M30 Ralph Miller	4:37
Harvey	109-10	M55 R Gerughty	5:47
Discus	8 2 2	Long Jump	A PER
Wallin 47	123-7	M70 C Hirshey	7-7
Harvey 46	116-9	Triple Jump	1
October 16	() () () () () () () ()	M70 C Hirshey	17-2
# Shot Put	A 2	Shot Put 8#	min #
arl Wallin 47	50-11 3/4	M60 Don Reid	41-2
(single-age AR)	AND THE PERSON	M70 C Hirshey	31-6
# Shot Put	10 - VE	M75 Gordon Powell	26-3
arl Wallin 47	59-91	Discus	Contract of
(single-age WR)	The same of the sa	M60 D Reid	123-1
Hammer	State of the State of	M70 C Hirshey	80-2
Wallin 47	151-6	M75 G Powell	87-4
Discus	131-0	2 Mile Racewalk	07-4
Wallin 47	130-4	W50 Sybil Gerughty	24:09
The state of the s	130-4	mon plant octudity	24.03

MID AMERICA

Kansas Big Guys Classic

Lawrence; October 22						
WEIGHT PENTATHLON - OPEN, SUB-MASTER'S						
Women	SP	DT	JT	HT	350 WT.	TOTAL
Elana Bavel-Goldberg	29' 7 1/2"	119 1"	99'2"	60'6 1/2"	22' 5 3/4"	2116
Collet Kibller	30'10 1/2"	131' 7"	127'3 1/2'	69'1"	41' 9 3/4"	2827
Dione Singleton	34' 8 1/4"	95' 6"	The State of	63'9 1/4"	35' 4 1/2"	1873
	41' 8 1/2"	132' 3"	95'5 1/2"	84'4 1/2"	44' 4 1/2"	3010
Kim Huthofer	31' 9 1/2"		114'8 1/2"	NO. OF PERSONS	42-11-	1080
Terri Dixon	36' 0"		CHARLES THE REAL PROPERTY.			593
Men	SP	DT	JT	HT	350 WT.	TOTAL
Witek-Erzymalia-Busse	38' 3 1/2"	107' 2"	116'1 3/4"	110'5 1/2"	34'11"	2097
John Hamilton	35' 5"	131' 3"	118'4"	140'7 1/2"	54' 7 1/2"	3172
Derrik Mears	50' 8 3/4"	149' 5"	137'9 3/4"	145'7"	53' 4"	3656
Ron Endsley	43' 8 1/4"	136'11"	118'0"	120'3"	40'11"	3007
Joel Wood	42' 0 3/4"	138'10"	95'9 1/2"	95'9 1/4"	39' 1 1/4"	2726
Vince Labosky	40' 7"	124'11"	224'0"	126'8"	46' 2 1.'2"	3485
Paul Kennedy	43'11 1/2"	140' 0"	135'0"	129'2"	49' 2"	3303
Chris Redden	52' 2 3/4"	151" 4"	127'4 1/4"	115'3"	40' 6 3/4"	3264
Sean Jacobson	36' 9 1/2"	104' 7"	161'0"	118'0"	36' 9 1/4"	2785
Chris Carter	48' 0 1/2"	134' 0"	107'0"	116'3"	43' 8 1/4"	3054
Jay Stolzenberg	44' 6"	120' 4"	97'0 1/2"	97'9 1/2"	A TOTAL TOTAL	2076
Tim Thompson				145'0"		720
Garre : Attig	The Contract of	MANUFACTURE TO SERVICE	84'4 3/4"			
		WEIGHT PEN	TATHLON - MAST	FRIC		
	SP	DT	JT	HT	350 WT.	TOTAL
Bill Mauck (M-44)	10.47	36.04	38.66	21.20	7.60	2452
Virgil Johnson (M-45)	9.90	36.79	17.21	18.49	9.81	2302
James Rothrock (M-55)	12.60	39.32	46.13	33.57	8.99	3470
Laurie Rothrock (F-46)	7.11	21.09	17.26	17.42	INJ.	1732
Sally Polk (F-58)	7.47	20.97	22.88	24.52	7.89	3532
Tom Wesselowski (M-53)	14.03	38.56	23.69	34.94	10.65	3103
Zamir Bavel (M-59)	9.71	33.14	21.45	29.64	8.42	2749
Fritz Hoferer (M-68)	8.32	26.66	28.98	26.53	7.64	2701
Scott Herman (M-?) 64	11.45	34.65	24.42	19.30	6.18	2349
Gordon Powell (M-79)	6.91	25.45	15.20	20.70	*6.95	2810
Rod Lamb (M-45)	9.68.	31.25	28.97	20.04	8.34	2820
Jerry Reichart (M-59)	11 12	25.01	28.89	27.96	8.67	2020
		COMBINED S	TANDARD PENTA	THLON		
A CONTRACTOR OF THE PARTY OF TH	HH	LI			8004	TOTAL
Ken Ellis (M-30)	16.8	19' 1"	38'5 3/4'	6' 4"	2:19.24	2983
Ken Winters	19.0	18' 1 1/2		5' 4"	2:38.25	2114
Steve Palmquist	14.8	19'10 3/4		5' 4"	2:15.16	2628
Steve Rogers (M-43)	17.1	17' 5 1/4			2:26.33	1819
Ross Jensen	18.1	15' 2 1/2			2:26.80	2942
Dave Pelton	16.1	18' 0 1/4		6 0	2:13.26	2600
Cordon Reiter	19.3	18' 7 1/2	27'1 3/4	6' 4'	2:34.48	1084
Jim Eschrich	100.7.	16' 1"	. 39.0.	5. 4.	2:28.77	2702
kex Harvey	16.5	19' 9 1/2		4'10"	2:36.00	2958
Christina Perozzi (F-HS	15.2	16' 7 1/4	25.7		2.30.00	

