

## Rodgers, Welch Win ICI/USRA 8K Final

### Schlau, Hutchison Are Top Point-Getters as Circuit Wraps Up 15-City Series

by JAMES O'BRIEN and AL SHEAHEN

NAPLES, Fla., January 14 — Perhaps the finest field of over-age-40 runners ever assembled for a U.S. road race gathered here today for the ICI/USRA National Masters 8K Championships, the final event of the 15-city ICI/USRA Masters Running Circuit.

Through 14 previous races across the U.S., the nation's top masters runners had fought to accumulate Grand Prix points. In today's final, all points would be doubled, all ties resolved and \$20,000 in cash prizes awarded to the top overall point-getters.

In addition, an independent prize fund of \$10,000 would be divided among the winners of today's 8K Championship. So a total of \$30,000 was on the line as 217 masters runners nervously awaited the starters signal.

It was fitting that the inaugural ICI/USRA Masters Circuit final should be the first time that Bill Rodgers, Jim Ryun and Frank Shorter had all been on the same starting line together. It was a testimony that this was something worthwhile — an op-

portunity to prove that masters running is booming, and the competition can be as valid, as enthralling as any seen in open racing anywhere.

As expected, the pre-race favorites, Rodgers, 41, and Priscilla Welch, 44, raced to convincing victories over the world-class field to each claim \$2500 of the \$10,000 purse.

England's Mike Hurd bolted to the front of a congested pack in an opening mile of 4:41. Right behind were Rodgers, Shorter, Larry Olsen, Barry Brown, Bob Schlau, Alan Rushmer, Dave Stewart and Steve Lester.

At two miles, Rodgers hung ominously onto the Englishman's shoulder. Surging slightly approaching the halfway mark, Rodgers opened a telling gap on Hurd, who began to drift back and battle for second with South Carolina's Schlau and the Canadian, Stewart.

At three miles, Rodgers had a split of 14:29 and a 13-second margin on Hurd, while, at four miles, the four-time New York Marathon winner had widened his lead with a 19:25 split.

Working hard down the half-mile straight to the finish, Rodgers broke the tape at 24:05 — a 4:49 per-mile pace and just 14 seconds shy of his own world masters 8K best set last September in Indianapolis.

"A lot of times I go a little too hard early," the Sherborn, Mass. resident

Continued on page 17



Jim Ryun, 41, and Priscilla Welch, 44, together in the ICI/USRA National Masters 8K Championships in Naples, Florida, January 14. Photo by Sailer, Ltd.



Jane Hutchison wins the 1988 WZYP Rocket City Marathon female masters title in 2:53:34. Hutchison also won \$3500 as the top female 40-49 point-getter in the ICI/USRA Masters Circuit. Photo by Jim Oaks

### Coffman and Hutchison Win in Rocket City

by JIM OAKS

HUNTSVILLE, Ala., December 10 — Five of the past six years, Don Coffman has been among the masters entries for the WZYP Rocket City Marathon. Each of those five times the Kentuckian has won the masters division.

This year, Coffman, 45, ran 2:30:56 for the win as he outdistanced three age-40 challengers: Wes Wessely, Bill

Walker, and Don Rowland, by over five minutes.

The consistency of Coffman's six marathons in Huntsville is impressive. In 1982, at age 39, he ran 2:27, then followed with his first four masters division wins in 1983 through 1986 with times of 2:27, 2:29, 2:27 and 2:30.

This year, Wessely was the top seed

Continued on page 24

### INSIDE:

- International Section — pages 22-23
- ICI/USRA Stories — pages 17-19
- New Age-Graded Tables — pages 30-32
- 1988 T&F Rankings — page 29



## CONTENTS

## DEPARTMENTS

TAC Officers	2
Letters to the Editor	4
Third Wind	6
NMN Sustainers	6
Training Advice-Oropeza	8
From the Editor	10
The Foot Beat	12
Profile — Duncan Macdonald	13
Track & Field Report	14
Health & Fitness	16
Countdown to Eugene	22
Report from Britain	23
WAVA Officers	23
WAVA/TAC Specifications	23
Masters Scene	25
Schedule	26
New Age-Group Athletes	28
Track & Field Rankings	29
Age-Graded Tables	30
All-American Standards	33
Results	34

## FEATURES

ICI/USRA 8K	1
Rocket City Marathon	1
Tom Robinson Killed	9
Long Beach Decathlon	9
Millrose Games Preview	9
1988 Rankings Update	10
Wisconsin Indoor Meet	10
NYRR Winter 10-Mile	11
Honolulu Marathon	11
Mississippi Meet	11
National 10K Cross-Country	12
NYRR Turkey Trot	12
Twin Cities Marathon	12
New York Marathon	
Applications	13
Achilles 10K	16
National 5K Cross-County	16
National Half-Marathon	16
ICI/USRA Point Standings	17
Charlotte Observer Races	19
Asian Veterans	
Championships	22
North American Meet Site	23

## ENTRY FORMS/RACE &amp; PRODUCT INFO

Palm Springs Senior Olympics	3
NMN Subscription Form	4
Masters Midwest	
Championships	5
CAPS	7
Midwest Indoor Sectional Meet	9
Running Times	11
Outdoor National T&F Meet	14
National Indoor	
Championships	20
SportArcade Meet	26
1988 Age-Record Book	31
Mastering the Sprints	32
Classifieds	32
Masters Running '88	32
All-American Application	33
NMN Advertising Rates	39
NMN Subscription Form	39
Mac Wilkins Video Tapes	40



## NATIONAL MASTERS NEWS

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

126th Issue

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**Editor and Publisher:** Al Sheahen  
**Senior Editor:** Jerry Wojcik  
**Associate Editor:** Teri Ingram  
**Assistant Editor:** Steve Lewallen  
**Schedule Editor:** Jerry Wojcik  
**Circulation Manager:** Linda Webster  
**Advertising Manager:** Al Sheahen  
**Production:** American Publishing Co.  
**Outdoor Track & Field Records:** Pete Mundle  
**Indoor Track & Field Records:** Haig Bohigian  
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**Racewalking Records:** Bev LaVeck  
**Track & Field Rankings:** Jerry Wojcik  
**Contributing Editors:** Hal Higdon, Dr. John Pagliano, Mike Tymn  
**Correspondents:** Larry Banuelos (CA), Tom Bell (NM), Frank Bowles (CO), John Boyle (FL), John Brennan (CA), Alex Coffin (NC), Mike Davis (IN), Bob Fine (FL), Dick Green (IL), Carl Hammen (RI), Hal Higdon (IN), Dick Lacey (FL), Bob and Carol Langenbach (WA), Phil Loomis (MI), Gary Miller (CA), Phil Mulkey (GA), Tim Murphy (TX), Paul Murray (NY), Jim Oaks (AL), David Pain (CA), Phil Partridge (FL), Barbara Pike (MA), Phil Raschker (GA), Dean Reinke (FL), Herb Seeger (MI), Bob Stone (CA), Tom Sturak (CA), Pete Taylor (PA), Danny Thiel (LA), Scott Thornesley (PA), Mike Tymn (HI), John White (OH), Ken and Jennifer Young (AZ), David Zinman (NY).  
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**Photographers:** Alex Coffin (NC), Gene Cohn (CA), Mike Davis (IN), Teri Ingram (CA), Jim Oaks

(AL), Kathy Ruser (DC), Karen Russi (FL), Vic Sailer (NY), Richard Lee Slotkin (CA), Gretchen Snyder (CA), Tesh Teshima (HI), Danny Thiel (LA), Jerry Wojcik (CA), David Zinman (NY).

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

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in your area, or 317/261-0500. There are no qualifying standards for any masters athletics event.

NMN welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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Haig Bohigian  
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**Awards Coordinator:**

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**Mid-America:**

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**Midwest:**

Dick Green  
 8059 Rosemeade  
 Rockford, IL 61107  
 (815) 397-5685

**Southwest:**

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**West:**

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**Northwest:**

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**Rules Coordinator:**

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**Awards:**

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# PALM SPRINGS INVITATIONAL SENIOR OLYMPICS

FEBRUARY AND MARCH 1989

## General Information

### Age:

All participants must be 55 years of age or older.

Participant's age is determined as of June 19, 1989 (1st day of the National Senior Olympics).

Birth certificates or driver's license may be required for age verification.

Seven Age Divisions are offered in SWIMMING, TRACK & FIELD and 10K RUN: 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 & over.

Three Age Divisions are offered in BOWLING, GOLF, TENNIS, HORSESHOES, SHUFFLEBOARD, TABLE TENNIS and 8-BALL POOL: 55-64, 65-74, 75 & over.

An Open Age Division, 55 & over, is offered for DANCE.

### Entries:

Applications must be postmarked by midnight, Wednesday, February 15, 1989.

Late entries will be accepted based on available space.

### Fees:

There are two types of fees: registration and event fees.

The registration fee of \$10 helps offset administrative costs.

Event fees are for events you select to participate in, such as greens fees for golf, pool fees for swimming, etc. Event fees are listed on the back page of this brochure.

### Rules:

It is not possible to print all rules governing the Senior Olympics; however, the event chairperson will conduct an orientation of event rules and regulations prior to the start of the event.

### Awards:

Medals will be awarded to the 1st, 2nd and 3rd place winners in each event.

Medals will be presented at our closing picnic, Sunday, March 5, 1989.

Certificates of participation will be issued to all those registered.

### Confirmation:

As soon as possible, before February 20, 1989, you will receive your confirmation of entry.

This information will include your specific schedule (example: golf tee-off times), motel information, head-quarter locations and schedules.

### Important:

Should you not receive your confirmation by February 20, contact Ben Green immediately by calling: work (619) 323-5689 or home (619) 320-1296.

### Cancellations:

We reserve the right to cancel or combine age groups in any event due to insufficient entries or other conditions.

### National Senior Olympics:

June 19-24, 1989, St. Louis, Missouri. Complete details will be available at the Palm Springs Olympic Headquarters, including travel plans.

### Equipment:

Participants are responsible for their own equipment.

Please be sure to mark your personal items and do not leave valuables unattended.

### Host Hotel:

Palm Springs Desert Inn  
155 S. Belardo Rd.  
Palm Springs/325-1301.

Be sure to mention your participation in the Senior Olympics when registering.

SANCTIONED BY THE U.S. NATIONAL SENIOR OLYMPICS



• ARCHERY  
• BASKETBALL  
• BOWLING  
• CYCLING  
• GOLF

• SOFTBALL  
• FREE THROW  
• TENNIS  
• TOURNAMENT  
• TRACK & FIELD  
• 10K RUN  
• VOLLEYBALL

• HORSESHOE  
• PITCHING  
• ICE-SKATING  
• RACQUETBALL  
• SHUFFLEBOARD

### PRESENTED BY

City of Palm Springs  
Desert Hospital  
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Palm Springs Senior Center

PALM SPRINGS INVITATIONAL SENIOR OLYMPICS III  
OFFICIAL ENTRY APPLICATION  
FOR TRACK & FIELD



\_\_\_ MALE  
\_\_\_ FEMALE

FIRST NAME \_\_\_\_\_ MIDDLE NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE GROUP AS OF JUNE 19, 1989

\_\_\_ 55-59 \_\_\_ 60-64 \_\_\_ 65-69 \_\_\_ 70-74 \_\_\_ 75-79 \_\_\_ 80-84 \_\_\_ 85 & Over

1. 10K Run: Riverside Drive at Palm Canyon \$6.00  
Larry Kendall, Chairman, Saturday, March 4, 7a.m.
2. 5K RACE WALKING: P.S. High School, 2248 E. Ramon Rd. \$6.00  
Saturday, March 4, 10 a.m.

TRACK & FIELD: P.S. High School, 2248 E. Ramon Rd. \$3.00/Event  
David Adams, Chairman. All weather track (4" spikes or tennis shoes),  
Sunday, March 5, 8 a.m.

3. (8 a.m.) 100 Meters
4. (8 a.m.) Softball Throw
5. (8:45 a.m.) 1,500 Meters
6. (8:45 a.m.) Shot Put M55/6Kg, M60+/5Kg, M70 +/4Kg, W55 +/3Kg
7. (9:25 a.m.) 400 Meters
8. (9:30 a.m.) High Jump
9. (9:55 a.m.) 800 Meters
10. (10:15 a.m.) Long Jump
11. (10:25 a.m.) 200 Meters
12. (11 a.m.) Discus M55/1.6Kg, M60+/1.0Kg, W55 +/1.0Kg
13. (10:55 a.m.) 5,000 Meters

### EVENT SELECTION:

Event #	Event Title	Event Fee	Event #	Event Title	Event Fee
_____	_____	\$ _____	_____	_____	\$ _____
_____	_____	\$ _____	_____	_____	\$ _____
_____	_____	\$ _____	_____	_____	\$ _____
_____	_____	\$ _____	_____	_____	\$ _____

Makes Checks Payable and Mail To:  
P.S. Senior Center/Senior Olympics  
c/o Ben Green, Chairman  
550 N. Palm Canyon Drive  
Palm Springs, CA 92262

DEADLINE TO REGISTER IS:  
Postmarked February 15, 1989

Total Entry Fees: \$ \_\_\_\_\_  
Plus Registration (Mandatory) \$ 10.00  
Optional Donation: \$ \_\_\_\_\_  
Senior Center Membership: \$ \_\_\_\_\_  
Optional \$8.00  
Total Amount of Check: \$ \_\_\_\_\_

NOTES: A full program will be mailed to you upon receipt of your application.

Qualifying for the National Senior Olympics June 19 - 24, 1989 in St. Louis, Missouri

Medals will be awarded to 1st, 2nd and 3rd place.

Host Hotel is Desert Inn  
155 South Belardo Road  
Palm Springs, CA 92262  
(619) 325-1301

### PHOTO AND FILM WAIVER

I hereby grant permission to use pictures or film of me taken during any participation in the Senior Olympics.

### LIABILITY WAIVER

I, the undersigned participant, hereby agree to indemnify and hold harmless the organizers of the Palm Springs Invitational Senior Olympics here and after sometimes referred to as sponsors, their agents, employees, representatives and assigns from any and all actions, causes of actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of any injury arising out of my participation in the Palm Springs Invitational Senior Olympics.

I warrant and represent to the organizers that I have prepared myself for the events which I have entered by practicing the same prior to my participation in the Palm Springs Invitational Senior Olympics.

I warrant and represent that I am in good physical health and condition, and I am physically able to compete in the events I have selected. I know of no physical restrictions whatsoever which would prohibit my participation in the events that I have selected. I have been advised by the organizers that it would be in my best interests to consult my physician prior to my preparation in regard to my participation in the Palm Springs Invitational Senior Olympics. I recognize and understand that the preparation and competition may necessitate strenuous physical activity and could possibly activate any unrecognized pre-existing cardiovascular disorder which I may have, thereby resulting in serious or life threatening physical harm to me.

The organizers have my permission to have a physician treat me if needed during my participation in the events of the Palm Springs Invitational Senior Olympics.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Feel free to duplicate this application and share it with friends.

ANNUALLY: LAST WEEKEND OF FEBRUARY - FIRST WEEKEND OF MARCH





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

### MASTERS AND DRUGS

After reading Speaker's Corner (Nov. '88), I sincerely hope that Carl Wallin changes his mind and stays around for many more years to come, competing in the throwing events, and not be discouraged by those few athletes whose only ambition is to win at any cost.

Quoting the American super-heavyweight masters champion in drug-free powerlifting: "A steroid user is not a strong person. He is bombing out of the greatest meet of all — his life."

I don't know if drug testing is the answer; it probably would have some effect. But this would be prohibitively expensive, at over \$200 for each test, and if the user stops early enough, he appears to be free and clear of drug abuse.

In most age groups, you will find one or two of these bad apples who are driven by this obsession to win by any means, using drugs, cheating with lighter or underweight implements or lying about their ages.

For the rest of us, winning is not everything. It is nice, but the competition, the camaraderie, traveling to different places, meeting interesting people, seeing old acquaintances at home and abroad, and staying healthy are what's important.

So, Carl, stick around and enjoy the competition with your fellow masters. The masters program, especially the often-neglected throwing community, needs people like you, not only as a

coach and meet director, but as an outspoken and outstanding world-class athlete.

*Pay Carstensen  
Babylon, New York*

I applaud Carl Wallin for speaking out against the use of anabolic steroids by masters athletes for the purpose of enhancing one's performance.

It is tantamount to any other form of cheating in order to win, such as using illegal lighter implements to throw, cutting the course on a cross-country or marathon course, or lying about one's actual age, to name a few.

Perhaps drugs are by far the most dangerous because of their wide-spread use as well as potential health risk. It has been obvious that steroid usage is accelerating and not just among the strength events.

Appealing to one's nobler sense of amateur fair play will not work. Steroids are readily available in Europe and not illegal from what I've been told, and we are aware of the fascination that the younger athletes have for these wonder drugs.

I agree with Carl that drug testing should be mandatory for the first three places at the next World Championships in Eugene.

*Len Olson  
Centerville, Virginia*

### PILL POPPING

This is in reference to Hal Higdon's negative comments about food supplements, vitamins, and unnamed sub-

stances promoted in race packets. He lumped his disparaging remarks about these products together with remarks about "designer drugs," blood doping and anabolic steroids. The tone of much of his article was critical, particularly of the "pills that promise longer sustained peak performance" and "greatly increased endurance."

I am a 54-year-old woman, actively involved in several sports — running, biking, swimming, hiking, and aerobic dancing, despite a chronic physical condition which is frustrating and debilitating. After several years of experimenting, I have found what helps me to feel my best.

Along with lots of rest, moderate exercise, and a high-carbo, relatively low-fat diet, I also take vitamins, estrogen, progesterone, and a nutrient supplement (probably one to which Higdon referred), COQ 10. This program, particularly the COQ 10 nutrient, is enabling me to continue to lead my active, healthy life.

I do not consider myself a "pill popper" and resent Higdon's implication that all athletes or other active persons who consume vitamins, nutritional supplements or other nutrient products are simply doing so to obtain a "fast fix" the day before a race, or to compensate for a junk food diet, or because they believe "far fetched" claims for any product.

I have put together my own particular diet and supplement package because it works for me.

*Lynne Adkins  
Maumee, Ohio*

### CAPS

I'd like to pass on my feelings and opinion on the controversial Coenzyme Athletic Performance System (CAPS) offered by Hansen & Frank of San Francisco.

I've been taking the pills regularly since last spring when I saw the ad in NMN. I'm a year-round, middle-of-the-pack, mid-40s runner, run 10-12 races a year, including one, maybe two, marathons. Like many others, I run after — sometimes before — work, and on weekends, never coming close to winning anything, yet always looking to improve.

With CAPS, my training for a November 20 marathon went unusually well. Doing hill, speed and long workouts, I never got hurt and never got nearly as tired as I had in 10 previous marathon training periods. And despite inadequate attire (stupid me) in a cold rain, my time was just a minute off my PR.

Even though I haven't drastically improved, I feel good enough both physically and mentally that I'm going to continue using CAPS. I don't believe CAPS is a placebo, but is a worthwhile, definite help for me.

*Dick Hoch  
Fisher's Island, Connecticut*

### THE ULTIMATE CHALLENGE

This is a story about a woman with unbeatable intestinal fortitude who challenged a life-threatening obstacle and came out on top.

Kathy Brown had been running five miles daily on her lunch hour for about two years just for exercise. She worked full-time as a receptionist in a suburban Rochester, N.Y. high school where I coached track.

In February 1983, she finally decided that my suggestion of running a marathon was worth training for. We started working together on a planned training program. Kathy was 36-years-old.



Kathy Brown Photo from P. Titlebaum

The two of us set sights on her completing the local Lake Ontario Marathon, which she ran in 3:09; qualifying her for her next goal, the Boston Marathon.

Kathy was a very coachable person and dedicated to her goals. If asked to put in a certain number of miles per week, she did it without question, even if it meant getting up at four in the morning to accomplish a 20-mile run before work. Her husband, John, and two teenage children were very supportive of her running.

In March 1985, Kathy experienced a major setback. She was diagnosed as having cervical cancer and had to undergo a complete hysterectomy. Just before the traumatic event, she was feeling really confident about her running. Several months earlier, she had brought her marathon time down to just under three hours. Then cancer appeared and Kathy had to deal with it.

A day after the surgery, she was already timing her walks around the hospital corridors because she didn't want to get farther behind. It was that

*Continued on page 15*

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# MASTERS MIDWEST TRACK & FIELD CHAMPIONSHIPS

Huntington, West Virginia  
Saturday July 8 and Sunday July 9, 1989

## MEET SITE

Marshall University track-400M tartan surface-42 inch wide lanes with eight (8) lanes. All runways and take-off areas are tartan, except javelin area is grass

## ELIGIBILITY

Competition is open to all men and women (no qualifying standards) age thirty (30) and over. All competitors must be registered with THE ATHLETICS CONGRESS (TAC) for 1989.

## DIVISIONS

Individual events (same for men and women): 30-34/35-39/40-44/45-49/50-54/55-59/60-64/65-69/70-74/75-79/80+.

Relays: Men-30-39/40-49/50-59/60+. Women-30-39/40+. Note: All relay team members must be members of the same club.

## ENTRIES

All entries must be postmarked by JUNE 10, 1989. There will be no refunds or changing of events after your entry is received. Note: Late entries will be taken until June 17, 1989 at double the regular entry on a space available basis.

## ENTRY LIMITATIONS

Athletes must limit events entered to fit time schedule. Events progress will not be held up awaiting athletes.

## ENTRY FEE/T-SHIRT

	Before Deadline	After Entry Deadline
First Event	\$7.00	\$14.00
Next Events	\$5.00 per event	\$10.00 per event
Relay Events	\$16.00 per Team	\$32.00 per Team

## PACKET PICK-UP

Radisson Hotel on Friday at 1001 3rd Avenue, Huntington, WV  
Marshall University track on Saturday morning.

## RULES AND STANDARDS

As set forth by TAC Masters

## IMPLEMENTS

Will be metric weights.

## ATHLETE CHECK-IN

Running event athletes must check in one event prior to their own event. Field event athletes must check in fifteen (15) minutes prior to the start of their event with the head judge of that event at the event site.

## TRIALS

Will be run in age groups in the dashes and 110M hurdles that have more than eight (8) entries. Ages groups having less than eight (8) entries reporting will be run as scheduled final.

## FINALS

Will be run in sections against time. Note: Age groups may be combined into one race.

## AWARDS

Plaques will be given to top three (3) in each division in each event including all relay team members.

## TIMING

Acco-Track

## FURTHER INFORMATION

Contact Donald McWhorter (614)867 3337 or write Rt. 3 Box 180, Chesapeake, OH 45619 - Send Self-Addressed Stamped Envelope

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## SATURDAY TRACK EVENTS

Time	Event	Division	Round
12:00pm	100M	30-80+	Semi-Final
1:00pm	1500M	30-80+	Final
2:00pm	5000M Walk	30-80+	Final
3:00pm	100M	30-80	Final
4:00pm	1500M Relay	30-80	Final
5:00pm	3000M Steeplechase	30-80(M)	Final

## SUNDAY FIELD EVENTS

(All field events will have Six (6) trials except high jump and pole vault)

Time	Long Jump	Triple Jump	Javelin	Hammer Throw
9:00am	35-39 M 60-80+M	40-49 M 30-49 W	60-80+M 40-80+M	30-39 M 40-49 M
10:00am	50-59 W		30-39 M 30-39 W	50-59 M 60-80+ M
11:00am	45-49 M 40-49 W	50-80+M	50-59 M	
12:00pm	30-39 W	30-39 M	50-59 W	
1:00pm	30-34 M		40-49 M 40-49 W	
1:30pm	55-59 M			
2:00pm		50-59 M 60-80+M		
2:30pm				
3:00pm	40-44 M 60-80+M			

## SUNDAY TRACK EVENTS

Time	Event	Division	Round
9:30am	10,000M	30-80+	Final
11:00am	200M	30-80+	Semi-Final
12:00pm	800M	30-80+	Final
1:00pm	200M	30-80+	Final
2:00pm	110M High Hurdles	30-80+	Semi-Final
3:00pm	5000M	30-80+	Final
4:00pm	110M High Hurdles	30-80+	Final
5:00pm	3200 Relay	30-80+	Final

## ENTRY FORM

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE ON 7/9/89 \_\_\_\_\_ M F  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ 1989 TAC# \_\_\_\_\_ YOUR CLUB \_\_\_\_\_

EVENTS ENTERED \_\_\_\_\_

BEST MARK 87-89 \_\_\_\_\_

OTHER RELAY TEAM MEMBERS \_\_\_\_\_

INDIVIDUAL FEES \_\_\_\_\_ RELAY FEES \_\_\_\_\_ Sub Total \_\_\_\_\_

T-SHIRT Size \_\_\_\_\_ Extra T-Shirts (7.00ea) \_\_\_\_\_ TOTAL AMOUNT \_\_\_\_\_

MAKE CHECKS PAYABLE TO: WEST VIRGINIA TAC MASTERS

MAIL TO: WEST VIRGINIA TAC MASTERS, RT 3 BOX 180 CHESAPEAKE, OH 45619

ATHLETE'S RELEASE: In consideration for 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 Masters Athletic Committee, The WV TAC Officials Association, all other meet sponsors and sports facilities or their officers or agents, for any damages which may be 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.

DATE \_\_\_\_\_ ATHLETE'S SIGNATURE \_\_\_\_\_

LODGING: Marshall University dorm room - must call in reservations by

June 16, 1989. Phone (304) 696-3125 Ms Linda Bowen. Radisson Hotel

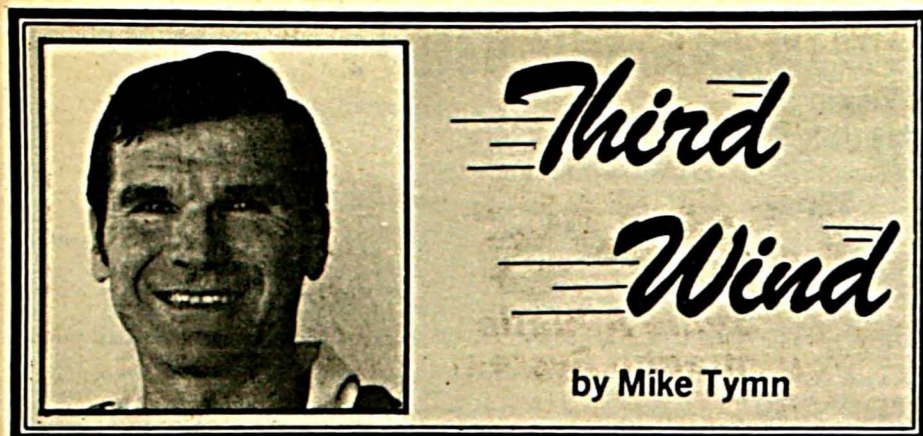
Phone (304) 525 1001 1001 3rd Avenue, Huntington, West Virginia 25701

SATURDAY FIELD EVENTS (All field events will have Six (6) trials except high jump and pole vault)

Time	High Jump	Discus	Shot-Put	Pole Vault
9:00am	30-34 M 30-49 W	35-39 M 60-80 W	50-59 M 50-80 W	45-49 M 60-80 M
10:00am		50-59 W	35-39 M 30-49 W	
11:00am	35-39 M 50-80 W	45-49 M 40-49 W	30-34 M	40-44 M 50-59 M
12:00pm		30-39 W	40-44 M	
1:00pm	40-44 M	30-34 M		35-39M
1:30pm		55-59 M		
3:00pm	45-49 M	40-44 M 60-80+ M		30-34 M
4:30pm	50-54 M			
5:00pm	55-80+ W		45-49 M 60-80+ M	

Note: This meet is not the official TAC Midwest Masters Sectional (Regional) Championships. The Midwest Sectionals will be held on July 15-16 at York High in Elmhurst, Ill.





## Ageless Athletes

There have been a number of books published about developing and maintaining basic physical fitness after the age of 40; however, there have been very few books focusing on "athletic" fitness after 40. *Ageless Athletes*, authored by Richard A. Winett, Ph.D., and recently released by Contemporary Books, is the most definitive work in this area that I have come across.

Winett, a professor of psychology at Virginia Polytechnic Institute and State University, analyzes the sports-specific training programs, routines, and motivational strategies of 17 successful masters athletes. They include runners Barry Brown, Barbara Filutze, John Hosner, Bobbi Rothman, Tracy Smith, Harriet Wever, and Harolene Walters. Among the strength and power athletes featured are discus great Al Oerter and sprinter John Gregg. Racewalker Todd Scully and former Mr. Universe Bill Pearl are other familiar names.

"With intelligent and intense train-

ing, there is not necessarily an 'inevitable decline' in physical performance, at least in early middle age," Winett writes. He begins with his personal experience. At 43, Winett, whose primary activity is bodybuilding, finds that he is able to handle heavier weights now than he did 10-20 years ago. On his 43rd birthday last year, he did, for the first time in his life, 30 squats with double his body weight. That is something very few bodybuilders of any age are capable of.

"I don't claim to know the physiology (of aging), but my guess is, and this is just a guess, I don't think you see a significant drop-off in strength during the 40s," Winett added when I contacted him by phone. "Maybe it comes during the 50s, but I don't believe the loss of strength has to be really appreciable, at least during the early 50s. That may not hold true as much for runners and aerobic athletes."

Winett points to Clarence Bass, his mentor and one of the 17 athletes featured in the book. A lawyer in his early 50s, Bass continues to improve after more than 30 years of competitive weightlifting and bodybuilding. Bass credits his gains to "training smarter," which translates to "less is better."

Last February, Bass was tested on the treadmill at the Cooper Clinic in Dallas. "In preparation for it, he continued his intensive weight training, as before," Winett said. "He wanted to do well on the test, and so he tried a real increase in the volume of aerobics, but he quickly got overtrained. Then he went the opposite way, doing only three hard aerobic sessions a week, just walking on the other days. He rotates, as I do, the aerobic exercises more or less following the weight training. He was able to get an incredible score on the treadmill."

"Alternating aerobics, being a little more judicious, cutting down the frequency but increasing the intensity. I think it shows that you can become very good aerobically and still be very strong in your weight training."

## 11 Join NMN Sustainers

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

Special thanks to Otto Essig (\$250

donation) and Gary Byrne (\$100 donation) for their generous contributions.

Thanks also to:

Malcolm Pirie	Marshall Head
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Michael Macdermot	Albert Cruzado
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Winett outlined his own training program: "Monday, chest and upper back work; Tuesday, legs and lower back; Wednesday, shoulder and arms; Thursday, rest; Friday and Saturday, a light, whole body routine."

"The day I do legs and lower back, I'll do powerwalking. The day I do arms and shoulders, I do rowing as my aerobic workout. The days I do the lighter, whole body routine, I use an Air Dyne. You can match up pretty well. By doing that, you tend not to break down. You're not pounding the same areas every day. I think it's clear that recovery time becomes longer as we age, and this is an effective way of dealing with it."

The "less-is-often-best" theory or quality-over-quantity approach, whichever way you look at it, is repeated throughout the book, especially by the 17 athletes who are featured. Lucille Griffin, a 50-year-old competitive swimmer for 35 years, is one of the 17 endorsing the approach. "I am always trying to make the most out of my efforts," Griffin is quoted. "Everything aims at feeling. Whenever it feels just right, it always looks great, and this is the only way I am able to achieve any speed. In practice, therefore, slow or fast, I am concentrating on the feeling. Obviously, right away, weakness or lack of conditioning is felt. Pulse monitoring provides a double check."

**"With intelligent and intense training, there is not necessarily an 'inevitable decline' in physical performance, at least in early middle age." — Richard Winett, Ph.D.**

Griffin admits that her "abilities have declined," but she further states: "My muscles are stronger and better balanced, and I can swim faster than ever. So I have declined and improved at the same time. The natural decline of aging has not yet cancelled the benefits of long experience and 'knowing my body.'"

One reason why Al Oerter was able to throw the discus farther (227-11) after the age of 40 than he had in his Olympic years is that he abandoned the "brute force" approach of his youth, concentrating more on form and

technique. Another reason, Winett cites, is improved nutrition.

"For many years, Al attributed not always feeling well and being tense to pressures at work, extended meetings, and the rigors of training," Winett writes. "Today, he believes that most of those feelings can be explained by poor nutritional practices and drinking five to six cups of coffee per day. He now realizes that all the caffeine had him on a physical, and at times emotional, roller coaster."

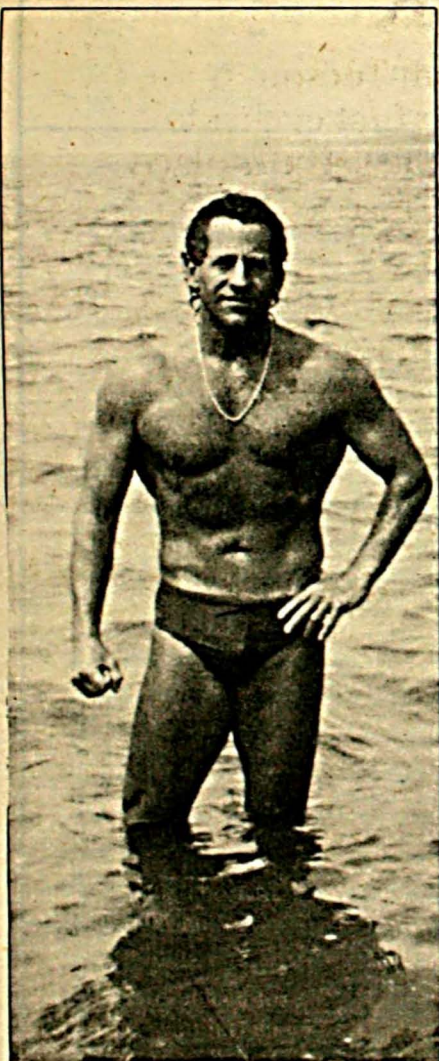
***Ageless Athletes is the most definitive work I've come across about maintaining fitness after 40.***

Like the other masters athletes featured in the book, sprinter John Gregg has psychologically compensated for any physical decline by heightened discipline and motivation. But diversification, as well as a philosophical perspective referred to as the "90 percent rule," have especially helped him maintain motivation in his athletic pursuits.

A 9.4 and 20.8 sprinter in his college days, Gregg has branched out into bike racing, triathlons, and weight training. His theory is that a person with a reasonable degree of talent and ability and a willingness to work hard can get to be about 90 percent of the very best in a wide range of areas in life. However, to get to the 100 percent level is one area, that person will have to refrain from much participation in other areas. Gregg prefers "to sample different lines of life" by remaining at around 90 percent in various pursuits.

"It may be a safe bet that a 48-year-old runner will not win the Boston, New York, Chicago, or Olympic marathons," Winett concludes. "But if you knew that some great runners of the past, now in their middle 40s, were in serious training, you may not want to bet against a 45-year-old accomplishing that feat. Of course, the great Priscilla Welch, just a shade short of 43, ran away from the field and won the 1987 New York Marathon!"

"And you'd best be careful not to bet against a 57-year-old winning an open Universe or Olympia title. Albert Beckles, at 57, placed tenth in the pinnacle of bodybuilding, the 1987 Mr. Olympia contest!" □



Richard Winett, Ph.D., author of *Ageless Athletes*, probably one of the most definitive books written on the subject of athletic fitness after 40.





## SCOTT MOLINA WINS 1988 IRONMAN TRIATHLON!

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

## JOHNNY G WINS 1988 RACE ACROSS AMERICA OPEN WEST QUALIFIER

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

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## David Oropeza

By STEVE LEWALLEN

**D**edication. Commitment. Hard work. These three concepts are not unfamiliar to most masters runners, but their meanings seem to enlarge and expand when applied to David Oropeza, 43, of Phoenix, Ariz. A husband, father of three, and full-time member of the Phoenix Fire Department, he still finds time to put himself through an intensive training program that has helped make him one of the most successful masters competitors today.

Among Oropeza's many masters victories are the Ultimate Runner in Jackson, Mich. (1986 and '87) and the Pittsburgh Marathon (1986 and '87). Oropeza's training for such grueling races consists of 80-mile weeks leading up to the competition, combined with exhausting track workouts.

Elements of Oropeza's training emphasize his straight-forward approach to racing, an approach that has kept him remarkably healthy (he suffered his first injury only last year, preventing him from defending his Ultimate Runner title). He has no coach, preferring to train alone, follows no special diet, and doesn't stretch. He also claims not to lift weights, although his muscular frame would seem to belie this.

One example of how this no-frills attitude has paid off can be seen in his mile times. As Oropeza states, "I like to run all the events, marathon on down to 800, but the mile is my best event." While he was in high school, his personal best in the mile was 4:22; in 1978, at the age of 33, his training and dedication allowed him to smash that time with a 4:15 in an all-comer's meet.

Oropeza insists, however, that not all of his success is due to training; part of it must be attributed to his family. His wife, Loretta, son, Dave (14), and daughters, Eliane and Laura, (6 and 9), are "very supportive," a factor that must be included in his equation for success.

A typical workout schedule for



Oropeza is seen here competing in the Ahwatukee 10K, Phoenix, where he ran 31:45.

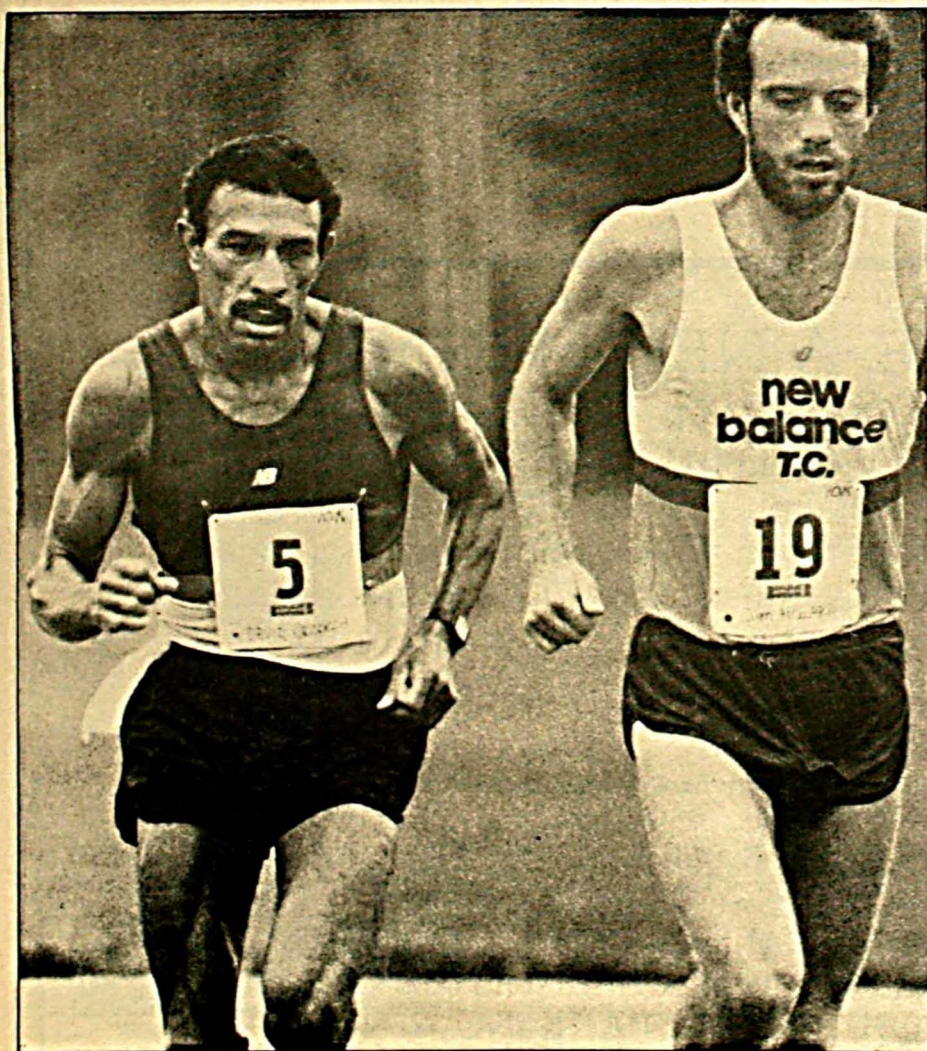
Oropeza includes 10-mile morning runs and 5-mile afternoon runs on Mondays, Wednesdays, and Thursdays. Tuesdays include a 7-mile morning run followed by 400m sprints on the track at a 68-70 second pace with 200m rests. Friday consists of more track work with 400m sprints, followed by a Saturday of rest, then a Sunday with a long 15-mile run. After a long race, he does no training at all for the first couple of days, then begins easy workouts, such as 5 miles a day for a week.

