

NATIONAL MASTERS NEWS

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

90th Issue

February, 1986

\$1.95



Male Masters prior to start of 1985 Rocket City Marathon, Huntsville, Ala., December 14. Only Art Williams, far right, seems to indicate the true feeling of the minus-9 chill factor. Runners, left to right,

included Derck Frechette, Ken Prior, Don Coffman, Ernie Billups, Atlaw Belilgne, Mike Kelly, Bill Olrich, Tom Dooley, and Art Williams. Photo by Jim Oaks

Wehrum Best Woman Over 40

Coffman Captures 3rd Rocket City Masters Title

by JIM OAKS

If it's December and you are a master marathoner, then the place to be on the second Saturday of the month is Huntsville, Alabama, for the Rocket City Marathon.

On December 14, for the ninth edition of Alabama's original marathon, race director and RRCA president, Harold Tinsley, once again assembled a field of master runners which rivaled, and in some cases surpassed, other fall marathons with much larger budgets.

The top male master seed for 1985 was two-time defending champion Don Coffman from Frankfort, Kentucky, who had won the past two years with five minute margins over runner-up Morgan Looney from Birmingham, Alabama. Since Looney was recovering from a broken bone suffered in a training accident, Coffman's challengers this year were expected to be Derck Frechette from Rochester, New York, and Atlaw Belilgne from Houston, Texas.

Ernie Billups, who had traveled south from Chicago, was the top seed in the 45-49 division, and

Bill Olrich, another Kentuckian, was expected to take the 50-59 division.

Nancy Parker from Atlanta was the top female master seed. She had won the master title here in 1983 with an age-47 record performance. Her most likely challenger was expected to be Mary Anne Wehrum who had bettered the U.S. age 47 15K record the previous weekend at a race in Rome, Georgia.

Sister Marion Featured Speaker

Sister Marion Irvine was the featured clinic speaker this year, but did not plan to run the entire 26.2 miles. (Instead she chose to use the first part of the race for a half-marathon workout). She had so impressed Harold Tinsley at the RRCA convention in May when she was honored as the outstanding female master runner for 1984, that he had convinced her to come to Huntsville as speaker at the marathon clinic this year. She gave both an entertaining and inspirational talk to the runners and guests who probably constituted the largest clinic audience in the nine-year history of the race.

Continued on page 7

Essig's \$50,000 Pledge for World Veterans Games Brings Total to \$89,975

Otto Essig, one of the legends of masters track and field and long distance running, has pledged \$50,000 to help support the 1989 World Veterans Games if they are awarded to the United States.

That brings the total amount of pledges to \$89,975. There have been 150 pledges to date. The average pledge (excluding the \$25,000 pledge from John Poppell and the \$50,000 pledge from Essig) is \$101.18.

Essig, who lives in Westfield, Massachusetts, is a long-time supporter of masters athletics. Each year at TAC's convention, the Masters LDR Committee presents the "Otto Essig" award to the year's outstanding contributor to masters long distance running.

In a letter to David Pain, the Site-Selection Coordinator of the 1989 World Games, Essig wrote:

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DAWKINS' HEART ATTACK

I write relative to the article about our dear friend Ozzie Dawkins, whom we all wish a quick recovery and return to competition.

Ozzie is not the first masters track and field athlete to suffer a heart attack. Casey Witowsky of the North Jersey Masters did not survive his attack in the fall of 1982, and his autopsy indicated that he had been coping for years after his heart had been damaged by a silent attack his family said he didn't know that he had endured.

There are former Master world champions and world record holders, whom I do not feel at liberty to identify, that also have had heart attacks and are again competing.

Frank Stevens of Australia and I have indicated in earlier letters to Write On that one can be extremely fit in many aspects and still have clogged arteries. This plaque can accumulate from certain diets or due to the body's incapability or malfunctioning. Genetics also play an important role in predicting one's susceptibility.

Therefore, it behooves all of us to

follow up all symptoms carefully. A recent test revealed that my cholesterol level was too high, which has prompted me to take steps to reduce it.

Please, Master Runners, employ preventive strategies!!!

Don Harris
Abington, Pennsylvania

LDR SCHEDULE FAULTED

Why didn't the Nathan Pritikin 8K get listed in NMN's schedule? It was an SCA/TAC District Championship on a TAC certified course. It was put on by the Seniors Track Club, which today, as for the last 20 years, has advanced the cause of the veteran athlete. It had a total of 78 awards for runners age 30+, including a 60-69, 70-79 and 80+ division.

In looking through your LDR Schedule, I see the Redondo Beach Super Bowl Race, the Bess James Race, the Los Angeles Marathon and both Paramount 10K's listed. Which of your criteria for listings do these races meet? Especially the Super Bowl Race? What does it have going for it for the older runner? Or the L.A. Marathon? Is the pocketbook of your publication involved here?

The following publications listed the Pritikin 8K: *California Track and Running News*, *Runner's World*, *Running Times* and *The Runner*. But, the official publication for veteran competitors chooses to ignore it.

You seem to list every participant in every obscure track meet that takes place anywhere in the world. The criteria for listing T&F results seems to be only that the results are mailed to you. And then there's the ever-popular weightmen's pentathlon. How many entrants to it are ever omitted? You use some selection criteria for listing LDR results. Why not for track & field? Some day, some 90-year-old is going to pole vault 2 centimeters, and Pete Mundle will call it a world age group record and you'll have the athlete's picture on the cover.

More often than not, your letters-to-the-editor column are filled with the words of some self-centered sports-person complaining about something that he is inconvenienced by. On page 10 of the January issue, there is a letter from a woman javelin thrower that takes up more space than would be taken by the listing of all the pertinent

Continued on page 20

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FLORIDA MASTERS (1986) TRACK & FIELD CHAMPIONSHIPS

HOSTED BY: PALM BEACH TRACK & FIELD ASSOCIATION

SATURDAY, APRIL 26, 1986
EVENTS

	MEN	WOMEN
SHOT PUT	X	X
JAVELIN	X	
DISCUS	X	X
LONG JUMP	X	X
TRIPLE JUMP	X	
110 METER HURDLES	X	
100 METER DASH	X	X
4 x 100 METER RELAY	X	X
1500 METER RUN	X	X
400 METER RUN	X	X
5000 METER RUN	X	
3000 METER RUN		X

Age Divisions (Men)

OPEN	SUB-MASTERS	MASTERS	MASTERS
19 - 29	30 - 34	40 - 44	55 - 59
	35 - 39	45 - 49	60 - 64
		50 - 54	65 - 69
			70 - 74

*Age Divisions (Women) 75-OVER

OPEN	SUB-MASTERS	MASTERS	MASTERS
19 - 29	30 - 34	40 - 44	50 - 54
	35 - 39	45 - 49	55 - 59
			60 - over

* Age groups may be combined in some races, but all medals will be awarded in the five year age divisions listed.

SCORING: INDIVIDUAL EVENTS: 7, 5, 4, 3, 2, 1

RELAYS: 10, 7, 4, 3, 2, 1

Only athletes registered with designated team will be eligible to score points for that team. All others compete unattached.

SITE: John I. Leonard High School
4701 10th Avenue North
Lake Worth, Florida

FACILITIES: 400 All Weather Surface
1/4" spikes permitted but not required

RELAYS: All relay teams register at meet.

AWARDS: Custom medals to the first three finishers in each age division. Team trophies to first three overall teams. Also first place team trophy in following divisions: Open, Sub-Masters, Masters, Overall Woman

SUNDAY, APRIL 27, 1986
EVENTS

	MEN	WOMEN
HAMMER THROW	X	
HIGH JUMP	X	X
POLE VAULT	X	
200 METER DASH	X	X
400 METER HURDLES	X	
800 METER RUN	X	X
4 x 400 METER RELAY	X	X
10,000 METER RACE WALK	X	X

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For Reservations

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ADDRESS _____ CITY _____ CITY _____ STATE _____ ZIP _____

PHONE (_____) _____ CLUB: _____

SHIRT SIZE: SMALL _____ MEDIUM _____ LARGE _____ X-LARGE _____

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additional event, \$15.00 per relay (4
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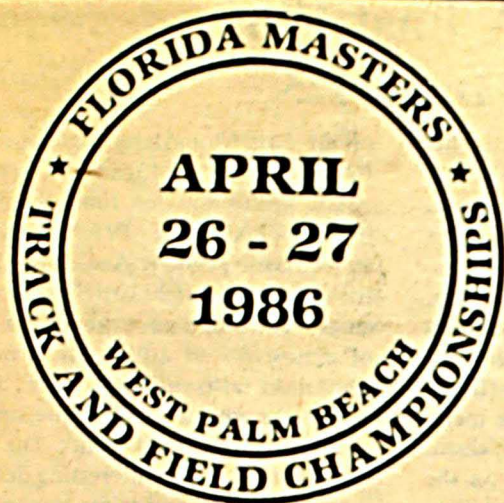
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PA Masters Bud Light Meet Forecasts A Fast 1986

Sutton, Zachman Set World Indoor Marks; Meet Draws 125

by SCOTT THORNSLEY

Bud Light's 3rd Annual PA Masters Indoor Track and Field Championships gave a glimpse of just how competitive the 1986 indoor season will be, as several athletes showed that they hadn't been waiting for the new year before beginning their season training.

The January 5 meet drew 125 participants to the Quaker State town of Carlisle.

Alphonso Walton, 34, of Washington, D.C. raced to impressive wins in the M30 55M (6.5) and 200M (23.9) dashes.

Chambersburg's Tim Cook, 34, easily won the M30 1500 (4:03.8) and 3200 (9:28.4).

Jim Sutton, 51, of Reading, PA took advantage of a last minute decision by meet officials to run the 1500 instead of the 1600, as he set a pending WAVA world M50 indoor record for that event with a sizzling 4:30.2, which lowered the existing record by a scant .1 of a se-

cond. Sutton was joined by New Jersey's Henry Zachman, 75, who set a WAVA world M75 indoor record with a 3:20.800.

Jeff Watry, 30, of Virginia, was the meet's top field athlete, as he won the M30 LJ (19-10), TJ (40-0) and HJ (6-5).

In the M40 division, Robin Ficker of Maryland raced to wins in the 200 (26.6), 400 (59.3) and 800 (2:27), and won the TJ (33-4) to boot.

In the M50 division, Dr. Earl Cline, the current TAC Masters M50 national outdoor champion in the LJ, gave hints that his medical practice may be losing some time to his training, as he won the 55M (7.2), 200 (26.6) and LJ (19-2). Returning to the meet was New York's Len Olson, 52. During the 1985 TAC National Indoor Pentathlon Championships, Olson suffered a compound fracture of the ankle, which almost resulted in the complete separation of his foot from his leg. Olson

looked fit and trim, but he said his hurdling days were over. However, shot putting days still look promising, as he shoved the put 44-8 to win his M50 division.

In the M60 division, Boo Morcom, 64, had to divide his time between wins in the LJ (16-6), HJ (4-8), and PV (11-6) and a CBS television affiliate who interviewed him during the meet. Also interviewed was Vivian Nelson, 72, of Harrisburg, PA, who won the W70 LJ, HJ, 55M and 200. The final result was a 90-second segment on the National Masters program, which was shown on both the 6 PM and 11 PM news. Morcom had to share the M60 spotlight with Ed Lukens of NY, as he won the 55M HH (9.6), 55M (7.9) and TJ (35-1).

In the M70 division Bob Detweiler made Claude Hills and George Braceland work for everything they got. Hills won the 55M (8.9), LJ (12-7), TJ (25-7) and PV (7-0). Braceland took the 55M HH (11.0), 200 (34.9) and 400

(86.6). Sam Monastero of Norristown, PA won the 800 (3:13) and 1500 (7:08).

The meet ended on time, thanks to the 15 TAC and PIAA (PA Interscholastic Athletic Association) certified track and field officials the meet employed, which gave the meet a ratio of almost 8:1 of athletes to officials. The meet also utilized some dozen volunteers who assisted in the smooth operation of the field events. The meet director received an interesting description of the long and triple jumpers, as the raker was a psychologist.

The meet was sponsored for the third year in a row by two Carlisle area companies, the G.C. Blosser Beer Distributors, on behalf of Bud Light beer, and by C.H. Masland & Sons Carpeting, the world's largest supplier of automobile carpeting.

The meet was a success in several ways. Not only was it well attended and competitive, it will be contributing approximately \$500 to Pennsylvania's Special Olympics program. □



Millrose Runners (left to right) Joe Burns, Sue Medaglia, Art Reilly and Carlton Snow at the TAC USA National Masters 15K X-Country Championships, Bronx, NY, November 17. Sue was first W50 with 69:51. Photo by Walt Westerholm

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Belilgne, Stockman Win U.S. 30K Titles

Atlaw Belilgne, 40, and Anny Stockman, 53, were the first male and female masters finishers, respectively, in the U.S. TAC 30K National Masters 30K Championships in Houston, Texas on December 7.

Belilgne's closest M40+ competition was provided by Robert Gray, 40, who was 3½ minutes behind Belilgne's winning 1:43:45.

Stockman's time of 2:13:50 is an American W50 record, eclipsing Margarete Deckert's 2:15:05, set in December, 1983. Stockman's nearest challenge came from Donna Wright, 50, who finished in 2:18:11.

Stockman's record should be readily approved, because the Masters Cham-

pionships were run along with the U.S. Open Championships, and the event was part of the 1985 TAC Convention, where qualified officials were not in short supply.

Ed Benham's time of 2:27:59 breaks his own U.S. M75 record of 2:51:40 (Sept. '84) by almost 24 minutes.

Patrick Devine, 57, had an excellent 1:58:39 to win the M55 race, and Nancy McCormick, 50, won the W50 contest easily in 2:23:55. Ruth Anderson, 56, finished in the top five women masters with her 2:22:28 W55 win.

Masters team titles were won by the Houston Harriers, M40-49; Houston Masters, M50-59; W40-49; and W50-59. □

At Age 49, Sandra Kiddy Sets Open 100-Mile Record

Sandra Kiddy, 49, of California, won the 100-mile segment of the Tallahassee Ultradistance (50K/100K/100 Mile) Classic in Wakulla Springs, Fla., on December 14, with a national women's open record 15:12:54, which included U.S. women's age-49 records at 50K (4:14:51) and 100K. The previous 100-mile record was 15:31:57, set by Donna Hudson in 1983.

Two other masters women were open winners: Joan Baker, 49, of Tennessee, in the 100K (10:58:31), and Mae Cleveland, 46, of Florida, in the 50K (4:15:13).

Kiddy's husband, Fred, 51, duelled the eventual 50K winner, Ron Crawford, 38, of Minnesota, finishing only eight seconds behind him, with 3:21:13, a U.S. age-51 record. □



Sandra Kiddy, 49, enroute to U.S. open women's record 15:12:54, Tallahassee Ultradistance Classic 100 Mile, Florida, December 14. Photo by Rex Cleveland

Hughes, Burroughs Win in St. Louis

by TOM ECKELMAN

In late September, all of St. Louis was rooting for the Cardinals to win the National League Eastern Division, but race officials of the St. Louis Marathon were cheering with mixed emotions, knowing that a baseball playoff in St. Louis would mean a change in the football Cardinals' home schedule and that the marathon course, which started and finished near Busch Stadium, would have to be changed.

"Hooray!" The Cardinals won the pennant, and the course change turned out to be a blessing in disguise. Runners had rave reviews for the new course, which started and finished in Forest Park and contributed to new masters records in the male and female divisions.

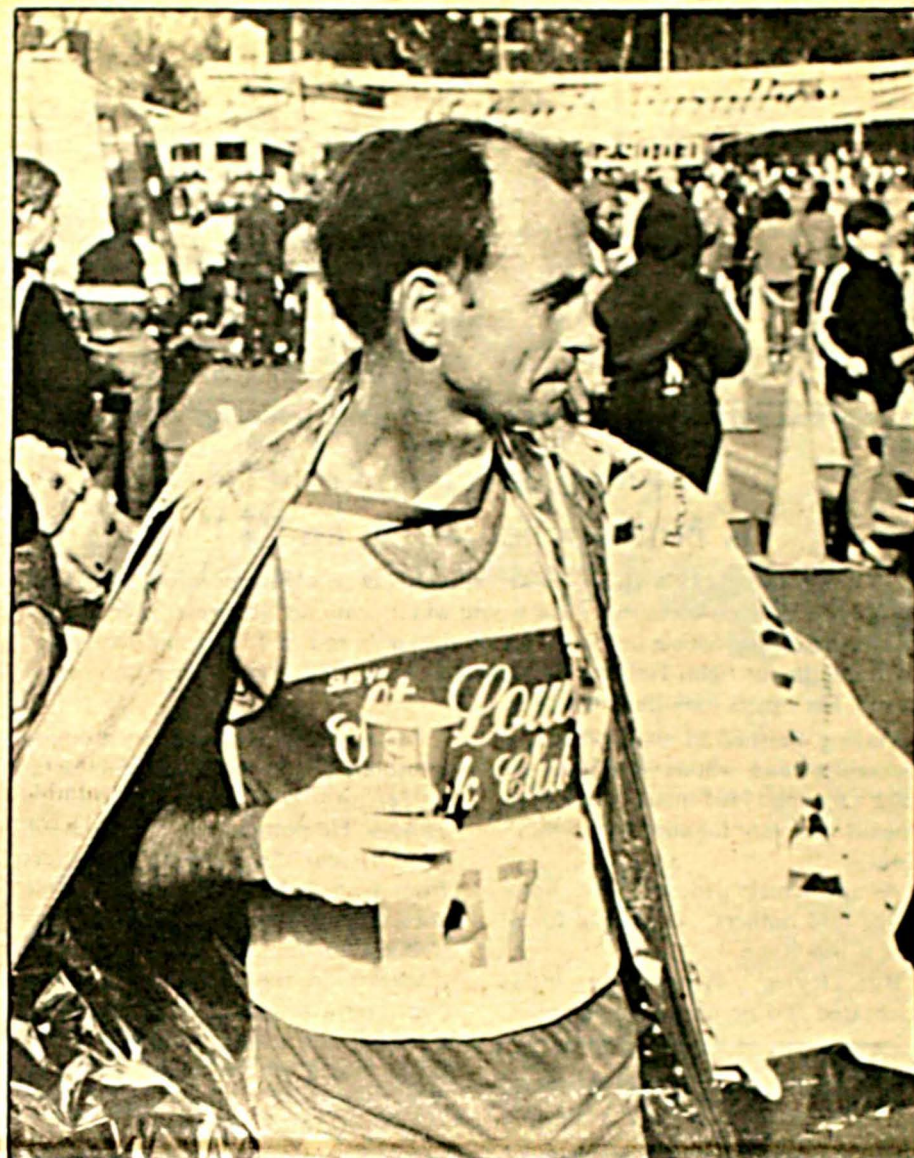
For the past twelve months, Dathan Hughes, of Belleville, Ill., had relived the finish for the masters title in the 1984 St. Louis Marathon when Fred Hammond caught him in the last 400 meters to defeat him by one second. Hughes, 45, trained with a vengeance all year, winning the masters division in every race he entered in the summer, setting PRs as the marathon approached.

At the starting line, on November 17, Hughes wished Hammond well, but from the sound of the horn, Hughes set out with the single purpose of winning the masters title in masters record time. On a perfect sunny, 40° day, Hughes raced to 20th overall, first master, and a masters record time of 2:39:15.

In the women's masters contest, Connie Burroughs, 42, of Kansas City, Mo., erased Rosalind Neuman's three-year-old W40-and-over record, finishing third woman overall in 3:00:58.

Bob Poppe, 63, of Aurora, Colo., selected this marathon over several others to run his 200th, finishing in 4:01:48, fourth in the M60-69 division.

The 1985 St. Louis Marathon, with its third largest number of entrants, "bucked the trend" with an increase of 10% over 1984. It appeared to be the most successful ever from the responses of the runners and spectators, thanks to the new course, the hundreds of St. Louis TC volunteers, and the pre-race publicity, spearheaded by major sponsor Barnes Hospital and long-time sponsors Athlete's Foot and the Coca-Cola Bottling Co. of St. Louis. □



Dathan Hughes, 45, Belleville, Ill., Masters winner (2:39:15, M40+ course record), St. Louis Marathon, November 17.
Photo by Frank Noelker

Loeschhorn Runs 2:29:12 Marathon

Over half the runners in the Orange County, California Marathon on December 15 were masters, race director Bill Toomey stated after the first

running of what will be an annual event.

Well-supported by the seaside community of Newport Beach, the influential Irvine Company, and the political big wigs of one of the nation's wealthiest counties, Toomey staged a first-class event which saw shoe store owner John Loeschhorn, 41, win masters honors with a fast 2:29:12. Tom Burns, 42, was only five minutes behind in 2:34:24.

Two of the nation's top women masters had a personal duel with Sue Peterson, 41, pulling away from Harolene Walters, 43, to a five-minute victory: 2:54:09 to 2:59:06.

