

NATIONAL MASTERS NEWS

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

102nd Issue

February, 1987

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These seven runners have completed all ten Rocket City Marathons. Front: L to R James Foreman (52) Huntsville, AL; Charlie Cooper (49) Huntsville, AL. Back: L to R Tommy Owens (47) Atlanta; Dean Godwin (47) Aiken, SC;

Gary Elkins (44) Gadsden, AL; Ray Giles (35) Birmingham, AL; Larry Boots (45) Birmingham, AL. Photo by Jim Oaks

Morcom Wins Third Straight National Indoor Pentathlon Title in Pennsylvania

by SCOTT THORNSLEY

The 1987 U.S.TAC National Masters Indoor Pentathlon Championships returned to Carlisle, Pa., the site of the 1985 national championships, and for the third consecutive year, Boo Morcom, 66, of New Hampshire, walked away as the meet's top point-scorer.

U.S. Coast Guard Lt. Jeff Watry, 31, of Virginia, was successful in defending his 1986 national indoor pentathlon title for the M30 division.

Watry had the meet's best results in three of the five events, as he long jumped 6.03m, high jumped 2.00m, and ran a 2:49 1000m. For those readers who may have recalled his March 1986 offer to computerize the scoring, Watry kept his promise, and was even able to include the new, but not-yet-widely-distributed 1985 IAAF 1000m run table. The program enabled the competitors to check their standings after each event, and probably

Continued on page 4

Oerter Turns 50 and Sets World Discus Mark

Four-time Olympic discus gold-medalist Al Oerter, who turned 50 September 19, demolished the world discus record for men over age 50 with an amazing heave of 65.30 meters (214-4½) in the Holiday Weight Pentathlon in Delray Beach, Florida, on December 28.

The prodigious effort bettered the former M50 mark for the 1.5k discus—a 185-9 set by two-time Olympic shot-put gold-medalist Parry O'Brien in 1984—by an incredible 36 feet.

It was the first time Oerter had thrown the lighter discus weight, since a 2-kg weight is used in open and masters competition through age 49. He holds world records in the M40 (227-11) and M45 (216-11) divisions. The 214-4½ throw could well turn-out to be the outstanding performance by a masters athlete in 1987.

Aside from Oerter's success, drenching rain put a damper on the event, causing the loss of 12 competitors by the time the rain ceased. □



Cindy Dalrymple wins \$1000 as top female master and betters U.S. age-44 female marathon record at the 1986 Rocket City Marathon, Huntsville, Ala., Dec. 3.

Fourth Straight Masters Title

Coffman, Dalrymple Win in Huntsville

by JIM OAKS

Masters results at the WZYP Rocket City Marathon were as simple as "A-C-D" and "A-D-C." A Cindy Dalrymple and a Don Coffman won the championships for this annual year-end event in Huntsville, Alabama on December 3.

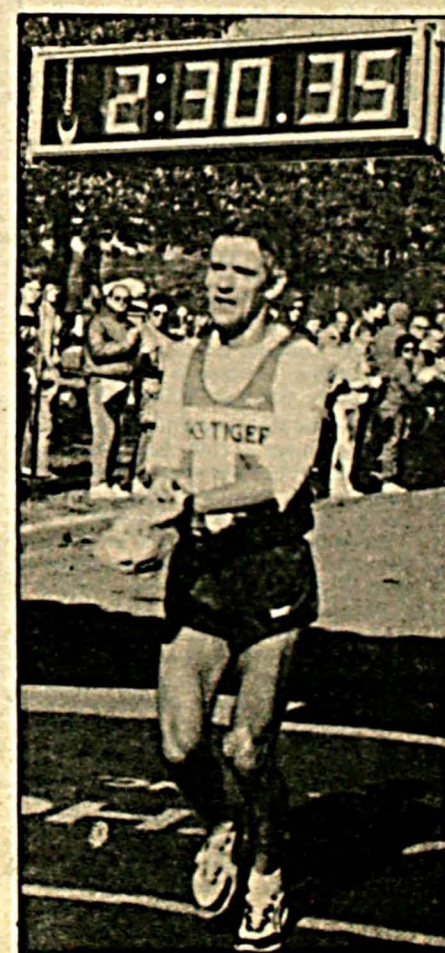
Dalrymple's time of 2:52:53 was faster than the listed U.S. age-44 record, and Coffman's 2:30:36 gave him four consecutive masters wins at this race.

For the 10th anniversary, the WZYP Rocket City Marathon added masters prize money. The top three masters finishers, both male and female, received \$1000, \$500, and \$250.

Other money winners were Tom Dooley, M40, of Toccoa, Ga., who ran a PR-time of 2:32:41, and Ken Prior, M45, of Vandalia, Ohio, with a 2:38:00.

Yvonne Rodgers from Seminole, Fla., was second W40-and-over in

Continued on page 11



Don Coffman makes it four straight masters titles at the Rocket City Marathon, Huntsville, Ala., December 3, and wins \$1000 prize money for the effort. Photos by Jim Oaks

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1986 AGE-GROUP AWARDS

The selection committee for outstanding athletes in 1985 did not recognize John Boots, 66, of Slidell, Louisiana, as one of the dominating athletes in his age bracket. At Indianapolis, John won the 800, 1500, and 5000 in addition to winning the Bronze medal in the 1500 at the Rome World Games.

In 1986, John set World age-group Indoor records in both the mile and 2-mile at the National Indoor Meet in Baton Rouge. Although injured, and only able to compete in one event at the National Meet on Long Island, John won the 1500 for the fourth consecutive year. Later, in 1986, he set single-age American records in both the 1500 and 2-mile runs outdoors.

Not to have recognized John for these type performances by the Selection Committee is most unfortunate for an outstanding athlete and individual.

Charles Wimberley
Metairie, Louisiana

A strong case can be made for Pam Calvert, 40, as "the outstanding athlete" for 1986 in the women's 40-44

age group in both the track and field categories. She had the best marks, nationally — and what should certainly be All-American status — in her age group in the 100m, 200m, 400m and 80mH (a pending age 40-44 AR); the HJ, LJ (a pending age-40 AR) and TJ (a pending age-40-44 WR). This, in spite of the fact she was unable to compete until late in the season because of a broken foot suffered in early June, and was only in her second year ever of T&F competition.

She also set the age 40-44 indoor TJ WR in 1986, and won three other gold medals in the indoor championships.

Richard McPherson
St. Louis, Missouri

(Beverly LaVeck, TAC's Masters Track & Field Awards Coordinator, could use help next fall in selecting the top 1987 athletes. Anyone interested should contact LaVeck. See address on page 2. — Ed.)

FIELD EVENT COVERAGE HIT

Over the years, NMN has concentrated on distance events, which is fine. But you have totally been remiss in your coverage of field events, and the

competitor who contributes to that phase of the sport.

I am so disgusted with the current format that I see no reason to subscribe any longer.

Larry Stuart
El Toro, California

(Usually the criticism is the opposite — that we devote more space to track & field than to long-distance running. Let's face it: it's a seasonal sport: T&F in summer, LDR in winter. Hang in there with us. And check out the pentathlon results in this issue. — Ed)

L.A. TIMES STORY

My congratulations to Gene Harte, 61, and Bob Watanabe, 60, for the great write-up in the Jan. 1st L.A. Times. This is a "big plus" for the masters. I expect to see new faces at the starting blocks as a result of this inspiring piece. Not too far in the future, I expect we'll see masters events in the invitationals such as Sunkist and the Forum. Thanks again to Gene and Bob, two champions.

Jock Jocoy
San Diego, California

Continued on page 9

NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC)

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John Woods - Men
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So. Harpswell, ME 04079

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(518) 827-6709

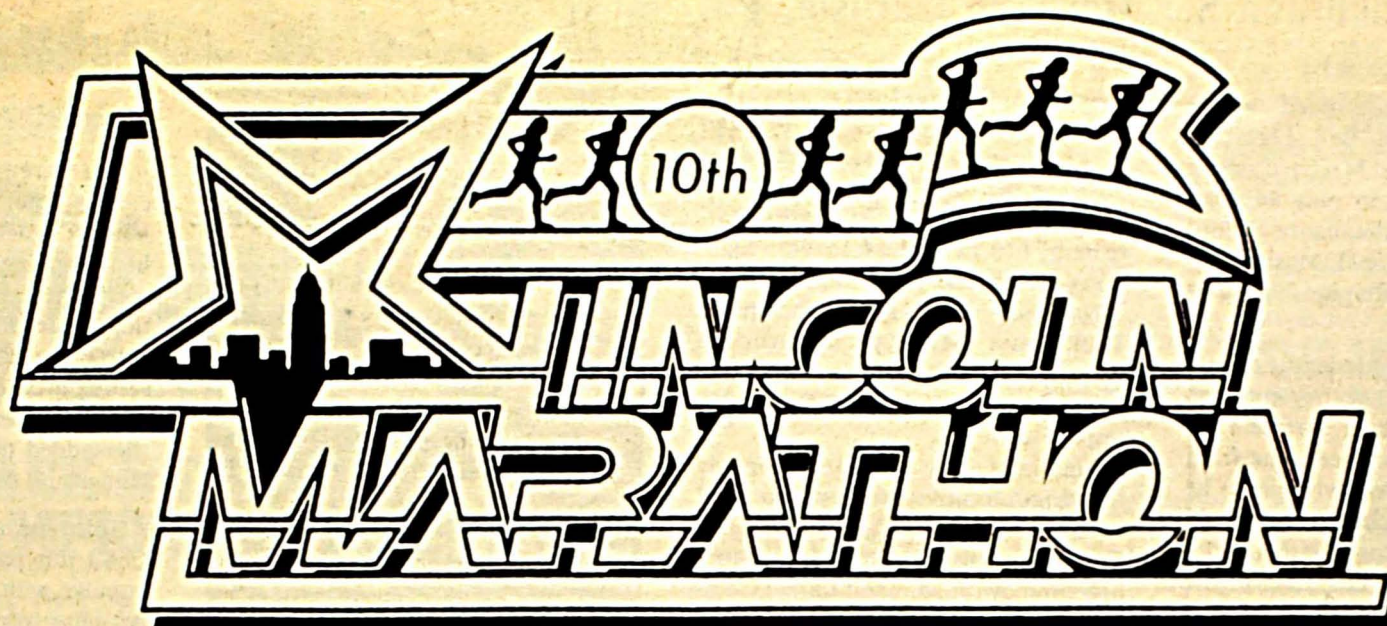
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31 Richland Road
Wellesley, MA 02181
(617) 237-7547

Ruth Anderson - Women
(address above)

Rules Coordinator:

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5104 Alhambra Valley Rd.
Martinez, CA 94553



Lincoln a runners' marathon

The Lincoln Marathon has a longstanding reputation for being a runners' marathon. The City, its business community and the Lincoln Track Club will come together again on the weekend of May 2nd and 3rd to extend this tradition of excellence.

- Half-Marathon option . . . Both courses certified . . .
- T-shirt to each entrant . . . Sports medicine clinics . . .
- Pre-race pasta dinner . . . Superb police traffic control . . .
- Splits each mile . . . Physician-staffed aid stations . . .
- Liquids in cups with lids and straws . . .
- Olympic track-style finish at UNL's Ed Weir Stadium . . .
- Extensive medical care at finish . . . Free massage therapy . . .
- Custom-cast pewter medallions to finishers . . .
- Awards in 10 age divisions for men and women . . .
- Distinguished Achievement Awards . . . Veterans Awards . . .
- Post-race awards party

Information Request Form

Please send me _____ entry forms for the 1987 Lincoln Marathon and Half-Marathon.

Name _____

Address _____

Mail to: Marathon, 2809 Jackson Drive, Lincoln, NE 68502

☐ Also send me information about the Statehood Day 10-Mile, Feb. 28, 1987.

NEW COURSE!

In celebration of our 10th Lincoln Marathon we have designed a new course. The new circuit is a mostly residential and sheltered double-loop. Still flat. Still fast.

**Marathon
Lincoln**

Bud Light Meet Gets Winter Backlash**Sutton, Zachman Set Marks in Carlisle, Pa.**

by SCOTT THORNSLEY

Threats of a continued winter snowstorm kept the Bud Light/PA Masters Track & Field Meet in Carlisle, Pa., on January 4, to only 96 competitors, its lowest attendance in four years. (TAC's National Masters Indoor Pentathlon Championships were run concurrently).

The weather didn't hinder the efforts of several athletes, once they got onto the 200-meter Chemtuff surface. The most notable performance came from Jim Sutton, 55, of Pennsylvania, as he raced to his third consecutive world age-group indoor record for the 1500m run — a 4:29.8, his best time in the four years he's attended the meet.

Sutton ran with the faster M30 runners, while spectators and athletes alike stopped and cheered him on, as the announcer informed the audience of the race's significance. Sutton ran the last

200 amid a roar from the spectator gallery and the gym floor.

Paul Zachman of New Jersey raced to a pending world M75 record of 3:20.7 in the 800.

Vivian Nelson, 74, of nearby Harrisburg, tied her American W55 high-jump record with a 3-2 leap.

National indoor sprint champions Tony Jones (M30-60y) and Alfonzo Walton (M30-300y) raced to impressive wins in the 55m (6.5) and 200m (24.2), respectively.

The meet was sponsored for the fourth consecutive year by two local companies, the G.C. Blosser Beer Company, on behalf of Bud Light beer, and by the Masland Carpet Company, one of the nation's largest manufacturers of car carpets. For the second consecutive year, the meet was held to benefit the Pennsylvania Special Olympics program, and turned over \$500 to that charity. □



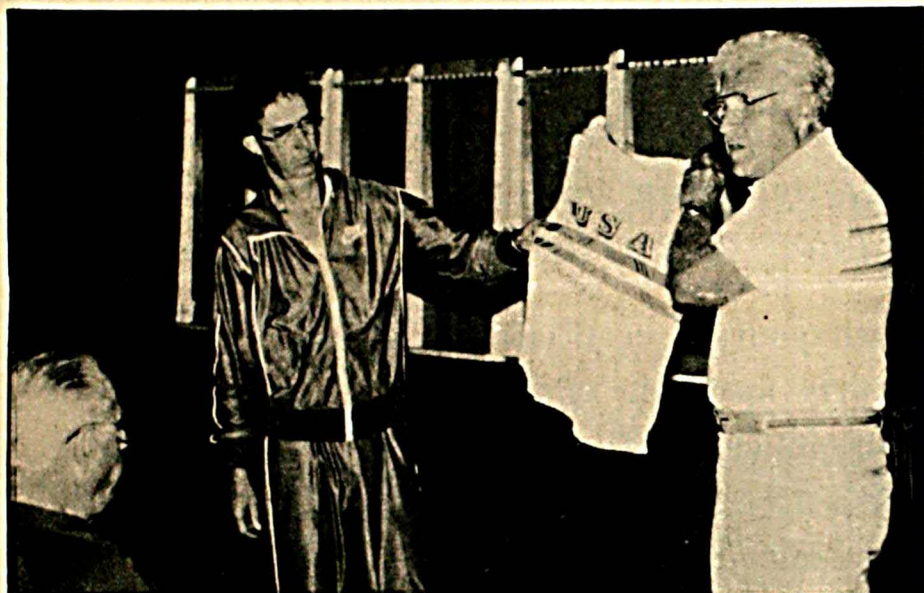
Spotted at Stanford in late December was your basic faster-than-average Santa, or Red Rocket if you prefer. Now we know how he hits all of those chimneys so fast!

Birmingham to Hold Age-Handicap Meet

by GORDON SEIFERT

The Birmingham Track Club will change the format of its annual masters track meet to one of age-handicapping. In an "age-handicap" meet, there is no age-group competition; instead, all ages and sexes compete in the same division, with runners getting a head start in each event, and field-event performers getting extra inches added to their efforts—all based on age and sex.

This type meet was held on the West Coast this past August and was quite popular with all those in attendance. An entry form will be published in the April issue of the *National Masters News*. Until then, contact Gordon Seifert, 1514 Ridge Road, Birmingham, AL 35209; (205) 879-8031.



Jerry Donley and Mike Castenada display singlet for proposed new U.S.A. uniform.

Photo by Gretchen Snyder

NATIONAL MASTERS NEWS

Subscription Form

Masters Athletics is booming!

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking. It contains information you can't get anywhere else. It's a bargain at 12 issues a year for only \$18.75. Subscribe now.

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Walters Runs 2:47 to Qualify For Trials; Boyd Sets Record in Phoenix Marathon

Harolene Walters, 44, of El Toro, Calif., ran 2:47:33 to finish first woman overall at the inaugural Phoenix City Marathon on January 10. Her time qualifies her for next year's women's Olympic Marathon Trials in Pittsburgh, and is the fastest marathon ever run by an American woman age-44-or-older.

Reportedly only out for a 22-mile training run (in preparation for the upcoming Las Vegas marathon), Walters went on for the win after passing fellow master Marie Boyd, 45, who had led the women's race until hobbled by cramps in the final ten miles.

Boyd managed to finish in a new American age 45-49 record 2:51:28 over the certified course, breaking Sandra Kiddy's W45 mark of 2:53:22, set in July, 1982.

Nadra Colohan was first over-50 in 4:36:12, though over 30 minutes behind W55 leader, Gabrielle Shaul (4:02:29).

Among masters men, Nicholas Appleton was fastest in 2:43:19 to take M40 honors over James Olsen (2:46:15). Other winners: M45 — Jack Clark, 2:58:35; M50 — Mike Mikkelsen, 3:00:55; M55 — Wifred Potter, 3:09:49; M60-69 — Robert Borzak, 3:27:08; 70-plus — Troy Organ, 4:35:16.

Overall men's winner, Mike Scannell, 23, of Tempe, Ariz., broke away at 23-miles to beat 39-year-old Boston Billy Rodgers, 2:16:39 to 2:17:25. Over 1000 runners enjoyed the flat course and near-perfect "marathoning weather." —from Fred Moore and Lynn Nelson. □

Morcom Wins Third Straight National Pentathlon Title

Continued from Page 1

confirmed the necessity of running a swift 1000m for Watry and Jack Gilmore, 52, of South Carolina. Both men relied on the last event to win their national titles.

Steve Suto, 35, of New York, moved up to a new age bracket and won his second national indoor pentathlon title in three years. In 1986 Suto lost to Watry in Maryland for the M30 title.

Chuck Miller, 49, of Texas, and Denver Smith, 61, of Ohio, only had the tables to contend with as no one else showed up in their age group to challenge them.

Rudy Enders, 55, of Virginia, took the M55 division by winning three of the five events, to beat out second place Dave Douglass, of California, by over 300 points.

Only 20 entries were received, compared to 37 in 1985, so perhaps it was too early in the year to hold a national championship. Other clubs must volunteer to hold these events or there is a chance they won't be held at all. Interested clubs should contact TAC's National Indoor Coordinator Ron Salvio (address on page 2) for the 1988 event. □



TRACK & FIELD CHAMPIONSHIPS

APRIL 25-26, 1987
Palm Beach County
FLORIDA



FLORIDA'S PREMIER MASTERS TRACK AND FIELD EVENT

THE MEET

Sanctioned by The Athletics Congress/Florida Assoc. the meet will be held at the newly resurfaced John I. Leonard High School Stadium. Located in Lake Worth, the track is a 400 Meter all-weather surface, with all field events within the facility.

AGE GROUPS

19-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-over, for both men & women. Age group of athlete is determined by the age of athlete on the date of the meet.

AWARDS

Custom medallions will be presented to the first (3) three athletes in each of the listed age groups.

MEET PACKETS

Meet packets can be picked up at the meet Headquarters Hotel on Friday night April 24th in the hospitality suite, or at the meet on Saturday April 25th and 26th.

DON'T FORGET

The South Eastern Masters in Raleigh, North Carolina is May 1-3, 1987. One week after this meet. Why not make a vacation package out of these two first class Masters Track and Field Meets. Information will be available upon request.

SCHEDULE

Saturday April 25th:

8:00 AM - All field events report to clerk (long jump, triple jump, pole vault, high jump, shot put, discus, hammer, javelin)

9:00 AM - 110 Hurdles - finals

10:00 AM - 100 Meters - Semi-finals

10:30 AM - 800 Meters - Finals

11:30 AM - 400 Hurdles -

12:30 PM - 5000 Racewalk (finals - all ages)

1:30 PM - 100 Meters - finals

2:30 PM - 1500 Meters - finals

3:30 PM - 400 Meters - finals

4:30 PM - 200 Meters - finals

8:00 PM - Luau and Party

Sunday April 26th:

8:00 AM - 5000 Meter Run (finals - all ages)

NOTE: On certain events some age groups may be combined for scheduling purposes. Some finals will be based on times. In all running events the order shall be oldest to youngest, men and then women. All TAC/USA rules will be followed. A final schedule of field events and running events will be posted at the meet headquarters Friday April 24th. No entries will be

taken for field events after 8:00 AM Sat., and for running events 10:00 AM Sat. excluding 5K run.

ENTRY FEES

In order to enter the meet Please use the attached entry form. The entry fee is \$8.00 for the first event (includes meet T-shirt) and \$3.00 per each additional event. Additional souvenir meet T-shirts can be ordered at the time of your entry at a cost of \$5.00, (\$7.00 at the meet site)

ENTRY DEADLINE

All entries must be postmarked by April 20th. All late entries will be charged \$2.00 per event late fee, (no exceptions) For further information, Please call Palm Beach Track and Field Championships at 305-968-7171 evenings.

MAIL ALL ENTRIES TO

PALM BEACH TRACK AND FIELD CHAMPIONSHIPS

6301 DOCKSIDE CIRCLE

GREENACRES CITY, FLORIDA 33463

PLEASE MAIL ENTRIES AS EARLY AS POSSIBLE.

THANK YOU

IMPORTANT INFORMATION FOR

PRESS RECOGNITION

IF YOU HAVE COMPETED IN ANY STATE, NATIONAL OR WORLD CHAMPIONSHIPS OR HOLD ANY RECORDS, OR HAVE ACHIEVED ANY MILESTONES: PLEASE ENCLOSE THAT INFORMATION FOR INCLUSION IN THE MEET PRESS KIT. THANK YOU.

FOR MORE MEET INFORMATION

CALL OR WRITE

PALM BEACH TRACK AND FIELD CHAMPIONSHIPS

6301 DOCKSIDE CIRCLE

GREENACRES CITY, FLORIDA 33463

(305) 968-7171 EVENINGS

WAIVER OF LIABILITY

In consideration of your accepting my entry into the competition known as The Palm Beach Track and Field Championships, I, intending to be legally bound, do hereby for myself, executors and administrators waive, release, and forever discharge any and all rights and claims for loss, damages, or injury to my person, or property, arising out of my performance, or failure of performance, from Palm Beach Track and Field Association, their agents, representatives, successors and assigns.

Signature

date

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SOCIAL ACTIVITIES:

PALM BEACH COUNTY IS ONE OF THE FASTEST GROWING COUNTIES IN THE UNITED STATES, AND HAS MANY TOURIST ATTRACTIONS. THE MEET IS SCHEDULED SO THAT MOST OF SUNDAY IS FREE FOR SIGHTSEEING AND ENJOYING OUR LOVELY WEATHER. (INFORMATION WILL BE AVAILABLE AT THE MEET OR BY REQUEST)

ON SATURDAY NIGHT, AT THE MEET HEADQUARTERS HOTEL THERE WILL BE A LUAU AND PARTY FOR ALL PARTICIPANTS, FRIENDS AND RELATIVES VISITING WITH THEM. TICKETS MAY BE PURCHASED THROUGH THIS ENTRY FORM OR WHEN YOU ARRIVE AT THE MEET. (price \$15.00 Each) THIS WILL BE A GREAT OPPORTUNITY TO GET TOGETHER WITH FELLOW COMPETITORS AND FRIENDS AND ENJOY LIFE.

PHOTOGRAPHS:

PHOTOGRAPHS WILL BE TAKEN DURING THE MEET AND WILL BE AVAILABLE FOR SALE AT THE LUAU AND PARTY FOR \$5.00 EACH. THEY WILL BE 3x5 COLOR SHOTS WITH CUSTOM FRAME.

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miss
it!

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BIRTHDATE: AGE AS OF MEET:

SEX: MALE ☐ FEMALE ☐ TAC #

EVENT ENTRIES

PLEASE ENTER ME IN THE FOLLOWING EVENTS:

1. event best recent mark 4. event best recent mark

2. event best recent mark 5. event best recent mark

3. event best recent mark 6. event best recent mark

FEES: (MAKE ALL CHECKS PAYABLE TO PALM BEACH TRACK AND FIELD CHAMPIONSHIPS)

1st EVENT IS \$8.00 = \$8.00

ADDITIONAL # EVENTS \$3.00 @ # EVENTS: X3 = \$

LUAU AND PARTY TICKETS # TICKETS @ \$15.00 # TICKETS: X15 = \$

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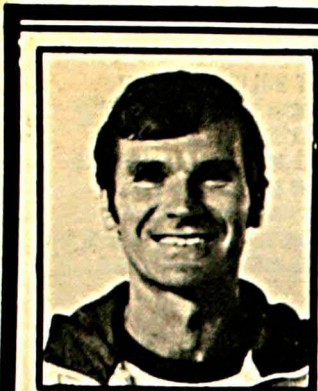
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THE GUN LAP

by MIKE TYMN

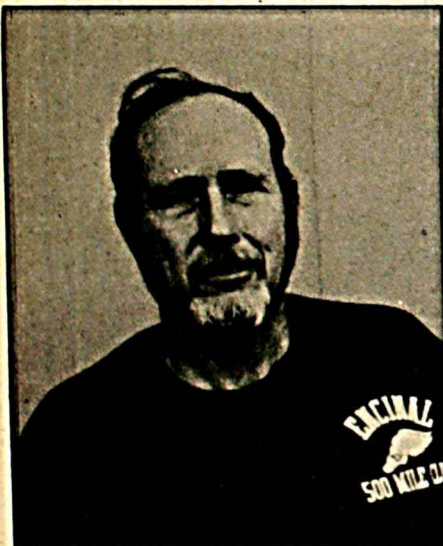
After 45 Years of Running, Joe King is Getting Serious

In his high-school psychology class, Joe King asks his students to write down all the things they want to do during their lifetimes. He takes the opportunity to list the things he still wants to do.

"If you want to stay young, you need purpose," says King, a 60-year-old resident of Alameda, California. "The things I put down last time were to run under 5-minutes in the mile again, run under three hours in the marathon, see the world, learn to play the guitar, the piano. These are all ahead of me."

Perhaps the only thing keeping King from realizing those first two goals is his love of good food.

Take away 10-15 of those 155 pounds on his 5-8 frame, add maybe 30 miles a week to his training regimen, and King will be lean and mean. He might even be up there with Jim



O'Neil, Alex Ratelle, and the other top competitors in his age group.

Getting rid of the excess pounds and adding to his training load is one of King's major goals for 1987. He estimates he'll be down to his fighting weight by April or May, although he doesn't expect to really tear up the roads until summer vacation.

"I don't know if I can beat him, but I think I can give him a race," King says, referring to O'Neil. King's focus is on O'Neil because it was in Alameda, an island city just off Oakland and across the bay from San Francisco, that O'Neil recorded his 60-64 10-K record of 34:27 in 1985.

That performance impressed King and made him begin to think about getting serious again.

Actually, in some 45 years of running, King has never really been all that serious — serious enough that is to put in 70-90 miles a week of training and get the weight down to the low 140's.

I met Joe during the 1950's on the high school track where he now teaches, and began running the roads with him several times a month. After finishing college and serving several years in the military, I returned to Alameda and joined him on the Santa Clara Youth Village team, which was founded and coached by Mike Ryan, winner of the 1912 Boston Marathon. It was then 1961, and at 35, King was, except for an old racewalker, always the oldest competitor in Bay Area races. In those days, very few runners continued to compete for more than two or three years out of college.

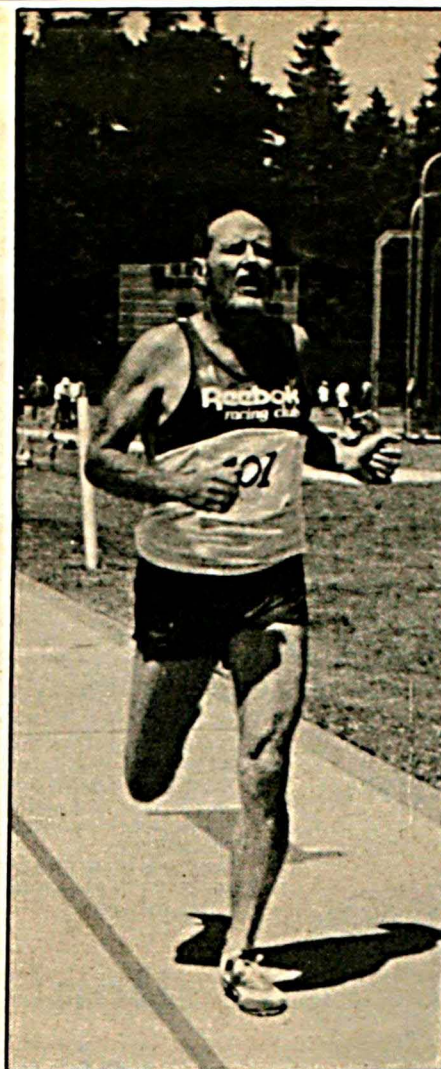
In fact, I remember feeling a bit sorry for the "old man" and thinking that it was a little undignified for a person of his years, a school teacher no less, to be running around the streets.