LONG DISTANCE **RESULTS**

Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

NATIONAL				
LIC	TAC Notional Most			1.32.46
US	TAC National Mass Walk Champions		M65 Andrew Neidnig Leo Karmin	1:32:44
Eas	Meadow, NY; Oc		Stanley Butenski M70 Charles Feldman	1:44:33
M40	Gary Null	2:39:46	Walter Moritz	2:02:44
	Nick Bdera Bob Keating	2:44:50 2:45:55	M75 Bill Brobston	1:44:34
	Franco Pantoni Lon Wilson	2:51:12	W40 Suzanne Joyson Sandy Gowsberg	1:25:03
M45	Tom Gustafson	2:51:50 2:44:54	Gwendolyn Harriso	n2:00:24
	Patrick Bivona Bernie Finch	3:12:53	W45 Rosemary Riccards W50 Jill Martin	1:36:41
	Ralph Edwards	3:34:40	Dulcie Parris	1:55:35
M50	Richard Ruguist	2:48:29	W55 Thelma Wilson W60 Aslang Thomas	1:41:26
	John Shilling Bernard Kaufman	3:05:29	Barbara Beck	2:00:51
	J B Jemmott	3:52:05	Billian St. British	Service Country
MOU	Bob Mimm John Gray	2:55:55	U.S. TAC National M and California Intern	
M70	Don Johnson	3:32:58	Marathon	ational
M75	Sol Tanenbaum Harry Drazin	3:57:21 3:46:22	Sacramento, Decem	ber 4
	Rena Burg Stella Cashman	3:38:27 3:08:49	Overall:	
m43	Elinor Edelstein		Rich Mc Candless Janis Klecker	2:14:44 2:34:17
W60	Joan Rowland	3:46:22	Janis Klecker	2:34:11
US	TAC National Mast	ers 15K	M40 Bob Schlau Mike Hurd	2:19:48 2:25:59
	Country Champio		Jussi Hamalainen	2:30:16
	vine, CA; Novemb	The state of	Gary Madison Robert McLennan	2:31:30 2:32:58
M40	Steve Myhro Armando Valencia	46:01 46:16	Syle Pascale	2:33:04
	Dennis Kasichke	46:59	David Dooley Frank Ruona	2:33:50 2:36:35
	Ron Wells Michael Figueroa	47:16 47:48	Perry Hayden	2:37:34
	Keith Jeffers	49:33	Dennis Urtiaga M45 Michael Heffernan	2:40:12 2:32:16
	Peter Stern Steve Dornish	49:41 49:45	Robert Nelson	2:35:50
	Bruce Horiguchi	50:54	Herb Phillips Jon Macpherson	2:39:11 2:40:12
	Jerry Ulmer	50:55	James Gorden	2:47:37
	George Stransky Graeme Shirley	51:53 51:59	Ronald Nelson Frank Krebs	2:48:35
	Jim Smith Dean King	52:22 52:37	Terence Speed Bill Clark	2:56:12 2:56:13
M45	Nat Goodhue	48:03	Joe Hurtado	2:56:39
	Don McCarthy	48:21	Ulf Werner Michael Hawkes	3:02:22
	Mike Fuller David Rounds	51:54 58:33	M50 Darryl Beardall	2:43:15
M50	Andre Tocco	50:09	Donald Savant Michael McGie	3:00:59
	Ronald Larrieu Bill Crum	51:27 52:27	David Ragsdale	3:02:41
	Dick Pallies	52:42	Ken Noel Ralph Hirt	3:07:38 3:08:29
	Don Van Dyke Ted Alarcon	52:47 53:14	Steve Galvan	3:10:17
	Bob Nyman	53:20 53:40	David Woody Edward Lujan	3:11:04
	Sam Mayo Frank Ogawa	53:46	Robert Longwell	3:17:51
	Peter Faust	54:33	M55 John Hepner Ron Ogilvie	2:56:41 3:13:58
M55	Chuck Heath Wally Ingram	56:17 52:52	Richard Carapezza	3:19:21
	Lyle Deem	59:04	Bill Winstanley John Kalberg	3:19:32 3:21:38
M60	Patrick Devine Gunnar Linde	53:33 58:21	John Lockhart Bill Wood	3:26:44
	Chick Dahlsten	1:14:38	Woody Wooden	3:29:39
	Chiye Horiguchi Cina Faust	1:15:24 58:23	John Josse Samuel Dietrich	3:41:03
1	Tami Graf	1:08:34	M60 John Keston	3:41:59 2:54:36
1	Mary Storey	1:14:44	Patrick Devine Ray Stewart	2:57:37 3:08:24
Tear M40	San Diego TC (Ka	sichke,	Robert Gehl	3:16:27
Well	ls, Stern, Jeffer	s, Dor-	Claude Belcourt Logan McGinness	3:20:45
nis	Seniors TC (Figu	4:03:14 eroa,	Roy Glassburn	3:40:33
Ful	ler, Smith, King,		Don Bradford Joe Figueira	3:48:49
	Seniors TC (Crum	, Mayo,	Thomas Fong	3:55:21
Van	Dyke, Deem, Ingra	am) 4:22:48	M65 Jim Smith John Bays	3:20:01
in a	Culver City AC (Pallies,	Jack Kirkpatrick	3:52:46
	liveau, Nyman, Ger	4:41:03	Frank Barsalou Stephen Woishnis	4:07:00
	TAC National 20		Ed Hornung	4:07:52
	Championships		Adrian Verduzco M70 William Patterson	4:21:17 4:59:23
	East Meadow, N		W35 Bev Marx	2:50:05
MA O	November 27	1:17:33	Peggy Smuyth Jan Levet	2:52:39 3:06:56
.140	Cregory Gengo Roger Flyhr	1:18:10	Sandra Crandy	3:12:49
MA S	Stephen Boyd	1:18:35	Joan Mork Julie C. Minton	3:13:58
C PF:	Bob Vanderkieft Nevio Dobdy	1:20:31	Heather Sprenger	3:16:15
MSO	Myles McPartland Alan Fairbrother	1:22:50	Debbie Walker Darlene Wallach	3:18:27 3:18:53
	Martin Schwartz	1:24:04	Sue Francis	3:19:43
	William Evans Norm Green	1:26:07	W40 Laurie Binder Gail Scott	2:43:23 2:46:40
	Joe Caldwell	1:27:09	Juana Stavolone	2:54:39
	William Schwartz Colin Harris	nta 1:25:26	Nelly Wright Joan Colman	2:58:16 3:01:47
	John Sullivan	1:27:02	Hilary Naylor	3:10:43
	Terence McGinnis	1:29:34	Karen Angel	3:13:05

Jessie Stratton	3:16:44
Jean Spirlock	3:17:19
Laury Fisher	3:19:00
Mary Lopez	3:26:16
Anne Nutter	3:28:07
Anitra Seitano	3:28:39
W45 Patti Donley	2:57:19
Joan Ullyot	2:57:53
Marj Timberlake	3:03:58
Gail Rodd	3:12:38
Marge Dunlap	3:19:03
Ginger Beha	3:30:08
Wijdan Cadura	3:30:36
Shirley Rubotton	3:36:42
Ann Hardham	3:46:10
Eldrith Gosney	3:51:15
W50 Wen-Sh1 Yu	3:10:54
Christine Curtis	3:15:06
Joan Reiss	3:15:27
Sandy Becker	3:54:15
Glaria Dake	3:54:17
Dina Fields	3:58:55
Elaine Peterson	4:17:55
W55 Marty Maricle	3:30:52
Joyce Zytkoskee	3:53:55
Ruth Anderson	3:57:47
Kathy Iseril	4:22:35
Virginia LaFever	4:49:22
Lois Cook	4:57:35
W60 Marcia Worden	4:21:17
Peggy Eving	4:30:03
Betty Willis	4:34:46
Kit Pickles	4:41:07
W65 Eliz. Vainerman	6:23:11

EAST

The Great Pine Run 5K/ 10K, Long Island, NY; October 16

OCTOBEL 10	
5K	
Overall	
Brian Ronan	15:21
Kim Falkowski	18:46
M35 Chris Weber	15:43
M40 Roger McCarthy	17:24
M45 Lance Hugelmeyer	16:58
M50 John McErlean	18:02
M55 Bernard Lambert	19:45
W35 Linda Lysak	19:58
W40 Anita Cooney	20:20
W45 Carol Bert	23:42
W60+Judith Williams	27:58
10K	27.30
Overall	
M35 Patrick Viola	39:20
M40 John Andrews	36:18
M45 Dan Badalament	35:56
	39:30
M50 Freddy Crespo M55 Frank Benedetto	46:27
M60+M Reidy	41:54
W35 Joanne Gallo	43:29
W40 Maureen Fasano	52:16
	57:09
W45 Nancy Schaaf	
W50 Carole Corbes	50:34

PCC Tempo 5K

Long Island, NY; Octob	er 30
Overall	
Al Garcia	15:15
Ann Vasquez	17:48
M40 Alex Silverman	16:44
Luis Guachichulca	16:52
Earl Osborne M45 Robert Acevedo	17:06
Julian Goldsmith	17:49
Ken Herel	17:51
M50 Bob Gooden	17:42
John McErlean	18:17
Bob Appel	18:31
M55 Ross Grasso	20:41
George Marr	21:17
F DeBenedetto	21:30
M60+John McManus	19:30
John Sullivan	20:05
Tom Gibbons	21:20
W40 Cynthia Bermudez Mary Anne Leahy	19:56
Jill Berke	20:19
W45 Anna Thornhill	19:15
Rosemary Riccardi	22:46
Anne Marie Kunz	22:49
W50 Margaret Carinci	23:32
Nancy Fraser	24:31
Marie Camardi	28:19
W55 Chris McKenzie	22:18
Nirmala Mbaui	23:06
Eleanor O'Toole W60+Diane Schwartz	25:53
Judith Williams	27:57 28:59
Helen Weiss	31:23
INCIGNI HELDS	31.23

Rhode Island Marathon

Floridelice, Novelli	Del O
Overall	
Antonio Zeferino	2:25:01
Terri Martland	2:54:12
M40 John Corcoran	2:36:38
David Sheridan	2:40:58
Ray Nelson	2:47:38
M50 Leo Tomasetti	2:58:16
Howard Perry	3:01:43
Emilio Rotondi	3:14:21
M60+Peter Pantelis	4:06:49
George Silva	4:07:19
Joe Bolger	4:08:11
W40 Ann O'Brien	3:20:05
Patty Grouard	3:27:42
Jane Schulten	3:38:55
Continued on	next page

Jackie Brova W40 Barbara McKee Lynne Lauck Stephanie Bowlby W50+Hazel Dereamus Evelyn Maher from H Townsend

Jerry Levasseur M60 Carl Hammen Glenn Stacy Peter Pantelis

W40 Geraldine Palonen Rose Buckingham

Rose Buckingnam Micheline Haesler W50 Bettina DeLea Marylou Mucci W60 Alice Campo