Finland's Veba Kahkola, 26, was overall winner over 700 entrants in 2:18:45. The 2nd edition of the race will be staged on December 14, 1986, when Toomey plans to provide cash prizes for Masters runners based on age-group handicapping. □



Derek Mahaffey of the Snohomish Track Club, Seattle, Washington, winner of the M50 TAC USA National Masters 15K X-Country Championships, Bronx, NY, November 17, in 57:05.
Photo by Walt Westerholm

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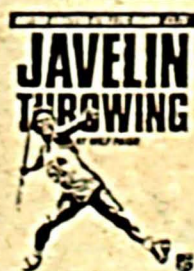
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THE GUN LAP

by MIKE TYMN

Jim Ryun Finds Gold is Not Spelled With an "L"

A mile into the 1979 Honolulu Marathon, Hawaii's Duncan Macdonald, who had won the event twice and would win it again the next year, peered from the media vehicle in the 6:05 a.m. darkness and said, "I think that's Jim Ryun on the far right. He's the only one who looks like a runner. See those arms move. The others look like marathoners."

Having finished in sixth place, 2.3 seconds behind winner Ryun, in the 1972 Olympic 1500-meter trial, Macdonald was very familiar with Ryun's form.

As the vehicle dropped back closer to the lead runners, Macdonald found that it was Ryun.

But Ryun, America's most celebrated and perhaps greatest miler,

"Even though I had attained greatness in the world's eyes, I knew something was missing."

was just out for a training run. He pulled out at nine miles as he had intended.

Ryun was back in Hawaii this past December for another 9-mile training run in the Honolulu Marathon.

"The marathon is too long for me," Ryun told me several days before the event. "I run 10-K road races, but even those are a little long for me."

Ryun was in Honolulu to promote Ventolin, a drug used to aid athletes suffering from exercise-induced asthma. He pointed out that as much as 10 percent of the population suffers from such asthma, although it often goes undiagnosed because many doctors are not familiar with it. His participation in the marathon was due more to the urging of race promoters, who felt his presence added to the event, than it was out of desire to train before dawn.

As a Kansas schoolboy in 1964, Ryun became the first high-school runner to break 4 minutes in the mile (only two other prep runners have done it since). He went on to make the next three Olympic teams, but was frustrated in his attempt at a gold medal. He won the silver medal in the 1968 Olympic 1500, finishing behind Kenya's Kip Keino.

The high points of Ryun's racing career were world records in the mile (3:51.3 in 1966 and 3:51.1 in 1967). He



Jim Ryun

also set a world record of 3:33.1 in the 1500, outsprinting Keino in the final 100 meters.

But Ryun's losses often seemed to get more attention from the public and media. In his recently published book, "In Quest of Gold," he tells how the pressures to win and the fear of losing caused him to lose interest in competitive running. He came to feel that the public knew him for his failures and not his accomplishments.

"I had this deep feeling that there must be more to life than this treadmill

"As we prayed, the emptiness that running had never been able to fill vanished."

I was on," he writes. "I'd always assumed that if I became a success and achieved great things, the result would be peace inside. There had come fragmentary moments of satisfaction and contentedness. If I ran a particularly good race or set a new record of some kind, certainly there was a gratification that came along with it. Yet, usually by the next day, whatever temporary peace of mind had accompanied the achievement was gone. In its place was the neverending sense of unrest, that feeling that I had to keep striving for one more mountaintop of accomplishment. Any lasting peace was never there. Even though I had attained greatness in the world's eyes, when I stopped, stood still, and was willing to look myself straight in the eye, I knew something was missing."

Ryun slowly came to realize that the something missing was not gold, but God.

Although Ryun had been raised a Christian and had regularly attended Sunday services with his wife, Anne, after their marriage in 1969, he came to feel that being moral and upstanding

was not enough. He tells how one day in May 1972, he and Anne knelt with some friends, "asking them to lay hands on us to receive the Lord into our lives and be filled with the Holy Spirit."

"As we prayed, the emptiness that running had never been able to fill vanished. I rejoiced in a new, heavenly language and felt a joy and peace that the old Jim Ryun had never, ever experienced."

Between 1973 and 1981, Ryun conducted running camps. In 1976, he broke away from Invest West, a company that managed different types of sports camps, and developed his own "ministry."

"The camps brought into focus many things the Lord had to teach us and forced us to rely on Him, for we did not have the experience or organizational background to do much of what was required."

Today, Ryun continues his ministry on the roads, while also helping asthma-afflicted runners.

I asked him if he is serious about his running now.

Continued on page 15



Jim Ryun (R) and Filbert Bayi.

"Gradually, I came to see that this rich quality of life the Lord gives — the smile on one's heart — can never come about as a result of worldly success, whether it be gold medals or wealth or great power. In my life the only way the Lord was able to get me to the point of turning myself totally over to Him was to take away the petty tokens of worldly acclaim I was seeking. Since running had been my one and only god, in order to give me something far better and more enduring, He had to take my substitute god away."

— Jim Ryun (from his recent book, "In Quest of Gold")

Coffman Captures 3rd Straight Masters Title

Continued from page 1

It seems that weather has been one of the most talked about features at the Rocket City Marathon for the past two years. Last year it was too hot, but this year even the northerners said it was a little cooler and definitely windier than they liked. The race started with the thermometer at 16 degrees and a north wind produced a chill factor of minus 9. The start line looked more like a mass gathering for a training run in Alaska than a crowd of starters for a marathon in Alabama.

With the wind at their backs and probably running a little extra hard to try to get warm, the masters were not far off the leaders' pace at one mile. Coffman and Belilgne were around 5:20 and a pack consisting of Frechette, Tom Dooley, Billups, Art Williams, Mike Kelly and Olrich were all within 5:30 through the first mile.

By Mile Five

By mile five (27:38) Coffman had established a 30 second lead over all the other masters, a lead that would build to almost 5 minutes before the race was over. "I really didn't make any particular move to pull away early," Don commented after the race. "When we headed back into the wind at about three miles I was with a group of open

runners that I wanted to stay with for some protection. I may have pushed a little there until we settled at about a 5:35 pace. I guess that was when I pulled away from Atlaw."

Coffman went through 10 miles in 55:55 and 15 miles in 1:24:06. By then he had moved up to 8th overall and had almost a 2½ minute lead over Frechette, Dooley and Kelly.



Rocket City Marathon 1985, Huntsville, Ala., December 14. Don Coffman, 42 takes third straight master title, in 2:27:41.

Photo by Jim Oaks

At mile 18 the course heads south to the finish, and Frechette made a move that pulled him away from the other masters and one he hoped would close on Coffman. However, by then Don was also taking advantage of the tailwind and came home in 2:27:42 for his third straight Rocket City master title. His 8th place overall also put him among the top 10 for the second straight year.

Derck took 2nd in 2:32:23 and seemed pleased with his first race in the south. From the start of the race through about 20 miles, as many as six of the top masters, including Frechette, were running in a pack. "It was exciting to have such good master competition and to be running with so many of them for that long," the stock analyst said after the race.



Rocket City Marathon 1985: Top five female masters at awards. Left to right: Carmen Wilds, Mitzi Henscheid, Mary Ann Wehrum, Nancy Parker, Alene Park.

Photo by Jim Oaks

Dooley Takes Third

Third went to Tom Dooley from Toccoa, Georgia, with a PR time of 2:34:33, certainly nothing to "hang-down" one's head about. Dooley is probably the most improved master in the southeast this year, coming back from a knee injury in the summer of 1984 that forced a year lay-off.

Bill Olrich, who moved into the 50 age bracket in September, took fourth in 2:38:47, a time that should be among the 5 best (presently 4th) in 1985 for runners age 50 and over.

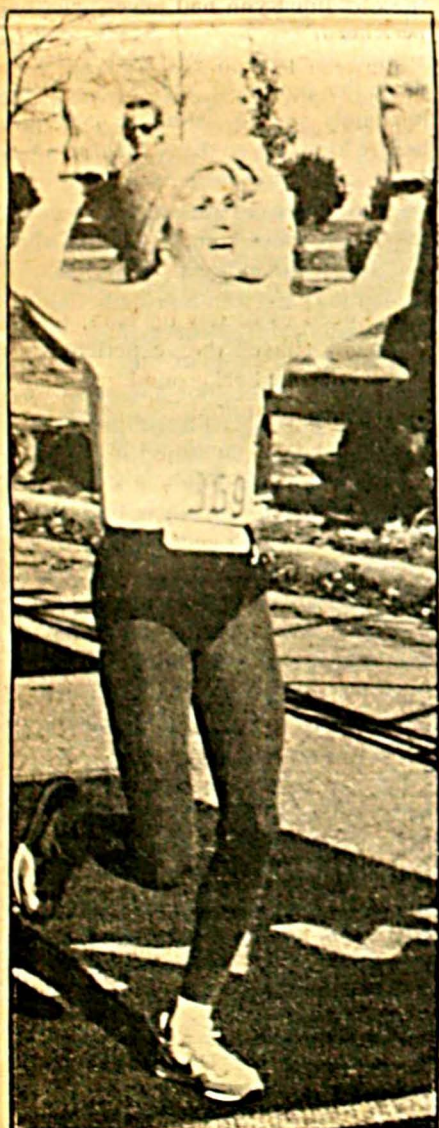
Ken Prior from Vandalia, Ohio, finished 5th (2:38:54) and took the 45-49 title over Ernie Billups (2:39:22).

Kelly Hits Wall

Kelly, from Duluth, Georgia, said that there is still a wall for some in the marathon. He was feeling strong and holding 4th place through 21 miles. "All of a sudden around 23 miles I just lost it," the usually jolly Englishman lamented after the race. He faded to 14th master, but did not manage to finish one place ahead of one of the pre-race favorites, Atlaw Belilgne.

Belilgne had come to the race unsure of the status of a heel injury that has hampered his running in the past two months. He had competed in a 30km race the previous week without difficulty, but the night before the race he seemed more concerned with the

Continued on page 11



Female Master Champion Mary Anne Wehrum, 47, 3:09:54.

Photo by Jim Oaks

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ON APPROACHING EVERY PROBLEM WITH AN OPEN MOUTH

BY W. MACDONALD MILLER

The Sting Of It All

Boy, there's just no doubt in this writer's mind, this is my favorite time of year. Fact is, I'm so much into loving life by January that I've usually stopped saying Bah-Humbbug for almost another year. Health and happiness to you, my friend, during the new year and beyond! Remember, if I ever made you unhappy, you probably deserved it. If I ever made you think — you're weird, Pal, get some help. If help isn't available, get a job. What, are you going to do intervals all your life?

Back to a favorite time of year in my favorite spot on earth — Chicago — I repeat, there's just no better time of the year. When and where else can a man pull on a brand new pair of totes and get out in the stuff that makes a man feel like a man — salt. I mean, there's nothing that will dress up a new pair of totes like salt stains up to your knees. This, my friend, is weather, and once in a while, no doubt about it, there's a certain sting to it.

I know many people who make themselves perfectly miserable by constantly denying the presence of weather. You can always spot them because they won't answer the time-honored greeting inquiry of the Midwest, "Cold enough for you?" Just as bad, is the group which spends the entire winter talking and planning

about "getting away" to some romantic sounding place in some birdland in the sun.

Personally, I think it's a bunch of baloney. Give me an honest-to-goodness Holidome like the one we stayed in last winter in Joliet and

"Forget weather, it's all in the head, anyway. Well, maybe a little in the fingers and toes too, but relax."

you've got all the break in the action you need. You check-in around noon on Saturday, you take a swim, you play a little ping-pong before dinner, you've got your salad bar and rolls and then dinner, a few songs around the

piano bar and it's bedtime before you know it. Maybe little Pee Wee Herman on cable and you're ready to call it a day.

Now when it comes to Sunday morning, I'll put the Holiday Inn people against anybody. The Sunday paper is right there at your door and they have probably the finest continental breakfast you could ask for. It's not overdone with waffles, lox, fancy omelettes, pecan rolls and all that fresh fruit like so many of these places do. It's just what you need to get you going; juice, coffee and a hard roll. Throw in complimentary weekend edition (Fri.-Sat.-Sun.) of the Joliet Bulletin and you're pretty well taken care of until Jerry Falwell comes on. Sure, once in a great while I'll think of my old California home. I'm reminded of Woody Allen's line, "I seek a return to the womb — any womb." It passes quickly though because you've got to keep moving in this part of the country — movement, Pal, is heat.

Forget weather, it's all in the head, anyway. Well, maybe a little in the fingers and toes too, but relax. Remember, "to build a fire" by Jack London? It's just like going to sleep. I got a new pair of Van's running shoes for Christmas (white with black polka dots) and I'm in serious training for what I think sounds like a terrific race. Each year in February they hold the Miss Nude American contest at this nudist colony in Northern Indiana. I can't mention the town, specifically, because the sponsors don't want to be overrun by weirdos from California, Iowa and the rest of the sun-crazed areas.

However, this year they are doing something a little different, they're

holding the Miss Nude America 10K and better yet, the public is invited. The catch, of course, is that you have to run nude and, as best I can gather, there ain't no Holidome on the premises. Let me put it another way — it's outside. Remember the cartoon in Playboy showing the two guys getting

"In deference to the local customs, my friend suggested we whip off our pants and take the two miles like the locals do it."

undressed for the Nude run? One is saying to the other, "I know you're not supposed to, but what if you do?" Frankly, I'm looking forward to it.

I had one previous experience with nude running but under quite different circumstances. A friend and I were running along the ocean near San Diego when we came to that stretch just north of La Jolla known the world over as Black's Beach, a mile or two of beach used almost exclusively by nudists. In deference to the local customs, my friend suggested we whip off our pants and take the two miles like the locals do it. No prob, we took off our pants and off we went at a little faster pace. My friend, who is a physician and interested in this kind of stuff, mentioned he had read somewhere that running "free", so to speak, caused vertigo in many people. Never one to deny the power of suggestion, I immediately started listing to port and before long was so dizzy I had to stop. I unwadded my shorts, put them back on and, when all was said and done, felt much more comfortable in, shall we say, conventional attire. Know something? Even in Southern California, you can't believe how much warmer it is with pants on.

In spite of this not altogether successful experience, I'm still in training for the Miss Nude America 10K. I'm breaking my new Van's in slowly and by February I'll be ready to burn one. I have a couple of friends interested but, of course, they want to take a couple of practice runs to see how the cold and wind (wind/chill factor) affects the old you know what. I mean ears, toes, fingers are one thing, this is positively, unequivocally, beyond any doubt your one and only thing.

Of course a man not only has to worry about the weather on these trial runs, but the public could easily misunderstand the whole intent. Can't you just imagine the scene; "Yes, officer, I know it's 4:45 a.m. and it's nine below zero. I'm still telling you three men just ran past my window in the nude with ski masks on." "Sure they did, lady, I'm nude too, I bet you don't have any clothes on either, do you, be honest now, do you?"

And the winner — by a head! Forget it, enough is enough — Come on, Spring! □



The "Race for Second" at the 7-mile point, 1985 Rocket City Marathon. Masters include, 22, Derck Frechette; 20, Ernie Billups; 37, Art Williams; 90, Mike Kelly; and 48, Tom Dooley.

Photo by Jim Taylor, Huntsville News



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

January 1, 1986. Instead of recovering from a hangover, or very late New Year's Eve celebration, my wife and middle son are off skiing in the bright, beautiful sun and snow of Colorado, and I'm working at the office writing a monthly column for Al Sheahen and the Masters News. As my middle son says to an overworked parent: "Poor baby."

I know you all feel much the same way towards an overworked attorney who spent three weeks this summer touring Rome and Florence, Italy; and Zurich, Switzerland; who spent long weekends in Sterling, Illinois and Indianapolis, Indiana; and who is planning on a trip to Australia in 1987, and to a United States City in 1989 for a World Track and Field Meet.

In spite of our need to work hard to support this unique hobby which all of us enjoy, it is a great way to add pleasure to our lives. However, it is important for us to remember, to keep reminding ourselves and our families — **THIS IS FUN.** It is not a way of life, it is a means by which we add some zest, some excitement, some thrills and rest and relaxation to our lives. I feel it is a great waste for a competitor to do this to the exclusion of his or her employment, family, or com-

munity. To compete only for the sake of competition seems to me to miss the entire point of where we are and what we are trying to accomplish with the Masters program. I see a few competitors arrive at a meet a few minutes before competition, and leave fifteen minutes after competition. Those competitors see no one else, and have no conception as to the other aspects of competition, which include time to relax, a time for fellowship and visits, for sight seeing, and generally enjoying life.

Please make a resolution this year. Be competitive. Be in good shape. But enjoy your work, your family, your community, and take a few minutes every day to settle down and enjoy all aspects of 1986. Hopefully, Masters Track & Field in all its aspects will be one way for you to have the opportunity to "Smell the Roses" in 1986. □



Close finish in W35 100 meter heat between (left to right): Phil Raschker, Marilyn Simmons-McCord and Skipper Clark at National T&F Masters Championships, Indianapolis, in August. Raschker won the final in 13.06, with Simmons-McCord second in 13.07. Photo by Nick Newton



Masters All-American Standards Set

Standards for men for the "Masters All-American" Awards have been established and are printed in this issue.

Any U.S. masters track & field athlete who better the performance standard for an event in his or her age group will be declared a "Masters All-American," and will be mentioned in the National Masters News. In future years, a certificate will likely be given.

The standards were finalized by Jim Weed, working with Gary Miller and Pete Mundle, and are the culmination of over two years' effort. The purpose of the awards is to recognize top individual performances, and to act as a motivational tool for individuals.

To determine the standards, an age/performance curve was drawn for each event, using five year age groups. From past history, about two to five persons per year meet the standards in each event/age category. The standards will be reviewed at TAC's 1986 Convention and, when modified, adopted for the long term. The women's standards will be published in a future issue. □

Bremser Makes Masters Debut in Wisconsin

Cindy Bremser, 30, who finished fourth in the 1984 Los Angeles Olympic Games 3000-meter race, ran her first indoor race in a masters meet to highlight the 10th annual Wisconsin Masters Indoor Track and Field Championships at the University of Wisconsin Memorial Sports Center in Madison on January 4.

Competing in the women's 30-34 age division, Bremser, who lives in Madison, debuted with a meet record 4:36.8 in the mile run.

Harry Brown, of Waucenda, Illinois, set two meet M55 marks in the 60-yard dash (7.2) and 220 (27.5). He also won the 440 in 63.1.

Bruce Craig directed the annual event. □

U.S. MASTERS STANDARDS OF EXCELLENCE APPROVED FOR 1986

Names of competitors, achieving or bettering these standards at outdoor TAC sanctioned T&F meets thru Oct. 1986, will be published in the 1986 "Masters All-Americans."

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100m	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.0	17.0	18.0
200m	22.4	23.3	24.2	25.1	26.0	27.3	28.5	29.8	32.4	35.0	38.9	42.8
400m	51.0	52.5	54.0	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	2.12	2.19	2.29	2.37	2.45	2.54	3.03	3.13	3.24
1500m	4.11	4.12	4.15	4.31	4.40	5.00	5.24	5.49	6.12	6.39	7.03	7.30
5000m	15.30	15.42	16.12	16.42	17.24	18.12	19.36	21.06	22.36	24.16	25.50	27.30
110mH	15.0	16.4	17.75	18.75	19.14	20.25	20.57	21.65	22.60	26.0	29.8	33.7
400mH	57.6	59.6	62.0	64.4	68.2	72.0	76.0	82.0	88.0	94.0	100.0	106.0
H.J.	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.12	1.02	.92
	6'4"	6'3/4"	5'9"	5'6"	5'2"	4'11"	4'7"	4'4"	4'4"	3'8"	3'4"	
L.J.	6.50	6.10	5.70	5.30	4.90	4.50	4.12	3.72	3.35	2.90	2.55	2.15
	21'4"	20'4"	18'8"	17'4"	16'3/4"	14'9"	13'6"	12'2"	10'11"	9'6"	8'4"	7'5"
P.V.	4.11	3.89	3.66	3.43	3.20	2.97	2.74	2.44	2.13	1.83		
	13'6"	12'9"	12'0"	11'3"	10'6"	9'9"	9'0"	8'0"	7'0"	6'0"		
T.J.	12.90	12.30	11.60	10.90	10.20	9.55	8.90	8.20	7.50	6.80	6.10	5.50
	42'4"	40'4"	38'3/4"	35'9"	33'5"	31'4"	29'2"	26'11"	24'7"	22'3"	20'4"	18'5"
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"	103'8"	86'7"	70'2"	52'6"
Javelin	62.00	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"	78'9"	62'4"	49'2"
Hammer	47.24	44.20	41.14	38.10	38.40	32.50	36.00	30.50	25.00	20.00	15.00	12.00
	155'0"	145'0"	135'0"	125'0"	126'0"	106'8"	118'1"	100'1"	82'0"	65'7"	49'2"	39'4"
S.P.	15.20	14.10	13.00	12.00	13.00	11.80	13.00	11.80	10.70	9.50	8.40	7.20
	49'10"	46'3"	42'8"	39'4"	42'8"	38'8"	42'8"	38'8"	35'1"	31'2"	27'6"	23'7"

- notes: 1) 100m standards are for auto time, will use standard conversion for hand time
 2) All High Hurdles are for 110m, 39" 30-49 36" 50-59 33" 60-69 30" 70+
 3) Weights S.P. 16# 30-49 12# 50-59 8# 60+
 Dis 2kg 30-49 1.6 50-59 1.0 60+
 Jav 800gm 30-59 600gm 60+
 Hammer 16# 30-49 12# 50-59 8# 60+
 4) Metric heights and distances are the standard, feet and inches for convenience.