I also remember thinking that King had surely lost his speed when one day he told me he was going to try a marathon. "Poor guy," I thought, "stooping to run a marathon."

And yet I was so in awe of a man his age, with a wife and six children, still competing that I wrote about him in the November 2, 1962 edition of the Alameda Times-Star.

"In this era of comfort and convenience, the average man in his mid-thirties seems content to spend his leisure time relaxing in an easy chair viewing TV," the article began. "At most, his activity is confined to a round of golf now and then. In contrast to our increasingly sedate way of life, Alamedan Joe King, 36, of 1428 Morton St. stands out as an example of fitness and drive."

"Recently, King blazed his way over the crest of Mt. Tamalpais from Mill Valley to Stinson Beach, a distance of 7.9 miles, to a sixth place finish among some 75 runners. The lean school teacher covered the course, considered one of the roughest in the U.S., as fast as he did 15 years ago when he came



home with the third place trophy."

Of course, that was the now famous Dipsea course — the same one which Bruce Dern took on in the movie, *On the Edge*.

"To condition himself for these races," the Times-Star article continues, "the father of six logs-in around seven miles a day, six days a week, and his workouts vary from 100 yard wind sprints on the high school track to an eight mile course which starts from his house on Morton St. and takes him to Oakland via the Tube and back home by way of the Park St. bridge, a distance which he churns in 45 minutes."

Joe and I talked about those "old days" over dinner recently, as his wife Janet and Sal Vasquez, now Alameda's most famous runner, listened.

"There were only about four or five road races per year in the area then," King says, smiling. "Cross-City (Bay to Breakers), the Statuto race in North Beach, Walnut Festival in Walnut Creek, and the Dipsea race, maybe one or two others."

King was a miler and captain of his Oakland Tech High School championship team in 1944. He remembers winning a mile in 4:33 while in the Army Air Corps during 1945 and then going on to run for the College of Marin and winning the conference 2-mile championship in 1947. He also recalls finishing fifth at Bay to Breakers in 1950.

"In those early days, I used to run through the streets often and no one else ran, at least on the streets," he recalls. "I didn't strip down to track togs then, but ran in street clothes or a

sweatshirt and cut-offs. I had the cops stop me twice and check me out."

King laughs when he recalls the summer that he worked at Moore Dry Dock shipyard in Oakland during World War II, while he was still in high school. "I ran the two miles from where I lived by Lake Merritt in Oakland. I'd run dressed for work, and one day I decided to really kick over the last 200 yards to the gate. I heard a commotion behind me, and, turning, saw a horde of overweight, gear encumbered Rosie the Riveters running and jostling behind me. They all figured we were nearly late for work. Why else would some nut be running in those days?"

Busy with raising a family, teaching, and coaching track and cross-country, King didn't compete much during the late 60's and throughout the 70's. However, he continued to run three or four times a week for fitness. It wasn't until a few years ago that he started competing again.

"I'm not sure I would have started racing again were it not for age grouping," he says. "Call it ego if you will, but I'm kind of a competitor and am not content to go out and be 200th or 250th in a race. There's no incentive to do that."

King got up to 50 miles a week of training and dropped his weight to 148 for the World Veteran Games in Rome during 1985. There, he ran some very respectable times — 4:44 for 1500 meters and 17:46 for 5000. He also clocked 37:12 for 10-K in the Pacific Sun road event that same year.

After turning 60 last May, King won twelve straight races in his age division, including a single year American track record of 10:53.2 for 3000 meters, on somewhat limited training and with most of those excess pounds. When a mentor teaching program started cutting into his free time, he stopped racing.

"My problem is that when I get real busy and under stress, I started eating a lot," King explains. "If I can just control that and maybe get in a little more mileage, I'm fairly certain I can improve on all those recent times."

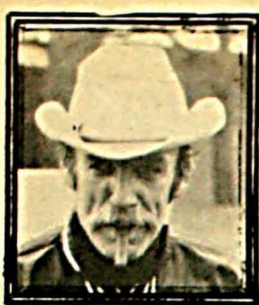
It sounds weird to some people, but I actually enjoy running myself ragged on occasion. This willingness to pay the price of discomfort and stick to it has carried over into other facets of my life. Through my running experiences, I feel I've gained tremendous staying power — in Boys' Club work, teaching, negotiations for teachers, playing chess, backpacking, other things."

Back to that sub-5 minute mile, I mentioned to Joe that the oldest age at which any one has accomplished that is 61. That was by John Gilmour of Australia in 1980.

"Well, I still think I can do it," Joe responds. "When I was 16, I felt I could do almost anything. I promised myself that I'd stay 16 as long as I could. And, I'm still working on it."

□

SIGNATURE



On Approaching Every Problem With an Open Mouth

by W. MacDonald Miller

Friends

I don't know what it is, but there's something about running with a couple of hounds that just makes my day. I mean, do they get excited when they see me pulling on the old orthotics?

We have scratches on the ceiling as proof of some of their better efforts. They each do about a half-dozen, 360-slam-dunks over tables, chairs and above my wife's pleading with me to be a little more quiet. "Has it ever occurred to you that people might be trying to sleep?"

When we finally bust out the front door, it's pretty much five minutes of mayhem. They leap straight into the air several times, one uses a scissor move and the other a combination Tom Langenfeld-Dick Richardson Western roll. They seem to get all charged-up over seeing their breath and, about once a week, one of them will manage to bring me down before we've cleared my own yard.

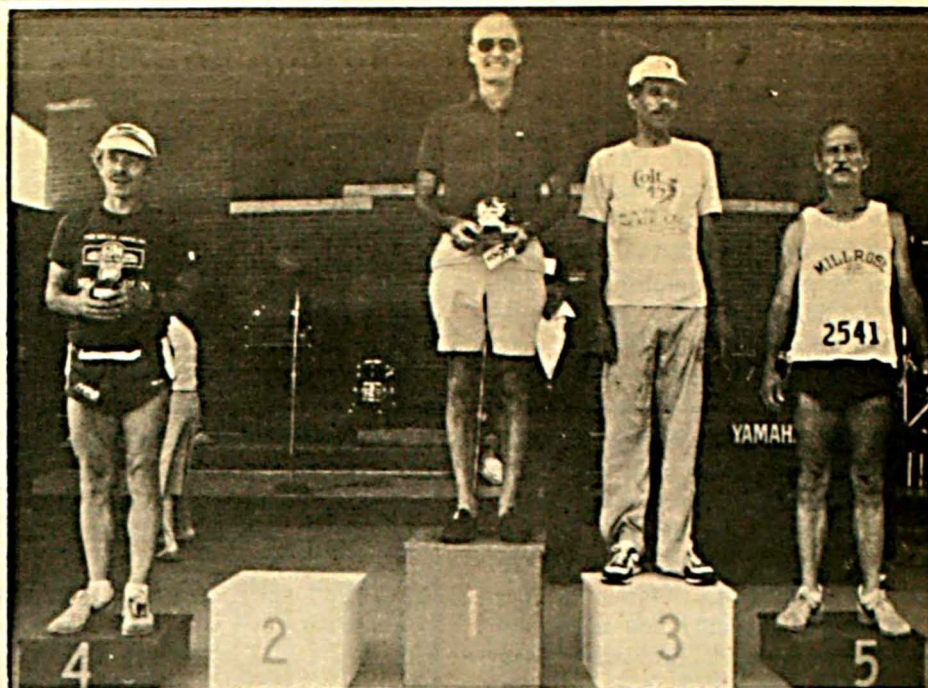
I try to stay on the lawns in the early going to cushion this start-up possibility. There are several almost unbelievable things that can happen during these magnificent leaps into the air. They have nipped me on the nose, they have taken my hat off my head and they've landed on my feet. Maybe this all sounds fairly harmless but until you've had a medium-size dog in 20-degree weather finish off a forty-foot triple-jump by placing what feels like a farm spike in the middle of a \$5.99 K-Mart jogging shoe, you've really never been jerked awake in the morning.

My screaming and cursing their names is the signal to leave me alone and start on one another. They each have a lock on the others neck and they're running wide open with no apparent notice that they're heading straight for a tree or telephone pole. Disaster? Forget it. They release one another, pass on either side of the obstacle and relock without so much as breaking stride.

By now we've hit our first dangerous crossing. We regroup, they watch me

as if their life depended upon it (maybe they know it does) and, upon my signal that the coast is clear, they highball to the other side, where a new and different ritual unfolds. It's a whole sniffing, yellow-snow, bowel movement along with finding the occasional chicken bone someone has thrown out their car window. All dog people understand the process; my dog goes on your lawn and your dog goes on mine. Unfortunately this does leave the non-dog owner in a bit of a mess but life, as you know, has never been that fair. Need I remind you of the whole hurdle-height crisis we've struggled with for all these years. I personally like some of the things this new voice in the Masters movement is saying, "Always have one hurdle race each meet with no hurdles. How could anyone complain about the height, let alone the spacing?" Oh, I suppose we'll find a way, but as those of us who earn a living as negotiators like to say — it's a beginning.

Anyway, back to pooper-scoopers I have known. My two hounds are both female, both black, both very good



On the victory stand are M55-59 winners of the Asbury Park 10K. Left to right: John Crawford, Kenneth Jones, Bill Johnson, William Schwartz (not present, Ralph Aquino). Photo by Valentine

friends of mine and one another. I haven't the foggiest notion of their breeding. I got Tubby about eight years ago from the Anti-Cruelty Society in Chicago. She whined and weed so much that two months later I got Nicky from the Evanston Animal Rescue Center. Total investment: five bucks to those thieves in Evanston. I gave up explaining what breed of dogs they are long ago. Because of their checkered background I suppose, they're small and stunted, people will ask, "Lab pups, huh?" I say, "Yes," or simply, "They're your basic black dog."

For the past eight years I've run several thousand miles and 90 percent of those miles have involved Nicky and Tubby. They have taken runners to the ground from coast to coast. Their most lethal move is a squirrel chase that takes them through the pack of runners. The best effort I ever saw them make was on our Saturday morning club run when the squirrel maneuver brought three members to the ground. We've run on the beach in California, in the Everglades in Florida, in the mountains in Colorado and on and on.

They've been fox hunting, attacked by a herd of deer, and ridden a 3,000-mile stretch on the floor boards of a car. I remember staying with some friends in Crested Butte who were runners and owned a dog. When we left they said, "Hope you'll come back next year but probably better leave the hounds at home."

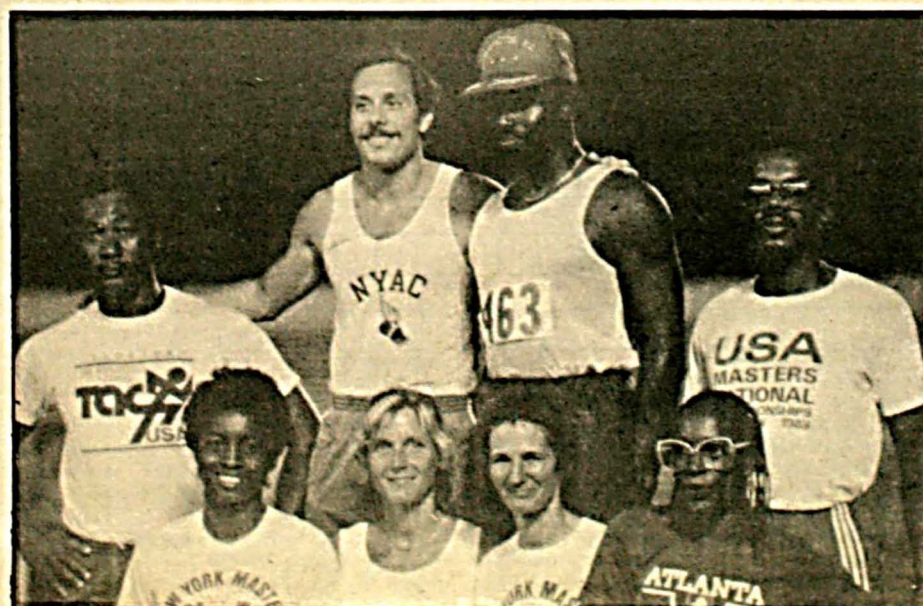
I'd be less than honest if I didn't admit there have been some severe critics. A common question put to anyone setting up a workout is, "Will Miller be there?" This head-on reaction I can handle. The innuendo and dirty looks are what I find difficult.

Recently there was a situation where, as we approached three women running toward us on the running path, they didn't say a word but simply ran off the path and climbed about ten feet up the nearest tree. Fine, whatever turns you on. It's the look people give us as we pass. I'm always tempted to yell, "Get 'em, Killer, lick 'em to death."

A friend of mine who runs in Lincoln Park told me about recently running with a guy who had his dog out with him. They met a woman with her dog who was properly attached to a leash. She lashed them both with an indignant, "How inconsiderate!" I mean, I could accept a, "Get your damn dog out of my face, Buster," or, "I bet you make obscene phone calls," but, "How inconsiderate?" I bet she's got a BMW and a Yuppie jerk for a husband, too.

I've often wondered how my hounds felt about these critics but, to my knowledge, they've never uttered one word of complaint. Knowing them as I do, I bet they talked it over with one another and decided that it's no big thing, life is still pretty much what it appears to be, a gift worth living.

What more could a person want? Tomorrow morning I'll take a run with maybe Ron and maybe Bob and certainly Nicky and Tubby. Not much pedigree but I like them very much and they tolerate me. □



Winning USA 30-39 4x100 relay teams at the Pan American Masters Games in San Juan, Puerto Rico, October 10-11-12. Left to right, top: Nate Robinson (Fla.), Ivan Black (N.Y.), Al Walton (Wash., D.C.), Jim Wilson (Pa.); bottom: Jennifer Pinto, Kathy Pierce, Sandy Pashkin, Irene Thompson (all from New York).

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Write On! Continued from page 2**SCHEDULING**

It's hard to believe, but in several masters meets in '86, the 400-meter run was planned for just 20 or 30 minutes before the 200 or 100 run!

I appreciate those who plan and provide for our track meets. What would we do without them? But please fellows, could you space it out a little better?

*Clarence Killion
Sanger, California*

I think Paul Dungan's proposed time schedule is headed in the right direction, but I would like to suggest that all indoor championship meets be run on Friday and Saturday and all outdoor championship meets be run on Thursday, Friday and Saturday.

I have been running in both the indoor and outdoor meets for eight years and I haven't been to one that wasn't one, two or three hours behind on the last day of the meet, Sunday.

I think people are willing to give up Thursday and Friday of work instead of Monday. If the meet is behind, many people will have to make the choice of missing their flight or their event. Some people can not stay for four days, and travel time must be considered.

If the meet ended on Saturday this would give people time to rest, sightsee and shop, which is one of the reasons that I like to run in the masters and travel to different cities.

*Dolan Street
Ann Arbor, Michigan*

Is the proposed schedule for national championships on page 5 of the January NMN a piece of committee work or the project of an "interested individual?"

I find at least two major problems: 1) why schedule every relay before the respective individual races? 2) On what basis can seven separate 5K & 10K finals be justified? There's the whole extra fourth day right there.

*Ramsay Thomas
Lafayette, California*

(As we noted in the proposed schedule, albeit in small type, the entire page was written and paid for by an "interested individual," Paul Dungan, a former masters competitor who cares deeply about the masters program, and proposed the timetable as an optimum way to run a national masters championship.—Ed.)

EARLY MORNING RACES

It would be wonderful if some race directors would favor the owls among us, and schedule 5K and 10K runs for later starts.

Some of us who are not larks find it difficult to get up early, plan an hour or more of travel time, and then, start to "race" at 8 a.m.

Physicians favor later-in-the-day sports when one's body has had a chance to warm up. Why can't race times be 10 a.m. or 11 a.m. or even noon?

*Diana Smith
Claremont, California*

NATIONAL 15K X-C

The National Masters 15K Cross-Country Championships held at Van Cortlandt Park, N.Y., November 23, was a very well-organized race, and the Millrose AA did a superb job of assisting in the conduct of the race. The weather was clear and between 50 and 55 degrees. The course was a good one — hilly but real cross-country. It consisted of three 5K loops. Water stations were adequate; splits were given and there was a digital clock at the start, which you passed two additional times and where you finished. Massages were available for runners who needed them.

The refreshments after were first-class, consisting of a buffet dinner and beer. All in all, it was one of the best races I have attended. Kurt Steiner did a swell job.

Larry Olson, the winner in 49:43, should turn out to be one of the bright stars in masters running.

*William Shrader
Middleburg, N.Y.*

NATIONAL 8K

On December 6, during the TAC Convention in Tampa, I had the opportunity to participate in the 1986 TAC National Masters 8K Road Championships sponsored by the West Florida Runners Club, Dick Lacey, Chairman. The weather was excellent for a road race and the course was laid-out in a residential area in the community of Clearwater, adjacent to Tampa Bay. The race was extremely well-run and well-organized. Everyone seemed to enjoy the competition and particularly the fellowship following the event.

The race offered \$300 in prize money and all competitors, men and women, were age-graded. As a result all competitors had an equal shot at the prize money. Congratulations should go to Dick Lacey and his committee for an extremely well-run event, which has been presented by the WFRC for the past three years.

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

Continued on page 11



YOU MAY HAVE ALREADY QUALIFIED FOR THE 1987 U.S.N.S.O. 10K ROAD RACE!

If you meet the following rules and regulations for the first-ever 1987 USNSO 10K Road Race, you have already qualified! The 1987 USNSO will be a 6-day event from June 27 through July 2, and has competition in 11 sports. Some sports require qualification at regional Senior Olympics competitions.

Any athlete, man or woman, ages 55+, who has previously entered and completed a 10K race, may enter the 1987 USNSO Road Race. Verification of the performance must accompany his/her entry. Examples of verification: signed statement by meet officials, news clippings, copy of meet results, etc.

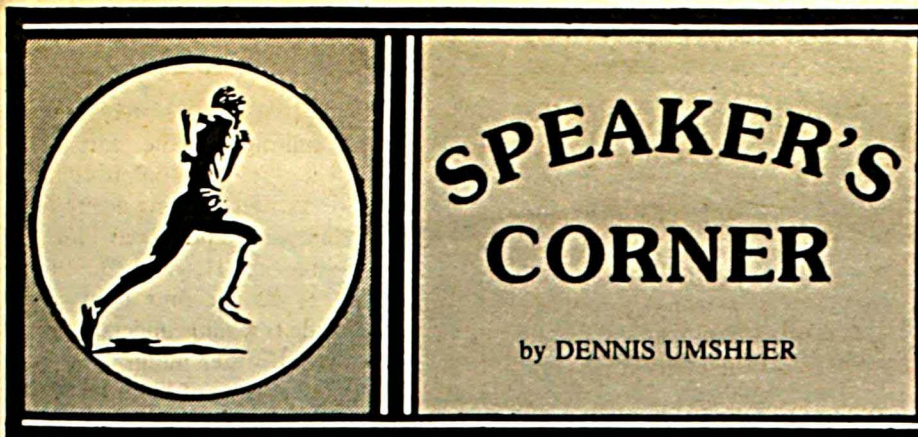
The USNSO 10K Road Race will take place on Sunday, June 28, 1987, in St. Louis, Missouri and will be under the direction of the St. Louis Track Club.

If you qualify for the 1987 USNSO 10K Road Race, and you'd like to enter, please contact Joy Rice, Administrative Director, USNSO, 321 West Port Plaza Drive, Suite 202, St. Louis, MO 63146. (314) 576-1987.



U.S. NATIONAL SENIOR OLYMPICS

U.S. National Senior Olympics is in no way affiliated or associated with either the United States Olympic Committee or the International Olympic Committee and such events are not held under their auspices.



How Many Attempts Allowed in Field Events?

There appears to be confusion at some Masters track and field meets concerning the number of attempts allowed in the throwing and horizontal jumping events. Perhaps some of the confusion arises from the varying sets of rules governing track and field in this country (high school, college, TAC), with which meet organizers and officials may or may not be familiar.

The 1987 National Federation of State High School Association Rules, for example, state that competitors are allowed three preliminary trials, and each qualifier for the finals is allowed three additional trials. In meets with a limited number of competitors, the games committee may allow competitors only four attempts total (Rule 6, Sec. 2, Art. 1). The 1986 NCAA rules, on the other hand, allow each competitor three attempts in the preliminaries and implies that each competitor is allowed three additional attempts in the finals (Rule 6, Sec. 2, Art. 4).

The 1985-86 TAC Rulebook contains sets of track and field rules for three different age groups: Youth Athletics (18 and under); Senior or open track and field (no age limit); Masters track and field (40 and over). The Youth Athletics rules are the same as the Senior track and field rules — except for Rule 242.1(i), which states that at non-championship meets, the games committee may use a four-attempt rule in lieu of three preliminary and three final attempts for finalists in throwing events and horizontal jumps only. The Senior rules (Rule 90.3.(a)(c)) allow each competitor three preliminary trials and finalists three additional trials in the finals. If there are six competitors or fewer, each competitor shall be allowed six trials (i.e., no preliminaries). The Masters rules for the number of attempts in these events are the same as the Senior rules (Rule 251.3.). The rules for Sub-Masters (30-39) track and field are also the same as the Senior rules (implied in Rule 8.1.).

To summarize, four attempts in the throwing events and horizontal jumps are allowed in High School and TAC Youth Athletic competitions. Masters, Sub-Masters, and Senior athletes are allowed three attempts in the preliminaries and three additional attempts in the finals, or six trials if there are six competitors or less. In Master's and Sub-Masters competitions, that

means six competitors or less per age-group.

What do you do if you arrive at a meet and you are told you get only four attempts?

1. Inform the event official of the rules and see if he/she will allow the correct number of attempts. Such requests often fail, because the official defers to the meet director, who stipulated "only four attempts."

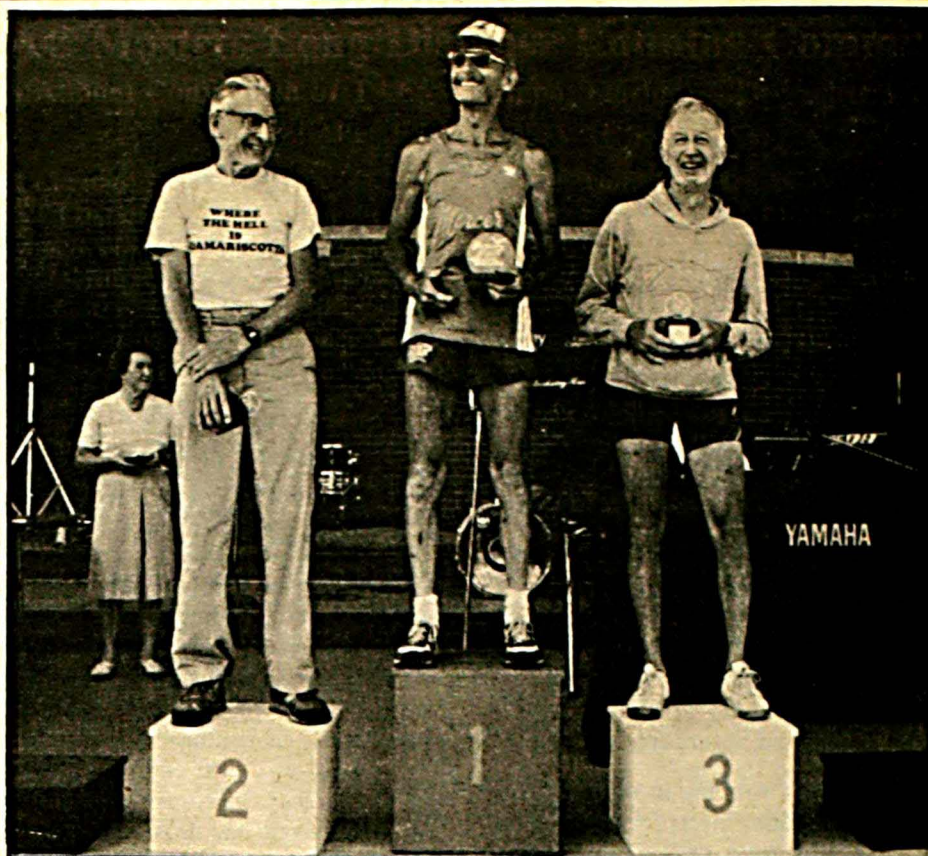
2. Hunt down the meet director. Be cordial and explain the rules; and that under the terms of the TAC sanction, the meet must be conducted in accordance with TAC rules. Tell the meet director that you appreciate his/her hard work and you want to avoid filing an official protest.

3. Number 2 above will almost always work. However, if it doesn't, file an official protest with the meet's games committee or referee as allowed under TAC Rule 73. Your protest should easily be upheld in time to allow the correct number of attempts in your event.

4. If there is no referee or games committee, or the meet director is both, or the meet director exerts dictatorial power over either, you get only four attempts. Following the meet, however, you can file a protest with the local TAC Association that sanctioned the meet. The person or committee that sanctioned the meet should take your protest into account before sanctioning another meet organized by the same offending party.

As a TAC-certified official, I know that officials and meet directors are overworked and under-appreciated. Officiating is much harder work and more tiring than competing. But as an athlete who trains hard, I feel I deserve the number of attempts that I am entitled to under the rules of competition. Meets conducted by the rules provide a higher quality experience for all involved and encourage more athletes to participate in Masters track and field. □

(Dennis Umshler is an athlete and TAC official in Albuquerque, N.M.)



Asbury Park 10K Classic, M65-69 winners on the victory stand are, left to right, Bill Tribon, Jack Start and George Sheehan.
Photo by Valentine

20 Masters Compete in Long Beach Decathlon

Twenty masters and submasters athletes signed up for the 17th annual Winter Decathlon/Heptathlon held at California State University Long Beach, on December 13-14. The meet attracted several outstanding national stars, including multiple world-record holder Boo Morcom from New Hampshire, Ham Morningstar from Michigan, Virginian Donald Grey, and William Busby of North Carolina.

Scoring of decathletes 30-to-59-years old was in accordance with the 1985 IAAF tables, with WAVA tables used for heptathletes and 60-plus decathletes. Competition was staged in ten-year increments, along with university/open, community college, and high school divisions.

Excellent weather, with mid-day temperatures in the 70s, contributed to many outstanding performances. In winning the 50-59 division, Jerry Stanners obliterated the international age-51 decathlon mark of 1881 points held by Hal Brossman, with a 3051 total. Stanners' 20.5-sec. performance over 110m hurdles also set a new single-age record for the 42-in. hurdles, breaking the 22.3 mark of Norway's Havard Lund. Hal Wallace, hoping for a record performance for age-58, had to settle for good marks in all three throws while finishing second to Stanners.

At age 65, Boo Morcom remains an overwhelming force among his multi-event peers. Though hampered the second day by an ankle injury, he dominated the 60-69 division.