Oropeza's training for track events shows the same sort of dedication. On Mondays he runs 200m sprints at a 28-29 second pace. Tuesdays are 400m sprints at 65-seconds, followed by a rest day on Wednesday. Thursdays he runs a 600m for time and 2 miles of 100m sprints. Fridays are filled with 200m sprints at a 27.5-28.5-second pace while Saturday consists of 300m sprints at a 45-second pace, followed by another rest day on Sunday.

Oropeza's drive and commitment

can also be seen in another area of sports: he was in boxing for 13 years. He boxed as an amateur for 3 years, winning the national title in 1969. He then turned pro and continued for another 10 years, accumulating a respectable record of 55 wins, 15 losses, and one draw until he finally retired from the sport in 1978 to pursue running.

While others who have a lengthy list of victories like Oropeza's might be content to rest on their laurels and revel in their former successes, he prefers to look to the future instead of the past. As he says, "I love running and the idea of competing against others is thrilling. My goal is to run the mile against the best masters milers in the U.S. I'm preparing for the '89 Nationals where there is going to be a Legends Mile." This forward-looking attitude, coupled with his training and hard work, assure him of many more victories. □



Dave Oropeza, shown here competing against Jim Howard in the 10K portion of the Ultimate Runner. Photo by Marcia Butterfield

### Daily Training Schedule for Marathons — David Oropeza

<b>Monday</b>	10 miles in morning and 5 miles in afternoon.
<b>Tuesday</b>	7 miles in morning and 10x400 in spikes at a 68-70 pace with 200m rests.
<b>Wednesday</b>	Same as Monday.
<b>Thursday</b>	Same as Monday.
<b>Friday</b>	12x400 at a 68-70 second pace with 200m rests.
<b>Saturday</b>	Rest.
<b>Sunday</b>	Long 15-mile run on trails.

### Daily Training Schedule for Track and Field — David Oropeza

Daily warm-up: 1 1/2 miles. Daily cooldown: 1 mile (no stretching). All track workouts in spikes. No weight training.

<b>Monday</b>	8x200 with a 28-29-second pace with 200m rests.
<b>Tuesday</b>	10x400 at a 65 second pace with 200m rests.
<b>Wednesday</b>	Rest.
<b>Thursday</b>	600m for time, plus 2 miles of 100m sprints.
<b>Friday</b>	12x200 at a 27.5-28.5-second pace with 200m rests.
<b>Saturday</b>	10x300 at a 45-second pace.
<b>Sunday</b>	Rest.



## Tom Robinson Killed by Automobile

by MARLENE ROBINSON

Dr. Thomas F. Robinson, 44, died on December 16, 1988, of injuries sustained when he was struck by a car which had jumped a red light. He was not out on a run at the time. Robinson resided in Winnetka, Ill., with his wife, Marlene, and children, Corinne, Thomas, and Matthew, and was director of Cardiac Structure Research at Michael Reese Hospital at the University of Chicago.

For the past five years, he was the director of the Lydiard Running Camps. Robinson was the Pan American Masters champion in the 5000 in San Juan, Puerto Rico, in 1986, and a silver medalist in the 1500 in Ottawa, Canada, in 1984. He also held several individual and team titles while competing for the New York AC from 1967-1976.

A recipient of many academic and professional honors in the U.S. and abroad, Dr. Robinson was also the author of 38 publications which included scientific papers, chapters, and a monograph in the *Issues of Biomedicine*.

Contributions in Dr. Robinson's name can be sent to the New York Heart Association, 205 East 42nd St., New York, NY 10017. □

## Masters Mile in Millrose Games Geared for Record

by DAVID ZINMAN

NEW YORK — An all-star field of runners will be making an assault on the masters indoor mile record at the third annual *Runners World* Masters Mile in the Millrose Games at Madison Square Garden, February 3.

"The first year, we tried to put big-time masters running on the map," said Marc Bloom, who put together the eight-man field. "Last year, we acknowledged the legends by inviting Peter Snell, Jim Ryun, and Frank Shorter. This year, we're making an all-out effort to get the record."

The favorite is Ron Bell of Great Britain, who set the outdoor world masters mile record of 4:12.58 last summer in Orlando, Fla. Byron Dyce, former Jamaica Olympian and New York middle-distance star, who was second to Bell in Orlando in 4:13.28, is also entered. The indoor mark is 4:11.0, held by Bill Stewart.

Rounding out the field are Web Loudat, last year's winner in 4:20.04; Ryun, who ran 4:29 in the 1988 race; Shorter, who clocked 4:21 last year; and Rick Wohlhuter, silver medalist in the 1976 Olympics. The eighth spot has yet to be filled.

NMN will carry the story and results next month. □

## Long Beach Winter Decathlon

by GARY MILLER

Ideal weather conditions greeted decathletes who competed in the Long Beach Winter Decathlon in Long Beach, Calif., on December 10-11.

Darold Skartvedt, 57, of Seattle, was competing, despite his physician's disapproval, after breaking his wrist in last year's National Masters Decathlon Championships. He switched to the open division (and open implements) when no 6kg shot was available and finished with an age-group world best

2763 on the 1962 IAAF tables.

Dennis Stempel, 45, who has participated in more Winter Decathlons than any open or masters athlete, pulled steadily away from Scott Somers, 41, to win the M40-49 division.

The M60-69 group featured old schoolboy friends Jock Jocoy of California and Don Grey of Virginia. They were pressed by Armando Ricciardi of Nevada, and Bob Richards of Texas, who took the title, with Jocoy second.

The masters competition was scored using the WAVA scoring factors, which were adopted at the National TAC convention early in December. With that scoring system, Lee Webb, winner of the M30-39 division, would have finished first overall (6219), followed by Stempel (6125), and Richards (5619).

The same WAVA factors will be used for the decathlon in the VIII World Games in Eugene this summer. □

## Midwestern Sectional Masters Indoor Track & Field Championships

**Date:** Sunday, March 19, 1989  
**Place:** Westwood Sports Center  
West LeFevre Rd., Sterling, IL

**FACILITY:** 200 meter Tartan Track and Runways, 1/4" spikes max. allowed. Showers and dressing facilities available. Bring your own towel.

**ELIGIBILITY:** Competition open to all men and women 30 and over. All competitors must be registered with the Athletic Congress for 1989. Registration forms available at meet site.

**AGE GROUPS:** 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-89, 90+.

**ENTRY FEE:** Entries post marked by 3-13-89: \$5.00 1st Event, \$10.00 2 or more events, and \$10.00 Relay. After 3-13-89: \$7.00 1st Event, \$14.00 2 or more events, and \$10.00 Relay. Registration and number pick-up open 10 a.m. the day of the meet at the meet site.

**RULES & STANDARDS:** As set forth by WAVA and adopted by Tac Masters.

**EQUIPMENT:** Starting blocks and implements for weight throw shall be furnished. Bring your own shot.

**ATHLETES CHECK-IN:** As announced at 1st call.

**TRIALS:** Will be run in age groups in the 60 meter hurdles and 60 meter dash, starting with oldest women to youngest men that have more than 6 entries.

**FINALS:** Following heats in the 60 meter hurdles and 60 meter dash, all others will be in sections against time if needed.

**AWARD:** Medals to the 1st three in each division in each event. Limit of three. Over three may be purchased for \$3.00 each.

**RECORDS:** Verification of records and forms by contacting meet director, Dick Green. World and National records and all American standards.

**MOTELS:** Meet Headquarters - Ramada Inn 1-800-228-2828  
Single: \$35.00, Double: \$40.00, 3 person: \$45.00, 4 person: \$50.00 (Maximum 4 people per room)  
Identify yourself with the Midwestern Sectional Masters Track and Field Championships.

### ORDER OF EVENTS:

#### RUNNING EVENTS—12:00 NOON

60 Meter Hurdles  
3000 Meter Run  
400 Meter Dash  
1500 Meter Race Walk  
60 Meter Dash  
800 Meter Run  
200 Meter Dash  
3000 Meter Race Walk  
1500 Meter Run  
4X400 Meter Relay

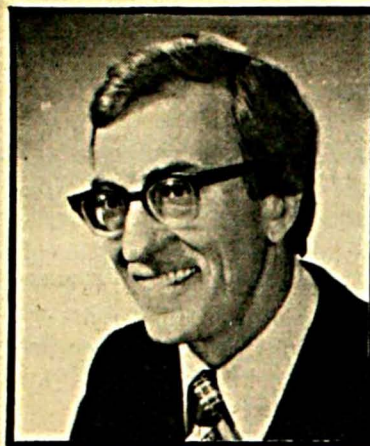
#### FIELD EVENTS—11:30 A.M.

Long Jump  
Shot Put  
Pole Vault  
Triple Jump  
High Jump  
25# Weight  
35# Weight  
56#, 98#, and 300# Weight Throw

Send completed and signed entry and check payable to Dick Green, P.O. Box 6147, Rockford, IL 61125.

Last Name	M.I.	First Name
Name _____		
Address _____		
City _____	State _____	Zip Code _____
Tac# _____		Phone # _____
Sex M _____ F _____	Birthdate _____ / _____ / _____ Division _____	
Events _____		Amount Enclosed _____
<p><b>Athletes Release:</b> 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 Masters Athletic Committee, the Westwood Sports Complex, any and all meet officials, volunteers or anyone associated with conducting the Midwestern Sectional Masters Track &amp; Field Meet.</p>		
Date _____	Athlete's Signature _____	





## FROM THE Editor

by AL SHEAHEN

### Age-Graded Tables Completed

The masters age-graded tables are finished and are published in this issue on pages 30-32.

The tables were researched and compiled by two committees appointed by the World Association of Veteran Athletes (WAVA) composed of Rodney Charnock, Peter Mundle, Charles Phillips, Gary Miller, Bob Fine, Rex Harvey, Phil Mulkey, Bob Stone, Mike Tymn, Phil Raschker, Christel Miller and myself, with the assistance of Phil Partridge, Ian Hume, Adolph Koch, Walter Fuchert, Wilhelm Koster, Victor Trkal, and many others.

Age-graded tables can be used to:

- 1) Compare your own performance in a given event.
- 2) Compare your own performance to a different event.
- 3) Compare performances of different individuals in the same or different events.
- 4) Select outstanding athletes.
- 5) Award prizes — particularly when there is a small number of competitors.
- 6) Keep track of your progress over the years.
- 7) Estimate your time in new events.
- 8) Score multi-events (decathlon, etc.) using IAAF scoring tables.

The tables are divided into:

- A) Age-group factors
- B) Age-group standards

Factors can be used to compare performances in a given event (10K, shot put, mile, etc.). Standards can be used to compare performances in one event, or in many events.

#### A) AGE-GROUP FACTORS

Age-group factors can be used to compare your performance in a given event to what you did — or might have done — in your prime. The factor expresses the rate of decline based on age. The rate varies between events.

**Example 1:** A 40-year-old man runs 100 meters in 12.1. The 100m factor for M40 is .9435. (That means a 40-year-old man runs about six percent slower than when he was 25.) Multiply  $12.1 \times .9435 = 11.42$ . That's his "age-graded time."

**Example 2:** A 62-year-old man high jumps 4'8" (1.42 meters). The high jump factor for M60 is 1.382. Multiply  $1.42 \times 1.382 = 1.96$  (6'5"). That's his "age-graded mark."

**Example 3:** A 53-year-old woman runs 10K in 45:18. The 10K factor for W50 is .8684. Convert 45:18 into seconds ( $45 \times 60 = 2700$  seconds + 18 seconds = 2718 seconds). Multiply 2718 by .8684 = 2360 seconds. Convert to minutes by dividing 2360 by 60 = 39.33 minutes, or 39:20 (.33 x 60 seconds = 20 seconds). 39:20 is her age-graded time.

**Example 4:** A 46-year-old decathlete runs 400 meters in 58.12. The 400m factor for M45 is .8839. Multiply 58.12 by .8839 = 51.37. Look up 51.37 in the IAAF scoring tables, and find 51.37 = 753 age-graded points. Do the same for all 10 decathlon events and get a total score. That's the way the World Veterans Championship decathlon and heptathlon will be scored.

#### B) AGE-GROUP STANDARDS

Age-group standards represent world-record-level marks for events by age-group. For running events, divide the "time standard" for a person's age/event by the time he/she ran. For field events, divide the person's actual throw or jump by the "distance standard" for his/her age/event.

That gives you a "performance percentage" level. 100 % is world record level. You can compare your performance percentage from year to year, and from event to event. In a meet or race, the person with the best performance percentage can be given the first place prize, regardless of age.

**Example 1:** A 40-year-old man runs 100 meters in 12.1. The 100m standard for M40 is 10.44. Divide 10.44 by 12.1 = .863, or 86.3 %. His "performance percentage" is 86.3 %.

**Example 2:** A 62-year-old man high jumps 4'8" (1.42 meters). The high jump standard for M60 is 1.75. Divide  $1.42$  by  $1.75 = .811$ , or 81.1 %.

**Example 3:** A 53-year-old woman runs 10K in 45:18. The 10K standard for W50 is 34:25. Convert 45:18 to seconds ( $45 \times 60 + 18 = 2718$  seconds). Convert 34:25 to seconds ( $34 \times 60 + 25 = 2065$  seconds). Divide 2065 by 2718 = 76.0 %.

**Example 4:** A 46-year-old man runs 400 meters in 58.12. The 400m standard for M45 is 48.98. Divide 48.98 by 58.12 = 84.3 %.

To pick an outstanding athlete among the four examples, select the one with the best performance percentage. In this case, it's the 40-year-old sprinter (example #1) with a 86.3 % performance.

#### GRADE LEVELS:

- 90 % + = World Class
- 80 % + = National Class
- 70 % + = Regional Class
- 60 % + = Local Class

For more information and/or a complete age-graded kit — including sample heat sheets and more detailed instructions on how to use the tables, send a SASE to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

Within two months, we hope to have a complete book of single-age standards available. □



G. Carpenter out-kicks M. Kruger in the M30 800 (1:58.5/2:01.6) at the Pacific Association/TAC Championships, Los Gatos, Calif. Photo by Huel Washington

### 1988 Rankings Update

Athletes should forward corrected or unpublished 1988 marks that have not already been sent to the NMN to the compilers of their events below. Marks for events not listed should be sent to the NMN. Those received after February 15 may not appear in the rankings. Please do not include indoor field event marks at this time.

100/200/400 — Larry Patz, RFD#1, Box 435, Contoocook, NH 03229.

800 — William Benson, 6 Eton St., Valley Stream, NY 11581.

HJ/TJ — Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250.

Track Walks — Dr. Glen Peterson, Augustana College, Sioux Falls, SD 57197.

Shot — Kathy Pierce, 7 Don Dr., Cortland, NY 13045.

Discus — Phil Brusca, 12009 Wesco, Maryland Heights, MO 63043. □

### Druckrey Tough in Badger Meet

by JERRY WOJCIK

World-record-hurdler Stan Druckrey, M40, of South Milwaukee, Wisc., opened his indoor season with two meet records in four firsts in the Wisconsin Masters Meet at the University of Wisconsin, Madison, on January 7. Druckrey had records in the 60y (6.7) and 220 (23.3) and other wins in the 440 (52.2) and 60H (7.3).

Joe Hanson and Dave Allen staged a duel in the M30 two-mile with Hanson

winning in a meet record 8:57.3 with Allen just over 9:00. Mel Buschman, E. Lansing, Mich., took an interesting double, with an M60+ victory in the 60y (8.5) and a win in the shot put (31-9¼).

Carol Peebles, Fond du Lac, Wisc., competing in the W60+ division, established four meet records.

The indoor facility at Camp Randall's Memorial Sport Center is a 220-yard, Mondo-surface track. □



## Fortune Best Masters Performer in NYRRC Winter 10 Mile

Bill Fortune, 50, turned in the best masters age-graded performance in the NYRRC December Winter Series 10 Mile in Central Park, NYC on December 10. His time of 1:02:45 gave him a performance of 88.2% (calculated by dividing the M60 time standard of 55:20 by Fortune's time).

Sid Howard, 50, was next-best on the age-graded scale in 58:19 (86.7%). The men's masters winner, Sam Skinner, 46, had the third best performance in 57:39 (84.6%).

Sylvie Kimche, 41, was first masters woman both in time (1:08:00) and performance (77.3%). Aslaug Tomas, 61, had the second-best age-graded effort in 1:22:27 (76.4%).

Winners overall were Bob Meighan (30, 51:16) and Candace Meighan (30, 58:54). Runners braved 26-30° temperatures and 60% humidity; 730 men and 283 women finished.



## Stahl and Welch Triumph in Honolulu

by STEVE LEWALLEN

Kjell-Erik Stahl, one of the most prolific and consistent masters marathoners, collected still another title by winning the masters portion of the Honolulu Marathon on December 11. His time, an admirable 2:25:49, placed him seventh overall. The women's masters title was captured by Priscilla Welch with a 2:43:20.

Stahl, 42, continues the string of victories he began in 1987 when he won both the Honolulu Marathon and the World Veterans Games Marathon in Melbourne. Welch, 44, said she was "very happy" with her victory in the race, her first since a pinched nerve sidelined her during a defense of her New York City Marathon crown.

Duncan Macdonald, a local favorite and three-time winner of the Honolulu Marathon, finished tenth overall with a 2:32:19. Another masters division newcomer, Olympic gold medalist Frank Shorter, 40, ran 2:45:24 to finish sixth in his division and 52nd overall.

Two other times worth noting are those of Kazuyoshi Fujil and Margaret Lee. Fujil ran a 5:15:49, more than an hour faster than any other time in his M80+ age-group, while Lee's 4:46:26 placed her almost 30 minutes ahead of her nearest competitor in the W65 division.

Overall winners were Gianni Poli (2:12:47) and Cyndi Welte (2:41:52).

## Gale Force Winds Club Stages First Meet in Mississippi

by JIM ROSE

Mild temperatures in the mid-60s and blue skies welcomed participants in the inaugural Gale Force Winds T&F Club Fall Classic in Gulfport, Miss., December 3. A combination open and masters meet, the event drew 73 registrants, including many masters who had never participated in a masters meet.

In the M35 2-mile, Richard Mantooth of Biloxi ran a 10:13.2 — 5:10 first mile and a 5:03.2 second mile — to garner a medal. Bobby Waterbury, a former Gulfport High School thrower now residing in Clinton, Miss., in his first masters meet, won the M35 discus (138-6) and shot put (44-1½). Attorney Joe Sam Owen of Gulfport, a former "Ole Miss" football standout, in his first meet since high school, ran 12.29

for the M35 100 victory. Bob Nelson, M80, won the 50y, 100, shot, and discus.

Newly-formed, the Gale Force club will endeavor to have a meet each month at Gulfport H.S., beginning in March, with a combined high-school and masters meet on March 18. Interested athletes can call Jim Rose, 601/864-3278; 863-1904. □

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Pagliano's Pediatric Pointers

## THE FOOT BEAT

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

### Heel Bruises

**Q.** I am in my early 70s, and for the last 3-4 months, I have had a soreness likened to a stone bruise in my right heel that makes it painful to walk, especially upon arising or sitting for a length of time. Later into the day, it seems better. I've tried several types of shoes and different heights of heels, which do not help. The soreness seems to travel up the outside of my leg to my hip. What can you suggest?

**A.** Your condition is certainly an interesting one and one that is similar to heel spur syndrome or plantar fascial syndrome experienced by long distance runners and tennis players.

Essentially, the gristle that runs along the bottom of the foot and attaches to the heel bone is irritated either by trauma or endogenous sources. It is often described as a "heel bruise."

This "plantar fascia syndrome" is an inflammation of the fascia at its attachment to the heel bone. This area becomes inflamed and, as a result, scar tissue formation occurs. In many cases, there is an associated heel spur which may aggravate the condition.

The typical description is pain upon arising in the morning or after sitting for periods of time. Most athletes are able to run on this type of foot but are often disabled the next day.

Conservative treatment includes highly-cushioned athletic shoes. This cushions the heel and reduces shock to the area. The addition of a Spenco type of insole will also provide additional cushioning.

Hot water soaks at night also provide relief, and you will not develop

the sore, stiff feeling in the morning. Light massage is also beneficial.

If the condition becomes chronic, I would seek the help of a foot specialist. You may wish to have the foot x-rayed to determine if there is an associated heel spur. Additional treatments include physical therapy to the affected area, such as ultrasound and hydrotherapy. This aids in bringing blood to the injured area and speeds up the healing process.

Strapping and taping of the foot is very effective and can be performed at home on a daily basis.

In persistent cases, the use of short-acting injectable steroid has proven to be of great value. This can be administered under local anesthetic and should provide relief within three days.

If there is an associated heel spur, I also recommend the use of an accommodative and functional foot orthoses to reduce stress to the heel area and reduce the effect of excessive pronatory forces on the plantar fascia. □

*(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.)*

### Stahl, Binder Each Take Home \$10,000 in Twin Cities Marathon

by TERI INGRAM

Kjell-Erik Stahl, 42, once again took both the masters title and the age-graded prize in the October 2 running of the Twin Cities Marathon with his 2:19:59 (2:44 below his target time). Laurie Binder (41, 2:44:57) was first masters female and fifth in the age-graded category (1:02 over target time). Each won \$10,000 for their masters wins, but those wins excluded them from the age-graded awards. Norm Green, 56, took home \$6,000 with his 2:33:47 (25 seconds under his target time) in the Minneapolis-to-St. Paul race.

Binder was ninth female, and Stahl was ninth male, despite walking several

times, once after colliding with a course worker. "I ran pretty well between stops," said Stahl, who ran his 60th sub-2:20 marathon.

Stahl and Green were the only masters to beat their handicaps. While Green ran five minutes slower than last year, he seemed unconcerned. "Must have been the wind," he mused. "It can't be because I'm getting older."

Other age-graded prizes went to Athol Barton (40, 2:22:43, +:09); Gunther Mielke (45, 2:26:21, +:58); Mike Heffernan (48, 2:26:21, +1:48); and Josef Machalek (40, 2:22:43, +2:46). Overall winners were Danny Boltz (2:14:10) and Ria van Landeghem (2:28:11). □



The winning masters team at the California International Marathon, Sacramento, December 4, were, from left: Gail LaDage Scott (2:46), Joan Ulliyot (2:57) and Juana Stavalone (2:54).

Photo from Karen Lanterman

### Wind and Rain Turn National 10K Cross-Country into Mud Bath in New Jersey

by RON SALVIO

HOLMDEL, N.J., November 20 — Weather conditions dictated tactics over the challenging, 2-loop, Holmdel State Park course today for the running of the 1988 TAC National Masters 10K Cross-Country Championships.

Although the temperature was a brisk 50-degrees, rain and wind combined to make the day feel much colder and turned the course into a mud bath in sections. However, 166 over-age-40 runners braved the conditions.

Bill Fortune of the NYC Police Department logged 42:58 to erase the M60 course record of 43:07, set by Dave Key in 1986.

Max Popper of the Millrose AA celebrated his entrance into the M85 division by establishing an M85 course mark of 1:23:21.

Familiar names dotted the medals'

list with Hartford TC's Albie Swenson notching a victory over local favorite Harry Nolan, representing the Shore AC, in the M40 division. Jerry Smith, of the Syracuse TC, eked out a 10-meter victory over Virginia's Lew Faxon in the M45 competition.

The host Merrill Lynch Realty AC garnered three individual golds in the M65, M70 and M75 brackets, but superior team depth carried the large Millrose squad to team victories in the M50-59, M60-69 and M70+ divisions.

Many thanks are extended to the 20-plus NJTAC officials who suffered through the entire four-and-a-half hours of bad weather. The 1988 edition marks the third time in the last five years that the Championships have been contested at Holmdel Park. The Merrill Lynch Realty AC welcomes everyone to the future editions of the race. □

### Haiman Top Master In NYRRC Turkey Trot 8K

by JERRY WOJCIK

Ted Haiman, 45, turned in the best masters age-graded performance in the Thanksgiving Turkey Trot 8K in Prospect Park, Brooklyn, N.Y. on November 24. His time of 26:47 gave him a performance of 87.2% (determined by dividing the M45 time standard of 23:21 by Haiman's time).

Other top age-graded performers were Bill Fortune (M60, 30:33, 86%), Eddie Prunty (41, 26:35, 85%), Witold Bialokur (M50, 28:39, 84%), John McManus (M65, 33:36, 83%), and Helene Bedrock (W50, 33:07, 82%).

The NYRRC-sponsored race, held under sunny skies and mid-30s temperature, had 1417 men and 548 women finishers.

Winners overall were Carlos Roa (35, 25:02) and Pamela Fanning (24, 29:18).



Bruce Mortenson set a new pending M40 record at the Edmund Fitzgerald 50K, Duluth, Minn., October 22. Mortenson ran 2:59:36 for the 31 miles. Phot by Scott Schneider



# PROFILE

## Duncan Macdonald: As Good At 40 As He Was At 18

**A** High School in 1967, Duncan Macdonald broke the Hawaii state prep mile record with a 4:11.8 clocking in the state meet. He went on from there to record a 3:58.4 mile in his senior year at Stanford University, make the 1976 Olympic team, break the American record for 5000 meters on the track, and win the Honolulu Marathon three times, not to mention countless other victories on the track and on the road.

Now 40, Macdonald feels he's about the equal of his old high-school self. "I think a 4:12 (mile) is possible right now," he said in an interview just before the 1988 Honolulu Marathon during December. "I had more speed in high school, but I'm a little smarter now."

Although Macdonald was then focusing on the Honolulu Marathon, he explained that he was not really training for the race. Rather, he was looking ahead to entering some masters races in the mile to 10K range after his birthday on January 15.



Duncan Macdonald, recently turned 40, hopes to bring down the masters mile record.

"I've been pushing pretty hard for the last few months, taking advantage of the little breaks that come along at work to get in some extra training," Macdonald, a Honolulu anesthesiologist, said.

"I'm realistic enough to know that at this point in my life I can't be competitive against the caliber of runners they'll have here for the marathon. But I can use it as a very good training effort. The strength you gain from it, I think, carries over into other things, to some extent, and also the training you're doing for other events is reflected to some degree in the marathon."

It's a rare runner who has the right combination of speed, strength, and endurance to be successful at both miling and marathoning. With a 2:12:50 marathon at Boston in 1983 to go along with his sub-4 miling at Stanford, the 5-11, 140-pound Macdonald is, or was, an exception to the general rule. Actually, his range extended down to the half-mile. In high school, he recorded a 1:52.7 for the 880, a state prep record that stood for 16 years and which might still be standing were it not for the improvement in tracks and track shoes. As a seventh grader, Macdonald ran a 2:02 half.

In his attempts to make the '76 Olympic team, Macdonald went back and forth between 1500 meters and the marathon before finally finding his niche at 5000 meters. He made the team going to Montreal with a second-place 13:29.6 in the Olympic Trials that year.

At the Montreal Games, Macdonald fell victim to a sinus condition and finished sixth in his qualifying heat, not high enough to make it into the final. However, in a post-Olympics meet in Philadelphia the following week, he ran an 8:19.9 two-mile while finishing just behind Olympic 5000 silver-medalist Dick Quax and ahead of gold-medal winner Lasse Viren.

Two weeks later, in Stockholm, Macdonald outkicked Rod Dixon and broke Steve Prefontaine's American 5000 meter record by more than three seconds in 13:19.4. Later that year, he won his second Honolulu Marathon. His best Honolulu Marathon time

## New York City Marathon Applications

The 20th Annual New York City Marathon will be held on Sunday, November 5, 1989. Of the 22,000 accepted entrants, 12,000 will be selected on a first-come, first-served basis; 4,000 will be chosen by lottery in late July; and 6,000 slots will go to international entrants (on a quota system by country).

To send for an application, U.S. citizens must send a self-addressed #10 business-size envelope and a check or money order (no cash) for \$3.00, non-refundable handling fee, to Marathon Entries, P.O. Box 1388 GPO, New York, NY 10116. The check should be payable to NYC Marathon. All re-

quests must be postmarked May 22 or later.

Non-U.S. citizens residing in the U.S. must apply as U.S. residents. International entrants, for whom application instructions are slightly different, can call 212/860-4455 for more information.

Qualifying times are not necessary, but an applicant must be 18 years of age or older race day to be accepted, and U.S. residents must have 1989 TAC registration cards.

Organized by the New York Road Runners Club, the race will be broadcast for three hours live on ABC-TV, 10:30 a.m. EST.

came in his 1980 victory when he checked in at 2:16:55.

But, the mile is Macdonald's favorite event, and he prefers the track to the roads. He said he did not see any real conflict in preparing for the Honolulu Marathon while looking ahead to the possibility of some indoor masters miling after his birthday. "There's no conflict because I'm not training for a marathon," he explained. "I'm training for the other (shorter distances). The only compromise is that I've been running a little more distance than I ordinarily would have."

Married, with two young children, Macdonald has to balance running with his family responsibilities and his medical profession, not to mention a

*"I think a 4:12 mile is possible for me now."*

passion for windsurfing in the ocean near his home. Never a high-mileage trainer, Macdonald added that he does not keep a record of his weekly mileage, but that he had been putting in an hour to an hour-and-a-half a day about 6 days a week for several months. "Even if I had more time, I doubt that I would be training a lot more because I don't think I could handle a lot more. I'd end up with an injury or sick," he offered. "I'd probably be training a little more consistently, but not much more than I'm doing right now because my training has been pretty consistent lately."

While mostly maintaining just base condition, Macdonald has raced rarely over the past two or three years. His best 1988 road effort was a 30:50 10K leg in the Ekiden Relay held in New York City during April. A month later he won the Maui Mile in 4:20.0. But he was unable to break 60 seconds for a single quarter in an interval session at that time.

"I was frustrated at how bad I was," he said. "But I've been hammering hard for four or five months, and a couple of weeks ago I did a bunch of quarters under 60 and they felt pretty good."

How would a 40-year-old Duncan Macdonald fare against that 18-year-old Duncan Macdonald who set the Hawaii-prep mile record back in 1967? "That's a good question," Macdonald replied, seeming a bit amused at the comparison. "The 'me' of then would go out in 58 or 59 (seconds for the first quarter) and build up a good lead on the 'me' of today, who would go out at a steady pace. Either I'm more cautious than I was then or the leg speed is a little slower. But it would end up being a very close race."


Macdonald finished the 1988 Honolulu Marathon in 10th place with a 2:32:19. He had expected to maintain a 2:25 pace throughout. "I think that was my last marathon," he said right after crossing the finish line, clearly disgusted with his performance. "I was okay for 30K, but I was miserable after that."

Macdonald realizes that he'll never again break four minutes in the mile or run back-to-back 4:10 miles as he did in that 1976 Philadelphia race, but right now the opportunity to go head-to-head with the best 40-44 milers in the world and possibly lower the 40-44 outdoor record of 4:12.58, set last August by Ron Bell of Great Britain, seems inviting enough. — Mike Tymn



The baton hand-off in the W30-39 4x100 relay. Irene Thompson passes the baton to Kathy Pierce at the Eastern Regionals, Providence, August 21.





## MASTERS TRACK & FIELD REPORT

by DAVID PAIN, Meet Director  
1989 National T&F Championships

### Entry Form For Nationals Available

**T**he eight-page entry form for the 1989 U.S. TAC National Masters Track & Field Championships is now available.

The computer experts have merged the entry lists from the Nationals in 1988 (Orlando) and 1987 (Eugene) into some 1600 names, to which the entry forms will be mailed this month. Next year, we'll turn over the new list to Indianapolis, the host of the 1990 Nationals. We hope they will continue the practice in 1991 and beyond.

Housing at San Diego State Univer-

sity may be tight in that only 1000 beds are guaranteed. Already, we've received deposits on 250. Unfortunately, the University has several other summer programs going at the same time, which has diluted the bed availability.

Since the budget exceeds expected entry fees, an active campaign is being conducted in the community for additional financial support for the event.

*San Diego, California, USA*



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To obtain Entry Form Send SASE to

David H.R. Pain  
5643 Campanile Way, San Diego, CA 92115

A welcoming reception on Wednesday, July 19 is shaping up with a donation of 56 cases of wine from the San Pasqual Vineyards. The reception will be free to all entrants and guests, and a turnout of 1000-2000 is expected. An all-day Sports Medicine Symposium will be held on the 19th.

We plan live entertainment each evening on the outdoor stage at SDSU, as well as authentic ethnic Mexican mariachis and folklorico dancers and singers for the closing Mexican fiesta.

Dean Reinke of the ICI/USRA Masters Circuit has contacted us to present his "Legends Mile" in an effort to establish the first sub-4:00 masters mile. What we work out with Reinke remains to be seen. But we will definitely stage an age-graded 100-meter dash on closing day. The men's and women's division 100m winners will be invited. Each will receive yardage handicaps based on their respective ages. For example, can Payton Jordan, 71, hold off Stanley Whitley, 41? Can Philippa Raschker, 41, catch Irene Obera, 55? Can Rosalyn Bryant, 31, catch them both?

This event, the highlight each year of the Australian National Championships, should truly demonstrate what masters athletics is all about.

To obtain an entry form by mail, send a SASE to David H.R. Pain, 5643 Campanile Way, San Diego, CA 92115. □



Dolores Albertini, 51, of Maryville, Mo., clocks 32:19 to win the W50-54 division of the ICI/USRA 8K, January 14 in Naples, Fla.

Photo by Sailer, Ltd.



Les Paton (left) and Johnny Kelley (right) present the first-place M60+ award to Roy Buck (62, 3:46:08) in the St. Louis Marathon, November 20.

Photo by Lou Firehammer



## Write On Continued from page 4

determination that kept her sane and conscious of what she wanted to do. Kathy definitely wanted to return to running and was not going to let something like cancer slow her down.

In November 1987, at the World Veterans Games in Melbourne, Australia, at the age of 40, Kathy took a shot at qualifying for the Olympic Trials. But first, there was the 10K. Coming in second in her age group, running a time of 37 minutes, 7 seconds, her fastest time ever, was all the incentive needed to give the marathon her best shot.

Kathy's best was 2:57:33, but that was three years earlier, before her bout with cancer. The long hours of training had paid off — she ran 2:50:22 to place second in her W40 age group. Though missing the Olympic qualifying standard by only 23 seconds, Kathy accomplished her dream of being able to run competitively again.

Kathy is not sitting back. She is still looking to 2:50 and believes she can do it. The next goal is to be ranked as a masters runner.

Kathy does not know how to quit. She continues to set goals and proves she is getting better.

So, the next time you are on the track or running intervals, and you are tired and say "I can't do it any more," think of my friend Kathy, who continues to put things like a setback with cancer into perspective. It helps me to keep my own running in perspective.

Peter Titlebaum  
Rochester, New York

## COMPETITION TOO TOUGH

Please cancel my subscription to the *National Masters News*.

I had subscribed to get information about track meets, since I'm turning 40 this year and wanted to compete. The results you report, plus the recent article calling for qualifying standards at the nationals have convinced me that my plans are excessively optimistic.

You have a great magazine. Sorry it didn't work out for me.

James Tomayko  
Mulvane, Kansas

(Many masters don't run very fast or run and jump very far, but still compete — for the fun of it. It doesn't matter how slow we are. Participation is what counts. There are no qualifying standards in either the nationals or the World Veterans Championships, nor are there likely to be. As the Chinese say, it is "friendship first, competition second." We don't know your event, but we'd guess you could better the M40 last place marks in the 1987 World Veterans Games. For example: 100 (16.1), 800 (3:07), 10K (55:21), HJ (5-3), SP (27-5½), marathon (5:08). We hope you'll reconsider. — Ed).

## REMEMBERING THE WHALES

Mike Tymn's mention of Pat McDonald and Matt McGrath (Dec. NMN) as the first two masters in track

and field brought back vivid memories. In the 1930s, while a college sprinter, I was a member of the New York Athletic Club team during the summer vacation months and got to know McDonald and McGrath well.

In those days, when steroids were unknown and weight training was actually frowned upon, we youngsters on the NYAC team looked in awe on the Club's "whales." Old Pat, in particular, was the biggest man any of us had ever seen; in fact, he's the only man I've ever known whose legs could, without hyperbole, be described as being like tree trunks.

Tymn mentions the fact that McDonald and McGrath "trained seriously but ate even more seriously." On a train trip to Lincoln, Nebr., for the AAU Nationals, our NYAC squad made a brief noon stopover in Chicago. When we saw a sign in a restaurant window advertising an "all-you-can-eat" special, we made a mad dash with McDonald and McGrath leading the charge. After an hour in the restaurant, thanks mainly to the efforts of Pat and Matt and a couple of other hammer throwers, we had pretty well cleaned the place out, and left at the request of the manager.

Pat's strength, even by modern standards, was phenomenal and his exploits with the New York City police force were legendary. One time when he was breaking up a street brawl, he ended up carrying the two leading perpetrators — good-sized adults — one under each arm to the paddy wagon.

Pat McDonald actually "invented" a new variation of the 56-lb. weight event, and it was sometimes included in regular track meets. Would you believe throwing the 56-lb. weight *for height*? A large metal disk was suspended from a crossbar between two pole vault standards. The idea was to hit the disc (ring the bell) with the weight and keep raising the bar till you missed. Pat McDonald did it not with both arms but with one.

It's safe to say that no one could come close to Pat either with the 56-pounder or with knife and fork at the dinner table.

Dick Lacey  
Clearwater, Florida

## IMPLEMENTS TOO LIGHT

I am dissatisfied with the current practice of lowering the weight requirements of the implements in the advancing age groups of masters throwers. While the reduced standards were initially adopted to compensate for the declining powers of the aging athlete, I believe that in reality this intent merely enables him to engage in a series of self-defeating rationalizations.

First, it encourages him to entertain the mistaken belief that by lowering the weight requirement and thereby increasing his distance he can maintain



Four members of the U.S. contingent, WAVA North American Championships, Toronto, August 27-28: (from l) Tim Murphy, M65 winner, 100 and 200; Chuck Miller, M50 winner, 200 and 100H; Jim Law, M60 winner, 100, 200, and 400; and Bill Weinacht, M70 winner, 100 and 200.

Photo by Hermia Murphy

some facsimile of his previous level of excellence. Second (and this may be a more seductive effect), he learns that because the lighter implement is now easier to throw, he can get by while expending less effort each year on improving technique and strength.

It seems to me that this situation might be rectified in a couple of different ways. Just using the hammer throw as one example, I think the simplest and best solution to the problem would be to standardize the throwing weight at 16 pounds (7.26kg) on all levels. This failing, a somewhat less preferable move would be to stay with the present sliding scale, but to increase the weights correspondingly — the M50-59 might move to 7kg; the M60-69 to 6kg; and so forth.

One final observation strikes me as appropriate here. The passive philosophy so prevalent in men's masters field events has inevitably influenced the new women's division of hammer throwers. At present the women are compelled to throw the ridiculously low weight of 4kg, which is slightly less than nine pounds. Now technically speaking, 4kg is counter to the physics of the sport, which posits that an inert body (the hammer) spinning in tandem with the human body must provide substantial counter-resistance in order that the fulcrum effect be created necessary for the hammer to be propelled for any significant distance. Even if the average female hammer thrower were as light as 140 pounds, 4 kg could be no adequate counter.

Frank Miller  
Portland, Oregon

## SENIOR SPORTS IS IN

This is a response to Hal Higdon's article, "Senior Sports Is In" (August). I thoroughly agree with his assessment of the trend. The 1982 book, *Physiology of Aging, A Synopsis*, by Richard A. Kenney, says: "The physical work capacity of the average 70-year-old is only half that of a 20-year-old." The rate of loss accelerates in the mid-50s, but part of the

decline is due to "Hypokinetic Disease," which results from reduced physical activity. Masters athletes may suffer occasional injuries brought on by overtraining, but we are not much troubled by hypokinetic disease.

Carl S. Hammen  
Saunders town, Rhode Island

## KUDOS

Your efforts in keeping all masters competitors involved and updated on information and news is very rewarding.