Additions:

100mH	18.0	20.0				
80mH			18.0	21.0		
300mLH	57.0	62.0	66.0	71.0	76.0	81.0



by HUGH ADAMS

Many Masters athletes train from memory. And their memories are too good. They remember too long ago. They know what produced great results when they were in their prime. And they try to duplicate that training now in hopes of approaching their prime results.

You'll recognize them at the meets. They perform well in the early season. Then they begin breaking down. They are tired, but they keep pushing. Then stress edges in, and they fight to keep fit enough to compete.

I don't believe in daily workouts for Masters athletes. Our bodies need a day of rest after each workout or competition. For the Fresno State athletes I coach, Tuesdays and Thursdays include only a distance run, or some buildups or a run in a park. No hurdles. No speed work or other stress. I don't even go to Fresno State on Tuesdays or Thursdays. I rest from training. And my young athletes rest from strainful workouts. I believe even their young bodies need to rest after each hard workout or competition.

A typical reaction to my workouts is: "Competitive marks will suffer." I often don't get past my *basic philosophy of every-other-day training* before I've lost the interest of my audience. Masters athletes walk away. In-

"Our bodies need a day of rest after each workout or competition."

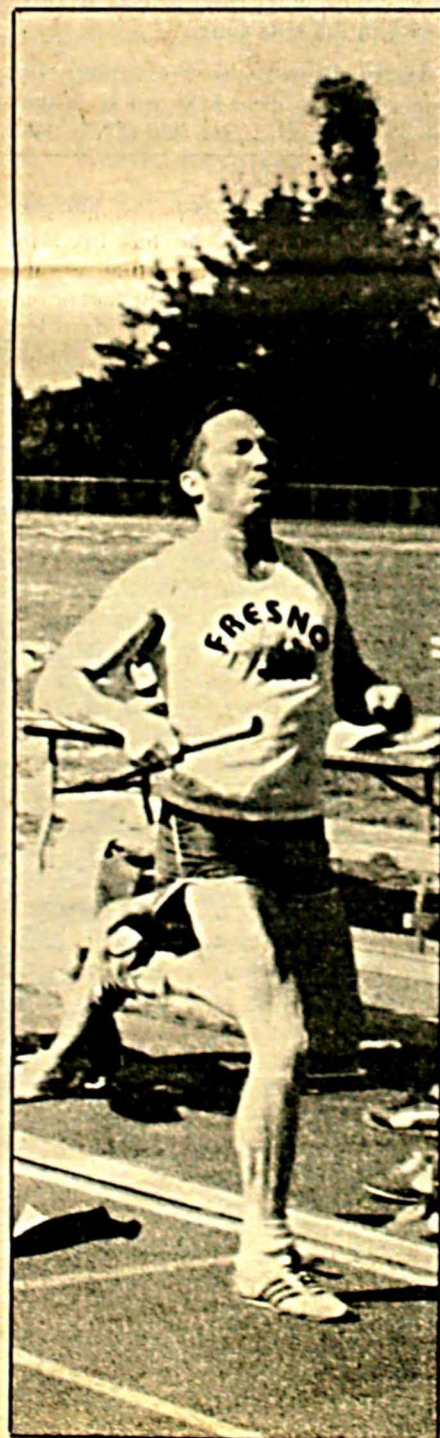
coming athletes at Fresno State sometimes fight me for their first season. But the results convince them to trust me. And they all improve.

The biggest complaint I hear from those who won't try my system is: "It won't develop endurance." But athletes who follow my training schedule believe it produces speed, flexibility and endurance. In his last meet for Fresno State — after four years of my workouts — Frank Williams ran 13.88 (110 HH), 51.20 (400 IH) and came right back to anchor the 4x400 relay at 46.0. He is a believer. Kevin Speaks (a submaster hurdler) followed my workouts last season. He is improving his 400 IH time. He is a believer.

I am a believer. In 1975 I competed in 19 events in two consecutive weekends. I did the HJ, LJ, 100, 200, 400, 110HH, 400IH, plus both relays

and a pentathlon — competing against top quality athletes. In Mexico City, 1976, I did 13 events in 2½ hours with only one failure — a fourth in the 100. John Carlos was first, Walt Butler second and I failed to get third. I do not feel I lack endurance.

If every-other-day training is not



Hugh Adams

controversial enough, try not stretching. I do 6 running drills before each workout or competition. *I do no stretching.* Those drills take very little time and they are fun:

- 1) figure 8, skipping with high knees, swinging opposite arm past knee
- 2) high knee skipping straight ahead
- 3) bring heels to buttocks, don't move knees
- 4) bring knee to chest, extend foot at least waist high in front, pull heel to buttocks in back
- 5) run backwards, heel starts at buttocks, then reaches up and back
- 6) quick cadence running with high knees

I do each drill twice, each time for 15-20 meters. When I do hurdle drills, they follow the running drills. Then a wind sprint or two and I am ready for

"If I feel tired I walk slower. If I still feel tired I stop."

the workout or competition. Tuesday, Thursday and Sunday I don't even think about running or warming up.

My workouts are never bulky. *I believe in quality, not quantity.* Running lots of 200's at 30 gets a person good at running 200's at 30 — not my goal. If I run repeat 200's, each one gets a little faster.

My usual interval is to walk the distance just run. I can vary my walking speed to adjust to how I feel. *I listen to my body.* If I feel tired I walk slower. If I still feel tired I stop. And when I have lots of energy I walk fast and never come to a complete stop.

The events I do are hard on my legs. I try to do everything except hurdles and really fast intervals on the grass. I cannot understand why so many people choose an all-weather track for hours of jogging. My joints yell at me if I do too much on such a hard surface. I also don't like shin splints. Hurdles are prime candidates for shin splints. We really work our achilles tendons, too. I pamper my legs 3 ways by:

- 1) choosing the softest running surface that suits the workout;
- 2) being sure my heel touches the ground lightly during each stride;
- 3) listening to my legs and taking appropriate preventive action.

That's enough philosophy for this time. Here are some typical workouts:

DECEMBER

Mon. 8x200 (jog interval), each one a build-up

Wed. 3 sets of 4x400 @75 (1½ min. interval) with 3 min. interval between sets

1986 Multi-Event Rule Changes for National Championships:

1) Scoring:

- a. Use 1985 IAAF scoring tables, where possible, through age 59.
- b. Use 1981 WAVA tables for women and 60+ men.
- c. Use age factor scoring for men not covered by WAVA, but use only the beginning age factor for each age group.
- d. Continue age factor scoring for future five year statistical analysis.
- e. Use 1962 IAAF scoring tables for 200 meters and the hammer throw.
- f. Use USSR vs. USA indoor tables for the short hurdles.

2) Hurdles:

- a. 30-49 use 39 inch heights for 110 meters.
- b. 50-59 use 36 inch heights for 110 meters.
- c. 60-69 use 33 inch heights for 110 meters.
- d. 70+ use 30 inch heights for 110 meters.

3) Implements: they will remain the same.

4) Rex Harvey, as multi-event coordinator, will review the rule changes and call for a vote at the National Decathlon Championships at Des Moines, Iowa on July 26, 1986.

5) This includes Indoor and Outdoor National Championships:

- a. Decathlon
- b. Heptathlon
- c. Pentathlon
- d. Weight Pentathlon

Fri. 6x300 (2 min. interval), each one run in 3 parts: build-up first 100, easy second 100, build-up last 100

FEBRUARY

Mon. 4x200IH (try for smooth), 2-6x150 each one faster

Wed. Starts, starts over 1HH, 2HH, 3HH, 5x200 (from middle of straight to middle of straight, with walk across interval) first one 28, then each one faster

Fri. Starts, 5-8x300 on grass (jog interval) each faster

APRIL

Mon. 3x200 over #11H, 6-10x75 (fast form)

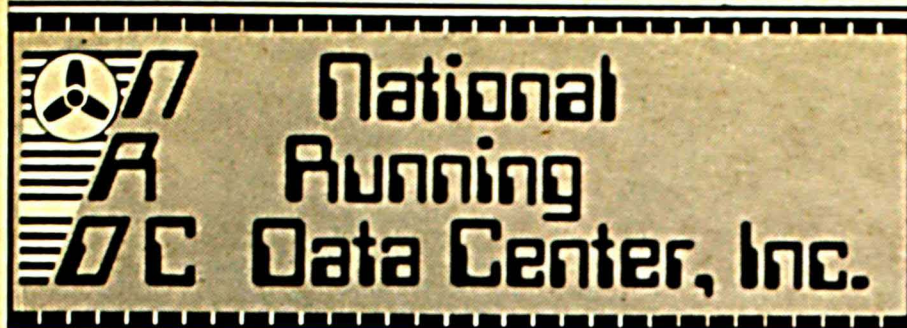
Wed. Starts. 300IH time trial or 2x70HH time trial, 2-3x200IH or 2-3x200 (fast form)

Sat. Compete

JUNE: According to how I feel — not much hurdling

Note: The workout listed for Wednesday in December is my hardest workout. I do it twice each season. □

(Editor's note: Hugh Adams, 45, won U.S. M45 titles in both the 110- and 400-meter hurdles in the TAC National Masters T&F Championships in Indianapolis last August. His times were 16.20 and 58.48, respectively.)



Youngs Announce Retirement

Ken and Jennifer Young, otherwise known as the National Running Data Center, announced their intention to retire at the end of 1986. They are working with The Athletics Congress for a smooth transition and continuation of NRDC.

"We feel that a strong statistical wing is essential for our sport," Ken said. "We also feel it should be professional rather than amateur. This means substantial and committed financial support."

The Youngs jointly received a service award from the Women's LDR Committee at TAC's convention in Houston.

The National Running Data Center is an independent, non-profit organization devoted to the collection, analysis, publication and dissemination of long-distance running information. The NRDC processes all applications for U.S. road records. Records approved by the NRDC are then submitted to the RRCA and TAC for official recognition. The NRDC is supported by donations from individuals, clubs, race organizers, companies and the national governing bodies.

Interim Marathon Rankings

In this issue of NMN are the NRDC's interim marathon rankings for 1985, based on results received by December 18. The total number of reported finishers this year is running well behind last year. The level of competition is likewise weaker. For men 40-44, only two times for this year would have made the top ten last year. For women 40-44, eight times from this year better the #10 time from last year.

Topping the 40-44 men is Barry Brown, with a 2:20:22 run in January's Orange Bowl Marathon. Elaine Kirchen leads the W40 group in 2:50:28 in the Chicago Marathon.

Certified Courses Top 2700

The number of certified courses in the U.S. should exceed 2700 by spring. Robert Vernon, a running columnist for the Dallas Morning News, recently wrote that he would no longer cover races which were held on non-TAC-certified courses; that such races "could be covered in the society pages."

Vernon wrote: "My paper does not report on non-athletic events as if they were actual sporting competitions. To be considered an official competition, you must follow the basic rules governing that particular sport. . . Football is not played on a field 111 yards long or

even 99 yards long. The distance between the bases in baseball is precise to the inch."

Masters Boom Coming

The Wall Street Journal, on Friday, December 6, carried an article titled: "Decision Makers Often Fail to Spot Key Changes Behind the Statistics." Decision makers in LDR and TAC are urged to read the article and note what is happening to our sport.

"Many of the very well known names in the sport are either masters runners or are about to become masters runners or masters track and field athletes," Jennifer notes in the December issue of NRDC News.

"We predict that the Masters LDR Committee will become very visible and possibly quite potent in the months and years to come. The Committee has the wherewithal to match the outstanding achievements of the Canadian Masters Athletic Association, thanks to people like Bob Boal, Carol and Bob Langenbach, and Al Sheahen (and this list is much longer) who ties everything together with the National Masters News. To do this, though, masters need the encouragement and financial support of TAC and we hope such recognition will be forthcoming."

TAC Convention

At TAC's convention, it was agreed that many race directors (and runners) still don't understand the terms "sanction" and "certification" and often confuse the two. It was recommended that an information blitz be coordinated by TAC's Road Running Technical Committee to educate runners and race directors, including a TAC sanction form stating: "this sanction does not imply that the course to be used for the event is TAC certified."

It was also noted that events are awarded TAC Masters Championships even though the course is not certified. Since TAC rules clearly call for course certification, a bond was recommended to ensure certification of course, to wit: If the course had not been certified two weeks before the race, the bond money would be used to hire a course measurer. A fee of \$500 (marathon) or \$250 (10K) was suggested. □



Rocket City Marathon 1985: Male and Female Master Champions, Don Coffman and Mary Anne Wehrum, looking good and warm at awards ceremony. Photo by Jim Oaks

Coffman Captures 3rd Straight Masters Title

Continued from page 7

weather than most of the runners. A native of Ethiopia, he has lived in Houston, Texas, since starting serious running competition, and he had never raced in such low temperatures. He probably overdressed, and by 5 miles was pretty much out of the serious competition. However, since he did want a qualifying time for Boston he stayed in the race to finish in 2:49:15.

Robinson Takes 60+ Title

For the third straight year, Ken Robinson of Carthage, Tennessee took the 60+ division. His satisfaction with the win was mixed with disappointment in his time for he missed qualifying for Boston by a mere six seconds as he won in 3:30:06. Huntsville's own Tom White, running his first marathon, was second in 3:44:40.

As usual, both Wehrum and Parker were gracious ladies the night before the race. Wehrum had made her final decision to run the marathon after her record setting performance at the 15K distance the previous week. Parker was definitely the more experienced of the two with 11 marathons to her credit. Wehrum had only run three prior to this race, a 3:18 effort at Rocket City in 1982 being the most recent.

The two did not start in the same area and were not aware of their relative position during the race; however, Mary Anne took the lead in the first mile and by mile 15 enjoyed a 2 minute lead (1:44:40 to 1:46:50) over Nancy.

Parker Closes Gap

Even though Parker closed the gap some in the last ten miles, the Memphis native cruised to a 3:09:55 finish to the

Atlantan's 3:11:30. Both were relieved to be out of the cold for the afternoon when they crossed the finish line. Considering the conditions, both seemed pleased with their efforts.

Mary Anne caught a plane back to Memphis soon after the awards since she had to play for a choir performance that evening. The elementary teacher is also an organist, and she had to mix some business with her "pleasure" on this cold December day.

Third female master was Mitzi Henscheid (3:35:53) from Beaver Creek, Ohio, and fourth place went to 60-year-old local master sensation Alene Park, whose 3:36:50 was only 5 seconds short of her personal best. This puts her 36 minutes and 57 seconds faster than the present 60 and over woman in the NRDC Interim Rankings. Carmen Wilds of Nashville, Tennessee finished 5th in 3:37:35.

As cold as it was this year, most who had run the previous year in Huntsville agreed that they would take the cold over the high temperatures we experienced in 1984. However, everyone seemed to feel that surely next year the temperature would swing to the "ideal" and it will be "PR City" at the Rocket City in 1986.

Next year will also be the 10th anniversary of this marathon, so race director Harold Tinsley has big plans to celebrate the event. If you are a master and are looking for a fall marathon where the masters are treated with special care, plan to come to Huntsville, Alabama, on December 13, 1986. We think you will enjoy the Rocket City. And we know the Rocket City would enjoy having you. □



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Morton's Toe: Boon or Boondoggle?

Q I have been described as having a 'Morton's toe'. Can you tell me a little about it and what I can do for it?

A By now, in our athletic careers, we have come across the term, *Morton's Toe*. In 1935, Dr. Dudley Morton produced a monograph called *The Human Foot*. In it, he mentioned that some of us had a pronounced longer 2nd metatarsal bone (and subsequent longer 2nd toe). He hypothesized that those with a long second toe were susceptible to foot breakdown. At the time, only those strange people (podiatrists) were interested in the foot. And even they took bare notice.

After 38 years of scientific research, the running community has become aware of the condition. Dr. Morton was referring to the atavistic or 'prehuman' foot. This type of foot is a throwback to our tree climbing days when we could grasp branches with our big toes and climb higher than the rest of the monkeys.

In 1973, Dr. George Sheehan brought forth Dr. Morton's dusty documents and related the long second metatarsal to the *overuse syndrome* seen in today's runners. Sheehan's theory states that the long, second metatarsal and subsequent short, first metatarsal constitute a 'Morton's Foot.' This foot is usually associated with a tight calf muscle. The foot features excessive foot rotation (pronation). The inner border of the foot does not offer proper support during standing, walking or running. As a result, the second metatarsal has to absorb more than its share of weight. The foot and leg attempt to compensate for this deformity and, as a result, muscles, ligaments and tendons tend to become strained and the overuse syndrome is started.

Translating this to the running cycle, we can see that if the second metatarsal is longer than the first, it absorbs more than its fair share of the weight load. The short first does not reach the ground as rapidly as the 2nd.

The foot tends to compensate for this first metatarsal delay in hitting the ground and, as we know, excessive pronation takes place. This excessive pronation causes a myriad of running problems, including arch strain, shin splints, knee pain, etc.

Calluses usually build up under the ball of the foot from abnormal sheer forces.

Most runners complain of general

foot pain in the front of the foot. Initially, the pain may be sharp and radiate up into the ankle area.

It is difficult to determine if one has a true Morton's toe. A long second toe does not necessarily mean a Morton's syndrome is present. It is usually indicated by a long second metatarsal demonstrated by x-ray. There is usually a callus under the ball of the foot in the area of the 2nd metatarsal. Pain is elicited by moving the 2nd metatarsal up and down.

It is obvious that the pain becomes more severe in those who are running more mileage, usually the 50+ miles-per-week crowd.

We do not have time to go into details and controversy on this problem, but those who think they have a Morton's toe syndrome should try some home remedies to alleviate the problem.

Obviously, a well cushioned shoe is essential. There should be adequate forefoot and midfoot cushion and a stable heel counter. Add a Spenco Insole for cushioning and shock absorbing properties.

A complete biomechanical examination should be performed on those who feel their condition is worsening. In most cases, a functional running foot orthoses with a Morton's extension is sufficient to control the foot and reduce the excessive stresses developed during running.

This is an interesting syndrome, and as we compile more data, I think we will be better able to control and eliminate the problems associated with this primitive condition. □

(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.)



Ejell-Erik Stahl of Sweden, who turns 40 on Feb. 17, could be the number one masters distance runner in the world this year. Stahl clocked 2:10:38 with a fourth place finish in the 1983 World Championship marathon in Helsinki. He has run 48 sub 2:20 marathons since his first one in 1979. The 6-foot-3 Swede may go after Jack Foster's long standing 2:11:19 over-40 record at the Twin Cities Marathon this year. Mike Tymn writes about Stahl in the March issue of *Runner's World* magazine.

Canadian Masters Avenge Loss to U.S. to Regain Fleischman's Challenge Trophy

by DON TRETHERWEY

For the seventh time in nine outings, Canada won the Fleischman's Challenge Trophy, emblematic of masters cross-country supremacy between Canada and the U.S.A., October 26, in Vancouver's scenic Stanley Park. The win, 55 to 89, avenged the loss to the U.S. in 1984 at Fayetteville, New York.

A small, but talented, U.S. contingent of 10 harriers from Seattle's Snohomish Track Club fought valiantly but were badly outnumbered by the Canadians, who had entrants in 12 of the 13 age-groups, but took first place in three of them (W55, M45, M50) and second place in one (M40).

The 10Km course, four laps of 2500m over varied terrain, presented a true cross-country challenge. Rain from an all-night storm the night before conveniently created a few soggy spots in the lower areas while accompanying winds stripped the remaining maple leaves from the trees and deposited them ankle-deep on the trails through the woods. The competition was conducted under cloudy but calm skies with the temperature hovering near 7°C (45°F).

In the women's competition, Canadian starters outnumbered U.S. starters 8 to 1. However, lone U.S. entrant Billie Murphy easily won the W55 title 49:30.5 to 52:19.1 from Canada's Lenore Montgomery. Women's team scores were Canada 7 and U.S.A. 14.

In the men's competition, M40 winner, Canada's Dave Surman, led all competitors from start to finish and

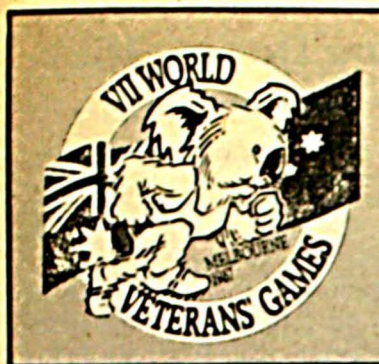
won by 17+ seconds in 35:31.7 over John Jordeth, U.S.A. (2nd M40 in 35:49.2). The USA's 49-year-old Earl Ellis was first in M45 and third overall at 35:57.0. Derek Mahaffey, U.S. national M50 10K cross-country champion in 1984 and 1985, won the M50 in 37:18.0 (11th overall). No U.S. runners contested in the remaining five men's divisions. Men's team scores were Canada 48 and U.S.A. 75.