Gary Miller won the 40-49 competition and eclipsed Jack Greenwood's age-49 standard. In second place, William Busby threw an excellent 167-1

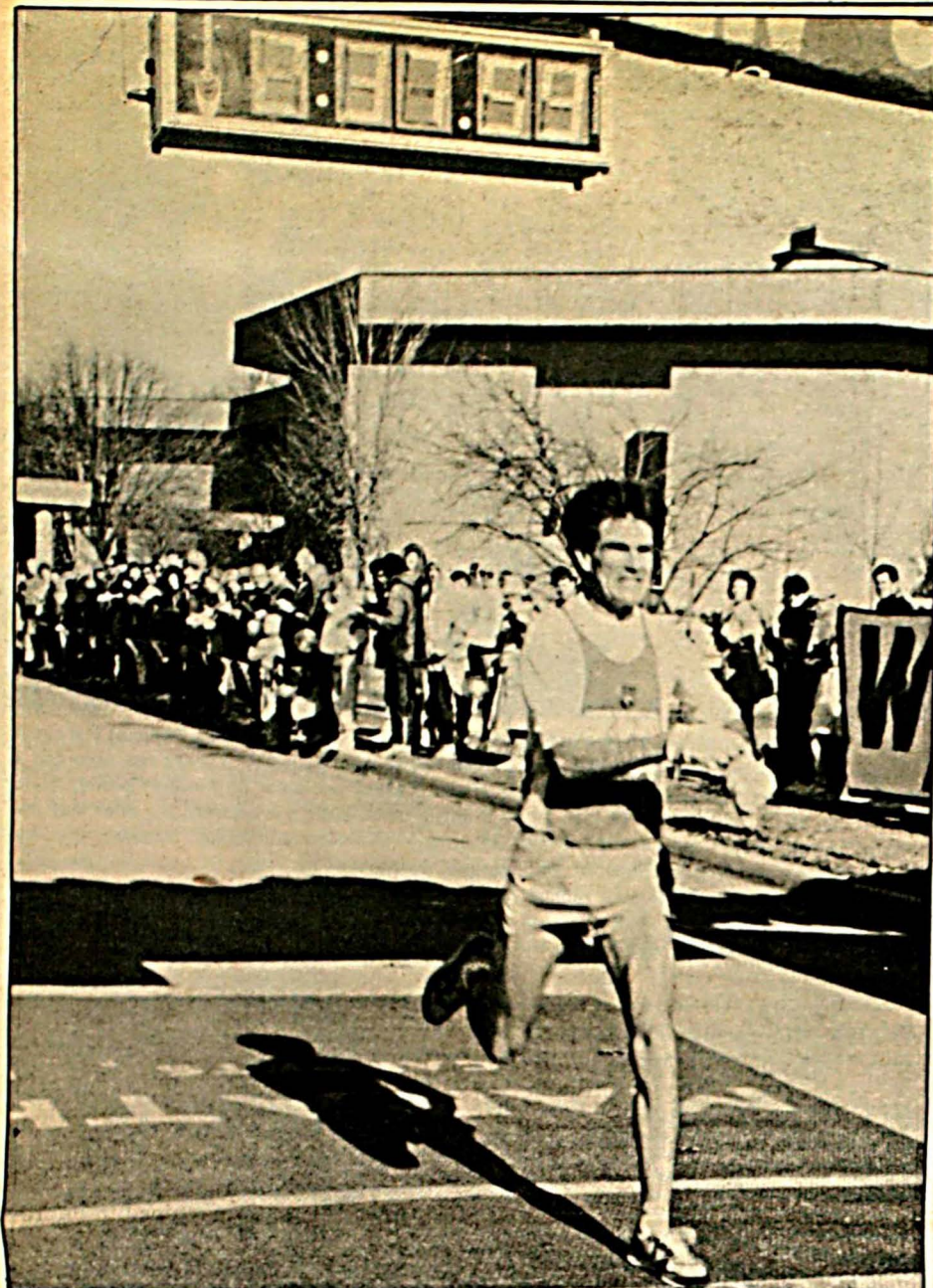
in the javelin and vaulted 11-6. Submaster Tim Werner, 30, also vaulted well (14-0) in winning his division by a large margin with 5696 points.

In heptathlon competition, Christel Miller, 51, was determined to improve on her injury-affected 3218 score at the 1986 National Championships and did so by scoring a single-age best of 4459 points to win the 50-59 division. She produced excellent marks in the hurdles (15.1) and javelin (104-0). Though 1302 points behind Miller, Shirley Kinsey's 3157 total established an age-57 record. □ — From Gary Miller



Ruth Rothfarb, 85, of Cambridge, Mass., the only W80+ entry in the Berkshire Masters 10K, Westfield, Mass., September 14, took it easy and finished in 78:14.

Photo by Walt Westerholm



Ken Prior won 45-49 age group race at the 1986 Rocket City Marathon and was third master, winning \$250 in prize money. Photo by Jim Oaks

Coffman, Dalrymple Win in Huntsville Continued from page 1

3:16:58, and Maryanne Wehrum of Memphis, Tenn., took third in 3:19:59.

Dalrymple was pleased with her performance, her first serious marathon attempt in three years. She commented, "I started back training hard six months ago and have been running good. Now that I'm back in shape there are probably only two masters that are better than me — Priscilla Welch and Gabriele Anderson."

Even though she had heard good things about the organization and hospitality at the Huntsville marathon, Dalrymple said, "To keep running, I have to earn money to do it and go to school." So the prize money brought her south this December.

Coffman's fourth win in Huntsville was harder than the two-minute margin would indicate. "I really won this one on experience and determination," he said. "I did less marathon training (long runs) this fall than I ever have."

Don used the same tactic that brought him the title in 1985. He ran hard in the first mile (5:20), separating himself from the pack of other masters and joining some faster younger runners.

There were six masters entrants in the 1199-field this year who had completed the previous nine Rocket City Marathons. All six of them made it ten in a row. They were Dean Godwin (47) of Aiken, SC; Charlie Cooper (49) from Huntsville; James Foreman (52) of Huntsville; Garry Elkins (44) of Gadsden, AL; Tommy Owens (47) of Atlanta; and Larry Boots from Birmingham, AL.

Edward Dibble, 56, from Sylvania, Ohio, completed his 149th marathon with a 2:59:09.

Dalrymple's time of 2:52:53 was also a new female masters record for the Rocket City course. In addition, 62-year-old Dan McCarty of Jackson, Mississippi, set a new mark for the 60-and-over males with a 3:22:09. The old record of 3:26:25 was held by Ken Robinson of Carthage, Tennessee. Robinson finished second to McCarty this year after winning the 60-and-over title for the past three years.

For race director Harold Tinsley, one of the most encouraging things was an increase in entrants for this year's race. There were 1199 registered runners, up from 1020 in 1985. □

Write-On Continued from page 9

NATIONAL PENTATHLON

Once again we wish to commend Scott Thornsley and his capable staff on the professionalism they showed while running the National Indoor Pentathlon Meet at Dickinson College, Carlisle, Pennsylvania on January 4th. We are very glad that they have been asked to host the event next year.

Mr. and Mrs. D.L. Smith
Louisville, Ohio

KEN CARMAN

It was with regret that I read of death of Dr. Ken Carman of Garden City, Michigan. In addition to holding age-group and single-age records for the 3000m Steeplechase, Ken was also an excellent middle-distance runner.

Two years ago, when I became interested in the Steeplechase as an event I might be able to compete in successfully, I introduced myself to Ken who was to run the mile. He took time from his pre-race preparation to give me some pointers about beginning training and encouraged me to pursue the Steeplechase.

A year later, at the National Champions in Indianapolis, I saw him again as we warmed up in the rain just before the start of the Steeplechase. He spoke to me and asked me how my training

was going. While we were standing around waiting for the start of the 50-59 heat, I noticed that all the other competitors were looking at my feet. I drew Ken aside and asked him what was going on. He told me it was because I was the only one wearing socks and I would understand why after the first water jump.

With the passing of Ken, the Masters have lost a great competitor and a true friend. I, for one, will miss him.

Stewart Daniel
College Park, Georgia

UPPER AGE-GROUP CATEGORIES

Ten or 15 70+ runners entered and ran the 5K and 10K races at South Pasadena High School recently because on the entry form "Class 12" was listed as 70+. All of us ran our races, panting and sweating them out the same as everyone else.

Then we were all unceremoniously called to the awards area and each of us was given a little medal. And that was ALL. No times for any of us.

My husband Ed ran the 5K in 21+ to beat all but two of the 65+ and because he is 70+ received no recognition. My time was 32 or 33 and I was far from the last finisher in the 5K. Nowhere could I find a mention of my time, or of anyone else in the 70+.

Continued on page 12

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Pagliano's Podiatric Pointers

THE FOOT BEAT

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

The Meniscoid Ankle

The meniscoid ankle is a rather obscure degenerative condition which causes pain and stiffness on the outer side of the ankle. It usually occurs after a traumatic incident, such as repeated ankle sprains or strains.

After several sprains, tissue may be torn loose from the ankle joint. It eventually forms a tough, gristly type of tissue called the meniscoid lesion (so-called because it resembles the meniscus cartilage of the knee joint).

This tissue may get caught in the ankle joint, especially during running or activity. It is aggravated by running up and down hills, by aerobics, weight lifting, etc. In many cases, just walking will aggravate the area.

It is a difficult injury to diagnose. It usually does not show up on x-ray. The cause may sometimes be determined by noting the presence of accompanying bone spurs or arthritis, and by making a careful inquiry of the development of the problem.

We suspect this problem in the veteran runner with complaints of ankle pain, yet nothing observable on x-ray and very little swelling. The athlete has pain, but no one can find the problem.

Treatment includes physical therapy, or injection therapy in more advanced cases. If all else fails, an arthroscopic examination may be performed. It is similar to a knee arthroscopy but the surgical microscope is much smaller.

A puncture hole is made in the ankle and a tube with a magnifying lens is inserted. Fluid is injected and the inside of the ankle joint is inspected. If a meniscoid lesion or some other type of bony tissue is seen, it can be cut out and removed through the small incision.

Although this is a relatively new procedure, the instruments used have become quite sophisticated. The recovery rate is far faster than with conventional surgery and results are predictable. □

(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.)



MT. SAN ANTONIO COMMUNITY COLLEGE



SATURDAY, MARCH 14, 1987

FOR ENTRY INFORMATION SEND SELF-ADDRESSED ENVELOPE TO:

LOS ANGELES PATRIOTS ORGANIZING COMMITTEE
P.O. BOX 2981, BEVERLY HILLS, CA 90213-2981

TELEPHONE No. (213) 388-9689

ENTRY DEADLINE : SATURDAY, MARCH 7, 1987



"Number One!" is what John Keston of Bemidji, Minn., the over-60 winner of the St. Louis Marathon on November 23, seems to be saying. Keston, who began running just four years ago, recorded a 2:53:42 under extremely cold and windy conditions. Keston, professor of music at Bemidji State University, plans a trans-America (San Diego to Boston) run/cycle trip commencing after May 20. Along the way, he will present his one-man stage play, "Expressions of Aging". Keston's tentative route will take him through Phoenix, Albuquerque, Oklahoma City, Tulsa, St. Louis, Indianapolis, Cleveland, Pittsburgh, Buffalo, and Albany. Anyone interested in supporting Keston along the way or in arranging for a performance can contact him at 218-751-2701 (home) or 281-755-2867 (office). Keston will be featured in Mike Tymn's March column.

Write On Continued from page 11

group, in either the 5K or the 10K. One of our friends, who ran the 10K, said, "They just kissed us off with a medal."

Don't race directors realize that just because we happen to be 70 or 80 or 90, a "pat on the head" or a "bless your heart" are insults! True, most of us don't need another trophy. But most of us are *Competitors* and as such do need to know our times. We train as hard as the other ages. We pay the same entry fees they do! We run the same courses they do, and in many cases faster than they do! There is no reason why we shouldn't have the same treatment as they do.

Dorothy Stotsenberg
Malibu, California

It seems ironic to be disagreeing with a fellow U.K. Veteran athlete through the medium of the *American National Masters News* in the argument raised by the letters from Paul Spangler and Wilf Morgan.

Medals are awarded as a token of appreciation for the effort involved in participation. They are a reward for achievement relating to the actual number of competitors taking part, or a compromise by giving them to the first three in each age-group with/without setting a qualifying standard. Having argued this case as Women's World Veterans Representative at Gothenburg and elsewhere on behalf of the minority groups of women and the older age groups, I believe it to be a philosophical point of view.

My opinion is that not only do

athletes like Paul Spangler, Polly Clarke, Johanna Luther, et al. deserve a medal for taking part, they should have them by right of being there. They need every encouragement and deserve any recognition which will help in keeping them in sport.

With all due regard to the younger "whiz kids" of Veteran Athletics, particularly now that cash incentives have been added as a bonus, it is these older age-groups who have my heartfelt admiration. How many of your current readership will even live to their age, let alone have the desire to remain as active and have as positive a point-of-view?

Incidentally, in the same issue as Wilf Morgan's letter I note that Paul Spangler was "handed a rare loss" in the M80 Division in the World Veterans Marathon Championships, while setting an age-87 World Record. Does that serve to illustrate his point?

While writing to you I would like to also take this opportunity of expressing my thanks to Ruth Anderson for enabling me to read your excellent publication. I look forward to reading of her when she is W80! I hope the new B.V.A.F. Veteran Athletics News will provide a similar service for British Veterans.

Hazel Rider
Kent, England

I am an avid reader of NMN and am also a Masters Meet Director. I am writing to thank all the athletes who travel around the world competing in Masters Track and Field. Without you,

Continued on page 13

Vandenbroek, Ervin Notch Charlotte Marathon Victories

David Vandenbroek, M45 division winner from Durham, N.C., with a 2:40:37 was the first age-40-or-over runner in the Charlotte Observer Marathon in Charlotte, N.C., on January 3. Don Rich, M40 winner from Mechanicsville, Va., was second master in 2:47:00. Third went to the M55 winner, Thomas Barclay of Yorktown Heights, N.Y. who ran 2:51:44.

Women's masters winner was Liz Ervin, W40, of Princeton, W.Va., who finished in 3:24:40.

In the adjunct 10K race, which started 20 minutes before the marathon, Wayne Vaughn, M40, of Hagerstown, Md., in 32:32, and Tom Dooley, M40, of Toccoa, Ga., with a 33:18, took the first and second masters places. Roger Robinson of

New York, N.Y., took the fifth spot with a good 33:43 win in the M45 race.

The first three masters women in the 10K were the W40-44 placers: June Hutchison (37:37) of Webb City, Mo.; Iris Black (39:14) of Spring Valley, Ohio; and Carol Lasseter (40:00) of Montclair, Va. Nancy Cory of Asheville, N.C., won the W60+ contest in 54:13.

The top three men and women masters runners in both races received cash awards of \$250, \$100, and \$50.

Both races drew 5,000 runners, who started with the temperatures in the low 30s. Gerard Donakowski, 29, Ann Arbor, Mich., planned to run the 10K, arrived late, opted for the marathon (his first) instead, and won it in 2:20:16. Nancy Mieszcak, a 37-year-old from Buffalo, N.Y., took the women's race in 2:50:13.

John Doherty, 25, West Warwick, R.I., and Lynn Jennings, 26, Durham, N.H. were the 10K victors in 28:57 and 33:16. □



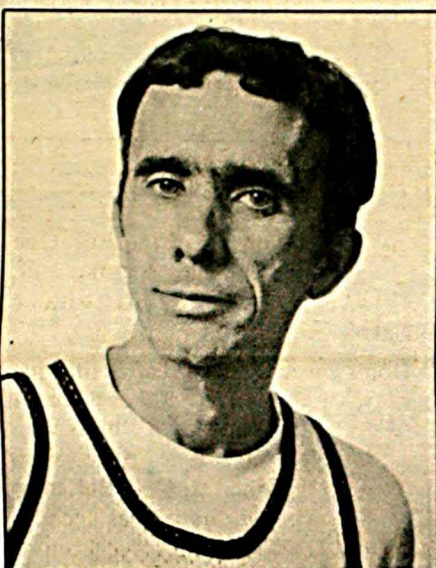
David Vandenbroek, 45, masters winner (2:40:37) in the Jan. 3 Charlotte Observer Marathon.
Photo courtesy of the Charlotte Observer



Jane Hutchison, 41, masters winner (37:37) of the Charlotte observer 10K, held Jan. 3.
Photo courtesy of the Charlotte Observer



Liz Ervin, 44, masters winner (3:24:40) in the Jan. 3 Charlotte Observer marathon.
Photo Courtesy of The Charlotte Observer



Wayne Vaughn, 41, masters winner (32:32) of the Charlotte Observer 10K, Jan. 3.
Photo courtesy of the Charlotte Observer

Write On Continued from page 12

we could not host any of these competitions, and for a change, instead of the meet directors taking all the credit, I am giving it to the athlete. Thank you! My hat is off to you, and I am grateful for your making me successful.

Joe Valdes
Meet Director
Florida Masters Track and
Field Championships

It is great to see many older athletes receiving the recognition they deserve.

Loncie Tucker
Alpine, Texas

I really think NMN is great. I read it from front to back every month (several times usually) and am always impatiently waiting for the next issue.

Dennis O'Connor
Louisville, Kentucky

Keep up the fine work with your publication. It's the greatest.

Bill Adler
Los Angeles

Enclosed is my check for a second subscription. I enjoy my *National Masters News* so very much, I do not wish to take a chance on losing my copy.

Dorothy Torney
Spokane, Washington

LATE FLASH:

Evy Palm, 44, of Sweden, finished fourth woman overall in 2:38:39 to win \$4,000 in the Houston-Tenneco Marathon on January 18. Brian Scobie, of England, was the masters men's winner in 2:30:59. Complete results next month. □



Midwest Masters Regional Indoor Track & Field Championship

SPONSORED BY UNIVERSITY OF ILLINOIS ATHLETIC DEPT.

DATE: Sunday, March 15, 1987
SITE: University of Illinois Armory, 4th & Armory, Champaign, Ill.
FACILITY: Track- Tartan surface 262 yards. 6 3/4 laps to the mile.
Very fast (1/4 in. spikes recommended) Lockers & showers available.
AWARDS: First three places in all divisions in all events.
DIVISIONS: Five year age groups - male and female.
ENTRY FEE: Pre-entries, received by Wed. 3-11-87, \$5.00 1st event; \$4.00 each additional. Post entries - \$7.00 1st event; \$5.00 @ add.
ORDER OF EVENTS: OLDEST TO YOUNGEST - FEMALE THEN MALE
12 p.m. 2 mile walk 11 a.m.
60 yd. dash Long jump
2 mile run Shot put
60 yd. hurdles Pole vault
1000 yd. run Triple jump
300 yd. run High jump
1 mile run 35# weight throw
1 mile relay
10 yr. age groups \$10.00 entry fee

For additional information contact DICK GREEN Phone: (815) 397-5685
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PLEASE PRINT

Name _____ Phone # _____
Address _____
Street City State Zip
Age (as of 1/11/87) _____ Male _____ Female _____
Club _____ TAC# _____ Date of birth _____
Events Entered 1. _____ 3. _____ 5. _____
2. _____ 4. _____ 6. _____

Total fee enclosed: \$ _____

Mail entry form and check, payable to TAC Midwest Master Regional T&F Championship to: Dick Green, P.O. Box 6147, Rockford, Ill. 61125.

Waiver: Inconsideration of your accepting this entry for the 1987 TAC Midwest Master Indoor Track and Field Meet, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against U of I, their Agents, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

Date _____ Signature _____

(Please indicate any previous Masters awards and championships on the back.)



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

Post-Christmas Message

One of the most pleasant times of Christmas Season is opening Christmas cards from our acquaintances from all around the country. It is with pleasure that we hear from our friends and learn of the activities of the past year. This year Christmas Eve had been no exception. My office had closed-up at noon and my Christmas shopping was done. My wife and I were relaxing around the kitchen table before heading-off to the Christmas evening church service. The fact that two of our sons were there made it a particularly pleasant time.

We were opening the Christmas cards that had arrived that day, when we ran across one from a long-time friend, from whom we had not heard for some time. She and her husband had been our close friends when we first came to Colorado Springs in the late 1950's. They had three children, as did we; and for a number of years we shared our poverty together. Later, he and his wife and family had gone on to Washington, D.C., where he was an assistant to one of our congressmen, and they had remained. We lost touch with them except by sharing Christmas cards from time to time.

Her enclosed written note began: "I am sorry not to have written earlier, but thought you knew. Dale was in an automobile accident several years ago, broke his neck, and is paralyzed from

the neck down. He requires 24 hour care and is in a nursing home..." The rest of the letter brought us up-to-date on our friend and her efforts to keep herself together and to be able to move on, which she had done. Receiving this news before church put us into a somber mood, but the Pastor's Christmas Eve message, "Let the Spirit of God Live in Your Heart," helped us put our friends' tragedy into perspective.

Two days later I had the opportunity to work-out at the United States Air Force Academy, to run as hard as I possibly could, to grab hold of a pole and to see if I could get my vaulting back into gear. The only gripe and complaint I have is my inability to vault as high as I did 35 years ago! Sometimes it is hard for me to keep my

good health, my physical condition, my freedom of choice of activities, my family relationships, my athletic skills, my business responsibilities and my recreational pursuits in proper perspective. I complain and gripe about some matters that really don't have much significance compared to what our friends have had to live through.

During the year 1987, let all of us resolve to keep the Masters Track and Field program in its right perspective: our lot as competitors is unique—we can still run, jump, or throw; we travel and meet with friends; our life is a

good one. All of us should thank our creator for allowing us the privilege of competing as a Masters Track and Field competitor. In 1987 please enjoy each day, savor it, and appreciate the gift of life that has been given to each one of you individually.

God bless you all in 1987. □



Maryanne Wehrum takes \$250 prize for third female master at the 1986 Rocket City Marathon, Huntsville, Ala.

Photo by Jim Oaks

What You Need to Know

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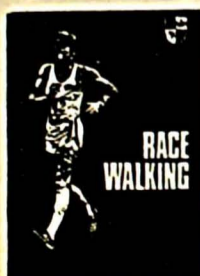
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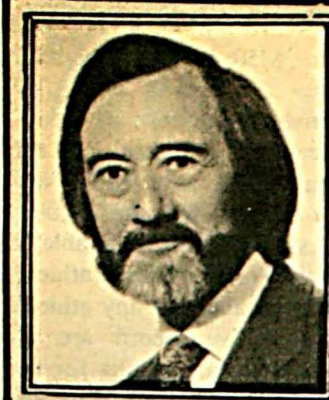
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April 5, 1987



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International Scene

by OWEN FLAHERTY,
WAVA Secretary

Report on a Visit to the Republic of South Africa

1. Introduction

President Don Farquharson and I visited South Africa from 2 April to 23 April 1986 at the invitation of the South African Masters Athletic Association which is affiliated to WAVA. The purpose of the invitation was to enable us to observe, at first hand, the conditions under which veteran athletics is conducted and administered in South Africa.

At the time of the invitation, SAMAA gave assurances to Don and myself that we would be able to speak privately with any competitor, official or administrator at the veteran athletics meetings which we attended. SAMAA also made it clear that, in the interests of objectivity, no attempt would be made to encourage us to speak to particular competitors, officials or administrators. All contacts would be entirely on our own initiative.

Those assurances were fully implemented.

2. Programme

The first veteran athletics competition we attended was the South African Masters Track and Field Championships. We were guests at the Annual General Meeting of SAMAA which was held immediately after the Championships. We later attended the Natal Masters Track and Field Championships.

SAMAA made arrangements for us to visit two gold mines in order to inspect the athletics facilities.

3. Survey

At the South African Masters Track and Field Championships and the

Natal Masters Track and Field Championships, I interviewed a total of thirty non-white male competitors. Twenty-seven were black, the remaining three being Coloured (mixed race). I did not see any competitor of Indian origin at either meeting. It was my intention to speak to all of the non-white competitors and these thirty were either all or almost all of the non-white competitors at those two meetings.

There were no female non-white competitors at either meeting. Conversations with male non-white competitors revealed that non-white females had shown little or no inclination so far to compete in veteran athletics in South Africa.

I explained to all thirty interviewees the purpose of our visit, and that Don Farquharson and I were, respectively, the President and Secretary of WAVA. Each was assured that any comments he wished to make would be treated in confidence and not attributed to him personally. Several replied immediately that there was no need for confidentiality and that they were in a position to make comments freely.

In a number of cases there were language difficulties and, in these cases, I enlisted the aid of one interviewee to act as interpreter for two or three others. All interviewees were asked the same questions and I am satisfied that, with the aid of an interpreter where necessary, each interviewee understood all the questions.

No white competitor, official or administrator was present or within earshot during any of the interviews.

The questions and replies are summarized in the Appendix to this Report.



"Just Chatting" at the South African Masters Championships. Left to right: Jan Erasmus, M30, Hannes Booysen, M60, (SAMA president), Don Farquharson, M60, (WAVA President) Adam Kock, M50, Owen Flaherty (WAVA secretary), Matt Lewis, M50. Photo by Leo Benning

marized in the Appendix to this Report.

4. Impressions

Both the South African Masters Track and Field Championships and the Natal Masters Track and Field Championships were conducted correctly and efficiently and, in particular, I saw no evidence of racial discrimination. I made a point of observing, from a distance, conversations and other contacts between white and non-whites and they appeared to be characterized by the same warmth, enthusiasm and friendship which one finds in veteran athletics everywhere.

The Annual General Meeting of SAMAA was conducted properly in accordance with procedures normally followed at such meetings.

At the Natal Masters Track and Field Championships, I spoke for some forty-five minutes with a black official who spoke fluent English. He confirmed that my assurance of confidentiality was unnecessary and we discussed a number of matters including the results of the survey which I had conducted among non-white competitors. It was his opinion that the near-unanimity of the replies was an accurate reflection of veteran athletics in South Africa.

The public track facilities were of a high standard but surprisingly good tracks were seen at two gold mines. Each was an eight-lane synthetic track of good quality. One had a nine-lane straight; the other had ten lanes. Non-white competitors confirmed that the gold mines actively encourage intermine competition and establish good athletics facilities for their predominantly black workforce, many of whom are veterans.

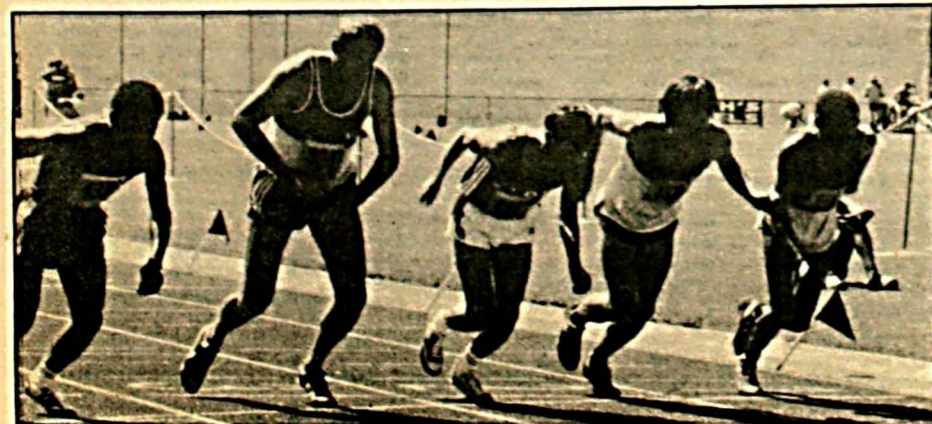
5. Conclusion

The performance levels and the enthusiasm of competitors indicated that veteran athletics in South Africa is healthy and thriving.

The elected officers of SAMAA appeared to be capable, enthusiastic and progressive and it was clear that they are administering the sport in South Africa competently—and on a non-racial basis as required by WAVA's Constitution.

I also met a number of officers of bodies affiliated to SAMAA. Without exception, they appeared to be able and enlightened activists who strongly supported the non-racial basis of veteran athletics in South Africa.

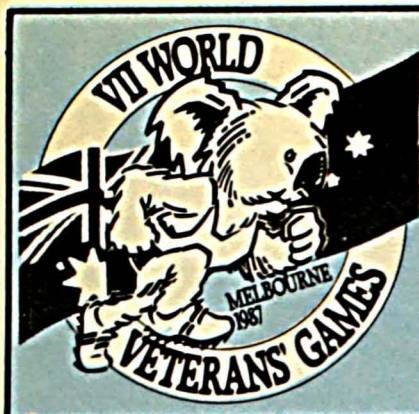
The results of the survey do not require analysis or comment. □



Start of the M40 and M45 800 M at the 1986 South African championships. L to R, M45, E. Mkhomolo, 2nd, 2:10.8; Alan Brown, 3rd, 2:13.7; Frans du Toit, 1st, 2:05.7. M40, Paul Oppel, 2nd 2:13.0; Sam Ditsele, 1st, 1:56.8. Photo by Leo Benning

Survey of 30 Non-White South African Veteran Athletes

	Yes	No	Not Always
1. Are you able to compete against white athletes whenever you wish?	30	-	-
2. Are you able to train with white athletes whenever you wish?	30	-	-
3. Are you allowed to use all the facilities available to white athletes?	30	-	-
4. Do you consider veteran athletics in South Africa to be completely racially integrated?	30	-	-
5. Do you consider that anything remains to be done in veteran athletics in South Africa to avoid racial discrimination?	-	30	-
6. Do you feel that white athletes accept you fully and willingly as a fellow competitor and friend?	29	-	1
7. Do you feel that white officials accept you fully and willingly?	30	-	-
8. Do you feel that, in competition, white officials treat you fairly and exactly as they treat white athletes?	30	-	-
9. Have you any complaints about veteran athletics in South Africa?	-	30	-



3 Months To Go

Countdown to Melbourne

Lopes, Shorter Invited to VII World Games

The entry form for the VII World Veterans Games, to be held in Melbourne, Australia from November 28 through December 6, is in its final stages of preparation. It should be ready in time for publication in next month's issue.

Meanwhile, we're printing what will likely be the final competition schedule, which has gone through several revisions.

Lopes, Shorter Invited

The big news, this month, is that Carlos Lopes, Frank Shorter and several other top runners will be invited

to compete in the Games. The marathon, to be held on December 6, will have \$50,000 sponsorship from the Independent Order of Odd Fellows of Victoria, and the race will be designated the "IOOF World Veterans Games Marathon."

Lopes, the winner of the 1984 Olympic marathon at age 37, turns 40 on

February 18. Shorter, who won the 1972 Olympic marathon and helped start America's running and fitness boom, hits the magic age on October 31. America's other big name marathoner, Bill Rodgers, doesn't reach 40 until December 27, a month after the Games. The Games are open to any man age 40 or over, or any woman at least 35 — on November 28, 1987.