John 'Spike' Harshbarger  
Wamego, Kansas

We both enjoy the NMN a great deal. You folks do a good job!

Earl and Marilla Salisbury  
San Diego, California

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



Ken Carnine, M80 pentathlon winner (3869), Western Regionals, Los Angeles.

Photo by Jerry Wojcik



# Masters Health and Fitness

by RAY STEWART

## 50+ Runners Association — A Seniors Race with A Purpose

**O**n Saturday, March 19, 1989, an important race for seniors, ages fifty-and-over, will be held on the Stanford University campus in Palo Alto, Calif. This will be the 6th Annual 8K Run, sponsored by the Fifty-Plus Runners Association.

On Saturday, March 19, 1989, an important race for seniors, ages fifty-and-over, will be held on the Stanford University campus in Palo Alto, Calif. This will be the 6th Annual 8K Run, sponsored by the Fifty-Plus Runners Association.

The organization is associated with the Stanford Center for Research in Disease Prevention and now has some 1500 members throughout this country and abroad. The organization, formed in 1980 "for long-range studies of the effects of regular running on all aspects of individual and societal life," is a living lab for Stanford researchers, in a variety of disciplines, who enlist the membership for various studies pertaining to the effects of diet and exercise on older people.

A landmark study clearly showing the value of exercise in the struggle against osteoarthritis was recently completed using Fifty-Plus members as a primary data base. The Stanford researchers concluded that runners, as a group, had no increase in osteoarthritis of the knee, despite fears that long-term running may promote this disease. Further, it was found that the over-fifty runners exhibited an average of 40% higher bone density than their counterparts. Such findings have important implications for the prevention

of osteoporosis in older women. The report was later published in the *Journal of the American Medical Association*.

Other on-going studies in which Fifty-Plus members are cooperating with the University relate to food intake and diet, the linkage of regular exercise to decreased risk of cardiovascular disease and weight reduction, and physical and psychological characteristics of older runners. As might be expected, a recent survey showed that only 2.5% of the group smoked. Two other in-depth psychological studies have been done on the motivation of the older runner and how priorities change for women and men as they become more seasoned. Both were published in the *International Journal of Sports Medicine & Physical Fitness*. All members receive the results of these studies as well as the quarterly *Fifty-Plus Bulletin*.

The Association believes that the 50+ 8K is the oldest annual race in the West for fifty and over runners. The sponsors are reaching out for more recognition of this sizable and growing age group. Organizers cite the increasing participation of over-fifty runners in three major races: the 1977 Boston Marathon had 199 such runners or 6.5% of the total participation, in '88

there were 781, up to 11.6%; the '78 New York Marathon had 536 (4.9%) and '87 had 2,767 (10.7%); San Francisco's '85 Bay to Breakers had 2,541 (4.1%) and '87 had 3,972 (5.6%).

A review of some 200 races listed in *Road Race Management* for 1988 shows prize monies of nearly \$5 million for these major events. Less than 5% of this total was awarded for masters runners and less than 1% for over-fifty participants. Fifty-Plus Runners Association applauds the efforts of the recently formed Masters Against Age Discrimination (MAAD) for more age-

graded awards and divisions up to 80 years of age and increased promotion of senior athletes and recognition of their accomplishments.

The 50+ 8K will meet the four-star criteria of MAAD and is open to the public. A major senior event, it provides an opportunity for participants and others to learn about the exciting studies of running and aging conducted by one of the world's top medical research institutions. For further information write Fifty-Plus Runners Association, P.O. Box D, Stanford, CA 94309, or call 415/723-9790.



Syracuse Chargers TC M40-49 4x400 relay team, which won at the Eastern Regional Championships, August 21, in 3:45.8, from left: John Dwyer, 40; Don Masterson, 43; Bob Micho, 41; and Tom Fondy, 50.

## Sheehan, Heritage Earn U.S. 5K X-C Titles

by STEVE LEWALLEN

Lenny Sheehan and Doris Heritage captured masters victories at the TAC National Masters 5K Cross-Country Championships, November 25, at Raleigh, N.C. Sheehan's 16:44 was good enough to hold off a serious challenge by Patrick Kubley (16:49), who took the lead for 300 yards after the one-mile mark. The surprise, however, was Heritage, 46; her 19:34 not only assured her of the masters win but also clinched the overall women's title as well.

Sheehan, 41, a painting contractor from Landover, Mass., was jubilant at winning his first national title. "I've been running 50 miles a week, so I was in good shape for this race," said Sheehan after the competition. This victory also marked the first masters title for Heritage, adding to her long list

of titles that includes the senior women's cross-country championship from 1966-71. She currently resides in Seattle, Wash., and is the U.S. member of the International Amateur Athletic Federation (IAAF) Cross-Country and Road Running Committee. "Since I'm here to be the meet referee for the women's races on Saturday, I thought I'd jump in this race," Heritage said nonchalantly. "I was surprised to find myself all alone out front."

Another noteworthy performance was Ed Benham's 23:58, a time that could have placed the venerable 81-year-old runner in the M65 age-group.

Winner of the masters team portion of the race was the Carolina Godiva Track Club in the M60 division. Overall winner of the men's race was Fred Binggeli (16:42). □

## Benham Sets M80 Mark in National Half-Marathon in Orlando, Florida

By TERI INGRAM

Athol Barton and Judy Greer streaked to victories, and Ed Benham set yet another M80 record at TAC's National Masters Half-Marathon Championships in Orlando on December 10.

Barton (M40, 1:10:47) and Greer (W40, 1:22:23) each won \$500 for their efforts as they easily out-distanced their competition. Benham tumbled Max Popper's six-year-old record (1:59:21) by 19 minutes with his 1:40:31 division win.

Norm Green, Jr. (56, 1:12:41) set a

single-age record while winning his M55 division by 10 minutes. Bill Brobston (M75, 1:49:52) led his division by nearly an hour over Dick Donahue.

The best age-graded performance went to Benham, whose 1:40:30 converts to an age-graded 59:02, followed by Norm Green (1:12:41/1:01:21) and Athol Barton (1:10:47/1:06:44). Female age-graded performers were led by W40s Judy Greer (1:22:23/1:17:13) and Linda Boyd (1:28:25/1:22:52) and by W60 Evelyn Jennings (1:50:15/1:26:27). □

## Reyes, 71, First in Achilles 10K

by JERRY WOJCIK

Al Reyes, 71, of South Burlington, Vt., was the winner overall in the Achilles Handicap 10K held in Central Park, NYC, on December 4.

Runners' take-off times were handicapped by sex, age, and, where applicable, by disability category. The clock started 60 minutes after the first competitor began to run. Reyes, with a 45-minute handicap, crossed the finish line first in 25:50 (actual time 1:10:50).

Brian Froggatt, 30, captured the second spot with a finish time of 25:58

(actual time 1:10:58). Paddy Rossback, 50, with the same finish time of 25:58 (actual time 55:58) was awarded third place to lead all women. Angella Hearn, 42, finished sixth and second woman in 27:05 (37:05).

The race drew 604 men and 283 women finishers. It was put on by the Achilles Track Club and sponsored by the New York Eye & Ear Infirmary. The first three finishers were members of the Achilles TC, a NYC-based organization for disabled athletes with branches in some U.S. cities and overseas.



## Rogers, Welch Win ICI/USRA 8K Final

Continued from page 1

pondered self-effacingly. "I'm not a great competitor near the end of the race; I'm a cream puff. That's why I ran hard at the beginning, because I don't have a lot of mental strength at the end. If I'm with someone, I tend to crack."

In fact, it was Hurd who cracked in the final mile as Stewart and Schlau reeled him in and then waged a battle royale for the second spot. Using his 4:08 college mile speed, Stewart surged ahead to cross the line in 24:48, an all-time PR by one second.

"I didn't think I'd do well today," beamed Stewart, citing the freezing temperatures in which he'd been training in his native Ottawa. "But this is great, having a masters race that's not just part of an open event."

Schlau was third in 24:44, Hurd took fourth in 24:58, and Shorter, of Boulder, Colo., surprised with a good fifth in 25:06.

Stewart collected \$1000, Schlau \$500, Hurd \$200 and Shorter \$100.

Despite Schlau's third-place overall finish today, he remained the overall series M40-49 leader with 71 points.

"Bill just ran the best race," said Schlau. "He passed me around a mile. I stayed close until about two. And then in the third mile, he really broke away. He was only 15 seconds ahead, but he was running so well there was no way we were going to catch him."

Rodgers said he'd been training hard and was in good-shape, strength-wise. "I felt the humidity. It was hot (85°). I think I could have run 10 seconds faster."

Welch also garnered \$2500 as the winner of the women's 8K title, clocking 27:19, 35 seconds ahead of Gabrielle Andersen, 43, of Sun Valley, Idaho.

Laurie Binder, 41, of Oakland, Calif., was third women overall in 28:12, followed by Nancy Oshier, 40, of Spenceport, N.Y. (28:27) and Jane Hutchison, 43, of Webb City, Mo. (29:17).

Andersen, Binder, Oshier and Hutchison received checks of \$1000, \$500, \$200 and \$100, respectively, for their efforts.

Hutchison remained the overall Circuit leader for the W40-49 division with 75 points.

As overall Circuit champions in the 40-49 categories, Schlau and Hutchison each earned \$3500 of the \$20,000 series prize money distributed at the closing night's banquet.

For Welch, the ICI final came in the midst of her preparations for April's Boston Marathon.

"Training for 10Ks and training for marathons are two different ball games," the masters women's world marathon record-holder (2:26:51) said.

"You can't do either very well. So I'm not really fresh. I'm not absolutely chomping at the bit. I'm racing tired."

Bill Johnston of Salt Lake City and Bill Olrich of Lexington, Ky. came to the race dead even in the M50-59 Circuit standings with 50 points each. Whoever won the 8K would win the \$750 first-place Circuit prize. Johnston prevailed, 26:50 to 27:42, with Michigan's Don Sleeman splitting them for second in 27:14.

In the M45 race, Bruce Mortensen set a U.S. M45 8K record of 25:31, besting Utah's Steve Lester by 25 seconds.

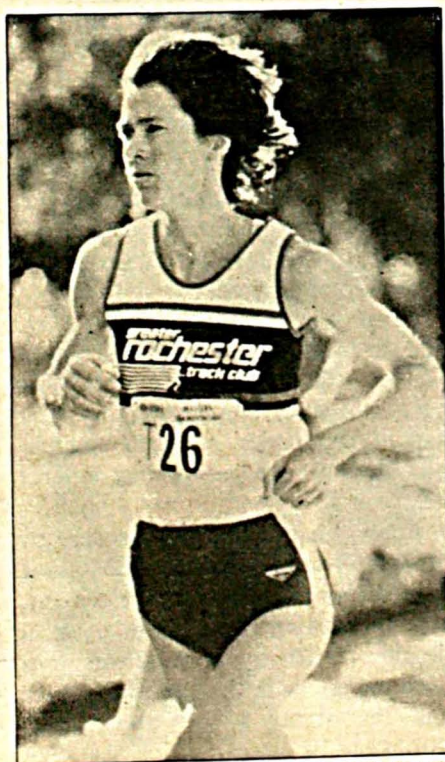
Although San Diego's Jim O'Neil, 63, was uncatchable in the 60+ point standings, he gave way today to Reno's Ross Smith, 61, whose 30:03 gave him a 20-second margin over O'Neil. John Hosner took third in 31:01.

Ed Benham, 81, set a new M80 8K mark with a time of 38:05, a 7:37-per-mile pace. The oldest athlete in the race was Warren Daniell, 87, of Naples, who checked in at 1:19:49.

The 50-59 and 60+ races went to Delores Albertini (32:20) and Anne Trigg (38:38), although the overall Circuit titles went to Susie Klutz and Mary Norckauer, respectively.

At the race's end, there were many who wondered the unique significance of an event such as this: a race which offered the opportunity not only for legends such as Shorter, Ryun and Rodgers to prolong their careers, but also for talented individuals such as Schlau and Welch to fully realize their potential, regardless of age.

Shorter summed it all up: "I'm not running that much slower now than I was 15 years ago at this point in the year. Obviously, there are physiological differences. But they're not that great." □



Nancy Oshier, 40, of Spenceport, N.Y., fourth in Naples in 28:27. Photo by Sailer, Ltd.



Mary Norckauer, 64, of Baton Rouge, La., won \$500 for scoring more points (46) than any other 60+ woman on the ICI/USRA Masters Circuit. Photo by Al Sheahan

## ICI/USRA Masters Circuit Point Standings

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

### FINAL ICI/USRA MASTERS CIRCUIT POINT STANDINGS

The 15-race 1988 Circuit has been completed: Azalea Trail Run, Cotton Row 10K, Myrtle Beach Classic, Hospital Hill Half-Marathon, Utica Boilermaker 15K, TAC Masters Track & Field Mile/1500, Asbury Park 10K Classic, Crim Road Race 10-miler, Pittsburgh Great Race 10K, Heartland Hustle 10K, Capital Trail Run, Stamford Marathon, National Masters 30K, Charlotte Observer 10K, ICI/USRA National Masters 8K Championships. The number following the point total is the number of races run. The best seven may be included.

#### Men 40-49:

1. Bob Schlau, SC (41)	\$3500	71/7
2. Bill Rodgers, MA (40)	2500	62.5/6
3. Mike Hurd, ENG (40)	1500	53/6
4. Steve Lester, UT (45)	750	51/7
5. Wes Wesley, GA (40)	650	48/7
6. Web Loudat, NM (41)	550	30/4
7. Dave Stewart	400	22/3
8. Ken Sparks	300	19/3
9. Robert Nelson	200	18/3
10. Barry Brown, FL	100	17/2
10. Don Coffman, KY (45)	100	17/2

#### Men 50-59:

1. Wm. Johnston, UT (50)	\$750	73/7
2. Bill Olrich, KY (50)	250	66/7
3. Jim Larson, FL (52)	100	48/6
4. John Dugdale, CT		28.5/3
5. Jim Blount		25/3
6. Norm Green		19/2
7. Dick Ruzicka		18/3
8. Ymel Yoder		17/2
9. Clyde Davison, KS		15/1
9. Philip Watson		15/1
9. Jack Gough		15/3

#### Men's 60 & Over:

1. Jim O'Neil, CA (63)	\$500	70/7
2. John Hosner	100	17/2
3. Edmond Vuolo		15/1
4. Jerry Morrison, MO		13.5/1
5. Gene Guilburt		13.5/1
5. Logan McGinness, MO		12/1
5. Tom Cribbons		12/2
6. Augusta Rivera		10.5/1
7. Bill Hoffman, AR		10/1
7. George Sheehan, NJ		10/2
7. Archie Messenger, NH		10/1
7. Howard Rubin, NY		10/1
7. Jim Torshegan, MI		10/1
7. Mike Shea, NC (60)		10/1
7. Jordan Biscaglia		10/1
7. Patrick Devine		10/1
7. Ed Hamilton		10/1
7. Charles Hicks		10/2

#### Women: 40-49:

1. Jane Hutchison, MO (41)	\$500	75/7
2. Nancy Oshier, NY (40)	1000	60/7
3. Barb Filutze, PA (42)	500	44/5
4. Kathy Brown, NY (40)	250	41/6
5. Priscilla Welch	100	40/4
6. Gabrielle Andersen (43)		39/5
7. Laurie Binder, CA (40)		35/4
8. Christine Tattersall		30/6
9. Anne Mansfield, NC		25/3
10. Jauna Stavolone		19/2

#### Women: 50-59:

1. Susie Klutz, NC (51)	750	41/5
2. Dolores Albertini	100	39/4
3. Gina Faust		20/2
4. Joyce Hodges, GA (50)		19/3
4. Jill Martin		19/2
5. Marcia Ann Woodring, KY		18/2
5. Marcia Herbst, GA (53)		18/2
5. Judy Kirchoffer		18/2
6. Margrid Krueger		16/2
7. Patricia Bond, MO		15/1
7. Elizabeth Klein		15/1
7. Marjorie Peterson		15/2
7. Margrete Deckert		15/2
8. Marion Kowalski		14/2

#### Women's 60 & Over:

1. Mary Norckauer, LA (63)	500	46/5
2. Imy Ernst		35.5/5
3. Loretta Shehan		10/2
4. Edith Farias, NY		19/2
5. Carol Peebles, WI		16/2
6. Mary Otte, MO		15/1
6. Esther Cox		15/1
7. Ann Hobson		14/2
8. Jean Benear, OK		13.5/1
9. Margaret Wright, SC		10/1
9. Charlotte Williams, MI		10/1
9. Marie Betts		10/1
9. Mabel Verge		10/1
9. Mary Storey		10/1
9. Ann Trigg		10/1



## ICI/USRA Masters Circuit Successful

by AL SHEAHEN

NAPLES, Fla. — The ICI/USRA National Masters 8K Championship race, held January 14 in this booming Gulf of Mexico coastal town was, by any fair standard, a stunning success.

The prime sponsor of the event — ICI Americas, Inc. — and the Circuit organizer — the U.S. Running Association — brought together most of the top masters runner in the nation.

The four "big names" — Bill Rodgers, Frank Shorter, Jim Ryun and Priscilla Welch — were together for the first time and were the featured attraction during the two-day festivities.

They each spoke at a press conference, cocktail reception, sports clinic, awards ceremony and banquet. They raced well, gave media interviews, signed autographs and were gracious to everyone.

The presence of these and other masters luminaries such as Larry Olsen, Barry Brown, Gabriele Andersen, Laurie Binder, Mike Hurd, Bob Schlau, Barbara Filutze, Jim O'Neil, Bruce Mortensen, Bill Johnston, Bill Olrich, Ed Benham, Jane Hutchison, Nancy Oshier and others rewarded the sponsors and the sport with the best masters press coverage ever seen:

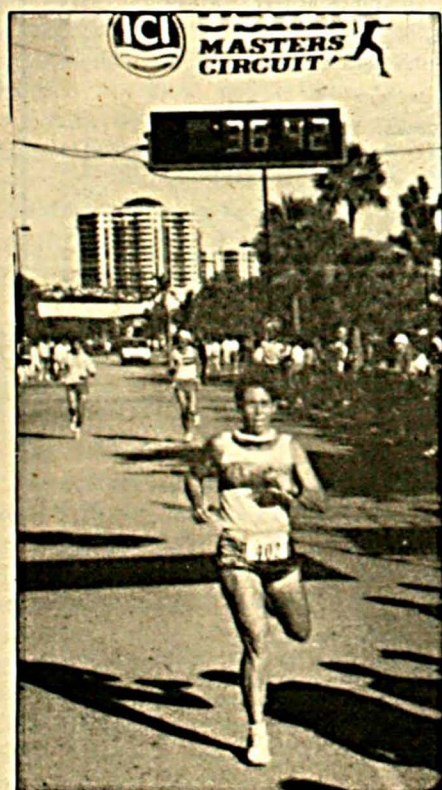
1) A page-one photo in the *Naples Daily News* of Rodgers breaking the tape in his 24:05 win.

2) A sports page-one photo of Welch winning the women's title in 27:19.

3) A sports page-one headline and story of the race.

4) Sports page-one stories the two days before the race.

5) News coverage of the race on two local TV stations on the 6 o'clock news.



Bonnie Theall, 43, of Dunedin, Fla., placed ninth in the W40-44 division in 36:42.  
Photo by Al Sheahen



Bill Rodgers crosses the finish line first in 24:05 in the ICI 8K.  
Photo by Sailer, Ltd.

6) A 30-minute TV recap at 11:30 p.m. on race night.

7) Complete live coverage by a local FM radio station.

Plus interviews and stories in the week leading up to the event.

"I'm only sorry we couldn't get *Sports Illustrated* or any of the networks," said Bill Adams, General Manager, Public Affairs at ICI. "I think an event of this stature is worth a few minutes on Wide World of Sports."

True, but nevertheless, the outstanding local media coverage, the caliber of the field, the intense competition in the race, and the professional way the race and ancillary events were handled stamped the weekend as a breakthrough in masters running.

"I consider it a special privilege to be part of this," said Ryun, who raced side by side with Welch during the race. His pride wouldn't let her beat him, as he kicked to a 27:12, seven seconds ahead of her, and 18th overall.

"ICI and Dean Reinke deserve a lot of credit for making the Circuit such a success in its first year," said Schlau.

"I commend Bill Adams and ICI for their efforts. Their investment should pay off. I hope to come back next year and I promise I'll run better," said Shorter, who ran better than expected at 25:06 to finish fifth.

"I'm glad to be here from the bottom of my heart," said Rodgers. "I

hope I can come back and I hope they raise the prize money next year."

The pre-race spaghetti feed, sports clinic, race, awards ceremony and banquet drew a large contingent of ICI personnel and business customers, who were flown in for the weekend as a reward for their sales efforts in promoting ICI products (Mylanta, Glidden Paints, etc.). The ICI group seemed genuinely pleased and supportive of the event, and appeared to be having a good time.

Welch was a favorite of the crowd and the media. "It's a real privilege to be a part of this," she said.

Directing her media message to women, she said: "ICI stands for 'I Can, Indeed, do it.' Thousands of women can do this, but they've got to move their tushes. ICI is helping to promote women's masters running, but it will be a while before the women are as competitive as the men."

The ICI/USRA race was preceded by an open 8K and 5K healthwalk.

Dean Reinke, head of USRA, MC'd the sports clinic, awards ceremony and banquet. His trademark is throwing frisbees to the audience whenever a lull threatens to occur. One of his niftiest throws knocked the drink out of a woman's hand, splashed her companion and sent others scurrying for cover. No one fell asleep while Reinke was at the mike.

The only downside to the weekend were some grumbings about late or non-payments of bills and expense reimbursements by USRA.

Despite the financial glitches, USRA and ICI were taking deserved bows for pulling off what no one else has ever been able to do — put together a legitimate, year-long, successful masters running circuit and give the name masters some publicity along the way.

"If this keeps up, I may not have to keep explaining to my friends what a 'master' is," said one athlete.



The future of the ICI Circuit looks promising. Adams and ICI have decided to sponsor the Circuit for a second year — with Reinke and USRA again doing the organizing.

"Dean has lined up 10 races so far, and he hopes to sign six or seven more," Adams said. "We'll probably again stage the championship race next January in Naples, since the community gave us such outstanding support this year."

Adams has been approached by other individuals interested in taking over the organization of the Circuit, but is sticking with Reinke, who, despite the first-year problems, has been the one with the vision, the drive and the ability to see the Circuit through to its successful first-year conclusion.

## Green Has Best Age-Graded Performance

In a virtual four-way tie, Norm Green, 55, edged out Ron Bell, 40, and Bill Rodgers, 41, to win \$750 for the best age-graded performance on the 15-city ICI/USRA Masters Circuit.

Green's time of 1:46:33 at the National 30K Championships in Clarksburg, Calif. in November gave him a performance percentage of 95.95% (calculated by dividing Green's time into the M55 standard of 1:42:14).

Bell was runner-up with his 4:12:58 world masters mile record performance at the TAC National Track & Field Championships in Orlando in August. His performance percentage was 95.91% (4:12:58 divided into the M40 standard of 4:02:24).

Rodgers took both the third and fourth places with his U.S. masters records of 49:14 in the Crim 10-mile (95.86%) and 29:47 in the Heartland Hustle 10K (95.80%).

The time standards were developed by the National Masters News and the World Association of Veteran Athletes and are published in this issue of NMN. Al Sheahen, editor of NMN, announced the winners at the Saturday night banquet in Naples. □

ICI has found sports promotion helpful to its image and marketing programs. It has sponsored individual track and field athletes (Jackie Joyner-Kersey), golf pros (Peter Jacobson), and other athletes, who wear the ICI logo in competition.

ICI is the fourth largest chemical company in the world, with worldwide sales of \$22 billion and U.S. sales of \$4 billion. Based in England, its letters stand for Imperial Chemical Industries of England. The company manufactures polyurethane, Tac-Tel fibers, breast-cancer drugs, and provides the technology for DNA fingerprinting.

Adams, himself, at 48, is a national-class runner who placed fifth out of 38 in the M45 division in a good 29:19. Some ICI executives lean toward putting more sponsorship into the traditional golf, skiing, auto racing and tennis, but Adams is enthusiastic and feels sponsoring masters athletes can reach a relatively untapped, potentially huge marketing target.

"We've learned some lessons in 1988," Adams said, "and we're going to correct our mistakes and do it better in 1989. But ICI can't do it alone. We need other sponsors to help pick up the tab." □



## Overheard at the ICI/USRA 8K Championships

"In 1988, I had business problems which slowed me down. Or maybe it was old age. This year, I want to lower my times. I'm running the Los Angeles and Boston Marathons, and hope to break Barry Brown's American masters record of 2:15:15." — *Bill Rodgers*

"I had bunion surgery in May which only healed three weeks ago. I ran a 5-minute pace today, so I'm pleased. I'm doing a biathlon next month — 10K run, 40-mile bike, and 10K run. I started cycling 'cause I couldn't run after the surgery. It helps my running. Cyclists, by the way, are obsessive competitors, much more so than runners." — *Frank Shorter*

"There's been no high-school four-minute miler since Marty Liquori in 1967 because now runners don't focus on track training. They do road racing, all season long. We did interval training 20 years ago. Today, they don't do enough intense speed workouts. In 1967, we focused on a track season through July, and were off from July to December." — *Jim Ryun*

"What a field! Sixth is the worst I've ever placed in a masters race. The humidity was tough; I couldn't breathe after two miles. I'm used to the New England cold." — *Larry Olsen*

"Ten years ago, a 5-minute pace for a masters runner in an 8K would have been good. Now Rodgers is doing a 4:49 pace. Psychological barriers are coming down. Rick Wohlhuter, who's now 40, might break four minutes for the mile at Millrose (February 3). He's a 3:52 miler who hasn't run that much and may be fresh. There's no question John Walker will go under 4:00 when he turns 40." — *Shorter*

"I'm lucky ICI started this when I turned 40 (June, 1988). It's been great for me. I wouldn't have done the things I did without it." — *Nancy Oshier*

"Motivation is everything. The ICI Circuit is giving us the incentive to continue training. A revolution is taking place in masters running. I wish there were more all-masters races. I'd like to go under 23:30 for 8K and 29:00 for 10K." — *Rodgers*

"It's a thrill to have won the Circuit, and I hope to participate again in 1989." — *Jane Hutchison*

"The Circuit is flawed, but it's still great. The prizes should be equal among all age groups." — *Jim O'Neil*

"Bill and I do some weight training. All of us who run have bad backs, so I do a lot of situps to strengthen my abdominals." When you get older, you tend to forget how much time it took you to get in shape years ago. You also forget you can't race a lot. Bill is the only one who can, but he's an exception; people don't realize that." — *Shorter*

"I'm intimidated by Rodgers, but I feel everyone else is human." — *Dave Stewart, who finished second to Rodgers and beat everyone else.*

"I'll be in Eugene for the World Veterans Championships this summer. Some masters may run only for the money, but not me. I run for the fun of it. I wouldn't miss Eugene." — *Bruce Mortensen*

"We all like to run, no matter what our career is. We're the same type of personalities. I think I'm equal as a runner and TV-commentator, but I wish I were a better runner." — *Shorter*

"Winning Boston in 1975 was my biggest thrill. I lowered my PR by 14 minutes." — *Rodgers*



### 14th Race on ICI/USRA Circuit

## Judy Greer Tops All Entrants in Charlotte Prize Money

CHARLOTTE, N.C. — A 42-year-old Florida woman who said she "came for the money" got exactly what she wanted January 7 in the Charlotte Observer Marathon, winning the women's marathon masters division, establishing a new masters record, and finishing fifth overall among women.

Bill Rodgers, Mike Hurd, Bob Schlau and Priscilla Welch were the big

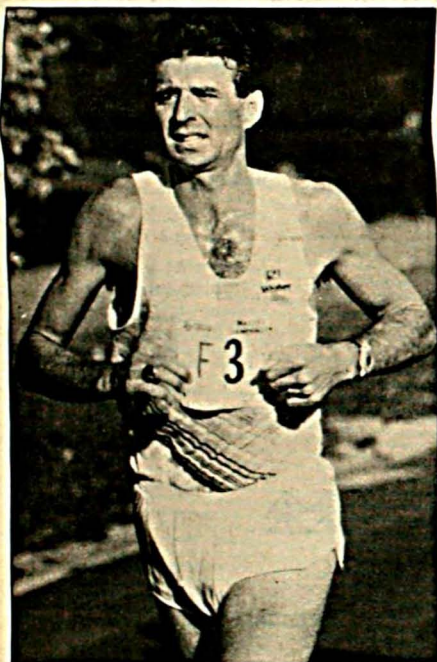
names on hand — they ran in the Masters 10K. But Judy Greer of Orlando ran away with more dollars than anyone. She earned \$1,250 for first in the women's masters marathon, \$1,000 for setting a new course record for her division, and \$250 for fifth place among all women in the marathon.

Greer's time of 3:00:25.3 battered Joanie Zirkelbach's 3:10:53.0, established in 1988 as the women's masters

marathon standard.

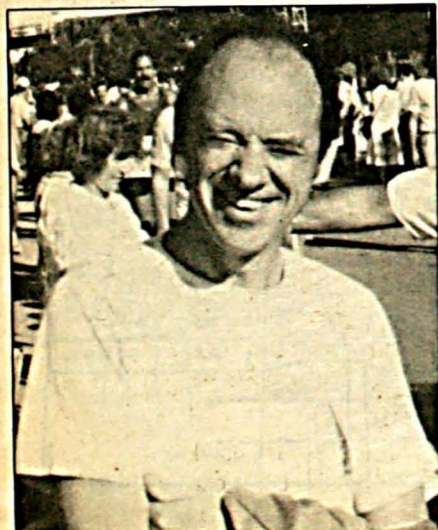
Welch was also a record breaker. Her 35:06.0 was better by 2½ minutes than Jane Hutchison's 37:37.0 in 1987. The record and first place among 10K masters women gave Welch a paycheck

Continued on page 24



Frank Shorter ran 25:06 to finish fifth among 217 runners in the ICI/USRA 8K.

Photo by Sailer, Ltd.



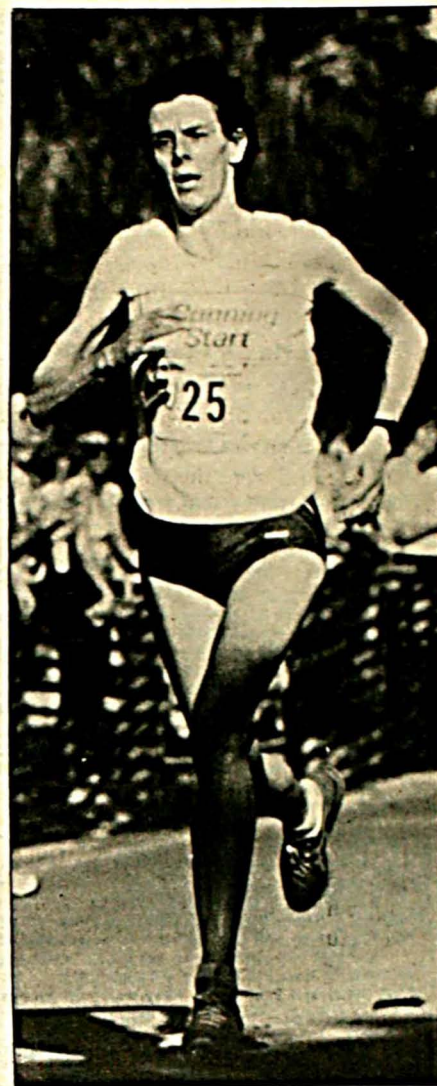
Ed Ayres, Editor of *Running Times* Magazine, plans to feature the ICI/USRA race in his April issue.

Photo by Al Sheahan



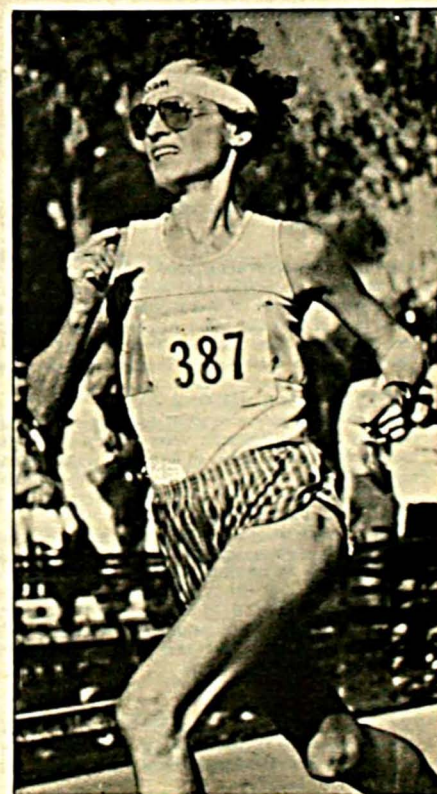
On the victory stand in Naples. From left: Frank Shorter, Priscilla Welch, Bill Rodgers, Bill Adams of ICI, and Jim Ryun.

Photo by Sailer, Ltd.



Christine Tattersall, 47, of Killingsworth, Ct., wins the W45-49 ICI/USRA 8K in 30:18.

Photo by Sailer, Ltd.



Sally Snyder, 48, of Miami, takes second in the W45 bracket in 33:02 at the ICI/USRA National Masters 8K Championships in Naples, Fla., January 14.

Photo by Sailer, Ltd.



# 1989 National TAC Masters Indoor

## Friday, Saturday and Sunday

### French Fieldhouse, The Ohio State

#### MEET RULES

The meet will be conducted according to the 1987-88 TAC rulebook with the following changes:

In LJ, TJ, SP and weight throw, if there are more than 12 contestants in an age group, preliminary flights will be used.

WAVA implements and hurdle specifications will be used as published in National Masters News 2/88 issue.

Athletes must report to their event one hour prior to the scheduled starting time.

#### EVENT GUIDELINES

##### THROWS AND JUMPS

Implement weigh-in and measurement will be located just inside the door of the fieldhouse. Scales courtesy of Toledo Scale.

In throwing events, long jump and triple jump, if six or fewer contestants in an age group, all get six trials, straight through. If seven or more contestants, all get three preliminary trials and the top six performers get three additional trials in the finals. TJ- all women and men 65-9 and 70 and over, HJ-men 70 + over, and PV-60-69 men will be on Friday evening.

High Jump and Pole Vault heights will be set based on heights requested on the entry forms. Quarter inch spikes are allowed on the track and for long jump, triple jump and pole vault, which are from Chevron surfaces, 3/8 inch spikes are allowed for high jump which is from a grasstex surface.

The shot is put from a wood surface. The weights will be thrown outdoors from concrete.

##### TRACK EVENTS

60 Meter Dash and 60 m Hurdles are run in lanes with prelims and finals where there are more than six runners in an age group. Starting blocks will be provided.

200 Meter Dash will be run in lanes, top 6 to finals, on time.

400 Meter Run will be run entirely in lanes, in seeded sections, as finals on time.

800 Meter Run will start with a two turn stagger in alleys of four per alley, and where there are over 12 runners in an age group, will be conducted as finals on time in seeded sections.

1500 Meter Run will employ a waterfall start, with up to 12 runners per section.

3000 Meter and 3000 Meter Race Walk will start in alleys with up to 18 per section.

4 x 400 m Relay - first leg will be run in staggered lanes, six teams per section, as finals on time.

4 x 800 m Relay - 12 teams per section on time, first leg - one turn stagger.

Relay events will be in ten year age groups, 30-39, 40-49, etc. Relay team entries or team changes will not be accepted later than three hours prior to the scheduled starting time of the relay. See late fee schedule for cost. Relay members must be in the same club.

Where the number of competitors permits, age groups may be combined to fill available lanes.

##### MEET SCHEDULING

Meet schedules are subject to change. Athletes are responsible for being informed about any schedule changes. Updated schedules will be posted at the Meet Registration Desk and in the Hospitality Suite on Friday, March 31.

#### REGISTRATION

##### DEADLINE

Early registration deadline is March 15, 1989, in the meet director's hands. Application forms received after that date are subject to the regular fee schedule as set forth below. Late entries received after March 23 for the 60 m, 60 hurdles, 200 m and 400 m will be accepted only as long as there are vacant lanes. Positively no late entries will be taken in the 60 m, 60 hurdles, 200 m or 400 m after 6:00 p.m., Friday, March 31. Late registrations, date of the meet signups and changes will be charged twice the early registration rate. For additional entry forms, use photocopies, or contact Jim Pearce, 2449 Southway Drive, Columbus, Ohio, 43221, or call (614) 481-7745 and leave your name and complete address.

##### ENTRY FEE SCHEDULE

	Early Registration (prior to 4/15)	Regular Registration (3/16-3/23)	Late Registration (After 3/23)
First Event	\$9.00	\$10.00	\$18.00
2nd & Subsequent Events	\$6.00	\$7.00	\$12.00
Relay teams (price per team)	\$24.00	\$28.00	\$48.00

All entries must be accompanied by fees or they will not be accepted. No phone entries will be accepted.

#### ADDITIONAL DETAILS

##### AIRPORT TRANSPORTATION

The Holiday Inn-on-the-Lane is Meet Headquarters and will be running a shuttle bus to and from the airport for athletes staying there. Call from the direct phone located in the baggage claim area of Port Columbus Airport. French Fieldhouse is 100 meters away from the Holiday Inn, just across Lane Avenue. Taxi cabs and major car rental companies are available at Port Columbus. A special Airport Shuttle will provide service to OSU area motels for \$5 or \$6.

##### MASTERS TRACK MEETING

There will be a general meeting for Masters track athletes at the Holiday Inn-on-the-Lane Saturday night at 7:30 p.m. Jerry Donley will be discussing the World Games and the Masters movement. Our apologies to long jumpers and runners who will be competing late Saturday night.

##### CHANGING FACILITIES

No locker room/shower facilities will be available in French Fieldhouse. There will be a mens' and a womens' changing room at the Holiday Inn-on-the-Lane available on Sunday at no charge for the use of all athletes.