By not having entries in seven age-groups in which there were Canadians, the U.S. team accumulated 40 penalty points. However, even if scoring had been based only on age-groups in which both countries had entrants, Canada still would have won, 40 to 49.

The race also served as the Canadian Masters Individual Cross-country Championships. Although the race was technically restricted to Canadians, duplicate C.M.A.A. Championship medals were awarded to any U.S. runners finishing in the top three of any age-group.

Next year's tenth running of the Fleischman's Challenge will be held in Seattle on November 2. □

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.



21 months to go

Countdown to Melbourne

VII World Veterans Games on Schedule

by GRAEME DALHOUSE

Dear Fellow Veteran Athletes:

Thank you for the confidence shown in Rome when you awarded the honour of hosting the 1987 VII World Veterans Games to Melbourne, Australia.

As President of the Organizing Body for these Games, I am pleased to tell you that we are on schedule for those all important nine days in 1987 from November 28th to December 6th, when you will be our guests and fellow participants in Melbourne.

Peggy Smith, who was responsible for our presentation in Rome, has been appointed as Executive Director. Ray Callaghan has been named Competition Director. They and their various support teams are all in place and are operating effectively.

We have been encouraged by the strong support from Federal, State and Local Government and the display of interest by the Australian public, media and sporting groups.

The Commonwealth and State Governments have provided initial funding of \$250,000, and the Victorian Government has spent \$1.7 million on a new international standard track at Olympic Park, site of the successful 1956 Olympic Games.

More countries than ever before are expected to take part in the Games,

and the people of Melbourne are getting ready to welcome the influx of visitors.

Expressing his support for the VII World Veterans Games, Melbourne's Lord Mayor, Councillor Tom Lynch, said:

"Melbourne extends a warm welcome to all competitors and supporters to the 1987 World Veteran Games. We are proud to have been selected to host the Games. The City Council is pleased to pledge its full support to the Organizing Committee to ensure the Games are successful, and a truly memorable experience for all. The City will take you to its heart during your stay, and I'm sure you will take fond memories of the City in your heart when you leave."

Competition Report by RAY CALLAGHAN

The VIIth Veterans World Athletics Games will be conducted over a nine day period from November 28th to December 6th, 1987.

To be eligible to compete in these games you need to be 40 years old on the first day of competition if you are male, and 35 years old if you are female. No qualifying performances are required, you just need to be competitively fit.

Competition will be held on seven of the nine days. The standard track and field events will be conducted on the Saturday, Sunday, Tuesday, Friday, and Saturday. The 10kms will be on the first Saturday and Sunday, as will the road walks. The Pentathlon and the Cross Country will be held on the Thursday. The Marathon will be held on the Sunday 6th December, starting at 6:00 a.m.

Wednesday, December 2nd has been set aside for the WAVA General Assembly Meeting. Monday November 30th will be a rest day. All track and field competition is scheduled to be held at the Olympic Park Complex. The road walks and the marathon are expected to be in close proximity to the Olympic Park area. The cross country venue is being reviewed but will not be far from the inner city. □



Kirk Randall, 44, Wellesley, Mass., accepts award for first masters (16:44.4). TAC U.S. National Masters 5K X-C Championships, Raleigh, N.C., November 29. Photo by Carole Langenbach

Israel to Host 1987 World Veterans Long Distance Running Championships

by BARRY SHAW

The 20th World Veterans Distance Running Championships will be held in Netanya, Israel on March 15-17, 1987.

An 8K cross-country race will be held on the 15th, followed by a 10K road race on the 16th and a 25K road run on the 17th. The cross-country will be run at a nearby kibbutz.

As in the past 19 years, these World Championships will be staged by the World Association of Veteran Long Distance Runners, also known as WIGAL (Welt Interessen Gemeinschaft Alterer Langstrecken Laufer).

For the first time, the races will be recognized by WAVA (World Association of Veteran Athletes) as its official road race championships.

The choice of Israel to host the 20th World IGAL Championships was made because it was felt that Israel is a country which runners have always wanted to visit. It is a fascinating land rich in history and tradition.

Shartours has arranged for a variety of tours before and after the competi-

tion, including an 11-day tour of Israel and a 14-day grand tour of Israel and Egypt, both at a special runners discounted price. All Shartours participants will be met at the airport, taken to parties and folklore events, provided multilingual aid, and escorted to historical and biblical sites.

In the 8K and 10K, separate races will be held for men 40-49, 50-59, men 60+, and possibly women. In the 25K, all entrants will run in the one race.

Following the recent visits to Europe of Barry Brown, Norman Green and Jim O'Neil, it's well-known that there is excellent competition among the Masters of Europe, so the next major battleground between the top U.S. and European Masters will be in Israel in March, 1987.

For complete information, write Barry Shaw, 6 Shmuel Hanatziv Street, Netanya, Israel. □

(Note: the 19th World IGAL Championships will be held in Richmond, British Columbia, Canada on October 4-5, 1986. See schedule for details.)



Ed Benham, M75 winner (23:33.1), TAC U.S. National Masters 5K X-C Championships, Raleigh, N.C., November 29. Photo by Carole Langenbach

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Report from Britain

by ALASTAIR AITKEN

Derek Thomas, ex-footballer from the Cambridge Harriers, ran a U.K. M55 best 800 time of 2:11.2, taking Harry Tempan's 2:12 of 1981 off the books, at Crystal Palace in November. Les Roberts, the European and World Vets track 10K winner, won the Veterans Cross-country at Roselare, Belgium, with ease, November 24. Second runner was Jean Van Onslen, who ran a 15:22.3 5K when he was 50 in Belgium in 1984.

Steve Warzee won the Surrey Veterans Cross-country Championships at Richmond for the third time, and Tim Pailthorpe, 46, won the Essex Veterans Cross-country Championships for the second time at Chigwell Row from insurance man Bill Reavell, with George Smith again taking the over-50 title — 153 ran in the race. In the Kent Veterans Championships, Vic Smith went away from his three nearest challengers after a couple of miles, with Steve Birken, Brian Buonvino, and Trevor Collins following him home.

Johnny Geoghegan, now 50, was 16th of 88 and first vet in the All-Britain Insurance Championships at Petersham, December 7. Earlier in the year, Johnny had run a 2:36:10 marathon. John Biscourt, in 17:12, won the McVitie's Challenge Veterans Cross-country at Gateshead, November 23. Belgrave Harrier Biscourt represented Britain in the 1972 Munich Olympics, doing 8:38.8 in his steeplechase heat.

Once Boston, European, and Commonwealth marathon champion Ron Hill, now in his late 40s, maintains that his Athens Marathon, October 13, was his 100th (2:43:56). Britain's best veteran lady cross-country runner in terms of consistency, Pat Gallagher of Westbury, was third overall and easily first vet in the Gwent League Cross-country at Blaise Castle, October 26.

On December 22, Mike Barratt, ex-international cross-country runner, now 50, was the first vet in the Metropolitan League Cross-country of 278 finishers. Allan Rushmer, second in the 1985 World IGAL at Lytham for 10K and 25K, was fourth overall in the Stroud Half-marathon recently and, despite a cold, ran 49:13 for ten miles in Tipton.

Jeff Norman, M40, won the tough Snodonia marathon outright, October 29, in 2:28:02.

1962 European 5000 champion, Bruce Tulloh, ran 15:25 at Oxford just before his 50th birthday.

Physiotherapist Lesley Watson was first woman overall in the Epsom 10 Mile, November 17. Liz Sloan, the Hastings teacher, was fourth in the Southern League Women's Cross-country, November 23, and Nula Atkey was ninth in the Wessex League Cross-country.

The National Veterans (B.V.A.F.) Cross-country will be held March 9 at Graves Park Sheffield, and the National Indoors meeting will be at Cosford, March 15. □



Mae Cleveland, 46, 1st woman, Tallahassee Ultradistance Classic 50K, Florida, December 14, in 4:15:13. Photo by Kent Vann

Mora Doesn't Hit the Wall in Berlin

by JERRY WOJCIK

Victor Mora of Bogota, Colombia, was first M40-and-over and seventeenth of 9810 finishers in the 12th Annual Berlin Marathon on September 29 with a fast 2:18:12. His closest masters competition came from British distance stand-out and fellow M40 Alan Rushmer, who finished in 2:21:46.

Annemarie Gruner, W45, of West Germany, was the W40-and-over leader with 2:50:33, over two minutes in front of the second female master, Christa Kloth, also of West Germany, the W40 division winner.

The best masters contest came in the M45 age-group race when Lothar Lauffs defeated Karl-Heinz Moller by two seconds in 2:29:11.

Other division winners included Rantzby Borge, of Denmark, M65 winner in 3:05:45, and Gudrun Schutz, of West Germany, W55 champion in 3:13:34.

The event drew 11,814 entrants from 58 countries. Britain topped the list of foreign runners with 1578; the U.S.A. followed with 454.

James Ashworth, 28, of Great Britain, (2:11:43), and Magda Ilands, 35, of Belgium, (2:34:00), set course records, while an estimated 400,000 spectators watched and cheered them on.

The 13th Berlin Marathon is scheduled for September 28, 1986, and 13,000 entries will be accepted. □

1989 WORLD VETERANS GAMES SPONSOR LIST

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Bold type indicates pledge of \$500 or more.

Essig Pledges \$50,000

Continued from page 1

"Dear Dave: The 1989 World Veterans Games must be awarded to the United States. If it is, I'll follow John Poppell's lead and agree to contribute \$25,000 to support the Games. I'll go one step further and agree to donate \$50,000 if the South African veterans will be permitted to participate as they should, and to hell with the politicians."

In reply, Pain wrote:

"Dear Otto: Your pledge now puts us well on our way to the \$100,000 we have promised to make available to the Organizing Committee for the 1989 Games."

"I note, and appreciate, your willingness to double your pledge provided the South Africans are permitted to compete... These Games are to be available to every person, male or female, who has attained the requisite age. We do not make it our business to ask any competitor his nationality, citizenship or political persuasion."

"Most informed individuals abhor the existing situation in South Africa, which appears to be getting worse daily. Nonetheless, it does not behoove WAVA or TAC to bar anyone because we object to the political situation that exists in a competitor's native country."

"It will not be our policy to ask anyone for his or her citizenship papers and I trust outsiders will leave us alone to run our Games — Games, I might add, which will be financed largely due to the generosity of private donors such as yourself."

"These views, I believe, are generally held by most masters athletes, who



Otto Essig

only ask for an opportunity to engage in friendly athletic competition with their peers without outside interference.

"Thank you for your most generous pledge."

A list of all pledgees is published in these pages, along with a pledge form which may be clipped and sent to Pain with a pledge. No money is to be sent now, but only if and when the U.S. is awarded the 1989 Games. (That voting will be held in December, 1987.) Meanwhile, cities around the nation are working to prepare bids which must be submitted to the Site-Selection Committee by March 15, 1986. The Committee is composed of 11 persons: Bob Boal, Ollan Cassell, Mary Cullen, Jerry Donley, Bob Fine, Hal Higdon, David Pain, Jim Puckett, Al Sheahan, Dan Thiel and Joe Valdes. □

Jim Ryun

Continued from page 6

"I don't know how to respond to that," he said. "Life has a lot broader meaning than running, but how can you go out and run hard and not be serious about it?"

Ryun, 38, has a recent 30:37 10-K to his credit. He said that he trains an average of 85 miles a week, including three sessions of speed work on the track. Until about a year ago, he had been running as many as 100-120 miles a week.

"There were a lot of empty miles in that," he said. "The Lord reminded me that my best times came on less mileage and more quality work."

A typical interval session for Ryun these days is 20 quarters in 66-67 with 1-1 1/2 minutes rest. He said that he ran a one-mile time trial the day before leaving for Honolulu, clocking 4:27 with a 62-second final quarter. He feels he can improve on that somewhat, but is not really motivated to do so.

"Until recently, I thought I had lost a significant amount of speed," he said. "But I think my greatest loss has been in flexibility. If I worked at getting that flexibility back, I think I'd regain much of the speed."

Ryun was reluctant to comment when asked what the world mile record, now 3:46.31, will be in the year 2000.

"I think we'll continue to see some improvements, but in very small increments," he said. "We seem to have made just about all of the adjustments possible — better shoes, improved tracks, advances in training techniques — so I can't see big chunks being taken out of the record. I don't think I want to make any kind of prediction, though."

Do people still remember him for his failures and not his accomplishments?

"Time has a way of mellowing things," he said, smiling. "When I talk

Thanks for the Masters Program...

John Poppell, of Richmond, Virginia, is a masters sprinter in the 50-54 age group. He kicked off the fund-raising drive for the 1989 World Veterans Games with a \$25,000 pledge. Pledges have now grown to \$89,975. The goal is \$100,000.

In a letter to David Pain, the Site-Selection Coordinator for the Games, Poppell writes:

Dear David:

While you and I have never met, I could not help but take this opportunity to thank you for starting the Masters Track and Field Movement.

I remember back in the early 70's when I first decided to compete. I thought, "Gosh, this won't be too tough! I am in fairly good shape, and these old guys won't give me much competition." I then found myself getting ready to start the hundred in the LA Coliseum and realized in the lane next to me was George Rhoden. Of course, I knew instantly I was not at a casual track meet.

I don't know where I would be today, physically and health wise, without the movement. Perhaps, even more important, has been the mental challenge of competition and the opportunity to continue competing. It has made the last 12 years of my life most enjoyable, and I have regretted the several years I was forced to stay out of competition because of business.

My decision to support efforts to get the World Games in the U.S. is really my way of thanking Masters Track and Field for what it has given me; I want to give it something back in return. But you, above all else, deserve all the credit for being father of the whole thing.

Sincerely yours,
J.S. Poppell

to people now, they remember the fast times and world records and there is no mention of the things I didn't do." □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH FEB. 1986

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
ANGELLA HEARN (NEW YORK CITY, NY)	2-15-46	40-44
SINCLAIR KALKHOFF (BALA CYNWYD, PA)	2-21-31	55-59
DOROTHY MARTIN (TUSCON, AZ)	2- 1-21	65-69
LORI MAYNARD (REDWOOD CITY, CA)	2- 2-36	50-54
FLORENCE REARDON (OREGON, OH)	2-21-26	60-64
SHIELA SMITH (CA)	2- 4-36	50-54
MYRNA SORENSON (ORANGE, CA)	2- 6-36	50-54
NANCY TIGHE (NEW YORK CITY, NY)	2-16-31	55-59
RUTH UPDEGROVE (HONOLULU)	2-20-11	75-79
ALGENE WILLIAMS (PARK FOREST, IL)	2- 5-16	70-74
DOROTHY BROWNE (AUS)	2- 6-41	45-49
ALICE OLSON (NZ)	2- 8-26	60-64
INGRID SCHATNER (WG)	2- 9-41	45-49
BEATRICE WALDNIS (SUI)	2- 1-46	40-44
MATHIAS BERGETH (NOR)	2-15-21	65-69
FRED BEST (WESTFIELD, NJ)	2-17-36	50-54
TONY BLUE (AUSTRALIA)	2- 4-36	50-54
DON BRADLEY (ENCINITOS, CA)	2-20-16	70-74
PHILLIP CLARKE (VAN NUYS, CA)	2- 6-26	60-64
DENNIS COVENEY (CAN)	2-23-31	55-59
ROBERT CROUCH (SAN CLEMENTE, CA)	2-27-21	65-69
HENRY DAVENPORT (CHARLES TOWN, WVA)	2-28-36	50-54
DENIS DEVALANCE (AUSTRALIA)	2-15-31	55-59
CHARLES DILLON (CAN)	2- 9-16	70-74
EARL ELLIS (WA)	2-10-36	50-54
BRIAN FREEMAN (SAN DIEGO, CALIF)	2-21-26	60-64
FRANK HARRISON (CA)	2- 9-26	60-64
MATTI JARVINEN (FIN)	2-23-26	60-64
EDWARD JEFFERIS (S. AFR)	2- 7-36	50-54
JOCK JOCOY (DEL MAR, CA)	2-18-26	60-64
ULRICH KAEMPH (LOS ALTOS, CA)	2-10-31	55-59
ERICH KRZYCKI (WG)	2-18-11	75-79
T. MCNEIL (GB)	2-22-26	60-64
JOHN NOBLE (SO. PASADENA, CALIF)	2- 2-26	60-64
BOB RICHARDS (THOUSAND OAKS, CALIF)	2-20-26	60-64
HUGO SCHLEGEL (WG)	2- 6-26	60-64
JACK SCOTT (JOLIET, IL)	2-27-31	55-59
KEITH WHITAKER (GB)	2- 2-31	55-59

Dear David:

Yes, you can count on my support if the U.S. is awarded the 1989 World Veterans Games.

I pledge:

☐ \$20 ☐ \$50 ☐ \$100 ☐ \$500 ☐ \$1000 ☐ \$_____

Name _____

Address _____

City _____ State _____ Zip _____

Mail to:

David Pain, Chairman
Site-selection Committee for 1989 World Veterans Games
1951 Cable St.
San Diego CA 92107

MASTERS SCENE

NATIONAL

• Three 1986 open schedule books are on sale from TAC: 1) The International Calendar of events for \$1.00; 2) the TAC Indoor Athletics Calendar for \$2.00; 3) the 1986 Championship Calendar for \$3.00. Send to TAC, PO Box 120, Indianapolis, IN 46206. Masters events are published monthly in NMN.

NEW ENGLAND

• Bert Allen, 40, in 33:54, and Tami Graf, 43, with 45:32, galloped to masters wins in the Christmas Run For The Animals 10K, Newport, RI, December 15. Mary McCauley, 52, W50 winner, ran as Santa Claus, driving a team of eight young women in reindeer dress. Carl Hammen, 62, M60 winner, overheard one master comment, "Nobody with antlers is going to beat me."

• Even though Fordie Madeira says she had a "bad day," at the California International Marathon in Sacramento on December 8 (she won the women's masters title, but didn't threaten Miki Gorman's U.S. W40 record of 2:39:11), she says she'll be shooting for several masters records in 1986. "I'm eager and optimistic, and it's great to be 41, as well," she beamed.

EAST

• Carlos Hernandez, 39, was 1st overall in 29:43 (800 m/finishers) in the NYRR's Winter Series 6 Mile, Central Park, NYC, December 7. Ted Haiman, 42, iced the 1st masters spot and 13th overall with 31:52. Ken Johnson, 55, won the M55 race in 35:33. Carol Johnston, 42, took the W40+ contest with a 9th place (338 w/finishers) 39:20. Haiman, a week later, breezed to an M40+ win in 20° weather, with 54:54 in the December 10 Miler in Central Park, while Harriet Oster, 43, chilled her 40+ opponents with a 1:05:54 win. Ken Jones, 55, ran 1:02:02, and Patty Lee Parmalee, 45, did 1:06:30.

• Fritz Mueller, 49, registered a masters victory with a 5th place (154 m/finishers) 1:47:42 in the MAC 30K Championships, Central Park, NYC, December 21. Another "oldster," fifty-year-old Sue Medaglia was top W40+ with 2:28:01.

• William (Bill) R. Smith, E. Stroudsburg, PA, a member of the '67 U.S. decathlon team behind Toomey and Thoreson, set an age-42 record 5095 (old tables) for the decathlon (42" HH) last spring in his hometown. Smith scored 2666 1st-day points, including 580 for the 100m and 575 for the LJ; his 2nd-day total included a 653 JT and a 553 DT.

• Phil Benson, who directs the popular Asbury Park 10K Classic in New Jersey each August (it's this year's TAC National Masters Championship) turns 40 on March 4 and hopes to go after some masters records. Benson is teaming up with Fordie Madeira, 41, (36:15 10K in 1985) and the man who coaches them both, John Pistone, 52. The three will be appearing at races doing a lecture "The Pupil and the Coach," mainly for the benefit of masters runners, "90% of whom have never been coached before," Benson says. To book the trio for your race, contact Benson at P.O. Box 2287, Ocean Township NJ 07712. 201/531-4156.

• Jim Ferris, M40, sped to a 3000-meter time of 9:37 in the Greater Rochester TC all-comers meet at the U. of Rochester on January 5. Mike Hoban's 9:03 was best in the 30-39 group.

SOUTHEAST

• Boo Morcom, 64, of New Hampshire, continued his tear through Florida with an age world-record total of 4105 in a decathlon in Gainesville, December 3-4. His marks, scored

with the 1962 tables, included a 14.0 100m; 39.5½ in the shot; and 11.6 in the pole vault.

• Don Ordell, a recent transplant from California, picked off a 3rd overall, masters win in the Highlands 15K, Deland, FL, December 15, with 54:41. Dot Mitchell, Orange Park, FL, was female masters winner in 79:07 over Shirley Sponsler, W50, by four seconds.

MIDWEST

• Huey Long, 56, Delaware, OH, won the Ohio/TAC Masters X-Country Championships with 33:10 over the 8K course in Lancaster, November 16. Paul Rowley, 46, Bexley, OH, was 2nd master. Ron Klein, 60, of Lancaster, in 56:00 and George Knox, 74, Wolfpack TC, with 64:11, won their divisions.