The marathon is being called the major marathon in Australia this year. More than 5000 competitors from more than 50 countries will be on hand for the Games.

age-group records: M45, 10,000 and one-hour run; M50: 5000 and one-hour run;

Athlete Invitations

The Executive Director of the Games, Peg Smith, says NIKE will send Barry Brown for the 10,000. Smith also says Melbourne is able to assist at least 10 other "name" athletes to come to Australia. "If any athletes with an impressive record are interested in a trip to Australia for the WAVA Games," Smith says, "we will consider every application which is

IN TRAINING

FOR THE VII WORLD VETERANS' GAMES



Among them will be Alain Mimoun, winner of the 1956 Olympic marathon in Melbourne. Mimoun, a native of Algiers, ran for France in the Olympics, and still holds four world veterans

made to us, by them." Interested athletes should write Smith at VII World Veterans Games, PO Box 282, Essendon, 3040, Victoria, Australia.

Continued on page 21

PROBABLE VII WORLD VETERANS GAMES COMPETITION SCHEDULE

Approximate track starting time 11.00 hrs (5km & 10km 17.00 to 22.00 hrs)
Marathon 6.00hrs / Road Walks 7.00 hrs / Pentathlon and Cross Country 8.00 hrs
Events listed in probable order.

MEN 40	MEN 45	MEN 50	MEN 55	MEN 60	MEN 65	MEN 70	MEN 75
400m h	400m h	400m h	400m h	300m h	300m h		
Triple J	Triple J	Pole V	100m h	Long J	Javelin	Shot	800m h
28TH	100m h	100m h	100m h	800m h	100m h	100m h	Shot
NOV.	800m h	800m h	800m h	100m sf	800m h	800m h	100m h
	Discus	Hammer	100m sf	Shot	100m sf	100m sf	
	100m sf	100m sf	10km	Javelin	Long J		
	10km			10km	10km		

MEN 80+	WOMEN 35	WOMEN 40	WOMEN 45	WOMEN 50	WOMEN 55	WOMEN 60	WOMEN 65+
Shot	100m h	80m h	80m h	80m h	80m h	80m h	Hammer
200m h	1500m h	1500m h	Hammer	1500m h	Discus	Discus	800m h
	400m h	400m h	1500m h	Javelin	1500m h	200m h	High J
	10km	10km	High J	400m h	Triple J	Triple J	200m h
			400m h	Long J	400m h	10km	10km
			10km	10km	10km		

MEN 40	MEN 45	MEN 50	MEN 55	MEN 60	MEN 65	MEN 70	MEN 75
400m h	400m h	400m h	400m h	300m h	300m h	Hammer	Hammer
200m sf	Long J	Triple J	High J	Pole V	200m sf	200m sf	200m sf
200m sf	200m sf	200m sf	200m sf	200m sf	200m sf	High J	High J
DEC.	Shot	200m sf	200m sf	200m sf	200m sf	5km	5km
	5km	Javelin	Discus	Hammer	5km	5km	5km
	5km	5km	5km	5km			

THURS 3RD	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.
DEC.							

MEN 40	MEN 45	MEN 50	MEN 55	MEN 60	MEN 65	MEN 70	MEN 75
110m h	110m h	110m h	110m h	100m h	100m h	80m h	80m h
Pole V	400m h	Long J	Triple J	High J	Hammer	Discus	400m h
400m h	1500m h	400m h	400m h	400m h	400m h	400m h	1500m h
4TH	1500m h	Shot	1500m h	1500m h	1500m h	Triple J	Discus
DEC.	400m sf	400m sf	400m sf	400m sf	Hammer	High J	1500m h
	5k Walk	5k Walk	Javelin	Discus	400m sf	400m sf	Triple J
		5k Walk	5k Walk	5k Walk	5k Walk	5k Walk	5k Walk

MEN 40	MEN 45	MEN 50	MEN 55	MEN 60	MEN 65	MEN 70	MEN 75
110m h	110m h	110m h	110m h	100m h	100m h	80m h	80m h
High J	Pole V	3k Stple	Long J	2k Stple	2k Stple	2k Stple	2k Stple
3k Stple	3k Stple	1500m h	3k Stple	Triple J	Discus	Javelin	1500m h
5TH	1500m h	1500m h	400m h	1500m h	1500m h	1500m h	400m h
DEC.	Hammer	400m h	Shot	400m h	400m h	Triple J	400m h
			Javelin	Discus	400m h	Long J	Long J

SUN	Mara	Mara	Mara	Mara	Mara	Mara	Mara
6TH	4x100m Relays for groups M40/45/50/55/60-69/70+						
DEC.	4x400m Relays for groups M40/45/50/55/60-69/70+						

The WOMEN'S HAMMER and TRIPLE JUMP are NEW CHAMPIONSHIP EVENTS

MEN 80+	WOMEN 35	WOMEN 40	WOMEN 45	WOMEN 50	WOMEN 55	WOMEN 60	WOMEN 65+
Shot	100m h	80m h	80m h	80m h	80m h	80m h	Hammer
200m h	1500m h	1500m h	Hammer	1500m h	Discus	Discus	800m h
	400m h	400m h	1500m h	Javelin	1500m h	200m h	High J
	10km	10km	High J	400m h	Triple J	Triple J	200m h
			400m h	Long J	400m h	10km	10km
			10km	10km	10km		

MEN 40	MEN 45	MEN 50	MEN 55	MEN 60	MEN 65	MEN 70	MEN 75
400m h	400m h	400m h	400m h	300m h	300m h	Hammer	Hammer
200m sf	Long J	Triple J	High J	Pole V	200m sf	200m sf	200m sf
200m sf	200m sf	200m sf	200m sf	200m sf	200m sf	High J	High J
DEC.	Shot	200m sf	200m sf	200m sf	200m sf	5km	5km
	5km	Javelin	Discus	Hammer	5km	5km	5km
	5km	5km	5km	5km			

THURS 3RD	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.
DEC.							

MEN 40	MEN 45	MEN 50	MEN 55	MEN 60	MEN 65	MEN 70	MEN 75
110m h	110m h	110m h	110m h	100m h	100m h	80m h	80m h
Discus	400m h	Javelin	Shot	Hammer	200m h	100m h	100m h
Triple J	800m h	200m h	200m h	200m h	800m h	400m h	Shot
400m h	Javelin	800m h	800m h	800m h	200m sf	5k Walk	400m h
5k Walk	200m sf	200m sf	200m sf	200m sf	5k Walk	5k Walk	5k Walk
	Long J	Long J	5k Walk	High J			
	5k Walk	5k Walk		5k Walk			

MEN 40	MEN 45	MEN 50	MEN 55	MEN 60	MEN 65	MEN 70	MEN 75
1500m h	400m h	400m h	400m h	300m h	300m h	1500m h	1500m h
100m h	800m h	Shot	800m h	800m h	Hammer	Hammer	100m h
Javelin	Shot	800m h	200m h	Discus	800m h	100m h	400m h
400m h	200m h	200m h	200m h	200m h	200m h	400m h	400m h
Long J				Triple J	High J	High J	

SUN	Mara	Mara	Mara	Mara	Mara	Mara	Mara
6TH	4x100m Relays for groups M35/40-49/50+						
DEC.	4x400m Relays for groups M35/40-49/50+						

THE NATIONAL MASTERS NEWS TOUR

to the



• 28TH NOVEMBER – 6TH DECEMBER 1987 •

Fiji New Zealand Australia Tahiti

- Host-a-vet (hospitality in private homes).
- Free entertainment in the parks.
- All venues within 4km of accommodation and city centre.
- Exciting tours arranged.
- Flat, fast marathon course.
- Special travelcard for local transport.
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UNDER RULES OF IAAF AND WAVA

**OPEN TO ATHLETES
OF ALL STANDARDS
WOMEN 35 YEARS AND OVER
MEN 40 YEARS AND OVER**

Your hosts will be:

Al Sheahan Editor of the National Masters News

David Pain Founder of the U.S. Masters program who organized the first international masters tours from 1971-75

Helen Pain President of Sports Travel International and organizer of dozens of masters tours — including tours to all six previous World Veterans Games

PLEASE NOTE: TLC is provided for all participants with staff coverage on all tours plus processing of all entry forms and fees.

**Among the special restrictions applying to Tour I is that it may NOT be combined with an optional extension except on a waitlist basis, the possibility to be determined by July 1.

All tour prices quoted are subject to airline fare or currency exchange fluctuation decrease or increase.

This is not an official tour of TAC or WAVA, but an independent tour sponsored by The National Masters News and Sports Travel International, Ltd.

* TOUR POSSIBILITIES

- I. MELBOURNE ONLY: "Bare Bones" NOV 23-DEC 8 \$1,399.**
 Air transportation, Los Angeles/Melbourne/Los Angeles
 + Melbourne transfers airport/university/airport
 + 13 nights university dormitory housing
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 **Special restrictions apply. See specific flyer.
- II. FIJI & MELBOURNE: "HOUSING/BASIC" NOV 22-DEC 7**
 Air transportation, Los Angeles/Nadi/Melbourne/Los Angeles
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 + 11 nights housing in Melbourne + Thanksgiving Day Reception
 A. First class hotel (per person, twin occupancy) with breakfast daily. Near Olympic Stadium **\$1,990.**
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 Price is dependent upon services provided.
- IV. OPTIONAL EXTENSIONS:** Not available in conjunction with Tour I**
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 B. Australia - Great Barrier Reef 7-10 days
 C. New Zealand 7-10 days
 D. Tahiti 1 week

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I am interested in VII WAVA - AUSTRALIA '87. Enclosed please find my check for \$_____ (Deposit: \$250. per person + \$25. non-refundable application fee) for _____ reservations for the following people,

for Tour I _____ or Tour II, A _____ B _____ C _____ D _____

Please send me information on Tour III - Independent Travel. My special wishes are _____

ASAP send me info on the Optional Extension(s):

Australia: Outback & Great Barrier Reef _____

Australia: Great Barrier Reef _____

New Zealand _____

Tahiti _____

NAME _____

ADDRESS _____ street _____ city _____ state _____ zip _____

PHONE (work) _____ (home) _____



Report from Britain

by ALASTAIR AITKEN

Peter Cheatle, an Essex County runner for many years, turned 40 two weeks before winning the Essex Veteran's Cross-Country Championships in November at Chelmsford. Peter, a computer programmer from Grange Hill, Essex, pulled away from the strong, 100-entrant field with ease in the last half mile.

Peter Lindsell, who won the Surrey County Veterans Championships at Petersham in October, was seventh overall in the IBA 10K Road Race in September with a 32:31.

Allan Balderson of the Northern Veterans won the National Veterans Decathlon Championships in August in Loughborough with a score of 5,185 (100 in 12.1 and 400 in 53.4). In the M70 division, Tony Rawlinson scored a new U.K. record 3,915. In the M60, retired Humberside policeman George Leete won with 6,854, which included an M60 national-record high jump 1.50 (4-11). Cheerful, balding Scotsman John Ross won the M45 event with 6,176 on solid performances.

Alan Roper, the Swansea policeman who will be a contender for the National Veterans Cross-Country next

year, was third overall in the Capital Windows 10K at Cardiff, October 26, in 31:23, less than a minute behind current international Dennis Fowles.

Remarkable Joyce Smith of Barnet, the ex-London Marathon champion and once bronze medalist in the European 3000 outdoors, is still going strong, as she was first woman in the Amersham 5 Mile in 28:39, September 21. No woman vet came within four minutes of her in that event.

Two Highgate Harriers veterans have been running well on the road. Robin Dow won the Allhallows 10-Mile in August in a fast 49:12. Guy Ogden was second to ex-junior international cross-country runner Karl Palmer in 31:11 in the Regents Park 10K in December.

Eleanor Adams was second woman in the Notts 10-Mile in October with a 63:04. □



ATHLETES WHO ENTER A NEW DIVISION THIS MONTH FEB. 1987

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
BEV HARJU (CA)	2-23-42	45-49
BERNICE HOLLAND (CLEVELAND, OH)	2-28-27	60-64
BUNNY HUNTER (NEW ORLEANS, LA)	2-27-27	60-64
CAROL JACKSON (EUGENE, OR)	2-20-47	40-44
HANNY KLEIN (NEW ROCHELLE, NY)	2-12-27	60-64
MIMI LERNER (ST. JAMES, NY)	2- 3-37	50-54
PHIL RASCHKE (ATLANTA, GA)	2-21-47	40-44
JOAN TYKINSKI (ALMEDA, CA)	2-28-32	55-59
MARGARET AUERBACK (GB)	2- 8-47	40-44
EWA ERIKSSON (SWE)	2-15-17	70-74
GUNNEL LUNDKVIST (SWE)	2- 7-27	60-64
NINA NIKANDROVA (URS)	2-18-47	40-44
RITVA OLSSON (SWE)	2- 1-37	50-54
UTA REINACHER (WG)	2- 8-37	50-54
GERTRUDE SCHONAUER (AUT)	2-27-37	50-54
HAL BROSSMAN (TEMPLE, PA)	2-20-32	55-59
BJARNE BYRNTESEN (NOR)	2-23-12	75-79
RAY CARSTENSON (BABYLON, NJ)	2- 1-32	55-59
LARRY COLBERT (LANHAM, MD)	2- 6-37	50-54
VIC COOK (WOODLAND HILLS, CA)	2-22-32	55-59
RICHARD CORT (ORANGE, CA)	2-17-22	65-69
LEE EVANS (LOS ANGELES, CA)	2-25-47	40-44
WILLIAM FAIRBANK (MENLO PARK, CA)	2-24-17	70-74
DICK GANSLER (AK)	2-15-17	70-74
ARTHUR GATON (JAMAICA, NY)	2-15-37	50-54
ARNIE GREEN (NEW YORK, NY)	2-11-32	55-59
RAY HATTON (BEND, ORE)	2- 4-32	55-59
HAROLD HOLTOM (CHARLOTTE, NC)	2-16-17	70-74
EVERETT HOSACK (HIGHLAND HTS., OH)	2-28-02	80 +
DONALD JOHNSON (LITTLE SILVER, NJ)	2-14-17	70-74
DARL LOCKE (ALBUQUERQUE, NM)	2-27-42	45-49
CARLOS LOPES (POR)	2- 8-47	40-44
MIKE MANLEY (EUGENE, ORE)	2-14-42	45-49
HAM MORNINGSTAR (SALINE, MI)	2-15-17	70-74
ED OLEATA (LA JOLLA, CA)	2- 2-37	50-54
PERICLES PINTO (POR)	2-15-37	50-54
LUIS RIVERA (MEX)	2-28-02	80 +
GASTON ROELANTS (BEL)	2- 5-37	50-54
EINAR SAETER (NOR)	2- 6-17	70-74
JAN SMIDING (SWEDEN)	2- 4-32	55-59
BERTIL TALLBERG (SWE)	2-25-32	55-59
ROGER VERHEUEN (BELGIUM)	2- 2-27	60-64
RICHARD WEEKS (NASHVILLE, TN)	2-17-47	40-44
ENGELBERT WEITZ (WG)	2-11-12	75-79
THORVALD WILHELMSEN (NOR)	2-14-12	75-79
JOHN WOODS (US)	2- 6-17	70-74
MARC BLOOM	2- 8-47	40-44



Henry Sampson, M40, and John Adams, M50, after the Willomore, South Africa Half-Marathon. Sampson, left, won his division in 86:41 and Adams his in 86:44.

Photo by Leo Benning

Essig Fulfills \$25,000 Pledge for 1989 World Games

Otto Essig, 80, of Westfield, Mass., has sent a check for \$25,000 to the Masters Sports Association, to be held in trust to help stage the 1989 World Veterans Games, if they are awarded to Eugene, Oregon.

His contribution brings the total pledges received to \$68,767, including a paid \$25,000 donation from John Poppell, national M55 100- and 200-meter champion from Richmond, Virginia.

In a letter of thanks to Essig, David H.R. Pain, Secretary of the Masters Sports Association, wrote: "You clearly have indicated the masters program is one which you feel merits your support and one which has provided you with much personal gratification. We are extremely grateful for your generosity." □

Doherty, Daintry Break World Records in Melbourne World Games Promotion Meet

Australians Heather Doherty and Tom Daintry broke age-group world records in the Promo Meet in Melbourne, Australia, on December 7. The event, designed to promote the VII World Veterans Games in Melbourne, November 28-December 6, 1987, was held at Olympic Park, one of the main track and field venues of the VII Games.

Doherty set a W50-54 world record of 39.34 (129-1) in the javelin, breaking her own world record of 38.26 (125-6), made in August, 1985.

Daintry broke the world's best M75-79 time for the 5K walk with a 29:49.

Australian veteran records were set by Jan Henry, W50, 5K walk (33:03), and Bernadette McGrath, W45, javelin (24.62/80-9).

Submasters Hans Lotz, M35, threw the hammer 63.74 (209-1), which will probably stand as an Australian open record.

The meet was soured by rains, which caused the cancellation of several events. □



Harry Lampert, Neville Sharples and Don Farquharson begin the M60 800M race at the 1986 South African Masters Championships. Lampert won the event in 2:41.8, Sharples came in second in 2:49.3 and Farquharson was third in 2:55.7.

Photo by Leo Benning



Vice president of WAVA Jacques Serruys and Hannelore invite all veteran athletes to participate in the semi-official world championships 25KM at Bruges (Belgium).

14th INTERNATIONAL 25 KM FOR VETERANS

BRUGGE (Belgium)
Sunday 21st June 1987
at 10.15 a.m.



1. The organizers

The race is organized and sponsored by the Town Council of Bruges, Sigma Coatings, Nike, Lotto, A.S.L.K., Siemens n.v. and Loopmagazine.

2. Correspondance

All correspondence, entries etc... to be sent to:
FIT VETERAAN, POSTBUS 7, 8000 BRUGGE 1

3. Entry modalities

Open to veterans (men and women), who will be placed separately. Men must be 40 years old or more, women 35 years or older on the day of the race.

AGE GROUPS:

Men:	Women:		
1A 40-44 years	1B 45-49 years	W0 35-39 years	W1 40-44 years
2A 50-54 years	2B 55-59 years	W2 45-49 years	W3 50-54 years
3A 60-64 years	3B 65-69 years	W4 55-59 years	W5 60 years and older
4A 70-74 years	4B 75-79 years		
5 80 years and older			

All ages on the day on the race (21th June 1987).

4. Team race

All competitors will be entered per nationality and per Club. The times of the first 3 runners of each team, not considering age or sex, will be added up to have the team result. There are no extra entry fees for the team races, but all team members must enter individually and pay their entry fees. Competitors must be able to prove their membership of the team they represent.

5. Prizes

- a) individual prizes:
- the first three of each age category, women categories included;
- a special prize for the first women athlete.
- b) team prizes:
- for the first 3 club teams and country teams of the total result.
- c) commemoration prize:
all competitors, finishing their race, receive a commemoration medal and a diploma, on which are indicated their names, times, place per category and total result.

6. Enrolment (Collecting of numbers and race rules).

Competitors can enter at the Secretariat of the Olympic - Stadium, Olympialaan, 8200 Brugge - St-Andries:
- on SATURDAY 20th JUNE 1987 from 2 p.m. till 5 p.m.;
- on SUNDAY 21th JUNE 1987 from 7.30 a.m. till 9.15 a.m.

7. Time-table

DRESSING-ROOM:
- at Olympia-Stadium;
- available from 8 a.m. on Sunday 21th June 1987.
START:
- On Sunday 21th June 1987 at 10.15 a.m. (Belgian time) near the Olympia Stadium
- Competitors refusing to start beyond the starting-line will be disqualified.

8. Provision

Provisioning and refreshments will be organized. The drinks will be easily identified and will be placed on tables in such a way that the competitors will be easily provisioned.

9. Entries: till May 15th 1987

Entries will close irrevocably on 15th May 1987.

ENTRY FEE:

450 BF (Belgian francs) till May 15th 1987

Entries (after May 15th: 600 BF) can not be entered in the competitors list anymore. The day of the race no entry!

Giving right to: - 1 competitors list

- 1 diploma
- 1 commemoration medal
- 1 race result
- 1 packed lunch
- 1 ticket for big Prize Tombola

Cheques, Bankorders, money orders in BF payable and to be sent on Bank account nr. 001-1388959-92 of Bank A.S.L.K. 8000 Brugge mentioning "VETERANEN BRUGGE". Please send an Eurocheck.

BEST LIST

- 1975
P. Van Alphen (N)
- 1976
Eric Austin (GB)
- 1977
Gaston Roelants (B)
- 1978
Edmond Van Ranst (B)
- 1979-1980
John Robinson (NZ)
- 1981
Ant. Vilanueva (Mex)
- 1982-1983
Tim Johnston (GB)
- 1984
Guenter Mielke (Brd)
- 1985
1 Guenter Mielke (Brd)
2. Barry Brown (USA)
3. Les Roberts (G.B.)

OFFICIEEL INSCHRIJVINGSFORMULIER: BRUGGE 25 KM VETERANEN - 21 JUNI 1987

FORMULAIRE D'INSCRIPTION: BRUGGE 25 KM VETERANS - 21 JUIN 1987

OFFICIAL ENTRY-FORM: BRUGGE 25 KM VETERANS - JUNE 21st 1987

OFFIZIELLE AUSSCHREIBUNG: BRÜGGE 25 KM FÜR VETERANEN - 21. JUNI 1987

Lees aandachtig vóór in te vullen. Schrijf duidelijk. - A lire attentivement avant de remplir. Veuillez écrire très lisiblement.
Read official instruction sheet before completing Entry-form. Print clearly.
Lesen Sie bitte erst sorgfältig die Instruktionen für die Ausschreibung. Schreiben Sie bitte deutlich.

Familiennaam-Nom de famille-Surname-Familiennaam:

Adres-Adresse-Mailing adress-Strasse:

Stad-Ville-City-Stadt:

Indien U wenst een land te vertegenwoordigen schrijf hieronder de naam van het land.
Si vous désirez représenter un pays, marquez le nom de celui-ci.
If you wish to represent a country, enter country name here.
Wenn Sie ein Land repräsentieren, Name des Landes.

Inschrijfgeld (niet terugbetaalbaar) - Droit d'inscription (nom remboursable)
Fee (non refundable) - Startgeld (nicht zurückzahlbar)

☐ 450 BF

Handtekening: X

Voor-naam-Prénom-Christian name-Vorname:

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No / Etage / Appartement

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Postleitzahl

Land-Pays-Country

Beste resultaat de 25 km.

Meilleure performance sur 25 km.

Best completed 25 km.

Beste Zeit über 25 km.

Geboortedatum

Date de naissance

Date of birth

Geburtsdatum

Officiële klubbenaming (geen afkortingen) - Nom officiel de votre club

Official club name - Offizieller Name des Vereins (keine Abkürzungen)

Datum:

Inschrijven bij - A faire parvenir à
Mail entries to - Zu richten an:

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Postbus 7
B-8000 BRUGGE 1

SEX-GESCHLECHT

M V-F-W

☐ ☐

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

HURDLES

AGE	WOMEN					MEN				
	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"					
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 35'4"	110m	.914m 36"	13.72m 45'	9.14m 30'	14.02m 46'
60-69	-	-	-	-	-	100m	.840m 33"	13.00m 42'8 1/2"	8.50m 27'10 1/2"	10.50m 34'5"
70 plus	-	-	-	-	-	37m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
35-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	300m	.762m 30"	30.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
60-69	-	-	-	-	-	300m	.762m 30"	30.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
70 plus	-	-	-	-	-	-	-	-	-	-

Steeplechase distance for age-groups 160 and 165 shall be 2000m; there is no steeplechase for age-groups 170 and above.

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
WOMEN				
35-49	4.00K	1.00K	-	600 gms.
50 plus	3.00K	1.00	-	400 gms.
MEN				
40-49	7.26K (161lbs.)	2.00K	7.26K (161lbs.)	800 gms.
50-59	6.00K	1.50K	6.00K	800 gms.
60-69	5.00K	1.00K	5.00K	600 gms.
70 plus	4.00K	1.00K	4.00K	600 gms.



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.

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Stahl, Muramoto Top Masters**Japanese Invade Hawaii**

by MIKE TYMN

Forty-five years — to the day — after the attack on Pearl Harbor, the Japanese invaded the streets of Honolulu.

There were 3,553 of them. Among them were some of Japan's best masters road warriors.

The occasion was the 14th annual Honolulu Marathon on December 7. The Japanese runners accounted for more than a third of the 10,354 entries.

Minoru Muramoto, 44, whose 2:48:00 in 1982 stands as the women's over-40 record, was almost as fast this year. Her 2:50:33 placed her seventh among all women and nearly 24 minutes ahead of the next masters woman.

Keizo Yamada was an impressive winner of the 55-59 division in 2:58:21. Yamada, 59, was a 1952 Olympian and winner of the 1953 Boston Marathon.

Yoshiaki Unetani, 42, the 1969 Boston Marathon winner and a 1972 Olympian, recorded 2:33:45 for second in the 40-44 division behind Kjell-Erik Stahl of Sweden (2:21:18).

For the first 10 miles, Stahl, 40, was on a pace that would have broken Jack Foster's over-40 Honolulu Marathon record of 2:17:24, set in 1975 when he won the race. However, blisters slowed Stahl over the second half.

"I didn't tape my toes properly," Stahl explained, holding a blood stained shoe.

It was Stahl's eighth marathon of the year. Not counting a *dnf* in New York, it was his slowest and the only one not under 2:20.

Japan's Takao Aida, winner of the 45-49 division in 2:23:26, was second master overall. Other Japanese winners were Tsuneaki Takahasi (50-54, 2:39:04), Sadao Nakajima (75-79, 5:26:49), and Takako Ijiri (women's 60-64, 4:15:18).

Also in the field was Toru Terasawa, whose 2:15:16 in 1963 was a world record. Terasawa, 52, ran back in the pack with a friend.

The Honolulu Marathon went to five-year age groups for the first time this year.

Frank Grey, 66, from Washington, won his fifth consecutive age-division title with a 3:02:42. Grey, who recorded an over-60 Honolulu Marathon record of 2:52:32 in 1985, finished just ahead of Hawaii's Jerry Horton, winner of the 60-64 division in 3:03:55.

The overall race was won by Ibrahim Hussein of Kenya in a race record 2:11:43. Hussein, 28, was on world record pace through the first half of the race (1:03:24) as the temperature was an unusually cool 59 degrees for the first hour, climbing only to 62 at two hours into the event.

Carla Beurskens of The Netherlands topped the women in a race record 2:31:01.

Other age division winners: Men — 70-74, Don Lundberg 3:35:38; Women — 40-44, Sue Brown 3:14:04 (Muramoto, as a top ten finisher, was placed in the elite division); 45-49, Judith Sewell 3:26:37; 50-54, Noel Murchie 3:31:42; 55-59, Shirley Harris 3:59:55; 65-69, Margaret Lee 4:28:01; 70-74, Lucile Adney 6:51:31; 75-79, Anita Pereira 7:28:12. □



Keizo Yamada (left) and Yoshiaki Unetani, both former Olympians and Boston Marathon winners, relax after the 1986 Honolulu Marathon. Yamada, the '53 Boston winner, won the 55-59 division in Honolulu with a 2:58:21. Unetani, who won Boston in '69, was second in 40-44 division with 2:33:45.

Countdown to Melbourne

Continued from page 16

Track Work

Work is underway at Olympic Park in Melbourne on upgrading the complex by laying a second all-weather track to be used for the Games. As reported in December, because of a miscalculation in budgeting, the track is being built inside an existing greyhound racing track, limiting it to 375 meters, making it unsuitable for lap events. The track will be four lanes for the full distance with an additional two lanes in the home straight to allow for sprint events to be held. Field event facilities are also being included. This second track will also serve as an excellent warm-up facility.

The Melbourne University track, less than four kilometers from Olympic Park, will also be used to stage events. It has just been resurfaced, and is reportedly an excellent venue for athletics, being wind protected and providing an ideal atmosphere with banked spectator areas and picturesque surroundings. For those visitors booked into the University dorms, travel will be no problem.

In December, the Executive Committee of WAVA visited Melbourne to inspect the facilities and arrangements. WAVA President Don Farquharson's official report will appear in NMN next month. □

Grey Certified in Honolulu

Frank Grey, winner of the 65-69 division in the Honolulu Marathon with a 3:02:42, was "legal" according to race official Jim Moberly.

Grey, a resident of Poulsbo, Wash., was the subject of controversy in his home state after the Emerald City Marathon in April this year. Race officials claimed that he had been seen entering the race between 16 and 17 miles, and that his truck was seen near there.

The Seattle Times nominated him for the Rosie Ruiz Award. Ruiz gained infamy from 1980 Boston Marathon when after crossing the finish line as the distaff winner it was discovered she had entered the course a few miles from the finish.