M50 Dennis Lerner M60 Tullio Carrillo W30 Coreen Howard

Dave Stewart
Allen Rushmer
Jozsef Babinyecz

SOUTHEAST

Florida Racewalkers 5K

Davie, FL; October 5

Old Reliable Run 10K Raleigh, NC; November 14

Pearl Harbor Memorial 5.2

Mile, Waterford, CN:

December 4

33:02

34:14

33:11 33:49 36:31 39:22 42:53

28:34

29:05

29:39 29:57

30:43 34:38 38:23

37:28

39:10

30:06

32:52 30:50 33:21

35:49

36:33 42:43

31:33

31:04

31:14

31:17

32:08

32:16

32:33 32:56 32:58

33:44 34:08 34:20

35:14

The State of the Late of the L			
Continued from previo	uie n	200	Times didn't mean a lot
the state of the s	-	4.4357	SURVIVAL was the name of
W50 Elsie Ruggiero Norma Signore		5:00 7:25	But to give you am idea
Dorothy Anderso			1at 20.40 40t)
Texture temperature	300		1st 38:48 40tl 2nd 39:09 50tl
12th Can-Am X-C			3rd 39:20 60th
Syracuse, NY; Nov	remo	er 6	4th 39:23 70th
CANAN CHALLENGE PINISH			5th 39:36 80th
(Pos'n is the overall			6th 39:39 90th
Tape		os'n	7th 39:41 1000
W35 Brenda Baker Laura Lynn	Can	38 52	8th 39:56 1100 9th 40:28 1200
Sue Sandstrom	USA	94	10th 41:28 130
Coreen Agnello	USA	102	20th 41:59 140th
Kate McKenna	USA	114	30th 44:51 1441
W40 Sue Tervilliger	USA	80	Atlantic City Ma
Wancy Wells Janet Gaskin	Can	85 104	Atlantic City, NJ; No
Judith Nichol	Can		Overall Dave Dunne
Antonia Cosgrove	Can	119	Lulu Weschler W4
			M40 Tom Bernard Tom Davis
N40 Larry Olsen	USA	1	Norm Godin
Frank Levis	Can	3	M50 Herb Townsend
Bob Tapping	Can	5	Ralph Aquino Bud Crow
Summer Brown Peter Haase	Can	6	M60+ Rossadi
Al Svenson	USA	10	Bob Hanrahan
Barry Ault	Can		Bob Graham W40 Lulu Weschler
Hector Bauza	USA	12	W50 Rita Alles
Bill Horvich	Can	14	from Herb Townsend
Derek Frechette	USA	15	Phillipsburg 5
W.S. Judray Bionetra	-	126	Phillipsburg, NJ;
W45 Audrey Hiemstra Judy Willmott	Can	4.000	23
Dianne van Leeuven			Overall
	1107		Carl Kemmerer Laura Mason
N45 Nike Scott	Can	2	M30 David Ahner
Ken Inglis	Can	4	Richard McNally
Bob Moore	Can	1	John Lodwick M40 Nick Frey
Lev Faxon	USA	8	. Tom Sanson 29:1
Jerry Smith	USA nei	13 "-	Phil Husberger
Charles Kelloq	USA	25	M50+Herb Townsend Wally Wright
Jin Ferris	USA	A CONTRACTOR OF THE PARTY OF TH	Manuel Ramirez
Dick Ashley	USA	30	W30 Marie Parsons Mary Hepp
Sam McLendon	USA	36	Jackie Brova
W50 Holly Turner	Can	93	W40 Barbara McKee
Wendi Hanger			Lynne Lauck Stephanie Bowll W50+Hazel Dereamus
Anne Van der Vleute			HOU THEE DOLCOMINGS
Margaret Squires Eleanor White	But the same of	131	from H Townsend
kleanor white			
Market Water Street Co.	USA	131	Can be a second of the second
新教育			Pearl Harbor Mem
N50 Ben Johns	Can		Mile, Waterford
新教育	Can	19	Mile, Waterford
M50 Ben Johns Gary Baker	Can Can	19 21	Mile, Waterford December M40 Dennis Crow
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser	Can Can USA USA Can	19 21 34 37 39	Mile, Waterford
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi	Can Can USA USA Can Can	19 21 34 37 39 44	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold	Can Can USA USA Can Can	19 21 34 37 39 44 47	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker	Can USA USA Can Can Can	19 21 34 37 39 44 47 49	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold	Can Can USA USA Can Can	19 21 34 37 39 44 47	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levassew M60 Carl Hammen Glenn Stacy
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd	Can USA USA Can Can Can USA Can	19 21 34 37 39 44 47 49 50	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker	Can USA USA Can Can Can	19 21 34 37 39 44 47 49 50	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palo Rose Buckinghan
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier	Can USA USA Can	19 21 34 37 39 44 47 49 50	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Paloo Rose Buckingham Micheline Haes
M50 Ben Johns Gary Baker John Duqdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell	Can USA USA Can Can Can Can Can USA Can USA Can	19 21 34 37 39 44 47 49 50	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palo Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci
M50 Ben Johns Gary Baker John Duqdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton M55 Bob Brock Ed Stabler	Can USA USA Can Can USA Can USA USA USA USA	19 21 34 37 39 44 47 49 50 116 128 130 43 46	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palo Rose Buckingha Micheline Haes W50 Bettina DeLea
M50 Ben Johns Gary Baker John Duqdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Beryl Skelton M55 Bob Brock Ed Stabler Richard Graves	Can USA USA Can Can Can USA Can USA Can USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palo Rose Buckinghar Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton N55 Bob Brock Ed Stabler Richard Graves Jim McIlvham	Can USA Can Can USA Can USA Can USA Can Can USA Can Can USA Can Can Can USA Can Can USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palo Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton M55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Fenwick	Can USA USA Can Can USA Can USA USA USA USA Can USA	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palo Rose Buckinghar Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton N55 Bob Brock Ed Stabler Richard Graves Jim McIlvham	Can USA Can Can USA Can USA Can USA Can Can USA Can Can USA Can Can Can USA Can Can USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palo Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Beryl Skelton W55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Penwick Charles Sabatine Earl Fee Johnny Johnston	Can USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Paloo Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Beryl Skelton M55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Fenwick Charles Sabatine Earl Fee	Can USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palo Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton M55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt	Can USA USA Can USA USA Can USA Can USA Can Can Can Can Can Can Can Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hamme Glenn Stacy Peter Pantelis W40 Geraldine Palo Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Otto M30 Terry Harville M40 Bill Halford M50 Dennis Lerner
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Beryl Skelton W55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Penwick Charles Sabatine Earl Fee Johnny Johnston	Can USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palo Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Beryl Skelton M55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt M60 Howard Rubin Cliff Hall Ralph Lang	Can USA USA Can USA USA Can Can Can Can Can Can USA	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!)	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palor Rose Buckinghan Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London
M50 Ben Johns Gary Baker John Duddale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Beryl Skelton W55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt N60 Howard Rubin Cliff Ball Ralph Lang Richard Maxwell	Can USA USA Can USA USA USA USA Can USA Can USA USA USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 79	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palo Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton N55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Fenvick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt N60 Boward Rubin Cliff Ball Ralph Lang Richard Maxwell Richard Sullivan	Can USA USA Can USA USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 79 96	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palo Rose Buckinghar Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London W50 Beverly Beaver
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton W55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt M60 Boward Rubin Cliff Ball Ralph Lang Richard Maxwell Richard Sullivan Charlie Blancher	Can USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 96 97	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palor Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London W50 Beverly Beaver W60 Eileen Burk Old Reliable Rus
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton W55 Bob Brock Ed Stabler Richard Graves Jin McIlwham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt M60 Boward Rubin Cliff Ball Ralph Lang Richard Maxwell Richard Maxwell Richard Sullivan Charlie Blancher Donald Sill	Can USA USA Can USA USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 79 96	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palor Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London W50 Beverly Beaver W60 Eileen Burk Old Reliable Run Raleigh, NC; Nove
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton W55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt M60 Boward Rubin Cliff Ball Ralph Lang Richard Maxwell Richard Sullivan Charlie Blancher	Can USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 79 96 97 105	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palon Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London W50 Beverly Beaver W60 Eileen Burk Old Reliable Run Raleigh, NC; Nover
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Beryl Skelton W55 Bob Brock Ed Stabler Richard Graves Jim McIlvham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt M60 Howard Rubin Cliff Ball Ralph Lang Richard Maxwell Richard Sullivan Charlie Blancher Donald Sill Maurice French Don Farquharson	Can USA USA Can USA Can USA Can USA Can USA Can USA Can USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 79 96 97 105 109 115	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palor Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London W50 Beverly Beaver W60 Eileen Burk Old Reliable Run Raleigh, NC; Nover Overall: John Gregorek 28