SOUTH WEST

• Bob Chanon, 40, of the Terlingue TC, won the Gulf Association/TAC Masters '85 X-Country Championships, Houston, TX, November 2, with 30:41 over the 8K course. Jim McLatchie, 44, of the Houston Harriers, placed 2nd with 31:25. Don Slocumb, 51, of the Greater Houston TC, was 1st M50-59 and 5th of 34 M40+ finishers, in 32:42. Georgette Green, 37, Greater Houston TC, with 20:54, was 1st in the Women's Masters 5K race, which included a W35 division, but Donna Wright, 50, Houston Masters, was 1st W40+ with 23:03.

WEST

• Marshall Matye, 42, Sylmar, CA, nabbed the M40+ race in the Nathan Pritikin/8K SPATAC Championships, Encino, CA, December 8, in 26:00. Gina Faust, 48,



Maria Carmen-Wade of the Jogging Center ladies Masters Racing Team, Orlando, Fla., won the W40+ title (1:29:59), Citrus Bowl Half-Marathon, in Orlando, December 8.

Woodland Hills, CA, fought off younger W40+s to win with 31:21.

• Harry Siltonen, on a 10-day sojourn in Hawaii, discovered that racewalking is flourishing there. Interested Islander masters can partake in Wednesday night clinic and practice sessions at the Punahou School track in Honolulu or contact Adeline Crocker, 114 No. Kuakini St., #703, Honolulu HI 96817.

• Decathlete Ed Oleata was honored with the San Diego AA Athlete of the Year Award at the club's December Christmas Party for his 1st in the Decathlon Nationals last summer in San Diego and his M45 age-group record. The yearly, perpetual trophy was presented by Jock Jocoy, the SDAA's 1984 honoree.

• Robert Nelson, Salt Lake City, captured the master's title with an M40+ course record and near PR 2:27:51 in the 1985 California International Marathon, Sacramento, December 1. Fordie Madeira, W40, Sherborn, MA, who clocked 2:36 in the '84 Olympic Marathon Trials, failed in a bid to set a new national masters record. Dehydration caused Madeira, shooting for Miki Gorman's 2:39:11, to slow after the halfway mark (1:19:30) and gamely hang on to finish at 3:04:00 to win the women's masters crown by 22 seconds.



• Ray Hughes, 46, sped to the M40+ 1st in 27:47 in the George Guerrero 8K, Pico Rivera, CA, December 21. Georgina Nutall, 41, took the W40+ race in 37:37. Larry Banuelos, 51, (31:20) and Daisy Wong, 61, (43:37) were among the dozens of runners who posted probable national top-50 times in the race, which was a benefit event for George Guerrero, 32, who was injured earlier in the year on a training run when hit by a car whose driver was under the influence of alcohol. Guerrero finished 11th in 27:24. The Pico Rivera AC teams took the men's and women's open titles, and all seven of the M30+ and W30+ team titles.

• Beautiful and clear skies were the setting for only five masters decathletes at California State University in Long Beach on December 14-15. While most of the U.S.A. had extremely cold temperatures, Long Beach was a pleasant 70+ degrees. Brian De Roo, 30, participated in his first submaster competition and scored a healthy 5966 (using the 1962 IAAF point tables.) De Roo is a former NAIA National Decathlon Champion. Gary Miller established a world 48-year-old best with 5316 points, breaking the record of another dentist, Hector Cisneros. Dennis Stempel, 42, redeemed himself from his injury-plagued 1985 season with a fine early season score of 5475 points. Bob Cape, 36, a high school coach, and Dick Utter 50, an engineer, rounded out the field.

• Decathlete's lament: Rob Muzzio, two-time NCAA decathlon champion from George Mason: "You know, in Trivial Pursuit there's a question that asks how many events there are in the decathlon. It's ridiculous, and people get it wrong. I'm doing something that people don't even know about."

• A tip from Dean Reinke on Running reveals that the "new" Oakland Marathon is off. Despite ads in the major running mags advertising a \$40,000 purse, calls to race HQ get a recording saying: "The Mayor and City Council have cancelled the 1986 Oakland Marathon."



Ted Beardsley, M55 winner (70:15), Thanksgiving 10 Mile, Deland, Fla., November 28. Photo by John Boyle

NORTHWEST

• Despite the Olympics, track is still relegated to the back pages in most American newspapers. In his biweekly Running Commentary, Joe Henderson observes that Mary Decker, who wasn't even mentioned in most American athlete-of-1985 polls, was named International Sportsman of the Year by the European editors of UPI. "Her summer feats were judged to be the fifth most important sports story of the year in her Oregon hometown of Eugene," Henderson writes. "This is in the town that views itself as the nation's, if not the world's, 'track capital.'"

CANADA

• The Toronto Masters Games are "hopelessly insolvent," according to Peat, Marwick, Limited, who was appointed receiver for the World Masters Sport Foundation by the Ontario Supreme Court. "We are hopeful that arrangements can be made with representatives of the proposed 1989 Masters Games in Denmark which would not only enable the continuation of this sporting event, but would also be of benefit to the existing creditors," Peat Marwick said. "About \$1.7 million (U.S. \$1.2 million) is owed by the Foundation, with minimum physical assets available to satisfy these liabilities."

INTERNATIONAL

• Even though the London Marathon has received over 75,000 applications, race director Chris Brasher says foreign runners are guaranteed a spot at the starting line on April 20.

schedule

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

TRACK & FIELD NATIONAL

February 2 U.S. TAC National Masters Indoor Pentathlon Championships, Catonsville, Maryland. Larry Williams, 1415 Providence Rd., Towson MD 21204. 301/661-7521. Entry form in December issue.

February 22-23 U.S. TAC National Masters Indoor Championships, LSU, Baton Rouge, Louisiana. Danny Thiel, 1459 Verna St., New Orleans LA 70119. 504/486-8066. Entry forms in December and January issues.

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

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

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

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

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

NEW ENGLAND

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

EAST

February 2 West Penn Indoor Masters Championships, 11 a.m., Slippery Rock U., Slippery Rock, Pa. Sue Kline, 1245 Alamae Lakes Rd., Washington PA 15301. 412/228-1872 (before 9 p.m. EST).

February 2, 16 Philadelphia Masters Indoor Club Meets, Haverford College. Fred Mannis, below.

February 16 MAC Indoor Masters Championships, Pratt University, Brooklyn, N.Y. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

February 23 NY Masters Indoor Meet, Fordham (or Pratt) Univ., Bob Fine, 77 Prospect Place, Brooklyn NY 11217. 718/789-6622.

March 1 Philadelphia Masters Indoor Championships, Haverford College, Fred Mannis, 1040 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.

March 8 TAC New Jersey Indoor Masters Championships, Peddie School, Hightstown, N.J. Andrew Boyajian, P.O. Box 229, Hasbrouck Heights NJ 07604.

March 16 West Penn Indoor Open and Masters Championships, 11 a.m., Slippery Rock U., Slippery Rock, Pa. Dev Lemster, 40 Elmhurst Rd., Pittsburgh PA 15220.

March 23 14th Annual Eastern Regional Indoor Masters Championships, University of Delaware, Newark, Delaware. Larry Pratt, 111 S. Dillwyn Rd., Newark DE 19711.

May 18 New York Masters Meet, Kings Point Merchant Marine Academy, Kings Point, N.Y. Sandy Pashkin, 363 Edgcomb Ave., New York NY 10031.

June 15 MAC Masters Championships, Kings Point Merchant Marine Academy, Kings Point, N.Y. Sandy Pashkin, 363 Edgcomb Ave., New York NY 10031.

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

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

SOUTHEAST

February 8 Bill Gilligan Memorial Weight Pentathlon, Atlantic High School, Del Rey Beach, Florida. Entry fee \$10 to Phil Partridge, 337 S.W. 14th Ave., Boynton Beach FL 33435.

March 1 2nd Annual Virginia State Masters Championships, VMI Fieldhouse, Lexington, Va. Royce Jones, 307 Letcher Ave., Lexington VA 24450. 703/463-7839 (h).

March 8 Gold Coast Weight Pentathlon, Delray Beach, Fla. (tentative). Phil Partridge, 337 S.W. 14th Ave., Boynton Beach FL 33435.

April 26-27 Florida State Masters T&F Championships, Lake Worth, Fla. Joe Valdes, 5300 Cannon Way, W. Palm Beach, FL 33415. 305/471-1891 (h).

May 2-4 16th Southeastern U.S. Masters Meet, Raleigh, N.C. Stu Northup, Raleigh Parks & Rec. Dept., P.O. Box 590, Raleigh, NC 27602.

May 10 Birmingham Track Classic, Vestavia Hills H.S., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham AL 35209. 205/879-8031.

June 7 TAC Southeast Regional Masters Championships and National Club Championships, Atlanta, Lila Brasher, Atlanta



Judy Pickert, 42, Brewster, N.Y., first woman (20:00.1), TAC U.S. National Masters 5K X-C Championships, Raleigh, N.C., November 29. Photo by Bob Langenbach

TC, 3097 E. Shadowlawn Ave., NE, Atlanta GA 30305. 404/231-9064.

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

November 17 Deland Masters Meet, Deland, Fla. J. Boyle, P.O. Box 1824, Deland, FL 32721. 904/736-0002.

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

MIDWEST

February 1 2nd Annual Athlete's Foot Indoor Masters Meet, Augustana College, Rock Island, Illinois. Pete Stopoulos, 1029 16th Avenue, East Moline IL. 309/755-2655.

February 23 4th Annual Midwest Masters Indoor Championships, U. of Cincinnati. Bill Schnier, U. of Cincinnati ML 21, Cincinnati OH 45221. 513/475-5708.

March 9 Ohio TAC Open & Masters Indoor Championships, Ohio St. U. French Fieldhouse, Columbus. Curtis Stitt, 2605 Wellesley Rd., Columbus OH 43209. 614/237-6513 (h).

May 25 8th Annual Wolfpack Pentathlon, Ohio TAC Open & Masters Pentathlon Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus OH 43220. 614/459-2547 (h).

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

June 28 Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., So. Euclid OH 44121. 215/382-2656.

July 27 Super Dad Weight Pentathlon, honoring Harold Parsons. Hope College, Holland, Michigan. Phil Partridge, 2060 W. 32nd St., Holland MI 49423.

MID-AMERICA

May 27-29 Senior Olympics, St. Louis. (55+) Suzy Seldin, #2 Millstone Campus, St. Louis MO 63146. 314/432-5700, x188.

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

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

SOUTH WEST

May 11 Runners' Pentathlon, Albuquerque, N.M. (3200, 800, 200, 400, 1600) Tom Bell, 5905 Concordia Rd. NE, Albuquerque NM 87111. 505/884-5701 (d); 821-2454 (n).

May 21-24 Texas Senior Games, Arlington, Texas. Hal Geldon, P.O. Box 676, Richardson TX 75080. 214/231-6889.

May 31 TAC Southern Association Meet, New Orleans. Danny Thiel, 1459 Verna St., New Orleans LA 70119. 504/486-8066.

June 21 Hill Country Classic, Mason, Texas. Lee Graham. Mason TX 76856. 915/347-5620 (h); 347-5921 (w).

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

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

WEST

February 8 CSU/Bakersfield Californian Meet, Charles Craig, 9001 Stockdale Hwy., Bakersfield CA 93311. 805/833-2347.

February 22 Orange Spring Games, Santa Ana, Calif. Larry A. Sallinger, 203 E. Monroe, Orange CA 92667. 714/639-6707.

March 22-23 Open Decathlon, Occidental College, Los Angeles, 213/259-2608.



Patti Lee Parmalee, Atlanta TC, first W45 (69:02), TAC U.S. National Masters 15K X-C Championships, Bronx, N.Y., November 17.

Photo by Walt Westerholm

March 29 Sport-Arcade Meet, Cal-Poly Pomona, Pomona, Calif. L.A. Patriots, P.O. Box 2981, Beverly Hills CA 90213. 213/388-9689.

April 26 Sacramento Relays, Sacramento, Calif. Bob Roemer, 3808 Yellowstone Ct., El Dorado Hills CA 95630. 916/933-1438.

May 4 Triangular Meet (CDM, LAVAC, Striders), Birmingham High, Van Nuys, Calif. LAVAC, 1801 Avenue of the Stars No. 415, Los Angeles CA 90067. 213/557-2422.

May 17 TAC Pacific Association Championships, Los Gatos, Calif. Willie Har- matz, P.O. Box 1328, Los Gatos CA 95031. 408/354-5660.

May 24 Anteaters Masters Classic, Irvine, Calif. David Lewis, 505 Begonia Ave., Corona Del Mar CA 92625. 714/673-2025.

June 21 Trojan Masters Invitational, Los Angeles. Jim Vernon, 1147 W. Rowland Ave., W. Covina CA 91790. 818/338-1623.

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

July 5-6 TAC Western Regional Masters Championships, Edwards Field, Berkeley, Calif. Mark Grubi, P.O. Box 4512, San Francisco CA 94101.

August 24 1st Annual Age-Handicap Meet, Birmingham HS, Los Angeles. (tentative).

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

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

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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.

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NORTHWEST

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

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

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

INTERNATIONAL

March 28-31. Australian Veterans Athletics Championships, Adelaide. M35+, W30+. Rex Leedham, Veterans AA, 8 Rotorua Ave., Park Holme, S.A. 5043, Australia. Deadline February 14.

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

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

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

LONG DISTANCE RUNNING NATIONAL

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

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

February 23. U.S. TAC National Masters 50K Championships, Long Island, NY. Jack Dowling, 25-47 Beech St., East Meadow NY 11554.

April 6. U.S. TAC National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus OH 43220. 614/454-2547 (h).

April 6. U.S. TAC National Masters 30K Championships, Eisenhower Park, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow NY 11554. 516/731-3452.

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

Photos Available

If you'd like to have the original print of any of the photos printed in the *National Masters News*, most are available. Please send \$5.00 for postage and handling to NMN, PO Box 2372, Van Nuys, CA. 91404. Identify the photo by name, issue and page number. We'll mail it to you first class.



Maurice Pratt, M45 10K winner in 35:49.5 (new meet record). Hayward Classic, Eugene, Oregon. Photo by Carole Langenbach

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

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

August 31. U.S. TAC National Masters 5K Road Championships, Little Rock, Arkansas. Randy Taylor, 13610 Beckenham Rd., Little Rock AR 72712. 800/482-8484 (o); 501/224-2823 (h).

September 14. U.S. TAC National Masters Half-Marathon Championships, Philadelphia, PA. Steve Anderson.

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

October 12. U.S. TAC National Masters 20K Championships, Long Island, NY. Jack Dowling, 25-47 Beech St., East Meadow NY 11554.

October 12. U.S. TAC National Masters 15K Cross-Country Championships, Van Courtlandt Park, New York City. Ted Foy, 54 W. 119th St. No. 3, New York NY 10026. 212/369-1271.

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

November 15. U.S. TAC National Masters 100 Mile Championships, Shea Stadium, NY. Vince Chiapetta, 3404 Corlear Ave., Bronx NY 10463. 212/796/5189.

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

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

NEW ENGLAND

April 21 (Monday). 90th Boston Marathon, BAA, 17 Main St., Hopkinton MA 01748. 617/435-6905. Qualifying times required.

EAST

March 23. RRCA National 30K Championships, Albany, N.Y. Kenneth Taft, 282 Vley Rd., Scotia NY 12302.

April 6. Nike Cherry Blossom 10 Mile, Washington, D.C. Entries accepted only before Jan. 15.

May 17. Friehofer's Albany Run for Women, Albany N.Y. \$5000 to Masters. TAC Open 10K Championship. George Regan, 382 Broadway, Albany NY 12207.

SOUTHEAST

February 1. Miami Orange Bowl 10K. Runners International, 12306 S.W. 117th Ct., Miami FL 33146. 305/232-1816.

February 8. Gasparilla Distance Classic 15K & 5K, Tampa, Fla. SASE to Gasparilla '86, P.O. Box 1881, Tampa, FL 33601. 813/229-7866.

February 23. Colonial Half Marathon, Williamsburg, Virginia. Jim Johnson, PO Drawer U, Williamsburg VA 23187. 804/253-3831.

March 8. Azalea Trail 10K Run, Mobile, Alabama, Box 6427, Mobile AL 36660. 205/473-RACE.

MIDWEST

April 6. Wolfpack Festival of Miles, 5, 20, 50 Miles, Ohio TAC Open & Masters 50-Mile Championships. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547 (h).

May 4. Ohio TAC Open & Masters 5K Championships, Columbus, Ohio. Ron Althoff, Ohio State U., 106 Larkins Hall, 337 W. 17th Ave., Columbus, OH 43210. 614/422-7671 (w).

June 4. Grandma's Marathon, PO Box 6234, Duluth MN 55806. 218/727-0947.

MID-AMERICA

May 4. 9th Annual Lincoln Marathon and Half-Marathon. Lincoln, Nebraska. Marathon, 2809 Jackson Drive, Lincoln NE 68502.

WEST

February 2. Long Beach Marathon & SPA/TAC Championships, Long Beach, Calif. LBM, 1824 Redondo Ave., Long Beach CA 90804. 213/494-2662 (weekdays).

February 16. Senior Masters Old Fashion 4 Mile, Yucaipa, Calif. M&W55+. CSA 63 Recreation Dept., Box 337, Yucaipa CA 92399. 714/795-0284.

February 23. SCA/TAC 5K Men's Championships, Westlake Village, Calif. Brian Pritchard, 1626 Wellington Pl., Westlake Village CA 91361. 805/496-0088.

March 2. RRCA Western Region 20K Championships, Los Osos, Calif. Tom Hampson, 347 Garden St., Los Osos CA 93402.

March 9. Los Angeles Marathon. SASE to L.A. Marathon, 5985 Century Blvd., Suite 322, Los Angeles CA 90045. 213/215-1986; 800/562-4411.

March 16. 7th Annual Tom Sullivan St. Patrick's Day 10K, Torrance, Calif. Linda Youngs, c/o Vistas, Box 7000-251, Redondo Beach CA 90277. 213/375-2626.

March 23. SCA/TAC 20K Championships, Valencia, Calif. Santa Clarita Runners, P.O. Box 298, Saugus CA 91350. 805/252-9476.

March 27-29. Tropicana/Las Vegas Easter Run; Half Marathon, 10K, plus 2-mile. SASE to Thomas Sports Enterprises, 6765 Grandola Drive, Las Vegas NV 89103. 702/368-2885.

ON TAP FOR FEBRUARY**TRACK & FIELD**

The U.S. TAC National Masters Indoor Championships are slated for Louisiana State University in Baton Rouge on Washington's Birthday weekend. Over 400 entrants from throughout the nation are expected to compete on the 220-yard track.

Leading up to the nationals are indoor meets in Rock Island, Illinois on the 1st, Philadelphia on the 2nd, and New York on the 16th.

The U.S. Indoor Masters Pentathlon Championships will be held on Groundhog's Day in Catonsville, Maryland.

A weight pentathlon is set for the 8th in Florida, while, due to the unfortunate late schedule change of the nationals, conflicting meets will be held on the weekend of the 22-23 in New York, Cincinnati and Los Angeles.

LONG DISTANCE RUNNING

Among the major open races which pay special attention to masters are the Orange Bowl 10K in Miami on the 1st, the Long Beach, California Marathon on the 2nd, the Gasparilla 15K in Tampa on the 8th, and the Colonial Half-Marathon in Virginia on the 23rd. Also on the 23rd is the TAC Open and Masters 50K Championships on Long Island, N.Y. □

April 26. 4th Annual Bess James Ramonaland 10K & 2 Mile Fun Run, Hemet, Calif. Bob Stagnel, 714/654-8011; x253.

NORTHWEST

November 2. 10th Annual Canada vs. USA Masters 10K Cross-country Challenge, Sunset Park, Seattle. Bob and Carole Langenbach, 4261 S. 18th St., Seattle WA 98188. 206/433-8868.

INTERNATIONAL

April 20. London Marathon. Marathon Tours, Banda House, Cambridge Grove, London W6 0LE, England. 01/741-7441.