Grey, who recorded a 2:49:26 at Emerald City, admitted that he had left the course briefly due to stomach cramps.

"I guess I got a little confused where I had left the course, and I came back out about 100 yards down from where I had left it," Grey said in an interview shortly before the Honolulu Marathon. Because he had inadvertently cut 100 yards from the course in coming out of the bushes, Grey decided not to contest the impending disqualifications and therefore withdrew his application.

"The statement about my truck was absurd," Grey said. "I took the ferry to the race and my truck was in the ferry's parking lot in Winslow, some 15 miles across the Puget Sound. My son and his wife will attest to that."

Moberly said that Grey shows up on camera at the 15-mile mark, the farthest point from the finishing line, as he has in his previous Honolulu Marathon races, and at 25 miles. While there are spotters at five miles, Moberly admitted that they concern themselves chiefly with the front runners and are unable to pick up the masses due to congestion and early morning darkness. Therefore, he cannot verify Grey at that point.

"He looks good on camera," said Moberly, "good form and everything, not at all like somebody you'd expect to cheat. He has to be pretty good just to do the last 11 miles between 6½ and 7 minute mile pace. If he's got that kind of ability, it's hard to believe he would not run the entire race."

Grey was disappointed with his performance. "I've had some leg problems recently and it was bothering me the whole way," he said. "But I was determined to finish. Everytime I saw someone who looked like a spotter, I'd yell, 'Hey, I'm Frank Grey, check my number.'"

Grey is considering retirement from running. "It's not worth it to my family and my friends to put up with this kind of thing. I find it very difficult to believe this has happened to me."

...

A different kind of potential "cheating" incident arose after the recent Honolulu Marathon. It involved, of all people, Yoshiaki Unetani, the 1969 Boston Marathon winner.

Unetani, 42, was declared the winner of the 50-54 division and accepted the trophy. When Unetani's true age was pointed out by a close observer of the running scene the next day, Moberly immediately contacted Unetani's tour leader.

Moberly learned that a typo in transferring application data to the computer caused the problem and that Unetani, who does not speak English, did not understand at the time what the award was for. When Moberly caught up with him, he found out that Unetani had already given the award to Tsuneaki Takahasi, the actual division winner.

"But I guess he wasn't going to tell us," said Moberly who was faced with playing musical chairs with a number of other awards in both the 40-44 and 50-54 divisions. □

— Mike Tymn

PROFILE

Portrait of a Champion

by JOE VALDES

A. Richard (Boo) Morcom, born May 1, 1921, would grow up to be one of the world's greatest masters track and field athletes ever.

His illustrious career started at the University of New Hampshire, where he averaged over 14 points per meet in 32 college competitions. He scored 59 points in the IC4A championships and, in 1947, tied for the NCAA pole vault title.

In 1948, Boo won the U.S. Olympic pole vault trials over Bob Richards and others with a 14-8½ jump and went to London for the Olympic Games. There, disaster struck in cold, rainy weather, and Boo had to settle for sixth place at 12-11½ (Richards placed third in 13-9).

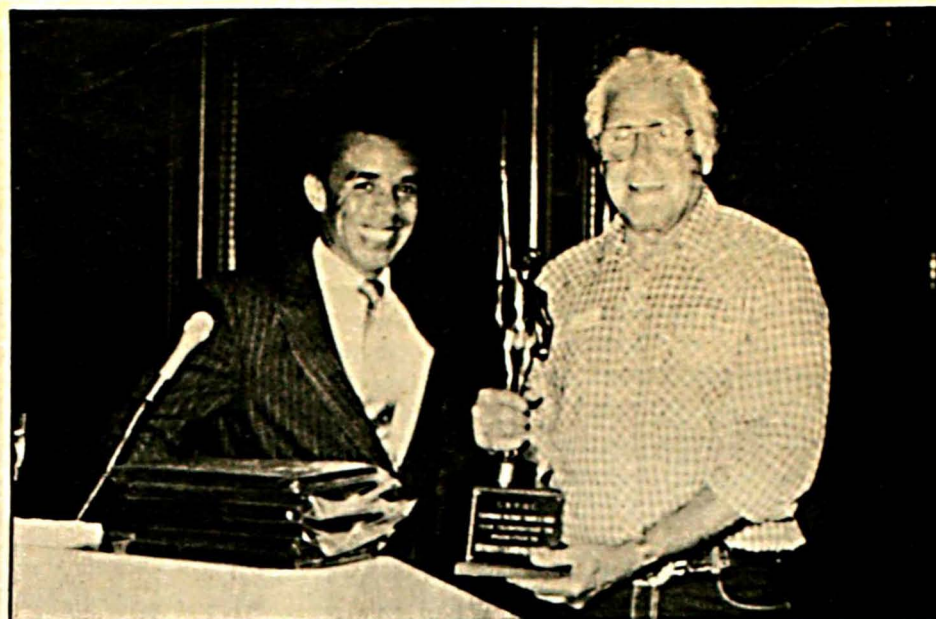
In 1956, he was selected as the women's Olympic field events coach, and led his athletes to 1st, 2nd, 3rd, 4th, 5th, and 6th-place finishes, probably the best Olympic field-events

performance ever by the U.S. women's team.

Boo started in the masters track & field program in 1970 at age 51, with a 5:01 mile to his credit. He set a then-U.S.-age-56 record of 2:16.2 in the 800 in the 2nd World Veterans Games in Sweden.

He went on to set age records in the 110-meter hurdles, 400 hurdles, long jump, high jump, triple jump, 400, pentathlon, decathlon and pole vault.

In 1985, he won the M60 pole vault



Marvin Thompson (l) of the L.A. Patriots Organizing Committee presents Mike Castaneda, president of the Southern California Striders, with the first-place team trophy from the 1st Annual California Masters Team T&F Championships held August 30. The presentation took place at the Striders' Annual Awards Banquet, October 19. Photo from Fred Niedermeyer

at the 6th World Veterans Games in Rome, and was named TAC's multi-event masters athlete-of-the-year in 1985.

In 1986, he successfully defended his national M60 Indoor Pentathlon crown. Turning 65 last spring, he immediately set a new world M65 record with a 12-4½ pole vault. He won three gold medals—in the M65-69 pole vault, long and triple jumps—at the National Masters Championships in New York.

He then scored 3770 points on the 1985 IAAF scoring tables to break the world 65-69 decathlon record, and upped the M65 U.S. triple jump mark to 33-0.

Boo finished off a brilliant year as the top scorer (8320 WAVA points) among 20 masters decathletes in a California decathlon.

Morcom's training is basically intense, but short in duration. He runs five days a week—seldom more than a mile—and throws the weights every other day. He jumps whenever he gets access to a pit.

He credits his success to a clean life, no alcohol, drugs, coffee, tea or aspirin. He has three children and seven grandchildren, and, in 1983, retired from 35 years of service at the U. of Pennsylvania. He owns a home and cottage in New Hampshire and recently auctioned off antiques which took 30 years to collect.

At age 65, Boo Morcom is at the top

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.

of his sport. He holds 27 world and American age records, and, for a young track enthusiast like myself, it is an honor to call Boo Morcom my friend. Try not to miss him when he comes to your town. □

MORCOM'S AGE RECORDS

AGE	SCORE	DATE
-----	-------	------

POLE VAULT

51	13' 7-3/4"	8/25/72
52	14' 0"	11/08/73
54	13' 6-1/2"	4/03/76
55	13' 6-1/4" wR	8/04/76
56	13' 3"	7/10/77
57	12' 9"	4/17/79
58	13' 0"	1/10/80
59	13' 0-1/2"	1/10/81
60	12' 3"	5/16/81
61	12' 6-1/2"	2/26/83
62	11' 11-3/4"	5/07/83
63	12' 3-1/2"	8/02/84
64	11' 0"	10/02/85

AGE	SCORE	DATE
-----	-------	------

400 METER HURDLES

56	66.7	6/26/77
----	------	---------

400 METER HURDLES

55	63.2	6/27/85
----	------	---------

HIGH JUMP

55	5' 6-1/2"	7/27/76
56	5' 5-1/2"	8/08/77
59	5' 2"	1/10/81

LONG JUMP

51	20' 5-1/4"	6/17/72
56	19' 7-1/4"	6/26/77
63	17' 6-1/2" w	1984
64	16' 11-1/4" w	8/24/85

DECATHLON

60	4407	1982
61	4552	8/28/82
63	4341	9/22/84
63	4407	1984
64	4067	9/14/85



Boo Morcom

Minutes of TAC Masters Long Distance Running Committee Meetings

8th Annual Convention of TAC — Tampa, Florida — December 3-7, 1986

by CAROLE LANGENBACH, Secretary

Presiding: Chairman Bob Boal

Records

Basil Honikman, head of TACSTATS, the new record-keeping arm of TAC, said single-age records would continue to be processed, as they were by the National Running Data Center. He said all runners must encourage race directors to comply with record-keeping procedures, and report results of events through state record keepers. He plans to produce ranking lists, as NRDC has done, since it stimulates interest in the sport.

Marketing & Media - Jack McDonald

Local associations can often raise funds easier than the national committees.

Championship Evaluation - Bill Shrader

Many 1986 national championships were evaluated; the main improvement suggested was that entry forms be given wider distribution and be available two to three months prior to the event.

Newsletter

Boal reported that there may be money for our committee to have its own newsletter.

Special Award

Boal presented Otto Essig with an award for distinguished service to our sport.

Championship Bids

Phil Benson, new championship-bids screening chairman, asked our input regarding a new bid form. Send suggestions to Phil at Box 2287, Ocean Township NJ 07712.

Cheaters

Charles DesJardins brought up the topic of "jump-in" runners, a serious problem as prize monies are increased for masters runners. The general recommendation is that race directors be ready by providing spot-check stations with video backup.

National Masters News

Editor Al Sheahan asked for suggestions on how to get race directors to send in results. Should NMN cover the big LDR events that aren't masters championships? NMN received no money from our committee in 1986, while T&F donated \$1850. A motion was passed that the \$1200 allotted to Publications include a donation to NMN.

Budget, Awards, 1987 Championships

(These items were reported in last month's NMN).

New Business

Motions passed:

1) "Only American citizens shall be allowed to win TAC medals in national masters championships."

2) "In a national championship, the race director shall require a copy of the TAC club certificate with each team entry or a letter from an Association Officer vouching that the team is TAC-registered."

3) "In a national championship, the race director may require, at his discretion, any athlete's proof of birth date."

4) "In a masters championship within a larger event, TAC athletes who win championship awards shall be allowed to win awards in the regular race."

VII World Games

For the 1987 Championships in Melbourne, Nov. 28-Dec. 6, we need to form teams before we go. Let Ruth Anderson (address on p. 2) know if you are planning on running cross country and/or marathon.

Anonymous Letter

A motion passed: "The Masters LDR Committee requests TAC's Board of Directors to conduct an investigation into who wrote the anonymous 'Committee for TAC Reform' letter regarding TAC's Executive Director, Ollan Cassell."

Pacing

Ruth Anderson presented a resolution drawn up by the Women's LDR Committee that would name a task force to investigate pacing in road events. □

TAC MASTERS LONG DISTANCE RUNNING COMMITTEE

1987 Officers

Chairman Bob Boal
Vice-Chairmen:

Men Chas. DesJardins

Women Ruth Anderson

Secretary Carole Langenbach

Treasurer George Vernosky

IGAL Reps: Norm Green

Chas. DesJardins

Awards Coordinators:

Men Kirk Randall

Women Ruth Anderson

Championship Bids Phil Benson

15TH ANNUAL T.A.C. EASTERN MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS

Hosted by The Rhode Island Track and Field Foundation

* NO POST ENTRIES *

DATE: Sunday, March 15, 1987, 10:00 a.m.
SITE: Brown University Athletic Center, Hope St. and Lloyd Ave., Providence, RI (Adjacent to the Meehan Hockey Rink and Smith Swim Center)
DIRECTIONS: From North: I-95S to Branch Avenue (Exit 24). Turn left on Branch to light. Cross intersection, go up Cypress Street hill to Hope Street, turn right and follow to Athletic Center Complex. From South and East: I-95N to Branch Ave. (Exit 24). Turn right on Branch to light. Cross intersection and follow same as above.
FACILITY: New, ultra-resilient, 200-meter, 6-lane, flat, California Products rubberized surface (field events, too). Installed summer '86. Lockers/showers available. 3/16" spikes.
AWARDS: T.A.C. Championship medals to 1st 3 places. Patches to winners (one per person).
DIVISIONS: Five year groupings for men and women (30-80+)
ENTRY FEE: Pre-entries \$8.00 1st event; \$5.00 each additional received by Thurs., March 5.

* NO POST ENTRIES *

ORDER OF EVENTS:

Track	Field
11:30 a.m. 55m Burdles-Trials (if necessary)	- All Events are Finals
55m Burdles-Finals	- Maximum 4 attempts
55m Dash-Trials (if necessary)	- Younger to Older
55m Dash-Finals	10:00 a.m. Weight Throw
Mile Run	Long Jump
500m Run	
3000m Walk	12:00 p.m. Shot Put
800m Run	Triple Jump
300m Run	
3000m Run	2:00 p.m. High Jump
4 X 400m Relay (must be members)	Pole Vault
4 X 800m Relay (of same club)	

HOST HOTEL: Marriott Inn, \$59/night (1-5 per room). Contact Paul Adams (401) 272-2400. Numbers and packets available at Marriott Reception, 3/14/87, 7:00-9:00 p.m.

FOR ADDITIONAL INFORMATION CONTACT: Neil Steinberg
46 Roberts Avenue
Pawtucket, RI 02860
(401) 728-2869 (evening)

Please Print

Name _____ Phone No. _____
Address _____
Street _____ City _____ State _____ Zip Code _____
Age (as of 3/15/87) _____ Male _____ Female _____
Club _____ TAC? (Required) _____ Date of Birth _____
Event _____ Best Recent Mark _____ Event _____ Best Recent Mark _____
1. _____ 4. _____
2. _____ 5. _____
3. _____ 6. _____

Long Sleeve T-shirt @ \$8.00 each available only with entry

Amount Enclosed: 1st event \$8.00
Additional events @ \$5.00 each _____
T-shirt @ \$8.00 _____
Total Enclosed _____

Men's sizes: S M L XL
(Circle one)

Mail entry form and check, payable to The Rhode Island Track and Field Foundation to: Neil Steinberg, 46 Roberts Avenue, Pawtucket, RI 02860.

Waiver: In consideration of your accepting this entry for the 1987 Eastern Masters Indoor Track and Field Meet, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Rhode Island Track and Field Foundation, or Brown University, their Agents, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

Date _____ stature _____

1. DISPLAY ADVERTISING RATES

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

2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions.....10%

6 to 12 insertions.....15%

CLASSIFIED RATES

50 cents per word. Count name and address as 3 words. Race notices are 25 cents per word. Prepayment required with copy.

SPECIAL RATES

25% discount for race and meet notices. No frequency discounts or agency commissions.

8. CLOSING DATES

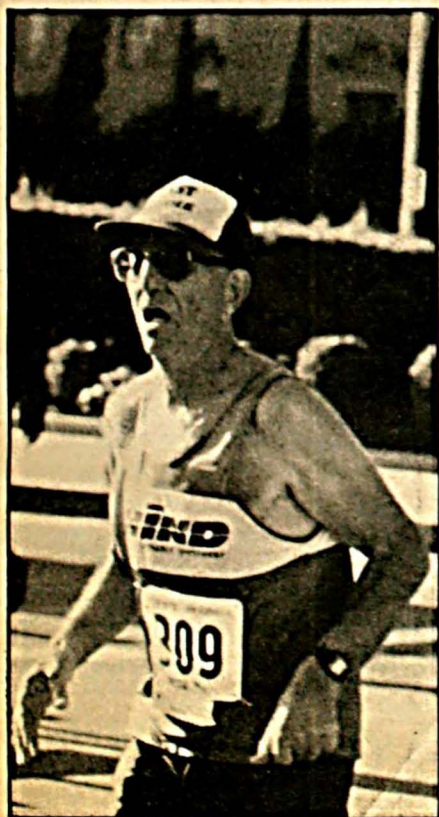
The 10th of month before date of issue.

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Eddie Lewin, 70, finishing Run Across L.A. 10 Miler in 71:55. Photo by Richard Lee Slotkin



Ray Hatton

Ray Hatton must be doing something right. The 55-year-old from Bend, Oregon, competing in events from 1500 to the half-marathon, has collected more than 30 age records, eight American age-group records, and a world record in the 3000 since he turned 40.

The 5-9, 138 lb. University of Idaho graduate, college professor, researcher and author of five books promises this isn't the end of the roll call. He plans to set a few more PRs and records this spring and summer: Times? "The 10K under 33 minutes, 5K under 16:00, the mile in 4:40, 3000 in 9:15, 15K in 51:00, and the 20K under 1:10."

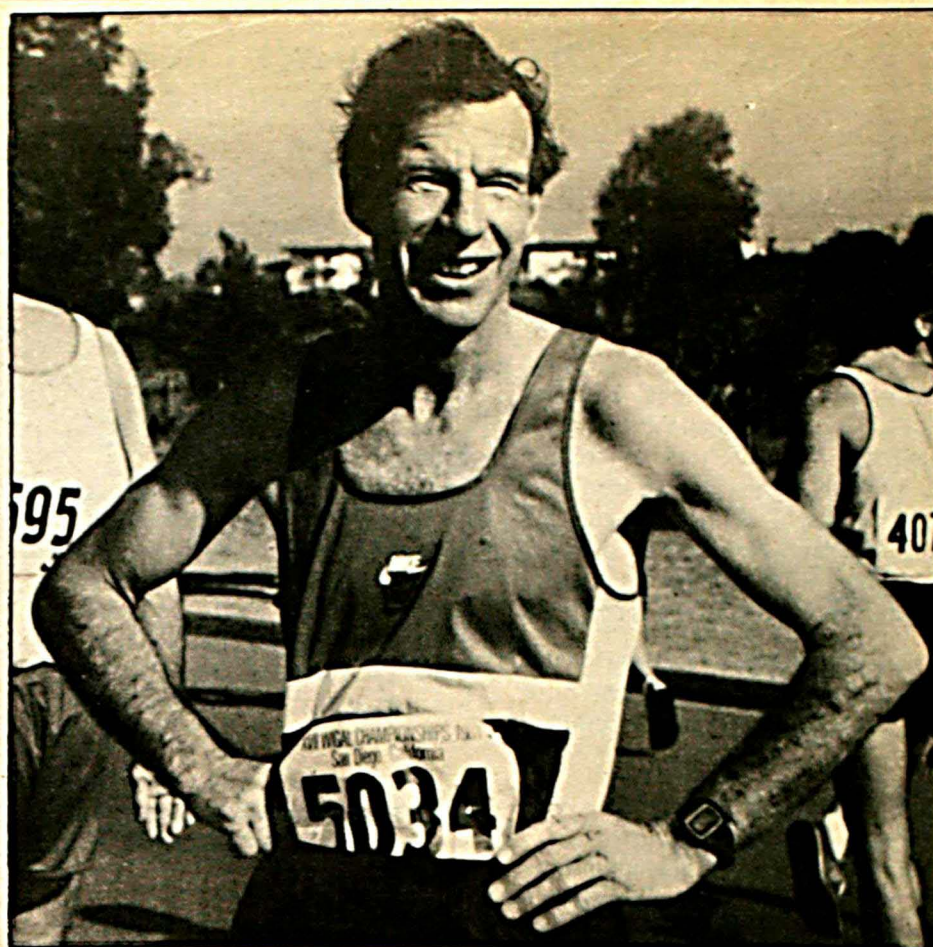
His achievements are all the more remarkable because running, although a high priority, is not the only important thing in his life. He's married and has raised two children with his wife, Sylvia. He began his college education at the age of 24, has earned three degrees, and is not finished yet. Currently he's working on a Ph.D. dissertation on the climatology of Oregon.

Hatton was born February 4, 1932 in Lichfield, England, and began competing in the early 1940s in high school. In 1952 he was on the English cross-country team and competing in international meets. He still considers cross-country one of his best events, along

with the 3000, 5K, and 10000 (both track and road).

After moving to this country he continued competing. In 1959 he was fourth in the AAU cross-country championships. Since entering masters competition at age 40, he has captured and still holds the American records for M40-44, M45-49 and M50-54 in both the 6 mile and 10000. In the process, he has had to beat such runners as Jim O'Neil, Pete Mundle and Hal Higdon.

A runner of international stature, he set the world record for M50-54 in the 3000 (8:53.8) at age 50. He held the M50-54 world record for the 1500 of



Ray Hatton

4:05.8 (set in 1982) until it was broken in 1984 by Tom Roberts of Australia with a 4:05.2.

Hatton trains in what sounds like a runner's paradise. "Bend," he says, "is located at near 4000-foot elevation, has only 12 inches of rain a year, and is adjacent to hundreds of square miles of U.S. Forest Service land, with miles and miles of dirt trails in nearby forests, mountains and deserts. I rarely train on roads."

He has no rigid training schedule, but mixes distance runs (generally at a 6:30 to 7:00 minute/mile pace), with Fartlek, hills, and occasional speed workouts during the off-season. In the spring he adds some quarters on the track (average 69-72 seconds with one-minute rest between quarters). Nearly all of his running is in flats, except for very occasional use of spikes in early summer.

Hatton has no coach. He says he's learned training methods from "experience, trial and error, reading articles in running magazines — but mainly from 40 years of running — and listening to my body." His weekly mileage has basically stayed the same over the last 30 years — about 30-40 miles per week. He runs fewer races than he did when younger, does more Fartlek and only occasional track workouts.

In addition to running, he does cross-country skiing in winter, and hikes in both winter and summer. He also swims laps occasionally (which he finds boring), lifts weights, and splits firewood in winter for his wood stove.

Moderation and flexibility in training — and life — are Hatton's bywords. He doesn't believe in making running an exclusive lifestyle — or in

over-training and over-competing. "It can be (too) fatiguing," he says, "especially for masters athletes." He recommends that an athlete figure out what's optimum for him/her and then stick to it.

He used to run in the past to think about his teaching, research, and writing. Now, he says, he uses it as a way to create energy — and uses that energy on other endeavors. Some of that energy is sure to be expended in setting new records as he enters the M55 age group this year.

Ray Hatton is definitely doing something right. □

—Gretchen Snyder

Daily Training Schedule—Ray Hatton

Off-Season Training

Monday (7 miles)	7 miles at a steady 6:30 pace. On dirt roads.
Tuesday (5½ miles)	5-6 miles easy (about 7:00 pace). On trails, except on road when trails covered with snow.
Wednesday (7 miles)	Out 3 miles easy (about 7:00 pace). Return a little faster (5:50 pace). Jog 1½ miles. On dirt logging road.
Thursday (5½ miles)	Same as Tuesday.
Friday (7 miles)	Out 3 miles, comfortable pace (about 6:00). Return 3 miles at near race pace (5:23). Jog 1 mile. On dirt logging road.
Saturday (0 miles)	Cross-country ski in mountains. No running.
Sunday (10 miles)	10 mile run on logging road. Last 3 miles in 17:10.

Total Mileage: 42*

*Typical December/January/February week

Race-Season Training

Monday (7 miles)	6 miles on dirt road. First 3 miles at about 5:51 pace; last 3 miles faster at about 5:44 pace.
Tuesday (4 miles)	Very easy 4 miles on park trails. 7:30 pace.
Wednesday (5 miles)	5 miles on trails in hills back of home. Pace variable.
Thursday (6 miles)	Intervals at college track. 8 x 400 meters in 69-72 seconds; 1 minute rest in between.
Friday (0 miles)	Rest.
Saturday (11 miles)	10K race. 11 miles including warm-up and cool-down.
Sunday (4 miles)	Very easy 4 miles on grass. 7:30 pace.

Total Mileage: 37*

*Typical training for late spring and summer months. This particular week Hatton was training with Olympic marathon qualifier, Terry Kern.

Ray Hatton

AMERICAN AGE GROUP RECORDS

6 Miles	
40-44	29:59.0
45-49	30:47.0
50-54	32:10.4
10000	
40-44	30:56.0
45-49	31:48.0
50-54	32:10.4
1500	
50-54	4:05.8
Mile	
40-44	4:24.0
3-Miles	
40-44	14:29.2
5000	
45-49	15:17.4
2-Miles	
40-44	9:17.6
One-hour run	
40-44	11m-718y

WORLD RECORD

3000	
50-54	8:53.8

All-American Certificate Program Finalized

by JIM WEED and GARY MILLER,
All-American Awards Coordinators

The Masters Track & Field All-American Certificate Program has been finalized by TAC's Masters T&F Committee, and is ready to go.

At TAC's 1986 convention, women's standards of excellence were established. The 10,000 and steeplechase were added to the men's standards, published in NMN last year. Both "standards of excellence" charts appear on this page.

The following procedures have been established for applying through the *National Masters News* to receive an All-American certificate:

If you equal or better the standard of excellence in any event in your age group, please fill out the form printed below and send it to *National Masters News* with \$10.00 to receive one certificate for one or more events. You may apply for multiple certificates, but each application must be accompanied by a \$10.00 fee.

(Example: An individual betters the AA standard in two events in a June meet. He or she sends \$10.00 for a

single certificate covering these two events. Then, in July, the athlete qualifies in additional events or improves on previous events, and desires a second certificate. A \$10.00 fee would be required with the second application.)

Verification of results must have an official-event signature — except for TAC National and Regional Championships, or if the meet results have already been published in the *National Masters News*. However, the weight of the implement, hurdle height, distance, etc. must be written on the application form and be verifiable through the meet results or by an official's signature. Any performance made in 1986 or 1987 can qualify.

The certificates will be 8½ x 11½ and two-color, suitable for framing. (See reduced sample on this page.) They will be mailed as soon as possible.



U.S. MASTERS STANDARDS OF EXCELLENCE

FOR MEN

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
10000	33:00	34:00	35:00	36:00	37:00	38:30	40:30	44:30	48:30	54:30	60:30	68:30
SC 3K	10:00	10:20	11:10	11:50	12:30	13:20	13:50	14:40	17:30	20:00		
SC 2K							9:30	10:30	12:45	14:00		
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
100mH							18.0	20.0				
80mH									18.0	21.0		
300mH							57.0	62.0	66.0	71.0	75.0	81.0
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"	7'4"
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.

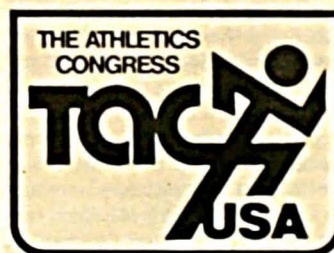
U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100m	13.8	14.2	14.6	15.0	15.6	16.3	16.9	17.5	18.8	20.0	21.2
200m	28.0	29.2	30.3	31.4	32.5	34.2	35.7	37.3	40.5	43.8	48.7
400m	63.5	66.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	95.0	103.3
800m	2:32	2:35	2:40	2:45	2:54	3:07	3:17	3:27	3:34	3:49	4:02
1500	5:13	5:15	5:19	5:39	5:50	6:15	6:45	7:16	7:45	8:19	8:49
5000	20:40	20:56	21:36	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100/80mH	17.0	18.6	16.1	17.1	18.1	19.1	20.1	21.1	28.0	32.0	37.0
400/300mH											
HJ	1.42	1.35	1.27	1.19	1.10	1.07	1.02	0.97	0.92	0.89	0.84
	4'8"	4'5"	4'2"	3'11"	3'7"	3'6"	3'4"	3'2"	3'0"	2'11"	2'9"
LJ	5.0m	4.60	4.30	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.0
TJ	9.03	8.61	8.12	7.63	7.14	6.40	6.23	5.74	5.00	4.25	4.00
	29'7"	28'3"	26'73/4"	25"	23'5"	22'73/4"	20'5"	18'10"	16'5"	13'11"	13'1"
SP	10.30	9.30	8.20	7.20	8.90	8.30	7.70	7.30	6.90	6.60	6.30
Javelin	39'50	33.50	27.50	21.50	25.0	19.0	18.0	16.0	15.0	14.0	13.50
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.50

All American Masters Track and Field

This is to certify that

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APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: _____ PHONE: _____

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EVENT: _____ MARK: _____

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EVENT OFFICIAL: _____

Send \$10.00 and this form to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA. 91404.

MASTERS SCENE

NATIONAL

• In his bi-weekly **Running Commentary**, Joe Henderson forecasts (or wishes) that 1987 will be the year: 1) of the master, as great athletes and big events reach maturity together; 2) Jim Ryun turns 40 and is talked back to the track; 3) the masters mile returns to prominence at major invitational meets after years of neglect; 4) Jack Foster's 13-year-old veterans marathon record of 2:11:19 finally falls; 5) Carlos Lopes, who turns 40 this month, celebrates with a revival of racing; 6) Frank Shorter, turning 40 in October, gears up for his best year in almost a decade; 7) the World Veterans Championships in Australia lures top talent and big money to its marathon; 8) prize money for masters increases generally as race directors realize the source of their greatest support; 9) magazines recognize masters as their biggest audience and write more about them; 10) Bill Rodgers becomes a force in over-40 running even before turning 40 in December; 11) Rodgers and Shorter will rally support for a masters-only race circuit; 12) Joyce Smith will run in the 2:40 range at age 50 in the marathon; 13) Miki Gorman's marathon record of 2:39:11 for women masters will pass after 12 years to Gabriele Andersen, Barbara Filutze or Fordie Madeira; 13) at age 58, Sister Marion Irvine will make another try for the Olympic Trials.