M50 Ben Johns Gary Baker John Duqdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton M55 Bob Brock Ed Stabler Richard Graves Jin McIlvham Gerry Fenvick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt M60 Howard Rubin Cliff Ball Ralph Lang Richard Maxwell Richard Sullivan Charlie Blancher Donald Sill Maurice French	Can USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 79 96 97 105 109	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palon Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London W50 Beverly Beaver W60 Eileen Burk Old Reliable Run Raleigh, NC; Nover
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton M55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt M60 Howard Rubin Cliff Ball Ralph Lang Richard Maxwell Richard Sullivan Charlie Blancher Donald Sill Maurice French Don Farquharson W65 Judith Kardan	Can USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 79 96 97 105 109 115	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palor Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London W50 Beverly Beaver W60 Eileen Burk Old Reliable Run Raleigh, NC; Nover Overall: John Gregorek 28 Lynn Jennings 28
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton W55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt N60 Boward Rubin Cliff Ball Ralph Lang Richard Maxwell Richard Sullivan Charlie Blancher Donald Sill Maurice French Don Farquharson W65 Judith Kazdan	Can USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 79 96 97 105 109 115	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palor Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London W50 Beverly Beaver W60 Eileen Burk Old Reliable Run Raleigh, NC; Noven Overall: John Gregorek 28 Lynn Jennings 28 M40 Barry Brown Steve Covley
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton W55 Bob Brock Ed Stabler Richard Graves Jin McIlwham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt M60 Howard Rubin Cliff Hall Ralph Lang Richard Maxwell Richard Maxwell Richard Sullivan Charlie Blancher Donald Sill Maurice French Don Farquharson W65 Judith Kardan W65 Kurt Gelbbaar Bathaniel White	Can USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 79 96 97 105 109 115	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palor Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London W50 Beverly Beaver W60 Eileen Burk Old Reliable Run Raleigh, NC; Nover Overall: John Gregorek 28 Lynn Jennings 28
M50 Ben Johns Gary Baker John Duqdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Beryl Skelton W55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt N60 Howard Rubin Cliff Ball Ralph Lang Richard Maxwell Richard Sullivan Charlie Blancher Donald Sill Maurice French Don Farquharson W65 Judith Kardan N65 Kurt Gelbhaar Hathaniel White Leslie Curray	Can USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 79 96 97 105 109 115	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palor Rose Buckinghan Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London W50 Beverly Beaver W60 Eileen Burk Old Reliable Rus Raleigh, NC; Nover Overall: John Gregorek 28 Lynn Jennings 28 M40 Barry Brown Steve Cowley Bob Schlau Dave Stewart Allen Rushmer
M50 Ben Johns Gary Baker John Duddale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Beryl Skelton W55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt N60 Howard Rubin Cliff Ball Ralph Lang Richard Sullivan Charlie Blancher Donald Sill Maurice French Don Farguharson W65 Kurt Gelbbaar Bathaniel White Leslie Curray Ken Bigmall	Can USA USA Can USA Can USA USA USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 79 96 97 105 109 115 139	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palo Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London W50 Beverly Beaver W60 Eileen Burk Old Reliable Run Raleigh, NC; Noven Overall: John Gregorek 28 Lynn Jennings 28 M40 Barry Brown Steve Covley Bob Schlau Dave Stevart
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton N55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt N60 Howard Rubin Cliff Ball Ralph Lang Richard Maxwell Richard Sullivan Charlie Blancher Donald Sill Maurice French Don Farquharson W65 Judith Kardan N65 Kurt Gelbhaar Hathaniel White Leslie Curray Ken Bigmall N70 Whitey Sberidan	Can USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 79 96 97 105 109 115 139	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palor Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London W50 Beverly Beaver W60 Eileen Burk Old Reliable Run Raleigh, NC; Nover Overall: John Gregorek 28 Lynn Jennings 28 M40 Barry Brown Steve Covley Bob Schlau Dave Stewart Allen Rushmer Jozsef Babinyec Szekeres Ferenc Glenn Myers
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton N55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Fenvick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt N60 Boward Rubin Cliff Ball Ralph Lang Richard Maxwell Richard Sullivan Charlie Blancher Donald Sill Maurice French Don Farquharson W65 Judith Kardan N65 Kurt Gelbhaar Hathaniel White Leslie Curray Ken Bignall N70 Whitey Sberidan Aaron Kardan	Can USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 79 96 97 105 109 115 139	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palon Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London W50 Beverly Beaver W60 Eileen Burk Old Reliable Run Raleigh, NC; Noven Overall: John Gregorek 28 Lynn Jennings 28 M40 Barry Brown Steve Covley Bob Schlau Dave Stewart Allen Rushmer Jozsef Babinyec Szekeres Ferenc Glenn Myers William Walker
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton W55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt N60 Boward Rubin Cliff Ball Ralph Lang Richard Maxwell Richard Sullivan Charlie Blancher Donald Sill Maurice French Don Farquharson W65 Judith Kazdan W65 Kurt Gelbhaar Bathaniel White Leslie Curray Ken Bigmall N70 Whitey Sheridan Aaron Kazdan Syd Prichard	Can USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 97 105 109 115 139 139 131 131 133 137 141	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palor Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London W50 Beverly Beaver W60 Eileen Burk Old Reliable Run Raleigh, NC; Nover Overall: John Gregorek 28 Lynn Jennings 28 M40 Barry Brown Steve Covley Bob Schlau Dave Stewart Allen Rushmer Jozsef Babinyec Szekeres Ferenc Glenn Myers
M50 Ben Johns Gary Baker John Duqdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton W55 Bob Brock Ed Stabler Richard Graves Jin McIlwham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt M60 Boward Rubin Cliff Ball Ralph Lang Richard Maxwell Richard Maxwell Richard Sullivan Charlie Blancher Donald Sill Maurice French Don Farquharson W65 Judith Kardan N65 Kurt Gelbhaar Bathaniel White Leslie Curray Ken Bignall N70 Whitey Sberidan Aaron Kardan Syd Prichard Erki Venelainen	Can USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 79 96 97 105 109 115 139	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palor Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London W50 Beverly Beaver W60 Eileen Burk Old Reliable Run Raleigh, NC; Noven Overall: John Gregorek 28 Lynn Jennings 28 M40 Barry Brown Steve Cowley Bob Schlau Dave Stewart Allen Rushmer Jozsef Babinyec Szekeres Ferenc Glenn Myers William Walker Carl Hatfield Athol Barton Robert Bergeron
M50 Ben Johns Gary Baker John Dugdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton W55 Bob Brock Ed Stabler Richard Graves Jim McIlwham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt N60 Boward Rubin Cliff Ball Ralph Lang Richard Maxwell Richard Sullivan Charlie Blancher Donald Sill Maurice French Don Farquharson W65 Judith Kazdan W65 Kurt Gelbhaar Bathaniel White Leslie Curray Ken Bigmall N70 Whitey Sheridan Aaron Kazdan Syd Prichard	Can USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 79 96 97 105 109 115 139 132 135 137 141 142	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palon Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W30 Coreen Howard W40 Doreen London W50 Beverly Beaver W60 Eileen Burk Old Reliable Run Raleigh, NC; Nover Overall: John Gregorek 28 Lynn Jennings 28 M40 Barry Brown Steve Cowley Bob Schlau Dave Stewart Allen Rushmer Jozsef Babinyec Szekeres Ferenc Glenn Myers William Walker Carl Hatfield Athol Barton Robert Bergeron Bruce Dale
M50 Ben Johns Gary Baker John Duqdale Bob Milner Gerry Gonser Paul deBiasi Bill Arnold Gordon Walker Gordon Boyd W55 Ruth Carrier Lois Bell Bervl Skelton W55 Bob Brock Ed Stabler Richard Graves Jin McIlwham Gerry Fenwick Charles Sabatine Earl Fee Johnny Johnston Werner Schwendt M60 Howard Rubin Cliff Hall Ralph Lang Richard Maxwell Richard Sullivan Charlie Blancher Donald Sill Maurice French Don Farguharson W65 Judith Kardan N65 Kurt Gelbbaar Hathaniel White Leslie Curray Ken Hignall N70 Whitey Sberidan Aaron Kardan Syd Prichard Erki Venelainen Bob Boal	Can USA Can USA Can USA Can USA Can USA USA USA USA Can	19 21 34 37 39 44 47 49 50 116 128 130 43 46 57 61 74 76 82 89 95 31(!!) 60 78 79 96 97 105 109 115 139 69 103 132 135 133 137 141 142 144	Mile, Waterford December M40 Dennis Crow Tim Smith Rafael Torres M50 Hank Golet Bill Masterson Jerry Levasseu M60 Carl Hammen Glenn Stacy Peter Pantelis W40 Geraldine Palon Rose Buckingham Micheline Haes W50 Bettina DeLea Marylou Mucci W60 Alice Campo SOUTHE Florida Racewalk Davie, FL; Octo M30 Terry Harville M40 Bill Halford M50 Dennis Lerner M60 Tullio Carrille W40 Doreen Howard W40 Doreen London W50 Beverly Beaver W60 Eileen Burk Old Reliable Run Raleigh, NC; Noven Overall: John Gregorek 28 Lynn Jennings 28 M40 Barry Brown Steve Covley Bob Schlau Dave Stevart Allen Rushmer Jozsef Babinyec Szekeres Ferenc Glenn Myers William Walker Carl Hatfield Athol Barton Robert Bergeron Bruce Dale L.C. Moore, Jr.