##### HOSPITALITY SUITE

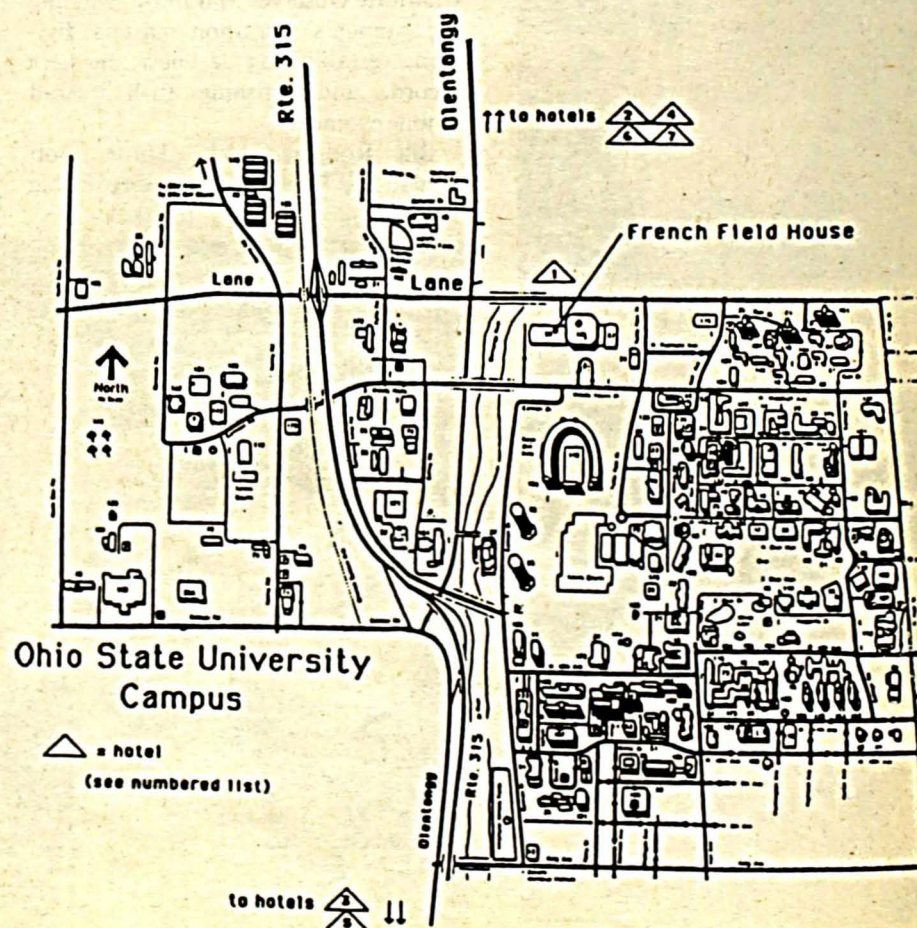
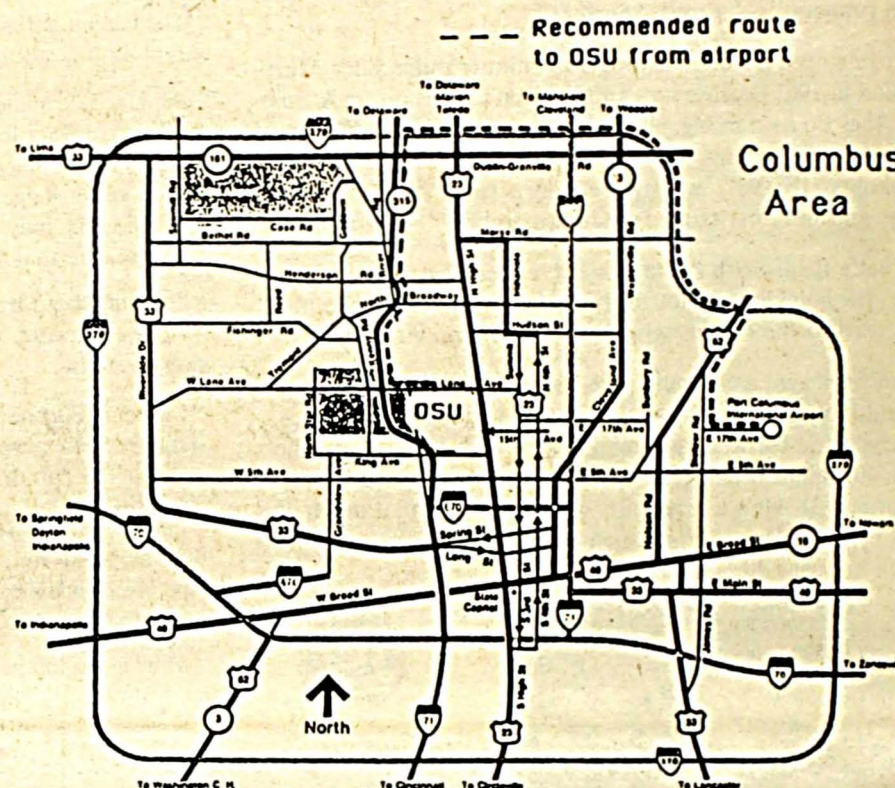
You may pick up your meet packet and enjoy a snack and beverage at the Holiday Inn-on-the-Lane starting Friday afternoon at 2:00 P.M. Look for the "Masters Track" registration table in the lobby.

##### AWARDS

TAC National medals will be awarded to the first three places in each age group. Ribbons will be awarded to the fourth, fifth and sixth place finishers. National Champion patches (maximum one per athlete) will be awarded to first place winners. No awards will be available until noon on Saturday.

##### TEE SHIRTS

High quality Masters Championship T-shirts will be available at \$8.00 each. These can be ordered on the meet entry blank.





# Indoor Track and Field Championships

## Friday, March 31 - April 2, 1989

### State University, Columbus, Ohio

#### 1989 Masters Indoor Meet Travel and Accommodations

##### American Airlines Discounted Group Rate Reservations to Columbus

Special American Airlines group rates, 5% off best published fares, subject to restrictions, or 35% off coach, allowing changes up to 7 days prior to departure. For full details and reservations, phone: 1-800-433-1790. Ask for Star File #S-01394A.

##### Moderately Priced Hotels Near OSU

- 1) Holiday Inn-on-the-Lane 1-614-294-4848  
Located across the street from French Fieldhouse. A limited number of rooms are available. Two hotel vans provide airport service for hotel guests. \$42/\$50
- 2) Cross Country Inn, 3246 Olentangy River Road, \$29/\$37 1-800-621-1429
- 3) Cross Country Inn, 1445 Olentangy River Road, \$29/\$37 1-800-621-1429
- 4) Knights Inn, S.R. 315 at N. Broadway, \$28.50/\$36.50 1-800-722-7220
- 5) Olentangy Inn, 1299 Olentangy River Road, \$29/\$34 1-614-294-5211  
(call collect for reservations)

#### PRELIMINARY MEET SCHEDULE

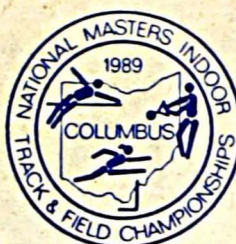
<b>Friday, 3/31/89</b>	<b>6:00 P.M.</b>
7:00 P.M.	SP 65-9 Men
Triple Jump all Women	7:00 P.M.
High Jump 70 + over Men	LJ 60-4 Men
Pole Vault 60-69 Men	7:30 P.M.
8:30 P.M.	3000 m Walk
TJ 70 + over Men	8:00 P.M.
9:30 P.M.	LJ 65-9 Men
TJ 65-9 Men	9:00 P.M.
	LJ 30-4 Men
	9:30 P.M.
	4 x 800 Relay
<b>Saturday, 4/1/89</b>	<b>Sunday, 4/2/89</b>
8:00 A.M.	8:00 A.M.
LJ 35-9 men	LJ 55-9 Men
9:00 A.M.	HJ 30 + up Women
LJ 40-4 Men	PV 50-4 Men
HJ 55-9 Men	3000 m Run (Women 1st)
PV 70 + up Men	9:00 A.M.
60 m Dash (all run)	Wt 70 + up Men
10:00 A.M.	9:30 A.M.
SP 30-4 Men	TJ 45-9 Men
11:00 A.M.	HJ 60-4 Men
SP 35-9 Men	10:00 A.M.
LJ 50 + up Women	SP 30-49 Women
HJ 50-4 Men	Wt 45-9 Men
PV 30-4 Men	11:00 A.M.
12:00 Noon	SP 50 + up Women
SP 40-4 Men	Wt 40-4 Men
Wt 60-4 Men	TJ 30-4 Men
12:30 P.M.	TJ 35-9 Men
1500 m Run (Women First, oldest to youngest)	PV 45-9 Men
1:00 P.M.	11:30 A.M.
SP 50-54 Men	HJ 65-9 Men
Wt 65-9 Men	200 m Dash (all run)
LJ 70+ over Men	12:00 Noon
HJ 45-9 Men	SP 70-9 Men
2:00 P.M.	Wt 50-4 Men
SP 55-9 Men	12:30 P.M.
Wt 30-4 Men	TJ 50-4 Men
LJ 30-49 Women	1:00 P.M.
PV 35-9 Men	Wt 55-9 Men
2:30 P.M.	1:30 P.M.
60 m Finals (as needed)	SP 80 + up Men
3:00 P.M.	HJ 35-9 Men
SP 45-9 Men	2:00 P.M.
Wt all Women	TJ 55-9 Men
LJ 50-4 Men	PV 40-4 Men
HJ 40-4 Men	2:15 P.M.
400 m Run	800 m Run (Women 1st)
4:00 P.M.	3:00 P.M.
Wt 35-9 Men	TJ 60-4 Men
PV 55-9 Men	4:00 P.M.
5:00 P.M.	TJ 40-4 Men
SP 60-4 Men	4:15 P.M.
LJ 45-9 Men	200 m Finals (as needed)
HJ 30-4 Men	5:00 P.M.
60 m Hurdles (prelims and finals)	4 x 400 m Relay

- 6) Red Roof Inn, 441 Ackerman Road, \$28.95/\$36.00 1-800-848-7878
- 7) University Inn, 3310 Olentangy River Road Ohio 1-800-282-3626  
\$45 flat rate per room outside Ohio 1-800-262-7468

Prices are as quoted in December 1988, and are subject to availability. Prices are subject to change. All listed hotels have restaurant service or restaurants within easy walking distance. Note: Hotels 2 through 7 are 1 to 2 miles from the fieldhouse.

#### Transportation

"Airport Shuttle" 1-800-443-3519  
Will provide service each half hour to the OSU hotels for \$6 one way, or \$10 round trip. Contact "Airport Shuttle" at their toll free number, or at their booth across from baggage carousel #4.  
Cabs are usually available at Port Columbus. Cab fare is \$12-\$15 to OSU.  
Budget Car Rental 1-614-471-2423  
Special rates are available for Masters athletes. Choose the program you want. Flat rate of \$32.99 per day, unlimited mileage, for any size car up to a Lincoln. Or, with 150 free miles per day, select: economy car \$19.79 per day; intermediate car, \$22.79/day; full-sized car, \$25.79/day. To reserve a car at the airport, call 1-614-471-2434, ask for "Paul", and mention the Masters meet.



AA

Budget

#### 1989 TAC Masters Indoor Championships Meet Entry Form

Please fill out completely, and return with your fees to:  
Jim Pearce, 2449 Southway Drive, Columbus, OH 43221, or call (614) 481-7745, and leave your name, address and phone number.

Make checks payable to: "1989 Masters Indoor Meet"

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
Address \_\_\_\_\_ Phone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zipcode \_\_\_\_\_  
1989 TAC Card Number \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Track Club \_\_\_\_\_ Requested starting height: HJ \_\_\_\_\_ PV \_\_\_\_\_  
Events Entered:  
1st Event \_\_\_\_\_ 2nd Event \_\_\_\_\_ 3rd Event \_\_\_\_\_ 4th Event \_\_\_\_\_  
Recent Performance \_\_\_\_\_

If you desire a Masters Championships T-shirt, note your size and include \$8.00 per shirt. \_\_\_\_S \_\_\_\_M \_\_\_\_L \_\_\_\_XL \_\_\_\_XXL

Relay Entry: 4 x 400 m \_\_\_\_\_ 4 x 800 m \_\_\_\_\_

Relay Team Members \_\_\_\_\_

Early Registration: \$9.00 1st event, \$6.00 each additional event.  
Regular Registration: \$10.00 1st event, \$7.00 each additional event.  
Late Registration (after March 23 in Meet Director's hands): \$18.00 1st event, \$12.00 each additional event.

\$ \_\_\_\_\_ + \$ \_\_\_\_\_ + \$ \_\_\_\_\_ + \$ \_\_\_\_\_ = \$ \_\_\_\_\_  
Individual Relay fees T-shirts Total Amount  
Entry Fees Enclosed

All entries must be accompanied by fees or they will not be accepted. Make check payable to: "1989 Masters Indoor Meet". No phone entries will be accepted.

#### ATHLETIC AND PUBLICITY RELEASE

In consideration of your acceptance of my entry, I hereby for myself, my successors and assigns, release and forever discharge any and all claims for damages which I may have or may hereafter accrue against TAC/USA, the Ohio Athletics Congress, Wolfpack Track Club, Over-the-Hill Track Club, The Ohio State University, and meet sponsors, organizers, officials and workers, for any damages suffered by me. I certify that I am physically fit and that my level of training is sufficient to compete.


I hereby grant my permission to the use of films, videotape, and photographs for news coverage and meet publicity in which I may appear.

#### DRUG TESTING NOTICE

Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and DAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event, and will lose eligibility for future competitions. Some prescription and over-the-counter medications contained banned substances. Information regarding drugs and drug testing can be obtained by calling USOC Hotline at 1-800-233-0393.

Date \_\_\_\_\_ Athlete's Signature \_\_\_\_\_





EUGENE-SPRINGFIELD  
OREGON, USA 1989

**5 Months To Go**

# Countdown to Eugene

## Important World Championships Dates

by TOM JORDAN and BARBARA KOUSKY

**W**ith just over five months to go before the Opening Ceremonies of the VIII World Veterans' Championships, it is time to get out that 1989 Calendar and circle some important dates:

**Feb. 15: 50% Housing Payment Due** — for those booking lodging in Eugene-Springfield, half of your total housing payment is due on or before Feb. 15.

**May 1st: Deadline for Competition Entry** - no ifs, ands, or buts. Your entry must be postmarked by May 1, 1989 for guaranteed entry into the Championships. Don't delay — send it in today!

**May 15th: 100% of Housing Payment Due**

**July 24th: Registration Opens**

**July 27th: 10-Kilometer Road Race**

**July 28th: Championships Opening Ceremonies!**

Not only will the Championships have the full complement of track and field events, marathon, 10K, race walks and cross country, but you will also enjoy cultural activities, entertainment, and scenic tours. In addition, an exciting and informative series of Sports Medicine Seminars is being developed for the Championships, with Dr. George Sheehan as keynote speaker. Sixteen hours of course credit from the University of Oregon will also be awarded to those participants meeting selected criteria. If you would like to receive further information on The Sports Medicine Seminar in the months to come, please write the WVCOC at Box 10825, Eugene, OR 97440.

## GET READY for EUGENE



Get your official "In Training For..." t-shirts in either short- or long-sleeve styles. Start your preparations for the World Veterans' Championships with these handsome white Ts, with colorful running Eagle mascot or official WVC emblem.

Order several. Shirts make great gifts.

Short-sleeves (50-50 blend) are \$10 each; long-sleeves (100% cotton) \$14 each. Add \$2 postage & handling for one shirt; add \$4 if ordering 2 or more. Make check out to "World Veterans' Championships", or use your Visa/Mastercard. Use the order form below. Allow 4-6 weeks for delivery.



These are the finest event pins we've ever seen. The bronze replica of the official emblem of the World Veterans' Championships is sure to become a classic. The 1-5/16 inch metal pins have a bronze finish with the emblem in red-white-and-blue enamel. All have pin backs and will go well on uniforms, jackets, hats, and warm-ups.

These superb pins are \$5.00, plus \$2.00 additional for postage and handling. If ordering t-shirts as well, there is no charge for the shipment of pins. Make check out to "World Veterans' Championships", or use your Visa/Mastercard. Use the order form below. Allow 6-9 weeks for delivery.

### ORDER FORM

**T-SHIRTS** Indicate quantity of each shirt desired.

Eagle Mascot	S	M	L	XL	XXL	
Short-sleeve (\$10)	—	—	—	—	—	Total short-sleeve shirts ordered _____ × \$10 = \$ _____
Long-sleeve (\$14)	—	—	—	—	—	Total long-sleeve shirts ordered _____ × \$14 = \$ _____
Official Emblem	—	—	—	—	—	Plus postage (\$2 for 1 shirt, \$4 for 2 or more) \$ _____
Short-sleeve (\$10)	—	—	—	—	—	T-SHIRT TOTAL = \$ _____
Long-sleeve (\$14)	—	—	—	—	—	

### PINS

Add \$2 for postage/handling unless ordering t-shirts (there is no charge for shipment of pins). Make check out to "World Veterans' Championships". Allow 6-9 weeks for delivery.

Please send \_\_\_\_\_ pins × \$5 = \$ \_\_\_\_\_

PIN TOTAL = \$ \_\_\_\_\_

T-SHIRT TOTAL \$ \_\_\_\_\_ + PIN TOTAL \$ \_\_\_\_\_

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

NAME \_\_\_\_\_

VISA/MC NUMBER \_\_\_\_\_

ADDRESS \_\_\_\_\_

EXPIRATION DATE \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CARDHOLDER'S NAME \_\_\_\_\_

**WVC T-SHIRTS • PINS Box 10825 Eugene, OR 97440**

### HOUSING UPDATE

Nearly 5000 housing reservations have been received, from over 55 countries (Malaysia is the latest). Rooms in the Luxury and Tourist categories are becoming scarce, and the University Inn has been sold out for some time. Housing in all other categories (Deluxe, Budget, University Halls, Cooperative Housing, Camping) is still available, but don't delay.

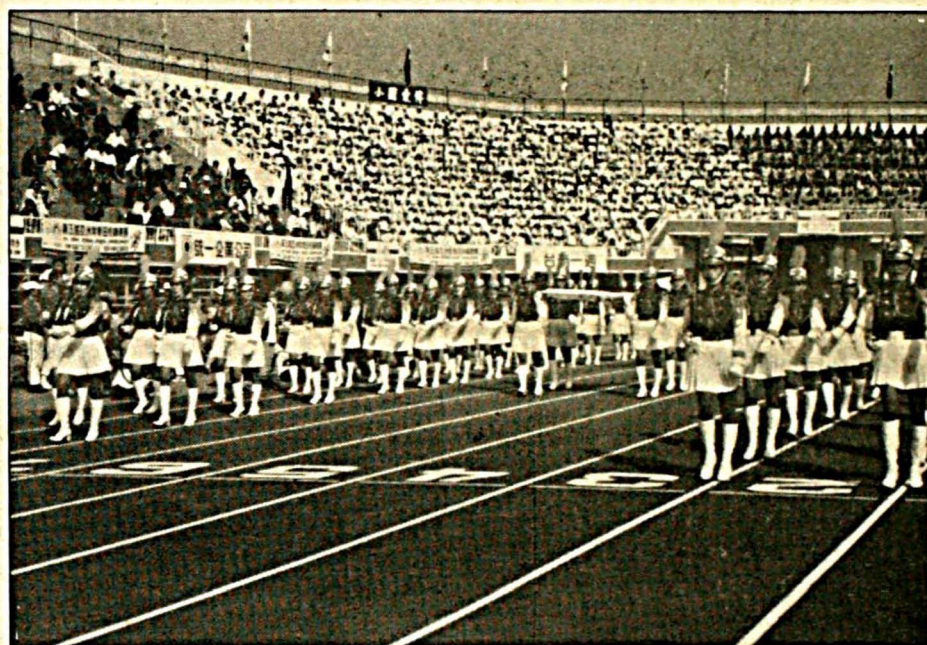
When sending in your entry, be sure to include proof of age (copy of birth certificate or passport). It will streamline the packet pickup process enormously if the information is provided to us well in advance.

And for those who sent photocopies of their TAC cards which expired on 12/31/88, we can only say, "Nice Try!" If you are an American competitor, you must have a valid, current TAC card and provide us with a photocopy. Again, if this is sent in ahead of

time, it will make things easier on everyone when 6,000 travel-weary athletes line up to receive their packets.

In closing, we wish to express our appreciation to those clubs and individuals who have sent in a contribution to the Masters Sports Association Trust. Your support is enabling us to provide the best possible World Championships experience for you and your family.

See you soon. □



Opening ceremonies, V Asian Veteran Athletic Championships, December 3, Tainan, Taiwan, Republic of China.

### Morita of Japan Sets Two WRs

## 40,000 Attend Opening Ceremony in Asian Veteran Championships

Athletes, 750 of them from ten Asian countries, who attended the opening ceremony of the V Asian Veteran Athletic Championships must have thought that they were in the wrong stadium when they marched in and saw 40,000 spectators. Audience and athletes were treated to an Olympic-type extravaganza on December 3, the first day of competition in the three-day meet held in Tainan, Taiwan, Republic of China.

Mazumi Morita of Japan with two M75-79 world records in the long jump (4.70/15-5) and triple jump (9.57/31-4¾) and wins in the 100 (15.21) and high jump (1.20/3-11¼) was the outstanding athlete of the meet.

The previous M75 long jump record

of 4.28/14½ set in 1983 was held by Gulab Singh of India. The former M75 triple jump record of 9.52/31-2¾ belonged to Finland's Heikki Simola and was set in the VII World Games in Melbourne.

At the General Assembly meeting held on the 4th, AVAA officers were elected for the next two years — President: Nashatar Singh (Malaysia); Vice-Presidents: Shuhei Nishida (Japan), Ms. Chi-Cheng (Taiwan), and P. Waidyatikala (Sri Lanka); Secretary: Hari Chandra (Singapore); Treasurer: Djoko S. Slamet (Indonesia); Women's Representative: Ms. Olivia Aquino (Philippines); WAVA Council Member: Hari Chandra.

Ms. Chi-Cheng, Secretary General of the Taiwan T&F Association, was the meet organizer and director. □





## Report from Britain

by ALASTAIR AITKEN and  
MARTIN DUFF (of Athletics Weekly)

Tony Simmons, the 1974 European Championships 5000 and 1976 World Cross-Country silver medalist, remains unbeaten as a veteran. His latest exploits include two fast 5-mile races, firstly at Wolverton, where he headed Peter Jones and Mike Green in 24:35, before recording a 23:55 over an accurately-measured course in Cambridge for perhaps a world best.

Glynis Penny clocked 27:21 at Wolverton, but, sadly, top U.K. vets Paula Fudge and Anne Ford are both sidelined with injuries.

Another new vet, Andy Holden, always well at home in the mud and mire of English cross-country, was first vet in the prestigious Birmingham Cross-Country League, before a similar placing (51:31) in the Birchfield 10 Mile in the same city.

Northeasterner Ken Lowthe, yet another new U.K. veteran, won the vets section in the Gateshead Cross-

Country fixture and then scored a solid 31:35 behind Mike McLeod's 30:01 in a Newcastle 10K. For Olympic silver medalist McLeod, December saw his 15th consecutive win in the Saltwell 10K (29:19) at the age of 37.

Maurice Benn of Woodford Green, 1968 Olympic 1500 runner, won the Veterans AC Cross-Country in his home town, November 19, in 22:19 from Tim Palethorpe, 49, of Havering (22:30).

Bob Gevers was first vet and third overall in the All-Britain Insurance Championships at Petersham, November 25, where John Hanscombe of Ranlagh was the first M50 in the race, which he has run for 35 consecutive years since his first at age 17.

World veteran M50 walk champion Dave Stevens was first vet and second overall in the Harrison Trophy Walk Race at Dawlish, November 19, in 50:18. □

## Trinidad and Tobago May Host North American Meet

Trinidad and Tobago will bid for the 1990 WAVA North American Masters Track & Field Championships, reports David Pain, WAVA's North American Regional Chairman.

"The event would be held in the National Stadium in the city of Port-of-Spain," Pain said. "Accommodations would be in hotels about 30-minutes

drive from the stadium with a cost of between \$35 to \$50 per day, including breakfast."

San Juan, Puerto Rico, has also expressed an interest in hosting the 1990 Championships. A decision will be made by the North American Committee at its next meeting on July 31 in Eugene. □



The mayor of the host city welcomes 750 athletes from 10 countries and 40,000 spectators in the V Asian Veteran Athletic Championships, December 3, Tainan, Taiwan, Republic of China.



General Assembly Meeting, Asian Veteran Athletic Championships, December 4, Tainan, Taiwan, Republic of China.

**PRESIDENT:**  
Cesare Beccali  
Via Martinetti 7  
20147 Milano, Italy

**EXECUTIVE VICE PRESIDENT:**  
Peg Smith  
P.O. Box 67  
Williamstown 3016  
Victoria  
Australia

**VICE-PRESIDENT (Stadia):**  
Bob Fine  
4223 Palm Forest Drive  
DeFray Beach, FL 33445  
USA

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



**SECRETARY:**  
Alastair Lynn  
161 Harrison Drive  
Newmarket, Ontario  
L3Y6B8 Canada

**TREASURER:**  
Al Sheahan  
P.O. Box 2372  
Van Nuys, CA 91404  
USA

**PAST-PRESIDENT:**  
Don Farquharson  
269 Ridgewood Road  
West Hill, Ontario  
M1C 2x3 Canada

### WOMEN'S DELEGATE:

Bridget Cushen  
156 Mitcham Road  
West Croydon,  
Surrey, England

### DELEGATE OF: NORTH AMERICA

David Pain  
5643 Campanile Way  
San Diego, CA 92115  
USA

### SOUTH AMERICA

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

### ASIA:

Mr. Hariomataram  
Medan Medaka  
Selantan 10,  
Jakarta, Indonesia

### EUROPE:

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

### OCEANIA:

Jim Blair  
P.O. Box 2910  
Wellington, New Zealand

### AFRICA:

Contact President

## WAVA/TAC Hurdles and Implements Specifications

### HURDLES

#### WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69 70 Plus					
35-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69 70 plus					

#### MEN

30-39					
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
40-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	300m	.840m 33"			
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

### IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
Women				
35-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
40-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	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.

\*New IAAF Specifications





50-54 Age-group winners at the 1988 WZYP Rocket City Marathon, December 10. L to R: Mary Anne Wehrum, Gerald Koch, Nancy Parker, Mel Williams, Evelyn Zerfoss, Orbin Thompson.

Photo by Jim Oaks

### Coffman and Hutchison Win in Rocket City Marathon.

Continued from page 1

with a previous best of 2:24:28, but Coffman's early challenge came from a relatively unknown runner, Don Rowland, from Montgomery, Ala., who is in the Air Force and presently stationed in Montgomery.

"I was mainly worried about Wessely and Walker," Coffman said. (Walker had run 2:29 here in 1986 at age-38 when Coffman had won the masters division with a 2:30.) "I didn't know about Rowland until about the 10th mile when he told some of the younger runners in our pack that he was a master."

Actually Rowland led Coffman by 18 seconds at 10 miles as they clocked splits of 55:40 and 55:58 respectively. By 15 miles Coffman had forged ahead by nine seconds, 1:24:20 to Rowland's 1:24:29.

"I decided to push it a little after the half-way point, and Rowland didn't hang with me," Coffman said. "I kept looking back on the turns and was glad that he had dropped out of sight."

Coffman ended up 12th overall to collect \$250 of the open money to go along with his \$1000 for winning the masters division.

Rowland maintained second and finished in 2:36:06 for \$500, Wessely was third in 2:36:30 for \$250, Walker followed with a 2:36:44 for fourth and \$250.

Mel Williams, 51, of Virginia Beach, Va., took fifth with a 2:37:02 to earn \$250 and break the age 50-54 course record held by Norm Green. The last \$250 money winner was Tracy Peugh of Macon, Ga., who ran a six minute PR of 2:37:52 for sixth.

In the women's master competition, ICI/USRA Masters Circuit leader, Jane Hutchison, won unchallenged with a 2:53:34 as she ran a smart, steady pace to move up through the women's open competition to take third female overall. Hutchison won \$1000 for the masters title and earned a

\$500 bonus for her third-place-overall finish.

Hutchison, a 42-year-old elementary school teacher from Webb City, Mo., set an early even pace in an attempt to earn the \$500 bonus for breaking the masters course record. That record of 2:49:34 had been set in 1987 by Bobbi Rothman in a race in which Jane had run 2:50:08.

Jane's splits of 39:42 at 10K and 1:04:33 at 10 miles were right on record pace, and with a 1:37:14 at 15 miles she was still slightly under a 6:30 pace and close to a sub-2:50 marathon.

Even though she was not able to hold that pace for the rest of the race, her planning did allow her to catch several of the younger females who went out too hard.

Harolene Walters flew in from California and took second with a 3:07:16 for \$500. A new age-40 master from Decatur, Ga., Carolyn Spillman, was third for \$250. These two also were 11th and 12th overall for which they each collected an additional \$250.

Nancy Parker, age-52 of Dunwoody, Ga., finished fourth in 3:16:36, and another grand master, 50, Mary Anne Wehrum, 50, of Memphis, Tenn., was fifth in 3:21:05. Sixth female master finisher was Anne Wright of Macon, Ga., in 3:30:23. Each of these runners also received a \$250 check for her efforts.

The race, traditionally one of the largest in the South, grew slightly from 1122 entries in 1987 to 1178 this year. There were 252 first timers who finished the race. Out of a total of 872 finishers, this indicated that a significant percentage of new runners are still taking up the marathon.

The weather this year was a bit cold — 33 degrees at the 9 a.m. start and 38 at 11 a.m., but there was almost no wind. Most runners found the running conditions near ideal, and of the 620 finishers who had run a previous

Continued on page 28

### Judy Greer Tops All Entrants in Charlotte Prize Money

Continued from page 19

for the day of \$2,250, second among Charlotte's 1989 money makers.

Rodgers came within a hair of earning record-set cash. His 30:50.1 missed by 1.1 seconds the men's 10K masters record he set last year.

This was the first year bonuses were offered for new masters records.

Men's masters marathon winner Fred Waybright of Dunbar, W. Va., finished in 2:34:57, not good enough to top Ralph Zimmermann's 2:34:18 in 1988.

Not counting bonuses for new course records, the Observer races offered \$10,000 for masters in the marathon and the 10K, men and women: \$1,250 for first; \$625, second; \$325, third; \$175, fourth; and \$125, fifth.

Greer ran off and left her competitors.

"Somewhere about the first mile mark, she passed me," said second-place Nina Bovio. "I never saw her again."

Waybright simply had too much gas for other masters men in the marathon. He said his goal is to be ranked among 1989's top 20 masters marathoners.

With Rodgers running ahead of the pack in the masters men's 10K, the fight was for second. "On the last hill, I got a 20-yard lead over Bob (Schlau) to hang onto second," said Englishman Hurd, who arrived from the United Kingdom two days before the race and ran because it was the final stop on the ICI circuit.

Hutchison, who had dominated Charlotte's 10K masters the previous three years, found she couldn't keep the pace with Welch and second-place

Nancy Oshier. "It was a very competitive field with excellent runners," she said. "I'm proud to have been with them."

The weather — fog and mist all day long with temperatures reaching no higher than 48 degrees — suited just about everyone. □



Men's masters marathon winner Fred Waybright of Dunbar, W. Va., manages a smile as he runs down the homestretch of the Charlotte Observer Marathon on January 7.



The start of the masters 10K, one of three Charlotte Observer Marathon races on January 7. Some of the starters (from left): #19 Jane Hutchison, #67 Mike Hurd, #3 Bob Schlau. Bill Rodgers, the winner, is out of the photo to the right.



# MASTERS SCENE

## NATIONAL

• Donald Ocana of California, who won the M35 10,000 in the 1988 Nationals in Orlando, was a computer glitch victim and was omitted from a duplicate copy of the final results. The corrected results are 1) Ocana, 33:14.5; 2) Ric Banning, 33:49.4; 3) Richard Puckerin, 36:24.7. Ocana also took the silver in the 5000.

• The entry form for the Indoor T&F Nationals (page 21) states that athletes "will be subject to formal drug testing." Reportedly, TAC sanction approval requires such language. However, there will be no drug testing at this or any other masters meet this year.

• Ollan Cassell, Executive Director of The Athletics Congress, announced TAC has reached an agreement with Turner Broadcasting System to televise 17-20 open track meets each year for four years. Called "The American Plan," the 1989 schedule includes the Kodak Invitational (Jan. 27), L.A. Times Indoor Games (Feb. 17), USA/Mobil Indoor Championships (Feb. 24), USA/USRA/GBR Men's Indoor (Mar. 10), Mt. Sac Relays (April 22), Gatorade Classic (April 29), Jesse Owens Classic (May 13), Bruce Jenner Classic (May 27), Prefontaine Classic (June 3), USA/Mobil Outdoor Championships (June 15-17), and USA/USSR/GBR/West Germany (June 23-24).

## EAST

• Ray Nelson, 40, who measures and certifies courses for TAC in the area, had his first big win (34:06) as a master in the Newport, RI, 10K, December 11. Andrea Hatch, 45, was first W40+ (43:23). Carl Hammen, 65, with an M60+ win (43:03) shared in the bounty of merchandise prizes for the 677 finishers.

• Ted Haiman, 45, keyed into a masters first with his 19th overall (1055 men finishers) 26:18, in the NYRR Computer 8K, Central Park, NYC, October 30. Following the pattern, Marilyn Greeley, 44, finished 19th among the

women (539 finishers) with a W40+ first in 31:52.

• Atlaw Beligne (43, 33:30) and Christine Tattersall (47, 39:08) took the masters laurels in the Howard Beach 10K, Queens, NYC, November 13. Division winners George Thompson (M60, 40:14) and Jill Martin (W50, 42:31) finished among the leaders.

## SOUTHEAST

• Bill Rodgers took the masters and overall title in the Magnavision Baby Boomer 10K, Miami, December 4, with a 30:23, good enough for \$5000. Even more interesting was that Byron Dyce showed up unannounced and ran a 30:50.

## MIDWEST

• Dan Giner (M40, 27:11) and Janie Schul (W40, 34:04) legged to masters firsts in the Ohio River RR Turkey Trot 8K, Miamisburg, OH, November 22. Bob Schul, M50, was second master in 27:17. Don Gammie (M55, 29:27) and Billy Stacy (W55, 35:46) also feasted at the winners' table.

• The Wolfpack Discus Clinic is scheduled for April 16 at Worthington HS, Worthington, OH, 12 noon; entry fee is \$4. Contact Jim Pearce, 2449 Southway, Columbus, OH 43221. 614/481-8766.

## MID AMERICA

• The outstanding age-division performance in the St. Louis Marathon, November 20, belonged to 50-year-old Barbara Gehringer, who finished 21st woman in 3:43:06 and lowered the over-50 course record by 10 minutes. Larry Peterson, the oldest finisher, recorded a 4:49:23, giving him the event's age-73 record to add to his age 70, 71, and 72 records. First masters were John Jenk (40, 2:48:36), Greendale, WI, and Sue Wheeler (40, 3:17:19), West Plains, MO. The 1300 entrants



Jan Kreuz, 41, of Cincinnati, set a new W40 record at the Wolfpack 50K Championships October 30 with a 3:44:32, almost 15 minutes faster than the old record (Vicki Johnson, 3:58:42). This win, combined with her masters victory at the National Masters 50 Mile Championship in April (6:37:22), marks her as a runner to watch in '89.

ran through inches of slush after a freak snow storm.

• Contrary to what was reported in the December issue of NMN, Ruth Anderson was not third female overall, but third masters female in the October 22 Edmund Fitzgerald 100K, Duluth, M.N. Mae Horns (54, 9:43:27) set a new W50 American record. Al Zeller (41, 7:38:29) was first master.

## WEST

• Dr. John W. Pagliano, who writes NMN's "Foot Beat" column, has been appointed Commissioner of Community Relations for the L.A. Marathon, announced Dr. William Burke, chief administrator of the event. Official podiatrist for Italy's Olympic t&f team and a competitive runner, Pagliano joins four other commissioners who oversee communications, medical services, social affairs, and security for the 4th annual race, scheduled for March 5.

• Mercedes-Benz of North America announced that it will pay \$300,000 to the man or woman who can win the L.A. and NYC Marathons in this calendar year. The bonus program also includes a masters \$25,000 bonus to the winner of the M40+ and W40+ division in both races. The auto manufacturer said it will also donate \$15,000 to the L.A. and NYC chapters of the Achilles TC, an organization for the handicapped athlete. Burke said he is planning to lift the entry ceiling of 18,000. The NYC Marathon had 22,000 runners in '88, and director Fred Lebow of the NYRR does not plan to increase that number.

## SOUTH WEST

• Charles Mersereau, M60, of Missouri, Essie Garrett, W40, of Colorado, and Jan Richards, W60, of Texas should be awarded records of some sort for braving heat, humidity, wind, rain, sun, and cold to finish the Dallas Ultra-Runners 48-Hour Track Race at SMU, November 25-27. Mersereau covered 142.9 miles; Garrett 170.0 miles; and Richards 127.5 miles. Twenty entrants finished, topped by Colorado's Scott Demaree with 205.1 miles. Richards followed up her performance with a PR 3:59:03 in the Dallas White Rock Marathon, December 4, in which Carlos Giron (M45, 2:34:37) and Ingrid Cofield (W40, 3:08:04) were first masters.

## CANADA

• Maurice Tarrant, 58, of Victoria set his seventh Canadian masters record in winning (1:16:46) his division in the Seattle Half-Marathon, November 26.

## Rankings Corrections:

John Battaglia was omitted from the M40 1987 100 rankings. His 11.5 in the Duke City Masters Games places him 16th. Bill Pardue, M55, was also left out of the 1987 100 rankings. With a 13.43 in the Hill Country Classic, he should be ranked 48th. Martyn Adamson's best time of 11.2 (11.15 actual watch time) in the Ken Carnine Classic places him first in the M45 rankings for '87.

## INTERNATIONAL

• Tony Murray, 41, of the Australian Central Territory ran a brilliant 4:13.03 mile in a meet in Canberra, November 19. Only Britain's Ron Bell has posted a faster time (4:12.58), which he did in the Masters Mile at the U.S. '88 National Championships in Florida. Murray was third with a 3:57.94 in a close contest in the VII World Games M40 1500, won by New Zealand's John Dixon (3:55.91).

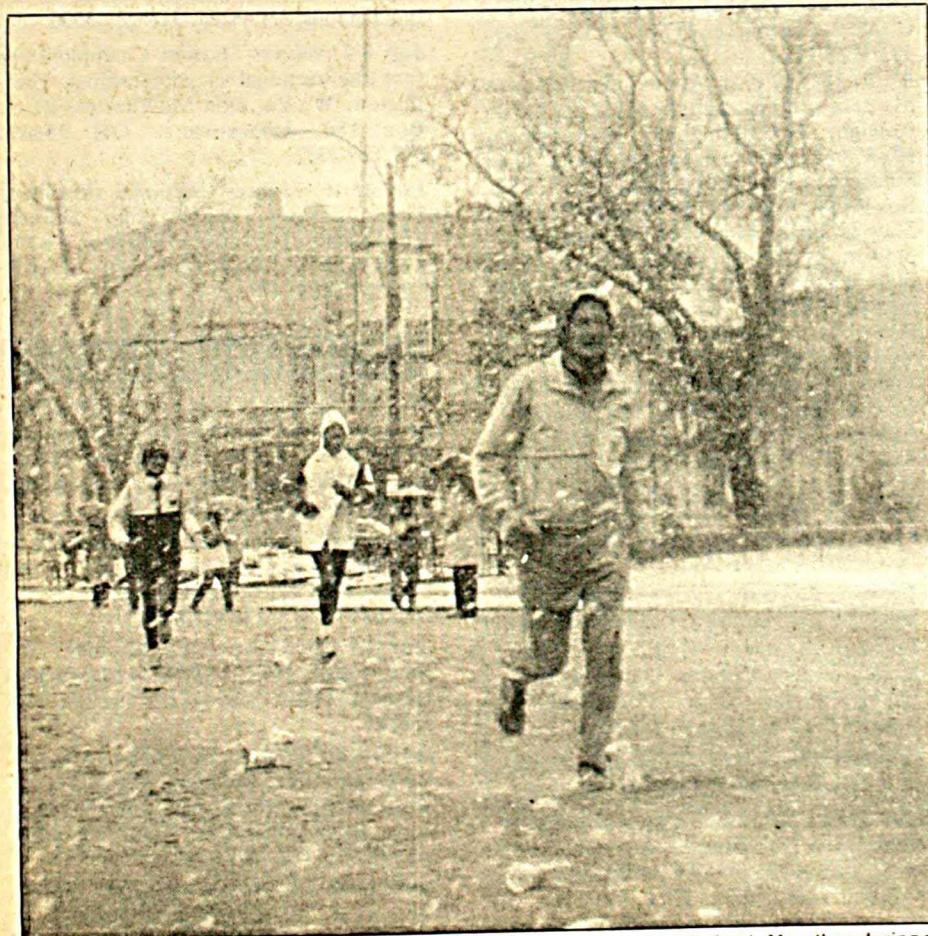
• Australian veterans from the state of Queensland celebrated the opening of a new track facility with an inaugural meet in Miami, Queensland, November 13. Among the entrants were a half-dozen world champions and record holders, including Daphne Pirie, W55, who ran the 100 in 14.8 and the 200 in 32.0, and Vic Turner, M75, who did the 100 in 16.2, the 200 in 32.0, and the 400 in 81.6.

• Racewalker Keith Law, 42, of Sydney strode to a double win in the Central Masters Games in Alice Springs, New South Wales, in October with victories in the track 3000 (14:58) and road 10K (53:50). □



Ricardo Arnaldo, 42, was the overall winner at the Thanksgiving Day 10-Miler in DeLand, FL. Arnaldo set a new masters record in the race (55:43), which served as the Florida Masters 10-Mile Championships.

Photo from John Boyle



Who says running is good for you? Runners compete in the November 20 St. Louis Marathon during a freak snow storm. Photo by Bill Matthews



# schedule

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



## TRACK & FIELD NATIONAL

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

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

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

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

### EAST

**February 3.** Millrose Games Masters Mile, Madison Square Garden, NYC. NYRRC, Box 881, FDR Station, New York, NY 10150-0881.