• Masters competitor Ted Esau, 57, had a problem not uncommon to masters runners—he had trouble reading the elapsed time on his digital wristwatch because the numbers are so small. His solution: the "Wild Watch," with digits triple the size of the normal chronometer, which enable a runner to adequately see the actual time of day or the elapsed time in a race or workout. Esau now is a distributor of the watch, which can be had by sending \$12.45 to ESAU Co., 7300 France Ave. S., Minneapolis MN 55435.

• The 30th Annual Road Runners Club of America National Convention, May 14-17, and RRCA 10K National Championships, May 17, will be held in Rockville, Maryland, near Washington, D.C., and hosted by the Montgomery RRC, Inc., P.O. Box 1703, Rockville, MD 20850.

• According to Joe Henderson's **Running Commentary**, the rumor is out that George Sheehan has cancer. In March he was diagnosed as having cancer of the prostate, Class D (the most serious). Apparently, however, George isn't letting it slow him down. As of December, George was still racing and training, writing and speaking as often as always.

• Because of all the recent pacing controversy, TAC has been forced to take a stand. At their recent convention, TAC passed a new resolution stating that it "strongly opposes pacing and other forms of assistance which result in advantage of one competitor over other competitors." A task force has been named to further study the problem. According to LDR committee leader Julie McKinney, guidelines will be written by next spring and the focus will be on elite athletes.

• The 1987 U.S. Athletics Calendar is now available. The calendar includes, among other things: meet contact information for "all top events," qualifying standards for the TAC junior and senior championships, and separate schedules for national championships, IAAF Permit meets and IAAF Grand Prix meets. The calendars are \$8 a copy and available from: Book Order Dept., TAC/USA, P.O. Box 120, Indianapolis, IN 46206.

• In the final newsletter of the National Running Data Center, Jennifer Young has some nice words for masters athlete and NMN assistant editor Tom Sturak: "This man made all the difference. I met him when he was with NIKE. It

was Tom, really, who began the process which ultimately saw the success of the NRDC. Tom recognized the value of what Ken was hoping to achieve and it was Tom who initiated the paperwork at NIKE which led to the major grant which the NRDC has received each year . . . which led to other funding by other groups. We thank Tom very much and we thank NIKE for believing in us and our work."

• Mike Boit surely will be the first sub-4:00 masters miler, says Joe Henderson in "Running Commentary," if he can convince WAVA's Record's Chairman, Pete Mundle, of his true age. He's supposedly at least 38. Returning from an 18-month layoff, Boit ran a road mile in 3:59.9 in Fort Worth on November 2nd. The downhill course is reportedly five seconds "fast."

• Reebok's stock is up, but NIKE's is down. The Beaverton, Oregon company, which has contributed greatly to masters athletics, has laid off more than 10 percent of its American labor force.

• Meanwhile, Henderson reports, Saucony is advertising for new athletes, who "meet time standards at a variety of distances" and "in all age categories."

• The **Runner** magazine will publish its last issue in April. Its owner, CBS, wants out of the running magazine business, and is selling it to Rodale Press, which purchased **Runner's World** magazine in 1985. The **Runner** currently has 214,000 subscribers to RW's 292,000—they are the two leading running magazines. (**Running Times** and **Track & Field News** are both below 100,000 in circulation.) The **Runner's** publisher, George Hirsch, will perform the same function at RW, operating out of New York City. The **Runner's** staff includes some of the top running writers in America—Hal Higdon, Don Kardong, George Sheehan and Marc Bloom.

EAST

• The ten runners invited by **The Runner** to compete in the Millrose Games' Masters Mile on Jan. 31 were: Barry Brown, Sam Bair, Mike Hurd, Bob Schul, Noel Carroll, Tracy Smith, Web Loudat, Damien Koch, Bill Stewart, plus a New Yorker named after a trial run. Results next month.

• John Bell wasn't the only one who didn't run the whole course at New York. Twenty-three other alleged course-cutters were tossed out of the final New York City Marathon results along with the original masters "winner" from Marion, Indiana.

• The 10th Annual Empire State Building Run Up is slated for Thursday, Feb. 12. This year's field will be expanding to a total of 100 runners, in three heats. If you feel you can climb to the top, send your athletic resume to ESBRU, c/o NYRR, P.O. Box 881, FDR Station, New York, NY 10150-0881, along with reasons why you should be accepted to compete in this unusual invitational event.

• Vince Carnevale, 70, Newark, NJ, broke Vernon Geary's M70-74 national 30K record of 2:25:58 with a 2:25:26 in the MAC Championships, December 6, Central Park, NYC.

• Ken Skelly, 40, flew through the Christmas Run for Animals 10K in 32:32, and Ramona Skelly, 42, unleashed a 46:11 to capture masters firsts in near-freezing, windy weather in Newport, RI, December 14. Carl Hammen, 63, won the M60+ race in 43:07.

• Hank Gole and Micheline Haeseler, 40-49 division leaders, were winners of the masters-only Pearl Harbor Day 5.2 Mile, Waterford, CT, December 7, in 28:53 and 37:34. Alice Campo, 2nd W50 in '85, took advantage of turning 60 and won the W60+ race (57:12).

• The Liberty Masters Women's team wrapped up the NEAC Grand Prix Series (five races)



Sara Minoli, 59, of Jamaica, Queens, NYC, fuels up on route to W55 national record of 86 miles in recent Essex County, N.Y., 24-hour road race. Photo by Diksha Arturi

Masters Championships with a 1st place in the Tewksbury 15K, November 23, Tewksbury, MA. The Liberty team was Barbar Pike (63:21), Andrea Hatch (68:02), Sally Davis (68:20), Joyce Hals (74:15), and Sandy Hayes (74:25).

SOUTHEAST

• Joe Burgasser, St. Petersburg, FL, in 1:49:28, and Marie Barilone, Leesburg, FL, with a 2:13:50, recorded masters wins in the Bud Light-Paul De Bruyn 30K, Ormond Beach, FL, November 22. David Long, M55 winner was 12th with a fast 1:56:43. The national M55-59 record is held by Bob Bartling, and Howard Rubin has a 1:52:42 pending.

• Masters winners Alex Coffin (19:06) and Nancy Lowden (21:04) frolicked through the streets of Charlotte, NC, on December 7 with over 1400 runners, most wearing bells and many dressed as elves, reindeer, and Santa's helpers in the Jingle Bell Jaunt 5K.

• Harold Williams, 71, a popular runner in the Charlotte, NC, area, battled a pre-race injury and near-freezing temperatures but with help from family members, friends, and spectators finished the Charlotte Observer Marathon, January 3, in just under seven hours, the last to cross the finish line but first in courage and tenacity in the eyes of his fellow Charlotte TC runners.

MID AMERICA

• Connie Burroughs, 43, of Kansas City, MO, surprised the women's field in the St. Louis Marathon in St. Louis, November 23, by taking a 2-minute lead through the halfway mark and holding on to finish 2nd woman with a PR 2:55:32, 30 seconds behind Lynn Dobkowski, 25. The outstanding age-division performance

award should have gone to John Keston, 61, Bemidji, MN, who recorded a PR 2:53:42. Masters winner was Richard Cochran, 44, Evanston, IL, with a 12th and PR 2:38:18. Overall, 194 of the 641 male masters posted PRs (30%), and 63 women masters his 22 PRs (35%).

• Pam Calvert, St. Louis, competing against open runners in a Missouri all-comers indoor meet, December 6, finished 4th in the 300y with a national W40-44 record 40.3. World indoor records are listed in meters. There is a possibility that in 1988 only American times made in meter races will be considered for national records.

• Harry Crockett, who kept an amazing set of "over-50" stats as part of the annual Lincoln Marathon, died this past Dec. 14. To become part of such a set of statistics is incentive enough for 50-and-overs to run the race, to be held this year on May 3.

SOUTH WEST

• Robert Abbott, M45, with a 2:29:12, and Sandy Heckman, W40, in 3:16:40, led the master runners in the 3200-entrant Dallas White Rock Marathon in Dallas, December 14. The race, one of the region's major marathons and generally considered extremely well-organized as it was this year, was marred, in addition to a heavy downpour, by a controversy involving what the meet organizers considered TAC's late decision to conduct random drug testing and the death of Ronald E. Brown, 47, who collapsed at the 14-mile mark and died of an apparent heart attack.

WEST

• Shirley Matson, 45, Solana Beach, CA, bagged another W45-49 record with an overall win in 28:35 in the Moving Comfort Women's 8K, San Diego, October 19. Gina Faust has a pending 31:22 run in December '85. Matson's time is 41 seconds faster than her age-44 record set last year. She attributed her excellent race to even pacing and ran her last mile at 5:31, her fastest split.

• The first Southern California Regional Senior (55+) Olympics will be held March 13-15 in Palm Springs and will coincide with the Desert Conference on Aging. Several hundred participants, hoping to qualify for the first National Senior Olympics in St. Louis, June 27-July 2, are expected. Besides t&f, more than 15 other events are scheduled, including swimming, badminton, golf, and bowling. Deadline is March 3. SASE to Senior Olympics, c/o Community Services Dept., P.O. Box 1786, Palm Springs, CA 92263, 323-8274.

• Mike Hogan was chosen the San Diego AA's 1986 athlete of the year for his M30 3rd place 15-6 pole vault in the TAC National Masters Championships last summer. The SDAA's officers for 1987 are Jock Jocoy, president; Howard Hunt, vice-president; Bob Morgan, secretary; Ed Oleata, treasurer; and Joe Horn, coordinator.

• Web Loudat, 40, of Albuquerque, named TAC's top age 40-44 long distance runner of 1986, was 1st master (6th overall) in 30:52 in the New Year's Resolution 10K in Phoenix on Jan. 1. David Oropezo, 40, of Phoenix—masters winner of the 1986 Ultimate Runner—was 2nd in 32:08.

• Former Olympic decathlete Tom Waddel (6th in 1968) is dying of AIDS, according to the Seniors Track Club Newsletter. The 49-year-old San Francisco M.D. is the founder of the Gay Games, which drew 3500 from all over the world last year.

• Irene Obera, 53, of Fremont, Calif., was featured on the front cover of the December issue of the magazine "50 Plus." Inside was an article by Hal Higdon entitled "The 6th Annual Team, All-America." Obera was TAC's female athlete-of-the-year in 1979 and 1984.

• John Cosgrove will be the chairman of the Mammoth Athletics Camp, running in Mammoth, California in two sessions, July 5-12 and July 12-18. The camp director will be Dr. Ken Foreman, distance coach for the 1988 Olympic
Continued on page 27

Continued from page 26

team. Other staff coaches will include Doris Brown Heritage, Dale Kennedy, John Smith (sprints and jumps), Dr. Vicki Vodon (biomechanics and sports medicine), and Dr. Paul Ward (throws). To get more information on the camp, contact John Cosgrove, MAC Chairman, 7411 Earldom Ave., Playa del Rey, CA 90293, 213/823-9448.

NORTHWEST

• Erna Kozak, Burnaby, B.C., ran a pending Canadian and World Record (age F41) mile of 5:03.6 January 11 at the University of Washington Indoor Invitational Track Meet, Seattle.

• Two 44-year-olds, Warren Finke of Portland, OR, and Charlotte Swanson of Morton, WA, were top masters in the Portland Marathon, September 9. Finke was 13th overall (2750+ finishers) in 2:31:26. Swanson was 8th woman in 2:54:57. The Portland Marathon, the largest in the Northwest, has grown from 1350 entrants in '82 to 3175 in '86, bucking the national trend of runners opting for shorter races, particularly the 10K. The '86 edition with an increase in out-of-town, overnight entrants helped to impact the city with over \$1 million.

• Stephen Lester with a 2:22:52, and Bette Poppers, 2nd woman in 2:44:48, took masters firsts in the St. George Marathon, St. George, UT, October 4, which is noted for its 3000-foot elevation drop and negates record-breaking times. Wheelchair-racer Max Rhodes, 73, took advantage of the drop and rolled to a 2:00:25 finish.

• Versatile John Hepner, 54, Springfield, OR, included a marathon (2:54:56), the 400H (70.3), a decathlon (3743), and a 1st in the senior division in a powerlifting contest in Eugene, OR, plus numerous 1sts and 2nds in 5Ks, 8Ks, and 10Ks, in a very active 1986.

INTERNATIONAL

• Two South African age-group records were broken in the 3000m veterans race at the Collision Cup Athletic Meeting, held November 11. Sybrandt Mosert, M45, ran a time of 9:22.6, breaking Pat O'Brien's record of 9:25.6. O'Brien had compensation in that he broke the age 55-59 record by 36 seconds with a time of 10:02.4. Other places included: M45 3000, 2JJ Blom 9:37.1, 3) G Patrick 9:43.9, M50, 1) Leo Benning 10:37.0.

• Also in November was the Free State Masters Athletics Meeting, held in Bloemfontein, South Africa. Leo Benning, M50, of Cape Town, won three golds with wins in the 200m (26.8), 400H (69.7) and the high jump (1.55m). Six South African age-group records were established at the meet, including a hammer throw record of 27.88m by Claude Sterley, M70.

• Mick Hurd's 29:39 tops the list of the 12-best 10K times posted by British M40-and-up runners in 1986. Adrian Weatherhead's 30:07 and Alun Roper's 30:15 took the 2nd and 3rd spots. Nine others were below 31:00. Jeff Norman heads the marathon list with a 2:16:31, followed by Hurd (2:19:04) and Colin Kirkham (2:21:05). Dave Clark took the 12th slot with 2:26:04. □

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

March 28-29. U.S. TAC National Masters Indoor Championships, Madison, Wisconsin. Ron Dennis, c/o WUAC, 6408 Westgate Rd., Monona, WI 53716. 608/221-8020.

June 20. U.S. TAC National Masters Pentathlon Championships, Occidental College, Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.

July 11-12. U.S. TAC National Masters Decathlon/Heptathlon Championships, Potts Field, U. of Colorado, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

August 14-16. 20th U.S. TAC National Masters Championships, Eugene, Oregon. Frank Anderson, 939 East 21st Ave., Eugene, OR 97405. 503/345-2820.

EAST

February 1. West Penn Track Club Open & Masters Indoor Championships, 11 a.m., Slippery Rock U., Slippery Rock, Pa. Sue Kline, 1245 Alamae Lakes Rd., Washington PA 15301. 412/228-1872, before 9:30 p.m. February 15. MAC Masters Indoor Cham-

pionships, Fordham U., NYC. 9 a.m. MAC, P.O. Box 1512, Ansonia Station, New York, NY 10023. 212/595-9640.

February 15. Miller Lite/Mobil Grand Prix Invitational Track Meet, Fairfax, Va. Masters Men's Mile (2:20 p.m.). John Cook or Joe Showers, Track Office, George Mason University, 4400 University Dr., Fairfax, VA 22030, 703/323-3872 or 323-2053.

March 7. Philadelphia Masters Indoor Championships, Haverford College, Haverford, Pa. Fred Mannis, 102 Penns Lane, Malvern, PA 19355. 215/644-3264. March 8. New Jersey TAC Masters Indoor Championships, Peddie School, Hightstown N.J., New Jersey Striders, P.O. Box 742, Madison, NJ 07940.

March 15. TAC Masters Eastern Regional Indoor Championships, Brown U., Providence, R.I. Neil D. Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eve). SASE.

May 31. New Jersey TAC Masters Outdoor Championships, Rutgers University. Matt Brown, 20 Southfield Road, Edison, N.J. 08820.

June 13. Waltham Masters Invitational, MIT, Cambridge, Mass. Joe Tranchita, 88 Russell St., Waltham, MA 02154. 617/893-3828.

August 9. Tri-State TC Classic, Hagerstown, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

September 6. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Lane, N. Arlington, Va. 22207.

SOUTHEAST

April 24-26. 22nd Annual Palm Beach Championships, Lake Worth, Fla. Palm Beach T&F Championships, 6301 Dockside Circle, Greenacres City, FL 33463. Joe Valdes, 305/968-7171.

May 1-3. 17th Annual Southeastern Masters International T&F and Long Distance Championships, North Carolina St. U., Raleigh, N.C. Raleigh Parks & Recreation, P.O. Box 590, Raleigh, NC 27602.

May 9. Birmingham TC Classic (Age-handicap meet), Vestavia H.S., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031.

May 16. Florida Masters Championships, Gainesville, Fla. Jim Wharton, P.O. Box 2261, Gainesville, FL 32602. 904/374-2031. June 6. TAC Southeast Regional Masters Championships, National Club Championship, Emory U., Atlanta, Ga. Lila Brasher, Atlanta TC, Inc., 3097 E. Shadowlawn Ave. N.E., Atlanta, GA 30305. 404/231-9065.

June 13-14. 12th Annual Northwest Classic, Miami-Dade C.C., Miami, Fla. Jesse Holt, 1310 N.W. 90 St., Miami, FL 33147. 305/836-2409.

September 5. Blue Cross/Blue Shield of Virginia 12th Annual Virginia State Masters Championships, Charlottesville, Va. Karen Beaver, 311 Westminster Rd., Charlottesville, VA 22901.

MIDWEST

February 1. Illinois Masters Indoor Classic, Westwood Sports Center, Sterling. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

February 14. 3rd Annual Athlete's Foot Open & Masters Indoor Championships, Augustana College, Rock Island, N.Y. Pete Stopoulos, 1029 16th Ave., E. Moline, IL 61244. 309/755-2655.

February 22. Masters Midwest Regional Championships, University of Cincinnati Armory Fieldhouse, Cincinnati, Ohio. Bill Schnier, Track Coach, U. of Cincinnati, Cincinnati, OH 45221-0021. 513/475-5708. March 1. Illinois Masters Indoor Grand Prix. Location tba. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

March 15. TAC Midwest Regional Masters Indoor Championships, U. of Illinois Armory, Champaign, Ill. Dick Green, PO Box 6147, Rockford IL 61125. 815/397-5685.

March 15. Ohio AC Indoor Championships, French Field House, Ohio State U., Columbus, Ohio. Vince Peters, 541 Osborn Ave., Fairborn, OH 45324. 513/254-4188(w).

April 25. North Coast Relays Championships, Mayfield H.S., Mayfield, Ohio. James A. Barrett, 3801 Shannon Rd., Cleveland Heights, OH 44118.

May 10. Wolfpack Throwing Meet, Worthington H.S., Worthington, Ohio. Jim Pearce, 2449 Southway Dr., Columbus, OH 43221. 614/294-4606(w).

May 24. 9th Annual Wolfpack Regular & Weight Pentathlon and Triathlon, Upper Arlington H.S., Upper Arlington, Ohio. See May 10.

May 24. Ohio TAC One-Hour Track Run. Upper Arlington H.S., Upper Arlington, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547 (H).

Sept. 13. Wolfpack Throwing Classic. 13 National and World Records set here in 1986. Worthington HS., Worthington, Ohio. Jim Pearce, 2449 Southway Dr., Columbus, OH 43221. 614/294-4606(W).

September 13. Ohio TAC Two-Hour Track Run, Worthington HS., Worthington, Ohio. John White, 4865 Arthur Place, Columbus, OH. 614/459-2547 (H).

MID-AMERICA

April 22-24. Dallas Senior Games, Dallas, Texas. 55+. Mary Beth Thaman, 2750

Bachman Dr., Dallas, TX 75220. 214/351-0101.

May 3. Runners' Pentathlon, State TAC Championship. Albuquerque, New Mexico. Tom Bell, 2403 San Mateo P-17, Albuquerque, NM 87110. (505) 884-5701 (Days.) May 25-28. St. Louis Senior Olympics, St. Louis, Mo. Suzy Seldin, Coordinator, No. 2 Millstone Campus, St. Louis, MO 63146. June 27-July 2. U.S. National Senior Olympics, swimming, archery, etc. 55-and-up. Joy Rice, Administrative Director, 321 West Port Plaza, Suite 202, St. Louis MO 63146. 314/576-1987.

August 9. Chillicothe Masters Meet, Chillicothe, Mo. Joe J. Shy, Jr., P.O. Box 745, Chillicothe, MO 64601.

August 27-September 7. 1987 World Championships, Rome, Italy. Track & Field News Tours, P.O. Box 296, Los Altos, CA 94023. August 29-30. Rocky Mountain Masters Games, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

SOUTHWEST

April 22-24. Dallas Senior Games, Dallas, Texas. 50. Mary Beth Thaman, 2750 Bachman Dr., Dallas, TX 75220. 214/351-0101.

May 3. Runners' Pentathlon, State TAC Championship. Albuquerque, New Mexico. Tom Bell, 2403 San Mateo P-17, Albuquerque, NM 89110. (505) 884-5701 (Days.) May 20-23. Texas Senior Games, University of Texas-Arlington. 50-plus. Dorothy Franey Langkop, P.O. Box 676, Richardson, TX 75080. 214/351-3125.

June 13. Duke City Masters Games, Albuquerque, N.M. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234.

July 11. West Texas Masters Meet, Ozona, Texas. Pete Maldonado, P.O. Box 1584, Ozona, TX 76943. 915/392-3802; 392-5501, X218.

WEST

1986-1987. Hawaii Masters TC All-Comers Meet, Punahou School, Hawaii. Each Saturday 3:00 p.m. Stan Thompson, 2164 Halekoa Dr., Honolulu, HI 96821. 808/734-8450.

February 14. The Cal-State Bakersfield/Bakersfield Californian Invitational, Bakersfield, Calif. masters events start at 10:00 a.m. Charles Craig, 9001 Stockdale Hwy., Bakersfield, CA 93311. 805/833-2347; 833-2189.

February 14. All-comers meet, Long Beach State College, Calif. 213/498-4666.

February 21. 10th Annual Orange Spring Games, El Modena HS, Orange, Calif. Larry Sallinger, 203 E. Monroe, Orange, CA 92667. 714/639-6707.

March 13-15. Southern California Regional Senior Olympics, Palm Springs, Calif. M&W 55+. SASE to Senior Olympics, c/o Community Services Dept., P.O. Box 1786, Palm Springs, CA 92263.

March 14. Sport-Arcade II, Mt. Sac CC, Los Angeles. Marvin Thompson, PO Box 2981, Beverly Hills, CA 90213-2981. 213/388-9689.

April 25. The Ken Carnine Classic, California State U. — Sacramento. Michael Ackley, 4649 Oakbough Way, Carmichael, CA 95608. 916/966-8987.

May 23. Pacific Association/TAC Open & Masters Championships, Los Gatos H.S., Los Gatos, Calif. Willie Harmatz, P.O. Box 1328, Los Gatos, CA 95031. 408/354-5660.

May 23. Anteaters Masters Classic, U. of California, Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

May 30. Southern California Striders Meet of Champions. Site to be determined. Hugh Cobb, 2963 Galena, Simi Valley, CA 93065. June 20. SCA/TAC Masters Championships, Occidental College, Los Angeles. Continued on page 28

Continued from page 27

Calif. SASE to Woody Studenmund, 1256 Clubhouse Dr., Pasadena, CA 91105.

June 27. Trojan Masters Invitational, USC, Los Angeles, Calif. Entry deadline June 17. Jim Vernon, 1147 W. Rowland Ave., West Covina, CA 91790. 818/338-1623.

July 11. 3rd Annual Patriots Summer Relays and 2nd Annual California Masters Team Championships, Southwest College, Los Angeles. Marvin Thomson, PO Box 2981, Beverly Hills CA 90213-2981. 213/388-9689.

July 25-26. TAC Masters Western Regional Championships, Fresno, Calif. Hugh Adams, 7904 S. McCall, Selma CA 93662. 209/896-2435.

October 3. Club West Masters, U. of California-Santa Barbara (Goleta). George H. Adams, 3736 B Amalfi Way, Santa Barbara, CA 93105. 405/687-6323.

NORTHWEST

July 3-4. TAC Northwest Regional Masters Championships. Mt. Hood CC, Gresham, Oregon. Jim Puckett, Gresham, OR 97030. 503/667-7354.

INTERNATIONAL

March 28. Japan-Hawaii Goodwill Games. Honolulu. Sponsored by the Nippon Masters Athletic Union. Approximately 100 athletes from Japan will be attending. Men 35+, Women 30+, and 5-year age groups. Stan Thompson, 2164 Halekoa Dr., Honolulu, HI, 96821.

November 28-December 6. VII World Veterans Games, Melbourne, Australia. Men 40+. Women 35+. No qualifying standards. World Veterans Games, P.O. Box 282, Essendon, 3040, Victoria, Australia. (See ads in this issue).

November 28-December 12. The First Australian Masters Games at various sites in Tasmania (t&f and road races on December 9-10 in Hobart). Kim Newstead, P.O. Box 587, Glenorchy Tasmania 7010. Phone: (002) 740-750.

LONG DISTANCE RUNNING NATIONAL

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

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 22. U.S. TAC National Masters 50K Championships, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554.

March 8. U.S. TAC National Masters 15K Championships, San Diego, Calif. Lolitia Bache, 4041 Southview Dr., San Diego, CA 92117.

March 14. U.S. TAC National Masters 5K Championships. Piedmont Park, Atlanta, Georgia. Bill Eppright, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.

March 28. U.S. TAC National Masters 20K Championships, El Cajon, Calif. Lolitia Bache, 4041 Southview Dr., San Diego, CA 92117.

April 5. U.S. TAC National Masters 30K Championships, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554.

April 5. U.S. TAC National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220-3102. 614/424-7011(w); 459-2547(h).

May 9. U.S. TAC National Masters 25K Championships. Grand Rapids, Michigan. Jeanie Fichtel, Old Kent Bank and Trust, 1

Vandenberg Center, Grand Rapids, MI 49503. 616/774-5261.

June 5 or 12. U.S. TAC National Masters 100 Mile Championships, Shea Stadium, Queens, N.Y. Vince Chiappetta, 9 E. 89 St., New York, N.Y. 10128.

June 28. U.S. TAC National Masters 1 Mile (Road) Championships, Olympia, Wash. Walt Jorgensen, 823 North St., Tumwater, WA 98501.

September 19. U.S. TAC National Masters 10K Championships, Albany, N.Y. Bill Shrader, RD #1, Middleburgh, NY 12122.

November 8. U.S. TAC National Masters 10K Cross-Country Championships, Seattle, Wash. Bob Langenbach, 4261 S. 184th St., Seattle, WA 98188. 206/433-8868.

November 14. U.S. TAC National Masters Half-Marathon Championships, Oklahoma City, Okla. Jim Smith, 2408 N.W. 112th, Terrace, OK 73120.

November 22. U.S. TAC National Masters 15K Cross-Country Championships, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554.

November 28. U.S. TAC National Masters 5K Cross-Country Championships, Van Cortlandt Park, New York City. Teddy Foy, 54 W. 119th St., Apt. 2, New York, NY 10026. 212/369-1271.

December 12. U.S. TAC National Masters 8K Championships, Honolulu, Hawaii.

EAST

March 15. St. Patty's 10 Mile & 5K, Kutztown, Pa. St. Patty's Run, RD No. 2, Box 2756, Reading, PA 19605. 215/926-4303.

March 22. Nike New Jersey 10-Miler. Cherry Hill, N.J. George Hutchins, P.O. Box 3750, Cherry Hill, NJ 08034. 609/667-9133.

March 22. Price Chopper 30K. Albany, N.Y. HMRRC, P.O. Box 12304, Albany, NY 12212.

March 28. Perrier 10K, New York. NYRRC, 9 East 89th St., New York, NY 10028. 212/860-2280.

April 12. Boston Milk Run 10K, Boston. \$2000 masters prize money. Dave McGillivray, 430 C Salem St., Medford, MA 02155.

April 20 (Monday). Boston Marathon. Hopkinton to Boston, Mass. Deadline March 23, 1987. SASE to Boston Marathon, 17 Main St., Hopkinton, MA 01748. 617/435-6905.

May 17. RRCA National 10K Championships (Fritzbe's 10K), Rockville, Md. Montgomery County RRC, P.O. Box 1703, Rockville, MD 20850.

May 30. L'Eggs Mini Marathon 10K, New York. Ellen Finn. NYRRC, 9 E. 89th St. New York, NY 10028. 212/860-4455.

SOUTHEAST

February 7. 10th Gasparilla Distance Classic 15K/5K, Tampa, Fla. Jeanette Parke, P.O. Box 1881, Tampa, FL 33601. 813/229-7899. \$55,100 ARRA prize-purse (15K), including Masters.