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

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

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

1985 INTERIM MARATHON RANKINGS

Compiled by the National Running Data Center reflecting all certified marathon events received and processed as of December 18, 1985. Any additions or corrections should be sent to NRDC, P.O. Box 42888, Tucson AZ 85733.

marathon	Open Men
2:10:05a Phil Coppess	31 Clinton IA 6 Oct, MN-A
2:11:09a Don Norman	26 Republic PA 15 Jun, MN-A
2:11:14 Marty Froelick	26 Houston TX 6 Jan, TX-A
2:11:16a Don Janicki	25 Tucson AZ 20 Oct, IL-A
2:11:48 Dean Matthews	29 Lakewood NJ 14 Apr, JPN
2:12:00a Ken Martin	27 Mesa AZ 20 Oct, IL-A
2:12:20 Peter Pfitzinger	27 Boston MA 14 Apr, JPN
2:12:50 John Moreno	30 Pacifica CA 5 May, NJ-A
2:12:52 Dennis Rinde	26 Folsom CA 6 Jan, TX-A
2:12:59a Patrick Petersen	25 Huntington NY 27 Oct, NY-A
marathon	Men- 35 thru 39
2:14:46 Bill Rodgers	37 Sherborn MA 5 May, NJ-A
2:16:52a Peter Kanfer	36 Pasadena CA 20 Oct, IL-A
2:22:55a Steve Molnar	36 Johnstown PA 6 Oct, PA-A
2:23:50a Bob Bardwell	38 Stewartville MN 7 Sep, MN-A
2:24:08a Robert Busby	36 Lee's Summit MO 6 Oct, MN-A
2:25:28a Frank Shorter	37 Boulder CO 27 Oct, NY-A
2:25:51a Charles Thompson	35 San Francisco CA 10 Mar, CA-A
2:27:33a William Haviland	35 Columbus OH 27 Oct, NY-A
2:28:18 Bob Manzanarez	35 6 Oct, NM-A
2:28:22a Wes Wessely	37 Stone Mtn GA 6 Oct, MN-A
marathon	Men- 40 thru 44
2:20:22a Barry Brown	40 Gainesville FL 5 Jan, FL-A
2:22:24a Bruce Mortenson	41 Minnetonka MN 6 Oct, MN-A
2:27:53a Ralph Zimmerman	44 Nth Tonawanda NY 20 Oct, IL-A
2:30:35a Joe Vega	40+ IL 20 Oct, IL-A
2:30:53a Thomas Iredale	40 Spokane WA 20 Oct, IL-A
2:31:34 Damien Koch	41 Ft Collins CO 6 Oct, NM-A
2:31:59a Jeff Galloway	40 Marietta GA 6 Oct, MN-A
2:33:10 Jeff Corkill	42 WA 29 Sep, OR-A
2:33:12a Robert Pratte	40+ NM 20 Oct, IL-A
2:33:22a Doug White	42 Newark DE 15 Jun, MN-A
foreign	
2:18:57a David Clark	41 St Albans GBR 6 Oct, MN-A/GBR
2:21:35a Pat Murphy	40 Kildare IRE 6 Oct, MN-A/IRE
2:21:40a Robin Dow	41 London GBR 6 Oct, MN-A/GBR
2:24:49a Des Austin	40+ GBR 20 Oct, IL-A/GBR
2:25:02a John Sheridan	40 London GBR 6 Oct, MN-A/GBR
2:27:04a Guenter Mielke	42 Alsbach FRG 20 Oct, IL-A/FRG
marathon	Men- 45 thru 49
2:24:35a Dan Conway	46 Chetek WI 6 Oct, MN-A
2:26:43a Mike Heffernan	45 Portland OR 6 Oct, MN-A
2:26:53a Robert Nelson	45 Salt Lake City UT 15 Jun, MN-A
2:30:23a Ardel Boes	48 Golden CO 13 Oct, CO-A
2:30:55a William Tobin	46 Sharon PA 15 Jun, MN-A
2:30:59a Fay Bradley	47 Washington DC 6 Oct, MN-A
2:35:21 William Johnston	47 Salt Lake City UT 6 Jan, TX-A
2:36:18 Thomas Mayfield	46 San Angelo TX 6 Jan, TX-A
2:36:50 Bruce Nystrom	46 Richmond VA 16 Mar, VA-A
2:36:59 Bobby Steptoe	47 Statesboro GA 12 Jan, GA-A
foreign	
2:20:36a Antonio Villanueva	45 Jalapa MEX 6 Oct, MN-A/MEX
2:29:14 Henri Salavarda	48 Oupeye BEL 13 Oct, OH-A/BEL
2:34:12a Bill Venus	45 Exmouth GBR 6 Oct, MN-A/GBR
2:35:25a Dieter Huellenhueter	45 FRG 27 Oct, NY-A/FRG
marathon	Men- 50 thru 54
2:29:43a Norm Green	53 Wayne PA 6 Oct, MN-A
2:36:19a Bill Poulk	52 Bozeman MT 6 Oct, MN-A
2:40:16 Fredrick Hagerman	50 Athens OH 13 Oct, OH-A
2:42:04a Michael McGie	50 Chico CA 21 Jul, CA-A
2:45:32a Arlen Sunn	50 Columbia Hgts MN 15 Jun, MN-A
2:45:50 Don Slocumb	50 Houston TX 6 Jan, TX-A
2:49:05a Norm Eastman	54 Lansing MI 13 Oct, MI-A
2:49:06 Colin Beer	52 Englewood NJ 5 May, NJ-A
2:49:08a John Steger	50 NY 27 Oct, NY-A
2:49:37a Ralph Koenig	51 Edina MN 6 Oct, MN-A
foreign	
2:37:42a John Weston	50+ CAN 20 Oct, IL-A/CAN
2:44:35a Fred Kiddy	51 Palm Springs CA 21 Jul, CA-A/GBR
2:46:14a Peter Kershaw	50 London ON 13 Oct, MI-A/CAN
marathon	Men- 55 thru 59
2:35:42a Gaylon Jorgensen	56 Provo UT 6 Oct, MN-A
2:48:15a Michael Sullivan	55 Norwood MA 27 Oct, NY-A
2:50:23 Otho Perkins	55 Columbus OH 13 Oct, OH-A
2:51:15a Tom Bailey	56 Denver CO 13 Oct, CO-A
2:51:44a Don Dixon	58 Hastings/Hudsn NY 27 Oct, NY-A
2:53:07 Milt Johnson	55 6 Jan, TX-A
2:54:52a Al Becken	56 San Antonio TX 3 Nov, TX-A
2:54:55a Joseph Arvay	56 Trenton MI 13 Oct, MI-A
2:55:21a Raymond Piva	59 21 Jul, CA-A
2:58:28a Roger Bogner	55 NY 27 Oct, NY-A
foreign	
2:27:54a Piet Van Alphen	55 HOL 20 Oct, IL-A/HOL

marathon	Men- 60 thru 64
2:48:21a Alex Ratelle	60 Edina MN 15 Jun, MN-A
2:58:49a Gerald Horton	62 Kula HI 20 Oct, IL-A
3:00:05a Jim O'Neil	60 La Jolla CA 6 Oct, MN-A
3:03:00a Warren Johnson	63 Chicago IL 20 Oct, IL-A
3:05:08 Hubert Morgan	62 Sayre PA 17 Feb, MD-A
3:05:37a Joe Powers	60 Oak Park IL 20 Oct, IL-A
3:06:22a John Hosner	60 Blacksburg VA 27 Oct, NY-A
3:07:30a Bernard O'Keefe	61 Olympia Fields IL 15 Jun, MN-A
3:08:28 Fred Nagelschmidt	61 Ventura CA 25 May, OK-A
3:10:51a Charles Davey	60 Birmingham MI 13 Oct, MI-A
foreign	
2:58:05a Lage Carlsson	60 Stockholm SWE 27 Oct, NY-A/SWE
3:10:07a Richard Tomlinson	61 Burlington ON 15 Jun, MN-A/CAN
marathon	Men- 65 and 69
3:24:24a Andrew Neidnig	66 Sag Harbor NY 27 Oct, NY-A
3:30:08a Paul Reese	68 Auburn CA 21 Jul, CA-A
3:34:24a Wilfredo Rios	69 Queens NY 27 Oct, NY-A
3:35:04 Harold Copeland	65 Richland WA 26 Oct, WA-A
3:35:23a Phil Zamudio	65 Anaconda MT 1 Jun, MT-A
3:42:36a Frank Ruebl	66 Franklin WI 13 Oct, WI-A
3:43:22a Leo Harding	66 Osage MN 15 Jun, MN-A
3:44:50a Frank Anderson	65 Belmont MA 6 Oct, MN-A
3:46:02a Gustaf Peterson	66 NY 27 Oct, NY-A
3:49:23 Merle Crain	65 29 Sep, OR-A
foreign	
3:47:33a Heinrich Wegmann	67 SUI 27 Oct, NY-A/SUI
marathon	Men- 70 thru 74
3:04:16a Clive Davies	70 Tillamook OR 6 Oct, MN-A
3:40:38 Jerry Kuszakiewicz	70 6 Jan, TX-A
3:50:23 Dutch Benedetti	70 9 Mar, CA-A
3:54:06 Vernon Geary	72 Williamsburg VA 16 Mar, VA-A
4:02:29a Donald Iwahashi	73 Daly City CA 21 Jul, CA-A
4:03:44a Woodrow Sigley	71 Colorado Spgs CO 15 Jun, MN-A
4:05:05a Abe Wasserman	72 San Francisco CA 21 Jul, CA-A
4:05:45 S W Fugitt	71 Sheffield AL 25 May, OK-B
4:08:09a Steve Cole	71 San Francisco CA 21 Jul, CA-A
4:08:39 Luis Martin	73 Upr Montclair NJ 5 May, NJ-A
foreign	
4:08:39a Gerry Brennan	73 GBR 27 Oct, NY-A/GBR
marathon	Men- 75 thru 79
4:45:18 Edward McKean-Smith	76 Coquille OR 29 Sep, OR-A
5:34:33a James Ramsay	77 Detroit MI 13 Oct, MI-A
5:40:39 William McNeil	77 Middletown NY 23 Jun, NY-A
6:17:11a John Petroff	76 PA 27 Oct, NY-A
foreign	
5:41:23a Marcel Ichac	79 FRA 27 Oct, NY-A/FRA
6:20:55a Raulino Cercal	75 BRA 27 Oct, NY-A/BRA
marathon	Men- 80 thru 84
7:11:13a Ben Mostow	82 Skokie IL 27 Oct, NY-A
9:06:10 Theodore Hyde	81 The Dalles OR 29 Sep, OR-A
foreign	
6:01:10a Pierre Ponthieu	80 FRA 27 Oct, NY-A/FRA
marathon	Men- 85 thru 89
no US citizens	
5:51:44a Johann Bossmann	87 FRG 26 Oct, NY-A/FRG
marathon	Open Women
2:21:21a Joan Samuelson	28 Freeport ME 20 Oct, IL-A
2:33:34a Julie Isphording	23 Cincinnati OH 5 May, PA-A
2:35:47a Janice Ettle	26 Freeport MN 6 Oct, MN-A
2:35:59a Kim Rosenquist	27 Spokane WA 6 Oct, MN-A
2:36:12a Gail Kingma	24 Seattle WA 6 Oct, MN-A
2:36:20a Debbie Thometz	24 St Paul MN 6 Oct, MN-A
2:36:25 Sue King	26 Mobile AL 6 Jan, TX-A
2:36:37a Janis Klecker	25 Hopkins MN 6 Oct, MN-A
2:37:45 Moe Bente	24 6 Jan, TX-A
2:37:53a Julie Brown	30 San Diego CA 27 Oct, NY-A
marathon	Women- 35 thru 39
2:40:16a Laurie Binder	37 Oakland CA 21 Jul, CA-A
2:44:37a Karen Hubbard	35 Ann Arbor MI 6 Oct, MN-A
2:46:14 Barbara Pilutze	39 Erie PA 13 Oct, OH-A
2:46:48a Nancy Miessczak	36 Buffalo NY 6 Oct, MN-A
2:50:32a Kathleen Northrop	35 Durham NH 6 Oct, MN-A
2:51:45 Betty Conover	37 Westfield NJ 13 Oct, OH-A
2:52:55a Rebecca Baum	38 Springfield IL 20 Oct, IL-A
2:53:31a Mary Ellen Williams	39 Darnestown MD 15 Jun, MN-A
2:55:29 Gail Scott	39 6 Oct, MN-A
2:55:55a Barbara Jacobson	35 White Bear Lk MN 15 Jun, MN-A

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marathon		Women- 40 thru 44			
2:50:28a	Elaine Kirchen	42	New York	NY	20 Oct, IL-A
2:54:21a	Bobbi Rothman	40	Hauppauge	NY	27 Oct, NY-A
2:57:15	Sue Petersen	40	Laguna Beach	CA	9 Mar, CA-A
2:58:37a	Jane Arnold	44	Bloomfield	CT	27 Oct, NY-A
2:59:36a	Lina Connors	43	New York	NY	27 Oct, NY-A
3:00:04a	Ann Jamison	41	Leo	IN	20 Oct, IL-A
3:02:29a	Gigi Luhtala	41	Menlo Park	CA	21 Jul, CA-A
3:03:25a	Nancy Kapps	42	St Paul	MN	15 Jun, MN-A
3:06:08	Mary Parker	40			6 Oct, MN-A
3:08:03a	Diane Horan	40+		IL	20 Oct, IL-A
foreign					
2:34:36a	Priscilla Welch	40	Kingston/Thma	GBR	5 May, PA-A/GBR
2:38:57a	Doris Schlosser	41	Schwetzingen	FRG	6 Oct, MN-A/FRG
2:40:50a	Evy Palm	43		SWE	27 Oct, NY-A/SWE
2:41:01a	Gabriele Andersen	40	Sun Valley	ID	6 Oct, MN-A/SUI
2:59:02a	Margaret Young	40	Pembroke	BER	15 Jun, MN-A/BER
2:59:50a	Gundi Konig	40		AUT	27 Oct, NY-A/AUT
3:06:18a	Meeri Bodelio	41		SWE	27 Oct, NY-A/SWE
marathon		Women- 45 thru 49			
foreign					
2:56:45a	Diane Palmason	47	Ottawa	ON	6 Oct, MN-A/CAN
3:06:13a	Anne Marie Gruener	45		FRG	27 Oct, NY-A/FRG
3:12:06a	Ada Letinsky	47	Oakbank	MB	6 Oct, MN-A/CAN
3:13:28a	Choung-Soon Lee	47		JPN	27 Oct, NY-A/JPN
3:16:11a	Joanne Britnell	45		ON	27 Oct, NY-A/CAN
marathon		Women- 50 thru 54			
3:10:30a	Helene Bedrock	50	Cliffside Park	NJ	27 Oct, NY-A
3:16:23a	Wen-Shi Yu	50	Kew Gardens	NY	15 Jun, MN-A
3:27:02a	Mae Horns	51	Edina	MN	15 Jun, MN-A
3:28:48a	Mickey Armstrong	54	Edina	MN	15 Jun, MN-A
3:29:36a	Nancy Hinchliff	50+		IL	20 Oct, IL-A
3:29:52a	Martha Maricle	51	San Francisco	CA	10 Mar, CA-A
3:32:43a	Janet Buckendahl	50	Petaluma	CA	10 Mar, CA-A
3:33:29a	Matilee Christman	54	Des Plaines	IL	20 Oct, IL-A
3:36:14a	Phyllis Slinker	50	Phoenix	AZ	21 Jul, CA-A
3:38:38a	Sue Medaglia	50	Bronx	NY	27 Oct, NY-A
foreign					
3:18:55a	Erika Krueger	50		FRG	27 Oct, NY-A/FRG
marathon		Women- 55 thru 59			
3:12:35a	Janet Glassman	56	Allentown	PA	27 Oct, NY-A
3:19:23a	Toshiko D'Elia	55	Ridgewood	NJ	6 Oct, MN-A
3:23:41a	Margaret Miller	59	Thousand Oaks	CA	6 Oct, MN-A
3:27:26a	Ruth Anderson	56	Oakland	CA	6 Oct, MN-A
3:32:37	Billie Murphy	58	Tacoma	WA	29 Sep, OR-A
3:38:30	Hildy Posse	56	Holderness	NH	27 Oct, NH-A
3:46:05	Joan Sullivan-Morris	55			29 Sep, OR-A
3:46:19i	Marge Trenckmann	55			6 Jan, TX-A
3:52:38	Semer Whayong	57	Fremont	OH	13 Oct, OH-A
3:54:18a	Diane Goulett	56	Minneapolis	MN	6 Oct, MN-A
marathon		Women- 60 thru 64			
4:13:47	Virginia Hastings	60	Santee	CA	29 Sep, OR-A
4:30:20a	Donna Wlan-Cornelius	60+		OH	20 Oct, IL-A
4:33:43a	Marjorie Lawson	60	Sacramento	CA	21 Jul, CA-A
4:37:41a	Loretta Shehan	62	West Seneca	NY	27 Oct, NY-A
4:38:44a	Ether Cox	61		CT	27 Oct, NY-A
4:43:28	Helen Klein	62	Citrus Heights	CA	2 Mar, CA-A
4:44:58a	Edith Farias	61	Salisbury Mls	NY	13 Oct, MI-A
4:56:21a	Juanita Goldman	62	Summit	NJ	27 Oct, NY-A
4:57:59	Melba Henderson	62	Gladstone	OR	29 Sep, OR-A
4:59:30	Ann Budea	61	Mansfield	OH	13 Oct, OH-A
foreign					
4:39:22a	Lygia Decanio	61		BRA	27 Oct, NY-A/BRA
marathon		Women- 65 thru 69			
4:27:39	Josephine Hess	67	Selah	WA	26 Oct, WA-A
4:29:06a	Mary Varani	67	Detroit	MI	13 Oct, MI-A
4:48:18a	Althea Wetherbee	66	Huntington Stn	NY	27 Oct, NY-A
4:59:03a	Helen Kuziara	65	Santa Rosa	CA	27 Oct, NY-A
5:20:41a	Evelyn Havens	69	New York	NY	27 Oct, NY-A
5:45:26a	Marion Epstein	67	Brooklyn	NY	27 Oct, NY-A
6:40:47a	Muriel Noll	65		NY	27 Oct, NY-A
marathon		Women- 70 thru 74			
6:10:31a	Mayme Bdera	70	East Elmhurst	NY	27 Oct, NY-A
marathon		Women- 75 thru 79			
4:49:08a	Anne Clarke	76	Glen Ellyn	IL	20 Oct, IL-A
5:51:08	Mavis Lindgren	78	Orleans	CA	29 Sep, OR-A
6:06:40a	Ethel Furne	76	Wabasha	MN	6 Oct, MN-A
6:53:56a	Bess James	76	San Jacinto	CA	27 Oct, NY-A
marathon		Women- 80 thru 84			
5:10:04a	Ida Mintz	80	Glencoe	IL	20 Oct, IL-A

Late Flash: The Los Angeles Marathon, set for March 9, will award between \$7600 and \$10,900 to masters runners. Prizes will be equal for men and women and will range from \$1500 (possibly \$2000) for first place to \$100 (or \$200) for sixth place.

Write On! Continued from page 2

facts about the SCA/TAC 8K Championship that you omitted — for "lack of space." This person tells how she has spent 100s of dollars and hours of training for meets, and wants others who displease her removed from the events she attends. Does she not know that no one really cares how much she trains, nor how much money she spends travelling to meets? Does anyone reading this really care? More important, does Wendell Miller care?

Next time, I will discuss topics of much greater significance to our happiness: the height and spacing of hurdles for athletes over age 50, and the scoring tables for the weightmen's pentathlon.

Al Hromjak
Simi Valley, California

(The Pritikin 8K must have slipped by us. Any race with 5-year age-divisions through age 69 and a 70+ category will always be listed, if we know about it, because there aren't that many of them. We can't insert every race, so we try to limit the schedule to those races with some special significance for masters: 5-year divisions, prize money, national or regional championship, etc. We included the Super Bowl 10K, mainly because it's a 20,000-runner race. But perhaps you're right; maybe it doesn't belong. The L.A. Marathon is in because it's a major civic project, and because it plans to offer substantial prize money to masters. Unfortunately, our pocketbook is not involved. Would that it was. Neither race — nor most others, as you can obviously tell by scanning our pages — chose to favor us with any of their advertising budget. You're right; we tend to cover a lot of track meets because, first, we usually receive camera-ready results and a story, and, second, our readers want us to. We get more T&F material than LDR, so we work harder for the LDR stuff. Even then, the results are rarely ready to print; there's usually no story; we spend more time. We're happy to do that, but we often don't get as much depth as we'd like. We intend to cover the LDR scene more thoroughly, and think we're constantly improving. We've been looking for a long distance running editor for many moons. As to "self-centered letter writers," if we fail to edit them properly, Wendy Miller usually makes short work of them in his next column. — Ed.)

QUALIFYING STANDARDS

I strongly support many of the suggested changes advocated in Carl Wallin's letter (Dec. NMN.) I believe that most serious participants realize the definite advantages of qualifying standards for such meets as the National Championships, and that the use of heavier implements is an asset and not a liability to the older throwers.

I have enjoyed throwing in masters track meets for the past seven years and have never met or heard of a single

competitor using anabolic steroids as A. Zakis (Jan. NMN) has implied. Because someone is strong and trains harder than others, we should not belittle their success through false innuendo.

Al Neville
Concord, New Hampshire

I agree with Wallin's idea of flights in large competitions. It's standard practice everywhere except in certain masters meets. A thrower simply can't turn him/herself on and off every half-hour in a 30-person grouping.

I disagree with his idea of excluding athletes of "questionable" rank and distance from national competition. For whatever reason, such individuals journey to large meets to sample something that escaped them in younger days. Let all compete in their appropriate flight and time according to the standards set for a specific event.