97.54				Nation	al M
Times did	't mea	n a lot o	n the day.	M45 Thomas Hare	33:25
SURVIVAL V			200	Joe Carr	33:30
But to gi				Willie Thorne	37:50
But to gr	ie you	all Idea o	times.	Pat Paxton	38:10
-				Francis Digiano	38:13
lst	38:48	40th	46:03	John Mitchell	38:47
2nd	39:09	50th	47:05	Larry Costello	38:54
3rd	39:20	60th	47:45	Larry Gray	39:09
4th	39:23	70th	51:23	Sigurd Maxwell	39:33
5th	39:36	80th	53:13	Robert Ramsey	39:37
6th	39:39	90th		Ralph McDonald	39:38
7th	39:41		56:39	Luby Mooring	40:07
8th	39:56		59:33	M50 Jim Larson	35:33
20.01				John S. Dunkelberg	37:01
9th	40:28		62:25	Walter Francke	37:27
10th	41:28	130th	66:46	Neville Wood	38:19
20th	41:59	140th	74:58	Edwin Harris	40:01
30th	44:51	144th	80:21	Jafar Shick	41:35
		11.11		Robert Phay	41:52
Atla	-tie C	ity Mara	than	Paul Naylor	42:03
				Melvin Doyle	42:18
1	The second second	NJ; Nove	ember 9	Ron Beard	42:25
Overall				M55 Neil Wilson	40:08
Dave D			2:34:34	Zean Jamison	41:13
		er W40	3:23:13	David Pierce	45:28
M40 Tom			2:45:26	Charles Gancer Robert Creed	45:41
The second second	Davis		2:55:31	Hubert Whitaker	45:43
M50 Her	m Godi		3:04:52 2:49:55	Fred Haynie	46:29
	ph Aqu		3:16:58	Emidio Felicione	47:27
	Crow	1110	3:28:47	Bob Ward	47:43
M60+		di	3:49:01	James Merkel	47:46
	Hanra		3:56:56	M60+Mike Shea	39:51
Bob	Graha	m	4:03:28	Caspar Holroyd	44:55
W40 Lul	u Wesc	hler	3:23:13	Jack Gerrans	45:40
W50 Rit			4:17:03	Edward Hamilton	45:50
from He	rb Tow	insend	1	Ed Peters	47:05
Sagar 14				Milton Bliss	47:13
		urg 5 M		Vince Rak	47:56
Phillipsb	urg,	NJ; No	vember	Richard Morgan	48:28
	1252	23		Little Caesars Pizza 5	Mile
Overall			2	X-Country	
Carl Ke			24:44	Spartanburg, SC;	
Laura M		100	29:36 25:23	November 19	
M30 Davi		cNally	25:25	Overall	
	Lordw		25:27	Edward Moore 25	28:10
M40 Nick			27:14	Beverly Ridewell 33	40:13
		n 29:19	DUNE	M30 Jimmie Lightner	29:49
	Husb		29:51	M40 Tom Jones	30:53
M50+Herb			28:39	M50 Alex Coffin	33:41
	y Wri		32:48	W30 J McKittrick	41:15
Manuel F			33:18	W50 Susie Putnam	45:47

James K. Polk 7 Mile

Charlotte, SC; November 20

Charlotte, SC; Novemb	er 20
Overall	
Martin Harrison 26	40:28
Nancy Lowden 46	54:31
M40 Earl Jackson	42:41
M50 Bill Voight	43:38
W40 Sara Turner	70:19
Alexander of the second	
Pepsi Vulcan Run 10	JK
Birmingham, AL	FIL AT
November 20	1-17-
Overall:	
Raphael Zepeda	29:03
Lorraine Moller	32:49
all man less concern their the	
M40 Bob Schlau	31:23
John Custy	31:26
Carl Nicholson	32:27
Wes Wessely	32:32
M45 Don Coffman	32:44
Art Williams	35:17
Morgan Looney	35:37
M50 Bill Olrich	34:13
Jim Larson	35:36
Orbin Thompson	36:33
M55 Malcolm Gillis	37:21
Gerry Williams	38:14
Charles Stinnett	40:47
M60 Gordon Siefert	40:41
Harvey Stewart	42:42
Gordon English	42:45
M65 Phillip Curry	48:56
Arthur Black	49:27
Ken Reed	54:06
M70+Tony Liscomb	48:26
Wallace McCroy	51:52
S. Fugitt	55:12
W40 Karen Macharg	36:54
Judy Greer	37:52
Anna Moore	30.36

MIDWEST

39:36

39:56 40:00

2:31:27

2:48:49 3:00:13 3:02:04

3-14-23

3:18:39

Judy Greer Anna Moore

Judy Melton Ellen Murphy

Ipolito Islas

Barbara Filutze

Francine Pahl Anne Reed

Cania Rode

Carol Swain

Chicago Old Style I	Marathon
Overall:	
Alejandro Cruz	2:08:57
Lisa Weidenbach	2:29:17
Masters:	
Mike Hurd	2:24:15
Hector Chavez	2:29:36
Bob Knuckey	2:29:52
Raul Morales	2:30:56

Metro-Macomb Runn	
Thanksgiving Day 4 Mil	
Mt. Clemens, MI;	
November 24	
Overall	
Sam Aleman	21:15
Angie Smith	24:0
M40 George Geck	23:2
Larry Wilbright	23:4
Ron Thielman	25:12
Tim Klinkhamer	25:17
Jim Bahnke	26:5
M45 Jim Park	22:2
Miro Svab	23:20
Jim Fitch	24:30
Larry Thaxton	26:4
M50 Norm Killop	25:3
Herb Seegert	25:5
Terry Taylor	26:5
M55 Jim McManus	28:20
Karl Harthun	35:0
M60+Don Meyers	27:21
Fred Gurol 67	29:50
Zeke Vlogt	31:2
W40 Poberta Thaxton	29:4
Joan Werry	32:4
from Herb Seegert	

Metro-Macomb Runne Mt. Clemens, MI; November 27	rs 5K
Overall	
Mike Cotter	16:36
Maggie Zidar	21:37
M40 Tom Henderson	19:08
Ron Brundt	21:23
Karl Berno	21:33
Jim Boylan 48	22:54
M50 Herb Seegert	20:50
Jim McManus 56	21:52
M60+Don Meyer	23:10
Fred Gurol 67	23:30
Zeke Vogt	25:05
Pete Bolos 75	27:48
from Herb Seegert	

San Gabriel River 10 Mile S. El Monte, CA; October 2		
Overall		
George Marquez 23	55:00	
Cecilia Ramos 37	1:13:18	
M35 Leonard Aguilar	55:53	
M40 Kevin Bennett	1:06:18	
M45 Joe Cuevas	1:04:36	
M50 Frank Vasquez	1:10:11	
M55 Lyle Deem	1:08:49	
M60 John Racely	1:09:27	
M65 Manuel Lara	1:13:40	
W40 Georgina Nuttall	1:21:50	