February 21. Red Lobster 10K Classic, Orlando, FL. Craig Virgin/Front Runner Inc., 191 Lawrence St., Suite 303, Marietta, GA 30060. (404)426-6516. \$76,000 prize-purse, including first three over-40 Men and Women finishers (\$1500/\$1000/\$500).

February 22. Anheuser Busch Colonial Half-Marathon, Williamsburg, Va. Roy Chernock, P.O. Box 399, Williamsburg, VA 23188. 804/253-4320.

March 14. Jacksonville River Run, Jacksonville FL. Doug Alfred, 1545 University Blvd., West, Jacksonville, FL 32207 (904)739-1917. \$3300 (tentative) prize purse for Masters.

March 28. Azalea Trail Run 10K, Mobile, Ala. Skip Jones, P.O. Box 6427, Mobile, AL 36660. (205)437-RACE.

April 4. Cooper River Bridge 10K, Charleston, S.C. Cooper River Bridge Run, P.O. Box 543, Mt. Pleasant, SC 29464.

May 25. Cotton Row 10K, Huntsville, Ala. Mecca for masters runners. SASE to Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

MIDWEST

April 5. Festival of Miles 5/20/50 Roadrace/Racewalk, Columbus, Ohio. (U.S. TAC Masters National Championships). See LDR-National, April 5.

April 12. OAC 5 Mile Championships, Columbus, Ohio. Youth, open, masters. See LDR-Nationals, April 5.

MID-AMERICA

May 3. 10th Lincoln Marathon, Lincoln, Nebraska. Half-marathon option. Marathon, 2809 Jackson Drive, Lincoln, NE 68502.

SOUTH WEST

February 15. 22nd Annual Mardi Gras Marathon, New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/362-0090.

March 29. Capitol 10K, Austin, Texas. 28,000 entrants expected. Donya Andrews, P.O. Box 2936, Austin, TX 78769.

April 4. Crescent City Classic 10K, New Orleans. Mac DeVaughn, 6744 Fleur de Lis, New Orleans, LA 70124. 504/488-3916.

WEST

February 7. San Gabriel River 2K Run. TAC certified. 5 year age-divisions to 80+. Pico Rivera, Calif. Arthur Martinez, 9502 Reichling Lane, Pico Rivera, CA 213/942-8774.

February 7. 21st Las Vegas Marathon, Las Vegas, Nev. Over \$10,800 masters prize money. Las Vegas Marathon, Al Boka, Director, P.O. Box 81262. Las Vegas, NV 89180.

February 14. California 12K For Sweethearts, South El Monte, Calif. See February 1.

February 22. U.S. TAC National Senior Men's 50K Racewalk Championships, Carmel, Calif. Masters Men Divisions — 40-49, 50-59, 60+. Monterey Peninsula WWC, P.O. Box 221172, Carmel, CA 93922. (408)624-7211.

February 28. American Continental 10K, Phoenix, Ariz. Fred Moore, (602)955-9047.

March 1. Los Angeles Marathon, Los Angeles. No race-day registration. SASE to L.A., Marathon, P.O. Box 67750, Los Angeles, CA 90067. 213/879-1987. Masters prize money (TBA).

March 1. RRCA Western Regional 20K Championships (South Bay 20K), Los Osos, Calif. Tom Hampson, 347 Garden St., Los Osos, CA 93402.

March 7. Bess James 10K/5K/2 Mile Fun Run, Hemet, Calif. B. Fifield, Mt. San Jacinto College Athletic Dept., 1499 No. State St., San Jacinto, CA 92383. (714)654-8011.

March 7. U.S. TAC National Masters 15K Championships and Sue Krenn Memorial 15K, San Diego, SASE to San Diego Track Club, c/o Lolitia Bache, 4041 Southview Drive, San Diego, CA 92117. (619)270-9010.

March 15. Tom Sullivan St. Patrick's 10K, Torrance, Calif. Linda Youngs, c/o Vistas, P.O. Box 7000-251, Redondo Beach, CA 40277.

March 29. (tentative). Bonne Bell Women's 10K, San Francisco, Calif. Pamakid Running Kid, P.O. Box 27385, San Francisco, CA 94127. (415)681-2323.

April 18. Tropicana/Las Vegas Easter Run, Las Vegas. Thomas Sport Enterprises, 6765 Grandola Dr., Las Vegas, NV 89103. 702/638-2885.

May 3. Avenue of the Giants Marathon, Arcata, Calif. Six Rivers RC, P.O. Box 214, Arcata, CA 95521.

May 3. Long Beach Marathon, Long

ON TAP FOR FEBRUARY

TRACK & FIELD

Meets in Pennsylvania and Illinois kick off this month's indoor action on the 1st. The MAC championships in New York are set for the 15th, with the annual Orange, Calif. meet slated outdoors on the 21st. The Midwest Indoor Regionals take place in Cincinnati on the 22nd.

LONG DISTANCE RUNNING

The National 50K Championships will be held in New York on the 22nd. Major open races in Florida, with masters prize money, include the Gasparilla 15K in Tampa on the 7th and the Red Lobster 10K in Orlando on the 21st. The Edison Pageant of Light 5K takes place in Fort Meyers, Fla., on the 21st. The Las Vegas Marathon — with \$10,800 in masters prize money — goes off on the 7th, and the Colonial half-marathon is a Virginia fixture on the 22nd. □

Beach, Calif. Long Beach Marathon, 1827 Redondo Ave., Long Beach, CA 90804. 213/494-2664.

NORTHWEST

April 12. Emerald City Marathon, Seattle, Wash. ECM, 157 Yesler Way, Suite 208, Seattle, WA 98104. 206/682-4981.

May 3. Lilac Bloomsday 12K, Spokane, Wash. \$6000 masters prize money. Sylvia Quinn, P.O. Box 1511, Spokane, WA 99210. 509/838-1579.

CANADA

May 3. Vancouver International Marathon. Neil Burke, 6 Glenmore Dr., West Vancouver, British Columbia, Canada. V7S 1A4. 604/926-8239.

May 10. National Capital Marathon. Andrea Acheson, Box 426, Stn. A, Ottawa, Ontario, Canada K1N5V8. 613/564-1234.

INTERNATIONAL

March 1. Combined Southern Counties & South Western Counties Veterans AC Cross-Country Championships, Kings Park, Bournemouth, England.

March 15-17. 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.

May 10. London Marathon, London, England. Limited field but guaranteed entry from Marathon Tours, Inc., 108 Main St., Charlestown District, Boston, MA 02129. 617/242-7845.

May 17. Olympia City Marathon, Munich, West Germany. Marathon Munchen, P.O. Box 33 06 65, D-8000, Munich 33, W. Germany. 089/595769.

May 30. Stockholm Marathon, Stockholm, Sweden. See London Marathon, Marathon Tours.

June 14. Potteries Marathon, includes International Veterans Race with teams from England, Wales, Scotland, Northern Ireland, Ireland, Belgium, Holland, and West Germany, at Trentham Gardens, Stoke-on Trent, England.

CLUBS

Below is a partial list of masters track & field and long distance running clubs arranged by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

EAST

Greater Boston Track Club
PO Box 236
West Newton Village
MA 02165
617/969-9808

Liberty AC
14 Rutland St.
Cambridge, MA 02138

Syracuse Chargers Track Club
c/o N.E. White
18 Foxcroft Drive
Fayetteville NY 13066

N.Y. Masters Sports Club
363 Edgecombe Ave. #54
New York, NY 10031

Sugarloaf Mountain Athletic Club
Box 659
Amherst, Mass. 01004

Annapolis Striders
P.O. Box 187
Annapolis, MD 21404

Potomac Valley Seniors TC
Lynda Durfee
250 S. Whiting St.-315
Alexandria VA 22304
703/370-5646

Elkins Park Road Runners
7905 High School Rd.
Elkins Park, PA 19117

West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301

Shore Athletic Club
Sanford Kalb
438 Addison Road
Howell, NJ 07731

The Achilles Heel
(for disabled)
9 East 89th St.
New York NY 10128
212/398-0348

Greater Rochester TC
PO Box 258
Brockport NY 14420
Dick Withrow, Pres.
716/637-8151

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 17450

New Jersey Striders
P.O. Box 885
Maywood, NJ 07607

Central Park TC
945 Fifth Ave., #3A,
New York, NY 10021

New York Pioneer Masters
c/o G. Shane
2400 Sedgwick Ave., Suite 2-5C
Bronx, NY 10468
212/733-8767

Atlanta Track Club
c/o Bob Glover
4 East 75th Street
New York, NY 10021

Tri-State Masters T&F Club
c/o Wayne Vaughn
734 W. Franklin St.
Hagerstown, MD 21740
301/733-6076

Buffalo Belles and Brawn
266 Puritan Rd.
Tonawanda, NY 14150

Philadelphia Masters
c/o Fred Mannis
104D W. Montgomery Ave.
Ardmore, PA 19003
215/642-5989

Master Key Track Club
c/o Larry Williams
18 Mitnick Ct.
Baltimore, Md. 21236



SOUTHEAST

Central Florida Masters
P.O. Box 1824
Deland FL 32721
904/736-0002

Richmond T&F Club
PO Box 6701
Richmond VA 23230
Attn: Bill Cole

Virginia Track Club
P.O. Box 5696
Charlottesville VA 22905

Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802

Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305

Charlotte TC
P.O. Box 11364
Charlotte, NC 28220

Memphis Runners TC
P.O. Box 17981
Memphis, TN 38187-0981

Charlottesville TC
311 Westminster Rd.
Charlottesville, Va 22901

Palm Beach T&F Assoc.
5300 Cannon Way
West Palm Beach, FL 33415
305/471-1891

Port City Pacers
P.O. Box 16907
Mobile, AL 36616

Virgin Islands Pace Runners
Box 2720
Christiansted, St. Croix
U.S. Virgin Islands 00820
809/773-7171

Star City Striders
P.O. Box 8331
Roanoke, VA 24014

Spartanburg Striders
266 South Pine Street
Spartanburg, S.C. 29302
Attn: Jack Todd

South Carolina Masters Track Club
c/o CPT John Roehr
3rd Region, USACIDC
Fort Jackson, SC 29207
(803) 751-5129/7664

Greenville Track Club
PO Box 16262
Greenville SC 29607
Jack Gilmore: 803/242-6600

MIDWEST

Midwest Masters
Wendell Miller
351 Birkdale Ave.
Lake Bluff, IL 60044

Miami U TC
Rich Ceronie
Millet Hall Athletic Dept.
Oxford OH 45056

Legend Harriers
Roger Toothman
6543 Beecher Rd.
Granville OH 43023

Hoosier Track Club
305 South Barton
Indianapolis, IN 46241
317/241-5446

Dayton Masters Track Club Inc.
Robert Jones
4867 Germantown Pike
Dayton, OH 45418

Over The Hill TC
6509 Marsol Rd. #308
Mayfield Heights, OH 44124

Second Wind Running Club
Al Morris
1207 S. Oak
Champaign, IL 61820

Wisconsin United
Athletic Club
Jerry Robinson
1205 Manhasset Pl.
Madison, WI 53711
608/271-6725

Fitness Track Club
c/o Stan Allen & Presley Yates
12954 Asbury Pk.
Detroit, MI 48221

Cleveland Masters Track Club, Inc.
Clarence Johnson
14806 Judson Dr.
Cleveland, OH 44128
216/295-0826

Wolfpack Track Club
Jim Pearce
2449 Southway Dr.
Columbus, OH 43221
614/294-4606 (days)

Ann Arbor Track Club
PO Box 7551
Ann Arbor MI 48107
Don Sleeman
313/426-5430

Ohio River RRC
Jim Gerard
61K Winchester Pl.
Dayton OH 45459

Peabody TC
Wayne Roberts
P.O. Box 127
Columbus OH 43216

Clifton TC
Mike Boylan
300 Atlas Bank Bldg.
Cincinnati OH 45202

Toledo RRC
Tom Kovacs
3262 N Reach Dr.
Oregon OH 43616

MID-AMERICA

Mid-America Masters
P.O. Box 14668
Lenexa KS 66215

Lawrence TC
P.O. Box 3743 Jayhawk Station
Lawrence, KA 66044

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Plains TC
P.O. Box 14102
W. Omaha Station
Omaha, NE 68124

Prairie Striders
Box 267
Brookings, SD 57006

Gateway Athletics-St. Louis
13453 Chesterfield Plaza
Chesterfield, MO 63017
314/434-9577

St. Louis TC
6611 Clayton Rd., No. 200
St. Louis, MO 63117
314/862-SLTC

St. Louis Metro Masters
T&F Assoc.
Jim Irwin
536 Windsor Mill Dr.
Ballwin MO 63011
314/394-4166

SOUTHWEST

Tulsa Running Club
P.O. Box 300
Tulsa, OK 74102

Space City Masters
John Hartfield
15106 Chaschill Dr.
Missouri City, Texas 77489
713/721-9388

Houston Masters Sports Assoc.
Tom McBrayer
7733 Moline
Houston, Texas 77087

Dallas Masters Track & Field Club
Joe Murphy
4308 N.C. Expressway, S-206
Dallas, TX 75206
214/824-3800

West Texas Masters
P.O. Box 1584
Ozona, TX 76943
915/392-3773

Houston Masters Sports Assoc.
14 Sandalwood
Houston, Texas 77024
713/781-2810

Palm City Masters
P.O. Box 220
McAllen, Texas 78501

San Antonio TC
Steve Smith
126 Brightwood
San Antonio TX 78209

Santa Fe Striders
P.O. Box 1818
Santa Fe, NM 87501

Oklahoma City Running Club
2408 N.W. 112th Terrace
Oklahoma City, OK
405/752-9097

WEST

Tahoe T&F Club
c/o Joan Stratton
P.O. Box 9089
South Lake Tahoe, CA 95731

California Road Runners Club
P.O. Box 891
Tarzana, CA 91356
818/888-5526

All Baba's
High Country Road Runners
647 W. 3rd St.
Reno, Nevada, 89503
702/323-2112

Hawaii Masters Track Club
c/o Stan Thompson, President
2164 Halekua Drive
Honolulu, HI 96821

Corona del Mar TC
1740 Grandview Ave.
Glendale, CA 91201
818/843-2139

Walkers Club of Los Angeles
358 W. California Blvd. 101
Pasadena, CA 91105
818/577-2123

Los Gatos Athletic Assoc.
P.O. Box 1328
Los Gatos, CA 95031

Seniors TC
c/o Hal Winton
24409 S. Meyler St.
Harbor City, CA 90710

LA Valley Athletic Club
1801 Avenue of the Stars
Suite 415
Los Angeles, CA 90067

Pegasus USA Masters
Track Club
c/o Wayne Douglas
5267 1/2 Village Green
Los Angeles, CA 90016

San Fernando Valley
Track Club
13722 Burbank Blvd.
Van Nuys, CA 91401
818/780-7719

La Patriots
Marvin Thompson
P.O. Box 2981
Beverly Hills, CA 90213-2981
213/388-9689

San Diego Track Club
P.O. Box 7853
San Diego, CA 92107
619/270-SDTC

Southern California Striders
John White
200 Costa Court
Fullerton, CA 92631
714/871-6532

Trojan Masters TC
1147 W. Rowland Ave.
West Covina, CA 91790

South Coast Runners Assoc.
3857 Birch, Suite 442
Newport Beach, CA 92660

San Diego Athletic Assoc.
P.O. Box 829
Del Mar, CA 92014
619/755-3658

West Valley TC
P.O. Box 459
San Carlos, CA 94070

West Valley Joggers & Striders
1124 Kensington Ave.
Sunnyvale, CA 94087

Golden Gate Race Walkers
106 Sanchez St. #17
San Francisco, CA 94114

Empire Runners
4700 Fougler Dr.
Santa Rosa, CA 95405

Northern California Seniors TC
2766 Summit Dr.
Hillsborough, CA 94010

Complete Runner Track Club
24074 Willow Creek Rd.
Diamond Bar, CA 91765

Maccabi Union USA
2080 Century Park East
Suite 401
Los Angeles, CA 90067

NORTHWEST

Idaho Masters Distance Club
10271 Ardye St.
Boise, ID 83704
208/322-6048

Bigfoot Masters
c/o Dunne Hartman
Spokane Community College
N. 1810 Greene St.
MS-2050
Spokane, WA 99207-5399

Snohomish TC
4206 242nd St. SW
Mountlake Terrace, WA 98043

Portland Masters Track Club
Art Afrerom
4185 SW 83rd
Portland, OR 97225

Oregon Track Club Masters
P.O. Box 11364
Eugene, OR 97440

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.



NATIONAL

1987 U.S. TAC National Masters Indoor Pentathlon Championships Carlisle, PA, January 4, 1987

Name	HH	LJ	SP	HJ	1000	SCORE
Jeff Watry, 31, VA	8.2	6.03	10.07	2.00	2:49	3537
Tony Ciccone, 30, NJ	7.7	5.84	13.5	1.83	3:10	3438
Steve Suto, 35, NY	8.9	5.35	11.16	1.68	3:44	2852
Taylor Tunstall, 36, PA	10.5	5.25	7.72	1.47	3:08	2522
Bill Smith, 44, PA	8.5	5.97	10.91	1.63	3:27	3426
Joe Johnson, 43, FLA	8.4	5.55	9.00	1.63	3:12	3345
Chuck Miller, 49, TX	8.7	5.55	9.23	1.52	3:43	3360
Jack Gilmore, 52, SC	9.2	4.53	10.97	1.52	3:17	3555
Bill Clark, 53, NJ	8.9	5.15	9.15	1.47	3:25	3524
Woody Grover, 52, CA	9.6	4.92	9.99	1.47	3:33	3346
Pay Carstensen, 54, NY	11.9	4.55	12.17	1.27	4:06	2675
Rudy Enders, 55, VA	9.6	5.39	10.4	1.27	3:46	3644
Dave Douglass, 55, CA	10.1	4.28	9.97	1.37	3:46	3311
George Taylor, 56, DEL	11.3	3.84	8.69	1.17	4:13	2546
Denver Smith, 61, OH	9.1	4.56	12.87	1.37	4:18	3820
Boo Morcom, 66, NH	10.0	5.07	11.97	1.37	3:48	4772
Ham Morningstar, 69, MI	12.2	3.76	12.05	1.37	4:44	3289
Bill Carmen, 67, MA	11.1	4.05	7.77	1.17	4:22	2872

AFSS used for men 30-59; WAVA used for men 60+
1985 IAAF 1000M table and 1960 IAAF USA/USSR 55M HH tables used

WEST

Long Beach Winter Decathlon December 13-14, 1986 Cal State Long Beach

Sub-Masters (30-39) Division

1. Tim Werner, unat, Woodland Hills	12.4	5.71	10.99	1.80	56.7	17.5	36.02	4.25	46.70	4:56.4	5696
2. Andrew Hecker, unat, Oxnard	12.7	5.20	8.21	1.60	59.1	19.0	19.96	2.25	20.88	5:04.2	3761
3. Donald Bell, unat, Cypress	13.6	4.52	9.15	1.50	62.7	20.9	24.48	2.00	26.50	5:28.5	3208
4. David Bryant, unat, Visalia	14.1	4.58	6.92	1.40	74.6	22.9	15.58	NH	24.38	6:46.0	1907
Doug Todd, unat., Buena Park	12.8	5.18	9.31	1.70	61.3	16.7	25.76	3.25	32.50	6:01.8	4253

Masters (40-49) Division

1. Gary Miller, Corona del Mar T.C.	12.2	5.65	10.92	1.50	55.7	18.3	32.04	3.25	47.58	4:56.6	5103
2. William Busby, Thomasville, NC	12.9	5.13	9.51	1.40	63.8	17.9	27.46	3.50	50.94	5:48.9	4239
3. Bob Sevilla, unat.	13.6	3.96	8.13	1.30	67.8	20.9	25.40	NH	23.10	6:13.2	2398

Masters (50-59) Division

1. Jerry Stanners, unat, Bakersfield	13.8	4.89	8.16	1.50	69.0	20.5	25.80	3.00	27.56	6:26.9	3051
2. Hal Wallace, unat., Placentia	14.5	4.05	11.93	1.20	75.8	24.6	33.28	2.90	36.42	7:23.9	2608
3. Donald Grey, unat., Norfolk, VA	16.3	3.29	8.67	1.20	85.1	27.4	22.56	2.25	25.90	6:25.7	1669

Masters (60-69) Division *used adjusted tables for 60-69 age group

1. Boo Morcom, Wilmet Flat, NH	2	4.87	1.45	67.8	21.5	37.04	3.25	30.84	7:11.2	6350
2. Jack Jockey, Del Mar, CA	7	4.18	1.30	69.1	22.0	26.84	2.50	29.70	6:07.7	6109
3. Hal Morningstar, Michigan	3	5.50	1.35	80.8	24.6	32.06	2.25	28.86	7:27.9	5394

Masters Division*

1. Crystel Miller, CDM T.C.	15.1	1.20	8.91	30.7	3.53	31.70	3:10.6	4459
2. Shirley Kinsey, CDM T.C.	18.3	1.05	8.58	37.2	3.14	25.10	3:51.2	3157

EAST

Bud Light/PA Masters Meet, Carlisle, PA January 4

55M HH	M30	M35	M55	M60	55M	M30	M35	M40	M50	M55	M60	M65	M70	400M	M30	M35	M50	M55
1. Leroy Galloway -7.7	1. Denver Smith -9.5	1. Al Walton -6.6	1. B. Townsend -10.6	1. Max Goldsmith -8.1	1. Tony Jones -6.5	1. Ed Lukens -8.1	1. Oscar Meehling -70.5	1. B. Stanhope -68.5	1. Bob Keegan -7.2	1. Bill Townsend -8.2	1. Max Goldsmith -8.1	1. Ed Lukens -8.1	1. Jim Breslin -8.9	1. Michael Merritt -53.9	1. Don Jones -56.4	1. R. Penn -53.4	1. Bob Milner -4:47.3	1. Jim Keat -5:16.7
2. Jerald Brown -8.3	2. Thomas Palmer -7.1	2. L. Galloway -6.8	2. Oscar Harris -8.3	2. H. MacMillan -8.8	2. L. Galloway -6.8	2. Max Pickl -8.5	2. Gary Banks -60.1	2. H. MacMillan -8.8	2. Bill Townsend -8.2	2. Bill Townsend -8.2	2. H. MacMillan -8.8	2. Max Pickl -8.5	2. Jim Breslin -8.9	2. Don Jones -56.4	2. R. Penn -53.4	2. Gary Banks -60.1	2. John Cantilupi -4:35.8	2. Jim Keat -5:16.7
3. Jerald Brown -7.2	3. Riemerschneider -64.4	3. Rick Glenwright -7.2	3. H. MacMillan -8.8	3. H. MacMillan -8.8	3. Rick Glenwright -7.2	3. Rick Glenwright -7.2	3. Riemerschneider -64.4	3. H. MacMillan -8.8	3. H. MacMillan -8.8	3. H. MacMillan -8.8	3. H. MacMillan -8.8	3. H. MacMillan -8.8	3. H. MacMillan -8.8	3. Riemerschneider -64.4	3. Riemerschneider -64.4	3. Gary Banks -60.1	3. Mike Lauderdale -11.39	3. Mike Lauderdale -11.39
4. S. Thornsley -7.2	4. DeLeon Gibson -5:06.6	4. S. Thornsley -7.2	4. S. Thornsley -7.2	4. S. Thornsley -7.2	4. S. Thornsley -7.2	4. S. Thornsley -7.2	4. S. Thornsley -7.2	4. S. Thornsley -7.2	4. S. Thornsley -7.2	4. S. Thornsley -7.2	4. S. Thornsley -7.2	4. S. Thornsley -7.2	4. S. Thornsley -7.2	4. S. Thornsley -7.2	4. S. Thornsley -7.2	4. S. Thornsley -7.2	4. S. Thornsley -7.2	4. S. Thornsley -7.2

M60	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95	M100	M105	M110	M115
1. O. Harris -71.3	1. Steve Hogg -2:22.1	1. Jasper Royal -2:06	1. Art Morris -10:01.6	1. Jim Hodge -2:16.7	1. Bob Milner -10:36.8	1. Jack Nyhan -12:29.2	1. Paul Rockwood -15:45	1. Ed Lukens -10.4	1. J. Breslin -7.27	1. Paul Zachman -5:07	1. Art Kress -5'4"	1. Bruce Dallas -5'8"	1. Jeff Osman -5'0"	1. Chuck Miller -5'0"	1. Gary Tompkins -4:12.9	1. John Cantilupi -4:35.8	1. Tom Cook -4:40.6	1. Tim Shea -4:46.6
2. H. MacMillan -71.4	2. Steve Hogg -2:22.1	2. Bill Bowers -2:12.3	2. H. MacMillan -7.32	2. J. Rasmus -2:15.6	2. Jim Keat -11:37	2. Dennis Wanner -10:17.9	2. H. MacMillan -7.32	2. Jim Keat -11:37	2. J. Breslin -7.27	2. Paul Zachman -5:07	2. Art Kress -5'4"	2. Bruce Dallas -5'8"	2. Jeff Osman -5'0"	2. Chuck Miller -5'0"	2. John Cantilupi -4:35.8	2. John Cantilupi -4:35.8	2. Tom Cook -4:40.6	2. Tim Shea -4:46.6
3. Gary Crosset -10:02.1	3. Steve Hogg -2:22.1	3. Bill Bowers -2:12.3	3. H. MacMillan -7.32	3. J. Rasmus -2:15.6	3. Jim Keat -11:37	3. Dennis Wanner -10:17.9	3. H. MacMillan -7.32	3. Jim Keat -11:37	3. J. Breslin -7.27	3. Paul Zachman -5:07	3. Art Kress -5'4"	3. Bruce Dallas -5'8"	3. Jeff Osman -5'0"	3. Chuck Miller -5'0"	3. John Cantilupi -4:35.8	3. John Cantilupi -4:35.8	3. Tom Cook -4:40.6	3. Tim Shea -4:46.6

M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95	M100	M105	M110	M115	M120
1. Tim Cook -9:27.5	1. Keith Gingrich -10:08.9	1. Art Morris -10:01.6	1. Jim Hodge -2:16.7	1. Bob Milner -10:36.8	1. Jack Nyhan -12:29.2	1. Paul Rockwood -15:45	1. Ed Lukens -10.4	1. J. Breslin -7.27	1. Paul Zachman -5:07	1. Art Kress -5'4"	1. Bruce Dallas -5'8"	1. Jeff Osman -5'0"	1. Chuck Miller -5'0"	1. Gary Tompkins -4:12.9	1. John Cantilupi -4:35.8	1. Tom Cook -4:40.6	1. Tim Shea -4:46.6	1. Craig Shumaker -12.70
2. Jeff Bradley -9:33	2. Dennis Wanner -10:17.9	2. H. MacMillan -7.32	2. J. Rasmus -2:15.6	2. Jim Keat -11:37	2. Dennis Wanner -10:17.9	2. H. MacMillan -7.32	2. Jim Keat -11:37	2. J. Breslin -7.27	2. Paul Zachman -5:07	2. Art Kress -5'4"	2. Bruce Dallas -5'8"	2. Jeff Osman -5'0"	2. Chuck Miller -5'0"	2. John Cantilupi -4:35.8	2. John Cantilupi -4:35.8	2. Tom Cook -4:40.6	2. Tim Shea -4:46.6	2. Tom Palmer -9.71
3. Gary Crosset -10:02.1	3. Steve Hammer -10:19.3	3. H. MacMillan -7.32	3. J. Rasmus -2:15.6	3. Jim Keat -11:37	3. Dennis Wanner -10:17.9	3. H. MacMillan -7.32	3. Jim Keat -11:37	3. J. Breslin -7.27	3. Paul Zachman -5:07	3. Art Kress -5'4"	3. Bruce Dallas -5'8"	3. Jeff Osman -5'0"	3. Chuck Miller -5'0"	3. John Cantilupi -4:35.8	3. John Cantilupi -4:35.8	3. Tom Cook -4:40.6	3. Tim Shea -4:46.6	

M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95	M100	M105	M110	M115	M120	M125	M130
1. Palmer Sweet -11.05	1. Bill Simon -10.26	1. J. Edwards -12.94	1. Ned Curran -9.96	1. Denver Smith -10.78	1. H. Morningstar -10.18	1. Mato Dokovac -10.01	1. Jeremiah Gaines -6.51	1. Art Kress -9.53	1. Taylor Tunstall -11.31	1. Palmer Sweet -9.75	1. B. Townsend -8.92	1. Denver Smith -9.83	1. Max Goldsmith -8.26	1. Jeremiah Gaines -8.9	1. Blain Till -9.7	1. Ed Lukens -4'6"	1. H. Morningstar -4'6"	1. Al Walton -34.1
2. J. Rasmus -29.0	2. Oscar Meehling -32.0	2. J. Nyhan -32.3	2. Don Henry -9.00	2. H. MacMillan -7.32	2. Mato Dokovac -10.01	2. Mato Dokovac -10.01	2. Blain Till -37.5	2. Art Kress -9.53	2. Taylor Tunstall -11.31	2. Palmer Sweet -9.75	2. B. Townsend -8.92	2. Max Goldsmith -8.26	2. Max Goldsmith -8.26	2. Blain Till -9.7	2. Blain Till -9.7	2. H. Morningstar -4'6"	2. H. Morningstar -4'6"	
3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	