On whether to increase the weights for 50-59's to 16 lb. and 2K, keep the 12 lb. and 1.5K. With those, everyone can compete. Many more probably find those weights comfortable.

I do know one thing for sure. Whether I'm throwing a shot, discus, hammer, or horse buns, I've met some great people in masters competition.

Gene Pausinen
Taylor, Michigan

JAVELIN WEIGHT

I would like to clarify the discussion at the TAC Convention regarding the javelin for men up to 60 years of age. The committee decided to follow WAVA rules regarding implements. This would allow us to continue to use the old style, 800 gram javelins.

The 1986 javelins are not heavier. The new javelins for collegiate and open athletes have two major changes: 1) the geometry has been changed; & 2) the center of mass has been moved forward. The net result is this javelin will be less aerodynamic and will have shorter flights.

An athlete who could align the implement properly and throw through the long axis, is now penalized due to the new changes. Having the center of mass forward, the spear will simply turn over in the air and land sooner. Therefore, the throws will be shorter. Changing the geometric shape will also inhibit the flight. The weight will remain the same.

Hopefully we shall not have to change javelins for awhile. Perhaps, the IAAF will rescind its ruling. I know many coaches, athletes, meet directors, statisticians, & historians are not happy with the new regulation. It really means that a gorilla thrower will have an advantage on a finesse thrower. The '86 implement, if thrown with higher angle, will still land legally. The athlete that throws through the point will have his spear come down sooner and consequently have a shorter mark.

Gary Miller
Western Regional Chairman
Los Angeles

TRACK & FIELD RESULTS

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



EAST

BUD LIGHT/PA MASTERS January 5, 1986 Corlino, PA

30:55M HH
1. George Crummel - 8.3
2. Horace Hudson - 8.6
3. Jeff Watry - 8.6

M40
1. James O'Hara - 8.4

M50
1. Bill Townsend - 10.2
2. George Taylor - 11.2

M60
1. Ed Lukens - 9.6
2. Denver Smith - 9.9
3. Boo Moreom - 10.1
4. John Emanuel - 10.9
5. Truman Cassell - 11.4

M70
1. George Braceland - 11.0
2. Claude Hills - 11.4

F35
1. Kathy Pierce - 11.1

55M: 30
1. Al Walton - 6.5
2. G. Crummel - 6.8
3. LeRoy Galloway - 6.9
4. Scott Thornsley - 6.9
5. Tony Jones - DQ
TRIALS
Tony Jones - 6.5
H. Hudson - 7.0
Bob Hummel - 7.0

35
1. Gregg Marshall - 6.8
2. Robert Beal - 7.0
3. Jasper Royal - 7.1
4. John Knaby - 7.3
5. Barry Conrad - 7.4
TRIALS
Paul Zachman - 7.4
Neal Johnson - 7.9
Aszar Stepak - 8.5

40
1. Ron Shenk - 7.2

45
1. Jim Hodge - 7.5

M50
1. Earl Cline - 7.2
2. Bob Keegan - 7.7
3. Earl Mege - 8.0
4. David Martin - 8.0
5. Rocky Taylor - 8.8

M55
1. R. Heintzelman - 8.0
2. Bill Townsend - 8.2
3. Jack Nyham - 8.6

M60
1. Ed Lukens - 7.9
2. Truman Cassell - 8.3
3. John Emanuel - 8.4
4. JW Pierson - 8.4
5. David Hall - 8.4

M70
1. Claude Hills - 8.9
2. Don Ernst - 10.3
3. Bob Detweiler - 11.0

F70
1. Vivian Nelson - 11.2

M30: 200
1. Al Walton - 23.9
2. H. Hudson - 24.6
3. S. Thornsley - 24.8
4. Al Harden - 25.6
5. Larry Williams - 26.2
6. Gary Banks - 26.9
7. Mike Gaudoise - 28.0

M35
1. G. Marshall - 24.9
2. Jasper Royal - 25.2
3. Taylor Tunstall - 26.6
4. Paul Zachman - 26.9
5. Neal Johnson - 29.3

M40
1. Robin Ficker - 26.6
2. Ron Shenk - 27.0
3. Bob Jamison - 30.8

M40
1. Jim Hodge - 26.6

M50
1. Earl Cline - 26.6
2. David Martin - 30.8
3. Earl Mege - 31.3
4. Rocky Martin - 33.1

M55
1. R. Heintzelman - 31.4
2. Jack Nyham - 32.6

M60
1. JW Pierson - 29.7
2. John McCarthy - 31.7

M65
1. Jim Manno - 29.0

M70
1. George Braceland - 34.9
2. Claude Hills - 35.6

F70
1. Vivian Nelson - 47.3

M30: 400
1. S. Thornsley - 55.1
2. H. Hudson - 55.8
3. Tom Mansfield - 56.4
4. Gary Banks - 58.1
5. Ed Knittel - 73.1

M35
1. B. Beale - 56.1
2. G. Marshall - 57.3
3. Taylor Tunstall - 58.0
4. John Knaby - 72.8
5. David Oblich - 75.5

M40
1. Robin Ficker - 59.3
2. Bob Jamison - 67.0

M45
1. Jim Hodge - 58.8

M50
1. Ed Alexander - 63.0
2. Rocky Taylor - 74.3

M55
1. R. Heintzelman - 67.4
2. B. Stanhope - 67.6

M60
1. John McCarthy - 69.8

M65
1. Jim Manno - 67.1

M70
1. George Braceland - 88.6

F35
1. Kathy Pierce - 88.1

800: M35
1. David Michael - 2:29.2
2. Azar Stepak - 2:36.1

M40
1. Robin Ficker - 2:27.6

M45
1. Dick Clelan - 2:35.4

M50
1. Ed Alexander - 2:31.2
2. James Keat - 2:37
3. Rocky Taylor - 2:51.5

M55
1. B. Stanhope - 2:43.8
2. Jack Nyham - 2:45

M60
1. John McCarthy - 2:47.8

M70
1. Sam Monastero - 3:13.9

M75
1. Henry Zachman - 3:20*

F30
1. Rose Boegli - 2:51.7

1500M: M30
1. Tim Cook - 4:03.8
2. Stan Lang - 4:32.5

M35
1. Tom Cook - 4:29.3
2. John Cantilupe - 4:42
3. Dick Daniels - 4:52.2
4. David Michael - 5:01.1
5. Brian Dellinger - 5:20.8

M40
1. Bill Siverling - 5:22.3
2. Larry Lewis - 5:46.6

M50
1. Jim Sutton - 4:30.2*
2. Ed Alexander - 5:02.7
3. James Keat - 5:08.3
4. Rocky Taylor - 5:46.6
5. Galen Baer - 6:10.7

M55
1. B. Stanhope - 5:20
2. B. Heintzelman - 5:28

M65
1. David Hall - 7:33.5

M70
1. S. Monastero - 7:08.6

M40
1. Bill Siverling - 5:22.3
2. Larry Lewis - 5:46.6

M50
1. Jim Sutton - 4:30.2*
2. Ed Alexander - 5:02.7
3. James Keat - 5:08.3
4. Rocky Taylor - 5:46.6
5. Galen Baer - 6:10.7

M55
1. B. Stanhope - 5:20
2. B. Heintzelman - 5:28

M65
1. David Hall - 7:33.5

M70
1. S. Monastero - 7:08.6

FEMALES
Trudy Johnson (30-34) 5:33.8
Jean Strubinger (35-39) 5:48.3
Elaine Siverling (40-44) 5:40.9

3200M: M30
1. Tim Cook - 9:28.4
2. J. Enawiler - 9:44.3
3. Berie Kimball - 9:44.3

M35
1. G. Tomkins - 10:03.6
2. Tom Cook - 10:37.8
3. David Michael - 11:49.2

M40
1. Bill Siverling - 12:35.2

M50
1. James Keat - 11:49
2. Ray Gavlick - 11:58.7
3. Rocky Taylor - 13:38.6

LONG JUMP: M30
1. Jeff Watry - 19'10"

M35
1. Bob Beale - 18'9"
2. Jasper Royal - 18'8"
3. Barry Conrad - 18'2"
4. P. Zachman - 18'1"
5. T. Tunstall - 16'11"
6. Ron Salvio - 16'2"

M40
1. J. Lubrecht - 16'11"
2. Jeff Osman - 16'9"
3. Palmer Sweet - 16'2"

M45
1. Jim Hodge - 58.8

M50
1. Ed Alexander - 63.0
2. Rocky Taylor - 74.3

M55
1. R. Heintzelman - 67.4
2. B. Stanhope - 67.6

M60
1. John McCarthy - 69.8

M65
1. Jim Manno - 67.1

M70
1. George Braceland - 88.6

F35
1. Kathy Pierce - 88.1

800: M35
1. David Michael - 2:29.2
2. Azar Stepak - 2:36.1

M40
1. Robin Ficker - 2:27.6

M45
1. Dick Clelan - 2:35.4

M50
1. Ed Alexander - 2:31.2
2. James Keat - 2:37
3. Rocky Taylor - 2:51.5

M55
1. B. Stanhope - 2:43.8
2. Jack Nyham - 2:45

M60
1. John McCarthy - 2:47.8

M70
1. Sam Monastero - 3:13.9

M75
1. Henry Zachman - 3:20*

F30
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1500M: M30
1. Tim Cook - 4:03.8
2. Stan Lang - 4:32.5

M35
1. Tom Cook - 4:29.3
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M40
1. Bill Siverling - 5:22.3
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2. Ed Alexander - 5:02.7
3. James Keat - 5:08.3
4. Rocky Taylor - 5:46.6
5. Galen Baer - 6:10.7

M55
1. B. Stanhope - 5:20
2. B. Heintzelman - 5:28

M65
1. David Hall - 7:33.5

M70
1. S. Monastero - 7:08.6

SOUTHEAST

HOLIDAY HIGULAR PENTATHLON DECEMBER 29, 1985

Atlantic Community School Delrey Beach, Florida

	L J	Jav	200m	Disc	1500m	Score
34 Nate Robinson	6.03	55.57	24.29	31.84	51.2	2458
	611	704	6.18	514	207.5	2458
	646	732.5	718	516	216.5	2859
	666	748.5	688	511	228.5	2962
49 Russ Porter	5.04	32.9	27.30	30.69	51.2	1921
	381	379	379	490	292	1921
	633	510.5	642	527	520	2832
	651	567	674	518	598	3038
50 Joe Hayee	4.07	29.49	29.19	28.94	D N F	1158
	132	321	255	450	0	1158
	373	457	515	450	0	1789
	390	511	546	478.5	0	1923
54 Karl Foote	3.23	22.80	37.01	22.69	61.9	1692
	0	196.5	0	296	0	1692
	164	358.5	121	332.5	217.5	1195
	178	409.5	167	368.5	278.5	1419
54 Paul Gaudon	3.41	22.99	32.25	21.50	51.9.4	726
	0	200.5	0	246.5	177.5	1687
	228	363	368	299.5	629	2863
	260	414	419	354.5	636	3063
55 Gus Bartenfeld	3.97	19.01	28.21	28.19	51.6	1162
	104	117.5	317	432.5	191	1162
	427	278.5	656	484.5	500	2344
	439	323.5	722	551	542.5	2596
55 Bill Gentry	4.36	26.41	28.8	19.80	D N F	941
	209	265.5	279	217.5	0	1897
	518	453.5	612	284	0	2086
	560	508.5	676	341.5	0	2086
56 Randy Cooper	4.42	45.45	31.7	40.34	71.09	1600
	225	570.5	112	692.5	0	1600
	584	834	428	749	178	2793
	595	907	491	855	228.5	3076
64 Boo Moreom	4.95	30.40	30.40	34.30	61.1.6	1517
	359	337	183	411	26.5	1517
	925	622	651	672	448.5	3318
	916	623	738	717.5	514.5	3511
65 Arthur Knapp	2.48	17.59	49.00	19.94	D N F	307
	0	86	0	221.5	0	307
	69	116.5	0	279.5	0	645
	57	322.5	0	317.5	0	697
67 Don Hull	3.49	21.04	31.05	28.19	D N F	760
	0	160.5	147	432.5	0	760
	514	444.5	470	513.5	0	2162
	496	444	785	584.5	0	2309
69 Bill Weinacht	3.65	19.03	31.00	21.45	71.24	601
	71	118	149	263	0	601
	701	420	721	382	334.5	2560
	667	419	867	432	419	2804
72 Oll Gonzales	3.84	28.74	30.2	32.72	81.24	1105
	69	308	194	534.5	0	1105
	791	742.5	869	742.5	200	3345
	734	743.5	1080.5	819	280.5	3657

Implements: 50 and under--Olympic Standards; 50-59--600g 1.5X except Gentry 1.6X; 60 and over--600g 1X

ee American Age Record • Meet Age Record

Scoring: 1st listed IAAF; 2nd Age Factor; 3rd U S Masters Age Factor by 1 yr. formulas and IAAF 1962 Edition

HOLIDAY WEIGHT PENTATHLON DECEMBER 29, 1985

Atlantic Community School Delrey Beach, Florida

	Disc	Shot	Jav	Ham	Wt Thr	Score
19 Paul Gentry	43.81	13.42	38.34	26.26	9.11	2730
	759	692	666	419	394	2730
26 Joe Valdes	34.43	10.72	40.79	21.52	9.33	2320
	572	512.5	503	323	410	2320
26 Frank Valdes	33.39	11.09	46.79	21.13	7.78	2278
	549	538	589	315	287.5	2278
34 Nate Robinson	31.86	10.77	55.57	24.94	8.65	2533
	516	533.5	732.5	393.5	357.5	2533
43 Ed Hill	42.21	15.32	50.27	47.80	16.63	4201
	787	904	727.5	849	934	4201
45 Brian McKenna	31.63	11.24	32.45	37.16	12.90	3116
	579.5	649.5	462	696	729	3116
53 Pay Carstensen	31.21	12.68	35.33	35.64	11.38	3259
	532	706.5	606	675.5	739.5	3259
54 Tom Henderson	39.87	13.54	26.95	38.43	11.16	3436
	731	776	452	738	739	3436
54 Karl Foote	19.95	8.27	21.40	16.31	5.82	1471
	254	388	325	247	255	1471
56 Randy Cooper	40.34	12.37	45.45	28.88	7.81	3390
	769	723	834	579	485	3390
61 Donald Reid	36.40	12.03	34.80	31.05	10.24	3208
	627	738	661	629.5	552.5	3208
62 Bud Brown	29.29	8.90	25.20	24.28	6.92	2039
	484	400.5	471.5	393.5	290	2039
62 Jacob Stein	35.75	9.93	31.52	33.40	10.85	3239
	628	593	732	671.5	615	3239
65 Arthur Knapp	21.80	9.57	21.50	22.10	6.57	1937
	333	500	425	377	302	1937</

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

TAC U.S. National Masters Marathon Championships Washington, D.C.; November 3

M40	William McElroy	2:38:16	Robert Rooney	3:28:58
	Herbert Kahl	2:38:57	Glenn Pine	3:36:07
	Lynn McCutcheon	2:39:56	Jerry McCarthy	3:38:45
	Larry Pederson	2:40:00	Richard Good	3:42:24
	Dennis Scott	2:41:49	M60	
	Jorge Aguilera	2:44:10	Walter Brown	3:25:25
	Dennis Jett	2:46:29	George Mugianis	3:33:39
	Walter Taggart	2:47:16	Elliott Galloway	3:34:17
	Jos. Cloutier III	2:49:08	Alonso Monk	3:46:13
	Robert Meeks	2:51:35	James Hurst	3:46:21
	Joseph Lugano	2:51:37	Bill Osburn	3:48:27
	Richard Houston	2:52:45	M65	
	E. Trotter	2:54:41	Rudy Nimmons	3:07:59
	Cecil Smith	2:55:45	Wilfredo Rios	3:30:44
	Moss Mayfield Jr	2:56:12	Joe Federici	3:41:44
			James Ward	3:51:06
M45	Bill Fuller	2:31:51	M70	
	Mel Williams	2:41:10	William Patterson	4:20:42
	Dick Spencer	2:42:22	Gregory Boland	4:46:40
	Michael Haney	2:42:40	Robert Boal	4:46:47
	Michael Grace	2:43:21	Robert Moffitt Sr	5:09:01
	Russ Barber	2:43:49	M75	
	Richard Perrin	2:46:59	Ed Benham	3:42:57
	Joe Fodor	2:47:10	John Newdorp	5:30:05
	Rob Vieyra	2:48:00	William McNeil	5:49:04
	Peter Ruben	2:52:04	M80	
	Arnold Weinman	2:53:06	Theodore Hyde	8:48:01
	Ben Mathews	2:53:23	M40	
	Gerald Ives	2:54:17	Beverly Shooshan	3:19:06
	Gerhard Stronkowski	2:55:32	Becky Ryder	3:29:29
	Vance MacDonald	2:55:43	Hertha Lange	3:58:17
M50	Norman Green Jr	2:31:20	M45	
	James Gallup	2:37:35	Jean Ulrich	3:28:54
	Jim McIlwain	2:45:32	Ines Kerch	3:49:31
	Robert Becker	2:48:52	Bernadine Pongracz	3:56:43
	Pete Luke	2:50:14	Karen Lovelace	3:58:20
	Ralph Koenig	2:54:12	India Hendley	4:47:09
	John Johnston	2:59:25	Theresa Conroy	4:51:57
	Charles Hunter	3:02:09	Patricia Willis	5:00:34
	Joel Rosenbaum	3:02:20	M50	
	Bwen Stewart	3:03:20	Wen Shi Yu	3:25:35
			Vetty Delacruz	4:19:52
			Beta McIlwain	4:33:49
			Joan Brannon	4:56:59
			Annette Dagg	5:18:36
M55			M55	
			Ruth Anderson	3:26:59
M60			M60	
			Dorothy Bright	4:34:28
			M65	
			Althea Wetherbee	4:18:04
			Becky Yencharis	5:04:41

National TAC 30K National Championship Sugarland, Texas December 7

1. Allen Bellone	M 40 G	4:11 1:43:45
2. Robert A. Gray	M 40 G	4:12 1:47:21
3. Kirk Randall	M 44 T SAT	10 1:48:39
1. Ann Stockman	F 33 T AA	130 2:13:50
2. Donna Wright	F 30 G HM	489 2:18:11
3. Nargy Ferrara	F 40 G	37 2:21:32
TAC Men - Age Groups		
40 - 44		
1. Bob Chanon	M 40 G Ter	229 1:52:54
2. Thomas Kereis	M 41 G Ter	407 1:52:10
3. Cecil Smith	M 44 G HM	97 1:57:45
45 - 49		
1. David T. Lord	M 48 T	387 2:02:32
2. James M. Massey	M 46 G HM	108 2:07:08
3. Carl L. Daugh	M 49 G HM	280 2:07:21
50 - 54		
1. Michael Seich	M 51 G Ter	217 2:02:22
2. Rudy Gonzalez	M 50 G HM	520 2:11:07
3. Harly Mantung	M 51 G Ter	61 2:11:29
55 - 59		
1. Patrick Devine	M 57 T FF	370 2:15:29
2. Allan C. Lawrence	M 55 G HM	34 2:00:28
3. Sonny Santarelli	M 58 G HM	409 2:09:00
60 - 64		
1. Jim Smith	M 63 T OH	205 2:15:27
2. Donald C. Frey	M 60 G HM	348 2:22:06
3. John Lippincott	M 62 G HM	472 2:37:26
65 - 69		
1. Bill Espright	M 65 T Geo	63 2:21:30
2. Gene Askew	M 63 G	79 2:28:33
3. Paul S. Katsura	M 69 G Ter	125 2:43:16
70 - 74		
1. Dorcas M. Dubois	M 72 T SARR	72 2:42:32
2. Bill Shrador	M 70	70 2:43:24
75 - 79		
1. Ed Benham	M 78 T PV	78 2:27:59
Women - Age Groups		
40 - 44		
1. Barbara Pike	F 44 T LAC	625 2:23:34
2. Joan Egan	F 44 G HM	366 2:24:31
3. Mary Jo Gillancy	F 44 G HM	443 2:24:41
45 - 49		
1. Barbara Thorne	F 46 G	223 2:34:31
2. Joann Luce	F 46 G HM	158 3:07:26
3. Helen Grace	F 45 G HM	699 3:16:48
50 - 54		
1. Nancy McCormick	F 50 T PITC	99 2:23:53
2. Libby Marks	F 50 G HM	49 2:27:40
3. Fran Herndon	F 51 G HM	399 3:00:06
55 - 59		
1. Ruth Anderson	F 56 T	232 2:22:28
2. Lida Askew	F 59 G HM	80 3:30:04
60 - 64		
1. Florence Lang	F 60 G HM	483 3:28:18

NEW ENGLAND

Christmas Run for the Animals 10K Newport, R.I.; December 15

Overall		
D Ball	27	32:00
J Cataldo	27	36:44
M40 B Allen	40	33:54
S Giusti	41	36:53
Z Zucker	41	38:38
M45 L Tonasseti	47	37:59
R Pauc	49	38:24
W Peacock	47	39:29
M50 R Silva	51	37:46
J Mullen	53	41:21
C Mulligan	54	41:35
M55 H Waters	55	41:21
B Gorman	59	42:45
T Hersey	56	45:52
M60 C Hammon	62	41:42
K Mathews	60	48:36
C Waas	64	59:21
M40 T Graf	43	45:32
R Skelly	41	46:16
A Randall	46	56:20
M45 J A Stengel	42	56:57
M50 M McCauley	52	nta
482 finishers		