Silver State 15K PA-TAC

Championships

WEST

Spa	rks-Reno, NV;	Octo	ber 9
Ove	rall		
Ri	ch McCandless	32	45:47
Te	rry Puckett		52:20
M40	Jerry Jobski		49:57
	Steve Ferraz		50:14
	Sal Vasquez		49:49
100000000000000000000000000000000000000	Jim Bevins		55:54
	Ron Ogilvie	- 1	:02:23
7.00	Ross Smith		59:24
	Flory Rodd	1	1:13:16
	Hilary Naylor		58:37
W45	Shirley Matsor	1	55:50
	age-group AR		
W50	Heidi Skaden	1	:04:51
	Ruth Anderson		:17:06
W60	Carola Hutcher	rson1	:23:59

Legg Lake Catfish 5 S. El Monte, CA; Novem	
M35 Leigh Adams	19:27
M40 Luis Doddy	18:50
M45 Guillermo Johnson	20:28
M55 Wally Ingram	19:13
W65 Wiley Nelson	26:14
W40 Reiko Duba	22:04
W45 Mary Tiannaman	27:04

Phoenix, AZ; Nove	
Overall:	
Sam Ngatia	29:17
Lynn Nelson	32:55
Masters:	5 -
David Oropeza	33:07
Josie Chalmers	41:10

	RI Long Beach Sh Half Marathor g Bech, CA; Nove	
M40	Ron Jensen	1:15:31
	Mickey De Palo	1:15:34
	Pablo Drobny	1:16:22
	Paul Maier	1:16:34
	Juan Cabeza	1:18:46
M45	Philip Wright	1:17:02
	Ray Marranda	1:18:55
	Harry Hunt	1:19:53
	Ben Jackson	1:21:05
	Jim Chenoweth	1:21:15

the state of the s		
M50 John Chini	1:26:04	-
Paul Browne	1:26:44	3
Bob Rice	1:27:03	
Clarence Hunter	1:30:48	
Michael Hall	1:31:54	
M55 Tracy Brown	1:28:48	
Richard Leslie	1:29:47	
Robert Matthews Hugh Mc Hugh	1:30:55	
		15
William Wall	1:32:48	
M60 Ruben Vigil	1:28:36	
	1:32:07	
Mike Sather	1:41:07	
Bob Mahlstedt	1:43:35	
Richard Hochschil	d1:45:27	
M65 Ed Hornung	1:44:13	
Ben Mc Donnell	1:55:50	ı
Sam Simon	1:58:37	
M70 Dutch Benedetti	1:43:48	
Norm Ida	1:57:06	
Jerry Ross	2:11:22	
Jerry Ross	2.11.22	П
W40 Mary Campbell	1:27:34	П
Cherie Gruenfeld	1:33:30	ľ
Karen Chettle	1:43:05	
Adell Williams	1:43:07	
Maria Powell	1:43:30	
W45 Karin Handsaker	1:39:32	
Gobbi Gold	1:41:10	
Teresa Ross	1:41:42	١
Brenda Lunsford	1:42:25	ı
W50 Irene Olberz	1:39:11	
Margaret Speer		ı
Valerie Palmer	1:46:30	ı
Dixie Madsen	1:49:03	1
Yvette Tauzin	1:51:51	ı
W55 Virginia Taneja	1:53:24	13
Audrey Hauth Pinkie Fisher	1:53:54	
Ruth Bloland	1:54:12	Н
W60 Laudeam Andrews	1:56:38	9
	2:33:40	
W65 Nyla Cook	2:55:09	
W70 Lucile Adney	2:57:42	
Mission Inn 10	(1
Riverside, CA; Novem		1
M40 Mike Figueroa	35:05	1
	36:59	1
Jon Calvin		1
Travis Estes	37:14	1
M45 Mike Fuller	37:22	1
Paul Kearne	1/174	

W70 Lucile Adney 2	:57:42
Mission Inn 10K	Section?
Riverside, CA; Novembe	r 13
M40 Mike Figueroa	35:05
Jon Calvin	36:59
Travis Estes	37:14
M45 Mike Fuller	37:22
Paul Kearns	37:54
Jaquin Grandao	38:28
M55 Wally Ingram	39:21
Paul Sutherland	41:58
Lyle Deem	43:59
M50 Don Van Dyke	37:37
Bill Crum	39:10
Frank Ogawa	40:02
M60 Cunnar Lind	42:02
Jack Goertzen	43:41
Frank Ramos	45:25
M70 Bob Kroger	49:30
Fred Shanley	59:53
to the first that	Second .
W40 Odette Osantowski	41:02
Anne Coy	49:24
Donna Archer	50:35
W45 Carol Ellestad	51:46
Joyce Reiswig	52:23

W45 Carol Ellestad	51:46
Joyce Reiswig	52:23
Margaret Waldron	53:37
Yolo General Hospital Tu	rkey
Trot 5K/10K	
Yolo, CA; November 1	9
5K	
Overall	
Timmy Ketron	14:44
Janine Jarris	18:20
M40 Tim Carpenter	17:28
Chuck Carleton	18:29
Terence Brown	19:55
M45 J G Contreras	17:39
Tyrone Nelson	17:40
Web Chadwick	19:32
M50 George Fisher Robert Harris	21:52
Richard Thomas	22:03
M55 Mort Ward	23:41
Cap Thomson	19:20
Bill Won	21:55
M60+Gene Pumphrey	
Jim Sullivan	19:09
Jim Eymann	24:18
W40 Sandra Cloffey	19:41
Ann Brice	21:47
Janet Childers	22:09
W45 Sharon Stafano	26:06
Sheila McFall	27:26
Charlene Contreras	
W50 Leona Nenow	26:10
Jean Kuykendall	27:42
Jean Adamo	28:19
W55 Alicia Meyer	26:52
Georgina Buxton	28:53
Alice Miller	34:46

W60+Joan Moses Gerry Sullivan

Overall John Sup

Sandy Sup M40 John Murphy Ourt Haury

W45 George Mason Tim Jordan

Tim Frawley

M50 David Ragsdale

Michael McGie

John Gardner

Don Spickelmier

Midge Porter

34:46

28:39

28:50

30:57

35:15 35:18

35:41 34:23

35:22

36:38

38:08

39-00

W55 Jack Aaron	42:30
Darrell Gee	42:59
Gordon Hall	44:13
M60+Gene Pumphrey	41:14
Art Santiago	53:51
Joe Marengo Jr	57:21
W40 Susan Condon Kate Sutherland Sue Primes	49:23
W45 Julie Yaffee	41:31
Lucille Kham	46:19
Greta Carriger	47:15
W50 Dina Fields	50:36
Nova Roff	55:18
Bev Beedie	56:09
W55 Mary Welz	50:19
Jean La Fever	57:35
Dona Rice	1:20:13
W60+Kit Pickles	51:34

NORTHWEST

PNAC Masters 5K X-C Championship Seattle, WA; November 19

M40	Jim McGill	17:13
	Gordon Overbye	18:05
	Wayne Mitton	18:31
M45	Chris Steer	18:16
	Fritz Ingram	21:41
M50	Derek Mahaffey	18:23
	Bob Langenbach	19:49
	Bill Hickman	20:50
M55	Bob Burd	22:00
	Al Schwinkendorf	22:36
W40	Carole Langenbach	32:24
	Carol Flexer	21:09
	Laura Baggett	25:02
	Evette Hackman	25:21
W50	Shirley Ingram	24:20
THE ACT	Bev LaVeck	26:07
1517	Barbara Gregg	28:00
		20.00

INTERNATIONAL

4th Annual Rosarito Beach Holiday 5K/10K Rosarito Beach, Baja California, Mexico: November 5

15:22

Overall Antonio Lopez

	nna Okimo	17:27
M35	Cruz Maumellio	17:55
M40	Bob Giblin	17:35
M45	Rick Hardy	17:43
M50	Carlos Vega	19:39
M55	Martin Hicks	19:44
M60	+Ted Horner	20:49
W35	Moremi-Nzingu	23:12
	Rosalia Mireles	24:35
W45	Carol Hunter	25:46
W50	Alice Olson	24:33
W60-	Priscilla Libby	36:57
Over	all	
Car	los Castelo	33:31
Pat	Phillips	41:29
7.	A Printer Laboratory	24.00
MJS	Ismal Rojas	34:06
	Akira Shimabukuro	
	Gene Mote	36:50
	Frank Vasquez	39:34
	Kendall Webb	43:24
	Jose Palor	40:54
	Pat Phillips	41:29
	Lydia Romos	54:16
	Sherri White	1:05:20
	Dixie Madsen	46:58
W60+	Jean McClean	1:03:08