**February 4.** MAC Masters Indoor Cham-

pionships, Manhattan College, Riverdale, NYC. 9:30 a.m. MAC office: 212/595-9640. NYRRC: 212/860-4455.

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

**February 5, 19.** Greater Rochester TC Indoor All-Comers Meets, U. of Rochester Field House, Rochester, N.Y. Rick Guldo, 6 Timber Ln., Fairport, NY 14450. 716/425-3116.

**February 12, 26.** Philadelphia Masters Development Meets, Haverford College, Haverford, Pa. Peter Taylor, 3120 Schoolhouse Ln., (J-A9), Philadelphia, PA 19144.

**February 18.** Long Island Hall of Fame Indoor Meet, Friends Academy, Long Island, N.Y. Masters races start 9:00 a.m. L.I. Hall of Fame Meet, 5 Kerri Court, Huntington, NY 11746.

**February 26.** New Jersey Athletics Congress Masters and Submasters Indoor Championships, North Jersey Masters, P.O. Box 56, Ridgewood, NJ 07450.

**March 4.** Philadelphia Masters Indoor Invitational Meet, 5:00 p.m. Haverford College, Haverford, Pa. Pete Taylor, 3120 Schoolhouse Ln. (J-A9), Philadelphia, PA 19144.

**March 18.** Eastern Sectional (Regional) Indoor Championships, Brown U., Providence, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eves.), 401/273-5220 (days).

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

**April 28-29.** Penn Relays, Philadelphia. 28th — 4x100 relay (40-49), (50-59), (60+), Bert Lancaster, 1908 Paper Mill Rd., Oreland, PA 19075. 215/725-0909. 29th — 4x400 relay (40+): Timothy Baker, Carnival Director, U of Penn, Weightman Hall, Philadelphia, PA 19104-6322. 215/898-6154.

**June 4.** NJTAC Masters Championships, Trenton St. College, (site tentative). Sandy Kalb, 22 Addison Rd., Howell, NJ 07731.

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

**June 25.** Rhode Island Senior Olympics, Lincoln High Sports Complex, Lincoln, R.I. Dolores Bergeron, R.I. Elderly Affairs, 79 Washington St., Providence, RI 02903.

**July 16.** Eastern Sectional (Regional) Masters Championships, Trenton St. College (site tentative). Sandy Kalb, 22 Addison Rd., Howell, NJ 07731.

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

### SOUTHEAST

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

**March 11.** Nashville TC Open & Masters Indoor Meet, Tennessee St. U., Nashville. Running events only Randall Brady, 2709 Linmar Ave. #5, Nashville, TN 37215. 615/383-6733.

**March 18.** Gale Force Winds TC HS & Masters meet, Gulfport, Miss. Jim Rose, 601/864-3278.

**April 15.** Omega Sports Spring Masters Meet, Thomasville High School, Thomasville, N.C. All T&F and RW. SASE to CMAC, 3120 Libeth St. Charlotte, NC 28205. Jim Saxon, 704/536-6266(h).

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

**April 28-30.** 19th Annual Southeastern Masters International Meet, NCSU, Raleigh, N.C. Includes pentathlons, 5K/20K walks, 10K run. Veronica Dale Smith, c/o Raleigh Parks & Rec., P.O. Box 590, Raleigh, NC 27602. 919/755-6641.

**May 20-21.** Florida State Masters Championships, Delray Beach, Fla. Non-Floridians can compete for comparable medals. SASE to Bob Fine, 4223 Palm Forest Dr., Delray Beach, FL 33445. 407/499-3370.

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

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

### MIDWEST

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

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

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

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



Wally Ingram after his 55th consecutive first place in the M55-59 age division since turning 55 in August, 1987. Ingram took his 55th first at the Legg Lake Catfish Run 5K, S. El Monte, Calif., November 6 in 19:13.

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

**May 28.** Wolfpack Pentathlon & Ohio TAC One Hour Run, Upper Arlington HS, Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

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

**June 24.** Cleveland Track Classic, Wickliffe HS, Cleveland. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

**July 7-9.** White River Park State Games Finals, Indianapolis. Open to Indiana residents only. Jeff Coates, P.O. Box 2730, Indianapolis, IN 46225. 317/237-5000.

**July 8-9.** Masters Midwest Championships (not the sectional championships), Huntington, W. Va. Don McWhorter, Rt. 3, Box 180, Chesapeake, OH 45619. 619/867-3337.

**July 15-16.** Midwest Sectional (Regional) Championships, York High School, Elmhurst, Ill. Dick Green, 8059 Rosemeade, Rockford IL 61107. 815/397-5685.

### MID-AMERICA

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

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

**July 1.** All-Comers Early Morning "R" Meet, Fridley, Minn. SASE to Mrs. Rachel Lyga, 122-63 1/2 Way N.E., Fridley, MN 55432.

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

**September 2-3.** Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, 1167 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

Continued on page 27

# Sport=Arcade



## Masters Track & Field Classic

FOR ENTRY INFORMATION SEND SELF-ADDRESSED ENVELOPE TO:

L.A.P.O.C. 2301 HYPERION AVE SUITE P

LOS ANGELES CA 90027



Continued from page 26

**SOUTH WEST**

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

**June 3.** Southwestern Association Masters Championships, SMU, Dallas. Joe Murphy, 4704 W. Lovers Ln., Dallas, TX 75269. 214/357-5613.

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

**WEST**

**February 4, 11, 18, 25.** Los Gatos All-Comers, Los Gatos, Calif. Los Gatos HS, 12:00 noon. 354-5660.

**February 11.** Reno Indoor Meet, U. of Nevada — Reno. Masters events — 440y, mile, 4x200y relay. Jack Cook, U. of Nevada, Reno, NV 89557.

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

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

**March 5.** Palm Springs Senior Olympics, Palm Springs, Calif. 55+. Ben Green, c/o PS Sr. Cntr., 555 N. Palm Springs, CA 92262. 619/323-5689.

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

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

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

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

**June 3.** 10th annual Redlands Kiwanis Masters Meet, Redlands, Calif. 9:30 a.m. J.R. Hedrick, 139 Carmody St., Redlands, CA 92373. 714/792-2453.

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

**June 11.** Fifth Annual Runners' Pentathlon (3200, 800, 200, 400, & 1600). Age-Graded Scoring. SASE to Tom Bell, 5905 Concordia Rd. NE, Albuquerque, NM 87111. Days 505/844-6943, Eve. 505/821-2454.

**June 18.** SCA/TAC Masters Championships, Occidental College, Los Angeles. Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

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

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

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

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

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

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

**September 24.** Sri Chinmoy Seniors (50+) Meet, UC-Irvine, Calif. Sri Chinmoy Marathon Team, Bigalita Egger, 213/838-4746.

**NORTHWEST**

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

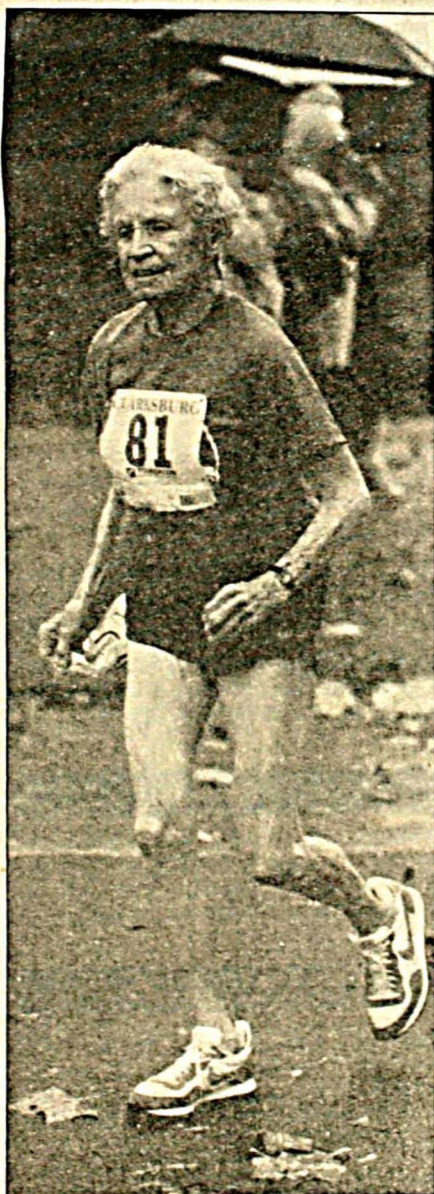
**June 3.** Senior Sports Festival, West Seattle Stadium, Seattle. 40+. Diana Hovland, 100 Dexter Ave, No., Seattle, WA 98109. 206/684-4951.

**June 16-17.** Federal Way Invitational, Memorial Field, Federal Way, Wash. Barb Tight, 33554 36th Ave. SW, Federal Way, WA 98023. 206/874-3226.

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

**June 30-July 1.** Northwest Sectional (Regional) Masters Championships, Mt. Hood Comm. College, Gresham, Oregon. T. Jean Peters, 510 SE 208th, Gresham, OR 97030. 503/667-1339.

**August 11-12.** 11th Montana Masters Championships, Montana St. U. track, Bozeman. Mike Carignan, P.O. Box 5132/MSU, Bozeman, MT 59717-5132. 406/587-8726.



Mavis Lindgren, 81, was the only 80-year-old woman brave enough for the rain and winds at the Foundation 30K, Clarksburg, Calif., November 13. Lindgren set a new W80 record with her time of 4:13:32.

Photo by Gene Cohn

**CANADA**

**March 11.** Ontario Masters Indoor Championships, York U, Toronto. March 1 deadline; no post-entries. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ont., M8W 2L9.

**INTERNATIONAL**

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

**March 26.** British Indoor Championships, Glasgow, Scotland. David Morrison, 12c Deeds St., Airdrie, Lanarkshire, Scotland.

**July 8-9.** British Championships, Reading, England.

**July 27-August 6.** VIII World Veterans Championships, Eugene, Oregon, USA. Men 40+, women 35+. No qualifying standards. World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Barbara Kousky; Tom Jordan: 503/687-1989.

**LONG DISTANCE RUNNING NATIONAL**

**April 9.** U.S. TAC National Masters 20K Championships, Medford, Oregon. Jerry Swartsley, P.O. Box 146, Medford, OR 97501. 503/664-6611.

**April 9.** U.S. TAC National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/424-7011.

**April 29.** U.S. TAC National Masters 5K Championships, Anchorage, Alaska. Roy Reisinger, 2630 Forest Pk. Dr., Anchorage, AK 99517. 907/786-1570.

**May 21.** U.S. TAC National Masters One-Mile Road Championships, Ridgewood, N.J. Arne Olsen, 286 S. Irving St., Ridgewood, NJ 07450. 201/444-7393.

**June 17.** U.S. TAC National Masters 15K Championships, St. Clairsville, Ohio. Pete League, P.O. Box 681, St. Clairsville, OH 43950. 614/942-2186.

**September 17.** U.S. TAC National Masters Half-Marathon Championships, Philadelphia, Pa. Mark Stewart, c/o Phil. Distance Run, P.O. Box 43111, Philadelphia, PA 19129. 215/636-4975; 735-6958(h).

**September 24.** U.S. TAC National Masters 10K Championships, Pittsburgh, Pa. William Phelps, 73 Elmore Rd., Pittsburgh, PA 15221. 412/647-3021.

**October 1.** U.S. TAC National Masters 25K Championships, New York. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554. 516/579-7466.

**October 8.** U.S. TAC National Masters Marathon Championships, St. Paul, Minn. Gary Iverson, 1200 Town Square, 445 Minnesota St., St. Paul, MN 55101. 612/291-1822.

**November 5.** U.S. TAC National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/424-7011.

**November 12.** U.S. TAC National Masters 30K Championships, Clarksburg, Calif. Skip Seebeck, P.O. Box 20, Clarksburg, CA 95612. 916/665-1712; 916/775-1318.

**November 19.** U.S. TAC National Masters 15K Cross-Country Championships, NYC. Joe Kleineram, 9 E. 89th St., New York, NY 10128. 212/860-4455.

**November 25.** U.S. TAC National Masters 10K Cross-Country Championships, San Francisco. John Mansoor, 800 Bonita Dr., Folsom, CA 95630. 916/933-4913.

**December 3.** U.S. TAC National Masters 8K Championships, Washington, D.C. Herb Chisholm, 1001 Rynex Dr., Alexandria, VA 22312. 703/354-3461.

**ON TAP FOR FEBRUARY****TRACK & FIELD**

The Masters Mile in the Millrose Games at Madison Square Garden on the 3rd opens the month's indoor season, predominantly an East Coast affair, highlighted by the MAC Championships at Manhattan College, NYC, on the 4th, and the NJAC Championships in Hackensack on the 26th. However, Westerners can experience an indoor ambiance in a meet in Reno, Nev., on the 11th.

Bakersfield, Calif., hosts an outdoor meet also on that day. The Orange City Games in Santa Ana on the 19th opens the season for Southern Californians.

**LONG DISTANCE RUNNING**

The Miami Orange Bowl and Las Vegas Marathons are set for the 4th. The Gasparilla 15K on the 11th should lure a strong masters field to Tampa, and Metropolitan N.Y. runners could have lots of fun at the Bagel Run 10K on the 12th. Two venerable races are scheduled for the last weekend — the Trail's End Marathon, Seaside, Oregon on the 25th, and the Colonial Half-Marathon, Williamsburg, Va., on the 26th. □

**EAST**

**February 12.** Bagel Run 10K, New York City. NYRR, P.O. Box 881, FDR Station, New York, NY 10150-0881. 212/896-4455.

**February 19.** Washington's Birthday Marathon, Greenbelt, Md. Ron Griswold, 1811 N. Highland St., Arlington, VA 22201. Larry Noel, 301/474-9462.

**March 5.** 12th Annual Bethesda Chase 20K, Bethesda, Md. Montgomery County Dept. of Rec., #6 Montgomery Village Ave., Gaithersburg, MD 20879. 301/983-5322.

**March 5.** Hyannis Marathon/Half-Marathon, Hyannis, Mass. Jack Glennon, P.O. Box 1678, Hyannis, MA 02601. 508/778-6950.

**March 19.** 12th Annual New Bedford/Bank of Boston Half-Marathon, New Bedford, Mass. Masters money. Susan Foster, 69 Forest St., New Bedford, MA 02740. 508/999-2699 (eve. only).

**April 2.** Nike Cherry Blossom 10 Mile, Washington, D.C. 5000 runners by lottery in December. Phil Stewart, Nike Cherry Blossom, P.O. Box 4594, Silver Spring, MD 20904. 703/979-4820.

**April 9.** Boston Milk Run 10K, Boston. 617/396-3001.

**April 17.** 93rd Annual BAA Boston Marathon, Boston. Masters prize money. SASE to: Boston Athletic Association, 17 Main St., Hopkinton, MA 01748.

**SOUTHEAST**

**February 4.** Orange Bowl Marathon, Miami. Gold Coast Running Assn., Tropical Park Stadium, 7920 S.W. 40th St., Miami, FL 33155. 205/227-1500.

**February 11.** Gasparilla Distance Classic 15K, Tampa, Fla. SASE to Gasparilla '89,

Continued on page 28



Continued from page 27

P.O. Box 1881, Tampa, FL. 33601-1881. 813/229-RUNN.

**February 11.** 13th Annual Carolina Marathon/10K/5K, Columbia, S.C. SASE to Carolina Marathon, P.O. Box 5092, Columbia, SC 29250.

**February 25.** Strawberry Classic 10K, Tampa, Fla. Strawberry Classic, P.O. Box 290372, Tampa, FL 33687-0372. Bill Hemmer 813/888-8020; Debbie Foster 813/888-8020.

**February 26.** Anheuser-Busch Colonial Half-Marathon, Williamsburg, Va. Rick Platt, Colonial Half-Marathon, P.O. Box 399, Williamsburg, VA 23187-0399. 804/229-7375.

**March 4.** River Run 15K, Jacksonville, Fla. Doug Alred, 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

**March 5.** Sarasota Herald Tribune 10K, Sarasota, Fla. Everett McDowell, 813/736-4551.

**March 10 (Friday).** Calle Ocho 8K, Miami, Fla. Masters money. Miami RC, 7920 SW 40th St., Miami, FL 33155. 305/227-1500.

**March 11.** 7th Annual Red Lobster 10K, Orlando, Fla. Masters money. Red Lobster, Track Shack, 1322 No. Mills Ave., Orlando, FL 32803. 407/898-1313.

**March 18.** Azalea Trail 10K, Mobile, Ala. SASE to ATR, P.O. Box 6427, Mobile, AL 36660. 205/473-RACE.

**March 18.** Shamrock 8K/Marathon, Virginia Beach, Va. Jerry Boccie, 2308 St., Virginia Beach, VA 23451. 804/481-5090 (eves. and weekends).

**April 1.** 12th Annual Winter Park 10K, Winter Park, Fla. Winter Park 10K, Track Shack, 1322 No. Mills Ave., Orlando, FL 32803. 407/898-1313.

**April 1.** Cooper River Bridge 10K, Charleston, S.C. CRBR, P.O. Box 543, Mt. Pleasant, SC 29464.

**April 1.** Atlanta Women's 10K, Atlanta, Ga. Atlanta TC, 3097 E. Shadowlawn, Atlanta, GA 30305.

**April 1.** Great River Road 10K, Baton Rouge, La. Linda Wunstel, State-Times/Morning Advocate, Box 588, Baton Rouge, LA 70821.

**April 8.** Myrtle Beach Classic 10K, Myrtle Beach, S.C. Dean Reinke Associates, 1210 Harding St., Winter Park, FL 32789. 407/647-2918.

### MIDWEST

**March 19.** Sy Mah Marathon, Toledo, Ohio. Janet Cole, 1748 Eileen Rd., Toledo, OH 43615. 419/536-7146.

**March 19.** 12th Annual Cincinnati Heart Mini-Marathon 15K, Cincinnati. American Heart Assn., 2936 Vernon Place, Cincinnati, OH 45219. 513/281-4048.

### SOUTH WEST

**February 4.** St. Mary's Mardi Gras 5K, Galveston, Texas. Linda McDonald, St. Mary's Hospital, 404 St. Mary's Blvd., Galveston, TX 77550. 409/766-4344.

**March 12.** Capitol 10,000, Austin, Texas. Capitol 10K, Austin-American Statesman, P.O. Box 670, Austin, TX 78767. 512/445-3596.

**March 18.** Bayou City 10K Run, Houston. Bayou City Run, 336 Litchfield, Houston, TX 77024. 713/465-5999.

**April 1.** Oklahoma Women's & Masters 8K,

## Coffman and Hutchison Win in Rocket City Marathon.

Continued from page 24

marathon, 243 (39%) ran a PR. The percentage of first time finishers was also outstanding. Of the 280 who were running a marathon for the first time, 252 (90%) finished.

The five masters who had run all eleven of the previous Rocket City

Marathon made it twelve in a row. The order of finish this year was Dean Godwin, 49, of Aiken, S.C.; James Foreman, 54, of Huntsville; Garry Elkins, 46, of Gadsden, Ala.; Charlie Cooper, 51, of Madison, Ala.; and Larry Boots, 47, of Birmingham, Ala. □

Tulsa. Women's/Masters Classics, P.O. Box 2008, Tulsa, OK 74101. 918/581-8306.

**April 1.** Azalea Trail 10K, Tyler, Texas. Masters money. Mother Frances Hospital, Community Affairs Dept., 800 E. Dawson, Tyler, TX 75701. 214/531-4220.

**April 9.** Redbud Classic 10K, Oklahoma City. Masters money. Coe London, P.O. Box 205, Oklahoma City, OK 73101. 405/272-7200.

### WEST

**February 4.** 23rd Las Vegas Marathon, Las Vegas, Nev. Al Boka, P.O. Box 81262, Las Vegas, NV 89180.

**February 4, 11, 12, 20.** Legg Lake Runs, S. El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/949-0394.

**February 11.** 7th Annual Masters Winter Runaround 2½ Mile/5 Mile, Albuquerque, N.M. SASE to Skip Dougherty, 2604 La Charles Dr. NE, Albuquerque, NM 87112. 505/898-0313 (days).

**February 12.** Jose Cuervo Mardi Gras 10K, San Diego. San Diego County Safety Council, 3320 Kemper St., Holder Bldg., Ste. 100, San Diego, CA 92110. Lynn Lacy, 619/236-0842.

**February 20.** Great Aloha 8.2 Mile Run, Honolulu. Great Aloha Run, c/o Island Holiday Tours, P.O. Box 8519, Honolulu, HI 96830-0519. 808/945-6000.

**March 5.** Los Angeles Marathon, Los Angeles. L.A. Marathon, P.O. Box 67750, Los Angeles, CA 90067. 213/879-1989.

**March 12.** Tom Sullivan St. Patrick's Day 10K Run/5K Walk, Torrance, Calif. Vistas, P.O. Box 7000-251, Redondo Beach, CA 90277. 714/548-4897.

**March 19.** 6th Annual Fifty-Plus 8K, Stanford U., Calif. 50+ Runners Assn., P.O. Box D, Stanford, CA 94309. 415/723-9790.

**April 2.** Carlsbad 5000, Carlsbad, Calif. Elite Racing, 2431 Morena Blvd., Ste. 2H, San Diego, CA 92110. 619/275-5440.

### NORTHWEST

**February 25.** Trail's End Marathon, Seaside, Oregon. Chamber of Comm., P.O. Box 7, Seaside, OR 97138. 800/444-6740; 503/738-6391 (Canada).

### INTERNATIONAL

**March 12.** 1989 British Veteran Cross-Country Championships, Sunderland, England. Richard Balding, 108 Main St., Rd., Newcastle upon Tyne NE2 1RD. 091-232-7157.

**April 23.** London Marathon, London, England. Marathon Tours, 108 Main St., Charlestown Dist., Boston, MA 02129. 617/242-7845.

**June 24-25.** European Veterans Championships (10K, Marathon, 20K/30K Walk), Brugge, Belgium. Jacques Serruys, Fit

Veteraan, Postbox 7, B-8000, Brugge 1, Belgium.

**July 27 - August 6.** VIII World Veterans Championships, Eugene, Oregon, USA. 10K on July 27; marathon on August 6. Men 40+, women 35+. World Veterans Championships, P.O. Box 10825, Eugene, OR 97440. 503/687-1989.

### RACE WALKING NATIONAL

**March 5.** U.S. TAC National 50K. Racewalk Championships, Atlanta, Ga. David Waddle, 2327 Redfield Dr., Norcross, GA 30071. 404/263-9625.

**March 31-April 2.** U.S. TAC National Masters Indoor Racewalk (3K), Columbus, Ohio. James Pearce, 2449 Southway Dr., Columbus, OH 43221. 614/481-8766 eves.

**April 30.** U.S. TAC National Masters 15K Racewalk Championships, Pomona, Calif. Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106. 818/577-2264.

**July 8.** U.S. TAC National Masters 10K Racewalk Championships, Niagara Falls, N.Y. David Lawrence, 90 Fairfield Ave., Buffalo, NY 14223. 716/833-4643.

**July 10.** U.S. TAC National Masters 40K Racewalk Championships, Union, N.J. Elliott Denman, 28 No. Locust Ave., W. Long Branch, NJ 07764. 201/222-9213.

**July 20-23.** U.S. TAC National Masters 5K/20K Racewalk Championships, San Diego, Calif. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.

### INTERNATIONAL

**February 19-26.** Racewalkers Training Camp, Cancun, Mexico. Organized by Viisha Sedlak, World and U.S. W35 champion. American Racewalk Association, P.O. Box 18323, Boulder, CO 80308-8323.



Pete Stopoulas, M50, long-jumped 19-5½ for first in his division at the Rocky Mountain Games, Boulder, September 3-4.

Photo by Harry Brown

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, FEB., 1989

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
PAT DIXON (BEND, OR)	2-15-19	70-74
DOROTHY DORION (JACKSONVILLE, FL)	2-19-34	55-59
VICKI FOLTZ (MONROE, WA)	2- 4-44	45-49
MARJ HANNICKEL (LOOMIS, CA)	2- 7-24	65-69
SUZANNE KNOTT (WOODSIDE, CA)	2-24-44	45-49
JOANNE MALLETT (ROCKVILLE, MD)	2-23-34	55-59
NANCY MIESZCAK (HOUSTON, TX)	2- 1-49	40-44
ETHELBERT PETERS (MA)	2-27-49	40-44
GRETCHEN SNYDER (BERKELEY, CA)	2- 8-34	55-59
DOROTHY STOTSENBERG (MALIBU, CA)	2- 4-14	75-79
MARGARET ANDERSON (NZ)	2- 1-29	60-64
GALINA BISTROVA (URS)	2- 8-34	55-59
ELIZABETH HASSAL (AUS)	2-23-44	45-49
ULLA JANSSON (SWE)	2- 3-24	65-69
LILLI KALMBACH (WG)	2-18-39	50-54
ERIKA ROST (WG)	2-15-44	45-49
ISABEL SAUMIER (CAN)	2- 7-14	75-79
ZSUZZANA SEREDI (HUN)	2- 4-34	55-59
LILLIAN THOMAS (AUS)	2-17-39	50-54
ROSE WESTERHOLT (WG)	2-20-39	50-54
ALVIS ANDREWS (CA)	2-10-34	55-59
PETE BEAMER (KAILUA, HI)	2-22-14	75-79
PHILIP BRADY (DENVER, CO)	2-10-34	55-59
MATT BROWN (EDISON, NJ)	2-25-34	55-59
HECTOR CISNEROS (AUSTIN, TX)	2-28-34	55-59
LEWIS COLLIER (NASHVILLE, TENN)	2- 2-24	65-69
PIERRE COLNARD (FRANCE)	2-18-29	60-64
PAUL HOBE (ALLIANCE, OHIO)	2- 4- 4	85-89
ERNST KORTE (WG)	2-13- 4	85-89
ALBERT LASCH (WG)	2- 6-14	75-79
GEORGE MATHE (S.AFR)	2-11-39	50-54
JAMES MCDONAGH (BRONX, NY)	2-14-24	65-69
RUSSELL MEYERS (PENSACOLA, FL)	2-25- 4	85-89
IRV MONDSCHIEIN (HAVERTOWN, PA)	2- 7-24	65-69
FRANK MURPHY (VAN NUYS, CALIF)	2- -14	75-79
HAROLD PARSONS (CAN)	2- 1-19	70-74
FRITZ PHILIPPS (WG)	2- 2- 9	80-84
NAT PISCIOITTA (WHITTIER, CA)	2-10- 4	85-89
GORDON PORTEOUS (GB)	2-20-14	75-79
TOM ROBERTS (AUSTRALIA)	2-24-34	55-59
JAMES ROUNTREE (US)	2- 7-39	50-54
NOBUYOSHI SADANAGA (JAPAN)	2- 7-29	60-64
KARL SCHRODER (WG)	2-27-39	50-54
HUGH SWEENEY (NEWARK, NJ)	2-13-44	45-49
GENE TIMBERLAKE (HOUSTON, TX)	2-17-44	45-49
WILSON WAIGWA (KEN)	2-15-49	40-44
KURT WERNER (WG)	2- 1-19	70-74
VIRGIL YEHNERT (AKRON, OHIO)	2-24-29	60-64



# U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Jerry Wojcik, T&F Rankings Chairman)



## High Hurdles — 1988

M30-49 110m; M50-69 100m  
M70+ 80m; W30-39 100m  
W40+ 80m

<b>M30-34</b>	
1 Rickey Williams	13.65
2 Audwin Mosby	14.40
3 Robbie Short	14.41
4 Mike Simmons	14.5
5 Albert Miller	14.56
6 Ellis Liddell	14.58
7 Tony Ciccone	14.6
8 Ken Repeta	14.9
9 David Goeta	15.2
10 Jim Weems	15.25
11 R Wells	15.26
12 Mark Williamson	15.3
12 Glen Conley	15.3
14 R Zahn	15.31
15 Joe Kraus	15.4
15 Mike Bailey	15.4d
17 Kevin Speaks	15.43
18 Ken Ellis	15.5d
18 W Smith	15.5
20 Ray Henry	15.82
21 Ken Satterfield	15.9
22 Jeff Watry	16.1d
23 Rod Atherton	16.13
24 Dave Hoover	16.2d
25 Bill Lawson	16.3d
26 Jeff Bilderbeck	16.8d
26 David Beshears	16.8d
28 Eugene Cacciatore	16.9
29 Mark Monti	17.0
30 Gary Nickash	17.38
31 A Hecker	17.4d
32 Gary Zasmovich	17.43
33 T Tiernon	17.5d
34 Bill Keller	18.3d
35 James Cole	18.6
36 Jeff Clingan	19.2d
36 Mike McGinnis	19.2d
38 Roberto Vives	20.3
39 John Arbogast	21.6d
40 Don Bell	22.2d
<b>M35-39</b>	
1 Colin Williams	14.24
2 Ed Eberhart	14.25
3 Nate Robinson	14.40
4 John Green	15.1
5 Delario Robinson	15.22
6 Stan Druckrey	15.24
7 David Saleem	15.3
8 Richard Finnie	15.56
9 Mark Salzman	15.7d
10 Horace Hudson	15.80
11 Richard Katus	16.1
12 John Hall	16.17
13 Ed Baskauskas	16.2
14 Marv Thompson	16.5
15 John Long	16.62
16 Paul Katauskas	16.63
17 Gary Sarrell	16.7d
18 G Schmidt	16.8
18 Robert Buhl	16.8
20 Eric Brown	16.99
21 John Hall	17.25
22 Bob Green	17.48
23 Russell Acea	17.5
24 Ivan Black	18.0
25 Paul Garron	19.64
26 Bob Myers	19.65
27 Rich Christoph	19.8d
28 Mike Davis	19.9d
29 Charles Strode	20.0d
30 R Watson	20.13
<b>M40-44</b>	
1 Stan Druckrey	14.66
2 Ken Brinker	14.99
3 Scott Tyler	15.4
4 P Murphy	15.44
5 Mike Kelly	15.68
6 Fred Johnston	15.8
7 Sheridan Groves	15.83
8 Cornelius McCormick	16.1
9 Rex Harvey	16.5d
10 M Thompson	16.63
11 James Hollister	16.7
12 Pat Walker	17.0
13 R Well	17.09
14 Reg Sharley	17.14
15 Ross Jensen	17.2
16 John Johnston	17.4d
16 Bill Busby	17.4d
18 Johnie Meisner	17.55
19 Ralph Scola	18.3
20 Mike Milove	18.5
21 Walt Davis Jr	19.61
22 Tom Rauscher	19.8d
23 Johnson Ewing	20.1d
23 Dennis Stempel	20.1d
23 Jim Rose	20.1d
26 Charles Varnet	20.2
27 Bill Sevilla	20.33
28 Ron Barker	21.0
29 Mike Holzgang	21.58
30 Jan Decker	21.8d
31 Scott Somers	21.9d
32 A Lockwood	22.0
33 George Cliette	22.8d

## M45-49

1 Theo Viltz	14.87
2 Walt Butler	15.5
3 Larry Sallinger	16.05
4 S Tyler	16.51
5 Tom Cronan	17.1d
5 Steve Rogers	17.1
7 George LaBelle	17.4
8 D Ellis	17.5
9 Henry Hopkins	17.9d
10 James Cawley	18.2d
11 Jeff Loubet	18.41
12 Brian Arnsperger	18.70
13 Rich Kay	18.9
14 Eugene Zastwamy	19.2
15 Mike Valle	20.4d
16 Dan Ayers	20.9d
17 John O'Neil	22.0
18 John James	24.2d
19 Eugene Kaye	24.6

## M50-54

1 Chuck Miller	13.80
2 Alvin Henry	14.54
3 R D Lance	14.67
4 Gary Miller	15.4d
4 Ed Oleata	15.4d
6 R Hickman	15.49
7 Leon Trout	16.5
8 Jack Gilmore	16.8d
9 J Head	17.15
10 Jerry Stanners	17.17
11 Hector Cisneros	17.8d
12 Jim Peterson	18.1
13 Don Worrall	18.35
14 Woody Grover	18.7d
15 S Richmond	18.76
16 John Carr	19.11
17 Robert Smith	19.2
18 James Bradley	19.4
19 Ray Boyd	19.7
20 Hal Mayhew	20.0
21 Harold Herrington	20.68
22 Bob Hansen	20.9
23 J Mayer	21.70
24 Chuck Coutts	22.3
25 Marvin Stewart	22.94
26 Richard Mickelson	23.1
27 Larry Hamblen	23.18
28 Ritch White	23.4
29 George Taylor	23.9
30 Ray Fitzhugh	24.17
31 John Cosgrove	24.2
32 Don Kasprzak	27.6

## M55-59

1 Phil Mulkey	14.58
2 Dave Jackson	14.66
3 Larry Pratt	15.67
4 Joe Murphy	16.01
5 D McFetters	17.19
6 Alan Maxwell	18.2
7 Dave Douglass	18.30
8 Loren Swanson	19.46
9 Dick Richardson	19.7
10 Darrold Skartvudt	20.67
11 Ted Swanson	21.1
12 Richard Hauge	22.24
13 John Cosgrove	23.76
14 George Taylor	25.1d

## M60-64

1 Jack Greenwood	15.39
2 Buck Bradbury	15.60
3 Denver Smith	16.6
4 Bob Higginbotham	17.6
5 Bill Townsend	17.98
6 Richard Nordquist	18.32
7 Manny Herscher	19.0
8 Fred Hirsimaki	19.3
9 --- Walsh	20.1
9 Ted Ensslin	20.1d
11 Buyral Madan	21.03
12 Bob Richards	21.7
13 Bill Downey	21.72
14 Jock Joooy	21.89
15 Don Grey	23.0d
16 Loren Noyes	24.9

## M65-69

1 Bob Hunt	17.66
2 Burl Gist	17.95
3 Ed Lukens	18.5
4 Andrew Thompson	19.2
5 Roy Womack	19.63
6 Walker Pierson	19.87
7 George Simon	20.5
8 Frank Bowles	20.84
9 Mel Buschman	21.06
10 Bill Carmen	21.3
11 Tom Kennell	21.74
12 Richard Cavicchi	21.75
13 A U Ricciardi	21.78
14 Bob Morcom	22.8d

## M70-74

1 Al Guidet	14.19
2 Herb Miller	14.55
3 Dan Bulkley	15.16
4 Chia-Tsung Pao	17.4
5 Wilbur Ott	19.03
6 Ham Morningstar	21.5d
7 Don Hull	21.86

## M75-79

1 Bert Morrow	16.28
2 Claude Hills	16.81
3 David Marcus	19.66
4 Harry Yu	20.3

## M80-84

1 Pam Page	13.34
2 Lorna Boothe	13.92
3 Robin Hutton	16.25
4 Donna Smith	20.00

## M85-89

none ranked

## M90-94

1 Phil Raschker	12.04
2 A Steekelenburg	13.7
3 Kathy Pierce	16.3
4 Cassandra Clark	100m19.4

## M95-99

1 Barbara Stewart	17.1
2 Ann Carter	18.03

## M100-104

1 Christel Miller	14.9h
2 Rachel Lyga	17.07

## M105-109

none ranked

## M110-114

1 Pat Peterson	19.7
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## Pole Vault — 1988

### M30-34

1 Steve Hardison	15-6
B Halverson	15-6
3 Pete McGinnis	15-4
4 Rich Baggett	15-3
5 M Hogan	15-0
Rick Rogers	15-0
Wilson Soohoo	15-0
8 Ken Ellis	14-8½
9 Tim Werner	14-6
Jim Fountain	14-6
11 Don Severn	14-0
Charles Barnard	14-0
Mike McGinnis	14-0
14 Dave Beshears	13-11½d
15 Bill Lawson	13-5½d
16 Albert Miller	13-0
Al Sandoval	13-0
Keith Petranek	13-0
Coy Akers	13-0
20 Jim Fazio	12-9
21 Jerry Ott	12-6
Ted Pollette	12-6
Rick Suiter	12-6
Kevin Hill	12-6
25 Mike Bailey	12-5½d
Ted Tiernan	12-5½d
27 G Echols	12-0
Eugene Cacciatore	12-0
Jeff Bilderbeck	12-0d
30 Brian Haley	11-11 3/4
31 Lee Webb	11-6½d
32 Bill Keller	11-6½d
33 Scott Hall	11-0
Bill Wood	11-0
Kirk Dickie	11-0
Steve Ray	11-0
37 Jeff Watry	10-10d
38 J Deansell	10-6
Brad Hall	10-6
Mike Sayers	10-6
41 Dave Johnson	10-0
Greg Dyess	10-0
Don Brax	10-0
Dennis Deshaw	10-0
45 Bill Langdor	9-6
46 John Arbogast	9-5½
47 Bob Olson	8-6
48 Dave Smith	8-6

### M35-39

1 Tom Wilson	15-6
2 Bob Pullard	15-5 3/4
3 Charles Strode	15-3
4 Dave Hardison	15-0
5 Rich Christoph	14-6
6 Jerry Rock	14-0
Don Knott	14-0
Stu Jones	14-0
9 Ken Roblee	13-8
10 Mike Monahan	13-6
Greg Hull	13-6
12 Sam Prentice	13-0
John Hoogoshian	13-0
Paul Katauskas	13-0
15 Mike Salzman	12-11½d
16 Mike Caskey	12-6
Bert Serrano	12-6
Johnny Dye	12-6
19 S Morris	12-0
Bob Green	12-0
Nathan Taylor	12-0
22 Gary Sarrell	11-5 3/4
23 Jim Trott	11-0
24 James Cawley	10-6½

### M40-44

1 David Baumsteiger	10-6
14 Bill Bubanks	10-0
15 Richard Ayers	9-8d
16 Arnold Harting	9-6½
17 Thomas Cronan	9-6d
18 Gary Isham	9-0
19 Dave Schussler	8-2
20 Dave Dreifuerst	8-0
1 Gary Miller	12-11 3/4
2 Tom Woodring	12-6
3 Henry Davenport	11-0
Ed Oleata	11-0
Gerard Dumas	11-0
Hector Cisneros	11-0
7 Jerry Stanners	10-6 3/4
8 Bob Hansen	10-6
9 Dave Clark	10-0
Don Worrall	10-0
11 Jack Gilmore	9-6½d
12 Dave Martin	9-6
L Sims	9-6
George Jagaman	9-6
Ray Fitzhugh	9-6
16 Hal Smith	9-0
Jim Hayslett	9-0
Bob Kemp	8-6
Woody Grover	8-6d
Frank Brown	8-6
21 Harold Herrington	8-0
Jim Peterson	8-0

### M45-49

1 Phil Mulkey	13-0
2 Jerry Donley	12-6
3 Miguel Rivera	10-6
4 Dave Douglass	9-6
5 Jerry Reiserer	9-0
6 Chad Bolender	8-6
Bob Kemp	8-6
8 Wendell Palmer	8-0
Walter Diggs	8-0
B Ackerman	8-0
11 George Taylor	7-5 3/4

### M50-54

1 Bob Richards	10-0
Don Grosh	10-0
3 Denver Smith	9-6d
4 Rich Nordquist	9-½
5 Fred Hirsimaki	9-0
6 Ten Ensslin	8-11d
7 Jack Doolay	8-6
8 Jim Cordial	8-2
9 Jock Joooy	8-0
Hal Wallace	8-0
Don Grey	8-0
12 Bob Harwick	7-6
13 Kurt Hering	7-5 3/4
14 Bill O'Brien	7-0

## M55-59

25 Jim Gayda	10-0
Breton Asbill	10-0
R Watson	10-0
G Hewes Jr	10-0
30 Gordon Robertson	9-0
31 Ron Salvio	8-10

## M60-64

1 Rex Harvey	14-1½d
2 Tom Rauscher	14-½
3 Mike Mikos	14-0
4 Bruce Hotalong	13-8
5 Bob Neutzing	13-6
Warren Wilke	13-6
7 Mike Morris	13-5 3/4
8 M Kilpelainen	13-5½
9 Bill Busby	13-1½
10 Charlie Polhamus	13-0
Bob Weisner	13-0

## M65-69

12 Richard Ying	12-3/4
13 Dennis Stempel	12-0d
Elmer Brewer	12-0
Joe Tighe	12-0
R Werne	12-0
Richard Stepp	12-0
Rick Nelson	12-0
Joe Miyoshi	12-0
20 Tom Sills	11-6
Bob Bly	11-6