M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95	M100	M105	M110	M115	M120	M125	M130
1. Tom Rauscher -27.6	1. Bob Keegan -27.9	1. B. Stanhope -31.8	1. Ned Curran -9.96	1. Denver Smith -10.78	1. H. Morningstar -10.18	1. Mato Dokovac -10.01	1. Jeremiah Gaines -6.51	1. Art Kress -9.53	1. Taylor Tunstall -11.31	1. Palmer Sweet -9.75	1. B. Townsend -8.92	1. Denver Smith -9.83	1. Max Goldsmith -8.26	1. Jeremiah Gaines -8.9	1. Blain Till -9.7	1. Ed Lukens -4'6"	1. H. Morningstar -4'6"	1. Al Walton -34.1
2. J. Rasmus -29.0	2. Oscar Meehling -32.0	2. J. Nyhan -32.3	2. Don Henry -9.00	2. H. MacMillan -7.32	2. Mato Dokovac -10.01	2. Mato Dokovac -10.01	2. Blain Till -37.5	2. Art Kress -9.53	2. Taylor Tunstall -11.31	2. Palmer Sweet -9.75	2. B. Townsend -8.92	2. Max Goldsmith -8.26	2. Max Goldsmith -8.26	2. Blain Till -9.7	2. Blain Till -9.7	2. H. Morningstar -4'6"	2. H. Morningstar -4'6"	
3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	

M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95	M100	M105	M110	M115	M120	M125	M130
1. Tom Rauscher -27.6	1. Bob Keegan -27.9	1. B. Stanhope -31.8	1. Ned Curran -9.96	1. Denver Smith -10.78	1. H. Morningstar -10.18	1. Mato Dokovac -10.01	1. Jeremiah Gaines -6.51	1. Art Kress -9.53	1. Taylor Tunstall -11.31	1. Palmer Sweet -9.75	1. B. Townsend -8.92	1. Denver Smith -9.83	1. Max Goldsmith -8.26	1. Jeremiah Gaines -8.9	1. Blain Till -9.7	1. Ed Lukens -4'6"	1. H. Morningstar -4'6"	1. Al Walton -34.1
2. J. Rasmus -29.0	2. Oscar Meehling -32.0	2. J. Nyhan -32.3	2. Don Henry -9.00	2. H. MacMillan -7.32	2. Mato Dokovac -10.01	2. Mato Dokovac -10.01	2. Blain Till -37.5	2. Art Kress -9.53	2. Taylor Tunstall -11.31	2. Palmer Sweet -9.75	2. B. Townsend -8.92	2. Max Goldsmith -8.26	2. Max Goldsmith -8.26	2. Blain Till -9.7	2. Blain Till -9.7	2. H. Morningstar -4'6"	2. H. Morningstar -4'6"	
3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	3. Gary Crosset -10:02.1	

SOUTHEAST

Holiday Weight Pentathlon December 28, 1986 Atlantic Community School, Delray Beach, Florida

	Disc	Shot	Jav	Ham	Wt Thr	Score
14 Julian Nunes	23.44 574	7.77 451	23.50 456	19.70 434	5.64 316	2211
21 Tony Dsiepak	31.68 512	9.66 435	25.68 258	35.18 578	11.84 588.5	2371
27 Frank Valdes	33.32 547.5	10.58 502	26.96 563.5	18.28 251.5	8.54 34.9	2213
27 Joe Valdes	31.50 508	10.42 491	52.60 529.5	20.92 310.5	8.68 360	2199
34 Nate Robinson			51.52 653.5			
43 Bill Masuch	25.96 424.5	10.12 517	27.53 353.5	18.32 300	7.32 283	1908
45 Jerry Arline	35.52 667	11.56 672.5	33.40 479	20.96 375.5	10.22 539	2733
46 Mike Valle	34.62 657	11.26 877.5	36.48 543	37.96 719.5	11.26 627	3424
46 Brian McKenna	33.22 625.5	11.52 899.5	31.68 457.5	36.92 701.5	11.82 667.5	3351
49 Julian Nunes	30.08 582	9.74 574	24.60 345.5	39.96 785	11.89 715	3001
50 Al Oerter	65.30 1124					WORLD RECORD
54 Pay Carstensen	31.46 549.5	12.10 723	31.60 548	37.76 723	10.74 705	3248
55 Karl Foose	23.94 372	7.87 395.5	17.25 230	17.39 308.5	5.84 270	1576
55 Len Olson	43.50 818	14.09 824.5	40.00 722	43.60 791.5	11.95 817	3973
57 Randy Cooper	38.08 736.5	11.70 736	42.74 805.5	27.68 565.5	8.60 11.61	3416
62 Don Ried	36.08 635	12.14 762.5	30.55 591	34.23 720.5	11.28 647	3356
63 Jacob Stein	34.36 613.5	9.17 546	38.13 762.5	33.78 726	10.27 589	3236
65 Boo Morcom	36.64 696.5	12.34 702.5	30.12 634	33.62 603	9.58 572	3208
66 Art Knapp	24.28 429	7.94 380	19.97 399	21.15 366	6.64 324	1898
69 Elmer Shaw	36.41 768	12.67 801	26.67 628	33.77 821.5	11.67 823.5	3842
75 Phil Partridge	20.64 462.5	6.30 361	12.10 292.5	18.22 396	6.72 500	2011
* best record U Unofficial C convalencing						
Under age 50 except Nunes Jr: 2K 16# 800g 16# 35#						
Ages 50-59 & Nunes Jr: 1.5K 6K 800g 6K 35# except Nunes 2K						
Ried and Stein: 1K 5K 600g 12# 25#						
65 and over: 1K 8# 600g 8# 25# except Shaw 12# Harmer						

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.

EAST

SYOSSET Sprint 5K

Long Island, N.Y.; November 22

Overall	
J Flynn	14:47
K Kueffner	18:34
M35 M Hildebrand	17:00
M40 J Ferrero	16:47
M45 J Cordero	17:17
M50 G Feld	17:47
M55 C Harris	19:01
M60+B Cloistne	21:23
M35 J Gow	19:32
M40 M Ryan	18:54
M45 H Hartl	22:38
M50 M Carinci	22:54
M55 C Rodau	26:41

MAC 30K Championships

Central Park, NYC; December 6

Overall	
E Bikani	23 1:41:24
G Beschloss	27 1:53:53
M40 A Kirik	1:51:44
M45 G Stretton	1:56:59
M50+D Jacobs	2:10:52
M60+J Stolzhus	2:15:19
M70+V Carnevale	*2:25:26
*AR M70-74	
M40 R Brill	2:16:52
M45 E Davis	2:41:29
M50+H Yu	2:27:30
(200 finishers)	

NYRR December Series 6 Mile

Central Park, NYC; December 14

Overall	
D Speranza	27 30:32
C Girard-Klein	25 33:25
M35 B Schaeffer	31:43
M40 S Skinner	33:46
M45 R Ruiz	34:24
M50 F Mueller	34:07
M55 K Jones	35:48
M60 G Thompson	38:57
M65 J McHugh	39:53
M70+V Carnevale	41:42
Racewalkers:	
R Green	46 45:57
R Garfunkel	56 1:09:55
W35 L Small	40:43
W40 A Hearn	35:28
W45 P L Parmalee	39:43
W50 +T D'Elia	42:28
W60+D Klein	54:49
W70+E Havens	1:06:03
Racewalkers:	
L Nottage	61 1:07:45

NYRR December Series 10 Mile

Central Park, NYC; December 21

Overall	
A Smith	21 50:59
M Bush	25 57:29
M35 P Gambaccini	53:42
M40 S Skinner	56:44
M45 R Ruiz	58:38
M50 F Mueller	58:04
M55 K Jones	1:02:08
M60 J Stoltzfus	1:07:45
M65 J McHugh	1:08:57
M70+V Carnevale	1:21:54
RW G Null	41 1:31:35
W35 S Given	1:10:09
W40 H Oster	1:05:52
W45 P L Parmalee	1:08:18
W50+G Phillips	1:16:19
W60+E Hauser	1:39:45
W70+E Havens	2:03:11
RW L Nottage	61 1:48:15
A Tomas	59 2:00:25

Christmas Run For The Animals

10K Newport, R.I., December 14

Overall	
C Breagy	31:33
K Goff	36:50
M40+K Skelly	32:32
Z Zucker	36:42
J Montemarlo	37:20
M50+R Silva	36:48
B Ravenell	40:55
H Waters	42:05
M60+C Hammen	43:07
B Gorman	44:00
M Norton	52:43
W40+R Skelly	46:11
B Hanson	51:23
N Casewell	52:31
W50+T Graf	50:30
J Millich	59:39
M McCray	61:35
from C Hammen	

Pearl Harbor Day Masters

Only 5.2 Mile

Waterford, Conn.; December 7

M40+H Gilet	28:53
T Phillips	29:56
Tom Peck	30:00
M50+T McCoy	32:27
W Brady	32:38
J Latourette	33:00
M60+C Hammen	35:18
G Stacy	35:58
G Brown	36:08
W40+M Haeseler	37:34
M Zimmerman	38:51
J Anderson	39:54
W50+T Graf	41:46
B Delea	41:59
R Perdix	53:33
W60+A Campo	57:12
A Liggett	59:01
from C Hammen	

SOUTHEAST

Bud Light-Paul DeBruyn

30K/2x15K Relay

Osmond Beach, Fla;

November 22

Masters Overall	
J Burgasser	1:49:28
M Barilone	2:13:50
M35 K Brashear	1:49:28
M40 R Haake	1:57:33
M45 R Bohanan	1:56:32
M50 J Purvis	2:11:14
M55 D Long	1:56:43
M60 S Adams	2:15:30
M65 M Shumate	2:16:03
W35 M Lynn	2:13:07
W40 B Nowvskie	2:31:58
W50+P Davis	2:40:15
15K Relay	
Masters Male: D Hollins-	
worth/T Graham	1:47:12
Masters Female: C Lager/S	
Schindler	2:49:30
Masters Male & Female:	
D Sorchinski/M Conner(f)	
	2:03:39
Masters Husband & Wife:	
H & C Hoffman	2:23:26
Oldest Finishers: E Heishman/	
B Snyder	2:39:11

WZYP Rocket City Marathon

Huntsville, Ala.; December 13

Overall	
Jeff Rawlins	29 2:17:39
Karlene Erickson	21 2:45:14
M40	
Don Coffman	2:30:36
Tom Dooley	2:32:41
Bill Fanning	2:40:27
Joe Dahm	2:41:11
John Waterhouse	2:41:17
M45	
Ken Prior	2:38:00
Russ Barber	2:39:27
Phil Parker	2:50:31
Boyce Brawley	2:53:51
Sam Morris	2:57:33
M50-59	
Bill Olrich	2:44:37
Gerald Koch	2:47:51
Al Becken	2:57:29
Ed Dibble	2:59:08
Bill Nichols	3:00:19
M60+	
Dan McCarty	3:22:08
Ken Robinson	3:31:06
Tom White	3:33:39
Doug Jones	3:40:01
Jay Grove	3:49:02
W40-49	
Cindy Dalrymple	2:52:53
Yvonne Rodgers	3:16:57
Maryanne Wehrum	3:19:58
Donna Presley	3:28:34
Bobbie Steiner	3:29:36
W50+	
Alene Park (61)	4:00:08
Barbara Ramsey	4:02:31
Maryanne Woodring	4:07:41
Marcia Herbst	4:12:25
Jimmie Bradford	4:13:49
Masters Men Team:	
Huntsville TC (Koch, Parker	
Sulyma)	
Atlanta TC (Dooley, Dahm,	
Owens)	
Masters Women Team:	
Huntsville TC (Wehrum,	
Clements, Park)	

Charlotte Observer Marathon/

10K, Charlotte, N.C.; January 3

---Marathon---	
Overall	
G Donakowski	2:20:16
N Mieszcak	2:50:14
M40 D Rich	2:47:00
J Nofstger	2:49:54
W Abrams	2:52:50
M45 D Vanderbroek	2:40:37
H Denton	2:59:40
T Vargo	3:02:30
M50 W Talley	3:03:10
D Siefers	3:04:56
J Ansell	3:04:57
M55 T Barclay	2:51:44
P Kioffer	3:12:24
F Sides	3:38:48
M60 L Little	3:04:56
L Fields	3:31:41
M65+J Frederici	3:55:28
H Keller	4:24:50

W40 L Ervin	3:24:40
D Cohen	3:36:04
B Carpenter	3:39:38
W45 C Mamola	3:58:20
N Sorensen	4:03:10
V Gibson	4:40:56
W50 S Balfour	4:08:10
B McCold	4:36:42

---10K---	
Overall	
J Doherty	28:57
L Jennings	33:16
M40 W Vaughn	32:32
T Dooley	33:18
P Benson	33:30
M45 R Robinson	33:42
R Rohrer	36:11
B Schull	36:22
M50 A Craven	35:52
B Voight	37:00
R Howell	38:44
M55 D Gammie	36:07
A Treichel	38:42
S Daniel	38:45
M60 D Seagle	49:01
R Stipp	52:59
R Laney	54:25
M65+R Willard	48:00
A Hecht	52:02
J Trent	53:44
W40 J Hutchison	37:37
I Black	39:14
C Lasseter	40:00
W45 S Klutz	45:04
J McBryde	48:12
S Mills	50:20
W50 T Woods	52:49
E Johnson	53:01
W55 M Treichel	55:33
B Lineberry	57:25
W60+N Cory	54:13
B Richardson	56:16

MID-AMERICA

St. Louis Marathon, St. Louis,

Mo.; November 23

Overall	
M Meyers	24 2:26:37
L Dobkowski	25 2:55:02
M40 R Cochran	2:38:18
J Kurman	2:43:58
G Smith	2:45:41
M45 L Avery	2:47:58
D Redmore	2:53:35
G Fari	2:57:10
M50 H Dix	3:01:35
T O'Brien	3:04:11
R Holmberg	3:06:11
M55 B Albrecht	3:19:41
T Griffith	3:22:23
D Johnson	3:25:20
M60+J Keston	2:53:42
L McGinness	3:25:54
M70+L Patterson	4:33:46
W40 C Burroughs	2:55:32
C Keil	3:31:52
W45 B Currinder	3:32:28
J Gilbert	3:32:36
M Frazer	3:49:15
W50 S King	3:55:10
G Harrington	4:17:34
W55 D Davis	4:40:36
W60+E Jennings	4:15:17

St. George Marathon

St. George, Utah; October 4

Overall	
F Vasquez	2:20:46
C Harper	2:42:07
M40+S Lester	2:22:52
T Skinner	2:27:45
H Harper	2:28:39
M50+G Felker	2:39:40
A Tocco	2:39:57
M60+E Parker	3:01:33
W40+B Poppers	2:44:48
S Peterson	2:48:09
B Martindale	3:33:51

WEST

McClassic 10K

San Diego, Calif.; November 9

Overall	
R Brownberger	30:32
S Crystal	37:23
M35 A Mackay	33:26
M40 P Stern	33:12
M45 D McCaskill	36:10
M50 J Livesay	38:02
M55 D Robinson	38:27
M60+D McMickle	42:51
M70+D Bradley	46:00
W35 V Lucas	44:24
W40 J Dodge	39:23
W45 S Matson	37:43
W50 C Murray	42:55
W55 B Lovell	49:37
W60+G Davidson	49:03
W70+J Simon	56:00

Run/Across LA 10M

Los Angeles, December 21

ELAINE TRIPLETT	36	1:00:29
CLAUDIA NOVALES	36	1:01:00
JUDITH VIVIAN	35	1:01:24
NICHOLLE TIFF	36	1:02:38
JANICE MOCHT EIM	36	1:05:51

MOLLY THAYER	43	1:03:06
DORIS HERITAGE	44	1:04:54
MARY CAMPBELL	40	1:11:09
CHERYL ALLEN	40	1:11:54
LINDA KING	43	1:12:01
RITA BILMORE	46	1:11:45
ROBERTA LAMPING	46	1:14:26
OLIVIA CORIA	46	1:17:54
KATHRYN OMEN	45	1:18:36
ELAINE MURPHY	48	1:18:46

SHIRLEY BLUSH	50	1:15:14
ATSUMO FUJIMOTO	51	1:15:52
MARGIE STAUFFER	50	1:17:43
VIRGINIA TAMEJA	53	1:18:22
LEYLA HANNEY	53	1:19:38
HELEN BICH	62	1:14:44
HELENA CARDEN	61	1:32:48
ALICE GOLDBERG	60	1:34:15

BEN WILSON	36	52:32
MARK HENPHILL	37	55:19
RON JENSEN	39	55:24
CHARLIE MOORE	38	55:53
HERNAN RODRIGUEZ	35	55:53

MICHAEL MAHLER	43	55:11
FRED ORTEGA	40	55:15
PHIL RYAN	42	55:17
PABLO DROMY	41	57:22
GEORGE HUBARUK	40	57:52

Moving Comfort Women's 8K

San Diego, Calif.; October 19

Overall	
S Matson	45 *28:35
* AR W45-59	
35 P Hurl	29:43
40 J Dodge	31:02
45 S Matson	
50 C Murray	33:47
55 G Horine	54:15
60+M Storey	37:25
70+B James	52:33

George Guerrero 8K

South El Monte, Calif.; December 13

Overall	
J Araujo	28 25:54
B Townsend	24 30:30
M40 C Gonzales	27:02
M45 B Hines	30:37
M50 C Leone	32:02
M55 B Landry	31:13
M60 G Brickner	31:36
M65 L Wherley	40:06
M85 J Bishin	1:08:20
W40 B Reukema	37:43
M50 R Read	42:47

The Last 5K & 10K

Santa Rosa, Calif.; December 14

---5K---	
M35 B Brown	18:37
M40 W Bales	18:20
M45 W Vennum	17:34
M50 R Harms	19:53
M55 M Gray	19:26
M35 P Stephens	24:33
W40 J Gottlieb	25:23
W45 C Schaumberg	21:31

---10K---	
M35 R Kessecker	37:19
M40 R Niles	35:27
M45 D Rustad	37:50
M50 D Beardall	37:12
M55 B Chadwick	40:26
W35 V French	46:28
W45 S Mecherikoff	57:37
W50 J Buckendahl	43:47

Third Annual New Years

Resolution Run

Phoenix, Arizona, January 4

Men 30-34

David Jansen

M30 David Jansen	31:47
M35 Norbert Bourjar	32:03
M40 Web Loudat	30:52
M45 Jim Gerace	36:22
M50 John Wely	35:28
M55 Donald Mayer	38:55
M60 Herb Williams	42:30
M65 Richard Kegley	58:29
M70 Al Clark	50:08

W30 Carol Kollstedt	39:43
W35 Sandy Jensen	42:25
W40 Josie Fox	40:58
W45 Molly Carder	44:02
W50 Peggy Kornum	52:01
W55 DJ Murray	51:32
W60 Alno Mayer	no t.
W65 Marg Kegley	no t.

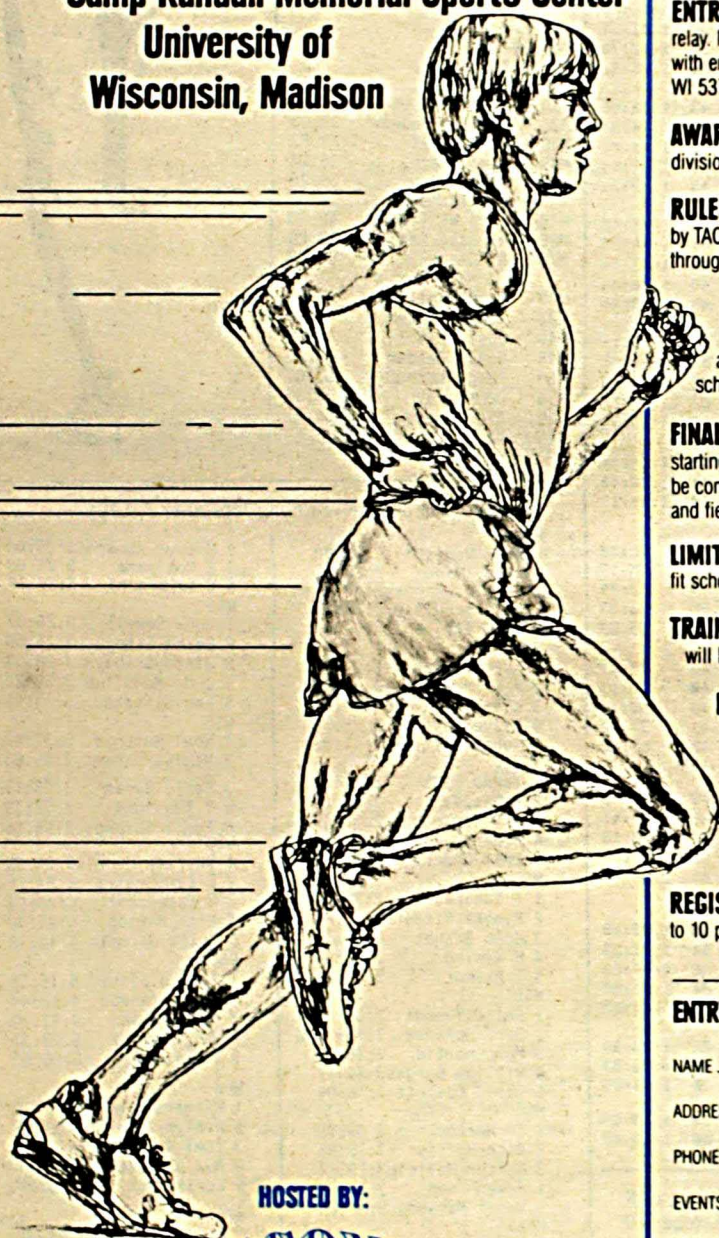
Honolulu Marathon, December 7, 1986

1987 TAC National Indoor Masters Track & Field Championships

Saturday & Sunday, March 28-29

Camp Randall Memorial Sports Center

University of Wisconsin, Madison



HOSTED BY:

WISCONSIN
united
ATHLETIC CLUB

SPONSORED BY:

WPS
WISCONSIN PHYSICIANS SERVICE

15837-021-8611

MEET SITE: Camp Randall Memorial Sports Center, adjoining stadium at 1430 Monroe St. The track is a 220-yard, 6-lane (8 for 60), mondo surface with mondo runways. High jump area is smooth urethane and the throwing ring is wood. 1/8" pin spikes recommended for mondo—up to 3/8" for HJ. Lockers and showers available.

ELIGIBILITY: The competition is open to all men and women (no qualifying or standards) age 30 and over. Competition will be in five-year age groups from 30-34 to 80+. All competitors must be registered with The Athletics Congress (TAC) for 1987.

RELAYS: All relay team members must be members of the same club. Runners may move down from their age division. The following events will be held:

4x440: M&W30-39, W40+, M40-49, M50-59, M60+
4x880: M&W30-39, W40+, M40-49, M50-59, M60+

ENTRIES: All entries must be postmarked by March 10. No late or race day entries will be accepted. There will be no refunds or changing of events.

ENTRY FEE: \$7 first event—\$5 each additional event—\$16 per relay. Make checks payable to Wisconsin United Athletic Club. Send with entry to 1987 Indoor National, 6408 West Gate Rd., Monona, WI 53716.

AWARDS: National championship medals to top three in each division in each event including all relay team members.

RULES AND STANDARDS: As set forth by WAVA and adopted by TAC Masters. Electronic timing will be used. Officials are qualified through the University and State high school track programs.

TRIALS: Will be run in age groups starting with older women to youngest men. Age groups in the 60-yard dash and 60-yard hurdles having eight or less reporting will run at scheduled final times.

FINALS: Will be timed finals run in sections (300 and longer) starting with oldest women to youngest men. Some age groups may be combined in one race. Eight will go to finals in 60, hurdles and field events.

LIMITATION OF EVENTS: Athletes must limit events entered to fit schedule. Event progress will not be held up awaiting athletes.

TRAINING AREA: Trainers will be available at the track. The track will be available for running warm up on Friday from 5 to 11 p.m.

IMPLEMENT WEIGH IN: Shot puts and weights will be inspected at the track beginning at 8 a.m. on Saturday.

ATHLETE CHECK IN: Running event athletes must check in one event prior to their own with the Clerk of Course. Field event athletes must check in prior to the start of their event with the Head Judge at the event site.

REGISTRATION: The Intowner (meet headquarters), Friday 4 to 10 p.m. Saturday and Sunday at track after 8 a.m.

ACCOMMODATIONS: Three hotels with a total of 280 rooms, reserved until February 27. Indicate you are with the National Masters meet. Additional information from the Greater Madison Convention Bureau, 425 W. Washington Ave., Madison, WI 53703. Phone 1 608 255-0701.

The Intowner—80 rooms—\$38S, \$44D—1.1 miles from track (meet headquarters). 2424 University Ave., Madison, WI 53705. Phone 1 608 233-8778.

Howard Johnson—100 rooms—\$45S, \$52D—1 mile from track. 525 W. Johnson St., Madison, WI 53703. Phone 1 608 251-5511.

Sheraton Inn—100 rooms—\$46S, \$58D—3 miles from track. 706 Nolen Dr., Madison, WI 53713. Phone 1 608 251-2300.

Check out our facility on January 3 at the Wisconsin Masters Meet. Entries on race day or from Sue Boyd, 5837 Woods Edge Rd., Madison, WI 53711.

SATURDAY FIELD EVENTS

TIME	EVENT	DIVISION	ROUND
10:00 a.m.	Weight Throw	50-80+	Trials & Final
	Long Jump	30-34	Trials & Final
	Pole Vault	50-80+	Final
11:00 a.m.	Weight Throw	30-49	Trials & Final
	Long Jump	35-39	Trials & Final
12:00 Noon	Shot Put	30-34	Trials & Final
	Long Jump	40-44	Trials & Final
1:00 p.m.	Shot Put	35-39	Trials & Final
	Long Jump	45-49	Trials & Final
2:00 p.m.	Shot Put	40-44	Trials & Final
	Long Jump	50-59	Trials & Final
	Pole Vault	30-49	Final
3:00 p.m.	Shot Put	45-49	Trials & Final
	Long Jump	60-80+	Trials & Final
4:00 p.m.	Shot Put	50-59	Trials & Final
5:00 p.m.	Shot Put	60-80+	Trials & Final

SATURDAY TRACK EVENTS

12:00 Noon	60-Yard Dash	30-80+	Semifinal
1:00 p.m.	1-Mile Run	30-80+	Final
2:00 p.m.	60-Yard Dash	30-80+	Final
3:00 p.m.	1,000-Yard Run	30-80+	Final
4:00 p.m.	300-Yard Run	30-80+	Final
5:00 p.m.	4x880-Yard Relay	30-80+	Final

SUNDAY FIELD EVENTS

10:00 a.m.	Triple Jump	60-80+	Trials & Final
	High Jump	M30-45	Final
11:30 a.m.	Triple Jump	50-59	Trials & Final
12:00 Noon	High Jump	M45-59	Final
1:30 p.m.	Triple Jump	40-49	Trials & Final
2:00 p.m.	High Jump	M60+ and FM	Final
3:00 p.m.	Triple Jump	30-39	Trials & Final

SUNDAY TRACK EVENTS

12:00 Noon	60-Yard Hurdles	30-80+	Semifinal
1:00 p.m.	2-Mile Run	30-80+	Final
2:00 p.m.	60-Yard Hurdles	30-80+	Final
2:30 p.m.	600-Yard Run	30-80+	Final
3:30 p.m.	2-Mile Walk	30-80+	Final
4:00 p.m.	4x440-Yard Relay	30-80+	Final

ENTRY FORM 1987 INDOOR MASTERS, MARCH 28-29

NAME _____ BIRTHDATE _____ AGE ON 3/28 _____ M ☐ F ☐

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE () _____ 1987 TAC # _____ (required) YOUR CLUB _____

EVENTS ENTERED _____

BEST MARK 85-87 _____

OTHER RELAY TEAM MEMBERS _____
(Send one entry only per team.)

T-SHIRTS @ \$5 MEN'S SIZE ☐ S ☐ M ☐ L ☐ XL ☐ INDIVIDUAL FEES \$ _____ RELAY FEES \$ _____ T-SHIRT \$ _____

Make checks payable to Wisconsin United Athletic Club—entry postmarked by 3/10—send to 6408 West Gate Rd., Monona, WI 53716.

TOTAL AMOUNT ENCLOSED _____

ATHLETE'S RELEASE: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release, and forever discharge any and all claims for damages which I may have or which may hereafter accrue against The Athletics Congress, Wisconsin United Athletic Club, The University of Wisconsin, Wisconsin Physicians Service, all other meet sponsors, officials, or their officers or agents for any damages or injury suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.



ATHLETE'S SIGNATURE _____

DATE _____