Southend 10K	
Essex, GA; November	er 13
Overall	A. The
Paul Evans 38	29:17
Glynis Penny 37	34:11
M35 Keith Penny	30:06
M40 Martin Duff	32:00
M50 George Bowman	34:46

British Veterans 10K Championships, Barnsley, Yorkshire; November 20

Overall				
Tecwyn Davies M50 30:58				
Celia Duncan W35	35:41			
M40 Mike Hurd	30:59			
Alun Roper	31:09			
Malcolm Martin	31:11			
Mike Green	31:18			
M45 Brian Little	33:14			
M50 Tecwyn Davies	30:58			
Ron Grove	32:16			
M55 Derek Beckett	35:21			
M60 Eddie Kirkup	35:55			
M65 Ron Stainforth	42:39			
M75 George Oxbury	50:26			
W35 C Duncan	35:41			
W40 Pat Gallagher	36:41			
W45 Julie Beckford	39:10			
W50 Jean Locking	43:02			
W55 Peggy Fletcher	42:40			
W60 Joselyn Ross	46:36			

NATIONAL MASTERS NEWS INDEX 1988

Key to Symbols

January Julu February August Au M September S March April A October 0 May Ma November June December

All-American Standards, D29

Club Listings, 530

1

17:13 18:05 18:31 18:16 21:41 18:23 19:49 20:50 22:00

22:36 32:24 21:09

24:20

28:00

1L

:22

Foot Beat: Sprained ankles, J12 Jones' Fracture, F12 Athlete's Foot, M12 Midfoot and forefoot Strains, Al2 Groin injuries, Mal2 Muscle soreness, Jul2 Metatarsal pain, Jyl2 Low back pain, Au12 Anterior compartment synd., 512 Heel bursitis, 012 Sobering news about beer, N12 Leg cramps, D12

Health and Fitness: Cholesterol and mortality, A15 Exercise aids mental health, Ma16 Speeding up injury recovery, Jul6 Accupuncture helps achilles, Jy13 Running vs. other aerobics, 018 Truth about pill popping, N11

International Events: Australian Nationals, Ju20 British Indoor, Ju21 British Half-marathon, 019 British Nationals, 040
European T&F Championships, S17 European Road Championships, Au26 North American Meet, Ol Nippon Championships, F18 Pan-American Meet, Jy19
San Juan Championships, D25
U.S. Masters go to Mexico, Au17
WIGAL Championships, D23
Ontario Championships, Ju21

International Scene: World Games aftermath, F17 Women should be vets at 40, M19 Successful meeting with IAAF, A17 Women should be vets at 35, Ma25 WAVA Council meets in Eugene, Jul9 WAVA North American meet, Au23 Report from the president, S17 WIGAL Championships, 019 Oceania Region, N15 WAVA Non-stadia Committee, D13

LDR Road Races:

Boston Milk Run luk, Ju4 Brooklyn Half-marathon, Ma34 Boston Marathon, Mll California Marathon, F8 Charlotte Observer 10K, F1 Columbus Marathon, M11 Capital Trail 10-mile, D15 Cotton Row 10K, Au27 Crim 10-mile, 01 Deseret News Marathon, S7 Fifth Avenue Mile, D13 Freihofer's 10K, D12 Freihofer's 10K, Jyl Garden of the Gods 10-mile, Au16 Gasparilla 15K, M9
Foundation 30K, J3, D1
Great Race 10K, N19 Heartland Hustle 10K, N1 Honolulu Marathon, J5 Hudson Mohawk Marathon, D12 Hospital Hill Run, Au27 L'eggs 5K, Jy14 L'eggs Mini-marathon, Au20 Lincoln Marathon, Au16
Los Angeles Marathon, Al Midnight Madness, S11 Maggie Valley 8K, N13 Midwest Age-Graded 10K, 017 Myrtle Beach 10K, Jyl New York Marathon, Dl Nike Cherry Blossom 10-mile, Mal3 Nike Capital Challenge, N12 Not Over The Hill 8K, S13 Old Kent River Run, Au16

Omaha Marathon, J7 New Bedford Half-marathon, Mal5 Paramount 10K, M1 Pear Blossom, Jul3 Phoenix Marathon, M12 Portland Marathon, D13 Peachtree 10K, S11 Parkersburg Half-marathon, 09 Pikes Peak Marathon, 016 Rocket City Marathon, Fl Runners' Den 10K, M1 St. George Marathon, N1 Staten Half-marathon, D13 St. Patty's Runs, Jul3 Shamrock Runs, Ju4 Stamford Marathon, D1 Tulsa Run 15K, J25, D12 Trevira Twosome, Ju9 Ultimate Runner, N7 Waterfront Marathon, Jy14 Wendy's 10K, J4 Utica Boilermaker, S22

LDR Winners, N20, D21

Masters Track & Field Report: World masters scene changes, J14 The masters chairman, M14 Multi-events, Al4 Regional competition, Mal4 Puture of the Nationals, Jul4
Eugene eager for World Games, Jyl4 How to Change TAC Rules, Au14 1988 TAC Convention preview, 014 World Championships need help, N14 Pentathlon, D14

Masters Training Advice: Winning the mental game, F10 Payton Jordan, A8 Gina Faust, Ma8 Will Robinson, Ju8 Barbara Filutze, Jy16 Phil Raschker, Au8 Gary Miller, S8 Larry Stuart, 08 Think and improve, N8 Ed Benham, D8

National LDR Championships: 5K, Mal 5K X-C, J7

10K, 021 15K, Mal 25K, N17 Half-marathon, J3 30K, D1 50-mile, Jul 24-hour, N13

National T&F Championships: Decathlon, 013 Indoor, Mal Outdoor, S1 Pentathlon, Indoor, M4 Pentathlon, Outdoor, S12

National Walk Championships: 10K, S11 20K, S38 50K, Ma8

Prize money winners, M13

Profiles: Eugene Kitts, F8 Chuck Miller, M8 Linda Sipprelle, Alo Patrick Murphy, Ma27 Carl Hatfield, Jul8 Andre Tocco, Jy18 Howard Knox, S14 Gerry Davidson, 016, Hans Bitter, N17 Steve Lester, D9

Racewalking: Improving your, 012

Rankings - 1987 - LDR: 5K, N31 8K, O32 10K, Ju34 12K, N32 15K, 032 25K, N32 Half-marathon, 033 Marathon, Ju 35

Rankings - T&F: 50m 1987, F24 50m corr, Ma36 200m 1987, Au33 400m 1985, A29 400m 1986, Ma36 400m 1987, N28 800m 1987, Ju30 1500m 1987, Jy38 5000m 1986, A30 5000m 1987, A31 Short hurdles 1987, 030 Long hurdles 1987, 030 Steeplechase 1987, Ju31 High Jump 1987, Ju32 Pole Vault 1987, Ju31 Long Jump 1987, N29 Triple Jump 1987, A32 Shot Put 1987, 030 Discus 1987, Ma35 Hammer 1987, Ma35 Javelin 1987, Ju32 Decathlon 1987, Jy38 Pentathlon 1987, Jy38

Records: LDR, U.S., N25 T&F, World & U.S., D17 T&F, World Relay, A35 T&F, National Indoor, Jy37 T&F, Eastern Indoor, Jy35

Regional T&F Meets: Eastern (Indoor), M40 Eastern, 01 Midwest (Indoor), Mal0 Midwest, S13 Southwest, Aul West, S16 Northwest, S11

Senior Olympics, Ma24

Speaker's Corner: World Games Standards, F18 World Games Standards, F18
At Gosch's Paddock, M20
No Performance Standards, A18
Reflections on World Games, Ma10
Rebuttal to "Cholesterol", Ju10
Getting MAAD, Jy10
Senior sports is in, Au10
Leave Zola Budd alone, S10
International politics, O10
Are masters using drugs?, N10 Are masters using drugs?, N10 Masters 1987 survey, D10

Membership, M14 What is TAC? S23 P&L Chart, N14

TAC Convention: Award Winners, T&F, J3 Award Winners, LDR, J3 LDR Committee minutes, F13
T&F Committee minutes, J22 How to change TAC rules, Au14 Preview, 014