## M70-74

22 Jan Decker	11-0
Jim Evanson	11-0
J Rose	11-0
25 Merle Norberg	10-6
Bill Willis	10-6
Ralph Fusco	10-6
R Taft	10-6
29 Johnston Ewing	10-2d
30 Scott Somers	9-10d

## M75-79

1 Carol Johnston	9-3
2 Bob Hummel	7-2½
3 Claude Hills	6-6 3/4
4 Bob Boal	6-6½
5 Jack Angelman	6-6

## M80-84

1 Bob MacConnaghy	6-6
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## M85-89

1 Arling Pitcher	5-8
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## M90-94

1 Phil Raschker	8-½
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## M95-99

1 Rachel Lyga	5-10
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## M100-104

Bob Morcom	10-4
Dave Brown	9-6
Jim Johnson	9-0
Al Ralph Biesemeyer	8-6
Willis Johnston	8-6
Chet Henninger	8-0
U Ricciardi	8-0
Les Hintz	7-6
Dick Bennett	7-3
Park Bingham	7-1
L. Rostovich	7-0



# MASTERS AGE-GRADED TABLES

TRACK AGE FACTORS - 1989

	100	200	400	800	1500	MILE	3000	5000
OC	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
M30	.9850	.9839	.9829	.9850	.9894	.9900	.9950	1.0000
M35	.9645	.9577	.9509	.9575	.9619	.9625	.9691	.9724
M40	.9435	.9307	.9179	.9285	.9327	.9333	.9397	.9430
M45	.9217	.9028	.8839	.8985	.9026	.9031	.9093	.9125
M50	.8987	.8738	.8489	.8670	.8709	.8714	.8774	.8804
M55	.8740	.8434	.8128	.8312	.8350	.8355	.8412	.8441
M60	.8470	.8113	.7756	.7915	.7951	.7956	.8011	.8038
M65	.8170	.7771	.7372	.7505	.7539	.7544	.7596	.7622
M70	.7832	.7403	.6975	.7083	.7115	.7119	.7168	.7192
M75	.7449	.7006	.6564	.6655	.6684	.6688	.6734	.6757
M80	.7015	.6576	.6138	.6222	.6250	.6254	.6297	.6318
M85	.6525	.6110	.5696	.5785	.5811	.5814	.5854	.5874
M90	.5975	.5611	.5247	.5345	.5369	.5372	.5409	.5427
WOC	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
W30	.9835	.9823	.9812	.9835	.9883	.9890	.9945	1.0000
W35	.9610	.9535	.9460	.9532	.9581	.9587	.9660	.9696
W40	.9379	.9238	.9097	.9213	.9260	.9266	.9337	.9373
W45	.9139	.8931	.8723	.8883	.8929	.8934	.9002	.9037
W50	.8889	.8612	.8338	.8537	.8580	.8585	.8651	.8684
W55	.8614	.8277	.7941	.8143	.8185	.8190	.8253	.8285
W60	.8317	.7924	.7532	.7706	.7746	.7752	.7812	.7842
W65	.7987	.7548	.7109	.7255	.7293	.7298	.7355	.7384
W70	.7615	.7143	.6672	.6791	.6826	.6831	.6885	.6911
W75	.7194	.6707	.6220	.6320	.6352	.6357	.6407	.6433
W80	.6717	.6234	.5752	.5844	.5875	.5879	.5927	.5950
W85	.6177	.5721	.5260	.5363	.5392	.5395	.5439	.5461
W90	.5572	.5172	.4772	.4879	.4906	.4909	.4950	.4970

FIELD EVENT AGE-FACTORS - 1989

				SHOT DISCUS HAMMER JAVELIN			
				16#	2kg	16#	800g
OC	HJ	PV	LJ	TJ	OC	16#	1.00
M30	1.021	1.025	1.021	1.022	M30	1.012	1.06
M35	1.066	1.075	1.072	1.074	M35	1.066	1.13
M40	1.116	1.135	1.132	1.135	M40	1.125	1.20
M45	1.172	1.205	1.201	1.205	M45	1.190	1.27
M50	1.235	1.285	1.279	1.285	M50	1.145	1.37
M55	1.305	1.375	1.367	1.376	M55	1.220	1.54
M60	1.382	1.475	1.465	1.476	M60	1.235	1.52
M65	1.466	1.585	1.574	1.588	M65	1.360	1.67
M70	1.557	1.710	1.694	1.712	M70	1.370	1.85
M75	1.655	1.855	1.826	1.849	M75	1.550	2.08
M80	1.760	2.025	1.970	1.999	M80	1.770	2.36
M85	1.872	2.225	2.147	2.184	M85	2.050	2.69
M90	1.991	2.460	2.318	2.363	M90	2.390	3.10
				4kg	1kg	4kg	600g
WOC	1.000	1.000	1.000	1.000	WOC	1.000	1.000
W30	1.026	1.031	1.023	1.024	W30	1.040	1.090
W35	1.082	1.094	1.079	1.081	W35	1.080	1.200
W40	1.145	1.169	1.145	1.148	W40	1.165	1.320
W45	1.215	1.256	1.221	1.225	W45	1.270	1.465
W50	1.295	1.356	1.307	1.313	W50	1.230	1.500
W55	1.381	1.469	1.404	1.414	W55	1.360	1.670
W60	1.477	1.594	1.511	1.523	W60	1.510	1.870
W65	1.582	1.731	1.631	1.647	W65	1.680	2.100
W70	1.696	1.887	1.763	1.783	W70	1.870	2.360
W75	1.819	2.069	1.909	1.934	W75	2.080	2.650
W80	1.950	2.281	2.067	2.099	W80	2.310	2.970
W85	2.090	2.531	2.262	2.302	W85	2.660	3.320
W90	2.239	2.825	2.450	2.500	W90	2.930	3.800

LONG DISTANCE RUNNING  
AGE FACTORS - 1989

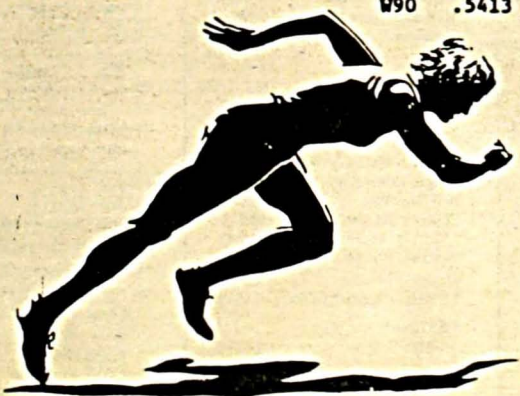
	5K-25K	30K	MARATHON
OC	1.0000	1.0000	1.0000
M35	.9724	.9742	.9859
M40	.9430	.9446	.9560
M45	.9125	.9141	.9251
M50	.8804	.8820	.8926
M55	.8441	.8456	.8558
M60	.8038	.8053	.8150
M65	.7622	.7636	.7728
M70	.7192	.7205	.7292
M75	.6757	.6769	.6851
M80	.6318	.6330	.6406
M85	.5874	.5885	.5955
M90	.5427	.5437	.5503
WOC	1.0000	1.0000	1.0000
W35	.9696	.9716	.9845
W40	.9373	.9391	.9516
W45	.9037	.9055	.9176
W50	.8684	.8702	.8819
W55	.8285	.8302	.8414
W60	.7842	.7858	.7965
W65	.7384	.7400	.7501
W70	.6911	.6925	.7021
W75	.6433	.6446	.6536
W80	.5950	.5963	.6047
W85	.5461	.5473	.5550
W90	.4970	.4981	.5053

RACE WALKING  
AGE FACTORS - 1989

	1500- 2-MILE	5K-8K	10K-50K
OC	1.0000	1.0000	1.0000
M30	.9958	.9979	1.0000
M35	.9681	.9735	.9789
M40	.9440	.9492	.9545
M45	.9177	.9228	.9279
M50	.8892	.8941	.8991
M55	.8585	.8633	.8681
M60	.8257	.8303	.8349
M65	.7908	.7951	.7995
M70	.7535	.7577	.7619
M75	.7142	.7181	.7221
M80	.6726	.6763	.6801
M85	.6289	.6324	.6359
M90	.5830	.5862	.5895
WOC	1.0000	1.0000	1.0000
W30	.9954	.9977	1.0000
W35	.9649	.9708	.9768
W40	.9384	.9442	.9500
W45	.9095	.9151	.9207
W50	.8781	.8835	.8890
W55	.8443	.8496	.8549
W60	.8083	.8133	.8184
W65	.7699	.7747	.7795
W70	.7288	.7334	.7381
W75	.6856	.6899	.6943
W80	.6399	.6440	.6481
W85	.5918	.5956	.5995
W90	.5413	.5449	.5485

HURDLES AND STEEPLECHASE AGE FACTORS - 1989

	110H	100H	80H	400H	300H	3000SC	2000SC
OC	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
M30	.9923	.9911	.9812	1.374	.9841		
M35	.9714	.9714	.9464	1.326	.9577		
M40	.9401	.9401	.9098	1.275	.9256		
M45	.9002	.9002	.8696	1.219	.8863		
M50	.8681	.8681	.8442	1.184	.8406		
M55	.8159	.8159	.8025	1.127	.7911		
M60	.7832	.7832	.7684	1.082		1.1441	
M65	.7355	.7355	.7169	1.012		1.0590	
M70	.7042	.7042	.6580	.9324		.9739	
M75		.9267	.6066	.8647		.8914	
M80		.8675	.5555	.7988		.8126	
M85		.8072	.5038	.7334			
M90		.7517	.4505	.6672			
WOC	1.0000	1.0000	1.0000	1.402		1.0000	
W30	.9792	.9792	.9738	1.373		.9939	
W35	.9496	.9496	.9358	1.318		.9471	
W40	.9169	.9169	.8957	1.258		.8926	
W45	.8725	.8725	.8517	1.204		.8386	
W50		1.057		1.133		.7860	
W55		1.011		1.069		.7333	
W60		.960		1.003		.6817	
W65		.907		.936		.6320	
W70		.851		.867		.5841	
W75		.791		.797		.5369	
W80		.728		.726			
W85		.661		.653			
W90		.591		.578			



Please see page 8 for instructions on how to use these tables



# MASTERS AGE-GRADED TABLES

TRACK STANDARDS - 1989

AGE DIV.	100	200	400	800	1500	MILE	3000	5000	AGE DIV.
OC	9.85	19.62	43.29	1:41.73	3:29.46	3:46.09	7:32.0	12:57	OC
M30	10.00	19.94	44.04	1:43.28	3:31.70	3:48.37	7:34.3	12:57	M30
M35	10.21	20.49	45.53	1:46.24	3:37.76	3:54.90	7:46.4	13:19	M35
M40	10.44	21.08	47.16	1:49.56	3:44.57	4:02.24	8:01.0	13:44	M40
M45	10.69	21.73	48.98	1:53.22	3:52.06	4:10.35	8:17.1	14:12	M45
M50	10.96	22.45	51.00	1:57.34	4:00.51	4:19.46	8:35.2	14:43	M50
M55	11.27	23.26	53.26	2:02.39	4:10.85	4:30.60	8:57.3	15:21	M55
M60	11.63	24.18	55.81	2:08.53	4:23.44	4:44.18	9:24.2	16:07	M60
M65	12.06	25.24	58.72	2:15.55	4:37.84	4:59.70	9:55.1	16:59	M65
M70	12.58	26.50	62.06	2:23.63	4:54.39	5:17.59	10:30.6	18:00	M70
M75	13.22	28.00	65.95	2:32.86	5:13.38	5:38.05	11:11.2	19:10	M75
M80	14.04	29.84	70.53	2:43.50	5:35.14	6:01.51	11:57.8	20:30	M80
M85	15.10	32.11	76.00	2:55.85	6:00.45	6:28.87	12:52.1	22:02	M85
M90	16.49	34.97	82.50	3:10.33	6:30.13	7:00.87	13:55.6	24:32	M90
WOC	10.78	21.58	47.83	1:52.92	3:52.50	4:10.96	8:21.7	14:22	WOC
W30	10.96	21.97	48.75	1:54.81	3:55.25	4:13.75	8:24.5	14:22	W30
W35	11.22	22.63	50.56	1:58.46	4:02.67	4:21.77	8:39.4	14:49	W35
W40	11.49	23.36	52.58	2:02.57	4:11.08	4:30.84	8:57.3	15:20	W40
W45	11.80	24.16	54.83	2:07.12	4:20.39	4:40.90	9:17.3	15:54	W45
W50	12.13	25.06	57.36	2:12.27	4:30.98	4:52.32	9:39.9	16:33	W50
W55	12.51	26.07	60.23	2:18.67	4:44.06	5:06.42	10:07.9	17:20	W55
W60	12.96	27.23	63.50	2:26.53	5:00.15	5:23.73	10:42.2	18:19	W60
W65	13.50	28.59	67.28	2:35.64	5:18.80	5:43.88	11:22.1	19:27	W65
W70	14.16	30.21	71.69	2:46.28	5:40.61	6:07.38	12:08.7	20:47	W70
W75	14.98	32.18	76.90	2:58.67	6:06.03	6:34.78	13:03.0	22:20	W75
W80	16.05	34.62	83.15	3:13.22	6:35.74	7:06.88	14:06.5	24:49	W80
W85	17.45	37.72	90.83	3:30.55	7:11.19	7:45.17	15:22.4	26:18	W85
W90	19.35	41.72	100.23	3:51.44	7:53.91	8:31.22	16:53.5	28:54	W90

HURDLES AND STEEPLECHASE STANDARDS - 1989

AGE DIV.	110H	100H	80H	400H	300H	3000SC	2000SC	AGE DIV.
OC	1.067m/42"			.914m/36"		8:05.0		OC
M30	.991m/39"			.914m/36"		8:12.8		M30
M35						8:26.4		M35
M40						8:44.0		M40
M45						9:07.2		M45
M50	.914m/36"			.840m/33"		9:37.0		M50
M55						10:13.1		M55
M60	.840m/33"			.762m/30"			7:03.9	M60
M65							7:38.0	M65
M70	.762m/30"			.762m/30"			8:18.0	M70
M75							9:04.1	M75
M80							9:56.8	M80
M85								M85
M90								M90
WOC		100H	80H	400H	300H		2000SC	
W30		.840m/33"		.762m/30"			6:00.0	WOC
W35							6:02.2	W30
W40							6:20.1	W35
W45								
W50							6:43.3	W40
W55							7:09.3	W45
W60							7:38.0	W50
W65							8:10.9	W55
W70							8:48.1	W60
W75							9:29.6	W65
W80							10:16.3	W70
W85							11:10.6	W75
W90								

Please see page 8 for instructions on how to use these tables.

FIELD EVENT STANDARDS - 1989

AGE DIV.	HJ	PV	LJ	TJ	AGE DIV.	SHOT	DISCUS	HAMMER	JAVELIN
OC	2.42	6.03	8.79	17.97	OC	16#	2kg	16#	800g
M30	2.37	5.88	8.61	17.58	M30	20.40	69.50	76.85	90.42
M35	2.27	5.61	8.20	16.73	M35	20.16	69.43	75.94	85.30
M40	2.17	5.31	7.76	15.83	M40	19.14	65.94	72.09	80.02
M45	2.06	5.00	7.32	14.91	M45	18.13	62.61	68.31	75.35
M50	1.96	4.69	6.87	13.98	M50	17.14	58.90	64.58	71.20
M55	1.85	4.39	6.43	13.06	M55	17.82	61.78	64.58	66.00
M60	1.75	4.09	6.00	12.17	M60	16.72	57.92	60.51	58.71
M65	1.65	3.80	5.58	11.32	M65	15.00	56.50	54.50	54.14
M70	1.55	3.53	5.19	10.50	M70	14.89	50.73	54.12	48.88
M75	1.46	3.25	4.81	9.72	M75	13.16	44.84	47.15	43.47
M80	1.37	2.98	4.46	8.99	M80	11.53	39.49	40.03	38.31
M85	1.29	2.71	4.09	8.23	M85	9.95	34.41	33.56	33.61
M90	1.22	2.45	3.79	7.60	M90	8.54	29.70	27.54	29.17
WOC	2.09	3.63	7.45	14.90	WOC	4kg	1kg	4kg	600g
W30	2.04	3.52	7.28	14.55	W30	19.58	66.00	60.00	66.12
W35	1.93	3.32	6.90	13.78	W35	18.83	65.93	57.69	60.66
W40	1.83	3.11	6.51	12.98	W40	18.13	61.97	55.56	55.10
W45	1.72	2.89	6.10	12.16	W45	16.81	58.30	51.50	50.09
W50	1.61	2.68	5.70	11.35	W50	15.42	54.55	47.24	45.13
W55	1.51	2.47	5.31	10.54	W55	15.92	50.38	47.24	44.08
W60	1.42	2.35	4.93	9.78	W60	14.40	46.15	42.55	39.59
W65	1.32	2.10	4.57	9.05	W65	12.97	42.04	38.22	35.36
W70	1.23	1.92	4.23	8.36	W70	11.65	38.15	34.29	31.49
W75	1.15	1.75	3.90	7.70	W75	10.47	34.55	30.61	28.02
W80	1.07	1.59	3.60	7.10	W80	9.41	31.28	27.40	24.95
W85	1.00	1.43	3.29	6.47	W85	8.48	28.33	24.59	22.26
W90	.93	1.28	3.04	5.96	W90	7.36	25.68	21.35	19.92
						6.68	23.32	19.35	17.40

Continued on next page

## NOW AVAILABLE Masters Age-Records 1988

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- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1988.
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# MASTERS AGE-GRADED TABLES

Continued from previous page

## RACE WALKING STANDARDS - 1989

AGE DIV.	1500	MILE	3000	2-MI	5000	8K	10K	15K	20K	30K	40K	50K	AGE DIV.
OC	5:19.0	5:44.0	11:08	12:00	18:51	30:36	38:30	58:00	1:18:40	2:00:00	2:43:00	3:38:00	OC
M30	5:20.3	5:45.5	11:11	12:03	18:53	30:40							M35
M35	5:29.5	5:55.3	11:30	12:24	19:22	31:26	39:20	59:15	1:20:22	2:02:35	2:46:31	3:42:42	M35
M40	5:37.9	6:04.4	11:49	12:43	19:52	32:14	40:20	1:00:46	1:22:25	2:05:43	2:50:46	3:48:24	M40
M45	5:47.6	6:14.9	12:08	13:05	20:26	33:10	41:29	1:02:30	1:24:47	2:09:19	2:55:40	3:54:56	M45
M50	5:58.7	6:26.9	12:31	13:30	21:05	34:13	42:50	1:04:30	1:27:30	2:13:28	3:01:18	4:02:46	M50
M55	6:11.6	6:40.7	12:58	13:59	21:50	35:27	44:21	1:06:49	1:30:37	2:18:14	3:07:46	4:11:07	M55
M60	6:26.3	6:56.6	13:29	14:32	22:42	36:51	46:07	1:09:28	1:34:13	2:23:44	3:15:14	4:21:07	M60
M65	6:43.4	7:15.0	14:04	15:10	23:42	38:29	48:09	1:12:33	1:38:24	2:30:56	3:23:53	4:32:40	M65
M70	7:03.4	7:36.5	14:47	15:56	24:53	40:23	50:32	1:16:08	1:43:15	2:37:30	3:33:56	4:46:08	M70
M75	7:26.6	8:01.7	15:35	16:48	26:15	42:37	53:19	1:20:19	1:48:57	2:46:11	3:45:44	5:01:54	M75
M80	7:54.3	8:31.5	16:33	17:50	27:52	45:15	56:36	1:25:17	1:55:40	2:56:26	3:59:40	5:20:32	M80
M85	8:27.2	9:07.0	17:42	19:05	29:48	48:23	60:33	1:31:13	2:03:43	3:08:42	4:16:20	5:42:49	M85
M90	9:07.1	9:50.1	19:06	20:35	32:09	52:12	65:19	1:38:23	2:13:27	3:23:34	4:36:30	6:09:48	M90
WOC	5:54.1	6:21.8	12:21	13:19	20:55	33:58	42:44	1:04:23	1:27:19	2:13:12	3:01:00	4:02:00	WOC
W30	5:55.7	6:23.6	12:24	13:23	20:58	34:04							W35
W35	6:07.0	6:35.7	12:48	13:48	21:33	34:59	43:45	1:05:55	1:29:23	2:16:22	3:05:17	4:07:45	W35
W40	6:17.3	6:46.9	13:10	14:11	22:09	36:12	44:58	1:07:46	1:31:55	2:20:13	3:10:32	4:14:44	W40
W45	6:29.3	6:59.8	13:35	14:39	22:52	37:07	46:25	1:09:56	1:34:50	2:24:40	3:16:35	4:22:51	W45
W50	6:43.3	7:14.8	14:04	15:10	23:41	38:27	48:04	1:12:25	1:38:13	2:29:50	3:23:36	4:32:13	W50
W55	6:59.4	7:32.2	14:38	15:46	24:37	39:59	49:59	1:15:19	1:42:08	2:35:48	3:31:43	4:43:04	W55
W60	7:18.1	7:52.3	15:17	16:28	25:43	41:46	52:13	1:18:40	1:46:41	2:42:46	3:41:10	4:55:42	W60
W65	7:39.9	8:15.9	16:02	17:18	27:00	43:51	54:49	1:22:36	1:52:01	2:50:53	3:52:12	5:10:27	W65
W70	8:05.9	8:43.9	16:57	18:16	28:31	46:19	57:54	1:27:14	1:58:18	3:00:28	4:05:13	5:27:52	W70
W75	8:36.5	9:16.9	18:01	19:25	30:19	49:14	61:33	1:32:44	2:05:46	3:11:51	4:20:42	5:48:33	W75
W80	9:13.4	9:56.6	19:18	20:49	32:29	52:45	65:56	1:39:20	2:14:44	3:25:31	4:39:17	6:13:24	W80
W85	9:58.3	10:45.2	20:52	22:30	35:12	57:02	71:17	1:47:24	2:25:39	3:42:11	5:01:55	6:43:40	W85
W90	10:54.2	11:45.3	22:49	24:36	38:39	62:20	77:55	1:57:23	2:39:12	4:02:51	5:30:00	7:21:12	W90

## LONG DISTANCE RUNNING STANDARDS - 1989

AGE DIV.	5K	8K	10K	15K	10M	20K	HALF-MAR	25K	30K	MARATHON	AGE DIV.
OC	12:57	21:18	26:55	41:17	44:29	56:02	59:25	1:11:09	1:26:27	2:04:20	OC
M35	13:19	21:54	27:41	42:27	45:45	57:37	1:01:06	1:13:10	1:28:44	2:06:06	M35
M40	13:44	22:35	28:33	43:47	47:10	59:25	1:03:00	1:15:27	1:31:31	2:10:03	M40
M45	14:12	23:21	29:30	45:15	48:45	1:01:24	1:05:07	1:17:58	1:34:34	2:14:24	M45
M50	14:43	24:12	30:34	46:53	50:32	1:03:39	1:07:29	1:20:49	1:38:01	2:19:17	M50
M55	15:21	25:14	31:53	48:54	52:42	1:06:23	1:10:23	1:24:17	1:42:14	2:25:17	M55
M60	16:07	26:29	33:29	51:22	55:20	1:09:43	1:13:55	1:28:31	1:47:21	2:32:33	M60
M65	16:59	27:56	35:18	54:09	58:22	1:13:31	1:17:57	1:33:21	1:53:13	2:40:53	M65
M70	18:00	29:36	37:25	57:24	1:01:51	1:17:55	1:22:37	1:38:56	1:59:59	2:50:30	M70
M75	19:10	31:31	39:50	1:01:06	1:05:50	1:22:56	1:27:56	1:45:18	2:07:43	3:01:29	M75
M80	20:30	33:42	42:36	1:05:20	1:10:24	1:28:41	1:34:03	1:52:37	2:16:34	3:12:17	M80
M85	22:02	36:16	45:49	1:10:17	1:15:44	1:35:24	1:41:09	2:01:08	2:26:54	3:28:47	M85
M90	24:32	39:15	49:35	1:16:42	1:21:58	1:43:15	1:49:29	2:11:06	2:39:00	3:45:56	M90
WOC	14:22	23:39	29:53	45:49	49:23	1:02:12	1:05:57	1:18:59	1:35:58	2:18:00	WOC
W35	14:49	24:23	30:49	47:15	50:56	1:04:09	1:08:01	1:21:27	1:38:47	2:20:10	W35
W40	15:20	25:14	31:53	48:53	52:41	1:06:22	1:10:22	1:24:16	1:42:12	2:25:01	W40
W45	15:54	26:10	33:04	50:43	54:39	1:08:50	1:12:59	1:27:24	1:45:59	2:30:24	W45
W50	16:33	27:14	34:25	52:46	56:52	1:11:38	1:15:57	1:30:57	1:50:17	2:36:29	W50
W55	17:20	28:33	36:04	55:18	59:36	1:15:05	1:19:36	1:35:20	1:55:36	2:44:01	W55
W60	18:19	30:09	38:06	58:25	1:02:58	1:19:19	1:24:06	1:40:43	2:02:08	2:53:15	W60
W65	19:27	32:02	40:28	1:02:03	1:06:53	1:24:14	1:29:19	1:46:58	2:09:41	3:03:59	W65
W70	20:47	34:13	43:14	1:06:18	1:11:27	1:30:00	1:35:26	1:54:17	2:18:52	3:16:33	W70
W75	22:20	36:46	46:27	1:11:13	1:16:46	1:36:41	1:42:31	2:02:46	2:29:11	3:31:08	W75
W80	24:49	39:45	50:13	1:17:00	1:23:00	1:44:32	1:50:50	2:12:44	2:41:18	3:48:13	W80
W85	26:18	43:18	54:43	1:23:54	1:30:26	1:53:54	2:00:46	2:24:37	2:55:44	4:08:39	W85
W90	28:54	47:15	60:08	1:32:11	1:39:22	2:05:09	2:12:42	2:38:55	3:13:06	4:33:06	W90

## Hammer Rankings

Continued from Page 29

M75-79	105-2	W30-34	94-0
1 Jim York	93-9	1 Sheila Carpenter	88-5
2 Art Vesco	89-10	2 Linn Dunton	
3 Bob Hunter	79-6	W35-39	128-7w
4 Al Skonberg	78-10	1 Joan Stratton	81-3
5 Dan Pierotti	75-2	2 Barbara Butler	
6 Leon Joslin	74-1	W40-44	85-10
7 Ed Bost	73-10	1 Brenda Bloomfield	62-5
8 C E Hirshey	73-8	2 Laurie Rothrock	58-6w
9 Joe McCluskey	72-5	3 Kathy Pierce	
10 Gordon Powell	70-11	W45-49	71-9
11 Jack Wood	66-8	1 Barbara Stewart	57-2
12 Gene Hanson	51-1	Laurie Rothrock	
13 Igor Storojeff	46-10	W50-54	69-1
14 Phil Partridge	46-10	1 Mildred Toman	63-7
George Knox		2 June Meyer	62-11
M80-84	82-9	3 Dortha Swanson	58-1
1 Bob Ullsh	56-0	4 Rachel Lyga	
2 Burt DeGroot	38-6	W55-59	93-10
3 Frank Walters		1 Sally Polk	
M85-89	58-2	W60-64	69-8
1 Everett Hosack	53-3	1 Bernice Holland	
2 Buell Crane			



Jim Blount, 59, won his division (62:54) in the Thanksgiving Day 10-Miler, DeLand, Florida.  
Photo from John Boyle

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# RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

ALL-AMERICAN ACHIEVERS FOR DECEMBER, 1988

M30  
David Beshears Decathlon 5625 pts.  
David Beshears Pole vault 14'  
David Beshears Pentathlon 2807 pts.  
Paul Falgout 1500 meters 4:10.02

M35  
Patrick Caldon 400 meters 51.95  
E. Richard Hoebeke 5K 15:40

M40  
Neil Silver 200 meters 24.00  
Thomas Taft Triple Jump 39'9½"  
Dennis Tancredi 400 I.H. 62.45

M45  
Ken Winters High Jump 5'10"  
Ken Winters Long Jump 18'1½"  
Ken Winters Triple Jump 38'6½"  
Steve Rogers Shot Put 41'6½"  
Steve Rogers Long Jump 17'5½"  
Steve Rogers High Hurdles 17.1  
Steve Rogers Pentathlon 2628 pts.  
Steve Rogers Discus 133'6"  
Dennis Tancredi 800 meters 206.0  
Robert Harvey Shot Put 43'6½"

M50  
Norman Mosley 100 meters 12.0  
Norman Mosley 200 meters 25.2  
James A. Hart Discus 152'5"  
John Cosgrove 3000 S/C 11:36  
John Cosgrove 800 meters 2:15

M60  
Colin Warris 5k 19:18  
Bill Carter Discus 122'3"  
Bill Carter Shot Put 39'3"  
Bill Carter Long Jump 13'6½"  
Bill Carter Triple Jump 26'11½"

M75  
Frank Furniss Long Jump 11'8"  
Frank Furniss Triple Jump 23'1"  
Alfred Skonberg Shot Put 9.64 m.  
Alfred Skonberg Hammer Throw 24.24 m.

M80  
Frank Furniss Discus 74'10"

## 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.*



### ALL AMERICAN STANDARDS REVISED

These are the revised standards of excellence to qualify for TAC's Masters Track & Field All-American recognition. TAC's All-American Committee, headed by Gary Miller, revised the standards during and after TAC's Convention in Phoenix.

A few standards have been tightened, such as the long jump and 10,000. Some have been eased, particularly in the older age groups.

If you have any comments, send them to Miller (address on page 2) or to "Write On" at NMN.

## 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
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	75.5	78.5	83.7	90.0	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
5000	19:45	20:30	21:20	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
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5½	4-2	3-11	3-8	3-6½	3-4½	3-2½	3-0½	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11½	12-9½	11-8	10-6	9-4½	8-6½	7-8½	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	29-7½	28-3	26-8	25-0½	23-5½	22-8	20-5½	18-10	16-5	13-11½	13-1½
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9½	30-6½	27-7	25-3½	26-1	23-7½	21-4	19-0½	17-3	15-5	13-11½
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6½	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	40.0	35.0	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20Pwt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
2) Short hurdles: 30-39: 33"; 40+: 30".  
3) Shot put: 30-49: 4k; 40+: 3k.  
4) Javelin: 30-49: 600gm; 50+: 400gm.  
5) Hammer: 30-49: 4k; 40+: 3k.  
6) Metric heights and distances are the standard; feet and inches listed for convenience.

## U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

	Mile	3K	2-mile	5K	10K	20K		Mile	3K	2-mile	5K	10K	20K
M40	7:29.8	14:30	15:40	24:30	51:00	1:45	M40	8:55.4	17:20	18:40	29:00	1:00	2:04
M45	7:42.8	15:10	16:20	26:00	54:00	1:52	M45	9:12.4	17:53	19:17	31:00	1:04	2:12
M50	8:25.1	16:20	17:37	27:30	57:00	1:58	M50	10:30.2	20:24	21:59	33:00	1:08	2:20
M55	8:43.1	16:55	18:15	29:00	60:00	2:04	M55	10:55.4	21:13	22:51	35:00	1:12	2:28
M60	9:19.9	18:07	19:32	30:30	63:00	2:10	M60	11:45.0	22:49	24:35	38:00	1:18	2:40
M65	9:44.7	18:54	20:23	32:00	66:00	2:16	M65	12:20.2	23:59	25:50	41:00	1:24	2:52
M70	10:25.4	20:15	21:49	34:00	70:00	2:24	M70	13:28.5	26:10	28:12	44:00	1:30	3:04
M75	10:59.9	21:20	23:00	36:00	74:00	2:32	M75	14:19.5	27:49	29:58	47:00	1:36	3:16
M80	11:40.7	22:40	24:25	38:00	78:00	2:40	M80	15:20.7	29:48	32:08	50:00	1:42	3:28
M85	12:29.3	24:15	26:08	40:00	82:00	2:48	M85	16:35.7	32:13	34:44	53:00	1:48	3:40

## 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
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4								
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4½	6-3¾	5-9½	5-6	5-2½	4-11	4-7½	4-4	4-½	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5½	13-7½	12-9½	11-9½	10-10	10-0	9-2½	8-4½	7-6½	6-8½	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4½	19-2½	17-10½	16-9	15-7	14-5½	13-1½	11-11½	11-0	9-10	8-8½
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9½	41-6	39-½	36-7	34-1½	31-8	29-2½	26-11	24-7½	22-4	20-½	18-½
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10½	46-3½	42-8	39-4½	40-8½	36-9	39-4½	35-5½	33-0	28-10½	25-1½	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2½	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	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	141-1	114-10	95-2	78-9	62-4	49-2
35Pwt.	15.00	14.00	13.00	12.00	10.00	9.00						
25Pwt.							11.00	10.00	9.00	8.00	7.00	6.00
56Pwt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
PEN	2800	2600	2400	2200	2000	1800	3000	3000	3000	2500	2000	1000
DEC	5500	5250	5000	4500	4000	3000	6000	5500	5000	4000	2000	1500

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".  
3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".  
4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.  
6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
7) Javelin: 30-59: 800g; 60+: 400g.  
8) Metric heights and distances are the standard; feet and inches listed for convenience.  
9) Dec/Pentathlon: 30-59: IAAF points; 60+: Ian Hume points (old MAVA).

## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ AGE GROUP: \_\_\_\_\_

SEX: M \_\_\_\_\_ F \_\_\_\_\_

EVENT: \_\_\_\_\_ MARK: \_\_\_\_\_

MEET: \_\_\_\_\_ WEIGHT OF IMPLEMENT \_\_\_\_\_

DATE OF MEET: \_\_\_\_\_ HURDLE HEIGHT \_\_\_\_\_

MEET SITE: \_\_\_\_\_

If you have bettered the standard of excellence, please send \$10.00 and this form to: All American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8½ x 11 certificate, suitable for framing, will be mailed to you within two weeks.



# TRACK & FIELD RESULTS

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

## EAST

### Potomac Valley Games Alexandria, VA, September 4 Duluth, MN

100m	Jeff Waldo	10.6
M30	Raymond Day	12.1
	Roman Bentley	13.4
M40	Greg Marshall	11.7
	George Schomber	12.9
M50	Larry Colbert	12.2
	Mark Richards	14.8
M60	Glen Drummond	14.3
	Bob Hewitt	15.2
M70	Don Hull	14.8
	Don Ernst	18.1
W40	Kathy Pierce	13.4
W50	Patricia Willis	19.2
W60	Jean Campbell	16.5
	Carla Convery	19.5
W70	Vivian Nelson	21.4

200m	Jeff Waldo	21.9
M30	Al Walton	22.4
	Russell Floyd	25.0
M40	Greg Marshall	24.9
	Grady Dale Jr	26.3
M50	Larry Colbert	24.7
	Jesse Johnson	27.2
	Larry Suid	29.5
M60	John Martin	29.7
	Newlie Hewson	34.6
M70	Don Hull	31.7
	Don Ernst	41.4
W40	Kathy Pierce	28.2
W50	Pat Willis	41.2
W60	Jean Campbell	38.9
W70	Vivian Nelson	51.9

400m	Sam Howell	52.8
	Al Walton	53.3
	Russell Floyd	55.2
M40	John Haubert	60.6
	Bob Lerosen	62.0
	Mike Valle	67.1
M50	Larry Colbert	55.1
	Jesse Johnson	62.0
	Larry Suid	71.1
M60	John Martin	69.9
	Newlie Hewson	80.0
W50	Pat Willis	1:42.4

800m	Steve Bell	2:11.0
	Celio Young	2:16.0
M40	Robert Weiner	2:16.6
	John Haubert	2:23.8
	Randall Washburn	2:36.1
M50	Jim Bradley	2:30.9
	Willard Dameron	2:46.2
M60	N Hewson	3:08.2
	Roy Englert	3:22.1
W30	Keg Good	2:44.5
W50	Pat Willis	3:59.7

1500m	Dennis Coleman	4:21.4
	Robert Weiner	4:36.2
	Danvers Long	4:41.2
	Bob Kerr	5:15.2
M60	N Hewson	6:09.8
W50	Pat Willis	8:17.8
5000m	Dennis Coleman	15:55
	Bill Delano	17:42
	J J Wind	17:46
M40	Randall Washburn	19:17
M50	John Elliott	19:31
	Larry Dickerson	19:55
	Willard Dameron	21:06
M60	Frank Luff	25:00
W50	Betty Dameron	22:40

High Hurdles	Mark Williamson	15.3
	Jeff Watry	16.3

300mH	Jim Bradley	46.4
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High Jump	Mark Williamson	6-6 3/4
	Jeff Watry	6-2
	Gene Hoffman	4-8
M40	Mike Valle	4-8
M50	Mark Richards	4-0
M60	Jack Doorlay	3-7
M70	Don Hull	3-7
	Charles Hirshey	2-7
W60	Jean Campbell	3-3
W70	Vivian Nelson	3-0

Pole Vault	Jeff Watry	10-0
	Jack Doorlay	8-0

Long Jump	Mel St. Clair Jr	19-7
	Jeff Watry	18-9
	Raymond Day	17-6 1/2

M40	Mike Valle	14-11
	Larry Jones	14-5
M50	Pay Carstensen	14-1
M60	Jack Doorlay	12-9 1/2
M70	Don Hull	10-2
	Charles Hirshey	6-3
W60	Jean Campbell	9-9 1/2
	Carla Convery	7-0
W70	Vivian Nelson	6-9 1/2

Triple Jump	M30	M St Clair Jr	37-10
	M40	M Valle	30-0
		Larry Jones	29-10
	M50	Pay Carstensen	29-10
	M60	J Doorlay	24-7 1/2
	M70	Don Hull	21-7
		C E Hirshey	14-10

Shot Put	M30	Joe Vilella	43-1 1/2
		Jeff Watry	32-8 1/2
	M40	Mike Valle	35-1 1/2
		Jai Singh	31-7 1/2
	M50	Ned Curran	30-4
	M60	Robert Hewitt	32-9
		Don Henry	30-7 1/2
		William Waugh	28-7 1/2
	M70	Charles Hirshey	31-1
		Don Hull	30-10 1/2
		Wm Garthune	26-9 1/2

Discus	M30	Joe Vilella	126-1
		Jeff Watry	101-6
	M40	Mike Valle	108-10
		Jai Singh	85-5
	M50	Ned Curran	75-6
	M60	Robert Hewitt	116-9
		Wm Waugh	97-10
		Don Henry	96-5
	M70	Don Hull	92-11
		Charles Hirshey	75-8
	W40	Kathy Pierce	90-8
	W50	Sharon Good	43-9
	W60	Carla Convery	37-1

Hammer	M40	Mike Valle	114-8
	M50	Pay Carstensen	105-7
		Ned Curran	59-7
	M60	Don Henry	76-9
	M70	Don Hull	92-1
		C E Hirshey	73-10

Javelin	M30	Rick Scott-Johnson	159-3
	M40	George Schomber	82-3
		Larry Jones	81-6
	M50	Mark Richards	92-11
		Ned Curran	90-9
	M60	Don Henry	68-5
	M70	Charles Hirshey	49-6
	W50	Pat Willis	34-10
		Caroline Richards	33-3
		Sharon Good	30-6
	W60	Carla Convery	43-5

5000m Walk	M30	James Wass	25:36
		Stephen Baca	26:20
	M40	Alan Price	24:23
		Ned Stone	27:42
		Scott Bentley	30:34
	M50	Andrew Briggs	29:00
		Jack Ozment	30:04
		Ken Thompson	30:33
		Joel Holman	30:50
	M60	John Trach	34:48
	M70	Ed Seeger	32:42
		Wayne Dexter	37:30
		Mill Wood	38:41
	W30	Pauline Stickels	31:47
		Valerie Kendrick	35:50
	W40	Rachel Thompson	39:10
		J Woodward-Hastings	39:54
	W50	Joan Troy	35:10
		Pat Willis	35:57