EAST

Harrisburg Marathon Harrisburg, Pa.; November 10

Overall		
Robert Taylor	2:26:29	
Carol Myers	2:58:17	
M40		
Robert Johnson	2:49:14	
Sal Alessi	2:54:16	
Hal Miller	2:55:08	
M45		
Angelo Gioiosa	2:47:46	
Larry DePietro	2:56:23	
Bob Fotts	3:05:38	
M50		
Glenn Ney	3:03:05	
Jim Keat	3:03:41	
Richard Hause	3:05:14	
M60+		
Don McWilliams	3:11:26	
Bart Holm	3:15:39	
M40		
Dianne Fantasky	4:05:03	
Thomas Finnucan	4:47:40	
M50+		
Betsy Mladenoff	4:41:55	

NYRR Winter Series 6 Mile Central Park, NYC; December 7

Overall		
Carlos Hernandez	39	29:43
Catherine Stone	23	34:16
M40		
Ted Hainan	42	31:52
Robert Woolley	42	33:25
Dan Klein	42	33:33
M45		
Dennis Barham	47	34:48
Achim Knust	48	34:55
Tom Freeley	47	37:00
M50		
Eric Seiff	52	37:00
Martin Winter	51	37:45
Alex Smith	51	37:51
M55		
Ken Jones	55	35:33
Jerry Maher	56	39:11
Pete Moore	56	41:13
M60		
Terence McGinnis	60	38:25
George Thompson	60	38:47
John Fredette	65	40:18
M70+		
William Brobston	72	46:08
M40		
Carol Johnston	42	39:20
Laurie Baker	42	40:28
Carson Poard	43	41:10
M45		
Patty Lee Parmelee	45	39:44
Carol Levin	45	47:33
Norma Signore	49	47:07
M50		
Alicia Moore	55	42:43
Janet Nelson	50	45:13
Joyce Maret	51	47:50
M60+		
Jazi Neulinger	61	59:39
Mayme Bdera	70	62:38

December Series 10 Mile Central Park, NYC; December 15

Overall		
M Flynn	22	52:09
M Hulak	27	60:00
M40 T Hainan	42	54:54
R Wooley	42	56:59
J Soffa	44	58:08
M45 R Ruiz	45	59:35
A Krust	48	59:37
J Puglisi	46	1:03:27
M50 E Fitzgerald	51	1:03:25
L Stern	51	1:04:01
N Dobry	51	1:05:22

M55 K Jones	55	1:02:02
J Maher	56	1:06:36
M Corrigan	57	1:09:32
M60 T McGinnis	60	1:04:41
J McManus	62	1:08:59
J Fredette	65	1:09:06
M70 W Brobston	72	1:18:55
M40 H Oster	43	1:05:54
C Johnston	42	1:06:53
L Baker	42	1:09:26
M45 P L Parmelee	45	1:06:30
L Dominguez	45	1:17:25
C Leikind	48	1:24:16
M50 M Klein	53	1:31:03
M Becchetti	50	1:31:43
M Tortora	51	1:33:35
M60 E Havens	69	1:56:09

MAC 30K Championships Central Park, NYC; December 21

Overall		
L Borja	32	1:41:58
I Sarda	21	2:05:53
M40 C Elkins	42	1:51:22
M45 F Mueller	49	1:47:42
M50 R Rogin	53	2:12:59
M55 R Golden	55	2:57:24
M60 H Bowen	60	2:22:43
M65 A Heidnig	66	2:26:04
M70 L Martin	74	2:47:00
M40 A Kunz	44	2:30:01
M50 S Medaglia	50	2:28:01

SOUTHEAST

Thanksgiving 10 Mile Deland, Fla; November 28

Overall Masters		
Bruce Howard	60:34	
Ineke Frey	81:33	
M40		
Dick Thieler	62:35	
Mark Standsbury	63:38	
Jerry Pace	64:26	
M45		
Bob Brockway	67:22	
Thomas Hilburn	76:03	
Mark Squires	76:23	
M50		
Jim Whitner	74:59	
Tony Manku	79:52	
Robert Yonkers	90:04	
M55		
Ted Beardsley	70:15	
Bill Jones	82:54	
Tom Phillips	84:37	
M60		
Sam Maxwell	77:28	
M65		
Dick Fortier	85:32	
M40		
Claudette Gover	83:54	
G Johnson	96:10	
D Dunn	1:54:38	
M45		
Gladys Kemp	93:45	

Rocket City Marathon Huntsville, Ala.; December 14

Overall		
Jeff Rawlins	28	2:21:05
Karlene Erickson	20	2:39:12
M40		
Don Coffman	42	2:27:42
Derek Frechette	41	2:32:23
Tom Dooley	41	2:34:33
Bob Danberry	44	2:39:41
Dave Daubert	40	2:40:12
M45		
Ken Prior	45	2:38:54
Ernie Billups	48	2:39:22
Bill Hendry	46	2:44:43
Phil Parker	47	2:46:27
Doug Braasch	46	2:47:02
M50		
Bill Olrich	50	2:38:47
Don Gamme	55	2:45:10
Gerald Koch	51	2:45:31
Norm Eastman	54	2:55:27
James Woodring	50	3:09:06
M60+		
Ken Robinson	62	3:30:06
Tom White	61	3:44:40
Doug Jones	61	3:46:44
Frank Maples	61	3:51:19
James Blackwell	63	4:20:23
M40		
Maryanne Wehrum	47	3:09:55
Nancy Parker	49	3:11:30
Mitzi Herscheid	45	3:35:53
Carmen Wilds	45	3:37:34
Barb Currinder	47	3:37:59
M50+		
Alene Park	60	3:36:50
Wendy Williams	53	3:38:12
Maryanne Woodring	54	4:18:57
Shirley Delong	50	4:36:15

Highland 15K Deland, Fla.; December 15

Overall Masters		
D Ardell	54:41	
D Mitchell	79:07	
M40 P Weishaar	54:59	
W Albright	74:45	
F Davis	74:59	
M45 J Pence	62:53	
G Gorgley	63:19	
C Cooper	63:33	
M50 M Clynes	62:52	
D Tanyery	65:40	
J Whitner	67:25	
M40 M Young	82:17	
G Johnson	89:33	
M50 C Spunier	79:11	

6th Annual Tallahassee Ultradistance Classic Wakulla Springs, FL December 14

100 MI		
Rap Krolewicz	30	14:57:26
Sandra Kady	49	15:12:34
(50 km-4:14:51 100 km-8:56:52)		
100K		
Richard Westbrook	38	7:11:05
Steve Marshawer	28	7:35:10
Jeff Godfrey	24	7:41:16
Mark Dorion	26	8:11:09

ORANGE COUNTY MARATHON 26.2M 12/15/85

TOP 3 MALE FINISHERS

PLACE	NAME	HOMETOWN	AGE	TIME
1	WEDD RICHARD	FINLAND	36	2:10:45
2	WEDD RICHARD	BELLEVILLE, IL	30	2:00:45
3	WEDD RICHARD	BELLEVILLE, IL	37	2:01:25
1	MILE 25-39			
2	MILE 25-39			
3	MILE 25-39			
1	MILE 40-44			
2	MILE 40-44			
3	MILE 40-44			
1	MILE 45-49			
2	MILE 45-49			
3	MILE 45-49			
1	MILE 50-54			
2	MILE 50-54			
3	MILE 50-54			
1	MILE 55-59			
2	MILE 55-59			
3	MILE 55-59			
1	MILE 60-64			
2	MILE 60-64			
3	MILE 60-64			
1	MILE 65-69			
2	MILE 65-69			
3	MILE 65-69			

TOP 3 FEMALE FINISHERS

PLACE	NAME	HOMETOWN	AGE	TIME
1	BIRNBAUGH KATHLEEN	FINLAND	34	2:35:50
2	RICHIE KATHLEEN	FINLAND	36	2:41:40
3	LEE PETERSEN	LAUREL, MD	41	2:54:09
1	MILE 25-39			
2	MILE 25-39			
3	MILE 25-39			
1	MILE 40-44			
2	MILE 40-44			
3	MILE 40-44			
1	MILE 45-49			
2	MILE 45-49			
3	MILE 45-49			
1	MILE 50-54			
2	MILE 50-54			
3	MILE 50-54			

CANADA

Canadian Masters Cross-Country Championships (Canada vs. USA, Fleischman's Cup Challenge and C.M.A.A. Individual Championships), October 26, 1985, Stanley Park, B.C. 10 Km.

Time	Name	Country
1. 43:48.3	Deanna Clark	Canada
2. 47:18.5	Joyce Torrance	Canada
3. 48:30.8	Rev. Neilson	Canada
4. 51:30.5	D. Smith	Canada
5. 51:30.5	Monique McDonald	Canada
6. 51:30.5	Billie Murphy	U.S.A.
7. 52:19.1	Lenore Montgomery	Canada
8. 54:15.1	Basil Cameron	Canada
9. 55:31.7	Dave Sureau	Canada
10. 55:49.2	John Jordeth	U.S.A.
11. 56:02.4	Bill Wirtanen	Canada
12. 56:11.4	John Woodcock	Canada
13. 56:11.4	Rune Blomfeldt	Canada
14. 56:11.4	Douglas Browne	Canada
15. 56:11.4	Chris Steer	U.S.A.
16. 56:11.4	Ron Yeats	Canada
17. 56:11.4	Richard Jones	Canada
18. 56:11.4	Revel Currie	Canada
19. 56:11.4	Duff Waddell	Canada
20. 56:11.4	Jake Madderm	Canada
21. 56:11.4	Trevor Godfrey	Canada
22. 56:11.4	Phil Crawford	Canada
23. 56:11.4	Roger Woodhead	Canada
24. 56:11.4	Thomas Gidman	Canada
25. 56:11.4	Gary Boyce	Canada
26. 56:11.4	Brian Hunter	Canada
27. 56:11.4	Borman Wilson	Canada
28. 56:11.4	Ian Hunter	Canada
29. 56:11.4	Neil Burke	Canada
30. 56:11.4	Earl Ellis	U.S.A.
31. 56:11.4	David Hamby	U.S.A.
32. 56:11.4	Hans Fenz	Canada
33. 56:11.4	Neil Campbell	Canada
34. 56:11.4	Robert Langenbach	U.S.A.
35. 56:11.4	John Taylor	Canada
36. 56:11.4	Mike Ellis	Canada
37. 56:11.4	Al Huff	U.S.A.
38. 56:11.4	Bill Kent	Canada
39. 56:11.4	Tony Boydell	Canada
40. 56:11.4	Gary Weir	Canada
41. 56:11.4	Herb Phillips	Canada
42. 56:11.4	Ken McKenzie	Canada
43. 56:11.4	Bruce Johnson	Canada
44. 56:11.4	Dave Coventry	Canada
45. 56:11.4	Valdemar Schultz	U.S.A.
46. 56:11.4	Ken Boxell	Canada
47. 56:11.4	Don Vernalis	Canada
48. 56:11.4	Peter Berry	Canada
49. 56:11.4	William O'Brien	Canada

Posn. in Div.	Time	Name	Country
M50			
1.	37:18.0	Derek Mahaffey	U.S.A.
2.	37:29.8	Bruce Boltzman	Canada
3.	39:32.7	James Conway	Canada
4.	39:37.2	Charlie Kingstom	Canada
5.	41:42.2	Rod Palmer	Canada
6.	42:37.1	Field Ryan	U.S.A.
7.	45:40.9	Bill Gregory	Canada
8.	46:01.8	George Taylor	Canada
9.	46:04.6	James Sinclair	Canada
10.	50:06.9	Don Miller	Canada
M55			
1.	41:09.7	Frank Kurucz	Canada
2.	41:44.9	Bob Paul	Canada
M60			
1.	42:07.3	Don Hodge	Canada
2.	49:20.9	Josh Fitch	Canada
3.	50:11.0	Cliff Hill	Canada
4.	50:35.0	Bob Madeley	Canada
M65			
1.	44:55.6	Sverre Hietanen	Canada
2.	50:26.3	Ernest Fischer	Canada
M70+			
1.	61:11.9	Hugh Clifford	Canada

Team Scores

Canads vs. - U.S.A. Fleischman's Cup Challenge

Age-Group	Canada	Points	U.S.A.
M35	3 (1,2)		9 (4,5)
M40	---		---
M45	---		---
M50	1 (1)		2 (2)
M55	2 (2)		1 (1)
M60	1 (1)		2 (2)
Sub-totals	7		14
M40	4 (1,3)		9 (2,7)
M45	29 (3,4,6,7,9)		32 (1,2,5,8,16)
M50	5 (2,3)		7 (1,6)
M55	3 (1,2)		7 (3,4)
M60	3 (1,2)		11 (5,6)
M65	3 (1,2)		7 (3,4)
M70	1 (1)		2 (2)
Sub-totals	48		75
	55 00		80

TEAM TOTALS

* S = Starters; F = Finishers.
* Canada wins Fleischman's Cup Challenge
for the 7th. time in 9 years.

INTERNATIONAL

Berlin Marathon
Berlin, W. Germany, September 25

Overall	Time	Name	Country
1	2:11:43	J. Ashworth	GB
2	2:14:10	M. Ilands	IRE
3	2:15:39	E. Anton	SPA
4	2:16:56	L. Rottiers	IRE
5	2:17:33	I. Sensburg	MG
6	2:18:12	V. Mora	CX
7	2:21:46	A. Rushner	GB
8	2:24:15	N. Kosula	LUX
9	2:29:11	L. Lauffs	MG
10	2:29:13	A. Moller	MG
11	2:29:46	F. Merlitz	MG
12	2:35:41	E. Rottka	MG
13	2:36:20	W. Rathert	MG
14	2:40:50	H. Abraham	MG
15	2:41:05	L. Hausstein	MG
16	2:41:49	G. Brab	MG
17	2:49:39	W. Will	MG
18	3:02:24	S. Johansson	SWE
19	3:08:10	K. Reiteringer	MG
20	3:09:52	W. Miles	GB
21	3:05:45	R. Borge	DEU
22	3:12:12	G. Linschmann	MG
23	3:20:15	R. Meyer-Wilms	MG
24	3:37:54	J. Hannappel	MG
25	3:39:13	R. Seydler	MG
26	3:48:47	K. Jebek	MG
27	2:34:17	M. Ilands	IRE
28	2:43:41	L. Delvaux	LUX
29	2:45:34	C. Irving	GB
30	2:52:46	L. Kloth	MG
31	2:56:12	S. Lonsky	MG
32	2:56:31	M. Shroder	MG
33	2:50:33	A. Gruner	MG
34	2:59:27	M. Abransen	HOL
35	3:02:09	J. Baase	MG
36	3:28:49	B. Uhl	MG
37	3:29:26	R. Holk	MG
38	3:30:07	I. Drewnicki	MG
39	3:13:34	G. Schutz	MG
40	3:15:28	I. Schutt	MG
41	3:26:36	E. Hunseler	MG
42	3:28:04	L. Schultz	MG
43	4:09:03	G. Heinz	MG
44	4:11:24	N. Nilsson	SWE
45	4:51:52	F. Liedtke	MG

Track & Field Results

Continued from page 21

MIDWEST

10th Wisconsin Indoor Masters
Championships
Madison, Wisconsin, January 4

30-34: 60 dash — Robert Zohn, Waukegan, 38.75;
 70 low hurdles — Zohn, 38.75; Z30 — Robert Hemmels,
 Madison, 25.55; 600 — Jerry Fiedoruk, Green Bay,
 Madison, 2:36.00; Fiedoruk — Tim Roberts, Madison,
 Madison, 4:38.18; Two-mile — Dave Allen, Madison,
 9:17 (record); Long jump — Hemmels, 17-10; Pole
 vault — John Anderson, Racine, 11-2; Shot put — Pat
 Burns, Oak Creek, 44-1.
 35-39: 60 dash — Greg Miller, Madison, 37.81; Z30
 — Steve Gullison, Eagan, Minn., 38.1; 600 — Gary
 Yark, Rockford, Ill., 34.9; 600 — Yark, 2:37.7; Mile —
 Peter Johnson, Fond du Lac, 10-1; Two-mile — John
 Yark, 18:05.8 (record); Long jump — Tim Roberts,
 Madison, 16-2; Shot put — Roberts, 32-6.
 40-44: 60 dash — Roger Bognacki, Madison, 36.9
 (record); 70 low hurdles — Michael MacDonald, Madison,
 38.1; Z30 — Bognacki, 36.4; 600 — John Supel,
 Eberton, 1:36.8; 600 — Supel, 2:38.2; Mile — Alan
 Hutchcraft, Rockford, Ill., 9:38.4; Two-mile — Steve
 Roberts, Jefferson, 18:48.7; Long jump — Bognacki, 17-6;
 Pole vault — Dan O'Donnell, Burlington, 6-4.
 45-49: 60 dash — Ron Dennis, Menasha, 36.9
 (record); 70 low hurdles — George LaBelle, Menasha,
 Minn., 38.2; Z30 — Dennis, 38.5; 600 — Michael
 Brazier, Glen Elgin, Ill., 34.8; 600 — Brazier, 2:15.1
 (record); Two-mile — Ron Gendreau, Neenah, 10:34.1;
 Long jump — Peter Teppa, Madison, 16-70 (record);
 Pole vault — LaBelle, 6-4; Shot put — Carl Kuehn,
 Waukegan, Ill., 35-75.
 50-54: 60 dash — A. F. Bortolotto, Luxembourg,
 37.79 (record); 70 low hurdles — Dick Linher, Rock-

ford, Ill., 35.8; Z30 — Bortolotto, 36.9; 600 — Linher,
 1:42.3; Mile — Roger Miller, Menasha, 9:36.4; Long
 jump — Paul Lutzkowsky, Menasha-Waukegan, 15-10;
 Pole vault — Bortolotto, 6-80; Shot put — John
 (record); Pole vault — Frank Schuchman, Sun Prairie,
 7-4; Shot put — Bob Kama, Forest Grove, Ill., 30-6.
 55-59: 60 dash — Harry Brown, Waukegan, 35.
 37.2 (record); 70 low hurdles — Tom Hendes, Madison,
 34.8 (record); Z30 — Brown, 37.3 (115 record); 600 —
 Brown, 1:42.5; Mile — Dick Green, Rockford, Ill.,
 9:42.4; Two-mile — Tom Hendes, Waukegan, 10:32.3;
 Pole vault — Hendes, 10-70 (record).
 60-64: 60 dash — Bob Wambach, Sun Prairie,
 36.3; 70 low hurdles — Neil Buschman, East Lansing,
 Mich., 35.8 (record); 600 — Frank Schuchman,
 Waukegan, 1:38.3; Z30 — Winston Olson, Westby, 2:02;
 Mile — Olson, 9:48.5; Two-mile — Drew McAlister,
 Madison, 12:42.8 (record); Long jump — Buschman,
 13-70; Pole vault — Wambach, 6-10 (record); Shot put
 — Buschman, 30-1.

WOMEN
 30-34: Z30 — Linda Lyle, Madison, 32.9; 600 —
 Marilyn Goodyear, La Porte, 3:01.4; Mile — Cindy
 Bremser, Madison, 4:36.8 (record); Two-mile — Good-
 year, 12:57.2; Long jump — Linda, 12-10; Shot put —
 Linda, 29-110 (record).
 35-39: 600 — Mary Lee Lyon, South City, 1:21.7; 600 —
 Lyon, 3:08.4; Mile — Alice Winkler, Milwaukee,
 7:02.4; Two-mile — Lyon, 12:57.
 40-44: 600 — Carol Poston, Fond du Lac, 11.9
 (record); Z30 — Poston, 4:27.8 (record); Two-mile —
 Peg Johnson, Madison, 15:42.5.

JUST ADD ADRENALIN.

For distance running...
Zoom Air



For all-purpose running...
Rival II



For cross country...
Zoom X II



For all-purpose running...
Flame-Tech



For sprinting...
Zoom S II



For high jump...
High Jump



For long jump...
LJ III



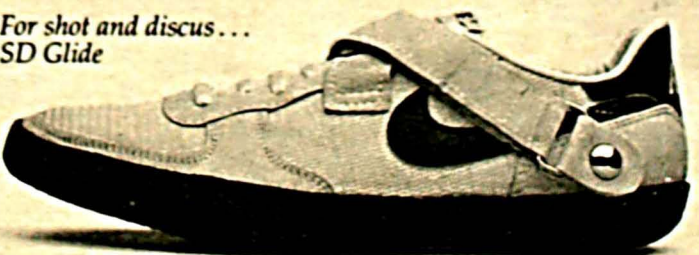
For triple jump...
TJ 60



For javelin throw...
Javelin 88



For shot and discus...
SD Glide



NIKE
Beaverton, Oregon