Third Wind: Marathon and manhood, J6 To compete or frolic, F6 Pioneers of over-40 fitness, M6 Imposters or victims, A6 Five steps to true masterdom, Ma6 Getting really MAAD, Ju6 Gabriele Andersen, Jy6

Masters in history: 600 B.C. to 1900 A.D., Au6 Horace Ashenfelter, S6 Gary Fanelli, 06 Do the legs really go first?, N6 Streaking at 100, D6

T&F Meets: Anteaters, Au10 Augustana, Al4 Big Sky, S7 Brown Indoor, M15 Birmingham, Jy15 Buffalo, Au22 Cleveland, Au20 Carnine, Jyl4 Club West, D22 Dartmouth, M10 Duke City, Au13 Empire State, 021 Florida Senior, M13 Federal Way, Au15 Hayward, Au12

Illinois Grand Prix. Au21 King of the Hill, Au22 Millrose Mile, Ml Mid-Atlantic, 59 Montana, 015 Mythical Dual, 017 Nashville, Au10 Orange Spring, Al New Jersey Indoor, Jul7 Philadelphia, S14 Philadelphia Indoor, Ma4 North Carolina, S7 River City, Au18 Redlands, Ju9 Runners' Pentathlon, Jul Rocky Mountain, N10 Mt. Sac, Jul7
Pacific, Aul
Sri Chinmoy (Ca), N19
Sti Chinmoy (NY), S15
Sport-Arcade, A4
Striders, Jy9 San Diego, Au18 Tennessee, Aul5 Texas Senior Games, Aul0 Texas, S10 Thomasville Decathlon, N10 Virginia, N12 Waltham, Au19 World Corporate, Au17

World Veterans Cames 1987: Story, J1 General Assembly minutes, M24 Elections, J18 Last place marks, F17

World Veterans Championships 1989: Competition rules changes, J19 Entry form, Jy21 U.S. Team manager guidelines, 015 WAVA Specifications, D24





Column		A STATE OF THE PARTY OF THE PAR	Exam	ples:
Inches	Ad Size	Cost	Width	Height
52	Back Page	400	10"	13"
52	Full page	300	10"	13"
39	1/4 page	250	10"	94"
			71/2"	13" 9
26	V2 page	200	5"	13"
THE			10"	61/2"
13	14 page	120	10"	314"
7	1/8 page	72	5"	31/4"
		To all	21/4"	61/2"
31/2	1/16 page	60	21/4"	31/4"
1500		30	21/4"	1"

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

4. SPECIAL RATES

25% discount for race and meet notices. No frequency discounts or agency commissions.

5. TERMS

Net 10 days from billing date.

6. CLASSIFIED RATES

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

7. MECHANICAL REQUIREMENTS

a. See display rates for ad sizes.
b. Photo offset printing.
c. Negative ok. No mats, cuts or plates.
d. 2-colors add \$40.

e. Screen: 85 lines per inch.

8. CLOSING DATES The 10th of month before date of issue.

9. CIRCULATION October 1988 Paid: 4749 Distribution: 6000 Published monthly. Subscriptions \$18.75/year.

Mail order to: National Masters News P.O. Box 2372 Van Nuys, Calif. 91404 818/785-1895

let's face it! MASTERS throwers



YOU CAN'T BE

A MAC WILKINS AN AL FEUERBACH A TOM PETRANOFF

A WILLIE BANKS or A YURIY SYEDKH

But—THEY CAN TEACH YOU TO BE THE BEST THAT YOU CAN BE

These VIDEO TEACHING TAPES feature some of the most accomplished throwers in the great history of Track & Field. The teaching techniques have been hailed by peers as the best, and one has received international awards for its excellence.

MAC WILKINS' Gold Medal Discus



"I consider this video training program to be one of my finest achievements in 20 years with the discus." It is a unique instructional package that teaches the mechanical, physical and mental aspects of discus throwing for young and old alike. In addition to my demonstrations, you

will learn from studying the techniques of such discus greats, past and present, as L.J. Silvester, Wolfgang Schmidt, Imrich Bugar and Luis Delis with my "voice over" instructional comments. The program contains nine sections: 1. The Throw Part I; 2. The Throw Part II; 3. Drills; 4. Rhythm; 5. Advanced Technique; 6. Visualization; 7. Troubleshooting; 8. Conditioning; 9. Motivation.

"I have found that Masters throwers can be as dedicated to their own pursuit of excellence as youngsters and established competitors. That is why I felt this training program would be of great help to you Masters competitors. Join me in your quest to be the best that you can be."

YURIY SYEDIKH'S SyberVision Hammer Video



East meets West. This one-of-a-kind video teaching tape combines hammer techniques of the East with the latest learning technologies of the West. Emphasis on the basics of the hammer throw takes the mystery out of the event. Instruc-

tions cover the 3 turn throw. Featured model, Yuriy Syedikh — USSR. Winning Hammer Ways was produced by SyberVision wiith Ed Burke (widely renowned U.S. Olympian), Stewart Tougher and Dr. L. Pataki acting as technical advisors and directors.

TOM PETRANOFF'S Javelin Video



A video encyclopedia of the javelin throw covers complete instructions on: Drills...Weight Training...Conditioning...Pliometrics...Throwing Technique and Mental Preparation. Your instructor is Tom Petranoff, one of the world's fin-

est competitors and instructors of the javelin throw. In 1983, Tom threw to a World's Record of 327' and in 1986 threw to a World Best, 280' (new javelin) and was ranked #1 in the

COMBINATION DISCUS & SHOT

With both teaching cassettes com-bined into one tape, you have over 40 years' competitive experience by Wilkins and Feuerbach in approxi-Wilkins and Feuerbach in approxi-mately one hour of instructional viewing and learning. If you follow the pattern of most throwers, you are probably learning and compet-ing in both the discus and the shot. This is your opportunity to be taught both events by two of the best ever competitors and achievers... and at a savings over the cost of two inat a savings over the cost of two individual cassettes.

AL FEUERBACH'S Basic 70 Foot Shot Putting



"Shot Putting was never a part-time thing with me...it was an obsession." Through a competi-tive career spanning 22 years and including over 525 competitions in 24 countries, Al was able to experience this event as few athletes have. Every bit of his learning experience is

packed into the video teaching cassette and provides some critical keys to progress for Masters shot putters like

You will be instructed by AI, Dave Laut (72' 3"), Olympic Bronze Medalist 1984, 4 time U.S. National Champion and Mac Wilkins (69' 11/2"). Dave demonstrates the rotational style throw and Mac instructs on its technique

Basic 70 Foot Shot Putting presents the foundation for personal shot putting progress and is potentially as useful to the 40' thrower as it is to the 70' thrower. "I truly enjoyed my many years of experience with the shot. I'd like to share them with you."

WILLIE BANKS' Banks On Triple Jump



Olympian and World Record holder Willie Banks has created a unique video for triple jumpers to help develop the skills and

technique necessary to jump far. Anyone, young and old, aspiring to be a triple jumper or to improve their skills can benefit from this video instructional cassette. The video consists of training aids for coaches as well, including: drills, flexibility, weight training, conditioning and bounding exercises. Demonstrated and narrated by Willie Banks.

COMPLETE ORDER FORM

Send to: MAC WILKINS PRODUCTIONS P.O. Box 28836 - San Jose, CA 95159 (please print)

408/358-2669



The state of the s	
Name:	
Address:	
City/State/Zip:	
Check ☐ Money order ☐ Visa ☐ Mast	erCard □ Other
Card No.:	Exp. Date
Please Send:	
Mac Wilkins'	THE RESIDENCE OF THE PARTY OF T
GOLD MEDAL DISCUS	\$ 49.50
Al Feuerbach's	
BASIC 70 FOOT SHOT PUTTING	\$ 49.50
Combination	THE PARTY OF THE PARTY OF THE PARTY.
DISCUS and SHOT Videos	\$ 90.00
Tom Petranoff's	
JAVELIN VIDEO	\$ 68.00
Yuriy Syedikh's	· · · · · · · · · · · · · · · · · · ·
SYBERVISION HAMMER VIDEO	\$ 60.00
Willie Banks'	
BANKS ON TRIPLE JUMP	\$ 59.95
Beta or VHS	

Add \$3.50 first class/\$2.50 reg. mail per cassette or coaching session for shipping/handling. California residents add appropriate sales tax