## SOUTHEAST

### Golden Age Games Sanford, FL, October 25- November 10

50y	M55	Norman Mosley	6.22
		Gonzalo Combas	6.49
		Joe Mitchell	6.69
	M60	S Griffith	6.44
		Charles Clippard	6.50
		John Davidson	6.70
	M65	Blair McFarlane	6.73
		Marlen McWilliams	6.77
		Vern Matson	6.95
	M70	Don Hull	7.06
		Jay Sponseller	7.07
		Nat Heard	7.45
	M75	Gil Gonzalez	7.27
		Leslie Thomas	7.42

M80	Byron Fike	7.68
	Albert Epp	10.13
	William Maine	10.44
M85	Conrad Boas	9.00
M90	Patricia Phalon	8.76
	Jimmie Reid	9.66
M95	Mary Holland	8.62
	Carla Convery	9.12
	Mora Arnold	9.66
M70	Mary Bowermaster	8.62
	Linka Seda	14.53
M75	Ellen Julius	12.52

100y	M55	Norm Mosley	11.30
		Joe Mitchell	12.39
		Tom Morris	13.44
	M60	C Clippard	12.81
		John Davidson	12.87
		Sam Griffith	12.89
	M65	Vern Matson	12.49
		M McWilliams	13.00
		Art Holland	14.88

M70	Ion Hull	13.48
	Jay Sponseller	13.64
	Nate Heard	14.28
M75	Gil Gonzalez	13.62
	Les Thomas	14.39
	Mehmet Tamer	15.65
M80	Byron Fike	15.03
	Al Epp	19.59
	William Maine	28.92
M85	Conrad Boas	17.32
	Everett Hosack	nta
	Alfred Kamm	24.69
M65	Carla Convery	18.22
	Mora Arnold	19.28
	Arlene Bremer	22.24
M70	Mary Bowermaster	16.17
M75	Ellen Julius	25.97

220y			
M55	N Mosley	25.41	
	Gonzalo Combas	28.84	
	Joe Mitchell	28.96	
M60	John Davidson	29.34	
	Sam Madia	31.13	
	George Buchert	35.13	
M65	Vern Matson	30.35	
	M McWilliams	32.05	
	William Thomas	32.49	
M70	Jay Sponseller	30.67	

M80	Conrad Boas	43.64
M85	Byron Fike	35.34
	Al Epp	50.50
	William Maine	1:06.81

440y			
M55	Norm Mosley	1:03.76	
	G Combas	1:18.72	
	Bill Gentry	1:27:87	
M60	John Davidson	1:13:55	
	Sam Madia	1:13:33	
M65	William Thomas	1:21:45	
	Cecil Shearhart	1:45.45	
	Hal Bremer	1:54.38	
M70	Jay Sponseller	1:08.69	
	Don Hull	1:22.05	
	Chuck Whitney	1:27.49	
M75	Gil Gonzalez	1:20.64	
	Mehmet Tanner	1:32.44	
	Les Thomas	1:34.13	

M80	Byron Fike	1:29.24
	Al Epp	2:08.64
	William Maine	3:06.71
M85	Conrad Boas	1:48.81
M90	Pepper Davis	1:41.02
	Ann Edgington	2:01.56
M95	Arlene Bremer	3:18.31
M75	Ellen Julius	3:16.81

Mile	M60	Richard Okrepki	7:02.64
	M65	Bart Ross	6:34.63
		C Shearhart	7:35.74
	M70	Pas Romagna	8:19.61
		James Tasciotti	8:46.39
	M75	Igor Storojeff	10:03.18
		Reggie Golden	10:06.03
	M80	Byron Fike	10:17.54
		Al Epp	11:28.77
		William Maine	15:11.57
	M60	Pepper Davis	7:49.25
	M65	Mora Arnold	12:39.41
	M70	Susan Tasciotti	12:19.28
	M75	Ellen Julius	14:48.31

High Jump	M55	Karl Kauterman	4-2
		Norm Mosley	4-0
		Lauretta Biogio	3-8
	M60	James Gillcrest	5-0
		Fred Hirsimaki	4-6
		Sam Griffith	4-4
	M65	Bill Gentry	4-5
		Vern Matson	3-8
	M70	Ham Morningstar	4-2
		Joe Broadbent	4-0
		Harry Brown	3-10
	M75	Gil Gonzalez	3-6
		Joe Hall	3-4
		Leslie Thomas	nha
	M65	Leila Neubauer	3-0
		Bernie Kleinschmidt	2-10
		Mary Holland	2-8

Long Jump	M55	Joe Mitchell	12-11 1/2
		William Mondell	12-9 1/2
		Bill Gentry	12-3
	M60	Fred Hirsimaki	14-6
		Sam Griffith	13-9 1/2
		Nelson Spangler	10-8 1/2
	M65	Vern Matson	13-3 1/2
	M70	Don Hull	11-9
		Ken Elliott	11-5 3/4
		Joe Broadbent	11-3
	M75	Gil Gonzalez	12-4 1/2
		Les Thomas	11-2 1/2
		Joe Hall	7-11
	M80	Byron Fike	8-4 1/2
		William Maine	8-1 1/2
	M85	Ev Hosack	8-7
		Conrad Boas	7-5 1/2
		Alfred Kamm	5-10 1/2
	M65	Mary Holland	8-9
		Leila Neubauer	7-7 1/2
		M Holbert	6-11 1/2
	M75	Ellen Julius	4-4



Shot Put	M55	Karl Kauterman	42-2 1/2
		Joe Mitchell	39-1 1/2
		W Mondell	36-1 1/2
	M60	Don Reid	43-6 1/2
		Fred Hirsimaki	38-1
		Sam Griffith	36-11 1/2
	M65	Art Holland	35-11 1/2
		Garold Page	31-11 1/2
		Vern Matson	28-5
	M70	Tom McDermott	40-5
		Nate Heard	39-9
		Ham Morningstar	37-0
	M75	Ernest Dennison	33-5 3/4
		Gordon Powell	32-11 1/2
		Charles Hirshey	32-4 3/4
	M80	Robert Nelson	24-11 1/2
		William Maine	24-11
		Byron Fike	23-9 1/2
	M85	Ev Hosack	21-6 1/2
		Conrad Boas	19-5
		Alfred Kamm	19-1
	M55	Anne Witt	23-4
		Alice Rogers	22-7 1/2
	M60	Jimmie Reid	20-7
	M65	Harriett Boyd	22-10 1/2
		M Holbert	21-5
		B Kleinschmidt	21-4
	M70	Ellen Brown	21-9 1/2
		Linka Seda	14-5
	M75	Ellen Julius	13-10

<u>Discus</u>		
M55	Karl Kauterman	98-1
M60	J Gillcrest	125-1
	Sam Griffith	116-7
	Don Reid	114-1
M65	Roy McCoy	100-5
	Art Holland	84-0
	Garold Page	81-1
M70	Ham Morningstar	105-4
	Nate Heard	92-5
	Don Hull	90-2
M75	Gil Gonzalez	92-0
	Ernest Dennison	85-0
	Gordon Powell	82-0
M80	Joe Nitsch	66-8
	Byron Fike	64-7
	William Maine	59-4
M85	Ev Hosack	55-2
	Conrad Boas	47-9
	Alfred Kamm	38-2
W55	Ann Witt	50-0
	Alice Rogers	44-5
W60	Jimmie Reid	49-9
W65	Harriett Boyd	51-6
	B Kleinschmidt	50-5
	M Holbert	46-3
W75	Ellen Julius	32-8



Continued from previous page

**INTERNATIONAL****5th Asian Veteran Athletic Championships**

Tainan, Taiwan; December 3-5

**100m****W35**Akamine Fumiko JPN 13.48  
Yueh-Siang ROC 13.60  
Ou Yang-Ing ROC 13.96**W40**Cheng Yueh-Tzu ROC 13.87  
Fujikawa Chikak JPN 14.24  
Lynda King SIN 14.82**W45**Glory Barnabas SIN 13.75  
Rajapakshe SLK 14.02  
Kuratsu Midori JPN 14.51**W50**Yamamoto Midori JPN 14.23  
Nakamura Kimoko JPN 14.61  
Sigar Leentie INA 15.13**W55**Adachi Setsuko JPN 15.13  
Matulesy Tineke INA 15.74  
Harahap Tineke INA 16.16**W60**Cheng Hsieh Kuei ROC 19.14  
Oguma Ryoko JPN 19.26  
Lamech Rose IND 19.34**W65**Kaiharu Kozabu JPN 11.30  
Tanaka Osamu JPN 11.65  
Abdul Rahman SIN 11.78**W70**Shiomitsu Katsuma JPN 12.09  
P Y Oroh INA 12.14  
K Chacko IND 12.30**W75**Lo Chin-Kuei ROC 12.26  
Kawakami Akio JPN 12.33  
Huang Yuan-Teh ROC 12.44**W80**Mori Kiyoshi JPN 12.73  
Someda Tadatoshi JPN 12.94  
Masuda Hitoshi JPN 13.07**W85**Yamazaki Hideya JPN 13.06  
Ishiguro Akio JPN 13.06  
Komazaki Minoru JPN 13.54**W90**Nozaki Gewfuku JPN 13.88  
Siahidiman Rosli INA 14.06  
Kusumoto Gorota JPN 14.29**W95**Jan Nangi INA 16.28  
Hosokawa Kunio JPN 17.81  
Hirai Kozo JPN 19.44**W100**A Fumiko JPN 28.01  
Mehta Prochy IND 28.20  
H Che Kim Hua SIN 28.69**W105**C Yuen-Tzu ROC 28.77  
Fujikawa Chikak JPN 29.92  
Mahariyah INA 31.57**W110**G Barnabas SIN 28.64  
Nanda Rajapakshe SLK 29.04  
Kuratsu Midori JPN 30.63**W115**Yamamoto Midori JPN 29.95  
Restuningrum Di INA 30.08  
Nakamura Kimiko JPN 30.38**W120**Adachi Setsuko JPN 32.58  
Matulesy Tineke INA 35.05  
Lin Li-Chen ROC 36.77**W125**Cheng Hsien Kuei ROC 41.05  
Wang Yueh Ern ROC 46.40**W130**Liang Chen Tien ROC 45.66  
Yang Huang Chi ROC 48.01**W135**Kaiharu Kozabu JPN 22.96  
Chew Chin Rong ROC 23.84  
Ko Mine Mao ROC 24.04**W140**Chew Kim Hua SIN 2:26.87  
Jang Yong Hwa KOR 2:45.19  
Wang Chun-Mei ROC 3:00.78**W145**Fujikawa Chikak JPN 2:48.02  
Padmaja Bhargav IND 2:59.62  
Fernando SLK 3:06.18**W150**Satchithananda SLK 3:08.51  
Seethalakshmi IND 3:26.94**W155**Adachi Setsuko JPN 2:57.95  
Lai Ma Tsai-Lin ROC 3:18.22  
Sharadamma Mullu IND 3:24.46**W160**Kummonahon SIN 2:26.87  
Chew Kim Hua SIN 2:45.19  
Wang Chun-Mei ROC 3:00.78**W165**Fujikawa Chikak JPN 2:48.02  
Padmaja Bhargav IND 2:59.62  
Fernando SLK 3:06.18**W170**Satchithananda SLK 3:08.51  
Seethalakshmi IND 3:26.94**W175**Adachi Setsuko JPN 2:57.95  
Lai Ma Tsai-Lin ROC 3:18.22  
Sharadamma Mullu IND 3:24.46**W180**Kummonahon SIN 2:26.87  
Chew Kim Hua SIN 2:45.19  
Wang Chun-Mei ROC 3:00.78M45  
C Kizhakketakka IND 24.66  
Silva Robert SLK 25.24  
Yeh San-Fu ROC 25.28M50  
Huang Yuan-Teh ROC 24.90  
Kawakami Akio JPN 25.14  
Lo Chin Kuei ROC 25.64M55  
Kuo Wen-Fan ROC 26.44  
Assegaf Husein INA 26.58  
Mori Kiyoshi JPN 26.65M60  
Ishiguro Akio JPN 27.15  
Jamazaki Hideya JPN 27.24  
Komazaki Minoru JPN 27.91M65  
Nozaki Genfuku JPN 28.29  
Juan Yu-Ju ROC 28.81  
Kusumoto Gorota JPN 29.73M70  
Watanabe Gentar JPN 30.19  
Yabe Takeshi JPN 30.76  
Wakama Shunkei JPN 34.04M75  
Tateishi Yuichi JPN 31.93  
Okada Yasaburo JPN 33.54  
Kasama Ichiji JPN 34.44M80  
Sado Tokutaro JPN 35.71  
Hosokawa Kunio JPN 40.84  
Hirai Kozo JPN 65.87M85  
Chew Kim Hua, H SIN 1:04.59  
Mehta Prochy IND 1:06.32  
Wang Chun Mei ROC 1:12.18M90  
Fujikawa Chikak JPN 1:05.68  
Aritonang Margarina INA 1:14.40  
Vijayapersami IND 1:18.13M95  
Barnabas Glory SIN 1:08.85  
Rajapakshe Nanda SLK 1:12.88  
Diwakara Premila SLK 1:17.70M100  
Satchithananda SLK 1:12.47  
Chao Chin Chu ROC 1:18.23  
Lee Hui Hsing ROC 1:23.82M105  
Yang Huang Chi ROC 2:00.31  
Kim Young Yeo KOR 2:26.87M110  
Ko Ming Mao ROC 53.64  
T Kunhi Mohammed IND 54.35  
Chen Chin Rong ROC 54.42M115  
Pan Muo-Sheng ROC 56.78  
C Kizhakketakka IND 58.12  
Tadakuma Ryosuk JPN 59.96M120  
Wang Kuei Ling ROC 57.59  
Benny Israel Josep IND 57.88  
Konoike Kiyoshi JPN 58.11M125  
Someda Tadatoshi JPN 59.25  
Chandra Hari SIN 59.31  
Fernando Denzil SLK 59.98M130  
Yamazaki Hideya JPN 1:03.50  
Nagano Minao JPN 1:05.11  
Komazaki Minoru JPN 1:06.70M135  
Uenobe Yoshio JPN 1:04.97  
Juan Yu Ju ROC 1:06.14  
Ueyama Takashi JPN 1:09.98M140  
Watanabe Gentar JPN 1:08.57  
Yamada Fumitaka JPN 1:10.41  
Hosokawa Masayasu JPN 1:10.64M145  
Tau Tadashi JPN 1:15.27  
Nagata Yoshiyuki JPN 1:15.34  
Hu Wei-Yi ROC 1:30.66M150  
Kummonahon SIN 2:26.87  
Chew Kim Hua SIN 2:45.19  
Wang Chun-Mei ROC 3:00.78M155  
Fujikawa Chikak JPN 2:48.02  
Padmaja Bhargav IND 2:59.62  
Fernando SLK 3:06.18M160  
Satchithananda SLK 3:08.51  
Seethalakshmi IND 3:26.94M165  
Adachi Setsuko JPN 2:57.95  
Lai Ma Tsai-Lin ROC 3:18.22  
Sharadamma Mullu IND 3:24.46M170  
Kummonahon SIN 2:26.87  
Chew Kim Hua SIN 2:45.19  
Wang Chun-Mei ROC 3:00.78M175  
Fujikawa Chikak JPN 2:48.02  
Padmaja Bhargav IND 2:59.62  
Fernando SLK 3:06.18M180  
Satchithananda SLK 3:08.51  
Seethalakshmi IND 3:26.94M185  
Adachi Setsuko JPN 2:57.95  
Lai Ma Tsai-Lin ROC 3:18.22  
Sharadamma Mullu IND 3:24.46M190  
Kummonahon SIN 2:26.87  
Chew Kim Hua SIN 2:45.19  
Wang Chun-Mei ROC 3:00.78M195  
Fujikawa Chikak JPN 2:48.02  
Padmaja Bhargav IND 2:59.62  
Fernando SLK 3:06.18M200  
Satchithananda SLK 3:08.51  
Seethalakshmi IND 3:26.94M205  
Adachi Setsuko JPN 2:57.95  
Lai Ma Tsai-Lin ROC 3:18.22  
Sharadamma Mullu IND 3:24.46M210  
Kummonahon SIN 2:26.87  
Chew Kim Hua SIN 2:45.19  
Wang Chun-Mei ROC 3:00.78M215  
Fujikawa Chikak JPN 2:48.02  
Padmaja Bhargav IND 2:59.62  
Fernando SLK 3:06.18M220  
Satchithananda SLK 3:08.51  
Seethalakshmi IND 3:26.94M225  
Adachi Setsuko JPN 2:57.95  
Lai Ma Tsai-Lin ROC 3:18.22  
Sharadamma Mullu IND 3:24.46M230  
Kummonahon SIN 2:26.87  
Chew Kim Hua SIN 2:45.19  
Wang Chun-Mei ROC 3:00.78M235  
Fujikawa Chikak JPN 2:48.02  
Padmaja Bhargav IND 2:59.62  
Fernando SLK 3:06.18M240  
Satchithananda SLK 3:08.51  
Seethalakshmi IND 3:26.94M245  
Adachi Setsuko JPN 2:57.95  
Lai Ma Tsai-Lin ROC 3:18.22  
Sharadamma Mullu IND 3:24.46M250  
Kummonahon SIN 2:26.87  
Chew Kim Hua SIN 2:45.19  
Wang Chun-Mei ROC 3:00.78M255  
Fujikawa Chikak JPN 2:48.02  
Padmaja Bhargav IND 2:59.62  
Fernando SLK 3:06.18M260  
Satchithananda SLK 3:08.51  
Seethalakshmi IND 3:26.94M265  
Adachi Setsuko JPN 2:57.95  
Lai Ma Tsai-Lin ROC 3:18.22  
Sharadamma Mullu IND 3:24.46M270  
Kummonahon SIN 2:26.87  
Chew Kim Hua SIN 2:45.19  
Wang Chun-Mei ROC 3:00.78M275  
Fujikawa Chikak JPN 2:48.02  
Padmaja Bhargav IND 2:59.62  
Fernando SLK 3:06.18M280  
Satchithananda SLK 3:08.51  
Seethalakshmi IND 3:26.94M40  
Katsumura Hiroya JPN 2:10.64  
Peter Govind MAL 2:11.16  
Hwang Chao Ming ROC 2:15.71M45  
Cheng Tio Hung ROC 2:24.78  
Huang Yung-Yu ROC 2:26.54  
Lo Koda Koichi JPN 2:32.53M50  
Okawa Masaaki JPN 2:16.12  
Huang Cheng-Hsiu ROC 2:28.72  
Higashikabira JPN 2:30.19M55  
Fernando Denzil SLK 2:21.52  
Someda Tadatoshi JPN 2:22.00  
Midorikawa Shich JPN 2:22.81M60  
Nagano Minao JPN 2:36.12  
Oikawa Hitoshi JPN 2:39.39  
Ishida Masakazu JPN 2:40.51M65  
Uenobe Yoshio JPN 2:36.52  
Yang Chin Fa ROC 2:44.39  
Hsu Hsin-Chin ROC 2:59.41M70  
Miura Takuro JPN 2:56.35  
Yamada Fumitaka JPN 2:58.26  
Lim Bong Yong KOR 3:04.34M75  
Tsunematsu Takas JPN 3:18.24  
Tau Tadashi JPN 3:22.74  
Yang Chin Hsieh ROC 4:00.18M80  
Chew Kim Hua, H SIN 1:04.59  
Mehta Prochy IND 1:06.32  
Wang Chun Mei ROC 1:12.18M85  
Fujikawa Chikak JPN 1:05.68  
Aritonang Margarina INA 1:14.40  
Vijayapersami IND 1:18.13M90  
Barnabas Glory SIN 1:08.85  
Rajapakshe Nanda SLK 1:12.88  
Diwakara Premila SLK 1:17.70M95  
Satchithananda SLK 1:12.47  
Chao Chin Chu ROC 1:18.23  
Lee Hui Hsing ROC 1:23.82M100  
Yang Huang Chi ROC 2:00.31  
Kim Young Yeo KOR 2:26.87M105  
Ko Ming Mao ROC 53.64  
T Kunhi Mohammed IND 54.35  
Chen Chin Rong ROC 54.42M110  
Pan Muo-Sheng ROC 56.78  
C Kizhakketakka IND 58.12  
Tadakuma Ryosuk JPN 59.96M115  
Wang Kuei Ling ROC 57.59  
Benny Israel Josep IND 57.88  
Konoike Kiyoshi JPN 58.11M120  
Someda Tadatoshi JPN 59.25  
Chandra Hari SIN 59.31  
Fernando Denzil SLK 59.98M125  
Yamazaki Hideya JPN 1:03.50  
Nagano Minao JPN 1:05.11  
Komazaki Minoru JPN 1:06.70M130  
Uenobe Yoshio JPN 1:04.97  
Juan Yu Ju ROC 1:06.14  
Ueyama Takashi JPN 1:09.98M135  
Watanabe Gentar JPN 1:08.57  
Yamada Fumitaka JPN 1:10.41  
Hosokawa Masayasu JPN 1:10.64M140  
Tau Tadashi JPN 1:15.27  
Nagata Yoshiyuki JPN 1:15.34  
Hu Wei-Yi ROC 1:30.66M145  
Kummonahon SIN 2:26.87  
Chew Kim Hua SIN 2:45.19  
Wang Chun-Mei ROC 3:00.78M150  
Fujikawa Chikak JPN 2:48.02  
Padmaja Bhargav IND 2:59.62  
Fernando SLK 3:06.18M155  
Satchithananda SLK 3:08.51  
Seethalakshmi IND 3:26.94M160  
Adachi Setsuko JPN 2:57.95  
Lai Ma Tsai-Lin ROC 3:18.22  
Sharadamma Mullu IND 3:24.46M165  
Kummonahon SIN 2:26.87  
Chew Kim Hua SIN 2:45.19  
Wang Chun-Mei ROC 3:00.78M170  
Fujikawa Chikak JPN 2:48.02  
Padmaja Bhargav IND 2:59.62  
Fernando SLK 3:06.18M175  
Satchithananda SLK 3:08.51  
Seethalakshmi IND 3:26.94M180  
Adachi Setsuko JPN 2:57.95  
Lai Ma Tsai-Lin ROC 3:18.22  
Sharadamma Mullu IND 3:24.46M185  
Kummonahon SIN 2:26.87  
Chew Kim Hua SIN 2:45.19  
Wang Chun-Mei ROC 3:00.78M190  
Fujikawa Chikak JPN 2:48.02  
Padmaja Bhargav IND 2:59.62  
Fernando SLK 3:06.18M195  
Satchithananda SLK 3:08.51  
Seethalakshmi IND 3:26.94M200  
Adachi Setsuko JPN 2:57.95  
Lai Ma Tsai-Lin ROC 3:18.22  
Sharadamma Mullu IND 3:24.46M205  
Kummonahon SIN 2:26.87  
Chew Kim Hua SIN 2:45.19  
Wang Chun-Mei ROC 3:00.78M210  
Fujikawa Chikak JPN 2:48.02  
Padmaja Bhargav IND 2:59.62  
Fernando SLK 3:06.18M215  
Satchithananda SLK 3:08.51  
Seethalakshmi IND 3:26.94M220  
Adachi Setsuko JPN 2:57.95  
Lai Ma Tsai-Lin ROC 3:18.22  
Sharadamma Mullu IND 3:24.46M225  
Kummonahon SIN 2:26.87  
Chew Kim Hua SIN 2:45.19  
Wang Chun-Mei ROC 3:00.78M230  
Fujikawa Chikak JPN 2:48.02  
Padmaja Bhargav IND 2:59.62  
Fernando SLK 3:06.18M235  
Satchithananda SLK 3:08.51  
Seethalakshmi IND 3:26.94M240  
Adachi Setsuko JPN 2:57.95  
Lai Ma Tsai-Lin ROC 3:18.22  
Sharadamma Mullu IND 3:24.46M245  
Kummonahon SIN 2:26.87  
Chew Kim Hua SIN 2:45.19  
Wang Chun-Mei ROC 3:00.78M250  
Fujikawa Chikak JPN 2:48.02  
Padmaja Bhargav IND 2:59.62  
Fernando SLK 3:06.18M255  
Satchithananda SLK 3:08.51  
Seethalakshmi IND 3:26.94M260  
Adachi Setsuko JPN 2:57.95  
Lai Ma Tsai-Lin ROC 3:18.22  
Sharadamma Mullu IND 3:24.46M265  
Kummonahon SIN 2:26.87  
Chew Kim Hua SIN 2:45.19  
Wang Chun-Mei ROC 3:00.78M270  
Fujikawa Chikak JPN 2:48.02  
Padmaja Bhargav IND 2:59.62  
Fernando SLK 3:06.18M275  
Satchithananda SLK 3:08.51  
Seethalakshmi IND 3:26.94M55  
Midorikawa Shich JPN 17:11.9  
Miyakawa Tadashi JPN 18:23.9  
Munikuttiappa A IND 18:49.8M60  
Horiuchi Katsumi JPN 18:37.0  
Yamada Junichi JPN 19:17.1  
Nagano Minao JPN 19:21.8M65  
Ueyama Takashi JPN 18:49.7  
Yan, Chin-Fa ROC 19:18.8  
Kobayashi Yukimi JPN 19:28.0M70  
Chen Chuan ROC 23:05.0  
Lim Bong Yong KOR 23:30.0  
Wirosuharto INA 23:37.8M75  
Aguino Olivia PHI 52:28.9  
Yoon Boo Soon KOR 62:57.2M80  
Kim Kwon Ki KOR 36:16.5  
Cyrus IND 37:39.5  
Hwang Ho Shang ROC 38:19.7M85  
Kuo Tsai-Li ROC 36:35.3  
Saito Akira JPN 36:41.2  
Lin Chen-Hsin ROC 37:31.9M90  
Kim Je Eun KOR 38:03.8  
Won Jong Dae KOR 40:20.1  
Wu Tien-Fu ROC 41:05.0M95  
Miyakawa Tadashi JPN 37:19.4  
Park Pan Soo KOR 39:15.0  
Lee Wen-An ROC 40:36.1M100  
Noriuchi Katsumi JPN 40:04.6  
Yamada Junichi JPN 40:33.8  
Ishida Masakazu JPN 40:48.1M105  
Kobayashi Yukimi JPN 40:53.9  
Lin Deng-Ho ROC 44:07.7  
Lee Dukkyn KOR 45:01.0M110  
Miura Takuro JPN 47:41.6  
Lim Bong Yong KOR 47:48.0  
Hung Tu-Fu ROC 48:24.5M115  
Hwang Da-Hsiang ROC 56:11.4  
Tsu-Yu ROC 58:38.8M120  
Chen Tsung Pin ROC 15.22  
Kunhi Mohammed IND 16.91  
Miyabe Fuminori JPN 16.96M125  
Tadakuma Ryosuk JPN 20.21  
Lee Chang Ho ROC 21.04



## Continued from previous page

## Shot Put

W40	Hsu Jiven-Dai	ROC	8.14
	Lin Chih-Peng	ROC	7.97
	Nagatomo Junko	JPN	7.93

W45	Nakasui Michiko	JPN	9.85
	Suhardi Wijayanti	INA	8.65
	Kusolvan Chaisam	THA	8.05

W50	Iwama Etsuko	JPN	9.08
	Shinjo Tomoko	JPN	7.88
	Sipil Emmy	INA	7.77

W55	Liu Chun-Kuei	ROC	7.77
	Sinurat Hilde	INA	7.14
	Hsu-Liu Chung-Yi	ROC	7.12

W60	Tsao Huang Chin	ROC	7.44
	Huang Tsao Ching	ROC	6.80
	Yoshida Mitsuko	JPN	6.80

W65	Tsujii Isuzu	JPN	8.63
	Lee Huang Chun	ROC	4.86

W70	Dai Chen Hsiu Hua	ROC	4.83
	Liu Lai Chi Ying	ROC	3.65
	Sung Chen Yeh Me	ROC	3.21

M45	Maeda Yoshihiro	JPN	11.31
	Amrullah H Abdul	INA	10.91
	Tatsuno Masaki	JPN	10.46

M40	Taniguchi Kunihi	JPN	13.87
	Tasi Da Li	ROC	10.87

M50	Fukuhara Kenyu	JPN	12.60
	Nakao Akiyoshi	JPN	11.80
	Shimizu Seizo	JPN	11.41

M55	Lee Lien-Huei	ROC	10.92
	Hsu Shih-Shan	ROC	10.44
	Matsumoto Zenichi	JPN	10.22

M60	Wang Fu-Lai	ROC	11.82
	Kuo Chi-Chiu	ROC	10.47
	Hsu Chin Lien	ROC	9.96

M65	Aloysius Sibidol	MAL	11.73
	Musiri Musiri	INA	8.89
	Nakashio Zanjir	JPN	8.87

M70	Yokota Takashi	JPN	10.76
	Chao Yun-Lung	ROC	10.51
	Morita Moboku	JPN	9.92

M75	Tung Han-Wen	ROC	9.08
	Huang Shih-Rong	ROC	7.87
	Yeh Fu-Ping	ROC	7.64

M80	Ratu Jan Mangi	INA	8.54
	Okazaki Masami	JPN	7.59
	Chiu Ah-Liu	ROC	4.50

Discus			
W40	Sulandari Tumi	INA	25.44
	Hsu Jiven-Dai	ROC	25.44
	Lin Chih-Peng	ROC	25.24

W45	Suhardi Wijayanti	INA	25.32
	Karundeng Ma	INA	24.98
	Nakasui Michiko	JPN	23.96

W50	Iwama Etsuko	JPN	23.08
	Shinjo Tomoko	JPN	22.58
	Sipil Emmy	INA	19.34

W55	Sinurat Hilde	INA	23.16
	Nurmini Nurmini	INA	20.30
	Lo Wu Su-Hsia	ROC	19.24

W60	Tsao Huang Chin	ROC	16.52
	Yoshida Mitsuko	JPN	16.38
	Chen Huang Huan	ROC	15.08

W65	Tsujii Isuzu	JPN	22.86
	Lin Su Erh	ROC	17.26
	Chen Lee Ah Suan	ROC	15.36

M45	Lin Chen-Hung	ROC	35.22
	Lin Nan Hsiung	ROC	28.58
	Orlando Pereira	SLK	27.62

M50	Fukuhara Kenyu	JPN	40.56
	Nakao Akiyoshi	JPN	39.14
	Tsao Chi-Ying	ROC	36.38

M55	Chen Jong Huei	ROC	31.56
	R S Misra Rama Sha	IND	30.28
	Lee Lien Huei	ROC	29.30

M60	Huang Chi-Shih	ROC	35.60
	Kuo Chi-Chiu	ROC	32.12
	Tsao Yang-Yi	ROC	32.10

M65	Musiri Musiri	INA	36.38
	Aloysius Sibidol	MAL	34.76
	Chen Chur-Hsu	ROC	30.10

M70	Yokota Takashi	JPN	33.56
	Hosokawa Masayasu	JPN	30.38
	Watanabe Saburo	JPN	29.58

M75	Kasama Ichiji	JPN	21.94
	Liu Chia-Chu	ROC	21.68

M80	Ratu Jan Mangi	INA	23.66
	Okazaki Masami	JPN	22.74
	Hosokawa Kunio	JPN	12.72

## Hammer

M45	Tatsuno Masaki	JPN	39.30
	Ho Ming-Hao	ROC	35.44
	Lin Nan-Hsiung	ROC	27.22

M50	Nakao Akiyoshi	JPN	31.10
	Shimizu Seizo	JPN	27.64
	Chien Sen-Pen	ROC	26.44

Javelin			
W35	Oiwa Kiyomi	JPN	40.85
	Liu Li-Hsiang	ROC	30.48
	Helen Chua	PHI	5.38

W40	Sulandari Tumi	INA	34.30
	Hsu Jiven-Dai	ROC	27.44
	Lee Cheng Meich	ROC	21.95

W45	Kijima Mitsuko	JPN	24.24
	Sharada Bedrala	IND	24.04
	Karundeng Ma	INA	23.44

W50	Shinjo Tomoko	JPN	30.82
	Sipil Emmy	INA	23.92
	Lee Huei-Hsing	ROC	23.68

W55	Nurmini Nurmini	INA	19.16
	Lo Wu Su-Hsia	ROC	18.66
	Sinurat Hilde	INA	17.74

W60	Fujii Sueko	JPN	17.70
	Yoshida Mitsuko	JPN	16.10
	Tsao Huang Chin	ROC	15.94

W70	Chen Yang Chin	ROC	10.38
	Liu Lai Chi Ying	ROC	5.28

M40	Chen Chin Kueen	ROC	49.10
	Tasi Da Li	ROC	47.32
	Selvaras	IND	44.56

M45	Yasukawa Akira	JPN	48.90
	Sacanory Jan	INA	46.70
	Amrullah H Abdul	INA	46.02

M50	Fukuhara Kenyu	JPN	12.60
	Nakao Akiyoshi	JPN	11.80
	Shimizu Seizo	JPN	11.41

M55	Lee Lien-Huei	ROC	10.92
	Hsu Shih-Shan	ROC	10.44
	Matsumoto Zenichi	JPN	10.22

M60	Wang Fu-Lai	ROC	11.82
	Kuo Chi-Chiu	ROC	10.47
	Hsu Chin Lien	ROC	9.96

M65	Aloysius Sibidol	MAL	11.73
	Musiri Musiri	INA	8.89
	Nakashio Zanjir	JPN	8.87

M70	Yokota Takashi	JPN	10.76
	Chao Yun-Lung	ROC	10.51
	Morita Moboku	JPN	9.92

M75	Tung Han-Wen	ROC	9.08
	Huang Shih-Rong	ROC	7.87
	Yeh Fu-Ping	ROC	7.64

M80	Ratu Jan Mangi	INA	8.54
	Okazaki Masami	JPN	7.59
	Chiu Ah-Liu	ROC	4.50

Discus			
W40	Sulandari Tumi	INA	25.44
	Hsu Jiven-Dai	ROC	25.44
	Lin Chih-Peng	ROC	25.24

W45	Suhardi Wijayanti	INA	25.32
	Karundeng Ma	INA	24.98
	Nakasui Michiko	JPN	23.96

W50	Iwama Etsuko	JPN	23.08
	Shinjo Tomoko	JPN	22.58
	Sipil Emmy	INA	19.34

W55	Sinurat Hilde	INA	23.16
	Nurmini Nurmini	INA	20.30
	Lo Wu Su-Hsia	ROC	19.24

W60	Tsao Huang Chin	ROC	16.52
	Yoshida Mitsuko	JPN	16.38
	Chen Huang Huan	ROC	15.08

W65	Tsujii Isuzu	JPN	22.86
	Lin Su Erh	ROC	17.26
	Chen Lee Ah Suan	ROC	15.36

M45	Lin Chen-Hung	ROC	35.22
	Lin Nan Hsiung	ROC	28.58
	Orlando Pereira	SLK	27.62

M50	Fukuhara Kenyu	JPN	40.56
	Nakao Akiyoshi	JPN	39.14
	Tsao Chi-Ying	ROC	36.38

M55	Chen Jong Huei	ROC	31.56
	R S Misra Rama Sha	IND	30.28
	Lee Lien Huei	ROC	29.30

M60	Huang Chi-Shih	ROC	35.60
	Kuo Chi-Chiu	ROC	32.12
	Tsao Yang-Yi	ROC	32.10

M65	Musiri Musiri	INA	36.38
	Aloysius Sibidol	MAL	34.76
	Chen Chur-Hsu	ROC	30.10

M70	Yokota Takashi	JPN	33.56
	Hosokawa Masayasu	JPN	30.38
	Watanabe Saburo	JPN	29.58

M75	Kasama Ichiji	JPN	21.94
	Liu Chia-Chu	ROC	21.68

M80	Ratu Jan Mangi	INA	23.66
	Okazaki Masami	JPN	22.74
	Hosokawa Kunio	JPN	12.72

M50	Wiradinata Bamb	INA	43.06
	Joseph	IND	41.48
	Chuang Ming-Hsun	ROC	38.74

M55	Ganapathy Mockati	IND	37.48
	Hsu Shih-Shan	ROC	35.72
	Matsumoto Zenichi	JPN	35.36

M60	Aso Katsuya	JPN	39.32
	Tsao Yang-Yi	ROC	33.62
	Soewondo Eddy	INA	32.68

M65	Aloysius Sibidol	MAL	43.18
	Yoshida Kazuya	JPN	36.48
	Musiri Musiri	INA	34.42

M70	Takarabe Shigehiko	JPN	31.74
	Morita Moboku	JPN	31.30
	Lin Teh-Chuan	ROC	28.44

M75	Tung Han-Wen	ROC	22.78
	Hsu Chin-Ku	ROC	20.52
	Kittaka Shigemaru	JPN	18.64

M80	Ratu Jan Mangi	INA	27.22
	Okazaki Masami	JPN	20.58
	Wu Chao-Chiang	ROC	6.18

ROC-Republic of China; JPN-			
Japan; IND-Indonesia; SLK-Sri			
Lanka; SIN-Singapore; IND-			
India; KOR-South Korea; MAL-			
Malaysia; PHI-Philippines;			
THA-Thailand			

Medals: Gold Silver Bronze			
JPN	115	68	63
ROC	67	66	59
IND	16	22	19
SLK	7	7	10
SIN	7	3	5
IND	5	21	11
KOR	4	10	3
MAL	2	2	2
PHI	1	1	2
THA	1	1	1

M40	Chen Chin Kueen	ROC	49.10
	Tasi Da Li	ROC	47.32
	Selvaras	IND	44.56

M45	Yasukawa Akira	JPN	48.90
	Sacanory Jan	INA	46.70
	Amrullah H Abdul	INA	46.02

M50	Fukuhara Kenyu	JPN	12.60
	Nakao Akiyoshi	JPN	11.80
	Shimizu Seizo	JPN	11.41

M55	Lee Lien-Huei	ROC	10.92
	Hsu Shih-Shan	ROC	10.44
	Matsumoto Zenichi	JPN	10.22

M60	Wang Fu-Lai	ROC	11.82
	Kuo Chi-Chiu	ROC	10.47
	Hsu Chin Lien	ROC	9.96

M65	Aloysius Sibidol	MAL	11.73
	Musiri Musiri	INA	8.89
	Nakashio Zanjir	JPN	8.87

M70	Yokota Takashi	JPN	10.76
	Chao Yun-Lung	ROC	10.51
	Morita Moboku	JPN	9.92

M75	Tung Han-Wen	ROC	9.08
	Huang Shih-Rong	ROC	7.87
	Yeh Fu-Ping	ROC	7.64

M80	Ratu Jan Mangi	INA	8.54
	Okazaki Masami	JPN	7.59
	Chiu Ah-Liu	ROC	4.50

Discus			
W40	Sulandari Tumi	INA	25.44
	Hsu Jiven-Dai	ROC	25.44
	Lin Chih-Peng	ROC	25.24

W45	Suhardi Wijayanti	INA	25.32
	Karundeng Ma	INA	24.98
	Nakasui Michiko	JPN	23.96

W50	Iwama Etsuko	JPN	23.08
	Shinjo Tomoko	JPN	22.58
	Sipil Emmy	INA	19.34

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## Continued from previous page

Autumn Leaves 5 Mile  
Emitsburg, MO;  
November 5

<b>Overall</b>	
John Doub	24:31
R. Riemschneider	30:40
M35 Gary Townsend	26:28
M40 Jim Harrison	29:02
M45 Ed Bush	29:24
M50 Kirk Davies	30:12
M60+Bill Squire	37:37
M35 Joan Leggett	35:09
M40 Joanne Henry	38:16
M45 Betsy Crowley	38:37
M50 Jeanne Kann	44:29
M60+Caroline Feaga	50:58

Howard Beach 10K  
Queens, NYC; November 13

<b>Overall</b>	
Mauricio Gonzalez 28	30:31
Marianna Panfil 29	33:59
M40 Atlatl Bellilgne	33:30
Hector Vargas	34:08
Tim Hassall	34:58
M45 Ted Haiman	33:47
Joseph Cote	35:43
Lance Hugelmeyer	36:12
M50 Witold Bialokur	35:48
Jerzy Sulek	38:51
John Devlin	42:02
M55 Ross Grasso	44:41
Albert Puma	46:20
Herbert Persky	46:33
M60 George Thompson	40:14
Walter Brown	43:08
Joseph Simonte	44:16
M65 John McManus	41:17
Al Goldstein	46:41
Andrew Neidnig	46:57
M70+ Wilfredo Rios	48:36
Charles Feldman	53:22
James Keeney	54:38
M40 Christiane Avin	41:09
Ann Piccolo	41:52
Roberta Brill	41:58
M45 Christine Tattersal	39:38
Jessie-Lea Hayes	41:22
Guadalupe Sarvide	44:24
M50 Jill Martin	42:31
B. Bellinghausen	44:15
Barbara McDermott	44:39
M60 Eleanor Butler	57:52
Barbara Beck	57:56

Syosset 5K Sprint  
Long Island, NY; November 19

<b>Overall</b>	
Tom Noble	15:11
Maryellen McGowan	16:38
M35 Bob Giambalvo	15:21
M40 Jay Hildebrand	16:42
Marc Hildebrand	16:42
M45 Maury Dean	17:09
M50 Walter Vinson	17:40
M55 Geza Feld	18:29
M60 Colin Harris	19:47
M65+Don MacKenzie	18:54
W35 Darlene Moritz	19:57
M40 Cynthia Bermudez	20:03
M45 Erica Gassen	22:55
M50 Renate Rhein	22:37
M55 Eunice Harris	29:43
M60 Gladys Simonsen	28:02
M65+Althea Wetherbee	26:59
645 finishers	

Thanksgiving Turkey Trot  
Brooklyn, NYC; November 24

<b>Overall</b>	
Carlos Roa 35	25:02
Pamela Fanning 24	29:18
M40 Eddie Prunty	26:35
Ed Sandoval	28:33
Michael Bruno	28:37
M45 Ted Haiman	26:47
Gabe Bernal	28:16
Ken Herel	28:59
M50 Witold Bialokur	28:39
Jerzy Sulek	29:23
Stuart Laikind	31:16
M55 Ken Jones	32:35
Hans Hunziker	32:57
Rudolph Benoit	33:20
M60 Bill Fortune	30:33
Jack Haar	35:23
Joe Simonte	35:49
M65 John McManus	33:36
Tom Gibbons	36:40
Al Goldstein	36:52
M70 Vince Carnevale	37:06
Wilfredo Rios	38:15
James Keeney	40:51
M40 Roberta Brill	34:21
Barbara Tsao	34:52
Bonita Ullman	37:38
M45 Patty Lee Parmalee	34:31
Elaine Joseph	35:48
F. Desmouliere	35:50
M50 Helene Bedrock	33:07
Olga Lombana	38:38
Ceil Laikind	40:35
M55 Melva Murray	44:20
Florence Rose	46:22
Regina Nicora	49:22

M60 Aslaug Tomas	40:32
Barbara Beck	47:26
Sandy Norris	50:24
M70+Sally Berkman	54:15
<b>Racewalkers</b>	
Nicholas Bdera 40	38:05
Gary Null 43	38:46
Jean Silliman	41:51
Abby Drucker 42	41:52

Garden City Turkey Trot 5 Mile  
Long Island, NY; November 24

<b>Overall</b>	
Jim Flynn	24:46
Marilyn Caulfield	29:41
M30 B. Murolo	26:27
M40 Jack Martin	26:50
M50 Harry Irvin	35:12
M60+John Corrigan	34:48
W30 Cathy Merrick	35:09
W40 Nancy Dimeo	35:38
M50 Ann Jennings	44:43
M60+Letha Evans	48:36
1805 finishers	

Achilles Handicap 10K  
Central Park, NYC;  
December 4

<b>Overall</b>	
Al Reyes 71	25:50
Brian Froggatt 30	25:58
Paddy Rossbach F50	25:58
Ted Haiman 45	26:16
Al Nastaly 49	26:22
Angella Hearn F42	27:05
Sam Skinner 46	27:07
Ralph Walde 45	27:48
Tosh d'Elie F58	27:58
Fritz Mueller 52	28:43
Jeff Pledger 32	28:46
Trevn McLean F27	28:57
B. Bellinghausen F55	29:03
Ryszard Sawa 44	29:16
Tom Phillips 33	29:20
M. Greeley F45	29:35
Jim McClaren 23	29:42
Susan Milliken F39	29:43
Cora Five F44	29:48
Dan Hamner 48	30:04
Kieran O'Connor F31	30:04
Wieslaw Miech 34	30:05
Martin Smith 56	30:08
Moacir Silva 32	30:10
Alan Fairbrother F52	30:32

Metro 5000  
Rockville, MD  
December 4

<b>Overall</b>	
David McCormack	14:38
Mae Lauretta Miller	16:57
M40 James Bickley	16:29
Jim Porterfield	16:59
Henry Danver	17:27
M50 Fay Bradley	16:49
John Elliott	17:16
Chan Robbins	17:38
M60 Bill Osburn	20:43
Chuck Kern	21:30
Bill Morrison	22:22
M40 Janet Newburg	22:35
Dee Nelson	22:40
Georgiana Havill	23:06
M50 Joanne Mallet	21:53
Charlotte Edwards	22:25
Betty Jane Scarano	26:29
M60 Monica Friedman	24:49

New York City Marathon  
December 6

<b>Overall</b>	
Steve Jones 33	2:08:20
Grete Waitz 35	2:28:07
M40 Ryszard Marczak	2:15:54
Frank Weber	2:27:07
Andy Holden	2:27:38
Giovanni Angelelli	2:28:04
Daniel Robelin	2:28:49
Carlo Magno	2:30:28
Murray Hunt	2:30:38
J. Babinyecz	2:31:55
Orlando Santini	2:34:49
David Lem	2:36:16
M50 G. Campanella	2:37:01
James O'Brien	2:37:05
Fritz Mueller	2:43:25
Arne Kaati	2:45:30
Franz Gutland	2:46:36
Aimo Rantala	2:46:47
A. Fairbrother	2:47:17
G. Montaner	2:49:11
Michael Miller	2:49:32
Dale Urbain	2:51:20
M60 G. Reidemeister	2:55:15
Lage Carlson	3:03:03
J. Kamperdijk	3:11:16
Manuel Teodoro	3:13:05
Gustav Kallweit	3:16:33
Miles Marshall	3:18:46
Heros Deppi	3:18:48
K. Kirchdorfer	3:21:14
Roy Jeffreys	3:21:57
Kesakazu Kitahara	3:22:18

M70 Ed Vuolo	3:45:19
V. Carnevale	3:56:03
Wilfredo Rios	4:00:07
Vernon Geary	4:19:21
G. Brunaldi	4:19:28
Ramon Barquin	4:21:17
Jean Laffon	4:22:51
Hans Roth	4:26:21
Takeshi Miyatake	4:27:35
Erik Wiklund	4:34:49

M40 G. LaDage Scott	2:47:33
Elaine Statham	2:56:49
Charlotte Swanson	2:59:56
Cheryl Ralya	3:02:19
Hanni Zehender	3:03:18
Sylvie Kinche	3:09:36
Anna Thornhill	3:10:20
Harolene Walters	3:11:10
Danielle Geffroy	3:11:49
Patricia Mack	3:12:14

M50 Zofia Turcos	3:12:49
Wen-Shi Yu	3:19:31
Ada Letinsky	3:21:19
Barbara Robinson	3:28:12
Ellen Quinn	3:28:23
Sue Stipe	3:29:15
R. Fredenthal	3:29:32
Imme Dyson	3:29:58
Lois Jensen	3:33:26
Julia Velasquez	3:39:13

M60 Marie Schwarz	3:57:20
Helga Kuendig	4:03:00
Aslaug Tomas	4:12:25
Vreni Niklaus	4:13:37
Loretta Shehan	4:21:08
Joy Johnson	4:22:59
Keiko Asami	4:28:47
Edith Farias	4:32:06
Ayumi Kinjo	4:32:54
Daisy Klein	4:39:57
M70 C. Botticchio	5:37:21
Althea Jureidini	6:08:20
Mayne Bdera	6:50:13
Evelyn Havens	6:50:25
Marion Epstein	6:50:56

Winter Series 10 Miler  
Central Park, NYC;  
December 10

<b>Overall</b>	
Bob Meighan 30	51:16
Candace Meighan 30	58:54
M40 Manuel Caneva	58:13
Cliff Held	59:51
Mike Spada	60:36
M45 Sam Skinner	57:39
Alphonse Naslasy	60:10
Julio Lugo	60:23
M50 Sid Howard	58:19
Alan Fairbrother	61:03
James Fillis	61:54
M55 Ken Jones	66:54
Joseph Burns	67:57
Joe Pascarella	70:07
M60 Bill Fortune	62:45
Don Dixon	66:54
George Thompson	70:27
M65 John McManus	71:04
Andrew Neidnig	74:43
Tom Gibbons	75:51
M70 Vince Carnevale	73:57
Charles Feldman	89:09
M40 Sylvie Kinche	68:09
Ann Piccolo	68:41
Aine Kelly	72:20
M45 Laurie Baker	72:45
Carol Zeman	76:42
Barbara Fox	77:33
M50 Esther Marcus	82:51
Norma Signore	83:52
Susan Ulin	96:04
M60 Aslaug Tomas	82:27
Barbara Beck	98:29
Sandy Norris	1:46:28

Newport 10K  
Newport, RI; December 11

<b>Overall</b>	
Mark Donahue 29	31:05
Kim Goff 27	38:07
M40 Ray Nelson	34:06
Al Campbell	36:17
Ray Marsland	36:17
M50 Leo Tomasetti	36:38
Dana Sumner 57	39:13
Robert Paux	40:31
M60 Carl Hammen 65	43:03
Herb Silander	43:53
Bill Gorman	45:05
M70 Andrea Hatch 45	43:23
Karyn Mumma	45:18
Mary-Ellen Atkins	46:29
M50 Mary McCauley 56	61:10
Pauline Boyle 55	62:08
Jane Goodwin 55	63:08
from Carl Hammen	

Braden Field 10-Miler  
Greenbelt, Maryland  
December 26

<b>Overall</b>	
Bob Raisbeck	54:27
Win Graves	1:04:43
M40 Bob Thurston	1:00:50
Gordon Noel	1:04:50
John Haubert	1:04:58

M50 C. Des Jardins	1:12:57
Nelson Oertel	1:14:18
Mike Bennett	1:16:59
M60 Dixon Hemphill	1:15:43
Bill Osburn	1:16:12
M30 B. Creed	1:07:43
L. Rosenbusch	1:22:50
Susan Jones	1:29:00
M40 Nadia Wasserman	1:26:17
Dotty Esher	1:36:50
Joan Schindel	1:55:52

## Braden Field 20-Miler

<b>Overall</b>	
Ben Beach	1:58:15
C. Ventura-Merkel	2:14:50
M40 Jim Porterfield	2:08:20
Coleman Hicks	2:13:16
Gerry Ives	2:14:36
M50 Ben Mathews	2:08:41
Julian Ives	2:21:10
Al Marcy	2:23:34
M60 Walt Washburn	2:35:50
M30 C. Ventura-Merkel	2:14:50
Hiroko Smith	2:37:56
Edie Tress	2:38:22
M40 M. Zuckerman	2:30:49
Judy Flannery	2:49:27
A. Catarineau	3:08:38



## SOUTHEAST

Turkey Ten Miler  
Mobile, AL; November 15

<b>Overall</b>	
Mike Plumb	55:45
Helen Rogers	62:39
M35 Ronnie Bowen	62:19
M40 Don Wright	57:23
M45 Leon Mattics	62:39
M50 Marion Matchett	66:00
M55 Charles Stinnett	68:22
M60 Jim Mitchell	75:55
M65 S. P. Hudson	87:25
M70 Earl Wert	1:44:54
M35 Chris Aufderheide	69:33
M40 Marian Loftin	79:08
M45 Betty Dance	1:23:43
M50 Mary Watson	1:27:25
M55 Helen Dethloff	1:40:32
M60 Daphne Dvorak	1:48:00

Thanksgiving Run 10 Miler  
Florida Masters 10 Miler  
Championships  
Deland, FL  
November 24

<b>Overall</b>	
Ray Renner	52:59
Janet Canfield	62:15
M35 Bruce Lampman	60:49
Mike Payne	63:16
Steven Considine	63:36
M40 John Bryant	61:20
Don McLoughlin	61:52
Tom Houldsworth	63:37
Pat Johnson	69:40
Richard Steirner	71:34
M45 Louis Buttacavoli	64:17
Robert Daley	64:51
Mike Sheffey	66:18
Gerry Gergley	70:15
Bill Boyd	71:12
M50 Bob Brockway	66:59
Jack Adkins	70:18
Ed Trux	75:51
Jerry Hiatt	76:00
Gary Synor	76:29
M55 Jim Blount	62:54
Tony Manduca	82:29
Bill Jones	83:12
Lee Gockley	89:50
Richard Cartier	89:51
M70 Dick Fortier	87:28
Harold Tucker	92:38
M35 Nina Ehmer	68:53
Sue Sofliancs	76:41
Susan Broomall	90:50
Lynda Lincoln	1:44:48
Willy Payne	1:50:03
M40 Carol Smith	99:35
M45 Rita Schafer	84:50

Eckerd/Magnavision  
Baby Boomer 10K  
Coconut Grove, Florida  
December 4

<b>Overall</b>	
Bill Rodgers	30:23
Ann Henderson	34:18
M40 Bill Rodgers	30:23
Byron Dyce	30:51
Bruce Ritzler	32:59
Paul Arsuaaga	33:00
Pat Chmiel	33:04
M45 A. Echeverra	35:20
M. Estremadoyro	35:39
Matt Cucchiara	36:30

M50 Joe Burgasser	34:55
Richard Poole	37:22
Joseph Singer	37:30
M55 Arthur Bigelow	40:02
Jim Higgins	40:29
David Branch	41:15
M60 Wesley Reuter	42:49
Joel Motos	47:15
Mike Hendrick	49:20
M65 Ronald Storm	44:29
Dan Biele	46:03
Bill Granby	46:50

M40 Karen MacHarg	36:27
Judy Greer	37:15
Jane Millspaugh	37:51
Betty Boppert	40:41
Sharon Beal	40:51
M45 Sally Snyder	42:07
Mimi Oliveira	43:09
Linda Sparrow	44:14



## Continued from previous page

M55 Charles Rose	38:24.5
Robert Callahan	39:53.5
Bob Jones	41:54.8
Bill Williamson	42:44.9
Charles Moore	44:55.7
M60 Ed Hamilton	45:41.0
Gied Stroombeek	46:20.1
Richard Morgan	48:02.8
Charles Hicks	49:01.1
Bruce Hudson	49:30.0
M65+Rex Willard	47:56.5
Alvin Smith	50:40.1
Arnold Hecht	53:41.2
Samuel Wright	54:10.0
Jim Trent	55:26.0
W40 Priscilla Welch	35:06.0
Nancy Oshier	36:49.8
Jane Hutchinson	37:14.1
Jane Millsbaugh	38:00.3
Karen MacHarg	39:07.8
W45 C. Tattersoll	38:32.1
Elizabeth Ervin	42:04.4
Nancy Lowden	47:19.6
Beth Patton	49:20.2
Ann Marsh	49:47.0
W50 Dolores Albertini	40:53.2
Susie Klutts	45:09.4
Margid Krueger	47:55.6
Alpha Bennett	51:14.7
Bobby Wilson	53:33.6
W55 Mary Purvis	57:15.2
Anne Yudel	1:08:31.8
Jean Evans	1:11:11.4
W60+M. Norckauer	56:46.3
Betty Lineberry	59:44.0
Anne Hobson	1:01:50.2
B. Richardson	1:08:44.2

## MIDWEST

Wolfpack Fall Classic  
Ohio TAC 20K  
Championships  
Columbus, Ohio  
October 30

Overall:	
Bill Valenzano	1:08:57
Marie Burleson	1:20:07
M40 Larry Schaffner	1:17:59
M45 Jimmy Wadsworth	1:28:31
M50 Pete Riegel	1:34:50
M55 Ray Thompson	1:25:56
W35 Cookie Dilla	1:27:28
W40 Michel Puckett	1:47:57
W50 Mm Brierley	1:51:44

Wolfpack Fall Classic  
Ohio TAC 50K Championships

Overall:	
Robin Fry	3:35:50
Jan Kreuz	3:44:32
M40 Delbert Ruckle	4:06:18
M45 Bob West	3:46:50
M50 Robert Cairns	6:08:28
M55 Rex McKinny	5:59:43
W35 Linda Evans	4:40:18

## Wolfpack Fall Classic 5K

Overall:	
Dean Allemang	16:17
Tracy Disabato-Aust	19:16
M40 Kevin Kreuz	18:14
M45 D.E. Hysell	20:25
M55 James Spitzer (RW)	29:39
M60 Ralph Russel (RW)	40:33
W35 Kum Chae Macare	26:01

Ohio River RR Turkey Trot  
8K, Miamisburg, OH;  
November 22

Overall:	
Lon Adkins	25:00
John Agnew	25:00
Kathlene Welsh	29:39
M40 Dan Giner	27:11
Wayne Doehman Sr	28:22
Bill Blevins	28:28
M45 Russ Atkinson	29:33
Larry Crum	29:56
Ron Rohrer	30:28
M50 Bob Schul	27:17
Wally Nugent	32:19
Richard Weidner	32:48
M55 Don Gammie	29:27
Don Williams	32:25
Ron Helcher	33:23
M60 Roland Anspach	33:35
Herbert Textor Sr	39:16
Robert Williams	39:34
M65 Robert Albert	42:49
M70+Rollo Dawson	53:53
Joseph Abbas	54:03
Don Settle	54:59
W40 Janie Schul	34:04
Margaret Gies	35:12
Betty Warwick	37:09
W45 Linda Macke	34:55
Malinda Wolf	40:44
Judy Kier	41:56

W50 Carol Byrne	40:31
Marilyn Agnew	40:39
Pat Kelly	42:39
W55 Billy Stacy	35:46
Norma Schwell	47:55
1608 finishers; from L Laubach	

Seagate Ultramarathon  
(50 Miles); Toledo, Ohio  
November 26

Overall:	
Glen Miller	6:23:24
Sally Middleton	8:31:36
M40 John Giovengo	7:08:10
Frederick Davis	7:38:49
Garry Day	8:40:26
M45 Larry Anderson	7:23:25
M55 Chuck Bundy	8:03:05
M60 Mort Krakow	9:18:31

Seagate Ultramarathon  
(60K)

Overall:	
Don Gjurasin	4:26:54
Deborah Karl	5:41:53
M40 Donald Vining	4:37:33
Wayne Richard	5:24:10
Don Lindley	5:41:30
M45 David Suhr	5:43:44
Ron Berby	6:17:49
Mark DeLucia	6:28:36
M50 Joe McKenna	5:59:13
Dave Payette	6:17:34
Harold Hughes	7:29:43
M55 Ed Bloedow	9:19:11
W35 Deborah Karl	5:41:53
W45 Janet DeLucia	6:14:15
W50 Marge Potter	6:23:11

Seagate Ultramarathon  
(100K)

Overall:	
Ray Krolewicz	8:03:56
M45 Bob Blum	8:55:20
Richard West	9:15:19
Barry Erickson	9:35:32
M50 Arthur Moore	9:29:42
John Wallis	10:34:19

Metro-Macomb Runners  
Christmas Series  
Mt. Clemens, MI  
2 Mile - December 3

Overall:	
Phil Sanborn	9:52
Maggie Zidar	13:52
M40 Tim Klinkhamer	12:11
Pat Dugan 47	12:19
Newell Clay	12:26
M50 Herb Seegert	12:38
Lou Palmieri	13:29
Jim Hastings 55	13:34
M60 Fred Gurol 67	14:20
Paul Zylstra 66	17:14
Zeke Vogt	17:15
M70+ Joe Thornburg	15:14
Pete Bolos 75	16:35
W40 Laima Stede 45	14:48
Marlies Bahlman	48:19:60
Myong Butler 45	21:43

5K--December 10

Overall:	
Olaf Meier	16:46
Maggie Zidar	22:14
M40 Jim Park 45	18:36
Pat Dugan 47	19:40
Tim Klinkhamer	20:11
M50 Herb Seegert	20:39
Jim McManus 56	21:39
Lou Palmieri	21:52
W60 Fred Gurol 67	23:30
Paul Zylstra 66	27:58
M70+Joe Thornburg	24:25
Pete Bolos 75	26:25
W40 Laima Stede 45	24:19
Marlies Bahlman	48:29:04
Myong Butler 45	35:00

4 Mile - December 17

Overall:	
O Meier	21:18
M Zidar	27:54
M40 T Klinkhamer	24:34
Pat Dugan 47	24:40
Tom Marshall	27:02
M50 H Seegert	25:38
L Palmieri	30:06
M60 F Gurol 67	30:52
P Zylstra 66	35:57
M70+J Thornburg	30:57
P Bolos 75	35:25
W40 M Bahlman 48	37:02
M Butler 45	45:30

Age-Group Series Winners

30-39 Bob Kosen	63:18
Maggie Zidar F 65:00	
40-49 Tim Klinkhamer	56:56
50-59 Herb Seegert	58:56
60-69 Fred Gurol	68:42
70+ Joe Thornburg	70:36

Westfield Walkers 5K  
Racewalk, Westfield,  
Indiana; December 10

Overall:	
Stan Brown	29:01
Gail Johnson	28:08

M31-40	
Jerry Cromer	35:29
Michael Owens	36:20
M41-50	
Jerry Conner	38:12
Glenn Hunnsucker	40:55
M51-60	
Ray Everson	32:50
Ray Thomas	33:09
Al Pike	34:19
M61-70	
Bob Gardewing	35:30

M71-80	
Hugh Yeomans	35:40

W31-40	
Cathy Blevins	37:41
Leann Pope	40:24
Lynda Kaiser	40:26
W41-50	
Mary Allen	35:36
Ruth Everson	35:49
Sharon Conwell	36:18
W51-60	
Carolyn Peet	36:39
Pat Boyd	40:02
Nancy Featherstone	40:32
W61-70	
Ernestine Yoomans	35:44
Miriam Bales	37:42

Vic Tanny Indoor Marathon  
Toledo, Ohio  
December 11

Overall:	
Glenn Miller	2:46:07
Louise Miklovic	3:41:53

M40 Mike Burke	3:20:21
Jim Wahl	3:43:50
Mike Moilanen	3:46:16
M45 Russ Hudson	3:12:40
Larry Anderson	3:18:52
John Wagoner	3:27:45
M50 Dave Payette	3:36:56
Tom Falvey	3:50:11
Andy Lovy	3:54:51
W35 Patricia Phillips	3:41:63
W45 Sharon Miller	5:01:57
Madeline Lovy	7:29:43

Santa's Fun Run - 4 miles  
Mt. Clemens, Michigan  
December 24

Overall:	
Pat Johnson	20:50
Kathy Kubick	23:55
M40 Larry Wibright	23:51
M50 Herb Seegert	25:44
M60 Don Meyers	28:23
M70 Joe Thornburg	31:35
W40 Myong Butler	45:00
W50 Bobbi Beagle	42:00

Metro-Macomb Runners  
Annual New Year's Eve 5K  
Mt. Clemens, MI  
December 31

Overall:	
John Zidar	10:59
Maggie Zidar	21:16

40-49 Years	
1. Andy Chochol	19:06
2. Tom Marshall	19:53
3. Currell Patti	20:40
4. Ron Brunt	20:53
5. Greg Franczak	23:13

50-59 Years	
1. Herb Seegert	20:04
2. Jim Hastings	20:43
3. Jim McManus	21:21
4. Lowell Spies	21:35
5. Lou Palmieri	21:37

60-69 Years	
1. Don Meyers	21:07

70+ Years	
1. Peter Bolos	26:45

Annual New Year's Day 4 Mile  
Mt. Clemens, MI  
January 1

Overall:	
Clay Miller	21:04
Maggie Zidar	28:07

40-49 Years	
1. George Smelle	26:33
2. Ron Brunt	26:59
3. Roger Johnson	29:17
4. Ramon DelBosco	29:43
5. Terry Collins	30:39

50-59 Years	
1. Gene Reck	25:11
2. John Kolmetz	25:42
3. Herb Seegert	26:20
4. Lou Palmieri	28:47
5. Jim Tuitt	32:45

60-69 Years	
1. Fred Gurol	30:30

70+ Years	
1. Joe Thornberg	31:10
2. Peter Bolos	35:04

Show Me State 48 Hr.  
Run/Walk, Cape Girardeau,  
Missouri, January 2, 1989

Overall:	Miles
M. Sprengelmeyer (42)	169.33
Ed Williams (59)	157.01
Al Cuzado (49)	150.11
Nace Wagner (32)	150.11
Gene Steiner (54)	143.10
Rod Ourada (63)	137.37



## MID AMERICA

Twin Cities Marathon  
Minneapolis, St. Paul  
October 2

Overall:	
Danny Boltz	2:14:10
Ria Van Ladeghem	2:28:11

M40 Kjell-Erik Stahl	2:19:59
Atthol Barton	2:22:52
Josef Machelek	2:25:29
Bruce Mortenson	2:25:45
Dick Ruhland	2:32:00
John Emmons	2:33:54
Gerry Byrne	2:35:00
Bill Jackson	2:38:41
John Phelps	2:39:00
J.C. Hoffman	2:39:33
M45 Gunter Mielke	2:27:19
Michael Heffernan	2:28:09
Robert Nelson	2:32:26
Chuck Frawley	2:34:22
Jim Cooke	2:37:30
Bud Mixon	2:46:08
Walt Peet	2:48:15
Franklyn McCoy	2:49:43
Gene Da Glau	2:49:55
Elwood Vetos	2:51:15
M50 Ardel Boes	2:34:13
Lee Wilcox	2:48:22
Duane Fjelstad	2:49:20
Dale Urbain	2:50:41
Myron Anderson	2:53:47
Dick Seagrave	2:55:13
Ted Tetzlaff	2:56:15
George Savanick	2:56:51
Arlen Sunn	2:56:58
Kirk Davies	2:57:08
M55 Norman Green	2:33:22
Al Schuster	2:52:06
Jim Smedema	2:53:30
Greg Prom	3:00:31
Jim Schleisman	3:03:50
Robert Dolphin	3:06:20
Robert Baron	3:10:51
Don Moreland	3:12:54
Norman Horns	3:15:23
Gary Derfance	3:16:48
M60 Alex Ratelle	2:55:24
Max Jones	3:01:00
Pete Petracek	3:15:54
Harold Hubbard	3:15:57
John Moran	3:19:31
Oscar Pederson	3:28:25
George Sivanich	3:28:36
Bill Galbrecht	3:29:37
Bill Bromley	3:37:33
Robert Turner	3:49:50

M45	
Gunter Mielke	2:27:19
Michael Heffernan	2:28:09
Robert Nelson	2:32:26
Chuck Frawley	2:34:22
Jim Cooke	2:37:30
Bud Mixon	2:46:08
Walt Peet	2:48:15
Franklyn McCoy	2:49:43
Gene Da Glau	2:49:55
Elwood Vetos	2:51:15
M50 Ardel Boes	2:34:13
Lee Wilcox	2:48:22
Duane Fjelstad	2:49:20
Dale Urbain	2:50:41
Myron Anderson	2:53:47
Dick Seagrave	2:55:13
Ted Tetzlaff	2:56:15
George Savanick	2:56:51
Arlen Sunn	2:56:58
Kirk Davies	2:57:08
M55 Norman Green	2:33:22
Al Schuster	2:52:06
Jim Smedema	2:53:30
Greg Prom	3:00:31
Jim Schleisman	3:03:50
Robert Dolphin	3:06:20
Robert Baron	3:10:51
Don Moreland	3:12:54
Norman Horns	3:15:23
Gary Derfance	3:16:48
M60 Alex Ratelle	2:55:24
Max Jones	3:01:00
Pete Petracek	3:15:54
Harold Hubbard	3:15:57
John Moran	3:19:31
Oscar Pederson	3:28:25
George Sivanich	3:28:36
Bill Galbrecht	3:29:37
Bill Bromley	3:37:33
Robert Turner	3:49:50

H50	Arden Boes	2:54:19
	Lee Wilcox	2:48:22
	Duane Fjelstad	2:49:20
	Dale Urbain	2:50:41
	Myron Anderson	2:53:47



## Continued from previous page

W40 Cathy Whitcomb	3:33:02
Frank Boyd	3:55:15
Ann Duve	3:56:42
Kathy Neiner	3:57:10
Ann Lott	4:13:27
Mary L. Jones	4:33:21
Phyllis Bahner	4:47:03
W45 Karen Bestul	3:19:51
Nancy Moore	3:33:20
Barbara Henkemeyer	4:06:00
Sara Risser	4:13:28
Keiko Young	4:21:35
W60 Mary Otte	5:05:28

17th Annual St. Louis  
Marathon, St. Louis, MO;  
November 20

Overall	
Terry Croyle 25	2:29:58
Janis Klecker 28	2:46:11
M40 John Jenk \$250	2:48:36
J. Kurfman \$150	2:50:31
Gary Julin	2:51:21
David Gocken	2:55:11
John Dean	2:55:44
M45 Joe Schrag	3:04:17
Gary Cooper	3:04:49
Don Dickmeyer	3:07:23
Gene Gamble Jr	3:10:44
M50 Ron Goudreau	3:03:38
Derek Redmore	3:04:46
Walt Wozniak	3:08:35
M55 Gary Gilbert	3:19:40
Milton Taylor	3:29:17
William Stryker	3:39:41
M60 Roy Buck	3:46:08
Bernard Phillips	4:02:21
M65 Bob Poppe	4:48:56
M70+Larry Patterson	4:49:23
W40 Sue Wheeler \$250	3:17:19
Barbara Cesal	3:37:06
Sandy Dunafon	3:50:01
W45 Joan Stepzinski	4:27:43
Ellen Medearis	4:28:43
Carol Peluso	4:40:57
W50 Barbara Gehring	3:43:06
Str Ann Sellmeyer	4:34:53
W55 Dorothy Davis	4:52:37

## SOUTH WEST

White Rock Marathon  
Dallas, TX; December 4

Overall	
Andres Perez	2:16:12
Martha Ashley	2:46:30
M40 Charles Large	2:41:23
Jack Edgar	2:43:51
Steve Shopoff	2:44:59

M45 Carlos Giron	2:34:37
Mike Matheny	2:42:59
Robert Abbott	2:44:59
M50 Larry Worth	2:46:44
Gerald Glass	2:56:32
Don Potter	2:56:52
M55 Gil Zarazua	3:07:37
Cecil Earp	3:09:39
Dave Shenkenberg	3:13:15
M60 Bill Hoffman	3:06:54
Morris Adkins	3:29:49
Emmett Smith	3:40:19
M65 Lu Larson	3:53:28
Herschel McCord	4:05:15
M70+Dick Granger	3:48:52
W40 Ingrid Cofield	3:08:04
Carmel Vrabel	3:15:44
Margaret Steenson	3:20:40
W45 Sandra Heckman	3:28:51
Emily McAdams	3:34:52
Mary Fletcher	3:39:50
M50 Mary Miller	3:42:18
Maria Johnston	3:43:43
Kathy Moffitt	3:51:24
W55 Marge Trenckmann	3:55:59
Barbara Moore	4:16:25
Martha Rodgers	4:49:45
W60 Jan Richards	3:59:03
Shirley Pence	4:47:10



## WEST

Fay Hobbs Memorial 10K  
Santa Barbara, CA; October 23

Overall	
Daine Odion 32	38:27
W35 Elaine Triplett	42:24
W40 Betty Jory	42:55
W45 Joanne Barker	48:58
W50 Ruth Adams	56:37
W60+Margaret Miller	45:48
Margie Withrow	54:08

12th Santa Barbara Half-  
Marathon, Santa Barbara, CA;  
November 6

Overall	
Greg Hauser 23	1:08:20
Mary Ryzner 34	1:23:30
M35 Duncan Thomas	1:16:23
M40 Paul Maier	1:17:35
M45 Vic Birtalan	1:27:04
M50 Paul Cooke	1:30:56

M55 Neil Ziegler	1:37:38
M60+Y Sakazaki	1:35:56
W35 Leslie King	1:35:11
W40 Jane Granskog	1:48:23
W45 Denise Bonny	1:38:27
W50 Becky Whitehead	1:58:29
W60+Margie Withrow	2:01:44
Walkers	
Jim Baltes 52	2:17:59
Linda Lepper 45	2:31:17

Honolulu Marathon  
December 11

Overall:	
Gianni Poli	2:12:47
Cyndie Welte	2:41:52
M40 Kjell-Erik Stahl	2:25:49
Bob Wolfe	2:38:56
Masataka Hatanaka	2:39:25
Gerry Lindgren	2:43:13
Tadaomi Ishii	2:44:40
Noriyasu Mizukami	2:45:11
Frank Shorter	2:45:24
Bengt Olofson	2:46:51
Craig Newport	2:49:35
Michel Chevalier	2:49:51
M45 Alberto Rivas	2:41:46
Hideo Kumagai	2:42:54
Markku Tunturi	2:44:16
Hisashi Kamihata	2:49:23
David Terenteff	2:50:06
Tony Pizzello	2:53:28
Wolfgang Reinhardt	2:58:35
Phillip Stratton	2:58:47
Ben Abihal	2:59:51
Hiroaki Sakuma	3:00:50
M50 Tsuneaki Takahashi	2:40:42
Oiva Tuomainen	2:48:39
Jack Tuttle	2:49:55
Manfred Schuetz	2:57:51
Robert Barber	3:00:41
Morimasa Maru	3:01:26
Eric Piper	3:02:03
Max Telford	3:05:14
Shuya Izuka	3:08:31
Terry Teranishi	3:08:33
M55 William Ball	3:03:43
Mike Goldman	3:04:06
Hiroaki Kimino	3:05:57
Konrad Kaltenbach	3:10:42
Jerry Hagen	3:11:03
Robert Fletcher	3:11:12
Jack Cargal	3:12:00
Genshichi Nagasawa	3:19:07
Gordon Dugan	3:23:42
Robert Monteith	3:26:34
M60 Keizo Yamada	3:06:37
Richard Harris	3:23:09
Karimex Godek	3:29:22
Ebbe Callheim	3:30:24
Max Jones	3:33:41
Fred Ward	3:35:03
Robert Cooling	3:38:24
Robert Bronke	3:40:00
Katsuo Hanzawa	3:46:35
Kiyoshi Shinji	3:47:56
M65 Anthony Napoli	3:22:04
Jack McGuigan	3:34:49
R. Meyer-Wilmes	3:43:45
Ernest Fischer	3:49:27
Friedrich Werner	3:51:23
Masaru Morikawa	4:07:02
Betty Hughes	4:09:08
Fritz Hentschel	4:10:03
Hiyoshi Nagamatsu	4:12:06
Ludwig Herrmann	4:12:17
M70 Hiroshi Onuma	3:33:17
Shigeatsu Suzuki	3:46:02
Don Lundberg	3:53:32
Tore Anderson	3:57:46
Dutch Benedetti	4:01:40
August Schauder	4:12:26
Karel Zemek	4:15:31
Mitsuo Yano	4:32:06
Floyd Smithberg	4:44:32
Yoshio Sumita	4:58:19
M75 Same Appetios	3:32:57
P. Knoch	3:49:51
H. Kikuchi	4:26:18
Bulchi Tahira	5:01:43
Michitoshi Terada	5:43:16
Masato Shibasaki	6:02:24
Kanejiro Kasai	6:13:12
Kazuo Ishino	6:15:59
Walter Aoki	6:53:21
Jiro Masugi	6:56:55
M80+Kazuyoshi Fuji	6:56:55
Shintaro Sekiguchi	6:24:32
Yoshio Fukushima	6:55:07
W35 Celia Duncan	3:12:03
Lynn O'Malley	3:12:56
Patty Shackleton	3:15:17
Annette Olsen	3:27:20
Karolyn Mattila	3:29:16
Leena Huovinen	3:32:07
Maria Nunner	3:33:23
Michiko Okashita	3:34:30
Emiko Kamezaki	3:36:24
Lori Young	3:36:35
W40 Priscilla Welch	2:43:20
J. Huber-Cogswell	3:12:47
Junko Suzuki	3:18:48
Dorie Quam	3:23:16
Masako Kawamura	3:28:25
Carol Howarth	3:29:02
Yukiko Shimolyo	3:39:01
Irene Becker	3:39:53
Arlita Spears	3:42:26
Britt Mosby	3:45:45
Keiko Arimitsu	3:50:55
W45 Minoru Muramoto	2:58:05
Toshiko Ogawa	3:29:25
Claire Bowker	3:32:36
Kyoko Kasai	3:33:51
Michiko Koizumi	3:42:30
Mary Jo Feeney	3:46:12
Nancy Courter	3:48:47
Renate Von Elm	3:48:49
Betty Frankum	3:52:26
Takae Narita	3:53:27
W50 Elaine Atwell	3:30:29
Irene Olberz	3:33:49
Susie Bartels	3:35:28
Deborah Forrester	3:53:03
Mary Hack	3:57:40
Tomiko Takeda	3:58:05
Setsuko Tomioka	3:59:04
Harriet Anderson	4:01:34
Junko Kano	4:03:02
Yong Choy Chang	4:04:06
W55 Joan Stubbings	3:52:44
Arty Brown	4:11:58
Shirley Harris	4:13:11
Elaine Herfert	4:13:15
Setsuko Tani	4:24:04
Mollie Chang	4:28:23
Katsuko Miwa	4:29:01
Barbara Zamparelli	4:31:42
Hisako Yasunaga	4:34:19
Misako Itagaki	4:47:54
W60 Sachiko Tsutsumi	4:33:32
Akiko Nagata	4:38:14
Hisako Katori	5:00:16
Sadako Shinji	5:01:58
Wakae Spencer	5:12:53
Michiko Kawai	5:16:45
Bertha McGruder	5:22:37
Vivian Ames	5:31:32
Sadako Oshima	5:31:44
Sugi Namiki	5:39:41
W65 Margaret Lee	4:46:26
Grayce Miji	5:14:49
Kaneko Maeda	5:18:16
Chie Nagamatsu	5:34:58
Yaeko Tsuneshigo	6:36:26
Nobuko Asano	6:52:22
Toshiko Takahashi	6:52:59
Ohitose Otsuki	7:04:20
Malvina Ainsworth	7:09:12
W70 D. Logan-Weber	5:54:01
Bonnie Kolsom	6:09:21
Priscilla Libby	6:10:41
W75 Yasuko Suzuki	7:15:04
Lucille Adney	7:38:21

New Year's Day Resolution  
Run - 5K  
Santa Barbara, CA; January 1

Overall:	
Steve Blum	16:08
Michele Lewis	17:44
M40 Ray Maranda	17:38
Shag Morrissey	17:42
Gene Ball	17:46
M50 Leo Marquez	19:46
Ron Nisbet	19:55
Tony Chapman	20:33
M60 Wallace Cole	25:35
Arthur Dowd	27:34
Gene Welch	27:52
M70+Paul Gilbert	31:32
William Reppy	35:40
W40 Ruth Hemming	23:55
Sheila Hautzel	26:48
Vicky Williams	26:55
W50 Barbara Camp	27:56
Ursula Chapman	30:29
Judith Bruckner	31:00
W60 Lisa Lang	32:02
W70+Grace Schweitzer	37:47

New Years Day  
Resolution 10K

Overall:	
Robert Hollister	31:28
Jamie Park	37:19
M40 Joseph Banach	38:13
Vic Birtalan	38:51
Jim Kennett	39:16
M50 Leo Marquez	42:26
Jack Ucci	42:46
Jack Wilson	42:51
M60 Ray Gil	45:36
Jim Rowe	46:46
Don Burnett	49:15
M70+John Schweitzer	1:01:02
Paul Gilbert	1:09:36
W40 Patty Howell	43:31
Stephanie Welch	45:51
Carol Mihora	50:12
W50 Barbara Camp	51:23
Curry Sawyer	56:34
Betsy Northrop	56:48

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Column	Ad Size	Cost	Examples:	Width	Height
52	Back Page	400	10"	13"	
52	Full page	300	10"	13"	
39	3/4 page	250	10"	9 1/2"	13"
26	1/2 page	200	5"	13"	6 1/2"
13	1/4 page	120	10"	3 1/4"	
7	1/8 page	72	5"	3 1/4"	6 1/2"
3 1/2	1/16 page	60	2 1/4"	3 1/4"	
1		30	2 1/4"	1"	

## 2. FREQUENCY DISCOUNTS (1-year period)

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let's face it!  
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